



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

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MARCH 2018



Gazebo Gazette

R A P P A H A N N O C K W E S T M I N S T E R - C A N T E R B U R Y

SPECIAL POINTS OF INTEREST:

- Viewpoints
- RWC's Got Talent Show
- Concerts & Plays
- Art Classes
- Muscarelle Museum Trip*
- Annual Holy Week Service
- Sundays at Two March 4 **CANCELLED**

INSIDE THIS ISSUE:

Social: Family, Friends, Relationships	1
Spiritual: Values, Purpose, Intuition,	2
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2018 VIEWPOINTS SERIES BEGINS MARCH 5

Ilona Duncan chronicled her experiences in memoir

Through writing a memoir, **Ilona Duncan** was able to come to terms with her heritage and her distasteful feelings about growing up in postwar Germany. She'll share memories, stories of accepting the past, and her experiences as a writer with a talk, "Divorce and Reconciliation with My Homeland," kicking off the 2018 Viewpoints series at RWC.

Duncan was born in Germany and graduated at 19 with a degree in Latin and science. Rather than enter university there, however, her profound dislike of her country caused her to leave. "I wanted to divorce my homeland. I didn't like what happened to Germany under Hitler." So she moved to Paris, and began an adventurous life that eventually included working as a translator, a Pan Am stewardess and a language teacher for Berlitz (she is fluent in six languages).

Duncan moved to the relative quiet of the Northern Neck 14 years ago, and in her spare time, enrolled in a writing class. That experience spurred her to tell her story, resulting in a memoir, "My Jewish Great Grandmother." The book allowed her to examine her family, her beliefs and her background, and ultimately come to terms with Germany.

At the RWC talk, Duncan will discuss the writing process and how she developed her book, weaving in her life story. "I want to make people understand what it was like to live in Germany after the war," she explains. Duncan's gift for storytelling was recognized with an honorary mention in the Soul-Making Keats Literary Competition.



RWC's Viewpoints series features experts on a wide range of topics of current interest. These free presentations begin at 11 a.m. and are held on the first Monday of the month through June 4 in the Chesapeake Center Auditorium .

Reservations for the March 5 event began on Feb. 19 by calling RWC at 438-4000. Attendees are invited to remain after the presentations for a complimentary lunch. Reservations open for each speaker two weeks prior to the event. RWC maintains a waiting list and honors reservations in the order received. Separate reservations must be made for each speaking event in the Viewpoints series.

This year's line-up includes an all-female cast. Other speakers include:
April 2: Nancy Travers, radio personality
May 7: Carolyn Quinn, U.S. Department of Homeland Security
June 4: Dr. Cheryl Brown Davis, music educator

RWC'S GOT TALENT SHOW Friday, March 23—2:00 pm—Auditorium

Entertainment as you have never seen before nor will ever see again, all brought to you by your neighbors and staff at RWC!! There will be magic, dancing, singing, and more.

Talent Show Meeting and rehearsal schedule are as follows:

- Talent Show Meeting for participants— **Friday, March 9 at 1:30 p.m.**
- Talent Show Rehearsal— **Wednesday, March 21 and Thursday, March 22 at 1:00pm.**

All meetings/rehearsals will be in the **Auditorium.**



The deadline to submit articles for the April 2018 issue is Tuesday, March 27, 2018 by noon. Contact us: 804-438-4000

