

The Attic

Come Visit The Attic to Find
Your Own Treasure

Tuesdays and Thursdays
11:00 to 1:00
Room 443
Sue O'Neil 703-289-5400

The Virginian

"We serve Residents with joy, humility and gratitude."

If you have any questions about activities or have a suggestion to
make to the activities team, please call
Katherine Alexander, Resident Services Director, at extension 7240.



CELEBRATING OCTOBER AT THE VIRGINIAN

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Newsletter October 2018



Painted by Resident Helen Furrow.
See the original in the art room (5th floor).

*A fallen leaf is nothing more
than a summer's wave goodbye.*

DINING SERVICES TABLE TALK

 **Cooking Demo with Chef Nik**.....Monday, October 15, 1:30, Assembly Room
Dishes featuring pumpkin.

Market - Soup, Bread & Baked Goods - every other Friday starting October 5 in the lobby from 11:00 - 1:00. This will replace the Farmer's Market.

Save the Date - Holiday Luncheons for Residents, their families and friends.

Thanksgiving Buffet Luncheon - 2 seatings: 11:30 - 12:30 and 12:45 - 1:45

Health Care Center, Tuesday, November 20

Assisted Living Community, Wednesday, November 21

Independent Living Community, Thursday, November 22

Holiday Buffet Luncheon - 2 seatings: 11:30 - 12:30 and 12:45 - 1:45

Health Care Center, Saturday, December 22

Assisted Living Community, Friday, December 21

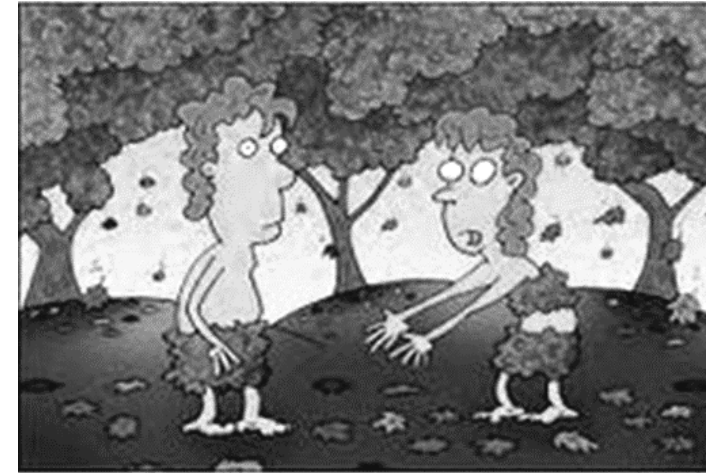
Independent Living Community, Tuesday, December 25

Residents dine without additional cost.

Guests will be \$25. Children under 12 will be \$12.50.

For reservations, call 703-679-1471 or e-mail hmahmood@thevirginian.org. Please include Resident's name, number attending, seating preferred, and contact number.

Comedy Corner



Could you please pick up all your clothes.



I'm here to decorate for Halloween.



I'm not just "wonder woman" on Halloween.

I am wonder woman all year.

I wonder where I left my keys.

I wonder where I left my purse.

I wonder . . .



LAUGH IT UP, YOU'RE NEXT!

Birthdays of the Month

OCTOBER

1 - Rosario B.	12 - Elizabeth S.	22 - Josephine A.
1 - Charlotte L.	17 - Vilma H.	22 - Pilar M.
6 - Saul M.	18 - Martha C.	24 - Albert K.
6 - Lee B.	19 - Patricia S.	28 - Ronald B.
11 - Beverly J.	19 - Tuck W.	
11 - Wilbur W.	20 - Wally M.	

Out of respect for privacy concerns, we are not going to publish last names of Residents on our birthday list. Full names will be located on the bulletin board outside of the B-1 Dining Room.

Welcome!

We are glad you are here.

THE VIRGINIAN'S NEWEST RESIDENTS

Martha Curtis, Cardinal Way 42

WALK OFF PARKINSON'S

Walk Off Parkinson's is an annual event held this year on September 30 at Nationals Park in Washington, D.C. to benefit the Parkinson Foundation of the National Capital Area. More than a 1,000 people attend the program, which includes an inspirational community walk, educational lectures by Movement Disorder Specialists, exercise demonstrations, and more.

Our own "The Virginian Movement for Life Team" with around 35 participants took the lead this year in contributions and donations raising close to \$30,000.

If you would like to donate to this great cause, please contact Maria Malca in the Rehabilitation Department or simply go to: www.walkoffpd.org.