

Home & Hearth

January 2019



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Hermitage Richmond

1600 Westwood Avenue | Richmond, VA 23227
 www.hermitagerichmond.org | 804-474-1800

Special Programs

CONVERSATION WITH ADMINISTRATION

Tuesday, January 1
 10:15 AM
 Guild Solarium

An intimate setting for residents to express what is on their mind to the Leadership Team. Residents are encouraged to attend.

CINDY'S SEWING

Wednesday, January 2

Cindy Modzelewski, volunteer seamstress, is coming on the 1st Wednesday. She usually arrives around 9:00 AM. Residents can fill out a **request for sewing form** at the front desk. A volunteer will pick up items to be repaired from resident's rooms.

NEW RESIDENT TEA

Wednesday, January 2
 3:00 PM

Social Hall

Join us for a special afternoon tea and meet the newest residents of Hermitage Richmond! This is a great time for fellowship, refreshments and to make new friends! Everyone is invited!

MEN'S FELLOWSHIP BREAKFAST

Thursday, January 3
 9:00 AM

Social Hall

Each month the men gather together with Bob Stephens, lay speaker in the United Methodist Church, and Chaplain Graham Patterson for a delicious breakfast, fellowship, some laughs, and inspired devotion.

CHIMER'S PRACTICE

Thursday, January 3 & 10 at 10:15 AM
 Sunday, January 13 at 2:30 PM

Chapel

Lavern makes playing the chimes fun and easy to learn. No experience necessary to begin playing this beautiful instrument. Chimers will perform on **Sunday, January 13th** during worship.

VALENTINE RICHMOND HISTORY CENTER: A TALE OF TWO STORES

Thursday, January 3
 3:30 PM

Social Hall

Revisit the glory days of Richmond's downtown as a shopping and social destination. Reminisce about Thalheimer's and Miller & Rhodes department stores. This speaker led interactive program will draw from the Valentine's historic audio and video materials.

HERMITAGE CLASSICAL MUSIC CLUB

Friday, January 4 & 18
 3:00 PM

Parlor

Join Chaplain Graham Patterson to relax into your weekend for his new program for music lovers. Graham will focus on American, and 18th and 19th century English Christmas Carols on January 4th, and Wolfgang Amadeus Mozart on January 18th. This club is so popular, they are now meeting two times a month. Everyone is welcome.

HEARTSTRINGS CHORUS

Monday, January 7
 10:30 AM

Social Hall

This local group of up to 70 women volunteer to perform throughout Richmond, VA. They give over 30 shows per year in communities to those who love music and laughter. They only come once a year, so you will not want to miss this program.

"WILD MEN, DAWN OF ROCK AND ROLL" BY PHILIP MCKINNEY

Wednesday, January 9
 3:00 PM

Social Hall

Explore famous musicians from the Rock & Roll era like Jerry Lee Lewis, Elvis Presley and Fats Domino through artwork, songs and storytelling. Come and enjoy this very unique program.

Special Programs

PIZZA PARTY

Thursday, January 10

4:30 PM

Social Hall & Throughout Community

There will be a variety of *Pizza Hut* pizzas to choose from along with salad, drinks, and ice cream. Reservation forms will be placed in resident's mailboxes and available in the Communication Room. Please turn in forms with your choice of pizza by Wednesday, Jan. 9th to Tonya or Front Desk.

MUSIC WITH SAM ABRASH

Saturday, January 12

3:30 PM

Parlor

Come and sing along with Sam as he plays folk music & soft rock on his acoustic guitar.

TOWN MEETING

Tuesday, January 15

10:30 AM

Social Hall

Join Gale Knox, Executive Director, and the Leadership Team to find out all about the latest happenings here at Hermitage Richmond. All residents are welcome.

HERMITAGE RICHMOND BOOK CLUB

Tuesday, January 15

6:00 PM

Guild Solarium

Our discussion will continue on the story of an extraordinary family and the unique child who became Theodore Roosevelt: Mornings on Horseback by David McCullough. Join the club and help choose the next book to read. Everyone is welcome to attend.

JOHN ADAMS VIDEO SERIES

Mondays, January 7, 14, 21 & 28

6:00 PM

Social Hall

Based upon the Pulitzer Prize-winning book by author David McCullough, this 7-part mini series is a sprawling epic production by producers Tom Hanks and Gary Goetzman. This is a must see for all history lovers.

