

## Westminster at Lake Ridge List of Resident Activities, Clubs, Groups, Service Committees, and Volunteer Opportunities

Nearly every listing offers an opportunity for service by residents to other residents and for the greater good of our community. However, whether or not you take a leadership role or join just for fun, there is plenty to enjoy here at WLR.

### Activities *of* the Resident Council

Activity or Volunteer Opportunity	Resident Contacts	Responsible Staff Member
Archives	Resident Council Archivist	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Auditor(s)	Resident Council Treasurer	
Employee Holiday Luncheon	Resident Council Member(s)	Mehdi Hamzi 703-496-3446 mhamzi@inglesideonline.org
Nominating Committee	Resident Council President	
Resident Association Fund	Resident Council Treasurer	

Committees *reporting to* the Resident Council report their activities at Council and/or Association meetings. These are resident chaired and originated by the Council.

Committee or Volunteer Opportunity	Resident Contact	Responsible Staff Member
Dining Services	Carol Cornutt 703-491-2387 cpcornutt@gmail.com	Director of Dining Services-Mehdi Hamzi-703-496-3446 mhamzi@inglesideonline.org
Finance	Jack Hobbs 703-494-6453 Hobbs12167@hotmail.com	Amanda Urban 703-496-3438 aurban@inglesideonline.org
Resident Health Care	Barbara Trezona 703-490-5739 <a href="mailto:wlr.bgt@verizon.net">wlr.bgt@verizon.net</a>	Health Services Administrator John Mitchell 703-496-3452 jmitchell@inglesideonline.org

Committees Responsible to the Council invited to report their activities to the Resident Association. These are resident chaired and originated by the Council, Ingleside Foundation, or WLR. Those with asterisks are subject to an annual audit by the Council. For membership information, please contact the Resident Contact.

Development	Joe Fleig 571-572-3401 <a href="mailto:jfleig@gmail.com">jfleig@gmail.com</a>	Robert Lancelotta 202-363-2091 <a href="mailto:Rlancelotta@inglesideonline.org">Rlancelotta@inglesideonline.org</a>
Encore Shop	Priscilla Rohr 703-499-9747 Dona Hobbs 703-494-6453 <a href="mailto:Hobbs12167@hotmail.com">Hobbs12167@hotmail.com</a>	Dee Pekruhn 703-496-3411 <a href="mailto:dpekruhn@inglesideonline.org">dpekruhn@inglesideonline.org</a>
Gift Shop*	Carol Smiley 703-494-3280 <a href="mailto:cjs1955@verizon.net">cjs1955@verizon.net</a>	Susan Lasher 703-496-3462 <a href="mailto:susan@inglesideonline.org">susan@inglesideonline.org</a>

Information Technology Committee-CLIC (Computer Learning and Information Center)	Mike Swain 571-408-4951 <a href="mailto:orcsmikeswain@gmail.com">orcsmikeswain@gmail.com</a>	Dan Arnold 703-496-3405 <a href="mailto:darnold@inglesideonline.org">darnold@inglesideonline.org</a>
Library Committee*	Evelyn Clark 703-490-9616 <a href="mailto:clarkumc@comcast.net">clarkumc@comcast.net</a> Judy Christian 703-494-9244 <a href="mailto:christianjudy@msn.com">christianjudy@msn.com</a>	Susan Lasher 703-496-3462 <a href="mailto:susan@inglesideonline.com">susan@inglesideonline.com</a>
Spiritual Life Committee	Bev Stohr 703-490-1614 <a href="mailto:bevstohr@verizon.net">bevstohr@verizon.net</a>	Belva Dickey 703-496-3433 <a href="mailto:bdickey@inglesideonline.org">bdickey@inglesideonline.org</a>
Social Accountability Committee	George Marling 703-910-4864 <a href="mailto:gmarling@comcast.net">gmarling@comcast.net</a>	

**Service Committees and Special Interests Clubs** These groups recruit participants and resident leadership. In most cases, no particular skills are required; training is offered where appropriate. To enjoy your hobby or to join the fellowship of service, please contact the Resident Contact.

