

# Newsletter

August 2025

*Hello everyone and happy August*

I wanted to take a moment to say how truly excited I am to be here at The Hermitage. From the first day I walked through the doors, I could feel that this was a special place. The kindness from the residents, families, and staff has already made me feel right at home, and I am grateful to be part of this community.

August is one of my favorite times of the year. The days are still long and sunny, and there's a calm, relaxed feeling that comes with the end of summer. It is the perfect time to enjoy a walk outside, share a meal with friends, or just take in the beauty around us.

My goal here is very simple. I want to support the wonderful things already happening and continue building a place where people feel cared for, heard, and appreciated. I am looking forward to learning more about each of you and hearing your stories. Whether you have a suggestion, want to share something personal, or just want to chat, I am always happy to listen. Let's make August full of good moments, laughter, and connection.

Thank you again for the warm welcome. I am truly happy to be here with you.

*Michael*

## Hermitage Hero

Our Hermitage Hero program was started to recognize our team members who go out of their way to improve the lives of our residents and make positive impacts on our community. We are proud to recognize Michelle Clements as our Hermitage Hero for August! Michelle joined our team as a CNA nearly four years ago and has consistently gone above and beyond ever since. She is always willing to come in early or on her days off to support her team and care for our residents. Michelle regularly



takes on extra tasks to help both her coworkers and management, and her dedication does not go unnoticed—residents frequently mention her by name with compliments and gratitude. We're also thrilled to share that Michelle was recently

awarded our Hermitage Scholarship to continue her professional growth and become a Registered Medication Aide (RMA)! Thank you, Michelle, for your hard work, compassion, and commitment to excellence. We are so lucky to have you on our team!

# SAMARITAN PROGRAM

This summer, you will begin to see a new image associated with the Samaritan Program – a shock of wheat.



Grain offerings are noted numerous times in the Old Testament of the Bible. In their wandering in the wilderness, grain would have been scarce for the Israelites. An offering of what most likely was wheat or barley would have been a true sacrifice, a symbol of thanksgiving for God's faithful provision.

At the 1947 gathering of the then Virginia Annual Conference of The Methodist Church, a report was adopted which requested a sacrificial offering of thanksgiving and expression of gratitude for the legacies of faith of the older adults in our lives and congregations. This was the first offering to support the mission and ministry of the Virginia Conference Home for the Aged. This was the foundation and is the enduring heritage of Pinnacle Living.

The Virginia Annual Conference of The United Methodist Church continues to dedicate a special offering time period for the Samaritan Program: Mother's Day to Father's Day. Over the years, the name and time frame of the special offering have changed, but the focus has remained the same: to ensure the personal security and peace of mind of our most vulnerable residents.

To make a tax-deductible gift to the Samaritan Program by credit or debit card, visit the Pinnacle Living website at [www.pinnacleliving.org](http://www.pinnacleliving.org), our community website or the Facebook pages for Pinnacle Living or our community. Checks may be delivered to the Business Office. Make the check payable to Pinnacle Living or to Hermitage Roanoke. Please note "Samaritan Program" in the memo line and designate the gift to the community or where the need is greatest.

# COMMUNITY ANNOUNCEMENTS

## RESIDENT COUNCILS

The AL Resident Council meets the third Tuesday every other month at 1:00 PM.

**Your representatives are:**

**Diane Glenn, Martha McMullan,  
and Charles Lockerby**

The Independent Living Council meets the third Tuesday every other month at 2:00 PM.

**Your Independent Living  
representatives are:**

**Peter Mortlock, Frank Ewald, Peggy  
Crismond, and Roy Miller.**

**Your next IL Meeting is Thursday,  
August 21<sup>st</sup> at 3:30 PM**

# Happy BIRTHDAY To You!



**HUGH MARTIN  
PEGGY CRISMOND  
JULIE CHAPMAN  
MARTHA MCMULLAN--100TH!  
JEAN WATTS  
DORIS RICHARDSON  
THERESA WILLIS  
JEAN MORELLO**

## AUGUST BIRTHDAY PARTY!

**Friday, August 8<sup>th</sup> at 2:30 PM  
in the Virginia Room**

Everyone is welcome to come  
celebrate our August Birthdays!  
Special 30 minute performance  
by Betty Ashton Mayo, Harpist!

## Hermitage HAHAs

Have you seen the new  
slide on Channel 1960?  
Tune in daily to enjoy a dose  
of laughter with our Hermitage  
HAHAs! Catch a new funny or  
heartwarming post each day  
to brighten your spirits.



# SPIRITUALITY



My wife Susan and I were college sweethearts who met and married at Anderson University in Anderson, Indiana. As we grew closer and became engaged to be married, we realized that we needed to “marry” our callings to ministry as well. Since my plan was to be an active-duty chaplain with the United States Army and hers was to be a missionary in the far east, we clearly understood the difficulties this unification would create. I said, “I could request an overseas deployment to South Korea which would put us together in a place where you could fulfill your calling as a missionary.” She said, “Yes, but the only problem with that is all of your parishioners would be trying to kill all my parishioners.”

