



ELANCÉ

AT ALEXANDRIA

5100 Fillmore Avenue • Alexandria, VA 22311 • 703-845-5100

PLEASE JOIN US!

Cherry Blossom Festival

**THURSDAY, APRIL 11
4:00 PM - 7:00 PM**

Join us for cocktail hour and live music at 4:00 PM followed by a Japanese inspired dinner by our Taste of RUI team at 5:00 PM!

**Guest Fee: \$30
RSVP to 703.845.5100**



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April 2024

In This Issue

It's April and the start of the second quarter of the year, the spring weather has arrived and we look forward to doing some outdoor activities and programs. There is a lot to look forward to this month as we have several fun and exciting programs for you to enjoy.

Mark your calendars for important events, such as our Cherry Blossom Festival Social and Dinner, Passover Seder on April 22nd, Friday Happy Hours w/ Live Music, & our RUI University classes listed in the save the date section. You can learn more about one of your fellow neighbors in our resident spotlight. Finally, there is a letter from our Executive Director with important updates for residents to know.

Save the Date

- 4/2 RUIU: History of Jazz w/ Quentin
- 4/5 Happy Hour w/ Yvonne and Bruce
- 4/8 Lunch Outing to Clyde's
- 4/12 Happy Hour w/ Jerry Roman
- 4/15 RUIU: Civil War Battles in Our Own Backyard
- 4/16 RUIU: Art Lecture w/ Roshna Kapadia
- 4/17 RUIU: The Power of Music w/ George Hanson
- 4/18 Taste of RUI: Italy
- 4/21 Evening Concert w/ Lee Jones
- 4/19 Happy Hour w/ Hector Munoz
- 4/23 RUIU: National Security and Foreign Policy
- 4/24 RUIU: Uncorked: France
- 4/25 Outing to the National Portrait Gallery
- 4/26 Happy Hour w/ Christina Drapkin's Jazz Duo
- 4/30 Monthly Resident Birthday Dinner



Letter From Executive Director: Joann Garcia

Hello Elancé at Alexandria Residents, Families & Guests, Spring is finally here, and we extend our heartfelt gratitude to all who joined us for our delightful Spring Brunch. Now, as we embrace the spring season, we eagerly anticipate our upcoming Cherry Blossom Festival. An event that promises an enchanting atmosphere and wonderful Japanese cuisine by our Taste of RUI team.

Some of the exciting updates in our community include welcoming our new team member, Jalin, who joins us as our Life Enrichment Assistant. We are thrilled to have her on board and anticipate the enthusiasm she will bring to our program. Additionally, if you haven't had the chance, we invite you to explore our newly renovated billiards room on the 6th floor—a space designed for relaxation and enjoyment. Furthermore, in harmony with the spirit of spring, landscaping enhancements will soon commence around the community. Stay tuned as we share updates and timelines for community renovations.



Resident Spotlight: Ms. Marilyn Candler

Marilyn was born in Des Moines, Iowa and grew up in Long Island, New York as a single child. At an early age she began learning and playing several different musical instruments such as the guitar, ukelele, organ, & piano. Marilyn also loved to play tennis, exercise, and doing artwork growing up. In high school she had several Spanish teachers who had an influence on her which led to her majoring in the subject as a college student. Marilyn has very fond memories of spending months out in Guadalajara, Mexico where she lived with a Mexican family and learned to speak Spanish.

In college Marilyn met the love of her life and husband at a fraternity party, a brilliant engineer.

Her husband later served in the Army as a specialist engineer and made a career as a design electrical engineer.

Marilyn and her husband moved all over America for his work and visited all seven continents together. The two even visited Antarctica, where they walked amongst the wild penguins. They had two children together, a boy and a girl and she has fond memories going on many trips and especially living in New Orleans. Marilyn is still a gifted artist and collector of art and enjoys staying active, listening to music, and spending time with her children.



RUI University

Lifelong learning supports intellectual and social wellness, which is why we created RUI University to provide free lifelong learning classes to our residents and the surrounding community. Our residents value scholarship, and RUI University allows them to challenge themselves by learning something new each day. We partner with colleges, universities, museums, and our RUI University Fellows share their expert knowledge. We have something for every interest at RUI University. Our courses range from history, to music, to technology, to culinary, to wine classes, and we are always expanding our reach to bring new and exciting classes!



IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are your onsite outpatient therapy provider of physical, occupational and speech therapy services. We are excited to present a weekly Technology Class during the month of April. It is Occupational Therapy month and we will be hosting a separate Wheelchair/Walker Cleaning Event. We look forward to seeing you soon.

Resident Photo Gallery



LUXE UNLIMITED

We are excited to announce the launch of our new and improved appointment scheduling system!

How to Schedule an Appointment:

- Online through www.luxeunlimited.net
 - Click "Book Now" on our home page
 - Select your community location
 - Select service desired and service provider/ first available
 - Select available date and time
 - Enter client information
 - Book Appointment
- You can also:
- Stop by the Concierge desk
 - Call 540-501-6043 for assistance from a LUXE team member
 - Book through on-site service provider
 - Set a reoccurring appointment to secure standing appointments.
- New features:
- Waitlist feature to request an appointment if there are any cancellations for a specific date or first available.
 - Email and/or text appointment confirmations and reminder



BY RETIREMENT UNLIMITED, INC.

RUI Fit Tip of the Month

Your metabolism naturally slows with age. Regular exercise helps increase your metabolism and build muscle mass, helping your body to burn more calories.



April Birthdays

Lawrence B.	4/3
Elizabeth J.	4/23
Martha A.	4/23
Darlene S.	4/27
Howard P.	4/27

Elancé at Alexandria Management Team



Luxury Senior Living in Northern Virginia. Welcome to Elancé at Alexandria, a luxury senior living community in the heart of Northern Virginia.

Jamie Houston, *Executive Director*
Joann Garcia, *Assistant Executive Director*
Bianca Herriford, *Director of Clinical Services*
Zeeshan Bhatti, *Director of Sales & Community Relations*
Hilina Yitna, *Business Office Manager*
Jennifer Linares, *HR Manager*
Tyrone Thomas, *Housekeeping Supervisor*
Rebecca Dartt, *Food and Beverage Director*
Romello Jackson, *Environmental Services Director*
Marc Weingrad, *Life Enrichment Director*

Follow us on Facebook for updates, photos, and upcoming events!

“This Month In History”

APRIL

1934: At 231 mph, the strongest wind ever recorded in the U.S. blows over Mount Washington, N.H. The record is commemorated every April 12, Big Wind Day.

1952: Mr. Potato Head becomes the first toy advertised on television. Its commercials were specifically aimed at children, rather than adults.

1968: Martin Luther King Jr. delivers his “I’ve Been to the Mountaintop” speech in Memphis, Tenn.

1970: Earth Day is celebrated for the first time. Today, more than 1 billion people in nearly 200 countries take part in the observance.

1991: Billed as “The Battle of the Ages,” 28-year-old Evander Holyfield beats 42-year-old George Foreman in a boxing match in Atlantic City, N.J., defending his heavyweight champion title.

2001: As the first paying space tourist, American businessman Dennis Tito reportedly spends \$20 million to ride along on a Russian mission to the International Space Station.

2018: Online streaming music services overtake the sales of CDs and vinyl albums for the first time.