

Aarondale

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

6929 Matthew Place • Springfield, VA 22151 • (703) 813-1800
www.rui.net/aarondale/

PLEASE JOIN US!

Cherry Blossom Festival

**THURSDAY, APRIL 11
4:00 PM**

Join us for a Japanese inspired
menu by our talented
Taste of RUI team!

Guest Fee: \$ 20
RSVP by April 9 to 703.813.1800

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April 2024

Upcoming Classes & Events

- 4/1 American Sign Language for Beginners
- 4/2 Ice Cream Outing
- 4/2 The History of Jazz
- 4/3 National Walking Day
- 4/4 National Burrito Day
- 4/5 Happy Hour
- 4/7 National Beer Day
- 4/8 American Sign Language for Beginners
- 4/9 Cherry Blossom Scenic Drive
- 4/10 Art from Japan
- 4/11 Cherry Blossom Festival
- 4/12 The Power of Music
- 4/12 New Resident Social
- 4/13 National Scrabble Day
- 4/15 Crucial Decades Rocking 1950s
- 4/15 American Sign Language for Beginners
- 4/17 Resident Council
- 4/19 Music, Movement, & Memories
- 4/19 Happy Hour
- 4/21 Symphony Outing
- 4/22 American Sign Language for Beginners
- 4/22 Earth Day
- 4/23 National Park Day Outing
- 4/25 Root of the Rhythm
- 4/26 The Power of Music
- 4/26 April Birthday Bash
- 4/29 American Sign Language for Beginners

You'll 'Dig' Our Gardening Club

Want to get some exercise while enjoying the warm weather outside? Then "plant" yourself into our Gardening Club! We meet every Wednesday at 3:30.



A Note From Executive Director Jack Alcineus

Dear Residents and Families,
As we transition from the chilly winter days to the blooming days of spring, let's embrace the spirit of renewal and celebration together. Please come join us for our Cherry Blossom Festival celebration in April! We are gearing up for a wonderful Spring and promoting health and wellness. We currently are offering personal training classes with our FIT coach Mary. I encourage you to take advantage of the many opportunities available to you this upcoming season. From gardening clubs to spring-themed crafts and outings, there's something for everyone to enjoy. As always, the well-being and happiness of our residents remain our top priority. If there is anything we can do to make your springtime experience even more enjoyable, please don't hesitate to let us know. We are here to support you in any way we can.

Resident Spotlight: Ms. Sylvia



Ms. Sylvia born in Longmont, Colorado as one of four children, growing up with two brothers and one sister. She attended the University of Colorado, where she was an active member of a fraternity. Ms. Sylvia is a former teacher and copy editor as well as the mother of one son and the proud grandmother of four. Throughout her lifetime, she has traveled extensively, though she prefers visits with family and friends over elaborate vacations and family trips. She is no stranger to the area, having resided in Springfield, VA, for the past 50 years. A few of Ms. Sylvia's lifelong hobbies and interests include reading, watching TV, and singing. She is an avid lover of cats and a valued member of the Aarondale family, known for her passion for music.



Good Insects by Josephine Walker

Butterflies flutter
And stop to see
If there is any nectar
in this pod for me?
I might be brown,
white, orange, or yellow
I may be plain or a
speckled little fellow.
I don't bite, sting, or sing
I simply adorn and brighten
up things
I'm in a tree, bush, or flower
bed
Any place the humans tread.
Thanks to the butterfly
Be glad we exist
We float here and there
When we're gone
We're missed!



Martha K. 4/25



Inspiritas

Happy April!

Join us on the next leg of our annual theme, "Coast to Coast," as we dive into the enchanting landscapes of Yakushima & Okinawa, Japan. Immerse yourself in the rich tapestry of ancient Japanese cultures through purposeful engagement programming. Our exploration will awaken your senses, from the sights of stunning coastlines to the sounds of traditional music, the textures of historic architecture, and the flavors of authentic Japanese cuisine. Let's make memories together, as we bridge the distance from coast to coast,

uniting us in the spirit of discovery and cultural appreciation. Arigatou gozaimasu! Check our program calendar to learn more!