<b>Activity, Club, Group, Committee, or Volunteer Opportunity</b>	<b>Resident Contact</b>	<b>Responsible Staff Member</b>
Art on Campus	Helen Fortner 703-497-4637	Dee Pekruhn 703-496-3411 <a href="mailto:dpekruhn@inglesideonline.org">dpekruhn@inglesideonline.org</a>
Curio Case Committee	Ellen Wigren 703-491-4734	Susan Lasher 703-496-3462 <a href="mailto:susan@inglesideonline.org">susan@inglesideonline.org</a>
Current Events Forum	John Allen 703-490-1571	Sarah Resnick 703-552-6132 <a href="mailto:sresnick@inglesideonline.org">sresnick@inglesideonline.org</a>
Fire Warden Corp-WLR Management generated	(open)	Dee Pekruhn 703-496-3411 <a href="mailto:dpekruhn@inglesideonline.org">dpekruhn@inglesideonline.org</a>
Flower Arranging Committee	Fran Stockdale 703-492-0482 <a href="mailto:pixiep29@aol.com">pixiep29@aol.com</a>	Dee Pekruhn 703-496-3411 <a href="mailto:dpekruhn@inglesideonline.org">dpekruhn@inglesideonline.org</a>
Health Library	Julian Schimmenti 703-491-2494	
Hospitality Committee	Helen Howze 571-492-7407	Sarah Resnick 703-552-6132 <a href="mailto:sresnick@inglesideonline.org">sresnick@inglesideonline.org</a>
Landscape Committee	Larry Heath 703-494-8230	Rob Roe 703-496-3496 <a href="mailto:rroe@inglesideonline.org">rroe@inglesideonline.org</a>
Pet Committee	Bill Brannon 703-490-1428	Dee Pekruhn 703-496-3411 <a href="mailto:dpekruhn@inglesideonline.org">dpekruhn@inglesideonline.org</a>
NaCCRA	Keith Taggart 703-494-7242 <a href="mailto:keith.a.taggart@gmail.com">keith.a.taggart@gmail.com</a> Alternate: Beth High <a href="mailto:gbhigh@aol.com">gbhigh@aol.com</a>	Dee Pekruhn 703-496-3411 <a href="mailto:dpekruhn@inglesideonline.org">dpekruhn@inglesideonline.org</a>
Resident Design Advisory Committee	Jan Van Gorder 703-491-4865	Denese Arnold 703-496-3474 <a href="mailto:denese@inglesideonline.org">denese@inglesideonline.org</a>
TEAC (Technical Evaluation and Advisory Committee)	Ed Seitz 703-499-8185	Rob Roe 703-496-3496 <a href="mailto:rroe@inglesideonline.org">rroe@inglesideonline.org</a>
VaCCRA	Keith Taggart 703-494-7242 <a href="mailto:keith.a.taggart@gmail.com">keith.a.taggart@gmail.com</a>	Dee Pekruhn 703-496-3411
Woodworking Shop *	Doug Borden 703-490-3604 Joe Fleig 571-572-3401 Dick Parkinson 703-910-4806	Rob Roe 703-496-3496 <a href="mailto:rroe@inglesideonline.org">rroe@inglesideonline.org</a>

Caring Partners are Support Groups specifically developed to meet the needs of resident and family situations. Caregivers and family of Independent, Assisted Living, and Skilled Nursing residents are welcome to attend existing groups or recommend starting a group to meet their needs. Any group may request to speak before the Resident Council or the Resident Association. Contact the Responsible Staff Member or Resident Contact.

