Westminster at Lake Ridge has proudly served older adults for over twenty-six years and we remain committed to offering the highest quality of lifestyle, services, and amenities for our current and future residents. To deliver on this, we have invested fifteen million dollars over the last three years to update our systems and infrastructure. We have replaced and upgraded the heating/air conditioning systems, hot water heaters, roofing, windows, sliding glass doors, exterior doors, hallway lighting, hot water heaters, and more.

If you’ve recently visited our 62-acre park-like campus, you may have noticed construction as we are now embarking on our next phase of transformation. Based on feedback provided by residents, waitlist members, neighbors, and staff, we are re-designing and enhancing over 30,000 square feet of community space. At the center of this project is an emphasis on wellness, as many of the areas receiving attention comprise our Center for Healthy Living (for more information, see page 4).

WOW (Westminster OnWard) consists of six phases. Phase One is complete, offering a new and improved beauty salon and offices for our resident services department. Other work in progress includes a new main entrance lobby and living room, an additional dining venue, new salt water indoor pool, new fitness center and locker rooms. The project’s goal is to enhance the living experience for those who live here now, as well as those continuing to move to Westminster at Lake Ridge. The entire project is on schedule and budget, with an expected completion date of August 2020.

We are excited for the opportunity to stay at the forefront of industry trends and to enrich the lives of those who call Westminster at Lake Ridge home.
With a soft accent that blends her south Texas charm with the worldly poise that comes with being a military wife, Dorothy Jefferson describes the road travelled that led her and husband James to their new home at Westminster at Lake Ridge. “Jim and I have been married for 68 wonderful years. Growing up as children near Brownsville, Texas instilled a love of the peace and serenity that comes with small town living.” Dorothy says that the location and community ambience of Westminster provides a similar feeling. She explains, “When we chose to move to Westminster, it was immediately clear that the people here care for each other, both staff and residents alike. The comfort level was evident, you could hear the laughter down the hall and in the dining room. Talented and interesting people sharing their life experiences.”

Dorothy and her husband, a Navy pilot, have travelled the world together. Of all the places she visited during James’ various deployments, Italy was her favorite, Florence in particular. She says, “I just fell in love with the art and history there. It’s a very special place in the world.” After James retired from his last duty station at the Pentagon after 30 years, Virginia was home. Their daughter was instrumental in suggesting Westminster. Dorothy says, “Jimmy and I welcomed the idea of enjoying the freedom of having no worry. No cooking, no yard work, and the security of available health services. We feel at home here.”
The WOW Project is integrating the latest amenities and design trends to provide residents with beautifully appointed, spacious areas to elevate the Westminster at Lake Ridge experience.

A redesigned and relocated entrance, lobby, and living room lead gracefully to new dining venues: An all-day bistro with al fresco seating and lounge bar; an elevated dining room with distinct destinations to meet your mood; and a wine bar plus two private dining rooms.

Active residents will delight in the new Center for Healthy Living, which will include a new fitness center with state-of-the-art equipment and new locker rooms, a newly resurfaced indoor saltwater pool and hot tub, a greenhouse for indoor gardening, in addition to a multifunctional studio for art, fitness, and education, and a new technology learning center.

The new art gallery display system is sure to bring residents and guests an added level of enjoyment as they head to our new library, reading room, gift shop, or clinic. It’s all new, better than ever, and at Westminster.
One of Westminster at Lake Ridge’s many advantages is our incredible location. Not only are we close to the culture, entertainment and excitement of our nation’s capital, but there’s a lot to see and do right in our own greater neighborhood, just a short jaunt from your doorstep.

The NoVA Arts and Cultural District, established in 2017, has branded the Lake Ridge/Occoquan area as a destination for tourism, commerce, and cultural leisure activities. In addition to the quaint riverside town, it includes the Mill House Museum, built in 1750, the historic Workhouse Art Center, and the Occoquan Regional Park, which hosts seasonal outdoor concerts.

The town of Occoquan is home to several art galleries, as well as unique shops and eateries, all located within the town’s riverfront historic district. The town hosts its semi-annual Arts and Crafts show each year, bringing more than 10,000 visitors to the region to shop a variety of arts, crafts, and handmade goods.
BIG MAN ON CAMPUS

Westminster at Lake Ridge resident Roy Englert broke three world records at the USA Track and Field (USATF) Masters Indoor Championships in March. Over the course of three days, Roy ran for the Potomac Valley Track Club and competed in multiple events. He set world-records for his age group in the 800-meter, 1500-meter, and 3,000 meter races. What’s even more remarkable? He’s 97!

When home at WLR, Roy does much of his running on the treadmill in the community fitness center. He only has to walk half a block for his treadmill workouts, and trains at least three to four days a week. One of his favorite perks of competition is the travel that both he and his wife enjoy. When asked for advice he says, “Just keep doing it. Keep moving.”

WALK TO END ALZHEIMER’S

Friends and family gathered on October 19 to represent Westminster at Lake Ridge for the Walk to End Alzheimer’s®, which WLR has proudly sponsored for the past five years (more than $2,000 was raised by residents and staff).

Held annually in more than 600 communities nationwide, the Alzheimer’s Association Walk to End Alzheimer’s® is the world’s largest event to raise awareness and funds for Alzheimer’s care, support, and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease, which affects more than five million Americans.
Westminster at Lake Ridge is a not-for-profit, CARF-accredited, SAGECare-certified, life plan community.