RUI Fit Tip!

Temperatures are on the rise! Don't forget to drink water! Also look out for upcoming RUI Fit

outings!



Aarondale residents enjoyed the sunshine on our RUI Fit outing to go play mini golf!



IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are your onsite

outpatient therapy provider of physical, occupational and speech therapy services. We are excited to present a weekly Technology Class for Senior Adults during the month of April. We will be celebrating Occupational Therapy Month and hosting a separate Wheelchair/Walker Cleaning Event this month. Come join us for some educational fun and help to recognize our Occupational Therapists and Occupational Therapy Assistants! We look forward to seeing you soon.

LUXE Unlimited 5 Tips for Springtime Skincare

- Gently exfoliate your skin to get rid of dry, dead skin from the cold winter months.
- Moisture your skin, including your face, hands, and décolleté.
- Wear SPF daily, especially when you know that you will be outside for long periods on a nice day.
- Add an anti-oxidant to your skincare routine to protect from free radicals.
- Drink plenty of water!



Your skin is your largest organ so it is important to take care of it just like you do the rest of your body! Do you have any skincare concerns such as signs of aging, uneven skin tone, or dryness? Want to learn more about how LUXE Unlimited can help you improve and maintain healthier, younger-looking skin? Book a free consultation today with our of our licensed LUXE Unlimited skincare service providers to learn more about our cosmetic services. Call 540-501-6043 for assistance or book online at www.luxeunlimited.net.

Aarondale Community Team of Directors



Aarondale, one of 26 Retirement Unlimited Incorporated high-end senior living communities, celebrated its 25th anniversary this year. We are proud to have served this community for 25 years and look forward to more to come! Be sure to follow our Facebook page for updates and current events and to see what we have been up to!

- Jack Alcineus:** *Executive Director*
- Samuel Arthur:** *Senior Director of Clinical Services*
- Jonathan Fortuna:** *Environmental Services Director*
- Janelle Woods:** *Life Enrichment Coordinator*
- Kaichi Ho:** *Inspiritas Coordinator*
- Elvira Ruiz:** *Director of Food & Beverage*
- Carlie J Delong:** *Human Resources Manager*
- Zuleyka Santiago:** *Business Office Manager*
- Meredith Anderson:** *Sales and Marketing Director*
- Mary Rosenthol:** *RUI Fit Coach*

Word Search

Category: Major League Baseball Teams

<p>A D T I G E R S P G D M</p> <p>S W C U B S N I K H O M</p> <p>T S H D D S R S P R D D</p> <p>R T G I Y A N K O E G R</p> <p>O N H A T I K C S D E O</p> <p>S A R E L E K M T S R Y</p> <p>E I S R D I S B E O S A</p> <p>L G A K E C C O M X N L</p> <p>O M D S R E D S X G G S</p> <p>I D G C P A D R E S V D</p> <p>R A N G E R S L G G C C</p> <p>O B R A V E S N I W T E</p>	<ol style="list-style-type: none"> 1. <u> </u> Dodgers 2. <u> </u> 3. <u> </u> 4. <u> </u> 5. <u> </u> 6. <u> </u> 7. <u> </u> 8. <u> </u> 9. <u> </u> 10. <u> </u> 11. <u> </u> 12. <u> </u> 13. <u> </u> 14. <u> </u> 15. <u> </u> 16. <u> </u> 17. <u> </u> 18. <u> </u> 19. <u> </u> 20. <u> </u>
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Word Search Solution:

<ol style="list-style-type: none"> 1. Angels 2. Astros 3. Braves 4. Cubs 5. Dodgers 6. Giants 7. Marlins 8. Mets 9. Orioles 10. Padres 	<ol style="list-style-type: none"> 11. Pirates 12. Rangers 13. Rays 14. Reds 15. Red Sox 16. Rockies 17. Royals 18. Tigers 19. Twins 20. White Sox
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