- KEY
- APT
- Apartment Lobby
- AR1
- Art Room #1
- AR2
- Art Room #2
- ATR
- Atrium
- AUD
- Auditorium
- BLR
- Boiler Room
- CGR
- Chesapeake Game Room
- COR
- Corrotoman Room
- CPL
- Chapel
- DRB
- Dining Room Breezeway
- FCR1, 2 or 3
- Fitness Classroom #
- FPL
- Front Parking Lot
- FRL
- Front Lobby
- GAL
- Gallery Hall
- HOB
- Hobby Room
- KCT
- King's Court
- LAN
- Lancaster Room
- LEC
- Life Enrichment Center
- LIB
- Library
- LVG
- Lakeview Grille
- MSP
- Main Street Pub
- RAP
- Rappahannock Room
- RCL
- Resident Clinic
- TGP
- Thomas Garden Patio
- WCN
- Westbury Center
- WCR
- Westbury Club Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MARCH 2018	Detach the cover of <i>The Gazebo Gazette</i> and place it on the refrigerator or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV on Channel 85 on a daily basis for the latest updates. An asterisk (*) means a RSVP or sign up is required. REMINDER: WE MUST HAVE A MINIMUM OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS WITH THE EXCEPTION OF WEEKLY SHOPPING. <u>WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</u>			10:00-CGR-Great Courses* 1 1:00-LIB-Party Bridge 4:00-CPL-Rosary	8:30-LAN-ROMEOs & OWLETs* 2 5:00-TGP-Happy Hour	5:00-TGP-Happy Hour 3
10:00-COR-Society of Friends Meeting 4 4:00-WCR-Worship Service	10:00-AR1-Dyeing Scarves with Alcohol Inks* 5 10:00-COR-Parkinson's Caregiver Support Group 11:00-AUD-Viewpoints* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:30-AR1&2-Memory Support Groups	10:00-AR1-Chat & Crafts 6 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang	10:00-AUD-Residents' Association Board Meeting 7 3:00-WCR-Bible Study 6:30-AUD-Open Mic Night 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 8 1:00-AUD-Genealogy Group 1:00-LIB-Party Bridge 4:00-CPL-Rosary	11:00-AUD-Virginia Shoe Clinic* 9 1:30-AUD-Talent Show Meeting 5:00-TGP-Happy Hour 6:45-FRL-On Stage*	10:30-AUD-Apple Seeds Computer Group 10 5:00-TGP-Happy Hour
1:15-FRL-Sundays at Two* 11 4:00-WCR-Worship Service	10:00-BLR-Residents Health Care Committee Meeting 12 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-AUD-Chamber Concert 6:00-WCR-Trish & Friends Music	10:00-BLR-Amateur Radio Club 13 10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge	10:00-AR2-Activities Committee Meeting 14 10:00-MSP-Burke's Jewelry Repair 1:00-AUD-Parkinson's Support Group 1:30-CGR-Bunco Group 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 15 10:00-COR-Food Committee Meeting 11:00-MSP-Resident Choir 1:00-LIB-Party Bridge 4:00-CPL-Rosary 5:00-ATR-Artist Reception	5:00-AUD-Special Occasion Party 16 NO HAPPY HOUR TONIGHT	ST. PATRICK'S DAY 17 5:00-TGP-Happy Hour
SUNDAY BRUNCH 18 11:00 am-2:00 pm Lakeview Grille The Grille will be closed for dinner. 10:30-FRL-Virginia Rep. Hanover (subsc. holders) 4:00-WCR-Worship Service 4:00-AUD-Special Concert: Twin Kennedy	10:00-AR1-Collage with Paint Skins* 19 1:00-AR2-Flower Arranging Class* 1:30-FRL-Walmart Shopping* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	10:00-AR2-Chat & Crafts 20 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:30-AR1-Beading Workshop*	10:30-AR2-Crafts for a Cause 21 1:00-AUD-Talent Show Rehearsal 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 22 1:00-LIB-Party Bridge 1:00-AUD-Talent Show Rehearsal 4:00-CPL-Rosary	10:00-MSP-Paparazzi Jewelry Sale 23 2:00-AUD-RWC's Got Talent Show 5:00-TGP-Happy Hour 6:45-FRL-Northern Neck Orchestra Concert*	5:00-TGP-Happy Hour 24 7:00-AUD-Saturday Night Movie: Fantastic Beasts and Where to Find Them
2:00-FRL-Lancaster Players From Adam* 25 4:00-WCR-Worship Service	10:30-RAP-RWC Book Group 26 1:30-FRL-Shopping & Errands* 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Crafts 27 11:00-AUD-Annual Holy Week Service 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge	3:00-WCR-Bible Study 28 7:00-CGR-Gentlemen's Poker Club	1:00-LIB-Party Bridge 29 4:00-CPL-Rosary 6:30-FRL-Maundy Service at CMPC*	10:00-FRL-On the Road: Muscarelle Museum* 30 5:00-TGP-Happy Hour	5:00-TGP-Happy Hour 31

GREETING FROM THE PRESIDENT/ CEO

We have had a roller coaster ride with weather this February, I am grateful for the warmer days we have experienced as I enthusiastically look forward to the arrival of spring.

