



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!

Mother's Day Brunch

SUNDAY, MAY 12

11:00 AM - 1:00 PM

Join us for a traditional style brunch created by our talented Taste of RUI team, Mom-osa's and live entertainment!

Guest Meals: \$25

RSVP to 703.425.1698



May 2024

Upcoming Events & Activities

National Guard Memorial Museum	5/1
Music with Andrew	5/1
Birthday Bash with Tender	5/3
RUI FIT GAMES: Corn hole	5/3
Kentucky Derby	5/4
Cinco De Mayo Lunch	5/6
White Oaks ES Spring Concert	5/7
History Alive: Amelia Earhart	5/7
Changing Times in the 1960s	5/10
Military Spouse Appreciation Day Mingle	5/10
Mother's Day Brunch	5/12
Art History: Children in European Art	5/13
History of Louisiana Jazz	5/13
National Zoo Outing	5/14
Pets on Wheels	5/14
Chocolate Chip Cookie Bake-Off	5/15
Resident Council	5/16
RUI FIT Games: Croquet	5/17
Uncorked: Germany	5/17
Mix N' Mingle with Lee Jones	5/17
Casino Games	5/21
Catholic Mass	5/22
Book Talks with your Librarian	5/22
RUI FIT Outing	5/24
New Resident Social with Lalo	5/24
My RUI APP	5/25
RUI FIT Health Talks	5/27
History of Jazz	5/28
Taste of RUI: France	5/29
RUI FIT Games: Bocce Ball	5/31
Paint N' Sip Techniques	5/31
Mix N' Mingle with Meechach	5/31



A Letter From Our Executive Director: Caroline Ottoviani

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 Cherry Blossom Luncheon in April. We would like to invite you to our Mother's Day Brunch on Sunday, May 12th @ 11:00 AM. Please RSVP to the Concierge by May 10th, at 703-425-1698. This month we will also have a Cinco De Mayo Lunch on May 6th and Military Spouse Appreciation Day Mingle on May 10th at 3:00 PM.

Make sure to keep an eye on the activity calendar, we have some exciting new RUI University classes including "History Alive: Amelia Earhart", "Changing Times in the 1960s" and "Uncorked: Germany".

As always, thank you for making Heatherwood your home.

-Caroline Ottoviani



Resident Spotlight: Robert "Bob" Strohmayer

Mr. Bob was born in Mineola on Long Island, in New York. His father was a butcher and his mother was a homemaker. He had one sibling, a sister. As a teenager Mr. Bob enjoyed sports such as basketball and bowling. After high school he worked at F.W. Woolworths. During this time he met his wife, Flo, and they had three children and eventually six grandchildren between them. Mr. Bob has fond memories of his time acting in New York and Virginia. His favorite starring role was in "Harvey", a play about an invisible rabbit!

HIS ADVICE TO YOUNGER GENERATIONS IS TO BE HONEST, BE LOVING AND ENJOY YOURSELF.





Have You Heard of MY RUI APP?

This app allows users to look at monthly activity calendars, RUI University catalogs. As well as order meals as well as household items, set up appointments with Luxe Unlimited and pay bills. See Life Enrichment if you are interested in creating an account or using one of our tablets.



Inspiritás

Aloha, Inspiritás Family! May brings a burst of joy as we celebrate the remarkable women in our lives with Mother's Day.

Join us in honoring these incredible souls at our enchanting Mother's Day Tea, Sunday, May 12, from 11:00AM-1:00PM. We also are hosting our monthly Caregiver's Connection Café & Book Club the 4th Monday of May (5/27/2024).



Mother's Day Is the Perfect Time to Spoil Your Loved Ones. Check Out the LUXE Unlimited Specials for the Month of May!

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".



Greetings from Legacy Healthcare Services!

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 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. We look forward to seeing you soon.

May Birthdays

Ms. Mary S.	5/6
Ms. Barbara S.	5/7
Ms. Jan B.	5/8
Ms. Maureen K.	5/12
Mr. Ken M.	5/26
Ms. Ann E.	5/28
Mr. Americo S.	5/29
Ms. Cristine C.	5/29



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"

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America's passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa's first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.