

## 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  
From the Administrator

NEWSLETTER  
MARCH 2017



Fellowship Square

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



I hope everyone enjoyed our Mardi Gras Celebration on Monday. It was quick, refreshing and a delight to see all the residents participate in this celebration with minimal notice- just like many of the parades and celebrations that happen in good ole New Orleans.

In March we will celebrate St. Patrick's Day, Spring, and Daylight Saving Time (Spring Forward). Our favorite celebration, International Day will be held on March 30<sup>th</sup>. Please check the calendar for other scheduled events. As a reminder, you can sign up at the front desk to add yourself or a relative to receive the monthly calendar.

Over the next several weeks we may see some activity related to the installation of new LED lighting to make the building more energy efficient and to reduce utility costs. Work may also begin on masonry repairs of the parapet wall on the roof. For this work we may be asking residents to move their cars temporarily as some equipment may be placed in the rear of the building.

It looks like we may have missed a cold hard winter. I miss sledding during snow days but I do not miss the shoveling. It well looks as if Spring will be here soon if this weather remains stable. I think the groundhog may have been confused. Enjoy the warmer weather in the coming week!

George Davies  
Administrator

**Pest Control Schedule**

The exterminator will perform regular treatments following the schedule below:

- **Apts. 913-925**  
**Monday, March 13**

- **Apts. 801-812**  
**Tuesday, March 27**

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

**Annual Schedule**  
**9th Floor & Apt.**  
**with Pets**  
will be inspected on  
**Tuesday, March 14**

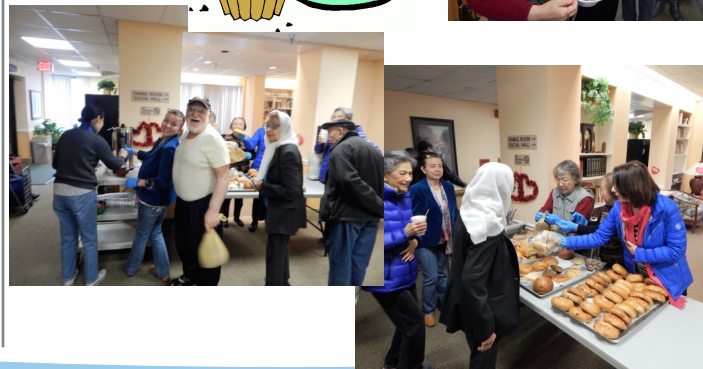
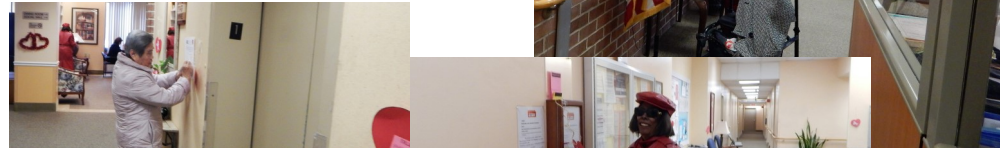
**Rent Days**

Rent collection days are **March 1st, 2nd, and 3rd** in the Conference Room from 9 am to 12 pm. Rent paid on **March 6th and 7th** should be placed in the Rent Box.

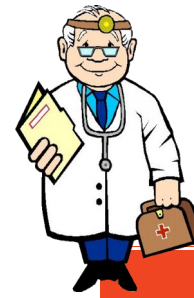


*What's Happening*

HWFH enjoyed Valentine's Day with a heart health awareness Scavenger hunt, ice cream, classical piano music and lots of heart balloons! It was a lovely gathering everyone enjoyed.

