



HEATHERWOOD

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

9642 Burke Lake Road • Burke, VA 22015 • (703) 425-1698
www.rui.net/heatherwood/

PLEASE JOIN US!

Cherry Blossom Festival

MONDAY, APRIL 8
11:00 AM - 1:00 PM

Join us for a Japanese inspired lunch by Taste of RUI.

Guest Meals: \$22
RSVP to 703.425.1698



April 2024

Upcoming Classes & Events

Memoirs with Michael	4/2
ART HISTORY: Introduction to British Art	4/3
Activities Committee	4/4
Mix N' Mingle with Tender	4/5
RUI FIT GAMES: Cornhole	4/5
National Beer Day Social	4/7
Cherry Blossom Festival Lunch	4/8
Evolution of Broadway Musicals	4/9
Pets on Wheels	4/9
Jeopardy	4/10
National Firearms Museum	4/10
Mix N' Mingle with Meechach	4/12
RUI FIT GAMES: Shuffleboard	4/12
Paint N' Sip Techniques	4/12
Feet to the Fire Workshop	4/13
History of Chicago Swing with Adam	4/15
History of Jazz	4/16
Reston Museum	4/17
Trivia Quest Live	4/17
Social with Sue	4/17
Resident Council	4/18
The Rockin' 50s with James Baer	4/19
Mix N' Mingle with Tim	4/19
Uncorked: France	4/22
Passover Dinner	4/22
Book Talks with your Local Librarian	4/24
TASTE OF RUI: ITALY	4/24
The Song Masters	4/25
RUI FIT GAMES: Bocce Ball	4/26
New Resident Social with Vince	4/26
My RUI App Class	4/28
RUI FIT Health Talk	4/29
Walking Step Challenge	4/29



Hello, Heatherwood residents, families and friends. I want to be of support as we strive to deliver a lifestyle our residents have earned and deserve. We hope everyone enjoyed our St. Patrick's Day Luncheon, as well as our Spring Brunch and our Intergenerational Egg Hunt this March. We would like to invite you to our Cherry Blossom Luncheon on April 8th, @ 11:00 AM. Please RSVP to the Concierge by April 5th, at 703-425-1698.

April will be full of musical performances including our weekly Friday Mix N' Mingles performed by beloved and familiar faces Tender Polman, Meechach, Tim Anderson and Vince. We will also have our RUI University classes/live music "History of Chicago Swing" with Adam Melia, "History of Jazz" with Quinetin Waltson and music from The Song Masters.

As always, thank you for making Heatherwood your home.

-Caroline Ottoviani



Resident Spotlight: Ms. Ekaterini "Katie" G.

Ekaterini "Katie" was born in Athens, Greece. Her father was a shoemaker and her mother was a homemaker. As a child, Ms.

Katie liked to make her own dolls and play volleyball outside, as well as hide and seek.

After high school, Ms. Katie went to sewing school and met an American family who offered her a job at the military base bookstore Stars and Stripes. This is where she learned English and met her husband. They got engaged, then married in the capital Greek cathedral. The newlyweds moved to Arizona, then Las Vegas. Their family grew with two daughters and eventually two grandchildren.

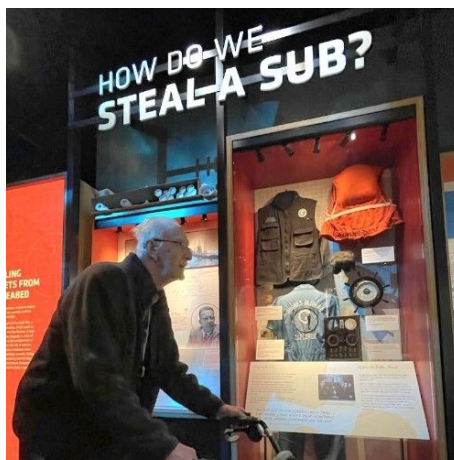
Advice she would share with a young person growing up today is to hold good values in family and faith, and remain close with your family.



We celebrated the Lunar New Year with a Chinese-Inspired dinner and a Dragon Dance performance.



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. 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. Check our program calendar to learn more!



Heatherwood Outings
Every week Life Enrichment takes an outing out of the community. There is a sign-up sheet across from the Concierge. If there is anywhere you would like to go, request to the Life Enrichment team.



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.

April Birthdays

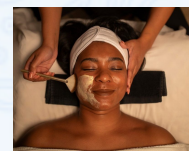
- Ms. Donna N. 4/5
- Ms. Rosemary R. 4/8
- Ms. Ekaterini G. 4/14
- Mr. Wayne R. 4/16
- Ms. Joan G. 4/17
- Ms. Nancy H. 4/19
- Mr. Gary C. 4/22



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 antioxidant 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.



Heatherwood Management Team



Heatherwood is one of 20 Retirement Unlimited Incorporated, High-End, Senior Living Communities. We are proud to have served this community for over 35 years and look forward to more to come! Please, be sure to follow our Facebook page for updates, current events, and what we have been up to!

Caroline Ottoviani, Executive Director
Julie Garma, Wellness Director
Taquaja "TQ" Eldridge, Assistant Wellness Director
Muhaimin "Mo" Uddin, Executive Chef
Katie Thompson, Dining Room Manager
Meredith Anderson, Community Relations Director
Giselle Diaz, Move-In Coordinator
Tabitha Purcell, Life Enrichment Director
Ishmael Dean, Inspiritás Coordinator
James Smith, Environmental Services Director
Carlie Delong, Human Resources Manager

Contact us at 703-425-1698 or find us online at <https://www.rui.net/heatherwood>.

"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.