

# *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 September*

**Sewing Month**

**World Alzheimer's Month**

**Classical Music Month**

**Labor Day: U.S.**  
*September 3*

**Grandparents Day**  
*September 9*

**Line Dance Week**  
*September 10–15*

**Museum Day**  
*September 22*

**Johnny Appleseed Day**  
*September 26*

# *Newsletter*


## *September 2018*




*“Good apple pies are a  
considerable part of our  
domestic happiness.”*

Jane Austen  
October 17, 1815

## Dining Services Table Talk

 Labor Day .....Monday, September 3, 11:30 - 2:00  
The holiday/Sunday dining room schedule is in effect. Please join us for a BBQ buffet mid-day meal with ribs, grilled hamburgers, hot dogs, and fried catfish along with the accompaniments.

 Cooking Demo with Chef Nik ..... September 17, 1:30, Assembly Room  
Apple themed dishes.

 Tuesday night will now be Asian cuisine night in the dining room.

 The Farmers Market starting in September will be every other Friday.

## Religion Services & Programs

Sunday Worship Services .....September 2, 9, 16, and 30, 3:00, Chapel  
(no Sunday service on September 23)

Meditation Moments..... Wednesdays, IL, 10:00; AL, 11:00, Chapel  
Thursdays, HCC, 10:15, Chapel; Shenandoah, 11:00, Shenandoah

Catholic Mass .....Friday, September 14, 10:15, Chapel

Catholic Communion..... Every Friday, 10:15, Chapel

Rosary ..... every Tuesday, 2:00, B1 Activities Room

Shabbat.  ..... Friday, September 7, 10:30, Room 50 

## Community Care Conversations

With Pastor Bob

Tuesday, September 25 at 11:00 am in Room 501

**“Coping with Loneliness and Isolation”**

Many seniors face isolation in addition to physical limitations that limit their ability to get out. These vulnerable seniors often spend days with little to no contact with others or any social interaction. Some factors that may increase the likelihood of a senior becoming socially isolated include limited access to transportation after they can no longer drive, having little or no contact with family members or friends, having lost a spouse or partner, and multiple chronic health problems. Come join our discussion as to how we can better reach out to these individuals right here in our own community.

## Bible Study: Living in Holiness and Hope

Pastor Bob is leading a Bible Study based on the Book of 2<sup>nd</sup> Peter. This letter was written by the Apostle Peter to those experiencing trials and persecution. It contains profound wisdom about living out our faith in challenging times.

We meet twice a month at 1:30 pm in the Chapel. This month we will be meeting on

Tuesday, September 4 and September 18

All are welcome to join us!

Our **Community Worship Service** this month will be held on Friday, September 21 at 2:00 pm in the Assembly Room. The service will include Holy Communion. All are invited to attend.

a place to *belong*  
a place to *believe*  
a place to *become*

## September

  
*Birthdays  
of the Month*

1 - Eleanor L.	12 - Ann H.	21 - Joanne S.
2 - User K.	14 - Virginia I.	23 - Kenneth S.
4 - Christine C.	17 - Jane S.	29 - Mary K.
9 - Mary T.	18 - Mary H.	29 - Margaret S.
12 - Marion C.	19 - Larry M.	30 - Virginia R.

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

Kathy (Ann) Bistay, Apartment 315

Dudley (Earl) and Leila (Lee) Brown, Apartment 163

Dolores Davidian, Apartment 355

William Tamarro, Apartment 328

Dorothy (Dot) Viehman, Apartment 511