My reminding her that our country was not at war with South Korea didn't seem to ease her fears much, so we began brainstorming solutions.

Enter our dear friends and fellow seminarians Mr. & Mrs. James Wong from Singapore. They invited us to their home for authentic southeast Asian cuisine. They also offered us listening ears for the quandary we found ourselves in. After listening to our situation, James offered a simple yet profound insight. He compared our two lives to the spokes on a wagon wheel. The hub of the wheel is God. As we draw closer to God, we draw closer to each other. So, follow God's leading to our ministry call, and we will find ourselves together in His will. This August 29<sup>th</sup> will mark 38 years of Susie and I following God's will together.


Luke 4:43 informs us that there is a purpose in God's kingdom. We are to follow His guidance. When we do so, we will find ourselves unified in the holy purpose God has set forth for us.

We will also find ourselves closer to one another in the process.

God Bless you all and have a blessed August!

*Rev. Dr. Todd A. Conn*



A festive graphic for Resident Appreciation Day! The title is written in large, bubbly blue and yellow letters. Above the text are two yellow hearts and a beach ball with red, white, and blue segments. To the left are blue water splashes, and to the right is another splash. The background is light blue with small hearts, and the bottom features stylized blue waves.

# Resident Appreciation Day!

10 voting boxes are setup in the Front Lobby with suggested team members to be put in the Dunk Tank!

You can vote on which team members you would like to dunk by paying \$1 for 1 vote, \$2 for 3 votes, or \$5 for 10 votes! (Residents, team, family and friends can vote!)

The top 5 team members will go in the tank!  
All proceeds will be donated to the Alzheimer's Association.

Also enjoy delicious Deb's Lemonade and music by Island Music Trio

As We Journey...



## Diving Deeply...Or Not.

Have you ever experienced the feelings I am about to share?

Growing up on a farm in Mississippi was mostly a very safe life, except when my curiosity pushed me into unsafe places. Beginning as a young kid I often felt I needed to prove I was as good as or better than others my age. It was an interesting self-esteem issue I have struggled with since those younger years. Sometimes I felt persecuted by almost everyone, especially the ones I wanted to like me. I often neglected the critical in favor of the immediate. I stayed in the shallow part of the pond because I could feel the ground. At a young age, I was baptized and blessed by the deep water of committing to be a Christ-Follower. I thought I knew where I was supposed to be. I just didn't get there many days. That is what it means to be an "amateur" at faith, and a second stringer at everything, especially spiritually. I got to play in the game after the others had already won it. I felt more than a little persecuted by the heavy demands of relationships and faith and the great shallowness of not knowing what to do today. Perhaps adopting a nickname like Rip Van Twinkle might help my diving into the waters more deeply. Rip came back after twenty years' of sleep and found that everything had changed. Then, I woke up one day and realized that I had become old. I woke up one day and realized that most of my life was over. I woke up one day feeling I had neither the courage nor the skill to be the person who could make others proud. Rather than diving deeply, I had been sticking my toes in one shallow pool after another. I imagined God asking me, why did I consent to persecution of the divine that might exist in me...somewhere? I didn't really consent. I just fell asleep.

Again, ever felt that way?

Tad Tadlock

"I love the recklessness of faith. First you leap, then you grow wings."

—Wm. Sloan Coffin

# STRENGTH & ENDURANCE

*Being healthy and staying strong is something we all strive for. Taking care of our bodies comes easy at Hermitage Roanoke with opportunities for fitness in the programs listed below:*

## EXERCISE WITH MELODY!

**Thursdays at 10:00 AM  
in the Assembly Room**

Join our Rehab team Thursdays at 10 as they lead you in a seated exercise program! If you can't make it to our in-person classes, we offer virtual classes on Channel 1960 daily!

## Walk Group

**Wednesdays at 9:30 AM**

Take a walk around the trail with us!  
Meet at the Front Canopy door!

## Chair Yoga

**Mondays from 3-3:45 PM  
In the Assembly Room**



Whether you're new to yoga, or easing back into movement, our certified instructor will guide you through easy, enjoyable routines that improve balance, reduce stiffness, and boost your mood.