The 2018 Viewpoints series begins on March 5th with author Ilona Duncan. The series continues the first Monday of each month concluding June 4th.

We have an excellent roster of speakers prepared to share their expertise and talents. Look for announcements about reservations and encourage your friends from beyond RWC to come and enjoy this series with you.

At the February Board meeting trustee Jeff Joy completed his second term leaving the Board with our profound gratitude for his years of service. Joining the Board in the new fiscal year is new trustee Jay Tims. Jay previously served on the Foundation Board. David May continues as the Board Chair this year with Kathy Vesley-Massey serving as Vice-Chair.

We are beginning the process of repurposing several spaces on campus. The old pool will be drained and filled so a floor can be placed in the building. Once we can evaluate the building after the floor is installed, we will determine how to utilize the space. In the Chesapeake Center, the former Creative Arts area is being renovated to create office space for our Human Resources team and for staff training. The former Fitness Center is temporarily housing staff training while renovations are taking place.

HOT OFF THE PRESS: Our annual unannounced Health Center inspection started Wednesday afternoon and concluded this afternoon (Friday) with a deficiency-free finding. This is the highest level we can achieve. This year our Team was surveyed using a totally new survey process and under Phase 2 of a significant three-phase regulation update. Certainly, our Health Services Team has a large part of this responsibility, but it truly takes our entire staff working together every day to accomplish these results. I am so proud of our Team! Congratulations!

Let us hope winter will tuck away quickly and bring about a lovely spring in our wonderful neighborhood.



YOUR INVITED!

It's Party Time! Chesapeake Bank and Chesapeake Wealth Management cordially invite you to a cocktail reception on March 16th from 4:00 p.m. -6:00 p.m. in the Auditorium. We will have heavy hors d'oeuvres, cocktails and music to enjoy. Please watch for the flyer that will appear in your mail boxes.

WINTER AFGHAN RAFFLE

The *Winter Afghan Raffle* is being extended! The beautiful *Navy Blue and White Afghan in the front lobby* was lovingly handmade and donated by RWC employee Karen Barnes from the Housekeeping Department. Tickets are \$5 each and may be purchased at the RWC front reception desk. Proceeds will benefit the Foundation Fellowship Fund.

MEMORY SUPPORT GROUPS: MARCH

Monday, March 5

ALL GROUPS MEET AT 4:30 pm

ALL PARTICIPANTS ATTENDING THE PERSONS WITH DEMENTIA GROUP MUST BE

SCREENED PRIOR TO ATTENDING. Please contact Ellie Galloway at 804-695-9382 or Amy Lewis at ext. 4024.

Caregiver's Support Group
(Mary Arthur, facilitator)
Art Room 1

*

Person with Early Stage Dementia
(Amy Lewis, facilitator)—Art Room 2

ROMEOs & OWLETs*

Friday, March 2— 8:30 am - Lancaster Room

Our March speaker will be Page Henley speaking on the "Leedstown Resolution and Family History." Please sign up at the Front Desk to attend.

DYEING SCARVES WITH ALCOHOL INKS*

Monday, March 5—10:00 am—Arts Room 1

Class limit: 8

What can you make with shaving cream, alcohol inks and a white silk scarf? Amazing pieces of art that you can wear to the next party. Your friends will ask, "Where did you buy that beautiful scarf?" and you'll be able to say, "I didn't buy it silly. I MADE IT!" Sign up at the Front Desk.

OPEN MIC NIGHT

Wednesday, March 7—6:30 pm —Auditorium

Join us for Open Mic Night as we reminisce about favorite traditions, funny memories or favorite dishes. Cleveland Winfield from Rappahannock High School will MC the evening and share his thoughts and music. No sign up necessary, just a willingness to share or to be part of the evening.