MUSIC WITH SUSAN COUSINS

Thursday, January 17

6:30 PM

Social Hall

Susan plays the piano and performs classical music pieces. Everyone is invited to come and enjoy some beautiful music

DR. MARTIN LUTHER KING, JR. DAY CELEBRATION

Monday, January 21

10:30 AM

Social Hall

Our featured speaker will be Pastor Gregory L. Williams of Morning Star Baptist Church in Petersburg, VA. He will tell us about his friendship with Reverend Wyatt Tee Walker, who marched with Dr. King, and his famous letter from Birmingham Jail. The program will include special music. You will not want to miss this special celebration.

CHAIR YOGA WITH PAT REAMS

Monday, January 21

2:00 PM

Feeling Fit Center, Grove Lower Level

Pat Reams leads gentle chair yoga exercises with deep breathing. She helps participants become more flexible and relaxed!

LADIES FELLOWSHIP BREAKFAST

Tuesday, January 22

8:00 AM

Social Hall

Join our Chaplain Denise Bennett for a meaningful time of Bible Study, fellowship and reflection, while enjoying a delicious breakfast. Everyone is invited.

ACCA TEMPLE MILLION DOLLAR BAND

Tuesday, January 22

6:30 PM

Social Hall

The Shriner's Acca Temple "Million Dollar Band" will entertain us with their lively music. This is the oldest performing band in VA.

Special Programs

GINTER PARK GARDEN CLUB

Wednesday, January 23

Guild Solarium

Join these dedicated volunteers in making a fresh flower arrangement. This month will feature a winter theme. All supplies are provided, and no green thumb required!

TRAVELOGUE VIDEO

Thursday, January 24

6:30 PM

Social Hall

Travel to the Greatest Creations on earth, from the natural to the man made. Included are 6 supreme examples of man's architectural achievements, such as Stonehenge, the Great Pyramids and the Taj Mahal. Visit the beautiful natural wonders Grand Canyon, Amazon River and the Himalayas. These are just a few of the places featured in this stunning video. Come enjoy them all.

HIDDEN TREASURES

Friday, January 25

9:30 AM-2:00 PM

Edgewood Lower Level

Hidden Treasures is totally run by our faithful volunteers. Shop in a variety of rooms including: Men's & Women's Clothing, Shoes, Jewelry, Household Goods, Furniture, Books, Games, Children's Clothing & Toys, and much more! Everything is sold at bargain prices and benefits Hermitage Richmond. Come and find your treasures!

MUSIC WITH CHUCK PARSONS

Saturday, January 26

3:00 PM

Parlor

Chuck is a music teacher for Henrico County Public Schools who performs a variety of popular artist's songs on his acoustic guitar. He is a volunteer who loves to come spend time with our residents. Chuck will sing in The Grove at 2:00 PM, then in the Parlor at 3:00 PM. Come and sing along with Chuck.

COOKING CLUB

Wednesday, January 30

3:00 PM

Social Hall

Put on your aprons and join Tonya and Alice for a fun time in the kitchen. We will make "Melted Snowman Bark." Bring along any extra candies you have left over from Christmas to add to the mix. Come make a treat for yourself or to share. Everyone is invited, even taste testers!

MUSIC WITH THE WHITING'S

Thursday, January 31

6:30 PM

Social Hall

Jamey and Tammy Whiting play a unique combination of traditional and soulful blues-influenced jazz. Jamey plays the piano and Tammy sings. They are from the Nashville, TN area and travel to play in 16 different states. You will hear sounds of BB King, the Ink Spots, Ella Fitzgerald and Billie Holiday.

KNITTING AND CROCHET CLUB

Thursdays, January 3, 10, 17, 24 & 31

2:00 PM

Parlor

Every Thursday afternoon, residents who knit, crochet, or do any type of sewing, gather together to work on personal projects or make items for the local charity, "From the Heart." Yarn for From the Heart projects is donated and available to residents. Contact Lynn Crusier in Residents Services for more information.

HERMITAGE RICHMOND CHORUS

Tuesdays, January 8, 15, 22, & 29

4:00 PM

Social Hall

The Hermitage Richmond Chorus needs you! Led by pianist and director, Pam Funai, the chorus sings a variety of popular songs. No experience is needed, just come and sing for the fun of it. Experts will tell you, singing is good for your health too. Come join the fun!

