

HERMITAGE ROANOKE Newsletter

September 2025

Greetings

September is here, bringing with it the excitement of back-to-school season and the start of football games. For many of us, this time of year stirs excitement or memories of sending our kids off with new backpacks and watching our favorite teams take the field on crisp fall afternoons. The energy of the season always feels like a fresh start, whether through school routines, football traditions, or simply enjoying the cooler days ahead. Here's to a September filled with learning, laughter, and plenty of reasons to gather together as a community.

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. This program allows residents, families, and team members to nominate whomever they feel is truly making a difference here at Hermitage Roanoke. Each month, we select a "Hero of the Month" who will ultimately be eligible to win the "Hero of the Year" award each August.



Congratulations to our Hermitage Hero for September, Chisomaga Ugochukwu (Chisom for short)! Chisom is 17 years old and a Senior at Patrick Henry High School. His family is from Nigeria, and he has been a part of our community as a Dining Assistant for the past year.

Outside of work, Chisom keeps very busy—he plays on his school's volleyball team, has been part of the orchestra for 8 years as a violinist, and is an admirer of art. Chisom's respectful, humble nature and his willingness to be flexible with his schedule make him an outstanding team member. He has shared that he hopes to continue working in dining during summers once he begins college. We are so grateful for Chisom's hard work, positivity, and dedication. Congratulations, Chisom!



SAMARITAN PROGRAM

As a tax-exempt, not-for-profit organization, Pinnacle Living has an obligation to help satisfy the housing, health care and financial security needs of the persons we serve. At Pinnacle Living, we are committed to an established policy to provide assistance to those who, through no fault of their own, become unable to meet the full cost of our services. The amount which the resident is not able to pay is referred to as “benevolent care” and is either covered by gifts to the Samaritan Program – solicited and raised for such purpose – and Pinnacle Living assets. Your contribution to the Samaritan Program helps your neighbor and strengthens Hermitage Roanoke.

To make an online gift by credit or debit card, visit the Pinnacle Living website at 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,
October 16th at 3:30 PM**



**Happy
Birthday**

**Frank Ewald
Linda MacAfee
Peter Mortlock
Susan Snow
Judy Tucker
Esther Mabry
Peggy Phillips
Richard Ratliff
Nancy Ratner
Martin Schindler
Lorraine Williams**

FLU & COVID VACCINES

On Thursday, October 2nd, Giant is scheduled to come to our community from 9am-4pm.

****These vaccines are for Team Members and Residents.**

****Reminders for Team Members--Flu Vaccines are MANDATORY, covid vaccines are optional. If you require exemptions, this must be completed yearly). Please bring your insurance cards.**

Let's Party!
**Thursday, September 18th
at 1:30 PM
in the Virginia Room**
**Join Second Chance Duo
(Bob and Libbie Colia) for a
Birthday Celebration!**
A very special Fall-O-Rama Show!

SPIRITUALITY

Chaplain's CORNER

Welcome to the
HERMITAGE!



Please give a warm welcome
to our new Chaplain, Dave Mucha!

“As a United Methodist clergy and current Pastoral Counselor with 17+ years in the field, I look forward to the opportunity to share my experience, and offer support, to the people who work and live at a place called into being a home-The Hermitage.”

Chaplain Dave Mucha

September 1, 2025

Hermitage Roanoke
1009 Old Country Club Rd.
Roanoke, VA 24017



Dear Friends & Family,

As the holiday season approaches, it's time to begin planning for our annual Team Member Appreciation Gift. This tradition is a heartfelt way to say "thank you" to the dedicated individuals who care for and support our community throughout the year.

In accordance with Pinnacle Living policy, employees are not permitted to accept individual tips, gifts, or gratuities from residents, families, or guests. The Team Member Appreciation Gift offers a meaningful and appropriate way to express your gratitude.

This year, the gift will be presented at our Team Member Christmas Party on Friday, December 12, 2025, at 2:00 PM. Each eligible team member—excluding the Executive Director, Management Team, and Rehab Department—will receive a portion of the gift based on the number of hours worked at Hermitage Roanoke during the past year.