RWC AMATEUR RADIO CLUB — N4RWC

Tuesday, March 13—10:00 am—Boiler Room

The RWC Amateur Radio Club has a new call sign (N4RWC) and is on the air on 80 meters. To find out what that means, join the Club for the monthly meeting on the second Tuesday of each month in the Boiler Room. 73

COLLAGE WITH PAINT SKINS

Monday, March 19—10:00 am—Art Room 1

Class size limit: 6

One of my biggest pet peeves is wasting paint. Those of you who have participated in the Fluid Art Class know we pour a large amount of paint and the drips pans collect the extra paint. When the paint in the pan dries it becomes "paint skin" which is peeled. We will use the paint peelings to create collage. Questions? Call Amy at 4024. Sign up at Front Desk to attend.

FLOWER ARRANGING CLASS*

Monday, March 19—1:00 pm—Art Room 2

Class limit: 12

Britt's Florist will be back on Monday, March 19 at 1:00 for our next flower design class. This month's class will be making Easter centerpieces for the Lancaster Dining Room and Grille. Please sign up at the front desk. We will need lots of help for this project. Residents interested in participating are asked to sign up at the Front Desk.

BEADING WORKSHOP*

Tuesday, March 20—1:30 pm—Art Room 2

Class size limit: 5

Accomplished jewelry maker and resident, Susan Carter-Hughes will be leading this class on basic beading. No prior experience needed. Sign up at the Front Desk to attend.

PAPARAZZI JEWELRY SALE

Friday, March 23—10:00 am to 3:00 pm

Main Street Pub

Sandra Haywood, Paparazzi jewelry consultant will be here to help you pick out some great jewelry.

SATURDAY NIGHT MOVIE

Saturday, March 24—7:00 pm - Auditorium

Featuring: *Fantastic Beasts and Where to Find Them*

This wizardly spin-off from the cinematic world of Harry Potter relates the wondrous and exotic life of "magizoologist" Newt Scamander, who wrote the Hogwarts School's textbook on magical creatures decades before Harry Potter would lay eyes on it. (2016) Rated PG-13 2hr 13m. NOTE: Movie may be changed without prior notice.

SOFT SPOTS — CRAFTS WITH A CAUSE

Wednesday, March 21—10:30 AM—Art Room 2

We will be meeting in the Life Enrichment Center. Please join us for construction of the soft spots for the kittens at the Animal Welfare League in Kilmarnock.

Perhaps the kittens will come and visit our group at our April meeting.

- **Sunday Worship:** Sundays at 4 PM in the Westbury Clubroom. **All are welcome.**

- **Holy Communion:** observed as a part of Sunday worship the first Sunday of the month.

- **Praying the Rosary:** Thursdays at 4 PM in the chapel with the Legion of Mary.

- **Northern Neck Society of Friends:** First Sunday of each month at 10 AM for worship in the Corrotoman Room with discussion following from 11-12.

- **Bible Studies:** Tuesdays at 10:30 AM in the Corrotoman Room. All residents are welcome to this Bible study taught each month by a different local minister invited by the group.

Wednesday, March 14 at 3 PM in the Westbury Center. All residents are welcome to join together for a 30 minute lesson.

ANNUAL HOLY WEEK SERVICE OF WORSHIP

Holy Tuesday, March 27, 11:00 am in the Auditorium.

We welcome the Reverend H. Carson Rhyne, Jr., Stated Clerk/General Presbyter of the Presbytery of the James, Richmond, Virginia and the Reverend Lucia Lloyd of St. Stephen's Episcopal Church in Heathsville, who will be representing the Episcopal Diocese of Virginia. Holy Communion will be observed.

LENTEN REFLECTION

"But you, O Lord, are a shield about me, my glory, and the lifter of my head." *Psalms 3:3*

The context of this prayer is that David was being pursued by enemies and facing many conflicts, internal as well as external. And yet here was David, choosing to make the Lord his focus rather than the obstacles of life. "Obstacles come in all shapes and sizes and stand ready to defeat us. Whether from loss, disappointment, injury, addiction, crumbling relationships or personal setbacks, one thing is certain—every obstacle is a result of sin in our world... What obstacles are you facing today? Look to him who defeated sin, death and the power of Satan by taking our sins to the cross. Stand tall in the confidence that he can help you overcome the obstacles that overwhelm and turn defeat into victory."

"*Psalms for Lent: Devotions for the Sacred Season, p.3*" by Jane Wilke.

