



THE WELLINGTON AT LAKE MANASSAS

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

7820 Baltusrol Blvd. • Gainesville, VA 20155 • (703) 468-2750
www.rui.net/the-wellington

May 2024

PLEASE JOIN US!

Mother's Day Celebration

SUNDAY, MAY 12

2:00 PM - 3:00 PM

Join us in the RTJ for live entertainment by Quartet "The Jubil-Aires"

4:00 PM - 5:00 PM

Enjoy a Taste of RUI dinner and celebrate all the mothers of The Wellington!

Guest Meals: \$25

RSVP to 703.468.2750

In This Issue

May brings us Mother's Day. Let's celebrate those special women in our lives and show them how much they mean to us.

Save the Dates

- 5/1 Taste of RUI: Japan
- 5/2 Learning Lab: Pet Psychology
- 5/3 Concert Series: Guitar w/ Lee Jones
- 5/4 Concert Series: Music w/ McKinley Cardwell
- 5/5 TED Talk: Ancient Wisdom of Mongolian Nomads
- 5/5 Cinco De Mayo Fiesta
- 5/7 Concert Series: Nashville Standard Presents
- 5/7 RUI Speaker: Changing Times in the '60s
- 5/8 RUI Speaker: Navigating the News w/ Pam
- 5/8 Concert Series: Music w/ Randy
- 5/9 Learning Lab: Capitols of The World
- 5/10 RUI Speaker: French Impressionism w/ Roshna
- 5/10 Pre-Mother's Day Tea Party
- 5/12 TED Talk: How Bees Inspire Tiny Museums
- 5/12 Concert Series: Quartet
- 5/12 Special Event: Mother's Day Celebration
- 5/14 RUI Speaker: Life & Music of Nat King Cole
- 5/14 Concert Series: Music w/ Peter Bechtel
- 5/16 Learning Lab: Tornadoes
- 5/16 RUI Speaker: Mosaic Art w/ Shona D'cruz
- 5/16 Book Club
- 5/17 Concert Series: Piano w/ Lynette Dingman
- 5/19 TED Talk: How Your Gut Affects Health
- 5/20 RUI Speaker: Navigating the News w/ Pam
- 5/23 Learning Lab: Law From Around the World
- 5/24 RUI Speaker: Painting w/ Merri
- 5/26 TED Talk: Are You As Good As You Think?
- 5/29 Uncorked: Spain



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Letter From Executive Director: Godfred Baisel

As the vibrant colors of spring paint our surroundings with joy, we're delighted to announce the exciting lineup of events happening at The Wellington at Lake Manassas this May. From music and art to heartfelt celebrations, there's something for everyone to enjoy! Pre-Mother's Day Party, followed with a Mother's Day dinner. Let's honor the incredible mothers and maternal figures in our lives with a delightful Mother's Day brunch. Join us for a morning of love, laughter, and cherished memories as we celebrate the women who mean the world to us. Cinco de Mayo Fiesta. ¡Viva la fiesta! Get ready to fiesta like there's no mañana as we celebrate Cinco de Mayo in style. Along with days of Live music and fun.

Let's embrace the beauty of spring and the joy of community as we come together to create cherished memories this May. Here's to a month filled with music, art, and love!

Warmest regards,
Godfred Baisel



Resident Spotlight: Mrs. Mary Q.

Mrs. Mary Q. was born in Charlottesville, Virginia. She had siblings, but she is the only surviving child in her family. She grew up on a farm and helped with gardening, harvesting, and housekeeping. She enjoyed playing games with her siblings and looked forward to American Bandstand after school. For fun, they would use cardboard boxes as sleds and sled down the big hills by her house. She attended public school and enjoyed playing sports. Her favorite sports were kickball, dodgeball, and softball. A life lesson that she learned growing up is, if you don't have anything nice to say then don't say anything at all. She was married to Warren Quick for almost 60 years. They met in high school and were together until he passed. Together they have 3 children. One child lives close by in Bealeton and the other two live in North and South Carolina. She fondly remembers living in Hawaii and really enjoys the beach.

Photo Corner Dennis D. Celebrated 103!



Her husband was in the US Army, and she is a Christian. She has 6 grandchildren and loves them each dearly.

Inspiritas



This month, our Coast-to-Coast theme takes us on a sensory adventure to

Hawaii, where we'll immerse ourselves in the vibrant culture. From the soothing melodies of Hawaiian music to the flavors of island cuisine, we'll explore Hawaii's beauty through our senses. Dive into art classes, savor culinary delights, sway to traditional dance, and let the rhythm of the islands lift your spirits. Discover the warmth of aloha with us in Inspiritas Memory Care. Don't forget to check out our monthly programs calendar for a full

lineup of exciting events. May will certainly be a month to remember!



