

Aarndale

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

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

PLEASE JOIN US!

Mother's Day Brunch

SUNDAY, MAY 12
11:00 AM - 2:00 PM

Join us for a delightful Mother's Day celebration filled with a delicious brunch menu and "mom"osa bar created by our Taste of RUI team! Enjoy creating a bouquet at our flower station and a piano performance.

Guest Fee: \$20

RSVP by May 6 to 703.813.1800

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May 2024

Upcoming Classes & Events

- 5/2 Feet to the Fire Writers' Workshop
- 5/3 Music, Movement, & Memories
- 5/3 Happy Hour
- 5/4 Kentucky Derby Watch Party
- 5/5 Cinco De Mayo Celebration
- 5/6 American Sign Language for Beginners
- 5/8 Art from Ancient Rome
- 5/9 Feet to the Fire Writers' Workshop
- 5/10 Music, Movement, & Memories
- 5/10 Happy Hour
- 5/10 The Power of Music
- 5/12 Mother's Day Brunch
- 5/13 American Sign Language for Beginners
- 5/13 Crucial Decades Changing Times in the 1960s
- 5/16 Feet to the Fire Writers' Workshop
- 5/17 Music, Movement, & Memories
- 5/17 Happy Hour
- 5/20 American Sign Language for Beginners
- 5/22 RUI Fit Health Talk
- 5/23 Feet to the Fire Writers' Workshop
- 5/24 Music, Movement, & Memories
- 5/24 The Power of Music
- 5/24 Happy Hour
- 5/27 American Sign Language for Beginners
- 5/28 History of Jazz
- 5/29 National Senior Health and Fitness Day
- 5/30 The Root of Rhythm
- 5/31 Birthday Bash

May Flower

Lily of the valley is the birth flower for May. The fragrant flower symbolizes sweetness, humility and happiness.



A Note From Executive Director: Jack Alcineus

Good afternoon, Hey there, fellow adventurers! April showers bring May flowers, but they also bring a plethora of exciting activities to brighten up your days! Whether you're looking to explore the great outdoors, indulge your artistic side, or simply unwind with some good company, we've got you covered. Check out what's in store this month with our Life Enrichment Calendar. Whether you enjoy reading stories, playing games, doing crafts, or simply chatting and sharing laughs, we have something for everyone! Don't forget about personal training; keep moving with our own trainer, Mary! Don't miss out on these fantastic opportunities to embrace the joys of spring and connect with like-minded individuals. Mark your calendars, gather your friends, and let the adventures begin! See you there!



Resident Spotlight: Ms. Golden

Ms. Goldie was born on August 24, in the small town of Jackson, Kentucky. She remembers during World War II having to ration food due to a shortage. During school she was majorette, a cheerleader, she always loved getting involved. Ms. Goldie has two daughters from her first marriage named Debbie and Teri. Ms. Goldie has always loved math and English. She even majored in it in college. Not only is Ms. Goldie smart, she spent some time working as a model! Ms. Goldie loves spending her time staying active. You can find her at almost any activity, laughing among friends. She is always ready to go shopping and is amazing at corn hole. Be sure to say hi to Ms. Goldie around the building. Maybe try to beat her at a game of corn hole, but no one has been able to so far!

See a Solar Eclipse

On April 8, millions of people in the U.S. had the chance to witness the spectacle of a total solar eclipse, when the moon passed in front of the sun and darkened the sky. This astronomical event spanned across the continent from Mexico to northeastern Canada.

Our residents loved getting out to see the eclipse that will not be back for many, many years!





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 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. Come join us for some fun and engaging activities! We look forward to seeing you soon.

Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." —*Agatha Christie*

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us in the office, we wish all the moms who call our community home a very happy Mother's Day!



LUXE Unlimited



Mother's Day is the perfect time to spoil your loved ones.

Check out the LUXE Unlimited Special for 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."



Sheldon S.	5/4
Diane W.	5/8
Rodney G.	5/22
Pamela M.	5/22

RUI Fit Tip!