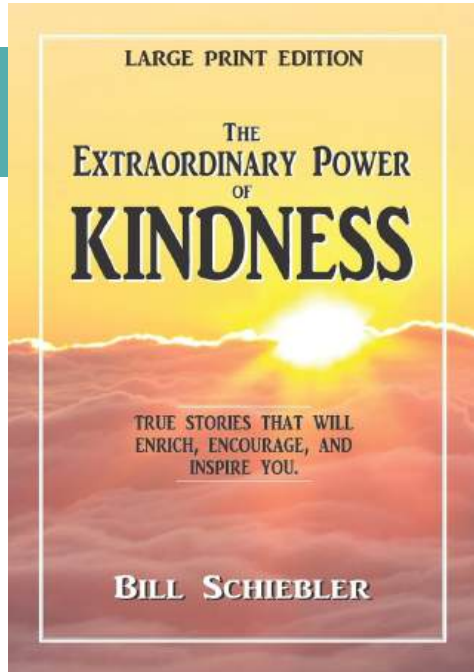
## Tips For Staying Hydrated:



- **Drink water regularly throughout the day:** Make it a habit to drink water even when not feeling thirsty.
- **Keep water accessible:** Have a water bottle nearby or set reminders to drink water.
- **Make water more appealing:** Add fruits, herbs, or flavor enhancers to make water more enjoyable, according to UCLA Health.
- **Consume hydrating foods:** Incorporate fruits and vegetables with high water content into your diet.
- **Be mindful of caffeine and alcohol:** These can have a diuretic effect, so moderation is key, says Orlando Health.
- **Consider electrolyte-enhanced water:** In some cases, electrolyte-rich drinks may be helpful.
- **Consult with a healthcare professional:** Discuss individual hydration needs with a doctor, especially if managing specific health conditions, advises UCLA Health.

# INTELLECTUAL GROWTH

*The quest for knowledge is something that we never lose, and we at Hermitage Roanoke like to help residents with the opportunity to do so. See below for intellectual growth opportunities this month!*



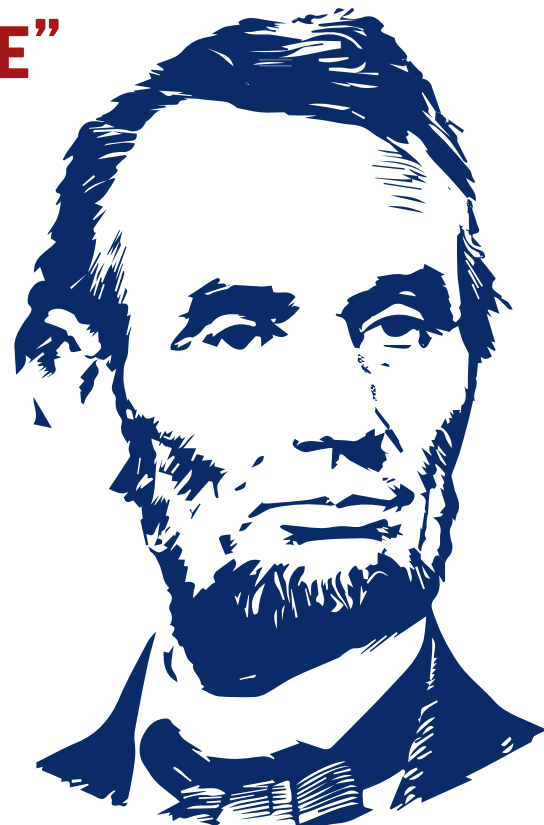
## August Book of the Month:

When you think of kindness, its power is probably not the first thing that comes to mind. But the truth is, powerful things begin to happen when you choose to embrace a lifestyle of kindness. That's what you'll see in the stories in this book. One story began more than 60 years ago. Others are more recent. But the effects on the lives of the people involved are still being felt today.

## ABRAHAM LINCOLN: "TRIAL BY FIRE"

The "Abraham Lincoln: Trial by Fire" documentary is a collection of five documentaries and a feature film exploring Abraham Lincoln's life and presidency during the Civil War. It focuses on his leadership in the face of a divided nation, his conflict with General McClellan, and the events leading to the Emancipation Proclamation. The collection also includes a look at the Confederacy's last attack and the experiences of African-American soldiers during the war.