FROM THE CHAPLAIN

We recently held a Memorial Service here at RWC for Bunny Gibson, and a number of people commented on the reading Bunny's son Bucky had chosen for the service. It's entitled "The Train," and the author is unknown. Here it is; it's well-worth reflection.

"At birth we boarded the train and met our parents, and we believe they will always travel on our side. However, at some station our parents will step down from the train, leaving us on this journey alone. As time goes by, other people will board the train, and they will be significant: siblings, friends, children, and even the love of our life. Many will step down and leave a permanent vacuum. Others will go so unnoticed we don't realize they vacated their seats. This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having good relationships with all passengers, requiring that we give the best of ourselves. The mystery to everyone is: we do not know at which station we ourselves will step down. So, we must live in the best way, love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty we should leave behind beautiful memories for those who will continue to travel on the train of life. I wish you a joyful journey on the train of life. Reap success and give lots of love. Lastly, I thank you for being one of the passengers on my train."

Chaplain Greg Houck

IN MEMORIAM

Mr. Burns (Bunny) Gibson-February 9, 2018

Mr. Donald Shanklin- February 10, 2018

Mrs. Doris Deihl-February 18, 2018

Mrs. Jean Christensen-February 26, 2018

MAUNDY THURSDAY SERVICE*

**Thursday, March 29—6:30 pm—Front Lobby
At Campbell Memorial Presbyterian Church**

Bus service will be provided. Sign up at Front Desk.

ON STAGE AT LMS*

**Friday, March 9—6:45 pm (7:30 pm curtain)
Front Lobby**

Featuring MozART - An award-winning string quartet from prestigious Academies of Music in Poland pairing impeccable classical musicianship with unexpected comedic antics.

Tickets can be purchased on line and are \$39.00. www.rappahannockfoundation.org. If needed we will provide 2 bus runs.

CHAMBER CONCERT

Monday, March 12—4:00 pm—Auditorium

Enjoy an afternoon of classical chamber music! Beethoven Sonata in F Major, Op. 5. No. 1, Kodaly Sonata, Brahms Sonata in e minor, Op. 38 and more.

SPECIAL CONCERT: TWIN KENNEDY

Sunday, March 18—4:00 pm—Auditorium

It's like seeing double...

Their musical bond is as strong as their small town roots – Twin Kennedy, comprised of West Coast sisters Carli and Julie Kennedy, have been making music together since they could talk. Born and raised in the small town of Powell River, BC, Twin Kennedy grew up perfecting their sibling harmonies and dynamic live performances, while making their name known throughout their small community as a family band.

Growing up in such a musically infused family, it is no wonder that these sisters crafted their sound through a unique fusion of their background in country, folk, jazz and classical music. With years of classical training, including their Bachelors Degrees in Music Performance from the University of Victoria, the sisters have found their home in country music. With Carli on vocals and guitar, and Julie on vocals and violin, these petite powerhouses will fill your soul with joy and warmth through their seamless harmonies and heartfelt songwriting. No bond compares to that of sisters, and the same is to be said about the blend of their kindred voices.

NORTHERN NECK ORCHESTRA CONCERT*

**Featuring: An evening with Mozart
Friday, March 23—6:45 pm—Front Lobby
(St. Claire Walker Middle School)**

An all-Mozart winter concert warms up a chilly March evening. The winter concert includes Mozart splendid piano Concerto No. 20 and his Symphony No. 40.

Tickets are \$30 and can be purchased online. 7:30 concert at St. Claire Walker Middle School.

LANCASTER PLAYERS WORLD DEBUT: FROM ADAM*

**Sunday, March 25—2:00 pm—Front Lobby
(3:00 pm curtain)**

From Adam, a seriocomic play in ten scenes, focuses on the universal issues of loss, deep familial love, caring and especially caregiving. A rare mixture; it is the story of two families, two very different caregivers and their family charges; two persons existing in different stages of Alzheimer's* disease. At the play's center there is a lively, vaudevillian entertainment of stories and jokes, props and musical instruments – as comical as it is ultimately moving.

***\$3 from every ticket sold will be donated to the Alzheimer's Association**

Cast includes Jo - Amy Lewis, Mom - Jackie Allen, The Woman - Kathryn Shepherd and The Man - Randal Tyler.

