

Hessler Heights

Gracious Retirement Living

19540 Sandridge Way • Leesburg, VA 20176 • (703) 723-3870 • www.seniorlivinginstyle.com

DECEMBER 2020
HESSLER HEIGHTS

Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint — From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa — There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread — Combining ginger with other spices — typically cinnamon, cloves and nutmeg — results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Sugar cookie — Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

Eggnog — This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.



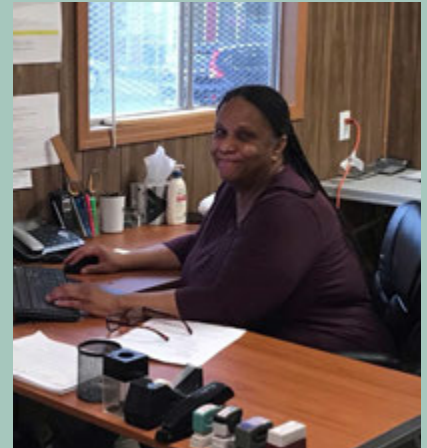
HAWTHORN
SENIOR LIVING



The Hessler Heights Hawthorn Team

Sylvia Williams, Administrative Assistant

- Where were you born? Born and raised in Miami, Florida
- About your family: One son who also lives in Leesburg. I moved to Virginia in 2000 after visiting my brother who worked at the Pentagon.
- What do you love about Virginia? It was clean and everyone was friendly.
- How long have you been with Hawthorn? Two years ago this January 2021.
- What do you do in your spare time? Reading. My favorite author is Joel Olsteen; I like reading anything inspirational and encouraging including the Bible.



*Sylvia Williams,
Administrative Assistant*

Richard Beckner, Asst. Construction Supervisor (not pictured)

- Where were you born? In New Jersey, but I now call Clearwater, Florida, home.
- About your family: Married with two kids and five grandchildren, all in Clearwater.
- How long have you been with Hawthorn? One year, started at Camellia Gardens and now Hessler Heights.
- What do you do in your spare time? Top Golf; I love to golf when I am at home, but Top Golf works into my busy work schedule.
- What do you love about Virginia? Getting out to the beautiful countryside.

Octavio Roman, Construction Supervisor

- Where were you born? Born and raised in Los Angeles, California, but now call Phoenix, Arizona, home.
- About your family: Married with two kids
- What do you love about Virginia? The history, enjoyed the White House tour.
- What do you do in your spare time? Watch documentaries on ancient architecture.
- How long have you been with Hawthorn? 15 years and I have worked on more than 10 communities.



*Octavio Roman,
Construction Supervisor*

Erin Tamm, Marketing Assistant

- Where were you born? In Fairfax County, and grew up in Loudoun County.
- About your family: I live with my mom and spend time with my twin sister. I talk to my grandparents at least twice a week.
- What do you do in your spare time? I like to work on my hobby ... photography. My twin sister and I like to go exploring at local sites and historical places.



Erin Tamm, Marketing Assistant



- What do you love about Virginia? I love learning about the history. It's great that I live in Northern Virginia because of its rich history. Once I find a subject, I start researching.
- How long have you been with Hawthorn? I am new to the team, I started in September.

Anne Ashley, Community Sales Manager

- Where were you born? I was born in Virginia, but my home is now in Oregon.
- About your family: Married with two daughters.
- What do you do in your spare time? Read; and have lunch with my cousins.
- What do you love about Virginia? I love the warm evenings and going to the beach.
- How long have you been with Hawthorn? Three years. My last Community was in Beaverton, Oregon, and I was excited to relocate back to Virginia to Hessler Heights.

Words Within Words Challenge!

Can you find the hidden word within the words below? Use the hints provided to help you solve the challenge! Answers can be found on the following page!

Word: Hint:

1. Passage Become older
2. Bracelet Tennis serve
3. Magnetic Fishing item
4. Nirvana
Delivery vehicle
5. Search Footwear insert
6. Splurge Strong impulse
7. Shuttle Small shelter
8. Crystal Opposite
of laugh
9. Rear Hearing organ
10. Corner Grain on a cob

Aerial Views of Hessler Heights

Construction Supervisor Octavio Roman: aerial drone photos from October 2020, Lansdowne, Virginia