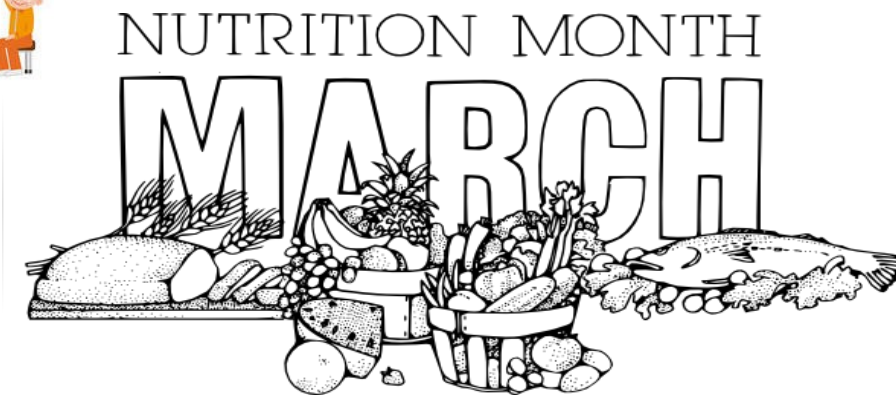


Friday mornings have become a bakery with free baked goods and coffee!



*Doctor Schedules*

Name	Date	Time
Dr. Yu	March 2, 9 & 16	8:30am
Dr. Zhou	March 8 & 22	8:30 am
Dr. Cheng	March 1 & 15	8:30 am
Wellness Clinic	Fridays	1:00 pm



We will be celebrating the first day of Spring on Monday, March 20th with games and food for everyone to enjoy!

**RESIDENT ADVISORY COMMITTEE**

Will be held on Wednesday, March 1st, 10:30am in the Social Hall. Everyone is welcomed to attend.



We are looking for volunteers to assist in bread distribution, brown bag day, and other activities during the year. If you could contribute your time please sign up at the front desk.



Follow Fellowship Square











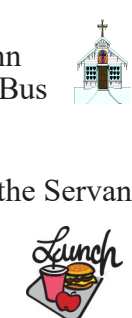








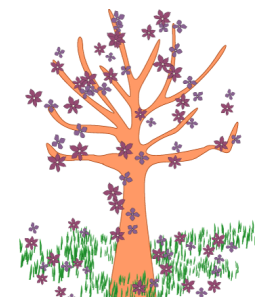






# MARCH



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1 Rent Day</b> <b>Ash Wednesday</b> 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-	<b>2 Rent Day</b> 7:00 am Tai Chi- SH 8:30 am Dr. Yu-MP 9:30 am Chinese/Eng Class- SH	<b>3 Rent Day</b> 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	<b>4</b> 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
<b>5</b> 11:00 am St. John Neumann Mass Bus Pickup 	<b>6 Rent Day</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- SH 7:00 pm Catholic Rosary- C 7:30 pm Chinese Translation-SH	<b>7 Chaplain Pastor Klein Rent Day</b> 7:00 am Tai Chi- SH 10:30am Fair Oaks Mall Trip-Fastran 4:00 pm Chinese/Eng Class-SH 7:00 pm Korean Choir Practice-SH 	<b>8</b> 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	<b>9</b> 7:00 am Tai Chi- SH 8:30 am Dr. Yu-MP 9:30 am Chinese/Eng Class- SH	<b>10</b> 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 1:00 pm Wellness Clinic- MP 	<b>11</b> 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
<b>12 Daylight Savings Begin</b> 11:00 am St. John Neumann Mass Bus Pickup 	<b>13</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class-SH 7:00 pm Catholic Rosary- C	<b>14 Chaplain Pastor Klein</b> 7:00 am Tai Chi- SH 10:00 am Beauty Shop-MP 4:00 pm Chinese/Eng Class- SH 7:00 pm Korean Choir Practice-SH 	<b>15</b> 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	<b>16</b> 7:00 am Tai Chi- SH 8:30 am Dr. Yu-MP 9:30 am Chinese/Eng Class- SH 2:00 pm Basic English-C 2:30 pm Popcorn Social-SH 	<b>17 Brown Bag Day St. Patrick's Day</b> 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 2:30 pm Bible Study- C 	<b>18</b> 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
<b>19</b> 11:00 am St. John Neumann Mass Bus Pickup 11:30am Christ the Servant Lunch- DR 	<b>20 Spring Begins</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class-SH 7:00 pm Catholic Rosary- C 	<b>21 Chaplain Pastor Klein</b> 7:00 am Tai Chi- SH 2:00 pm Ice Cream Social-DR 4:00 pm Chinese/Eng Class- SH 7:00 pm Korean Choir Practice-SH 	<b>22</b> 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	<b>23</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- SH	<b>24</b> 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30am Communion- SH 1:00 pm Wellness Clinic- MP 	<b>25</b> 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
<b>26</b> 11:00 am St. John Neumann Mass Bus Pickup 	<b>27</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class-SH 7:00 pm Catholic Rosary- C	<b>28 Chaplain Pastor Klein</b> 7:00 am Tai Chi- SH 10:00 am Beauty Shop-MP 4:00 pm Chinese/English Class- SH 7:00 pm Korean Choir Practice-SH 	<b>29</b> 7:00 am Tai Chi- SH 8:30 am Dr. Cheng-MP 2:00 pm Interpreters' Meeting-D 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm 	<b>30</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- SH 12:00 pm International Day-DR 	<b>31</b> 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30am Communion- SH 11:30am Wills on Wheels-SH 1:00 pm Wellness Clinic- MP 5:30 pm Russian Tea- SH 	