RWC will provide transportation to the Sunday Matinee March 25. Tickets are \$25 and will be charged to your account on March 21.

Other Performances dates are as follows:

Evenings: March 16 (Opening Gala), 17, 22-23-24, 29-30-31 (Social Hour 7PM - Curtain 8PM)
Matinee: Mar 18 & 25 (Social Hour 2PM - Curtain 3PM)
Phone: (804) 435-3776 Web: lancasterplayers.org
PLEASE NOTE: FROM ADAM contains Strong Adult Themes and Language

RECYCLING COMMITTEE INFORMATION WORD ON SOCIAL CONVENTIONS AND THE 'DRESS CODE'

Recycling Committee Chairman Dean Loudy advises that RWC has kindly purchased paper bags for Residents to use when recycling old newspapers and junk mail. The bags have been placed in each of the four trash rooms around campus and in the trash rooms on all three floors of the apartment building.

Please use these bags for recycling only. It is also appreciated if Residents, when they go shopping at Food Lion or Tri-Star and bring paper shopping bags home, that they contribute to the recycling effort by placing any surplus paper shopping bags in the trash rooms.

It is also requested that when cardboard boxes are placed in the trash room that they be knocked down, if possible.

One of the reasons residents choose RWC is the lifestyle. Beautiful homes in a tranquil setting with a casual feel. This casual lifestyle extends to how we dress – comfortable, appropriate to the occasion, but expressing each individual's style and taste.

You are reminded that "Pajamas, robes, and slippers should be worn only in the privacy of your home or during emergency transfers from an apartment or cottage to the Chesapeake Center." (Resident Handbook)

If you have any questions or comments, please contact the Coordinator for Resident Life Services.

VIRGINIA
ShoeClinic
Shoe Repair | Footwear | Footcare | Orthotics

VIRGINIA SHOE CLINIC PRESENTATION
Friday, March 9—11:00 am—Auditorium

Virginia Shoe Clinic is a full service Retail and Repair facility that serves one of the most important parts of your body.....YOUR FEET! At the Virginia Shoe Clinic, they provide professional shoe and leather repair, perform orthopedic modifications, and carry some of the best shoes, boots, and products available for maximum foot comfort, style, and durability. Rob Akers will be here to explain how to take better care of your feet.

Burkes
FINE JEWELERS

BURKE'S JEWELRY REPAIR
Wednesday, March 14—10:00 am (til noon)
Main Street Pub

Offering all kinds of repair!!! Come see us!

THE RWC LIBRARY

[*The Last Painting of Sara de Vos*](#) by Dominic Smith is the RW-C Book Group's March selection – fourth Monday, March 26, 10:30 a.m., Rappahannock Room. The Library has five copies of *Sara de Vos*, and we have the book on two Fire tablets and two Kindles; call Lois Williams (X4213) to check one out. The book's an absolute delight, with chapters alternating among the Golden Age of Dutch painting, New York City in 1950 and Australia in 1990.

Pat Kirby, RWC **Mystery-Lover-In-Chief**, has undertaken the ambitious project of numbering books in a mystery series. And we have been "filling out" a few of the more popular Mystery series by purchasing the missing book or two. Now we have the 19 books in Elizabeth George's "Peter Lynley" series, the 14 books in Louise Penny's "Inspector Gamache" series, the 17 books of Peter Lovesey's "Peter Diamond" series, and the six books of Brad Parks' "Carter Ross" series. Who's up for the challenge of reading all of the books in a series? Or the double challenge of reading them in order?

The busy Library Elves moved a lot of books – just so we could expand Fiction from seven sections to eight! **February accomplishments** include a rigorous pruning of the Social Science section, removing most titles more than ten years old – except for those on our newly created Muslim Culture shelf. The Orange Dot section is now Miscellaneous. And we've brought order to the Art books.

Announcing four **brand new non-fiction books**:

- Alone: Britain, Churchill, and Dunkirk: Defeat into Victory* by Michael Korda, donated by Bob Barlowe.
- Protestant Abroad: How the Missionaries Tried to Change the World but Changed America* by David A. Hollinger, donated by Alison Holman.
- Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann, donated by Jay White.
- When: The Scientific Secrets of Perfect Timing* by Daniel Pink, our first 2018 book!