Please note that the Beautician is not an employee of Hermitage Roanoke and may be recognized with a separate, personal gift if you wish.

You are welcome to bring your contribution to the Business Office during regular office hours or mail it to us. The final day for contributions is Monday, December 1, 2025. Please make checks payable to *Hermitage Roanoke*, designated *Team Member Appreciation Gift*.

As this is a gift to our team members, contributions are not tax deductible.

Thank you in advance for your generosity and for helping us show our appreciation to the wonderful team who make Hermitage Roanoke such a special place.

Warm regards,

Independent Living Council Members:

Peggy E. Corman
Roy L. Miller
Steve Spitzlock
Frank H. Ewald

Assisted Living Council Members:

Martha McMullan
Diane J. Glenn
Charles Larkins

As We Journey...



As I joined family and friends who gathered to celebrate the baptism of my youngest grandson on September 17 in Virginia's New Kent County, I realized that practically everyone there was experiencing a time of transition—sending children back to school or launching them into world; dealing with birth or death; supporting aging parents or considering one's own aging; beginning a new position or leaving one; celebrating good health with new activities or recognizing the limitations of changing health; beginning a relationship or ending one.

Change and transition are not the same. Change is an external event or situation that takes place: a new job, a new life situation, a change in lifestyle. Change can happen very quickly. Transition is the inner psychological process that people go through as they internalize and come to terms with the new situation that the change brings about. Recognizing that we are in transition leverages change for significant growth.

When you touch an artistic mobile, equilibrium is changed. The mobile goes through a period of rebalancing or transition before new balance is achieved. The resulting configuration is not necessarily the same.

Empathetic leaders recognize that change can put people in crisis, but crisis can be an opportunity for growth if transition is handled effectively. The people of Israel experienced two events of significant change that embraced transition. One was the departure from Egypt and the time spent in the wilderness.

The experience of forty years in the desert created the people of Israel and their dependence on God. Another time of transition for Israel was the years in Babylonian captivity.

Those who came out of this exile had a new understanding of God that was more universal and less tribal. In both cases, the people of God did not just change, but they came away with new perceptions and commitments.

What sustains you during transitions?

Tad Tadlock

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

—Wm. Sloan Coffin

STRENGTH & ENDURANCE



GRANNY PANTS

**Tuesday, September 30th
at 1:30 PM**

Don't let the name fool you—Granny Pants is a game of precision and skill! The challenge? Toss your ball into your teammate's oversized 'granny pants' for the win. Join us in the Rotunda!

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.

EXERCISE WITH MELODY!

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

Join our Rehab team every Thursday 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.



Cardio Drumming

**Friday, September 5th at 11:00 AM
in the Assembly Room**

Get Ready to Drum & Move! Dance, groove, and break a sweat as we move to the beat—using exercise balls and drumsticks!

This fun, high-energy workout combines rhythm and fitness for a total body experience.

No experience needed—just bring your energy!

INTELLECTUAL GROWTH

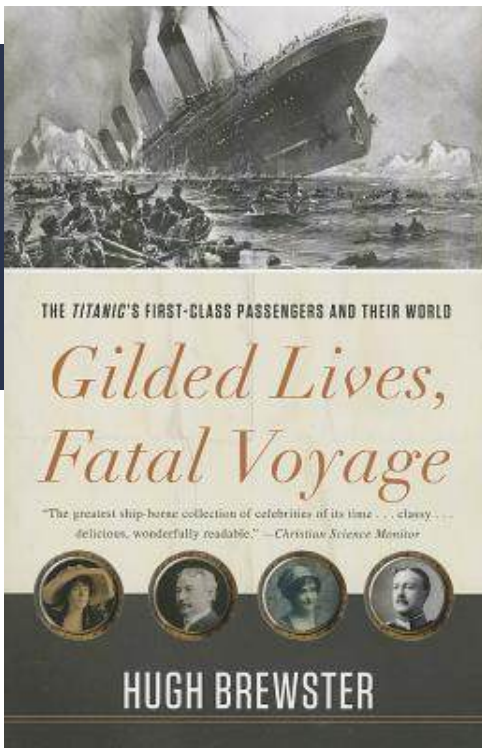
The quest for knowledge is something that we never lose, and we at Hermitage Roanoke like to help residents with the opportunity to do so. See below for intellectual growth opportunities this month!