**Join us in the Assembly Room on Thursday,  
August 14<sup>th</sup> at 1:30 PM**







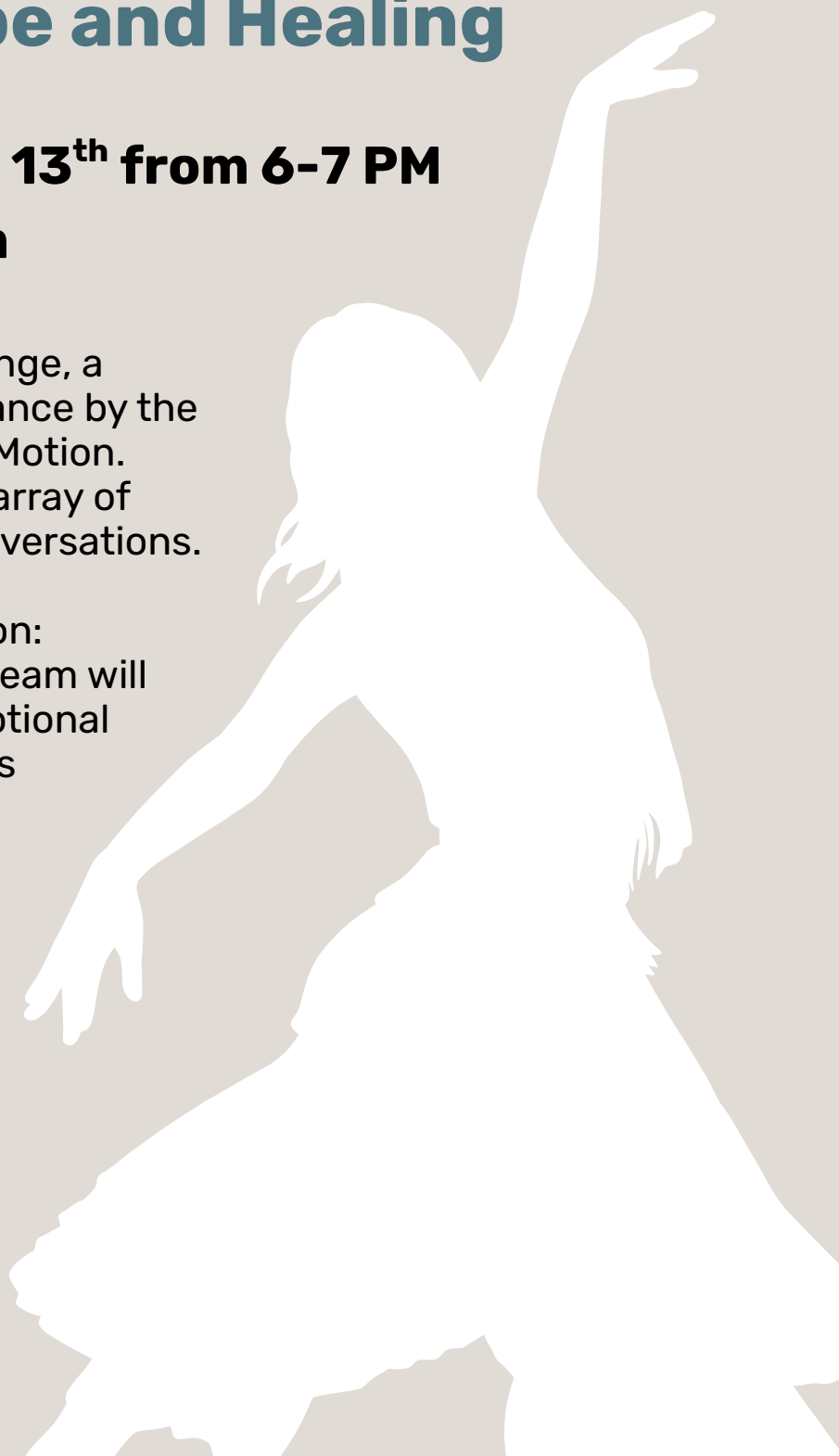
# Mental Health in Motion

## Dances of Hope and Healing

**Wednesday, August 13<sup>th</sup> from 6-7 PM  
in the Virginia Room**

Join us for Doorways of Change, a thought-provoking performance by the dancers of Mental Health in Motion. The dancers will present an array of dances mixed with deep conversations.

About Mental Health in Motion:  
This Roanoke-based dance team will show you that when our emotional perceptions shift, our actions tend to follow.



# CULTIVATE

*Cultivate has many meanings. Gardening, practicing stewardship of the land and its inhabitants; developing new skills and following passions, expanding knowledge, nourishing friendships and community, promoting health and feeding the body and soul.*



## Hermitage Cookbook

We're making a cookbook and we need your help!  
If you have a recipe that you would like to share with us,  
please send it to Sam at [sswanberg@pinnacleliving.org](mailto:sswanberg@pinnacleliving.org).  
We are happy to collect recipes from residents, team  
members, family members, volunteers and friends of  
Hermitage Roanoke! We have already received several  
wonderful recipes, but we're in need of more!  
Thank you for your help!

**\*\*Deadline to submit recipes is December 2025.  
We will begin editing in January 2026!**



## COMMUNITY GARDEN UPDATE



Our little garden is thriving! Every day it seems like there is some new produce to discover and celebrate! Thank you so much to all of you have helped to keep it up and for those who encouraged us along the way. So far, we have been blessed with enough cucumbers and dill to make pickles in July! Stay tuned to see what we do next with our harvest!



Going forward, the Garden Club has decided it is best if we keep watering to certain times of the day which will be between the hours of **7 AM-9 AM** and **7 PM-9 PM**. This is to ensure that the plants are not over watered which can lead to mildew and blossom end rot.

If you have any input or ideas for our Community Garden, or would like to join the Garden Club, please see Julia Phillips of our Lifestyles and Wellness team. We would love to have you!

