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.



Newsletter September 2018

Celebrating September

Sewing Month

World Alzheimer's Month

Classical Music Month

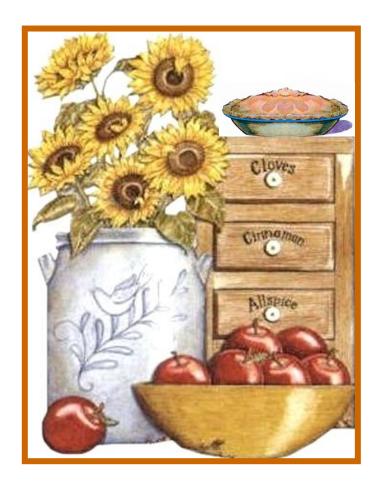
Labor Day: U.S. September 3

Grandparents DaySeptember 9

Line Dance Week
September 10–15

Museum Day September 22

Johnny Appleseed Day
September 26



"Good apple pies are a considerable part of our domestic happiness."

Jane Austen October 17, 1815

Dining Services Table Talk

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 Chef 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.

September



12 - Ann H. 1 - Eleanor L. 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.



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

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Religion	Services	& Programs
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Sunday Worship Service	sSeptember 2, 9, 16, and 30, 3:00, Chapel
	(no Sunday service on September 23)
Meditation Moments	
Thurs	days, 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.	every Tuesday, 2:00, B1 Activities Room 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 2nd 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.