<b>Activity, Club, Group, Committee, or Volunteer Opportunity</b>	<b>Resident Contact</b>	<b>Responsible Staff Member</b>
Alzheimer's	(open)	
Caregivers	Beth High 703-491-1557 or <a href="mailto:gbhigh@aol.com">gbhigh@aol.com</a>	Dee Pekruhn 703-496-3411 <a href="mailto:dpekruhn@inglesideonline.org">dpekruhn@inglesideonline.org</a>
Caregivers' Respite	(open)	
Diabetes	(open)	Susan Lasher 703-496-3462 <a href="mailto:susan@inglesideonline.org">susan@inglesideonline.org</a>
Hospice Volunteers	(open)	Sarah Resnick 703-552-6132 <a href="mailto:sresnick@inglesideonline.org">sresnick@inglesideonline.org</a>
Low Vision	Barbara Trezona 703-490-5739	Sue Fuentes OTR 703-496-3486 <a href="mailto:rehab@inglesideonline.org">rehab@inglesideonline.org</a>
Men's Grief Support Group	Bill Spengler 703-494-9957	
Parkinson's	Beth High 703-491-1557 <a href="mailto:gbhigh@aol.com">gbhigh@aol.com</a>	
Volunteer Medical Drivers	Rita and Keith Taggart 703-494-7242	

Clubs and Activities may be resident lead or sponsored by Resident Services. Each is planned with resident participation in mind. To learn more about these activities and clubs, please contact the Resident Contact or the Responsible Staff Member.

<b>Activity, Club, Group, Committee, or Volunteer Group</b>	<b>Resident Contact</b>	<b>Responsible Staff Member</b>
Bingo	(open)	Sarah Resnick 703-552-6132 <a href="mailto:sresnick@inglesideonline.org">sresnick@inglesideonline.org</a>
Book Club	Carol Cornutt 703-491-2387	Sarah Resnick 703-552-6132 <a href="mailto:sresnick@inglesideonline.org">sresnick@inglesideonline.org</a>
Crafts	Elsie Feuerstein 703-494-3493	Susan Lasher 703-496-3462 <a href="mailto:susan@inglesideonline.org">susan@inglesideonline.org</a>
Flying Fingers – knitting and crochet	Harriett Way 703-496-3169	Susan Lasher 703-496-3462 <a href="mailto:susan@inglesideonline.org">susan@inglesideonline.org</a>
Games and Cards:  Bridge	  Phyllis Mastin 703-491-1024	  Sarah Resnick 703-552-6132 <a href="mailto:san@inglesideonline.org">san@inglesideonline.org</a>

<b>Activity, Club, Group, Committee, or Volunteer Group</b>	<b>Resident Contact</b>	<b>Responsible Staff Member</b>
- Duplicate Bridge Dominos  Jigsaw Puzzles  Mah Jong  Rummikub  Scrabble  Shanghai  Wii	Marilyn Batra 703-490-3827 Marvin Bryant 703-494-3014  Beth High 703-491-1557  Harriett Way 703-496-3169  Renee Priore 703-910-4389  Ina Corey 703-492-2521  Harriet Way 703-494-2095  Dona Hobbs 703-494-6453	
Great Decisions Discussion Group	Alan Loss 703-491-3912	Sarah Resnick 703-552-6132 sresnick@inglesideonline.org
Investors Planning Roundtable	Audrey Shuler 703-910-6102	Susan Lasher 703-496-3462 susan@inglesideonline.org
Kaffee Klatsch		Sarah Resnick 703-552-6132 sresnick@inglesideonline.org
Movies		Sarah Resnick 703-552-6132 sresnick@inglesideonline.org
Writers Choice Memoirs Group	Beth Isham 703-490-6491 <a href="mailto:emmi07@netzero.com">emmi07@netzero.com</a>	Sarah Resnick 703-552-6132 <a href="mailto:sresnick@inglesideonline.org">sresnick@inglesideonline.org</a>
<b>Performing Groups</b> Chimers (hand chimes)  Kitchen Band  Westminstrels (choral)  Westphalians (reading theatre)	Carol Smiley 703-494-3280 or cjs1955@verizon.net  Betty Erickson 703-910-4010 or bettyeri@comcast.net  Bill Campbell 703-490-9771  Janet Murphy-Gloss 571-492-7877	Sarah Resnick 703-552-6132 sresnick@inglesideonline.org  Sarah Resnick 703-552-6132 sesnick@inglesideonline.org  Sarah Resnick 703-552-6132 or Leslie Bennett at above #  Sarah Resnick 703-552-6132 sresnick@inglesideonline.org

Especially For Men groups have been generated by residents of WLR to foster closer fellowship among the men of our community. Contact the Resident Contact for meeting and program information.