And an older book of local interest:

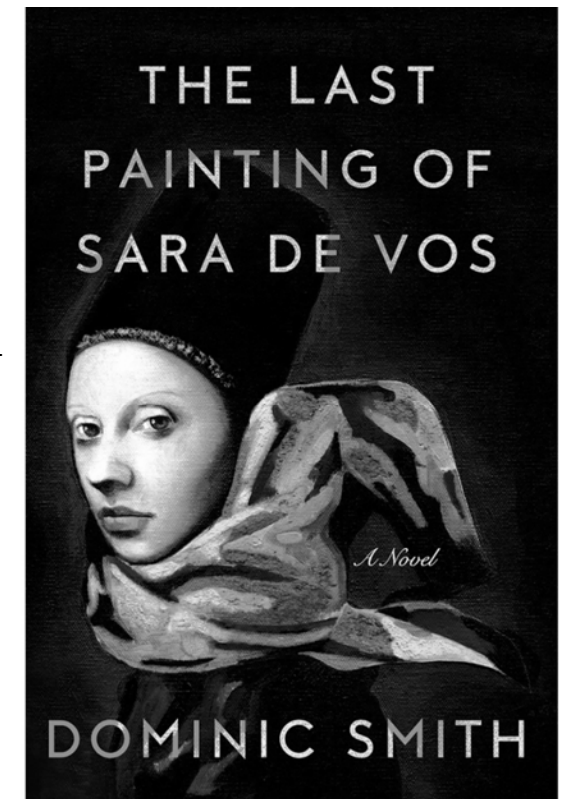
- Fortunate Son: The Healing of a Vietnam Vet*, an autobiography by Lewis Puller, Jr. "General Puller Highway" (Route 33 in Middlesex County) is named for his father.

The Library has been given a nice selection of **Bunny Gibson's books**, including *The Living Bible Paraphrased* (Large Print), two daily Bible reading guides, *Baseball Stories*, and a number of World War II books. Each is now marked "A Bunny Gibson Book."

The **Fiction Paperback and Non-Fiction Paperback** sections hold books that are duplicates and books that are more likely to be read if on a shelf in the front of the room!

Not many of us are looking things up these days – but should the notion strike, the Library has an amazing **REFERENCE** collection.

Lois Williams – RWC Residents' Association Library Chair



MUSIC TIME IN THE FITNESS CENTER STARTING MARCH 12, 2018

We will be playing music for everyone to hear in the Fitness Center between 1:00pm to 2:00pm Monday through Friday. Music can make exercise more enjoyable and help your workout go by faster.

FITNESS CENTER FOR BEGINNERS

This is an introduction to how to use the equipment in Fitness Center. We will set you up on equipment that will best suit your needs. This class is great for new residents, new community members and participants of our program that need a refresher. If you are new to the Living Well with RWC program you will need to follow these steps:

- Fill out a health history form
- Sign a waiver form
- Have a doctor fill out an RWC medical clearance form
- Complete a fitness assessment

For paperwork and more information and to sign up call Jonathan at 438-4290 or William/Alex at 438-4852

SUPERVISED EXERCISE

This program is for individuals that may have cardiovascular disease, that have completed cardiac rehab, and/or have been released by their doctor to continue exercising. We will monitor your blood pressure, heart rate, oxygen levels, and rate of perceived exertion. These measurements will be taken before, during, and after exercise. We will need an update of your health history, waiver form, and medical release before participating. For more information and to sign up, call Jonathan at 438-4290.

PARKINSON'S SUPPORT GROUP

On Wednesday, March 14, 2018, the Parkinson's Support Group at 1:00 pm will have Dr. Matthew Boyce, Movement Disorders Neurologist at HCA Virginia in Richmond. He will be speaking on Recognizing and Treating Non-Motor Symptoms in Parkinson's.

WHY PRACTICE YOGA?

Thirty years ago yoga was considered an activity practiced by people on the fringes of society, mostly by weirdos. Today it's mainstream, with tens of millions of practitioners in the USA. There is a yoga program for everyone, at every age, at every fitness level. The good news is we have a yoga program here, at RW-C, specifically adapted for our residents.