ESTATE PLANNING SEMINAR

**Tuesday, September 23rd at 3:00 PM
in the Assembly Room**

Join Sarah Bidwell for a seminar covering the basics of estate planning such as Wills, Powers of Attorney, Trusts, and Medical Directives, and answer common questions such as:

- *how do I avoid probate?**
- *what is the difference between a will and a living will?**
- *who needs a will?**
- *what is a power of attorney?**



**New to our Hermitage Library!
Book of the month for September:**

Gilded Lives, Fatal Voyage
by Hugh Brewster

Gilded Lives, Fatal Voyage takes us behind the paneled doors of the Titanic's elegant private suites to present compelling, memorable portraits of her most notable passengers. The intimate atmosphere onboard history's most famous ship is recreated as never before.

**What's a topic that you would like to learn more about?
Contact a Lifestyles and Wellness team member
and let them know! (Sam or Julia)**

KNOW YOUR RESIDENT RIGHTS

- To be informed of your rights, rules and regulations governing your care, conduct and responsibilities.
- To be informed of available services and related charges.
- To be informed of your medical condition and to be involved in planning your treatment.
- To be informed of any reasons for transfer or discharge and to be given reasonable advance notice.
- To voice grievances and recommend changes in policy.
- To manage your personal financial affairs.
- To be free from mental and physical abuse and to be free from unauthorized chemical and physical restraints.
- To have confidential treatment of your personal and medical records and approval or refusal of their release.
- To be treated with recognition of your dignity, individuality, and privacy.
- To not be required to perform services for the facility.
- To have private communication with persons of your choice and to send and receive unopened mail.
- To participate in social, religious and community activities.
- To maintain and use personal clothing and possessions as space permits.
- To have privacy for visits with your spouse.
- To have the rights and responsibilities of residents available in an easily accessible place in the facility.

Roanoke League of Older Americans (LOA)
(540) 345-0451

CULTIVATE

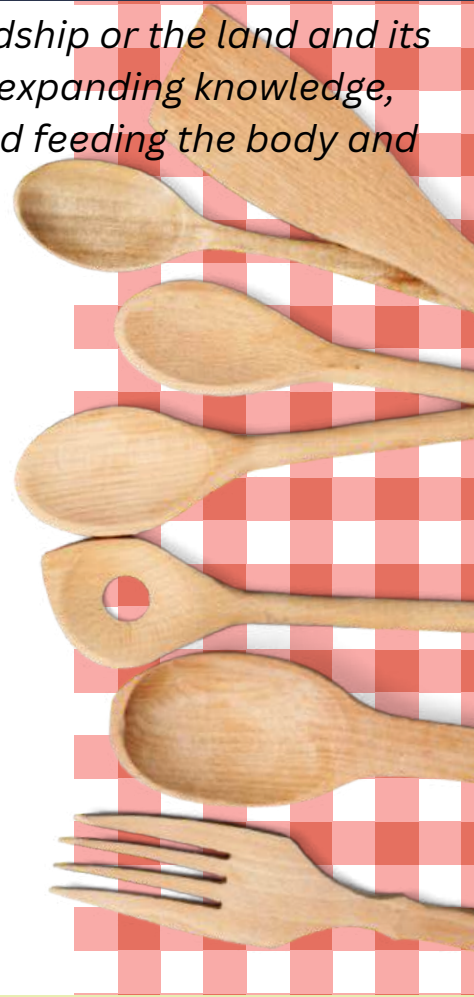
Cultivate has many meanings. Gardening, practicing stewardship of the land and its inhabitants; developing new skills and following passions, expanding knowledge, nourishing friendships and community, promoting health and feeding the body and soul.



