



# ELANCÉ

AT WEST END

5550 Cardinal Place • Alexandria, VA 22304 • 703-940-3300

<https://www.elanceseniorliving.net/>

April 2024

PLEASE JOIN US!

## Cherry Blossom Festival Social

**WEDNESDAY, APRIL 24**

**3:00 PM - 5:00 PM**

Enjoy Taste of RUI Japanese style apps and beverages on our 2nd floor outdoor garden terrace while listening to the stylings of a Japanese cultural entertainer, followed by a Japanese inspired dinner in the dining room.

**Guest Meals: \$25**

**RSVP by 4/21 to 703.940.3300**



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### In This Issue

Happy April, Elancé at West End residents, friends, and family! It seems that spring has officially sprung! We would like to invite you to join us on April 24th from 3-5pm for our 2nd annual Cherry Blossom Festival to celebrate. Join us for some delicious Japanese-themed Taste of RUI bites, traditional, Japanese beverages, and some beautiful, musical entertainment on our outdoor terrace, weather permitting. All of the festivities will conclude with a Taste of RUI meal in our dining room, featuring an entirely Japanese-inspired menu.

April also means that we are in the second month of our RUI University spring semester! Be sure to check out our spring course catalog and mark your calendars for some of the new and exciting offerings we are bringing to EWE, like drum and rhythm lessons with Lee Jones, dance lessons with Richard & Cherrisse, and so much more!

### Save the Date

- 4/1 ..... Drum Lessons with Lee Jones
- 4/1 ..... RUI University: Jazz Through the Ages
- 4/3 ..... RUI University: Music, Movement, and Memory
- 4/10 ..... Dance Lessons with Richard and Cherrisse
- 4/11 ..... The Wandering Docent: The Art of China
- 4/13 ..... RUI University: Mary Anning and Her Fossils
- 4/16 ..... RUI University: The World of the Marx Bros.
- 4/18 ..... West End Warblers Singing Club
- 4/17 ..... Trivia Quest Live
- 4/19 ..... RUI FIT Health Talk: H2... O Really?
- 4/24 ..... Cherry Blossom Festival
- 4/26 ..... Uncorked: France



### A Message From Executive Director, Amanda Waggy

At Elancé at West End we look to embrace the beauty of Spring as nature awakens with vibrant colors and fragrant blossoms. It's the perfect time of year to step outside, breathe in the fresh air, and bask in the warmth of the sun. Let's celebrate this season of growth, rejuvenation, and new beginnings together!

As we embark on a new month, be sure to mark your calendars for the following, upcoming events.

- April 4th - **Taste of RUI Culinary Cook-Off** celebrating the finale of March Madness
  - April 9th - **Connections Café Monthly Book Club and Support Group** featuring Insight Memory Care Center
  - April 24th - **Cherry Blossom Festival** on the Terrace
- I look forward to seeing each and every one of you very soon!

### Resident Spotlight: Armando S.



Mr. Armando S. joined the EWE and RUI family in May of 2023. Armando had been living in Charleston, South Carolina previously, but he is no stranger to the area! Mr. Armando grew up right in Washington, D.C. Mr. Armando spent his career working for the Department of Health and Human Services. In fact, he was very dedicated to his work that helped found the "Head Start" program. This program ensures that children and families in need receive the opportunities and education they deserve, no matter their income. Mr. Armando's love for helping others is truly admirable! When Mr. Armando was not giving back to his community, he was raising three, beautiful daughters with his wonderful wife, Gloria. Armando and Gloria met in New York in 1953 on Christmas Day and married 2 years later. Today at EWE, you can find Mr. Armando enjoying an RUI FIT Tai Chi class, plucking the strings of his ukelele at RUI University's ukelele classes, or sipping a glass of wine at our Uncorked wine tastings. But we believe his secret to staying so active is having his furry friend, Wrigley, always by his side.



### Inspiritas April Update

Happy April! Join us on the next leg of our annual theme, "Coast to Coast," as we dive into the enchanting landscapes of Yakushima & Okinawa, Japan. Immerse yourself in the rich tapestry of ancient Japanese cultures through purposeful engagement programming. Our exploration will awaken your senses, from the sights of stunning coastlines to the sounds of traditional music, the textures of historic architecture, and the flavors of authentic Japanese cuisine. Let's make memories together as we bridge the distance from coast to coast, uniting us in the spirit of discovery and cultural appreciation.

Arigatou gozaimasu! Check our program calendar to learn more!





## Photo Corner: Echoes of Nature and Montessori Kids Universe




## Birthdays This Month

Rose D.	4/3
Susan L.	4/13
Diane M.	4/13
Jane D.	4/21
Ruth B.	4/24
Jim H.	4/24



### 5 Tips for Springtime Skincare

- Gently exfoliate your skin to get rid of dry, dead skin from the cold, winter months.
- Moisturize your skin, including your face, hands, and décolleté.
- Wear SPF daily, especially when you know that you will be outside for long periods on a nice day.
- Add an antioxidant to your skincare routine to protect from free radicals.
- Drink plenty of water!

Your skin is your largest organ so it is important to take care of it just like you do the rest of your body! Interested in learning more about what LUXE Unlimited has to offer? Give us a call at 540-501-6043 for assistance or visit us online at [www.luxeunlimited.net](http://www.luxeunlimited.net). Online booking is available.



BY RETIREMENT UNLIMITED, INC.

You may start to feel minor aches or pain when just beginning an exercise regimen, but you can be surprised how soon you'll have more flexibility, strength, and endurance. Always let an instructor know if you have injuries or challenges so they can modify moves for you. Pain is not gain!



**IGNITE YOUR LEGACY.**

Greetings from Legacy Healthcare Services! We are your on-site outpatient therapy provider of physical, occupational and speech therapy services. We are excited to present a weekly Technology Class for Senior Adults during the month of April. We will be celebrating Occupational Therapy Month and hosting a Wheelchair/Walker Cleaning Event this month.



**LUXE UNLIMITED™**  
SALON AND SPA



## Elancé at West End Management Team



Elancé at West End is one of 26 Retirement Unlimited Incorporated high-end, senior-living communities. We are proud to have served this community for over 35 years and look forward to more to come! Please be sure to follow our Facebook page for updates, current events, and to see what we have been up to!

*Executive Director:* Amanda Waggy  
*Wellness Coordinator:* Mariama Turay  
*Business Office Manager:* Bethel Negash-Bethel  
*Human Resources Manager:* Bethel Negash-Bethel  
*Life Enrichment Director:* Olivia Horseman  
*Inspiritas Coordinator:* Julianna Risi  
*Executive Chef:* Debbie Beverly  
*Environmental Services Director:* Walter Espinoza

Contact us at (703) 940-3300 or find us online at [www.elanceluxuryliving.net/westend](http://www.elanceluxuryliving.net/westend)

# "This Month In History"

## APRIL

**1902:** Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

**1917:** The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

**1923:** Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4-1.

**1938:** Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

**1954:** The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

**1969:** The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

**1977:** Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

**1997:** At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

**2004:** Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.5 billion people around the globe.