There are many benefits of yoga; here are only a few of them:

1. Yoga will increase your flexibility, even though that's not what yoga is about; yoga is about attention and breathing, and flexibility is one of the byproducts of practice that you enjoy.
2. Yoga increases lubrication of the joints, ligaments and tendons, acting as an anti-arthritis agent.
3. Yoga gently massages all organs of the body, bringing increased fluids and nutrients to the tissues.
4. Yoga improves your breathing. Breathing is the connection between the mind and the body. Mindful breathing relaxes the body and the mind, providing stress relief and calming the mind. Easily learned yogic breathing increases oxygen capacity.
5. There is a vast growing body of research on how yoga improves health problems including [chronic pain](#), [fatigue](#), [obesity](#), [asthma](#), [irritable bowel syndrome](#), high blood pressure, high cholesterol, and more.
6. There is even evidence that yoga and meditation protects the brain from the decline in gray matter brain volume as we age. People with yoga experience had brain volumes typical for much younger people. In other words, yoga could protect your brain from shrinking as you get older.
7. Yoga puts you gently, but deeply, in touch with your body. You learn how to remove all judgment about yourself and come to the present moment.
8. Yoga will open your hips, your shoulders, and your heart.

So, what are you waiting for? Stop by the Fitness Center and have a chat with Jonathan. Whatever your fitness level, there is a Stretch and Flex Yoga class for you!

RWC'S MARCH ARTIST FINDS INSPIRATION LOCALLY, ARTIST RECEPTION, MARCH 15

Acrylic paintings reflect love of nature

Moving to Mathews County inspired artist Chris McCormick to rediscover painting, her first passion. "I'm inspired by the beauty here, the outdoors, the history, the farmhouses and the ocean," she says. McCormick will be the featured artist at RWC in March.

She'll show a variety of her acrylic paintings, many of which feature oysters, crabs or other subjects she finds near her 17-acre farm. She's worked in a variety of mediums over the years, but "acrylics are my favorite medium," she says. "You can do so many different techniques with them."

When she's not exploring the region looking for inspiration or painting in her home studio, McCormick also hosts paint parties for area residents interested in completing a painting during one sitting. It's a fun way for her to share her passion for art with others. "I'm happiest when I'm creating something, and I enjoy seeing the process and in the end, completing something I absolutely love." You can see more of her art at www.mccormick-meadows.com.

An artist's reception will be held at 5 p.m. on **March 15.**

SUNDAYS AT TWO SERIES

The Lancaster Community Library's 23rd annual Sundays at Two lecture and entertainment series has begun. **RWC will provide transportation for the series. Bus will leave the Front Lobby at 1:15 pm.**

Please sign up at the Front Desk.

Offered at 2 p.m. at the library, these free programs conclude with refreshments, said committee chairman Gloria Wallace. They are held in the second floor meeting room which is accessible by elevator as well as stairs. Reservations are not required.

On **March 4, Glenn and Ellen Birch—THIS PROGRAM HAS BEEN CANCELLED.**

On **March 11, Dr. Phil Williams III** will discuss "The Eastern Question, the Crimean War-from Syria to Ukraine-then and now". These perceptions from the East are part of the DNA of the West. The legacy of European policies designed to counter historic Rus-

sian strategic imperatives has carried forward through two World Wars to the 21st century, with America now in the NATO driver's seat. From Eastern Europe to the Middle East, Russia's "imperial" designs preoccupy America's current foreign policy as though the Cold War was back alive and well.

ON THE ROAD: TRIP TO THE MUSCARELLE MUSEUM*

Friday, March 30—10:00 am—Front Lobby

In the Light of Caravaggio: Dutch and Flemish Paintings from Southeastern Museums features important Caravaggesque paintings from the renowned collections of the National Gallery of Art in Washington, North Carolina Museum of Art, Speed Museum, Bob Jones University Museum & Gallery, and Chrysler Museum of Art including recent acquisitions to the collection of the Muscarelle.

The cost of the trip will be \$15.00 and will be charged to your account on Wednesday, March 28. We will also have lunch at Berret's Seafood and Taphouse Grill. Please sign up at Front Desk to attend.