January Outings and Announcements

BOW TIE MOVIE THEATER MARY POPPINS RETURNS

Monday, January 7

Departure time will be after lunch and will be posted closer to the date. Residents must sign up in the book located on 1st floor in the Resident Communication Room to reserve a seat. Plan to go see this delightful and popular family musical already nominated for Best Picture of the Year.

BRIDGE CLUB

Wednesdays, January 2, 9, 16, 23 & 30
1:30 PM

3rd Floor in Edgewood Solarium

If you love to play Bridge, please join the players on Wednesday afternoons. See Vicki in Resident Services to be put on the list for reminders.

BROOKS OPTICAL

Monday, January 28
9:00-10:00 AM

Grove Conference Room, 1st Floor

Brooks Optical returns to the Grove Conference Room on 1st floor near the Front Lobby. They come every 4th Monday of the month and are available to all residents. Stop by and have your glasses cleaned and adjusted compliments of Sheila from Brooks Optical.

LUNCH BUNCH OUTING TO LONGHORN STEAKHOUSE

Monday, January 14

11:00 AM Depart from Delmont Door

Enjoy getting out and having lunch with friends in a favorite restaurant. Longhorn has a variety of choices along with delicious steaks. The menu will be posted for your review. Residents must sign up in the book located in the Resident Communication Room on the 1st Floor to reserve a seat.

THURSDAY WALMART SHOPPING

Every Thursday

9:30 AM, Depart from Delmont Door

Please sign up in the book located in the Resident Communication Room if you want to go. A volunteer shopper is also available. Residents can turn in their shopping list to the Receptionist at the Front Desk.

NEW LIBRARY BOOKS

The Next Person You Meet in Heaven by author Mitch Albom.

Bathed in Prayer: Father Tim's Prayers, Sermons and Reflections from the Mitford Series by author Jan Karon.

World Almanac, 2019 Edition, Reference, small print.

John Adams by author David McCullough. Library is located on the 3rd floor in the Delmont Hall, D-306.

FEELING FIT CENTER

Located in the Grove Lower Level
Access to a variety of exercise equipment
and scheduled classes.



FEELING FIT **Chair Exercises**

Monday-Friday
9:30-10:10 AM
No class on January 1

OTEGA BALANCE CLASS

Sitting and standing exercises
for improved balance
Monday, Wednesday, Friday
4:00-4:30 PM
No class on January 1

CHAIR YOGA **With Pat Reams**

Monday,
January 21
2:00-3:00 PM



Welcome New Residents

Edward Andrews. Edward was born in Johnson City, New York. He is married to Marsha and they have three daughters. Edward was a principal in the Amelia County School System. After retirement, he became a real estate agent.

Violet and William Stewart. Violet and William are members of Bon Air Baptist Church. Violet enjoys tennis and William enjoys music and basketball.

Winter Word Search

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| D | E | K | M | K | A | A | J | Y | R | A | G |
| S | N | E | T | T | I | M | S | E | R | I | R |
| X | G | L | O | V | E | S | I | O | E | Z | O |
| T | P | Y | O | N | K | O | D | W | T | D | Y |
| K | H | T | T | W | S | N | H | S | N | L | R |
| D | D | S | A | Q | Z | P | O | T | I | O | V |
| D | D | O | O | T | G | E | T | A | W | C | Y |
| N | M | R | C | L | F | L | C | H | S | Q | S |
| O | E | F | A | G | H | C | H | O | N | B | N |
| S | G | Z | H | Z | H | I | O | P | D | J | O |
| N | L | T | O | S | Z | C | C | P | O | A | W |
| R | G | E | C | R | N | I | O | O | P | N | L |
| W | C | J | D | J | F | E | L | L | C | U | I |
| Z | N | X | Y | C | U | H | A | B | H | A | H |
| H | I | B | E | R | N | A | T | E | Y | R | P |
| F | K | B | O | X | I | C | E | G | U | Y | W |

WINTER
SNOW
SLED
ICICLE
BLIZZARD
HOT CHOCOLATE

COLD
FROSTY
FROZEN
JANUARY
GLOVES

ICE
HIBERNATE
COAT
HAT



Team Member of the Month!

