

Fellowship Square Communities

Lake Ridge Fellowship House, Woodbridge, Va.
Lake Anne Fellowship House, Reston, Va.
Hunters Woods Fellowship House, Reston, Va.
Largo Landing Fellowship House, Largo, Md.

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Fellowship Square

HUNTERS WOODS

Fellowship House

Winter Greetings

NEWSLETTER JANUARY 2017

From the Administrator



Happy New Year! Traditionally this is the time of year we make changes in our lives or make resolutions to help us support something we would like to do differently within our lives. One thing we can do is to better understand each other and surround ourselves with the right network of persons we care about and who care about us. Strive to strengthen your connections this year to make this an exceptional year for you.

I hope everyone enjoyed the activities in December, including the ice cream social, carolers, and the holiday luncheon with gifts and prizes. I do hope everyone appreciates what gifts you did receive. The gifts are collected by various congregations in the area whose members participate in an Angel Tree for Hunters Woods Fellowship House. This year we would like to thank Lord of Life Lutheran Church, Holy Cross Lutheran Church, and Centreville Moose Lodge #2168 for providing us with these gifts. I would also like

to thank Christ the Servant Lutheran Church for sponsoring the luncheon; they do a great job every year. We have also received donations from some of the professionals who regularly visit Hunters Woods Fellowship House as well as individual donors who assist in supplementing our gifts bags with gifts or they provided cash donations allowing us to purchase items to fill the bags.

Finally, the window installations have been completed and for those of you who reported missing screens, they are on order. When we receive the new screens we will make a work order and have them installed. Thank you for your patience during this project. We have also completed the front door installation. The entry security system is again connected to the door and can be activated by your key cards. Once again, thank you for your patience as the door was not in full operation for periods of time.

Since the door installation there has been an increase of shopping carts from Safeway left outside the building. Please return carts to the store immediately after use. Safeway management is upset about the loss of carts from the store. It is illegal to take carts from the store and leave it here in front of the building; this is considered theft. Please return the carts before Safeway management takes stricter action in the future.

Remember, we have carts available for you to use that are owned by Hunters Woods Fellowship House. This is an inexpensive alternative to transport your groceries from the store. The cart key cost \$7 regularly, but during the holiday season we offered the key for \$5. We are extending the reduced rate until January 31, 2017. You get to keep the key until you move out, so this is a bargain for anyone who walks over to get groceries. Please see the receptionist if you are interested in purchasing a key.

I wish everyone and their loved ones the best in 2017. Happy New Year!
George Davies
Administrator



Fellowship Square

Hunters Woods Fellowship House
2231 Colts Neck road
Reston, VA 20191



What's Happening

Pest Control Schedule

The exterminator will perform regular treatments following the schedule below:

- **Apts. 1001-1012**
Monday, January 9
- **Apts. 901-912**
Tuesday, January 23

If you suspect any bug infestation in your apartment or a common area, please notify the receptionist.

Rent Days

Rent collection days are January 3rd, 4th, and 5th in the Conference Room from 9 am to 12 pm. Rent paid on January 6th and 9th should be placed in the Rent Box.

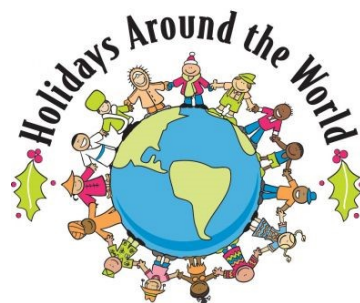


HOLIDAY PARTY

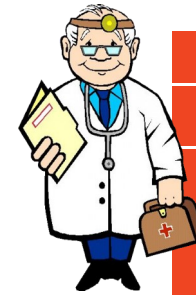
Thank you to Christ the Servant Church for providing the lunch for this year's Holiday Party & for the volunteers who took time off to make this party possible!!



Holiday Cheer spread through HWFH with singing, dancing, performances, food, gifts and raffle give-a-ways!!



Doctor Schedules



Name	Date	Time
Dr. Mojallal	January 10	9:30 am
Dr. Zhou	January 11 & 25	8:30 am
Dr. Cheng	January 4 & 18	8:30 am
Podiatrist	January 31	2:00pm



You can get your blood pressure checked every Friday at 1:00 pm in the Classroom



January is **Glaucoma Awareness Month**. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. Early detection is vital to stopping the progress of the disease. High-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss. Please contact your doctor for regular eye exams.

