



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

PLEASE JOIN US!

Cherry Blossom Festival

FRIDAY, APRIL 19
4:00 PM - 5:00 PM

Join us in the RTJ for cocktail hour
with Japanese inspired appetizers.

5:00 PM - 7:00 PM

Enjoy a Japanese inspired menu
created by our Taste of RUI team
and violin music in the
dining room.

Guest Meals: \$25
RSVP to 703.468.2750



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April 2024

In This Issue

April showers bring May flowers! In this issue of our monthly newsletter, you will read a note from our Executive Director, learn about one of our residents, and find out when to mark your calendars!

Save the Date

- April 3 Navigating the News w/ Pam Benson
- April 3 Taste of RUI: Italy
- April 4 Learning Lab: How to Help Save Bees
- April 5 Concert Series: Nashville Standard
- April 6 Concert Series: Music w/ McKinley
- April 7 TED Talk: Surprising Science of Happiness
- April 9 RUI Speaker: Life/ Music of Nat King Cole
- April 9 Concert Series: Guitar w/ Peter Bechtel
- April 9 Book Club
- April 10 Veterans Luncheon
- April 11 Learning Lab: Why Are Bees Disappearing
- April 12 Concert Series: Guitar w/ Lee Jones
- April 14 Concert Series: Choir Singers
- April 14 TED Talk: Sparking Climate Change
- April 16 RUI Speaker: Rockin' 50s w/ Dr. Baer
- April 17 Navigating the News w/ Pam Benson
- April 18 Learning Lab: Bees
- April 19 Special Event: Cherry Blossom Festival
- April 19 RUI Speaker: Introduction of British Art
- April 20 TED Talk: Find Humor in Life's Absurdity
- April 22 RUI Speaker: Mosaic Art w/ Shona D' Cruz
- April 23 RUI Speaker: Celebrating Casablanca
- April 24 Uncorked: New Zealand
- April 25 Learning Lab: All About Bees
- April 25 Concert Series: Piano w/ Sheila Epstein
- April 28 TED Talk: Intersecting of Cinema & Art



**Letter From Interim
Executive Director:
Godfred Baisel**

Hello Wellington Residents,
Families & Guests,

As we welcome the arrival of spring, I am filled with excitement for the warmer weather and the longer days ahead. A heartfelt thank you to all who joined us for our delightful Spring Brunch; it truly set a joyful tone for the season. Our celebrations continue with the upcoming Cherry Blossom Festival, promising an enchanting atmosphere and delightful Japanese-inspired cuisine prepared by our talented Taste of RUI team.

Our RUI Spring Semester remains in full swing with an array of intellectual classes, including music history, mosaics, and wine tasting. Don't forget to mark your calendars for our weekly concert series, showcasing a variety of talented musicians!

I am grateful for the opportunity to serve as your interim Executive Director.



**Resident Spotlight:
Ms. Norma P.**

Ms. Norma P. was born and raised in Charleston, South Carolina. At age 15, Ms. Norma helped care for her brother, Rusty, and helped her mother work in the Charleston Shipyard, giving lunch to the men that worked there. Ms. Norma was inspired by her music and English teacher and recalls that they pushed her in the direction of wanting to be a teacher. Ms. Norma played the piano and has a love for music and also played softball. She became a teacher, and one of her memorable moments was when she took all her fifth graders to the White House. Ms. Norma P. was married at the age of 21 to Bob, and they both had two wonderful daughters, Allison and Kathy. She's also blessed with 5 grandchildren.

Ms. Norma said a life lesson she learned growing up is saving is better than spending. When asked about her advice to society, she said people should focus more on excelling in education, and loving family.



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!





Happy Birthday to:

- April 4 Leon "Vern" A.
- April 4 Maxine S.
- April 7 Jane E.
- April 15 Lillian B.
- April 15 Lillian M.
- April 16 Renee W.
- April 19 Janet W.
- April 26 Beverly P.



RUI Fit Tip:

Spring back into fitness with daily walks and stretching! Spring is an ideal time to get back into exercising. Don't forget to add strength training to your exercising routine! This will improve your bone density and joint health as well. See your RUI FIT Coach to set up your Free Fit Assessment, or fill out an interest form on the MY RUI App.



LUXE Unlimited 5 Tips for Springtime Skincare

- Gently exfoliate your skin to get rid of dry, dead skin from the cold winter months.
- Moisturize 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.



RUI University - Reptile Class!



St. Patrick's Day Festivities!



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.

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!

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

7	3	2	9	6	1	5	8	4
8	5	4	3	2	7	6	1	9
9	6	1	8	5	4	7	3	2
6	2	7	4	1	8	3	9	5
1	9	5	2	3	6	8	4	7
3	4	8	5	7	9	2	6	1
4	7	6	1	8	5	9	2	3
2	8	9	7	4	3	1	5	6
5	1	3	6	9	2	4	7	8

	1				2	4		
	8	9	7					6
	7				5			
	4	8				2		
1				3				7
						3	9	
			8				3	
8					7	6	1	
		2	9				8	