### Wills on Wheels

**If you would like help with your will, lawyers will be present on Friday, March 31st at 11:30am.**

**Please sign up at the front desk.**

### International Day Will be on Wednesday March 30th

If you would like to represent your country with a performance or special dish please sign up at the front desk



## Resident Coordinator's Corner

### Celebrate March National Nutrition Month

#### Eating Right for Older Adults

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

"Put Your Best Fork Forward" is the theme for 2017 National Nutrition Month. It's time to *Spring into Health*. This event is celebrated annually to focus attention on making good food choices and developing good exercise habits. Below are some very simple changes we can make to begin leading a more healthy and active lifestyle for Seniors.

#### Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt added" canned vegetables.

#### Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

#### Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day.

#### Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

#### Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

#### Enjoy your food but eat less.

Older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

#### Be physically active your way.

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

*We need our Seniors. We want you to live your life to the fullest and encourage you to move, learn and laugh. We respect and care for all of you*

## Chaplain's Corner

Dear Residents,

Holy Communion will be offered the first week in March. Please inform your services facilitator or the front office if you wish to receive the Lord's Supper.

Dates to remember and celebrate in March: March 1 – Ash Wednesday, March 11 – Purim, March 12 Daylight Savings Time begins, March 17 – St. Patrick's Day, March 20 - First Day of Spring.

Words to consider in March – "The way to get started is to quit talking and begin doing." – Walt Disney

I don't know about you, but I tend to procrastinate. I come up with ideas but have trouble putting my ideas into action. If I ever get around to writing a book ( see what I mean?), I think I will title it, "Things I wanted to do, but never got around to do".

I think I am not alone here. My guess is that the club of procrastination has many members. What are we to do?

Walt Disney has the cure for people like us. He says, "The way to get started is to quit talking and begin doing". To accomplish what you want to do you do not need to have your whole game plan in mind. Just start doing something to reach your goal believing that one step will lead to another until, before you know it, you have reached your goal.

O.K. Let's see how this works out in everyday life. Let's say you want to renew a past relationship. Why not start out by sending a "thinking of you" card, or maybe calling up that person and beginning the conversation by saying, "this is a voice from your past". Depending on how that person responds will determine what your next step should be to reach your goal.

Or perhaps you want to lose weight so that you can fit into some clothes that have become too tight for you. Maybe you should stay away from the dessert aisle at the super market, or eliminate the carbohydrates in favor of more vegetables. See, before you know it, you have stopped talking and begun doing something to reach your goal.

Or instead of thinking about all the reasons why you can't attend the house of worship of your choice, just move out and visit the church or synagogue, or mosque without thinking it about it and just do it. It works the same way with prayer. Don't think about it. Just do it!

Stop being lazy and do something to begin the journey of reaching your goal. If you need more help or encouragement, come see me the next time I am visiting your fellowship house.

Pastor Fred Klein  
Chaplain  
Fellowship Square



“ The way to get started is to quit talking and begin doing ”

– Walt Disney

#### Days to remember and celebrate in March

Date	Holiday
March 1	Ash Wednesday
March 11	Purim
March 12	Daylight Savings Time begins
March 17	St. Patrick's Day
March 20	First day of Spring

