



CAPITOL RIDGE

Gracious Retirement Living

12751 Sudley Manor Drive • Bristow, VA 20136 • Phone (571) 781-5414 • www.seniorlivinginstyle.com

SEPTEMBER 2021

CAPITOL RIDGE STAFF

Managers..... DORA AND JOSEPH SUMMERS

Activity CoordinatorCHRISTINA LINDSEY

Finding an Apartment as Unique as You Are

One of the most exciting parts about moving is picking out your new space, making sure it is the right fit for you and everything you want it to be!

With so many different options here at Capitol Ridge, it is our goal to help you find the perfect apartment for your lifestyle. Some of you may already know exactly what you are looking for, while others may be wondering where to even begin! No matter where you are at in your apartment hunt, it is our absolute pleasure to assist you through the process.

Getting Active in the Community!

At Capitol Ridge, every day offers a variety of activities and events to choose from that promote physical activity, lifelong learning, social connection and overall wellness.

Our daily exercise programs focus on your physical fitness, enhancing your balance and coordination, improving your strength and enriching your independent lifestyle. Intellectual and cultural activities like art projects, writing classes and discussion groups offer stimulating socialization and help you get in touch with your creative side. For the days where you simply want to bask in your own company, there are plenty of spaces for you to indulge in a bestseller, take a stroll around campus or lose yourself in a new hobby.

Every experience you have at Capitol Ridge is designed to fuel a greater sense of purpose, camaraderie and meaning in each and every day. Whether you're playing a spirited game of cards with friends or treating yourself to live entertainment, our activities and events will energize you, spark new friendships and fill every day with plenty of fun!



HAWTHORN
SENIOR LIVING

SEPTEMBER 2021

“The beautiful thing about learning is that nobody can take it away from you.”
—B.B. King

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
9:00 Group Exercise, F 5 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 New York Life Insurance Presentation, ACT 6:45 Movie, T 7:00 Poker Night, G	LABOR DAY ROSH HASHANAH BEGINS AT SUNSET 6 9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	7 9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 Bean Bag Baseball Tournament: Game #1, A 11:30 Activity with Barbara, ACT 1:45 Musical Guest: Alvin, A 1:45 Mexican Train, G 2:00 Banking Outings, LB Trivia for Funny Money, ACT Funny Money Free Bingo, ACT	8 9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Tournament: Game #2, A 11:15-11:45 Library Bookmobile, LB 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 Traveling Movie Tuesday, T	9 9:00 Chair Dancing Exercise, F 10:00 Outing: Red Hawk Casino, LB 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT 2:00 Social Security and Medicare Info, ACT 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	10 9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT	PATRIOT DAY 11 9:00 "Chairing Along" Drumming Exercise, ACT 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 6:45 Movie & Popcorn, T
12 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G	13 9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	14 9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 1:45 Mexican Train, G 1:45 Musical Guest: Mike Jasper, A 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	15 9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT 1:45 Musical Guest: Don Terra, A 2:00 Annual Overnight Trip Meeting, ACT 6:45 Traveling Movie Tuesday, T	16 9:00 Chair Dancing Exercise, F 10:00 Movie Critic's Corner: Movie Selection, T 11:00 Bus Outing Adventures, LB 2:30 Outing: Eco Thrift, LB 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	17 9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT	18 9:00 "Chairing Along" Drumming Exercise, ACT 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 6:45 Movie & Popcorn, T
19 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G	20 9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	AUTUMN BEGINS 21 9:00 Brain and Fitness Training, New! 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Horse Racing for Funny Money, A 1:30-3:30 See's Candy Sales Booth, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 2:00 Giant Pictionary, ACT 3:00 Trivia, ACT 3:30 Activity Meeting with Chelsea, ACT 6:45 Funny Money Free Bingo, ACT	22 9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 New Resident Welcome Party, ACT 6:45 Traveling Movie Tuesday, T	23 9:00 Chair Dancing Exercise, F 10:00 Movie Critic's Corner: Movie Selection, T 11:00 Bus Outing Adventures, LB 2:30 Outing: Eco Thrift, LB 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	24 9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT	25 9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Cell Phone Q and a Session with Chelsea, ACT 3:30 Candy Craze Giveaway, ACT 6:45 Traveling Movie Tuesday, T
26 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 New York Life Insurance Presentation, ACT 6:45 Movie, T 7:00 Poker Night, G	27 9:00 Beach Ball Volleyball, A 12:30 Light of the Valley Church Service, T 3:00 Big Band Tunes in the Atrium, A 6:45 Movie, T	28 9:00 Brain and Fitness Training, New! 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Horse Racing for Funny Money, A 1:30-3:30 See's Candy Sales Booth, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 2:00 Giant Pictionary, ACT 3:00 Trivia, ACT 3:30 Activity Meeting with Chelsea, ACT 6:45 Funny Money Free Bingo, ACT	29 9:00 Exercise with Jake, ACT 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Talent Show Meeting and Discussion, ACT 3:00 Camden Springs Video Marathon, ACT 6:45 Traveling Movie Tuesday, T	30 9:00 Chair Dancing Exercise, F 10:00 Outing: Red Hawk Casino, LB 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT 2:00 Social Security and Medicare Info, ACT 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T		

SAMPLE

EVENTS ARE FOR SAMPLE PURPOSES ONLY



A Healthy Start to the Day

It's called the most important meal of the day, so fill up on these tips for a better breakfast.

A good breakfast kick-starts your day, providing energy and keeping your body fueled until lunchtime. The main nutrients needed to make this possible are protein and fiber. Complex carbohydrates and healthy fats round out a complete breakfast.

Eggs, cheese, yogurt, and nuts are smart protein sources for breakfast time. For fiber and carbs, turn to fruits and vegetables, as well as whole grains, which take longer to digest and help you stay full. Whole-grain options include whole-wheat bread and English muffins, oatmeal, and some cereals. Dairy products and nuts or nut butters will provide you with beneficial fats.

For a balanced breakfast, combine foods from each nutrient type. Try whole-wheat toast or an English muffin with peanut butter and sliced fruit; an omelet or scrambled eggs with cheese and veggies; oatmeal topped with fresh fruit, nuts and seeds; or a parfait or smoothie made with fruit and yogurt.

If you have a small appetite in the morning, dietitians say it's fine to split your breakfast into snack-sized portions. For example, start with a cup of yogurt, then later, have a piece of fruit with some nuts.



Quote of the Month

“Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all.”

-Stanley Horowitz



A Tip of the Hat

The Labor Day holiday is an annual salute to workers. In several occupations, the hat worn while on the job has become a recognizable part of the profession.



Hard hat — Due to the on-the-job dangers involved in trades such as construction, mining, and power line maintenance, hard hats are required safety gear. Inspired by metal helmets that protected soldiers in World War I, hard hats were invented in 1919.

Chef's hat — When it comes to cooking, the towering white hat that chefs wear is a toque, the French word for “hat.” In the early days of the craft, the hat's height and number of pleats signified skill and rank—the taller the hat and the more pleats, the more experienced and important the chef.

Firefighter's helmet — The helmet worn by these first responders is a widely recognized symbol of the profession, representing bravery and honor. The color and stripes on a firefighter's helmet can indicate their rank.

Military covers — Those who serve in the armed forces wear a hat, called a cover, as part of the uniform of their branch. There are covers for service and formal dress uniforms as well as specialized ones used in combat.

Athletes' headgear — Whether it's a baseball cap, football helmet, hockey face mask, swimming cap, or car racing helmet, athletes in many sports wear head coverings that provide protection and help them perform better.