Joseph Allen

Joseph is a Dietary Aide who has been working at Hermitage Richmond since 2004. Nominated by team members, they say that “We can always count on Joe. He is responsible, dependable, funny and is always in great spirits with a positive attitude. Joe is always ready and willing to help his team members without them having to ask. He takes the time to learn the residents desires and preferences, being sure to respond promptly to their needs and requests. The residents look forward to seeing Joseph throughout the day.” He added, “I enjoy working at Hermitage Richmond, especially being with the residents.” Congratulations Joe!



Resident Spotlight!

Dot Coor

Dot was born and raised in Richmond, Virginia and attended Longwood University and Pan American Business School. She worked for the Chief Nurse at McGuire Hospital and volunteered at Mary Munford Elementary School. Married to her husband, Bill, for 65 years, they had one son, Stephen and two grandchildren, Patrick and Michaela.



Dot has been an active member of Reveille United Methodist Church for over 50 years. She moved to Hermitage Richmond seven years ago. Dot remarks, “I like living here, the Hermitage has been good to me.” She enjoys the many music programs, News & Views and playing Bingo. Dot’s door is always open because she loves talking to people. Always looking for ways to help others, she checks on her neighbors frequently. Thank you Dot, for all you do for Hermitage Richmond!

| Sunday | Monday | Tuesday | Wednesday |
|---|--|--|---|
| <p>Abbreviated Location Key Code 2D - Solarium on 2nd floor Delmont Hall CW - Creative Workshop-4th Floor Delmont C - Chapel P-Parlor 2A- Activity Room on 2nd floor Avondale 3A -Sitting Area on 3rd floor Avondale 3E-Solarium-3rd floor Edgewood Hall GS - Guild Solarium FFC—Feeling Fit Center, Grove Lower Level SH- Social Hall 2E-Solarium-2nd floor Edgewood Hall MR-Multipurpose Room</p> | <p>Creative Workshop: Mondays – 3:30 pm Tuesdays-1:30 pm Wednesday – 2:00 pm Thursday-10:30 am Open Art Studio: Tuesday-9:15-12:00 pm</p> | <p>1 New Year's Day 10:15 Conversation with Administration GS 11:30 New Year's Day Lunch in the Dining Room 1:00 Rose Bowl Football Game on TV SH</p> | <p>2 Cindy's S 9:30 "Feeling Fit" (2,5) 10:00 Stamps for Mis 10:45 Peanut Butter & 1:30 Bridge (1,4) 1:45 Bible Study (1,4) 2:00 Creative Works 3:00 New Resident 4:00 Balance Class</p> |
| <p>6 3:00 Worship Service and Holy Communion led by Reverend Graham Patterson, Chaplain at Hermitage Richmond (6,10) C</p> | <p>7 Bow Tie Theater 9:30 "Feeling Fit" (2,5) FFC 10:30 Heartstrings Chorus SH 1:00 Sing-a-long with Vicki (1,4) P 1:30 Centering Prayer (1,6,10) C 3:00 News & Views (1,4,6,9) 2E 3:30 Creative Workshop (3,5) CW 4:00 Balance Class (2,5) FFC 6:00 John Adams Video Part 1 (1,9) SH</p> | <p>8 9:15 Open Art Studio (3,5) CW 9:30 "Feeling Fit" (2,5) FFC 11:00 Devotions (1,10) P 1:30 Creative Workshop (3) CW 1:30 Word Games (1,4) P 1:30 Relaxation (1,6) 2A 2:00 Rummikub (1,4) P 2:45 Parlor Games: Hangman (1) P 4:00 Hermitage Chorus (3,4,9) SH 6:30 Fishbowl with Lynn (1,4) GS</p> | <p>9 9:30 "Feeling Fit" (2,5) 10:00 Stamps for Mis 10:45 Peanut Butter & 1:30 Bridge (1,4) 1:45 Bible Study (1,4) 2:00 Creative Works 3:00 "Dawn of Rock Stories by Phi 4:00 Balance Class</p> |
