



ASHLEIGH *at Lansdowne*

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

44124 Woodridge Parkway • Lansdowne, VA 20176 • (703) 828-9600
www.rui.net/ashleigh/

PLEASE JOIN US!

Cherry Blossom Festival

MONDAY, APRIL 29
12:00 PM - 2:00 PM

Come join us for a Cherry Blossom
Festival featuring a Japanese-
inspired menu and live
entertainment!

Guest Meals: \$25
RSVP to 703.729.4870



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April 2024



Save the Date

- 4/1 RUIIU: WWII in the U.S.
- 4/1 Mix & Mingle with Singer McKinley
- 4/2 RUIIU: Queen Elizabeth I - God Bless Queen
- 4/8 The Piano Man in Concert
- 4/10 RUIIU: The Roots of Rock n' Roll
- 4/12 Mix & Mingle with Pianist Caleb
- 4/15 Happy Hour with Singer Robert
- 4/16 RUIIU: The History of Jazz
- 4/17 RUIIU: Italian Art: The Renaissance & Beyond
- 4/18 RUIIU: Doodle Art
- 4/19 Mix & Mingle with Pianist Zenon
- 4/22 Happy Hour with Troubadour John
- 4/25 RUIIU: Taste of RUI: Italy
- 4/26 Mix & Mingle with Pianist Caleb
- 4/27 RUIIU: Sip & Paint
- 4/30 RUIIU: Uncorked



Letter From the Executive Director: Angela Whitlock

My name is Angela Whitlock and I am delighted to serve as your Interim Executive Director. I have enjoyed meeting so many new faces and am most appreciative of the warm welcome.

With the spring season in full swing, April will be a month of celebration! We have a Garden Party on the 22nd and a Cherry Blossom luncheon on the 29th. We extend an invitation to our families and friends and hope you will join us for these wonderful events.

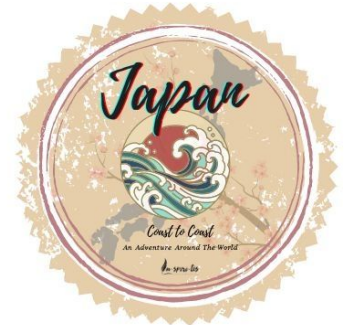
Our Taste of RUI program is always a popular event and this month we will be sampling cuisine from Italy. Not to be outdone, RUI University rounds out the month's programming with classes on Queen Elizabeth, The Roots of Rock and Roll, Italian Art, etc.

Thank you again for welcoming me into your community. My door is always open and I welcome your comments, concerns and suggestions.



Resident Spotlight: Mr. Robert G. & Mrs. Frances G.

Celebrating 60 Years of Love: Mr. Robert G. and Mrs. Frances G. are marking a remarkable milestone this April 19th – their 60th wedding anniversary. Their enduring love and commitment serve as an inspiration to us all. Mr. Robert G.'s service as a captain in the U.S. Air Force reflects a life dedicated to duty and honor. Beyond his military career, he embodies lifelong learning and a spirit of helpfulness, always there to lend a hand or a listening ear. Mrs. Frances, a former teacher, brings warmth and kindness to everything she does. Her love for soap operas is matched only by her passion for shopping, picnics, crocheting, and arts and crafts. Together, they've woven a tapestry of love and shared experiences that enrich our community. Here's to Mr. and Mrs. G., and to many more years of laughter, love, and cherished memories.



Inspirítas

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!





Ms. Dawn savoring the flavors of California during our wine tasting class!



Ms. Lorriane bringing spring to life with vibrant cherry blossom hues!



April Birthdays!

- | | |
|----------|-------------------|
| April 1 | Mrs. Elizabeth J. |
| April 4 | Mrs. Mary F. |
| April 9 | Ms. Mary E. |
| April 13 | Mr. Robert L. |
| April 17 | Mr. Albert H. |
| April 22 | Mr. Raymond A. |
| April 24 | Ms. Sally K. |
| April 25 | Mr. James B. |

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 one 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.



BY RETIREMENT UNLIMITED, INC.

As we transition into April, we anticipate the arrival of warmer weather, marking a shift from the chilly conditions to a more temperate climate. Let's embrace the opportunities that come with spending time outdoors, reaping the benefits of fresh air which can enhance our mood, alleviate stress, and foster a sense of tranquility. Engaging in outdoor activities not only promotes physical well-being but also encourages a more active lifestyle, particularly as the temperature rises. Stay tuned for upcoming RUI FIT outdoor events.



IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are your on-site 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.

Ashleigh at Lansdowne Team Of Directors



Established in 2017, and one of twenty-six RUI Communities, Ashleigh at Lansdowne provides high-end senior living options ranging from Independent to Assisted Living and Memory Care.

Angela Whitlock: *Senior Executive Director*
Molly Sheehy: *Director of Clinical Services*
Precious Lem-Kamanya: *Assistant Wellness Director*
Zahid Ahmed: *Food & Beverage Director*
Indira Gautam: *Life Enrichment Director*
Lidia Heredia: *Laundry & Housekeeping Supervisor*
Brady Marsten: *Senior Community Relations Director*
Lee Hudson: *Human Resource Manager*

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

“This Month In History” APRIL

1860: The first Pony Express rider leaves St. Joseph, Mo.

1908: Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

1932: Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient’s properties and benefits in medicine.

1956: Daytime soap opera “As the World Turns” premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

1970: Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, “Houston, we’ve had a problem.” Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

1994: South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country’s first Black president.

2010: Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

2021: A rare copy of “Action Comics #1,” featuring the debut of Superman, sells for a record-breaking \$3.25 million.