<b>Activity, Club, Group, Committee, Volunteer Opportunity</b>	<b>Resident Contact</b>	<b>Responsible Staff Member</b>
Men's Breakfast	Larry Heath 703-494-8230 lkhdoc@gmail.com	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Men's Coffee Fellowship	Bill Spengler 703-494-9957 janibill@comcast.net	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Men's Faith Forum	Bill Spengler 703-494-9957 janibill@comcast.net	Belva Dickey 703-496-3433 bdickey@inglesideonline.org

Especially for Women groups favor fellowship and shared experiences over refreshments and are open to all women at WLR. The Resident Contact can provide details.

<b>Activity, Club, Group, Committee, or Volunteer Opportunity</b>	<b>Resident Contact</b>	<b>Responsible Staff Member</b>
Flying Fingers - knitting and crocheting (not only for women)	Harriett Way 703-494-2095	Susan Lasher 703-496-3462 susan@inglesideonline.org
Inquiring Minds Want to Know	Joan Armstrong 703-490-8414	Sarah Resnick 703-552-6132 sresnick@inglesideonline.org
WLR Red Hats	(open)	Susan Lasher 703-496-3462 susan@inglesideonline.org

Fitness and Sports Opportunities . There is a small charge for most of these activities but some, such as walking programs and swimming, are available at no cost. In some cases the fee is paid directly to the instructor; in others it appears on monthly resident statements. Please consult the instructor for charges and method of payment.

<b>Activity, Club, Group, Committee, or Volunteer Opportunity</b>	<b>Resident Contact</b>	<b>Responsible Staff Member</b>
Bocce	Lucio D'Andrea 703-490-3067	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Chair Yoga	(open)	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Exercise Groups: Balance & Strength, Standing Strength, Fitness Orientation	(open)	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Golf (available nearby)	Tony Ingrassia 703-494-7146 tonbiling@comcast.net	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Massage Therapy	N/A	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org

<b>Activity, Club, Group, Committee, or Volunteer Opportunity</b>	<b>Resident Contact</b>	<b>Responsible Staff Member</b>
Pickle Ball	Bill Spengler 703-494-9957 janibill@comcast.net	Susan Lasher 703-496-3462 susan@inglesideonline.org
Table Tennis	Marvin Bryant 703-494-3014	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Qigong Class	Priscilla Hopkins 703-494-5391	
Senior Olympics	Dona & Jack Hobbs 703-494-6453	Susan Lasher 703-496-3462 susan@inglesideonline.org
Swimming	Carol Cornutt 703-491-2387 cpcornutt@gmail.com	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Tai Chi	John Hopkins 703-494-5391	Sarah Resnick 703-552-6132 sresnick@inglesideonline.org
Walking Programs	N/A	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Water Tai Chi	Priscilla Hopkins 703-494-5391	Dee Pekruhn 703-496-3411 dpekruhn@inglesideonline.org
Zumba Gold	N/A	Susan Lasher 703-496-3462 susan@inglesideonline.org

**Life Enrichment Sponsored Outings and Events** vary from season to season and year to year. Those listed below are scheduled on a regular basis. Those held in-house are free of charge and residents are encouraged to attend. Off campus outings are at resident expense (billed on resident monthly statement) but since they offer an opportunity for couples or friends to share an afternoon or evening out, they are quite popular. Announcements for all Outings and Events appear in the Chimes, on WLR TV Channel 970, and by special flyers. There are no resident contacts for Outings and Events sponsored by Resident Services.