| <p>13 2:30 Chimer's Practice C 3:00 Worship Service led by Simon Barnet, Resident of Hermitage Richmond (6,10) C</p> | <p>14 9:30 "Feeling Fit" (2,5) FFC 11:00 88 Keys (4,5) P 11:00 Lunch Bunch Outing to Longhorn Steak House D-Door 1:00 Sing-a-long with Vicki (1,4) P 1:30 Centering Prayer (1,6,10) C 3:00 News & Views (1,4,6,9) 2E 3:30 Creative Workshop (3,5) CW 4:00 Balance Class (2,5) FFC 6:00 John Adams Video Part 2 (1,9) SH</p> | <p>15 9:15 Open Art Studio (3,5) CW 9:30 "Feeling Fit" (2,5) FFC 10:30 Town Meeting SH 1:30 Creative Workshop (3) CW 1:30 Trivia Games (1,4) P 1:30 Dominos (1,4) 2A 2:00 Rummikub (1,4) 3E 2:45 Parlor Games-Hangman (1,4,9) P 4:00 Hermitage Chorus (3,4,9) SH 6:00 Hermitage Book Club (1,4) GS</p> | <p>16 9:30 "Feeling Fit" (2,5) 10:00 Stamps for Mis 10:45 Peanut Butter & 1:30 Bridge (1,4) 1:45 Bible Study (1,4) 2:00 Creative Works 3:00 Giant Crosswo 4:00 Balance Class</p> |
| <p>20 3:00 Worship Service led by Reverend Larry Cochran, Senior Pastor of Belmont United Methodist Church (6,10) C</p> | <p>21 Martin Luther King, Jr. Day 9:30 "Feeling Fit" (2,5) FFC 10:30 MLK Celebration SH 1:00 Sing-a-long with Vicki (1,4) P 1:30 Centering Prayer (1,6,10) C 2:00 Chair Yoga with Pat (2,6) FFC 3:00 News & Views (1,4,6,9) 2E 3:30 Creative Workshop (3,5) CW 4:00 Balance Class (2,5) FFC 6:00 John Adams Video Part 3 (1,9) SH</p> | <p>22 Ladies' Fellowship Breakfast (4,10) SH 9:15 Open Art Studio (3,5) CW 9:30 "Feeling Fit" (2,5) FFC 11:00 Devotions (1,10) P 1:30 Creative Workshop (3) CW 1:30 Word Games (1,4) P 1:30 Meditation (1,6) 2A 2:00 Rummikub (1,4) 3E 2:45 Parlor Games-Hangman (1,4,9) P 4:00 Hermitage Chorus (3,4,9) SH 6:30 Acca Temple Million \$ Band (9) SH</p> | <p>23 9:30 "Feeling Fit" (2,5) 10:00 Stamps for Mis 10:45 Peanut Butter & 1:30 Bridge (1,4) 1:45 Bible Study (1,4) 2:00 Creative Works 3:30 Ginter Park Ga 4:00 Balance Class</p> |
| <p>27 3:00 Worship Service led by Robert Stephens, lay speaker from Good Shepherd United Methodist Church (6,10) C</p> | <p>28 Brooks Optical 9:30 "Feeling Fit" (2,5) FFC 11:00 88 Keys (4,5) P 1:00 Sing-a-long with Vicki (1,4) P 1:30 Centering Prayer (1,6,10) C 1:00 Sing-a-long with Vicki (1,4) P 1:30 Centering Prayer (1,6,10) C 3:00 News & Views (1,4,6,9) 2E 3:30 Creative Workshop (3) CW 4:00 Balance Class (2,5) FFC 6:00 John Adams Video Part 4 (1,9) SH</p> | <p>29 9:15 Open Art Studio (3,5) CW 9:30 "Feeling Fit" (2,5) FFC 11:00 Devotions (1,10) P 1:30 Creative Workshop (3) CW 1:30 Trivia Games (1,4) P 1:30 Dominos (1,4) 2A 2:00 Rummikub (1,4) 3E 4:00 Hermitage Chorus (3,4,9) SH 6:30 Fishbowl with Lynn (1,4) GS</p> | <p>30 9:30 "Feeling Fit" (2,5) 10:30 Stamps for Mis 10:45 Peanut Butter & 1:30 Bridge (1,4) 1:45 Bible Study (1,4) 2:00 Creative Works 3:00 Cooking Club 4:00 Balance Class</p> |