Emergency Information Form 2017

If you have not done so yet, please fill out your purple Emergency Form for 2017 and drop it off at the Front Desk



New Year Reminder:



- Check if you need to renew your License or Vehicle Registration. Please bring a copy to the office.
- The shopping cart key cost will be \$5 until January 31, 2017. You get to keep the key until you move out, so this is a bargain for anyone who walks over to get groceries.
























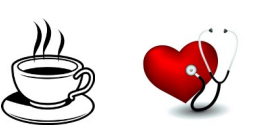







Follow Fellowship Square





JANUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day Hanukkah (End) 11:00 am St. John Neumann Mass Bus Pickup 	2 Office Closed 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 1:00 pm English Learning- S 7:00 pm Catholic Rosary- C 7:30 pm Chinese Translation-SH	3 Rent Day  Chaplain Pastor Klein 7:00 am Tai Chi- SH 4:00 pm Chinese/English Class- SH	4 Rent Day  7:00 am Tai Chi- SH 8:30 am Dr. Cheng-MP 10:30am RAC Meeting-SH 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH 	5 Rent Day  7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C	6 Rent Day  Epiphany 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 1:00 pm Wellness Clinic- MP 2:30 pm Bible Study-C 	7 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
8 11:00 am St. John Neumann Mass Bus Pickup 	9 Rent Day  7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 1:00 pm English Learning- S 7:00 pm Catholic Rosary- C 7:30 pm Chinese Translation-SH	10 Chaplain Pastor Klein 7:00 am Tai Chi- SH 9:30am Eye Doctor-C  10:00 am Beauty Shop-MP 4:00 pm Chinese/Eng Class-SH	11 7:00 am Tai Chi- SH 8:30 am Dr. Zhou-MP 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH	12 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C	13 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 1:00 pm Wellness Clinic- MP 	14 Orthodox New Year 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH 
15 11:00 am St. John Neumann Mass Bus Pickup 	16 Martin Luther King Day 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 1:00 pm English Learning-SH 7:00 pm Catholic Rosary- C 	17 Chaplain Pastor Klein 7:00 am Tai Chi- SH 2:00 pm Ice Cream Social-DR 4:00 pm Chinese/Eng Class- SH 	18 7:00 am Tai Chi- SH 8:30 am Dr. Cheng-MP 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH	19 National Popcorn Day 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 2:00 pm Basic English-C 2:30 pm Popcorn Social-SH 	20 Brown Bag Day Inauguration Day 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 2:30 pm Bible Study- C 	21 7:00 am Tai Chi- SH 3:30 pm Student Piano Recital 7:30 pm Chinese Singers- SH 
22 11:00 am St. John Neumann Mass Bus Pickup 	23 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 1:00 pm English Learning-S 7:00 pm Catholic Rosary- C	24 Chaplain Pastor Klein 7:00 am Tai Chi- SH 10:00 am Beauty Shop-MP 4:00 pm Chinese/Eng Class- SH 	25 7:00 am Tai Chi- SH 8:30 am Dr. Zhou-MP 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH	26 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 10:30am Communion- SH 	27 7:00 am Tai Chi- SH 9:00 am Coffee- L 1:00 pm Wellness Clinic- MP 	28 Chinese New Year 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH 
29 11:00 am St. John Neumann Mass Bus Pickup 	30 National Croissant Day 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 9:30 am Croissant & Coffee- DR 1:00 pm English Learning-S 7:00 pm Catholic Rosary- C 	31 Chaplain Pastor Klein Inspire Your Heart with Art Day 7:00 am Tai Chi- SH 2:00pm Podiatrist- MP  4:00 pm Chinese/English Class- SH				



There is a Sign Up Sheet in front of the Social Worker door to make an appointment with Cassandra, the Resident Coordinator.

Do You Need a Coat?

When: November 12th– March 18th

Time: Tuesdays, 10am-12pm
Thursdays: 6pm-8pm
Saturdays: 10:30am-12:30pm

Where: North County Governmental Building
1801 Cameron Glen Drive Reston, VA 20190



Resident Coordinator's



Corn, or maize, is the only cereal grain indigenous to the Americas. It was first domesticated by Mesoamericans three to four thousand years ago. No one knows who first popped corn, but popcorn poppers have been found in Peru that pre-date Inca culture. Today, the sound of popping corn is as familiar as Fourth of July fireworks. Stop by and celebrate **National Popcorn Day Us on Wednesday, January 19th @ 2:30pm!** We will be celebrating with popcorn trivia, movies, and of course, popcorn for everyone. See you there!