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.
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

End of Season Work Day!

Well, it's been a great growing season, folks and even though we've had our ups and downs, together we have worked out some kinks and learned a lot for our first year! Next year is bound to be even better now that we are equipped with all the knowledge and experience we gained. It was great to see everyone pitch in and become invested in this project and everyone should be proud of the hard work they put in. But now it is time to put our little beds to bed for the long winter. Come help us wrap up the season by cleaning up the rotunda and sharing a special beverage and a snack with friends!



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: **BUCOLIC**

RELATING TO THE PLEASANT ASPECTS OF THE COUNTRYSIDE

“ THE CHURCH IS LOVELY FOR IT’S BUCOLIC SETTING”

TRY TO USE THIS WORD IN A SENTENCE THIS MONTH!

CHOCOLATE BINGO

**Tuesdays at 10:30 AM
in the Assembly Room**

Bingo is a classic game of luck where players mark numbers on their cards as they’re called out, aiming to complete a row, column, diagonal, or special pattern to win.

MONDAY SCRABBLE

Monday, September 29th 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.

HEARTS

Wednesdays at 1:30 PM in the FR

Hearts is a four-player card game where you try to avoid collecting hearts and the Queen of Spades—lowest score wins.

CANASTA

Tuesdays at 3:00 PM in the FR

Canasta is a rummy-style card game where players form melds of seven cards of the same rank to score points.

MONEY BINGO

Wednesdays at 3 PM in the AR

Players mark numbers on their cards as they’re called out--we do different rounds instead of just 5 in a row!

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:

Shoe Shopping with Melody!

Friday, September 26th
at 10:00 AM



Join us on the Bus as we travel to Super Shoes! Melody (PT) will be helping you find a supportive pair of shoes! Sign up in the activity outing book or let Melody know if you are interested in attending!

LITTLE CRITTERS TRAVELING PETTING ZOO

Little Critters Petting
Zoo is Coming!

Llamas, chickens, goats,
and bunnies—what more
could you want?

Join us by the flagpole on
Friday, September 19th
from 10 AM to 12 PM

for a morning of
hands-on fun with some
of the cutest critters
around! Perfect for all
ages, this is one event
you won't want to miss!



Retirement —PARTY— for Barry!



Wishing Barry a Happy Retirement!
Our beloved Building and
Grounds Director, Barry, is retiring!
Join us in sending him off with
gratitude and best wishes as he
begins this exciting new chapter.

Thank you, Barry, for your
dedication, hard work, and
years of service—
you will be greatly missed!

Hymns with Louise

Join Louise for
piano and hymns in
the Virginia Room

on Wednesday, September 10th
at 10:30 AM and Wednesday,
September 24th at 10:30 AM!



SAFETY FAIR



WEDNESDAY, SEPTEMBER 24



7:00 AM - 10:00 AM



ASSEMBLY ROOM

All team members are required to attend the Safety Fair and visit each booth during the scheduled timeframe. A variety of safety topics and resources will be available.

Residents may attend if they wish!

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

Cheddar's Tuesday, September 9th
SCRATCH & KITCHEN **Cheddar's**

SHAKERS Tuesday, September 30th
GOOD FOOD & DRINK **Shakers**

Bus leaves at 4:15 PM

In the Kitchen

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

Coffee Rice Pudding

Friday, September 12th at 10:00 AM
in the Dogwood Lane Kitchen

Crockpot Apple Butter

Monday, September 22nd at 10:00 AM
in the Dogwood Lane Kitchen--tasting
on Tuesday, September 23rd at 1:30
PM in the Rotunda

MENU CHAT

Wednesday, September
24th at 10:00 AM in the
Parlor

What would you like to
see added to the
menu? Come to Menu
Chat and share your
ideas!



Lunch OUT

Out to
Lunch!

Friday, September 5th at 11:00 AM
Jaybird Tavern
Shopping at The French Farmhouse
will follow

Friday, September 12th at 11:00 AM
Rosie's

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.