Assisted Living Calendar | January 2019

| Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|
| Sewing (5) FFC sion(3) GS & Jelly Project (3,4) GS 3E (6,10) P shop (3) CW Tea (4) SH (2,5) FFC | 3 9:00 Men's Fellowship Breakfast (4,10) SH 9:30 "Feeling Fit" (2,5) FFC 9:30 Shopping at Walmart (4,5,7) D-Door 10:15 Chimers' Practice (3) C 10:30 Fun with Music (1,4,5) P 10:30 Creative Workshop (3,5) CW 1:00 New Year's Resolutions (1,4) 3A 2:00 Knitting & Crochet Club (3,4) P 3:30 "A Tale of Two Stores", Lecture by Valentine Richmond History Center SH 6:00 Movie Night (1,4) SH | 4 9:30 "Feeling Fit" (2,5) FFC 10:00 Coffee & Fellowship (4) GS 10:15 Church School (1,6,10) C 1:30 Popcorn & Music: Vicki (4,5) P 3:00 Classical Music Club with Chaplain Graham Patterson (1,9) P 4:00 Balance Class (2,5) FFC 6:30 Game Night (1,4) GS | 5 10:30 Pokeno (1,3) SH 1:00 Movie & Popcorn (1,4) SH 2:00 Rummikub (1,4) 3E |
| (5) FFC sion(3) GS & Jelly Project (3,4) GS 3E (6,10) P shop (3) CW k & Roll", Art, Music & McKenny (9) SH (2,5) FFC | 10 9:30 "Feeling Fit" (2,5) FFC 9:30 Shopping at Walmart (4,5,7) D-Door 10:15 Chimers' Practice (3) C 10:30 Fun with Music (1,4,5) P 10:30 Creative Workshop (3,5) CW 1:00 Brain Quest (1,4) 3A 2:00 Knitting & Crochet Club (3,4) P 4:30 Pizza Party SH | 11 9:30 "Feeling Fit" (2,5) FFC 10:00 Coffee & Fellowship (4) GS 10:15 Church School (1,6,10) C 1:30 Popcorn & Music: Dave (4,5) P 4:00 Balance Class (2,5) FFC 6:30 Game Night (1,4) GS | 12 10:30 Giant Crossword (1,3) GS 1:00 Movie & Popcorn (1,4) SH 2:00 Rummikub (1,4) 3E 3:30 Music with Sam Abrash (9) P |
| (5) FFC sion(3) GS & Jelly Project (3,4) GS 3E (6,10) P shop (3) CW rd Puzzle (1,3) P (2,5) FFC | 17 9:30 "Feeling Fit" (2,5) FFC 9:30 Shopping at Walmart (4,5,7) D-Door 10:30 Fun with Music (1,4,5) P 10:30 Creative Workshop (3,5) CW 1:00 Finishing Words (1,4,6) 3A 2:00 Knitting & Crochet Club (3,4) P 3:00 Bingo (1,3) SH 6:30 Music with Susan Cousins (9) SH | 18 9:30 "Feeling Fit" (2,5) FFC 10:00 Coffee & Fellowship (4) GS 10:15 Church School (1,6,10) C 1:30 Popcorn & Music: Vicki (4,5) P 3:00 Classical Music Club with Chaplain Graham Patterson (1,9) P 4:00 Balance Class (2,5) FFC 6:30 Game Night (1,4) GS | 19 10:30 Pokeno (1,3) P 1:30 Movie & Popcorn (1,4) SH 2:00 Rummikub (1,4) 3E |
| (5) FFC sion(3) GS & Jelly Project (3,4) GS 3E (6,10) P shop (3) CW Garden Club (3,8) GS (2,5) FFC | 24 9:30 "Feeling Fit" (2,5) FFC 9:30 Shopping at Walmart (4,5,7) D-Door 10:30 Fun with Music (1,4,5) P 10:30 Creative Workshop (3,5) CW 1:00 The Amen Corner (1,4,10) 3A 2:00 Knitting & Crochet Club (3,4) P 3:00 Bingo (1,3) SH 6:30 Travelogue Video: Great Wonders of the World (1,8) GS | 25 Hidden Treasures 9:30 AM-2:00 PM Lower Level in Edgewood 9:30 "Feeling Fit" (2,5) FFC 10:00 Coffee & Fellowship (4) GS 10:15 Church School (1,6,10) C 1:30 Popcorn & Music: Laverne (4,5) P 4:00 Balance Class (2,5) FFC 6:30 Game Night (1,4) GS | 26 10:30 Giant Crossword (1,3) P 1:00 Parlor Games (1,4) P 2:00 Rummikub (1,4) 3E 3:00 Music with Chuck Parsons (9) P |
| (5) FFC sion(3) GS & Jelly Project (3,4) GS 3E (6,10) P shop (3) CW (3,4) SH (2,5) FFC | 31 9:30 "Feeling Fit" (2,5) FFC 9:30 Shopping at Walmart (4,5,7) D-Door 10:30 Fun with Music (1,4,5) P 10:30 Creative Workshop (3,5) CW 1:00 Everyday Trivia (1,4) 3A 2:00 Knitting & Crochet Club (3,4) P 3:00 Bingo (1,3) SH 6:30 Music with the Whiting's (9) SH | Programs and Trips are subject to change. Please see the weekly Highlights, Daily Sheets and Touchtown for up-to-date information | Color Key Code Programs highlighted in red take place off site. Abbreviated Type Key Code 1 - Cognitive 6 - Reflective 2 - Physical 7 - Outdoor 3 - Productive 8 - Nature 4 - Social 9 - Cultural 5 - Sensory 10 - Spiritual |