**Staff Contacts: Susan Lasher 703-496-3462 and/or Sarah Resnick 703-552-6132**

For reservations, sign-up at the Events Table located in the Dining Lobby.

<b>Cultural:</b> Galleries, Monuments, Museums
<b>Dining Around:</b> A variety of restaurants are chosen to cater to resident palates..
<b>Performing Arts:</b> Choral, Circus, Dinner Theatre, Symphonic, Theatre, and other entertainments
<b>Seasonal Events:</b> Annual Employees Holiday Luncheon, Grandparents Day, Ice Cream Social, Halloween Party and Dance, Luau, New Residents Coffees, New Year's Eve Party, Trim-a-Tree and Caroling, Valentine's Day Dance. <i>NOTE: residents often help plan and decorate for seasonal events and may assist with hosting the event. There will be sign-up sheets for helpers and participants.</i>
<b>Seasonal Trips:</b> Baseball Game, Cherry Blossom, Holiday Lights, Riverboat Trip
<b>Shopping:</b> Grocery (Giant & Safeway), Local (small retail and department stores), Malls (Fair Oaks, Tyson's Corner), Pharmacy (CVS)
<b>Tuesday Around Town:</b> Spend an hour at your favorite location until the WLR bus circles around to pick you up. <b>Staff Contact: Bella Rogerson 703-496-3431</b>

***Spiritual Life*** groups and committees are open to residents of all faiths. Contact the Resident Contact for meeting time and place and topic description.

<b>Activity, Club, Group, Committee, or Volunteer Opportunity</b>	<b>Resident Contact</b>	<b>Responsible Staff Member</b>
<p><b><i>Bible Studies:</i></b></p> <p>Classes, including Bible Studies taught by residents, visiting speakers and the Chaplain. Programming is provided across all 3 areas of care: Independent, Assisted and Nursing Care</p>	<p>Bob Gohn 571-572-3106</p> <p>Esther Hess 703-491-2326 ehess315@yahoo.com</p> <p>Ramona Thompson 703-497-0158</p>	<p>Belva Dickey 703-496-3433 <a href="mailto:bdickey@inglesideonline.org">bdickey@inglesideonline.org</a></p>
<p><b><i>Worship Services:</i></b></p> <ul style="list-style-type: none"> <li>- Catholic Eucharist Service Sundays at 10:30AM</li> <li>- Ecumenical Christian Service Sunday 2PM in Nursing Center/ 4PM in Chapel</li> <li>- Catholic rosary in Chapel on Wednesdays at 10:30AM</li> <li>- Episcopal services Thursdays at 11AM</li> <li>- Roman Catholic Mass on first Monday of each month at 10:30 in the Chapel</li> </ul>		<p>Belva Dickey 703-496-3433 <a href="mailto:bdickey@inglesideonline.org">bdickey@inglesideonline.org</a></p>

**Health Center Volunteers** (Assisted Living and Skilled Nursing) Volunteers are Independent Residents who offer their talents to enhance services and/or bring cheer to residents who have entered the WLR continuum of care. If you wish to volunteer in ALU or SN, please contact the Events and Volunteer Coordinator:  
 Sarah Resnick 703-552-6132 [sresnick@inglesideonline.org](mailto:sresnick@inglesideonline.org).

Arts and Crafts Instructor – working with Activity Director
Group Outings Volunteer
Hospice Volunteer – training given through Hospice Program
Mail Carrier – deliver mail to resident rooms
Meal Assistant “Dining Buddy” Training provided
Monthly Calendar Assistant
Music Director – sing along and/or rhythm band
Office Assistant
Pet Visits
Reader – stories, newspapers, family letters
Receptionist Volunteer
Special Friend Individual Visitation
Sports and Active Games
Table Games and/or Cards Partner
Transportation Angel – accompany residents to Clipper Salon and/or programs in Harbor Room or Potomac Room.