# BRAIN FITNESS

*Using parts of the brain that are out of practice or daily cognition exercise can help maintain your functioning level. Newspaper crossword puzzles, card games, sudoku, and learning something new are all ways to keep your mind working sharply!*

## WORD OF THE MONTH:

**"Discombobulated"** -state of confusion

**TRY TO USE THIS WORD IN A SENTENCE THIS MONTH!**

### GIANT JENGA

**Wednesday, August 6<sup>th</sup> at 1:30 PM in the Rotunda**

Jenga is a game of physical and mental skill where players take turns removing blocks from a tower and placing them on top, trying not to be the one to cause the tower to collapse. Join us for this classic game!

### MONDAY SCRABBLE

**Monday, August 25<sup>th</sup> at 10:30 AM**

Join Mary in the Florida Room for a game of Scrabble!

Scrabble is the perfect blend of challenge and charm for older adults who enjoy wordplay, wit, and good company.

### LATERAL THINKING EXERCISES

**Friday, August 15<sup>th</sup> at 2:30 PM**

Lateral thinking puzzles encourage creative problem-solving by challenging assumptions and exploring alternative perspectives.

### DOMINOES

**Thursdays at 4:00 PM!**

Let's get together in the Florida Room to play a few rounds of Dominoes! \*\*Please note this is a resident lead activity.

### DOG DAYS OF SUMMER PUZZLE

A summer themed jigsaw puzzle that we will work on as a group! Join us on 8/7 at 1:30 and 8/9 at 2:00 in the Florida Room!

### MIX IT UP WITH MARGIE!

**Tuesdays at 5:45 PM in the Lobby or in the Rotunda!**

Margie will have questions on a variety of topics! No pressure or points, just fun!

# EMOTIONAL BALANCE

Having emotional balance is essential to being happy with who we are. Achieving emotional balance can be explored through involvement in some of the programs we provide below:

## Shopping Trips

August 4<sup>th</sup> at 1:30--Lakeside  
August 8<sup>th</sup> at 1:30--Valley View  
August 11<sup>th</sup> at 1:30--Lakeside  
August 15<sup>th</sup> at 2:30--Shop Salem  
August 18<sup>th</sup> at 1:30--Lakeside  
August 25<sup>th</sup> at 1:30--Lakeside

## Handbells with

*Debra LeBrun*

WE'RE IN FOR A TREAT  
(and it's sugar-free)

On Wednesday, August 6<sup>th</sup> at 11 AM in the Virginia Room Debra LeBrun will fete us with her Solo Handbell ringing. She will also accompany herself on the piano (thanks to technology). Debra is the Director of Music and Worship at Raleigh Court United Methodist Church and also directs the Mill Mountain Ringers-Roanoke's (unpaid) professional Handbell ringing group. You won't want to miss this unusual talent!!

## Hymns with *Louise*

Join Louise for piano and hymns in **the Virginia Room** on Wednesday, August 13<sup>th</sup> at 10:30 AM and Wednesday, August 27<sup>th</sup> at 10:30 AM!

## *Homemade Peach Ice Cream!*

Wednesday, August 27<sup>th</sup>  
at 1:30 PM  
in the Virginia Room

Join us in the Virginia Room as we make Peach Ice Cream from scratch!





# COMMUNITY OUTREACH

*The practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community is prevalent all around us at Hermitage Roanoke. See some of our community outreach opportunities below:*

**HHH**  
*Hermitage Helps!*



**Curious about how you can help others?  
Look no further than here, your home at the Hermitage!  
Check out the ways we are giving back to our community  
here in Roanoke and abroad!**

## **Back to School Kits/School Supplies Collection** **Friday, August 1st at 1:30 PM in the Florida Room**

Let's pack up "Back to School Kits" for the children of Roanoke City Schools! We will be filling up small bookbags with back to school essentials for our local school children. Come make a difference in a child's life!



**\*\*There is a collection box for school supplies located in the Front Lobby! We will have it out the month of August if you are interested in donating more supplies!**



# DINING, DIET & NUTRITION

*Being educated about your diet and nutritional content are components to overall good healthy eating habits. Knowing what to eat, how to cook, and how to make healthy choices are key factors in maintaining your weight and staying healthy!*

## Dinners Out



**Tuesday, August 12<sup>th</sup>**

**Cracker Barrel**

**Bus leaves at 4:15 PM**



**Tuesday, August 26<sup>th</sup>**

**Outback Steakhouse**

**Bus leaves at 4:15 PM**

## In the Kitchen

**Come cook up something  
yummy to share with friends!**

### Donut Decorating!

**Monday, August 4<sup>th</sup> at 10:00 AM  
in the Dogwood Lane Kitchen**

### Mini Pineapple Upside- Down Cupcakes!

**Monday, August 18<sup>th</sup> at 10:00 AM  
in the Dogwood Lane Kitchen**



## Lunch OUT

*Out to  
Lunch!*

**Friday, August 29<sup>th</sup> at 11:00 AM  
Montano's International Gourmet**

**Join us on the Bus this month as we  
take a trip to Montano's!  
Sign up in the activity outing book if  
you are interested!**

# CREATIVE EXPRESSION

*Painting, pottery, fabric, textile and word work, landscaping, interior and graphic design, dancing, acting, singing, fashion, playing a musical instrument... the list could go on and on to describe one's way of creative expression.*

## Jewelry making

**Saturday, August 23<sup>rd</sup> and Saturday, August 16<sup>th</sup> at 2:00 PM in the Florida Room**

Come create a wearable piece of art! We have everything you need to make some beautiful jewelry for yourself or for someone special!