What a wonderful way to brighten someone's day or to give credit for a job well done! Give an extra compliment on National Compliment Day which is observed annually on January 24.



Join friends and neighbors on **January 30th @ 9:30am to celebrate National Croissant Day** with a croissant and a hot cup of coffee. Yum! Although it is most likely just a myth, the history of the croissant is a colorful tale full of adventure. In 1683, the Turkish Empire laid siege on Vienna, Austria. The Turks made several attempts to enter the city by force, but were unsuccessful, so they decided to dig an underground tunnel. The bakers of Vienna, who worked in the basement storerooms, heard the sound of digging and alerted the army. The bakers received high honors and thanks for their assistance in outwitting the Turks. In celebration, they baked their bread in the shape of a crescent moon—the symbol of the Ottoman Empire. After the Turks were defeated, it became custom to serve morning coffee with the crescent-shaped pastry! The legend goes on to say that over a hundred years later, Marie Antoinette (an Austrian Princess who married Louis XVI) introduced the pastry to the French who dubbed it a “croissant.”

Cassandra Hawkins, MPA / Resident Services Coordinator
chawkins@fellowshipsquare.org
Monday – Friday 8:30am – 4:30pm Office Hours
703.860.9481 office / 703.860.9482 fax

Chaplain's Corner

Dear Residents,

Holy Communion will be available in the fellowship houses the first week in January. Please inform the services coordinator or the front office if you wish to receive the Lord's Supper at that time.

Special day to remember and celebrate: January 1 – New Year's Day, January 6 – Epiphany, January 16 – Martin Luther Jr. Day, January 20 – Inauguration Day, January 28 – Chinese New Year.

Words to live by in January: “Character is the ability to carry out a good resolution long after the excitement of the moment has passed.”- Cavetti Robert

Happy New Year! God has given us a new year filled with all kinds of possibilities if we would only take advantage of them. The next 12 months are a clean slate on which will be written what we have done and left undone. It's up to us to decide what the history of the year ahead will tell about us, Let's resolve right now to make the year ahead the best ever. A year filled with positive thoughts, words and actions.

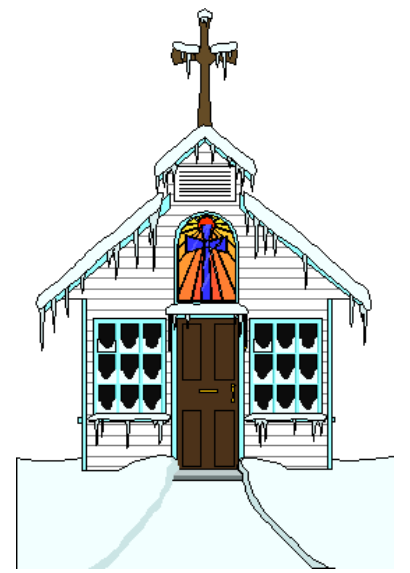
Many people make New Year's resolutions although many of them are not kept. That's why the thought for this month is so appropriate. “Character is the ability to carry out a resolution long after the excitement of the moment has passed.”

Permit me to suggest to you that instead of concentrating on yourself that instead concentrate on resolutions which involve somebody else. So instead of resolving to lose weight, or get to bed at an earlier hour, or to eat healthier food (all of which are good resolutions in and of themselves), how about resolving to thank God for the new day he/she gives you of life, or to resolve to make each day count for good in your life and the life's of other people. Or to resolve lives that each day you will make a new friend. Or resolve that you will be more patient with the neighbor who seems always to bother you at the wrong time. Or to resolve that your keep in closer touch with a family member or friends. My suspicion is that such resolutions will make you happier and your contacts more satisfactory day by day.

As we begin a new year I want you to know that I consider it a privilege to serve you as your chaplain. I look forward [in the year ahead] to greeting you in the lounge and hallways of our fellowship houses'. I look forward to sitting down with you and finding out how I can be of service to you as your spiritual advisor and friend.

Once again I wish you a happy new year and a good year ahead!

Pastor Fred Klein
Chaplain
Fellowship Square



“Character is the ability to carry out a good resolution long after the excitement of the moment has passed”
-Cavetti Robert

Days to remember and celebrate in December

Date	Holiday
January 1	New Year's Day
January 6	Epiphany
January 16	Martin Luther Jr. Day
January 20	Inauguration Day
January 26	Kwanzaa Begins
January 28	Chinese New Year

