

HERMITAGE

THREE CHOPT

PINNACLE LIVING

Thriving Well

September 2025



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Wellness

Jammin' with Jillson
Every 1st and 4th Friday
Yoga with Barbara
Every Friday

Abundant Days

Melodies in Motion- Sept. 2nd
Art- Sept. 3rd
Psalm- Sept. 12th
Melodies in Motion- Sept 16th
Art- Sept. 17th
Game show fun- Sept. 24th
Melodies in Motion-Sept. 30th

Music Socials

Kevin sings the Classics
Sept. 15th



September 2025-Birthdays

Deborah Bird- Sept. 10th
Carol McKnight-Sept. 23rd
Wyckie McClure-Sept. 24th
Tom Ingram-Sept. 28th



Team Member of the Month



We're proud to recognize Fred Frye as our Team Member of the Month! Fred works in the dining department and brings over 20 years of culinary experience to our team. He consistently demonstrates outstanding teamwork, willingly stepping up to any task asked of him. Known for his jovial spirit and creative ideas, Fred is a true asset to our team. And of course, his food is always seasoned to perfection!



Trivia Whiz

If you've ever sent your favorite celebrity fan mail, there's a chance the post office delivered mail to them under a different name before they became famous.

Demi Moore. Her sleek name fits a leading lady, but she was born Demetria Gene Guynes. Demi was an obvious shortening of her first name, and Moore came from her first husband, singer Freddy Moore.

Bruno Mars. He brings the funk, but he wasn't born with that stellar moniker: his birth name was Peter Gene Hernandez. "Bruno" was a nickname from his dad, and "Mars" was added to sound out-of-this-world. Ready for blast off!

Lady Gaga. Born Stefani Joanne Angelina Germanotta, her moniker was inspired by Queen's "Radio Ga Ga."

Apple Cider Sugar Scrub

Make your skin smell like fall with this homemade sugar scrub.

Materials:

- 2 packets powdered apple cider drink mix
- Medium-sized bowl
- 2 cups brown sugar
- 2 teaspoons cinnamon
- Spoon
- 1/2 cup coconut oil
- Glass jar with lid

Directions:

Empty the packets of apple cider mix into a medium-sized bowl. Add brown sugar and cinnamon. Mix well with a spoon.

Add coconut oil to the dry mixture and use the spoon to incorporate all ingredients together. The coconut oil should soften as you stir.

Put the sugar scrub into the glass jar or other resealable container. Use the scrub on your body when you bathe. It can be stored for 6 months.



With students hitting the books again, it's the perfect time to spark curiosity and make a difference at Hermitage Three Chopt! Our vibrant volunteer program is on the lookout for enthusiastic young minds ready to bring energy, creativity, and connection to our community. Reach out to our Lifestyle and Wellness team today and help us grow together!

Finding It Hard to Leave?

We know that saying goodbye after a visit can sometimes be tough-for both you and your loved one with dementia. Goodbyes can bring up feelings of anxiety or confusion, and we want to help make things a little easier.

Instead of saying "goodbye," try this simple phrase: "I'm going to grab a coke!"

It's a casual, friendly way to signal to our team that you're ready to leave. When you say it, a team member will step in to help redirect and engage your loved one, making the transition smoother and more comforting for everyone.

Plus, it sounds like you're just stepping out for a moment, which can ease anxiety and help your loved one

feel more at ease.

It's a small change that can make a big difference!



Brainteaser

Question: I appear once in summer and twice in autumn, but I don't appear in any other season of the year. What am I?

Answer: The letter U.

Resident of the Month

The Golden Age of Radio

Before TV, folks gathered around the radio to listen to their favorite programs. Tune in to this lineup of shows that ruled the airwaves, beginning in the 1930s, radio's golden age.

"Little Orphan Annie." Based on the popular comic strip, this adventure serial was one of the first radio programs created for children and had 6 million fans at its peak.

"The Shadow." The famous opening lines "Who knows what evil lurks in the hearts of men? The Shadow knows!" set the tone for this drama about a mysterious crime fighter.

"Death Valley Days." Radio's first Western drama featured a character simply called the Old Ranger, who told true-life stories of cowboys, lawmen and villains pioneering the West.

"Fibber McGee and Molly." The hilarious antics of Fibber and his wife, Molly, as well as memorable catchphrases and running gags, made this an endearing situation comedy.

"The Edgar Bergen and Charlie McCarthy Show." The banter between legendary ventriloquist Edgar Bergen and his wisecracking puppet, Charlie, entertained audiences for 20 years.

"The Guiding Light." The longest-running soap opera in history began as a radio show in 1937 and hooked listeners with its multiple storylines and cliffhangers. It moved to TV in the '50s.



Thomas "Tom" Ingram was born on September 28th in Atlanta, Georgia. He graduated from Wake Forest University and Southern Baptist Seminary earning degrees in music. He has been married to his lovely wife, Peggy, since 1979 and moved to Richmond, Va in 1983. He was a consultant for church music and worship at the Virginia Baptist Board until retirement. He has two sons, Bryan and Joel, and 4 grandchildren, Carson, Savannah, Chloe, and River. He is an excellent clarinet player. His favorite place is Emerald Isle, Italy. We are grateful to have him at Hermitage Three Chopt.



Wellness

At Hermitage Three Chopt, our "Pathways to Wellness" program highlights ten areas of well-being: Creative Expression, Strength and Endurance, Intellectual Growth, Spirituality, Emotional Balance, Community Outreach, Social Connection, Brain Fitness, Diet and Nutrition, and Cultivation.



This month, we'll focus on Brain Fitness. Stay tuned for events highlighting this key aspect of wellness!

The Longest Year

How many times has Neptune circled the sun since being discovered in September 1846?

Once. It takes Neptune almost 165 (Earth) years to orbit the sun.

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1	2	3	4	HTC DAY 5 We Are Celebrating Hermitage Three Chopt Is Turning 1 Year Old	6 
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	 22	23	24	25	26	27
28	29	30	September			

"This Month In History" SEPTEMBER

1846: German astronomer Johann Galle first observes the planet Neptune.

1957: The Little Rock Nine face mobs and rioting in their attempts to attend previously segregated Little Rock Central High School. President Eisenhower eventually sends the 101st Army Airborne to escort the children safely to school.

1965: Satchel Paige becomes the oldest player in Major League Baseball history at 59 years old when he pitches three innings against the Boston Red Sox. Paige

was the first Negro Leagues veteran to be inducted to the National Baseball Hall of Fame six years later.

1966: The sci-fi TV series "Star Trek" premieres, inviting audiences "to boldly go where no man has gone before."

1972: Bobby Fischer defeats Boris Spassky in "the match of the century" to become the world chess champion. Fischer was only 29 years old.

1984: Joe Kittinger completes the first solo balloon crossing of the Atlantic Ocean. He launched from Maine and crash landed on the Italian coast 86 hours later, breaking his ankle and a record for distance in a solo balloon flight.

1986: "The Oprah Winfrey Show" debuts nationwide, running until May 25, 2011.

1998: Google is founded in Menlo Park, Calif., and receives 10,000 queries in its initial beta phase.