## DIY STAMPS

**Friday, August 29<sup>th</sup> at 10:30 AM in the Assembly Room**

Learn how to make your own stamps from everyday household items! We will be using the stamps we make to add a special touch to items you can use or give as gifts!



## Yarn Spinners

**Saturday, August 23<sup>rd</sup> at 10:00 AM in the Front Lobby**

Join your friends for a good fiber crafting and yapping session with Margie! You can use the supplies we have on hand or help us solve the world's problems. We'd love to have you!



# SOCIAL CONNECTIONS

Social connections offer opportunities to meet new people, develop interpersonal skills, gain self-confidence, reduce stress, improve social or communication skills, and most importantly, to have fun!



## Southwest Virginia Wildlife Center Visits

**Tuesday, August 26<sup>th</sup> at 2:00 PM  
in the Assembly Room**

Come check out some of the animal ambassadors they bring to visit us!



**Thursday, August 7<sup>th</sup>**

Join us on the bus to go see a performance of 'Guys and Dolls' by Attic productions! We will be leaving at 6:45 PM for the 7:30 PM performance.

Tickets are \$22 and you will need to sign up by 8/4.

## Book Club

**Thursday, August 28<sup>th</sup>  
at 3 PM in the Virginia Room**

Join us for a discussion of last months book, Strangers in Time and the reveal of our next read!



## Caregiver Appreciation *Raspberry Ice Cream Social*

**Thursday, August 7<sup>th</sup>  
at 3:00 PM in the Rotunda**

There's more than one reason to love August 7<sup>th</sup>! National Raspberry Cream Day and Aged Caregiver Appreciation! We will be celebrating by serving up some Raspberry Ice Cream to show some love to our wonderful team members who work hard to take care of us every day.



## Red Hat Society

**Wednesday, August 20<sup>th</sup> at  
10:30 AM in the Assembly Room**

Come join the club!  
This is a chance to relax and socialize with no agenda.  
Just fun with friends!

**\*\*Don't forget to wear purple!  
We will provide members  
a red hat.**





# BACK TO SCHOOL Week!

**MONDAY, AUGUST 11<sup>TH</sup> AT 10:00 AM**

SCHOOL PICTURES IN THE FLORIDA ROOM WITH KAILA SPANGLER PHOTOGRAPHY! KAILA WILL BE HERE TO TAKE A PROFESSIONAL PHOTO OF YOU FOR OUR HERMITAGE YEARBOOK!

**TUESDAY, AUGUST 12<sup>TH</sup> AT 1:30 PM**

BACK TO SCHOOL REMINISCE IN THE ROTUNDA

**WEDNESDAY, AUGUST 13<sup>TH</sup> AT 1:30 PM**

BACK TO SCHOOL SPELLING BEE IN THE ROTUNDA

**THURSDAY, AUGUST 14<sup>TH</sup> AT 10:00 AM**

GYM CLASS WITH MELODY IN THE ASSEMBLY ROOM

**THURSDAY, AUGUST 14<sup>TH</sup> AT 1:30 PM**

HISTORY CLASS DOCUMENTARY IN THE ASSEMBLY ROOM

**FRIDAY, AUGUST 15<sup>TH</sup> AT 10:30 AM**

SCIENCE CLASS IN THE DOGWOOD LANE KITCHEN

# HERMITAGE

ROANOKE

August 2025

## AT YOUR SERVICE

|                                 |  |
|---------------------------------|--|
| Immediate Dining Assistance     | 767-6825                                       |
| Dining Director                 | <i>Jason Guilliams, 767-6823</i>               |
| Sous Chef                       | <i>Brison Bonds, 767-6824</i>                  |
| Executive Director              | <i>Dr. Michael Davis, NHA, 767-6810</i>        |
| Business Office Director        | <i>Kristen Testerman, 767-6804</i>             |
| Sales & Marketing Director      | <i>Patti Beckley, 767-6815</i>                 |
| Sales Counselor                 | <i>Christine Thompson, 767-6818</i>            |
| Social Services                 | <i>Mary Craddock, MSW, 767-6803</i>            |
| Environmental Services Director | <i>Barry Perkins, 767-6820</i>                 |
| Director of Nursing             | <i>Amanda Long, 767-6833</i>                   |
| Lifestyles & Wellness Director  | <i>Sam Swanberg, 767-6813</i>                  |
| Chaplain                        | <i>N/A</i>                                     |
| Front Lobby                     | <i>Margie Lindsey, Julia Hendrix, 767-6800</i> |
| Administrative Assistant        | <i>Stephanie Jackson, 767-6801</i>             |
| Beauty Salon                    | <i>Lisa Hansen, 767-6806 (Tues, Thurs)</i>     |
| Transportation                  | <i>Michael DeHaven, 520-9716</i>               |
| Lifestyles & Wellness Office    | <i>Julia Phillips, 767-6819</i>                |
| Assistant Director of Nursing   | <i>Ashanti Nesmith, 767-6829</i>               |
| Assisted Living Clinical Leader | <i>Dainette Glover, 767-6881</i>               |
| Assisted Living Nurses Station  | 767-6811                                       |
| Rehab Department (PT, OT, ST)   | 767-6817                                       |
| Dogwood Nurses Station          | 767-6816                                       |