Cheesecloth Ghosts

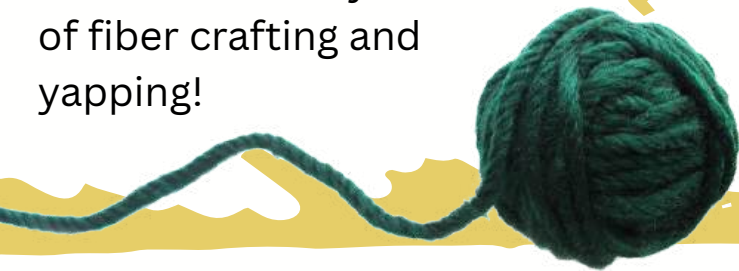
Wednesday, October 1st at 10:30 AM
in the Assembly Room

👻 Join us in the Assembly Room for a frightfully fun fall craft! We'll be making spooky Cheesecloth Ghosts to add some Halloween charm to your décor! 🎃

YARN SPINNERS

Thursday, September 18th
at 3 PM in the Lobby

Join us for a cozy afternoon of fiber crafting and yapping!



Plein Air Painting

Wednesday, September 17th at 10:30 AM on the Patio

Come savor the last loveliest days of summer with a special outdoor painting session! You can choose your own adventure or follow Julia's easy step by step instructions. All supplies will be provided!



FALL WREATHS!

Monday, October 15th at 10:00 AM
in the Virginia Room

It's that time of year again! Time to make a pretty door decoration to welcome in this year's Autumn! All supplies will be provided. Come join in the fun!

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!

GAME DAY KICKOFF!

We're welcoming the return of football season with a fun-filled celebration on **Tuesday, September 2nd** in the Rotunda. Residents and team members are invited to wear their favorite football jersey and join us for an afternoon of games, laughter, and community spirit. Whether you're a die-hard fan or just enjoy the excitement of game day, this is the perfect way to get into the season!

****Team Members & Residents:**
Please wear your favorite football jersey on Tuesday, September 2nd!



NEW RESIDENT

Meet & Greet

Friday, September 26th at 2:00 PM in the Virginia Room (social from 2:00-2:30 PM, music by Ron Downing from 2:30-3:30 PM)

Come get to know our newer members to the community and enjoy a performance of classic crowd pleasing tunes by Ron Downing!



COZY MUSIC PERFORMS

Wednesday, September 3rd
at 10:30 AM in the Virginia Room

Floyd musical duo, Kris & Jeff Kiko-Cozy, play an eclectic mix of Eastern European, Scandinavian & Celtic folk tunes, blues, popular tunes from the 1930s, and Medieval & Renaissance music ranging from exuberant to soulful to contemplative. Kris is a classically-trained clarinetist, also playing soprano & alto recorders and Jeff is a self-taught guitarist with a unique rhythmic style.



Trick or Treating fun!

Our friends from Community School are coming back to trick-or-treat with us this year! If you'd like to donate candy for the kids, please bring it to Julia, Sam, or Margie/Julia H at the Front Desk. Dates and times to be announced—stay tuned!