The best way to stay in shape is to add a little more movement to every day. For every hour you spend sitting, take 15 minutes to move around!



Inspiritas

Aloha, Inspiritas 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 on Sunday, May 12th, at 2:30 pm. We also are hosting our monthly Caregiver's Connection Café & Book Club on Wednesday, May 29th, at 4:30 pm.

This month, our Coast-to-Coast theme takes us on a sensory adventure to Hawaii, where we'll immerse ourselves in the vibrant culture. From the soothing melodies of Hawaiian music to the tantalizing flavors of island cuisine, we'll explore Hawaii's beauty through our senses. Dive into art classes, savor culinary delights, sway to traditional dance, and let the rhythm of the islands lift your spirits. Discover the warmth of aloha with us in Inspiritas Memory Care. Don't forget to check out our monthly programs calendar for a full lineup of exciting events. May will certainly be a month to remember!

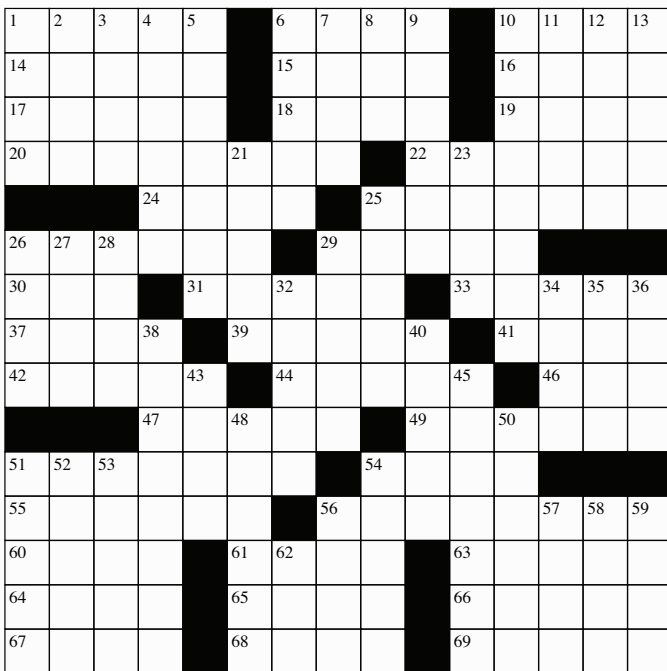
Aarondale Community Team of Directors



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*

Crossword Puzzle



ACROSS

1. Unruly kids
6. Edible mollusk
10. Dog food brand
14. Rent to a new tenant
15. Healthy
16. Bookish fellow
17. Have __ to the ground; heed public opinion
18. City northwest of Tulsa
19. Man's nickname
20. Couldn't stand
22. Swell
24. Skunk's weapon
25. Tailor, at times
26. Floated on the breeze
29. Guide
30. Suffix for project or text
31. Thomas More or Oliver Plunkett
33. Pilgrim's destination
37. Afraid to speak up
39. Like Abel
41. Sentence of condemnation
42. Descendant of Noah
44. Permitted
46. Full deck
47. Competitor
49. Coax with flattery
51. Tumbler
54. Singer McEntire

DOWN

1. Actor Garrett
2. France's Coty
3. Pub orders
4. Beverage container
5. Walks
6. Gladden
7. Ground
8. Ring king, once
9. Interfere
10. Like an elk
11. "The Merry Widow" composer Franz __
12. Rattle on
13. More uncommon
21. Ice cream concoctions
23. Article
25. Lofty spot
26. Sissy
27. Toward shelter
28. Use one of the senses

ACROSS

29. Slow one
32. __ ease
34. Centennial State: abbr.
35. Spiral
36. Gigi's friend
38. Lamp liquid
40. Kinder
43. Scoff
45. Postponing indefinitely
48. Piece of luggage
49. Large waterfowl
50. Member of a high school's junior varsity
51. Is sore
52. Berate
53. Po, for one
54. Out of practice
56. Dressed
57. "By __!"
58. Mining finds
59. Brontë heroine
62. Went before the others