DEC 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Talent Show Meeting and Discussion, ACT 3:00 Camden Springs Video Marathon, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 10:00 Outing: Arden Fair Mall and Lunch, LB 11:00 Bean Bag Baseball Tournament, A 12:00 Resident/Manager Meeting, D 2:00 Painting with Samantha, ACT 3:00 Art Class with Cindy, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A 10:30 Atlas Hearing Aid Service, ACT 12:30 Sock Hop Dinner, ACT 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT	9:00 “Chairing Along” Drumming Exercise, ACT 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 3:00 Online Games with Chelsea, ACT 6:45 Movie & Popcorn, T	9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 New York Life Insurance Presentation, ACT 6:45 Movie, T 7:00 Poker Night, G
9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	9:00 Brain and Fitness Training, New! 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Bean Bag Baseball Tournament Game #5, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT 1:45 Musical Guest: Don Terra, A 2:00 Annual Overnight Trip Meeting, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 10:00 Outing: Red Hawk Casino, LB 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT 2:00 Social Security and Medicare Info, ACT 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	HANUKKAH BEGINS AT SUNSET 9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, A	9:00 “Chairing Along” Drumming Exercise, ACT 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 5 Movie & Popcorn, T	9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G
9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 1:45 Mexican Train, G 1:45 Musical Guest: Mike Jasper, A 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT 1:45 Musical Guest: Don Terra, A 2:00 Annual Overnight Trip Meeting, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 10:00 Movie Critic’s Corner: Movie Selection, T 11:00 Bus Outing Adventures, LB 2:30 Outing: Eco Thrift, LB 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT	9:00 “Chairing Along” Drumming Exercise, ACT 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 6:45 Movie & Popcorn, T	9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G
9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	WINTER BEGINS 9:00 Brain and Fitness Training, New! 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Horse Racing for Funny Money, A 1:30-3:30 See’s Candy Sales Booth, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 2:00 Giant Pictionary, ACT 3:00 Trivia, ACT 3:30 Activity Meeting with Chelsea, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 New Resident Welcome Party, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 10:00 Movie Critic’s Corner: Movie Selection, T 11:00 Bus Outing Adventures, LB 2:30 Outing: Eco Thrift, LB 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT	CHRISTMAS DAY 9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Cell Phone Q and a Session with Chelsea, ACT 3:30 Candy Craze Giveaway, ACT 6:45 Traveling Movie Tuesday, T	9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 New York Life Insurance Presentation, ACT 6:45 Movie, T 7:00 Poker Night, G
9:00 Beach Ball Volleyball, A 12:30 Light of the Valley Church Service, T 3:00 Big Band Tunes in the Atrium, A 6:45 Movie, T	9:00 Brain and Fitness Training, New! 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Horse Racing for Funny Money, A 1:30-3:30 See’s Candy Sales Booth, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 2:00 Giant Pictionary, ACT 3:00 Trivia, ACT 3:30 Activity Meeting with Chelsea, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Talent Show Meeting and Discussion, ACT 3:00 Camden Springs Video Marathon, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 10:00 Outing: Red Hawk Casino, LB 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT 2:00 Social Security and Medicare Info, ACT 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	NEW YEAR’S EVE 9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A 10:30 Atlas Hearing Aid Service, ACT 12:30 Sock Hop Dinner, ACT 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT		

“Time together as a family is a gift.”
—Joanna Gaines



Beethoven's Greatest Hits

This year celebrates the 250th birth anniversary of Ludwig van Beethoven, one of the most masterful composers in classical music history. From his career of over 700 works, here are some of his most beloved:



Symphony No. 5 — The piece known as Beethoven's Fifth is one of the world's most important and famous symphonies, partly due to its dramatic four-note opening.

Symphony No. 9 — His last symphony, written after he had gone completely deaf, continues to inspire. In the fourth and final movement, vocalists sing the lyrics of Friedrich Schiller's poem "Ode to Joy."

Violin Concerto — Although not successful during Beethoven's lifetime, his Violin Concerto in D major is now a popular piece for violinists and considered one of the composer's most beautiful works.

Symphony No. 3 — This triumphant piece, called the "Eroica" Symphony, marks a groundbreaking turn in Beethoven's career—and classical music as a whole—when his work became more personal and emotional.

Piano Sonata No. 14 — The slow, haunting first movement of this piece, nicknamed the "Moonlight Sonata," is instantly recognizable, thanks to its use in films and television.

"Für Elise" — This short, delicate piano composition wasn't discovered until 40 years after Beethoven's death, but is now an iconic example of classical music and is often a standard for beginner piano players.

Answers: Words Within Words Challenge!

Below are the answers to the Words Within Words Challenge from the previous page. How did you do?

- | | | |
|--------|---------|----------|
| 1. Age | 5. Arch | 9. Ear |
| 2. Ace | 6. Urge | 10. Corn |
| 3. Net | 7. Hut | |
| 4. Van | 8. Cry | |

Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.





History of Montpelier: Childhood Home of James Madison

Montpelier is the childhood home of the fourth president, James Madison. Madison was the eldest of 12 children, only 10 survived to adulthood. Montpelier was formally known as Mount Pleasant. It was established by James Madison's grandfather, Ambrose Madison. Construction of Mount Pleasant started in early 1732, with a small main house. After Ambrose Madison died, Madison's father James Senior inherited the house. James Senior built additions onto the home in order to accommodate the extended family. It was James Senior who changed the name from Mount Pleasant to Montpelier. Montpelier is where Madison spent his childhood and where he wrote most of his important documents. Madison also added to the plantation and he and his wife, Dolley, moved there after losing the election to John Quincy Adams.



Original rendering of Montpelier

After Madison's death in 1836, Dolley inherited Montpelier. She chose to sell the property in 1844 to a private owner and relocated to Washington, D.C. Like many historic homes of our founding fathers, the property changed owners many times of the years until the privately funded Historical Society bought it from the DuPonts and restored it for visitors.

Today visitors can walk through the historic home, gardens, buildings and 8+ miles of walking trails of our fourth president, James Madison, Father of the Constitution and Architect of the Bill of Rights, and Dolley Madison, America's first "First Lady." Montpelier was also home to six generations of enslaved African Americans.

Montpelier is one of the historic gems in the Leesburg area and definitely a must see for our future Hessler Heights residents.

Property owners over 200 years: 1844-1848, Henry W. Moncure; 1848-1855, Benjamin Thornton; 1855-1867, to Alabamian Alfred Scott; 1855-1881, to Thomas Carson and his brother Frank Carson; 1881-1901, Louis Detrick and William Bradley; 1901-1983, DuPont family; 1983-Present, The National Trust For Historic Preservation. In 2001, The Trust for the Historical Preservation did an investigation and found fabrics from the Madison era and restored Montpelier to its original time period when James Madison lived there.

The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats: Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations: Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts: Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music: Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.



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It's always Warm at

Hessler Heights
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

703-723-3870