Robert P.	5/7
James H.	5/16
William F.	5/17
Lynette H.	5/18
Edna T.	5/20
James H.	5/27
John W.	5/27
Hilda C.	5/27
Marilyn R.	5/27
Patricia B.	5/28
Philip R.	5/29
Anne C.	5/31
Glenn S.	5/31

LUXE Unlimited

LUXE Signature Facial: 1-hour facial treatment that includes deep cleansing, exfoliation, extractions (optional), steaming, specialized treatment mask with hot towel wrap, and light body massage of the head, neck, and shoulders. *Receive a complimentary gold eye treatment with the Signature Facial during the month of May.*



May Manicure:

Spa manicure to include nail trimming and shaping, soaking, cuticle maintenance with rose oil to promote healthy nails, hand massage with lavender lotion, and basic polish color application.

Gift Certificates: Gift certificates available for purchase through our website at www.luxeunlimited.net. To purchase, click our "Book Now" button on the homepage. Select your location and then choose "Purchase Gift Card."



BY RETIREMENT UNLIMITED, INC.

We all know that diet and fitness are keys to a healthy lifestyle. But, did you know that exercise can

be more effective than some medications for depression and other mental health issues?

Exercise interventions that were 12 weeks or shorter are shown to be the most effective on mental health issues, highlighting the speed at which physical activity can make a positive change. It is recommended that you get 150 minutes of moderate intensity exercise a week, such as brisk walking, and 2 days of strength training activity a week.



IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are your onsite outpatient therapy provider. We are excited to present a weekly Brain Fitness Class during the month of May. We will be celebrating Speech Therapy Month to recognize all our wonderful speech therapists and hosting a separate Senior Fitness Clinic. Come join us for some fun and engaging activities!

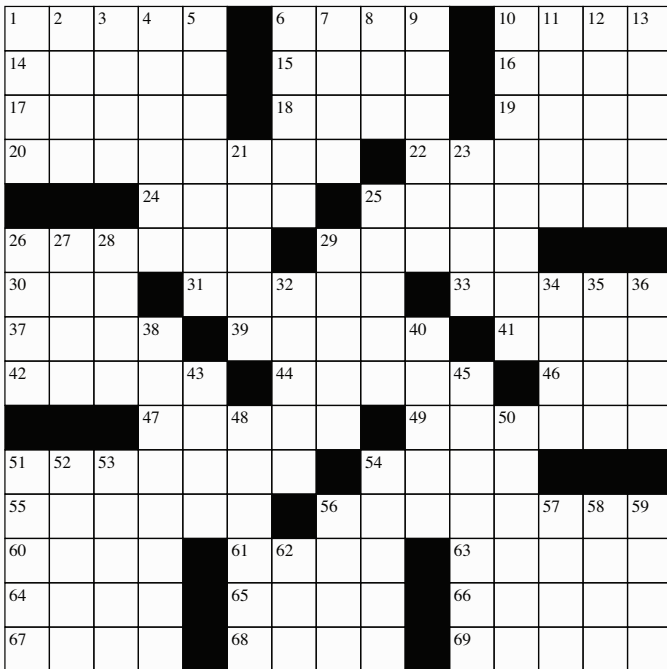
The Wellington Community Team of Directors



- Angela Whitlock:** *Senior Executive Director*
- Godfred Baisel:** *Wellness Director*
- Nicole Hool:** *Regional Business Office Manager*
- Sarah Hinchman:** *Human Resources Manager*
- Ashley Poulos:** *Director of Sales and Marketing*
- Clara Odum:** *Assistant Wellness Director*
- James Grayson:** *Director of Environmental Services*
- Joshua Manny:** *Executive Chef*
- Marie Garner:** *Inspiritás Coordinator*
- Shalander Washington:** *Care Impact Coordinator*
- Mycal Ross:** *Life Enrichment Director*

Follow us on Facebook for updates, photos, and upcoming events!

Crossword Puzzle



ACROSS

1. Unruly kids
6. Edible mollusk
10. Dog food brand
14. Rent to a new tenant
15. Healthy
16. Bookish fellow
17. Have ___ to the ground; heed public opinion
18. City northwest of Tulsa
19. Man's nickname
20. Couldn't stand
22. Swell
24. Skunk's weapon
25. Tailor, at times
26. Floated on the breeze
29. Guide
30. Suffix for project or text
31. Thomas More or Oliver Plunkett
33. Pilgrim's destination
37. Afraid to speak up
39. Like Abel
41. Sentence of condemnation
42. Descendant of Noah
44. Permitted
46. Full deck
47. Competitor
49. Coax with flattery
51. Tumbler
54. Singer McEntire

DOWN

1. Actor Garrett
2. France's Coty
3. Pub orders
4. Beverage container
5. Walks
6. Gladden
7. Ground
8. Ring king, once
9. Interfere
10. Like an elk
11. "The Merry Widow" composer Franz ___
12. Rattle on
13. More uncommon
21. Ice cream concoctions
23. Article
25. Lofty spot
26. Sissy
27. Toward shelter
28. Use one of the senses

29. Slow one
32. ___ ease
34. Centennial State: abbr.
35. Spiral
36. Gigi's friend
38. Lamp liquid
40. Kinder
43. Scoff
45. Postponing indefinitely
48. Piece of luggage
50. Member of a high school's junior varsity
51. Is sore
52. Berate
53. Po, for one
54. Out of practice
56. Dressed
57. "By ___!"
58. Mining finds
59. Brontë heroine
62. Went before the others