HERMITAGE

ROANOKE

September 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>Rev. David Mucha, 767-6883</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</i>
Transportation	<i>Michael DeHaven, 520-9716</i>
Lifestyles & Wellness Office	<i>Julia Phillips, Diamond Reed, 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
	<div>Labor Day</div> <div>10:00 In the Kitchen: Snappin' Beans (DWL)</div> <div>12:00 Labor Day Pizza Party! (P)</div> <div>2:00 Game Fest (AR)</div> <div>3:00 Chair Yoga! (AR)</div>	<div>10:30 Chocolate Bingo! (AR)</div> <div>1:30 Game Day Kickoff (Ro)</div> <div>3:00 Canasta (FR)</div> <div>5:45 Mix It Up with Margie! (Front Lobby)</div>	<div>9:30 Walk Group (FC)</div> <div>10:30 Cozy Music Performs! (VR)</div> <div>1:30 Hearts (FR)</div> <div>1:30 Puzzle Cart</div> <div>3:00 BINGO (AR)</div>	<div>10:00 Exercise Group with Melody (AR)</div> <div>2:00 Pet Visits (Ro)</div> <div>3:00 Get Acquainted!: Couples (VR)</div>	<div>HB Peggy Phillips</div> <div>HB Nancy Ratner</div> <div>10:00 Shop Lakeside (B)</div> <div>11:00 Cardio Drumming! (AR)</div> <div>12:30 Lunch Out: Jaybird Tavern & Shopping Downtown (B)</div> <div>1:30 Red Hat Society! (AR)</div> <div>3:00 Movie Matinee (AR)</div>	<div>10:00 Krispy Kreme Social (Front Lobby)</div> <div>10:20 Exercise with Melody (Channel 1960)</div> <div>2:00 Jewelry Making! (FR)</div> <div>4:00 30 Minute Seated Disco Exercise (Channel 1960)</div>
<div>HB Linda MacAfee</div> <div>HB Lorraine Williams</div> <div>7:00 Instrumental Hymns (Channel 1960)</div> <div>1:30 Jeopardy (AR)</div> <div>2:55 Vespers with Communion (AR)</div> <div>4:00 30 Minute Seated Disco Exercise (Channel 1960)</div>	<div>HB Susan Snow</div> <div>10:30 Hammered Flowers (AR)</div> <div>1:30 Shop Lakeside (B)</div> <div>2:00 Game Fest (AR)</div> <div>3:00 Chair Yoga! (AR)</div>	<div>10:30 Chocolate Bingo! (AR)</div> <div>2:00 Sam's Baby Sprinkle (FR)</div> <div>3:00 Canasta (FR)</div> <div>4:15 Dinner Out: Cheddars (B)</div> <div>5:45 Mix It Up with Margie! (Front Lobby)</div>	<div>HB Martin Schindler</div> <div>9:30 Walk Group (FC)</div> <div>10:30 Hymns with Louise! (VR)</div> <div>1:30 Hearts (FR)</div> <div>1:30 Hydration Cart</div> <div>3:00 BINGO (AR)</div>	<div>10:00 Exercise Group with Melody (AR)</div> <div>1:30 611 Jazz Perform! (VR)</div> <div>3:00 September Sangria (P)</div>	<div>10:00 In the Kitchen: Coffee Rice Pudding (DWL)</div> <div>11:00 Lunch at Rosie's (B)</div> <div>1:30 Pop & Chat (Front Lobby)</div> <div>2:30 Shop Salem (B)</div> <div>2:30 Movie Matinee (AR)</div>	<div>HB Esther Mabry</div> <div>10:00 Hermitage Helps! (FR)</div> <div>10:20 Exercise with Melody (Channel 1960)</div> <div>2:00 Jewelry Making! (FR)</div> <div>4:00 30 Minute Seated Disco Exercise (Channel 1960)</div>