| SUN  | MON   | TUE  | WED   | THUR   | FRI  | SAT  |
|--|---|--|---|--|--|--|
| <b>31</b><br>7:00 Instrumental Hymns (Channel 1960)<br><b>10:30 Name That Tune with Suzanne!</b> (DWL)<br><b>1:30 SkipBo</b> (AR)<br><b>2:55 Vespers</b> (AR)<br>4:00 30 Minute Seated Disco Exercise (Channel 1960)               | Types of Activities offered<br>NA-Natural world<br>SO-Social<br>CO-Cognitive<br><br><b>4</b><br>10:00 In the Kitchen: Donut Decorating (DWL)<br><b>1:30 Summer Bible Study</b> (AR)<br>1:30 Shop Lakeside (B)<br>3:00 Chair Yoga! (AR)            | OU-Outdoor<br>PR-Productive<br>SE-Sensory<br>RE-Reflective<br>Ph-Physical<br><br><b>5</b><br><b>HB Hugh Martin</b><br>10:30 Chocolate Bingo! (AR)<br>2:00 Pet Visits! (Ro)<br>3:00 Canasta (FR)<br>5:45 Mix It Up with Margie! (Front Lobby) | <b>LOCATION KEY</b><br>AR - Assembly Room<br>B - Bus<br>DWL - Dogwood Lane<br>FR - Florida Room<br>FC - Front Canopy<br>Par - PARLOR<br><br><b>6</b><br>9:30 Walk Group (FC)<br><b>11:00 Debra LeBrun Handbell Performance!</b> (VR)<br><b>1:30 Giant Jenga</b> (Ro)<br>1:30 Hearts (FR)<br>3:00 BINGO (AR) | <b>P - PATIO</b><br>Ro - Rotunda<br>VR - Virginia Room<br><br><b>7</b><br>10:00 Exercise Group with Melody (AR)<br>1:30 Dog Days of Summer Jigsaw Puzzle (FR)<br>3:00 Caregiver Appreciation Raspberry Cream Social (Ro)<br>4:00 Dominoes (FR)<br>6:45 Attic Productions (Transit) | <b>10:30 Music Requests with Michael! (Ro)</b><br>1:30 UNO (AR)<br><b>3:00 Hermitage Helps! (FR)</b><br>4:00 Word Unscramble Puzzle (Ro)   | <b>2</b><br>10:00 Manicures with Suzanne & Angel! (DWL)<br>10:20 Exercise with Melody (Channel 1960)<br><b>2:00 Bananagrams</b> (FR)<br>4:00 30 Minute Seated Disco Exercise (Channel 1960)                        |
| <b>3</b><br>7:00 Instrumental Hymns (Channel 1960)<br><b>10:30 Name That Tune with Suzanne!</b> (DWL)<br><b>1:30 SkipBo</b> (AR)<br><b>2:55 Vespers with Communion</b> (AR)<br>4:00 30 Minute Seated Disco Exercise (Channel 1960) | <b>10:00 School Pictures! (FR)</b><br><b>1:30 Summer Bible Study</b> (AR)<br>1:30 Shop Lakeside (B)<br>3:00 Chair Yoga! (AR)  | <b>12</b><br>10:30 Chocolate Bingo! (AR)<br>1:30 Back to School Reminisce (Ro)<br>2:00 Pet Visits! (Ro)<br>3:00 Canasta (FR)<br>4:15 Dinner Out: Cracker Barrel (B)<br>5:45 Mix It Up with Margie! (Front Lobby)                             | <b>13</b><br>9:30 Walk Group (FC)<br>10:30 Hymns with Louise! (VR)<br><b>1:30 Back to School Spelling Bee!</b> (Ro)<br>1:30 Hearts (FR)<br>3:00 BINGO (AR)<br><b>6:00 Dances of Hope and Healing</b> (VR)   | <b>14</b><br><b>Class with Melody</b> (AR)<br>1:30 History Class: Documentary (AR)<br>3:00 National Creamsicle Day! (Ro)<br>4:00 Dominoes (FR)   | <b>15</b><br><b>10:30 Science Class</b> (DWL)<br>11:00 Lunch Out: Macado's (B)<br><b>2:30 Lateral Thinking Exercises</b> (AR)<br>2:30 Shop Salem (B)                                 | <b>16</b><br>10:00 Manicures with Suzanne & Angel! (DWL)<br>10:20 Exercise with Melody (Channel 1960)<br><b>2:00 Jewelry Making!</b> (FR)<br>4:00 30 Minute Seated Disco Exercise (Channel 1960)                   |
