



# January 2019 Look Ahead

## Events This Month

<b>New Year's Day Brunch</b> Tuesday, January 1	<b>MDR/PR</b> 12:00 am - 3:00 pm
<b>Holiday Decoration Take Down</b> January 2 - January 4	<b>Community Wide</b> 10:00 am - 4:00 pm
<b>Brunch Hours</b> Friday, January 11	<b>MDR</b> 12:00 pm - 3:00 pm
<b>Brunch hours due to the Annual Employee Appreciation Event.</b>	
<b>"Hope for Alzheimer's and Dementia" Presentation</b> Presented by Dr. Emer MacSweeney Interventional Neuroradiologist and CEO of Re: Cognition Health Thursday, January 17	<b>PR</b> 11:00 am – 12:00 pm
<b>Brain Healthy Workshop</b> Thursday, January 17	<b>PR</b> 12:00 pm - 2:00 pm
<b>MLK Day Brunch</b> Monday, January 21	<b>MDR/PR</b> 12:00 pm - 3:00 pm
<b>Dunbar Saxophone Quartet</b> Tuesday, January 22 <b>A late bus will be provided for this performance</b>	<b>PR</b> 7:30 pm – 8:30 pm
<b>Hospitality Coffee</b> Wednesday, January 23	<b>PR</b> 10:00 am - 11:00 am

## ROOM KEY

1st FL = 1st FI Lounge
3rd FL = 3rd FI Lounge
4th FL = 4th FI Lounge
AL GR= AL Great Room
AL S = AL Study
BC=Bocce Ball Court
CLR=CLIC Room
CR = Conference Room
DP = Dog Park
FR = Fitness Room
GR = Game Room
HCC = Health Center Courtyard
HCL = Health Center Lobby
HR = Harbor Room
LL = Lower Lobby
MDR = Main Dining Room
ML = Main Lobby
OC = Off Campus
PBC = Pickleball Court
PDR = Private Dining Room
PR = Potomac Room
RS = Resident Services Area

Please check Channel 970, the weekly *Outlook*, the Events Table, Web Portal and the bulletin boards for more details, additions and or corrections.

**\*\*For more information, look for upcoming flyers**

## Trips This Month

- Every trip has an attendance minimum in order to go forward. Please check Sign Up Sheet for details.
- All Sign-Up Sheets are collected the day before the trip, unless otherwise specified.
- Trips with a cost will be put on your monthly bill.
- If your name is on the sign up sheet after the deadline you are responsible for the cost.

<b>Rockledge Elementary Tutoring</b> Thursday, January 3	9:10 am
<b>African American History Museum</b> Tuesday, January 8	9:15 am
<b>SERVE</b>	
Monday, January 14	9:20 am
<b>Lunch Bunch at Armetta's</b> Tuesday, January 15	11:45 am
<b>Rockledge Elementary Tutoring</b> Thursday, January 17	9:10 am
<b>Virginia Grand Military Band</b> Saturday, January 26	6:20 pm

# In the Coming Months

## **SPECIAL EVENTS**

**M** = Morning    **A** = Afternoon    **E** = Evening

### **February 2019**

- Superbowl Party, 2/3 **E**
- Art Appreciation, 2/8 **A**
- IKF Chamber Singers, 2/13 **A**
- Hospitality Mardi Gras Coffee, 2/18 **M**
- Computer Security Presentation, 2/19 **M**
- VaCCRA Cabaret, 2/26 **E**

### **March 2019**

- Westphalians Play, 3/8 **E** & 3/9 **A**
- Occoquan Town Hall, 3/20 **E**
- Lake Ridge Chorale, 3/26 **E**

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## **TRIPS**

### **February 2019**

- Fairfax Symphony, 2/2
- Rockledge Elementary, 2/7
- Steel Magnolias at Hylton, 2/9
- SERVE, 2/11
- Lorton Workhouse, 2/14
- Rockledge Elementary, 2/21

### **March 2019**

- Rockledge Elementary, 3/7
- Fairfax Symphony, 3/9
- Anne of Green Gables, 3/10
- SERVE, 3/11
- VA Grand Military Band, 3/16
- Rockledge Elementary, 3/21

Do you have a suggestion for a trip? Please stop by the Events Table today and let us know!

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## **CLASSES**

### **March 2019**

- Introduction to WLR Web Portal, 3/5
- Introduction to Alexa, 3/19

Please check the WLR Web Portal to sign up for classes.

All Events, Trips, and Classes are subject to change. Please check Channel 970 the Weekly *Outlook*, the Events Table, Web Portal and the bulletin boards for more details, additions and or corrections.

## Monthly Committees

### **Catholic Service**

First Monday in the Chapel

### **Parkinson's Support Group**

First Monday in the Chapel

### **Book Club**

Second Tuesday in January

### **Landscape Committee**

First Thursday in CR

### **Writers Choice Group**

First and Third Thursday in the PRD

### **Library Committee**

Second Wednesday in the PDR

### **Art on Campus**

Second Wednesday in the PDR

### **VaCCRA BOD Meeting**

Second Friday in 1st FL

### **Women's Led Bible Study**

Third Monday in the GR

### **Dining Committee**

Third Wednesday in PDR

### **Parkinson's Webinar**

Third Thursday in the CR

### **Health Committee**

Third Friday in the CR

### **Spiritual Life Committee**

Fourth Tuesday of the Month

### **Hospitality Committee**

Last Tuesday in January

### **Military & Foreign Affairs**

Fourth Thursday in the HR

## Monthly Meetings

### **Resident Association**

Second Wednesday in January

### **Kitchen Tours**

First Wednesday of the Month

### **Dining Services Forum**

Second Monday of the Month

### **Men's Breakfast**

Second Thursday of the Month

### **Health Roundtable**

Second Thursday of the Month

### **Current Events Forum**

Second Thursday of the Month

### **Plant Ops Forum**

Second Friday of the Month

### **Theme Dinner Night**

Third Wednesday of the Month

### **Director's Dialogue**

Third Wednesday of the Month

### **Inquiring Minds**

Third Friday of the Month

### **Dietitians Forum**

Fourth Wednesday of the Month

### **Social Work Forum**

Fourth Tuesday of the Month

### **Executive Director Roundtable**

Fourth Thursday of the Month