<div>7:00 Instrumental Hymns (Channel 1960)</div> <div>10:30 Name That Tune with Suzanne! (DWL)</div> <div>1:30 Visit with Jazzy! (Room to Room)</div> <div>2:55 Vespers (AR)</div> <div>4:00 30 Minute Seated Disco Exercise (Channel 1960)</div>	<div>10:00 Fall Wreaths (VR)</div> <div>1:30 Shop Lakeside (B)</div> <div>2:00 Barry's Retirement Party (VR)</div> <div>3:00 Chair Yoga! (AR)</div>	<div>10:00 Mending Ladies (From Home)</div> <div>10:30 Chocolate Bingo! (AR)</div> <div>1:30 Manicures! (DWL)</div> <div>3:00 Canasta (FR)</div> <div>5:45 Mix It Up with Margie! (Front Lobby)</div>	<div>9:30 Walk Group (FC)</div> <div>10:30 Paint Class with Julia! (P)</div> <div>1:30 Hearts (FR)</div> <div>1:30 Puzzle Cart</div> <div>3:00 BINGO (AR)</div>	<div>HB Frank Ewald</div> <div>10:00 Exercise Group with Melody (AR)</div> <div>1:30 September Birthday Party with Second Chance Duo! (VR)</div> <div>3:00 Yarn Spinners! (Front Lobby)</div>	<div>10:00 Little Critters Petting Zoo! (Flag Pole)</div> <div>1:30 Meet Diamond! (AR)</div> <div>3:00 Documentary: Abraham Lincoln (AR)</div>	<div>10:00 SkipBo (AR)</div> <div>10:20 Exercise with Melody (Channel 1960)</div> <div>3:00 Movie Matinee (AR)</div> <div>4:00 30 Minute Seated Disco Exercise (Channel 1960)</div>
<div>7:00 Instrumental Hymns (Channel 1960)</div> <div>1:30 UNO (AR)</div> <div>2:55 Vespers (AR)</div> <div>4:00 30 Minute Seated Disco Exercise (Channel 1960)</div>	<div>Rosh Hashanah</div> <div>10:00 In the Kitchen: Apple Butter (DWL)</div> <div>1:30 Shop Lakeside (B)</div> <div>2:00 Game Fest (AR)</div> <div>3:00 Chair Yoga! (AR)</div>	<div>HB Richard Ratliff</div> <div>10:30 Chocolate Bingo! (AR)</div> <div>1:30 Apple Butter Tasting! (Ro)</div> <div>3:00 Estate Planning Seminar (AR)</div> <div>5:45 Mix It Up with Margie! (Front Lobby)</div>	<div>Rosh Hashanah Ends</div> <div>7:00 Safety Fair (AR)</div> <div>10:00 Menu Chat! (Par)</div> <div>10:30 Hymns with Louise! (VR)</div> <div>1:30 Hearts (FR)</div> <div>1:30 Hydration Cart</div> <div>3:00 BINGO (AR)</div>	<div>10:00 Exercise Group with Melody (AR)</div> <div>1:30 Josh Kinn from Kinnfolk! (VR)</div> <div>3:00 Book Club! (VR)</div>	<div>10:00 Shoe Shopping with Melody! (B)</div> <div>1:30 Shop Tanglewood (B)</div> <div>2:00 New Resident Meet & Greet! (VR)</div>	<div>HB Judy Tucker</div> <div>10:00 Manicures! (DWL)</div> <div>10:20 Exercise with Melody (Channel 1960)</div> <div>2:00 Homestead Creamery Ice Cream Tasting (Ro)</div> <div>4:00 30 Minute Seated Disco Exercise (Channel 1960)</div>
<div>7:00 Instrumental Hymns (Channel 1960)</div> <div>10:30 Name That Tune with Suzanne! (DWL)</div> <div>1:30 All About Oktoberfest! (Ro)</div> <div>2:55 Vespers (AR)</div> <div>4:00 30 Minute Seated Disco Exercise (Channel 1960)</div>	<div>HB Peter Mortlock</div> <div>10:30 Monday Morning Scrabble! (FR)</div> <div>1:30 Shop Lakeside (B)</div> <div>2:00 (IL) Ladies Tea! (VR)</div> <div>2:00 (IL) Men's Coffee Club (VR)</div> <div>2:00 Game Fest (AR)</div> <div>3:00 Chair Yoga! (AR)</div>	<div>10:30 Chocolate Bingo! (AR)</div> <div>1:30 Granny Pants Game! (Ro)</div> <div>3:00 Canasta (FR)</div> <div>4:15 Dinner Out: Shakers (B)</div> <div>5:45 Mix It Up with Margie! (Front Lobby)</div>	<div>Types of Activities offered</div> <div>NA-Natural world</div> <div>SO-Social</div> <div>CO-Cognitive</div>	<div>LOCATION KEY</div> <div>AR - Assembly Room</div> <div>B - Bus</div> <div>DWL - Dogwood Lane</div> <div>FR - Florida Room</div> <div>FC - Front Canopy</div> <div>Par - PARLOR</div>	<div>P - PATIO</div> <div>Ro - Rotunda</div> <div>VR - Virginia Room</div>	

September 2025

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