| <b>17</b><br>7:00 Instrumental Hymns (Channel 1960)<br><b>10:30 Name That Tune with Suzanne!</b> (DWL)<br><b>1:30 Movie Mania Social</b> (Ro)<br><b>2:55 Vespers</b> (AR)<br>4:00 30 Minute Seated Disco Exercise (Channel 1960)   | <b>18</b><br>10:00 In the Kitchen: Pineapple Upside-Down Cake Cupcakes (DWL)<br>1:30 Shop Lakeside (B)<br>2:00 Game Fest (AR)<br>3:00 Chair Yoga! (AR)  | <b>19</b><br><b>10:00 Mending Ladies</b> (From Home)<br>10:30 Chocolate Bingo! (AR)<br>2:00 Pet Visits! (Ro)<br>3:00 Canasta (FR)<br>5:45 Mix It Up with Margie! (Front Lobby)   | <b>20</b><br>9:30 Walk Group (FC)<br><b>10:30 Red Hat Society!</b> (VR)<br>1:30 Hearts (FR)<br>3:00 BINGO (AR)  | <b>21</b><br>10:00 Exercise Group with Melody (AR)<br>2:00 Pop & Chat (Front Lobby)<br>3:30 Independent Living Meeting (AR)<br>4:00 Dominoes (FR)  | <b>22</b><br><b>10:30 Paint Class with Julia!</b> (AR)<br>1:30 UNO (AR)<br><b>3:00 Ice Cream Float Bar</b> (Ro)<br>4:00 August Birthdays Word Search (Ro)                            | <b>23</b><br><b>HB Julie Chapman</b><br>10:00 Yarn Spinners! (Front Lobby)<br>10:20 Exercise with Melody (Channel 1960)<br><b>2:00 Jewelry Making!</b> (FR)<br>4:00 30 Minute Seated Disco Exercise (Channel 1960) |
| <b>24</b><br>7:00 Instrumental Hymns (Channel 1960)<br><b>1:30 Visit with Jazzy! (Room to Room)</b><br><b>2:55 Vespers</b> (AR)<br>4:00 30 Minute Seated Disco Exercise (Channel 1960)   | <b>25</b><br><b>HB Doris Richardson</b><br>10:30 Monday Morning Scrabble! (FR)<br><b>1:30 Summer Bible Study</b> (AR)<br>1:30 Shop Lakeside (B)<br><b>2:00 (IL) Ladies Tea!</b> (VR)<br>2:00 (IL) Men's Coffee Club (VR)<br>3:00 Chair Yoga! (AR) | <b>26</b><br>10:30 Chocolate Bingo! (AR)<br>2:00 Pet Visits! (Ro)<br><b>2:00 Southwest Virginia Wildlife Center!</b> (AR)<br>3:00 Canasta (FR)<br>4:15 Dinner Out: Outback (B)<br>5:45 Mix It Up with Margie! (Front Lobby)                  | <b>27</b><br><b>HB Martha McMillan</b><br>9:30 Walk Group (FC)<br>10:00 Menu Chat! (Par)<br>10:30 Hymns with Louise! (VR)<br><b>1:30 Making Homemade Peach Ice Cream!</b> (VR)<br>3:00 BINGO (AR)   | <b>28</b><br>10:00 Exercise Group with Melody (AR)<br><b>2:00 Hand Massages</b> (DWL)<br><b>3:00 Book Club!</b> (VR)<br>4:00 Dominoes (FR)   | <b>29</b><br><b>HB Jean Watts HB Jean Morello</b><br><b>10:30 Create Your Own Stamps</b> (AR)<br>11:00 Lunch Out: Montano's (B)<br><b>2:00 Resident Appreciation Beach Bash!</b> (P) | <b>30</b><br><b>10:00 Audio Book Short Story</b> (Front Lobby)<br>10:20 Exercise with Melody (Channel 1960)<br>2:00 Pop & Chat (Front Lobby)<br>4:00 30 Minute Seated Disco Exercise (Channel 1960)                |

HERMITAGE  
ROANOKE

August 2025  
Independent Living

# HERMITAGE

ROANOKE

---

PINNACLE LIVING

1009 Old Country Club Rd.

Roanoke, Va. 24017

Phone: 540-767-6800

Fax: 540-767-6830

[www.hermitageroanoke.org](http://www.hermitageroanoke.org)