Volunteer News



Top: Students of Veritas School

Hermitage Richmond was blessed with the kindness and generosity of others this past Christmas season!

We couldn't possibly list ALL of the gifts of time, talents, and donations, but do want to thank Trinity United Methodist Church for the stockings full of goodies, Mary Gettle and Crusade For Christ Christian Church Ministries for the handmade dolls and the

gifts for men, Ramsey United Methodist Church for the thoughtful presents, Veritas School choir, Tomahawk Creek Middle School, Kersey Creek 5th graders and Girl Scout Troop 188 for caroling, and Grace Christian school for organizing games.

We also want to thank the many churches who sent their carolers and talented musicians of all ages who came to spread Christmas cheer. Thank you to the Ginter Park neighbors and families of our residents who came to sing and bring cards, flowers and candy canes. We appreciate everyone who contributed to the festivities. *Meredith Eckel, Volunteer Coordinator*



Left: Hand made bead and safety pin dolls given by the Crusade for Christ Christian Church Ministries.



Right: Hand made stockings filled with goodies from Trinity United Methodist Church given to folks in our neighborhoods.



Thank you to ALL who helped make the 2018 Christmas Bazaar and Bake Sale a HUGE success! The sale raised **\$6,647.00**. This money will be used to purchase new induction cookware for The Grove.

CELEBRATIONS

RESIDENT BIRTHDAYS

| | |
|---------------------|-------------------|
| 3-Sissy Bowden | 25-Suanne Jackson |
| 3-Catherine Noble | 26-Mary Brittle |
| 8-Charlie Harper | 28-Lottie Astley |
| 17-Nell Coffman | 31-Aida Keller |
| 17-Ralph Winecoff | |
| 20-Vic Bryant | |
| 21-Minerva Turpin | |
| 22-Camilla Rohrbach | |



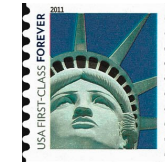
TEAM MEMBER BIRTHDAYS

| | |
|-----------------------------|-------------------|
| 4-Shelby Brown | 23-Rachel Reid |
| 5-Thelma White | 25-Kayce Miller |
| 7-Lydia Rodriguez | 26-Lucille Graham |
| 9-Egypt Valentine | 29-Kelly Mitchell |
| 15-Mariama Tarawalie | |
| 17-Margie Malloy | |
| 22-Kimberly Cheeks-Burleigh | |



Community Outreach Opportunities

Did you know Hermitage Richmond offers opportunities for residents to support charitable programs? Please consider helping with the following:



United Methodist Women Stamps for Mission

Every Wednesday morning at 10:00 AM, a workshop is held to cut out postage stamps that are sold to raise money for The United Methodist Committee on Relief (UMCOR). This stamp initiative raises thousands of dollars for the non-profit organization dedicated to meeting needs around the world, such as disaster response, health and sustainable agriculture. Donated stamps are welcome, canceled or un-canceled. Please turn in whole envelopes and postage cards.

Peanut Butter & Jelly Project

Every Wednesday morning at 10:45 AM in the Guild Solarium, residents and volunteers gather to make dozens of peanut butter and jelly sandwiches for the Richmond area homeless. The sandwiches are delivered by our driver every week. Join us to make a difference in the lives of those in need.



Blankets for CARITAS



In an effort to wrap warmth around homeless families in the Richmond area, we continue to sponsor a Blanket Drive for CARITAS families, in which you can donate a new or gently used blanket to help our neighbors in need. You may also make a monetary contribution to this effort. Checks can be made payable to Hermitage Richmond, with a notation of "blanket drive" in the memo section. We are collecting blankets through February 28th. You can drop off your blanket in the Communication Room on the first floor. Thank you for your support.

Thank you to those who donated to Feed More!



We collected a total of 610 cans of food, plus \$205.00 in cash! Hermitage Richmond also donated turkeys to Feed More and our local Fire Departments. Thank you to all who contributed!

Volunteer Spotlight



In February 2019, Susan Wong will be celebrating 6 years as a "Friendly Visitor" at Hermitage Richmond! She has also volunteered to help with several shopping trips and bake sales. Her hometown is Royersford, PA, a suburb of Philadelphia. Before moving to Richmond, she graduated with a degree in Early Childhood Education from West Chester University (then State College). She was a preschool teacher and later, a school

librarian. After retiring and moving to Northern Virginia for 7 years, she continued to mentor students in reading and volunteered as an instructor in ESL (English as a second language). She also worked as a Historical Interpreter and guide at George Washington's Mount Vernon Estate.

Listening to music, piano playing, sacred dance, walking, baking, and visiting gardens, art museums, and 18th century sites are among her favorite pastimes. One of her best-loved movies is "A Christmas Story." She enjoys reading and her favorite books are written by Barbara Kingsolver. Her favorite snacks are blueberry yogurt pretzels and Sugar Shack donuts!

Susan says, "I love volunteering at Hermitage Richmond and feel blessed by the friendships I have made there!"

We are so thankful that Susan is a part of this community. We all appreciate her dedication to our residents who look forward to her visits.

Meredith Eckel, Volunteer Coordinator

"Volunteers don't get paid, not because they're worthless, but because they're priceless." – Sherry Anderson

From the Spiritual Life Committee



The Women's Fellowship Breakfast will be on Tuesday, January 22 at 8:00 a.m. in the Social Hall.

You can custom order your breakfast just as you would in the dining room, enjoy breakfast with friends that you may not get to sit with most days and enjoy a spiritually focused program afterward as you finish breakfast. Our program will conclude by 9:00 a.m. so you will still be able to make it to Feeling Fit or other morning programs. All women at Hermitage Richmond are welcome.

The Men's Fellowship Breakfast will be on Thursday, January 3 at 9:00 AM in the Social Hall.

Men, we've heard your suggestion and will be starting the New Year's Men's Breakfast at 9:00 AM to make it easier for more men to participate.

Come enjoy a delicious breakfast, fellowship, and a devotional by Bob Stephens. All men at Hermitage Richmond are welcome to attend. See Chaplain Graham Patterson for more information.



Romans Bible Study, First Quarter Wednesdays at 1:45 PM in the Parlor

Join us on Wednesday afternoons in the Parlor for an in-depth Bible Study about Romans, the letters written by the Great Apostle Paul and his clear vision of the Good News of Jesus Christ. Everyone is welcome.



Hermitage Richmond Classical Music Club with Chaplain Graham, 3:00 PM in the Parlor

Friday, January 4: 18th & 19th century American, and 15th & 16th century English Christmas Carols with their beautiful language and imagery, their energetic and exciting early instruments, and glorious melodies and voices.

Friday, January 18: Wolfgang Amadeus Mozart, the prolific youthful genius of 18th century. Very simple, elegant, perfectly balanced and effortlessly conceived music by the "Rock Star" of the Classical period.

Creative Workshop News!



This January, we will explore both positive and negative space in our art practice. In other words, we will have lots of fun fabric painting and working with silhouettes! Study *Batiking* in the Creative Workshop, and learn the numerous ways to create this traditional art of fabric dyeing. We will also compare the differences between paper and fabric batiks. For those who want to explore 3-D territory, we will delve into the world of clay! Hand-building with clay is both therapeutic and excellent for strength. Try your hand at a small vessel, or create an interesting self-portrait!

Creative Workshop Classes:

Monday: 3:30 PM

Tuesday: 1:30 PM

Wednesday: 2:00 PM

Thursday: 10:30 AM

Open Studio: Tuesdays, 9:15 AM-12:00 PM

On-site workshops are also offered to residents in our neighborhoods.



Pictures Above:

Two examples of traditional batiks, works of art hand-dyed in layers onto fabric.

Picture Left:

Resident Joann Harper in the studio painting her winter hellebore flower.



Coming up next month:

A trip to the VMFA to see the Congo Masks: Masterpieces from Central Africa
See Caroline Shelnut for more information.

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Hermitage Richmond

Home & Hearth

Newsletter

January 2019