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The deadline to submit articles for the
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Thursday, May 24, 2018 by noon.
Contact us: 804-438-4000

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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

DEPARTMENT OF HOMELAND SECURITY ALUM IS NEXT VIEWPOINTS SPEAKER

Carolyn Quinn now owns Dug In Farms in White Stone
Monday, May 7—11:00 am—Auditorium

Making a complete about-face, Carolyn Quinn went from living on Capitol Hill and working for the Department of Homeland Security to living on Dug In Farms in White Stone and running a produce and farm market at the end of her driveway.

Quinn will be RWC's next Viewpoints Speaker on May 7 and will talk about what it's like to serve the country in the founding moments of a new government agency.

"I was working in the Senate (for former U.S. Senator John Warner) when 9/11 occurred," Quinn said. "I left shortly afterward to join the newly established Department of Homeland Security."

DHS was initially formed by bringing 22 different agencies together, but Quinn worked for a brand new agency within Homeland Security – The Office of Science and Technology, whose mission was to find the best technologies in the country to combat threats to the homeland.

After one and a half years with DHS as a political appointee under George W. Bush, Quinn left to start her own consulting company for small businesses that wanted to work with Homeland Security or the Department of Defense. But she had found her Northern Neck farm, so she commuted back and forth to D.C. a few times per week until she decided she wanted to be here full

time instead.

Attendees are invited to remain after the presentations for a complimentary lunch. Reservations are 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.

The last speaker of the year on June 4 is Dr. Cheryl Brown Davis, a music educator.

CELEBRATE LIFE ENRICHMENT CENTER ONE YEAR ANNIVERSARY

Friday, May 4—11:00 am to 1:00 pm
Life Enrichment Center Lobby

It's hard to believe our LEC has been open for one year! Help us celebrate by coming to an open house between 11:00 am and 1:00 pm for **residents, community fitness members and staff.**

We will be raffling off 2 quilts made and donated by Denise Munns with proceeds benefitting the Fellowship Foundation. Tickets are 1 ticket for \$1.00 or 6 tickets for \$5.00. Tickets are on sale now in the Resident Life office and the day of the celebration.

See you there!!!

SPECIAL POINTS OF INTEREST:

- Viewpoints*
- Life Enrichment
Center Open House
- Kentucky Derby
Party*
- On the Road Trips*
- Disc Golf*
- Memorial Day
Service
- Art Classes
- Bingo-Pizza Party*

INSIDE THIS ISSUE:

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KEY	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 OTR Outpatient Therapy Room RAP Rappahannock Room RCL Resident Clinic TGP Thomas Garden Patio WCN Westbury Center WCR Westbury Club Room	<div>MAY</div> <div>2018</div>		10:00-AR1-Chat & Crafts 1 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 2:00-MSP-Patriotic Chorus Rehearsal	2 10:00-AUD-Residents’ Association Board Meeting 6:30-WCR-Open Mic Night 7:00-CGR-Gentlemen’s Poker Club RSVP’s Due for Kentucky Derby Party	3 1:00-LIB-Party Bridge 1:30-FRL-Joyrides Around Campus* 4:00-CPL-Rosary	4 8:30-LAN-ROMEOs & OWLETs* 5:00-TGP-Happy Hour 7:00-FRL-Northern Neck Orchestra Concert* Life Enrichment Center One Year Anniversary Open House 11:00 am—1:00 pm	5 CINCO DE MAYO LUNCH 11:00 am-2:00 pm Lakeview Grille 1:00-AUD-Decorating Walkers/Wheelchairs 4:30-AUD-Kentucky Derby Party* NO HAPPY HOUR TONIGHT
	10:00-COR-Society of Friends Meeting 6 4:00-WCR-Worship Service	10:00-COR-Parkinson’s Caregiver Support Group 7 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 8 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge 2:00-MSP-Patriotic Chorus Rehearsal	10:00-AR2-Activities Committee Meeting 9 1:00-AUD-Parkinson’s Support Group 1:30-CGR-Bunco Group 7:00-CGR-Gentlemen’s Poker Club	10:00-COR-Food Committee Meeting 10 1:00-LIB-Party Bridge 1:00-CGR-Geneaology Group 1:30-FRL-Joyrides Around Campus* 3:30-AR1-Beading Class Open Studio* 4:00-CPL-Rosary	10:00-AR2-Alcohol Ink & Yupo Class* 11 2:00-TGP-Mother’s Day Tea* 5:00-TGP-Happy Hour	10:30-AUD-Apple Seeds Computer Group 12 5:00-TGP-Happy Hour
	MOTHER’S DAY BRUNCH 13 11:00 am-2:00 pm Lakeview Grille The Grille will be closed for dinner. 4:00-WCR-Worship Service	10:00-BLR-Residents Health Care Committee Meeting 14 10:00-AR1-Fluid Art Class: String Dragging* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 6:00-WCR-Trish & Friends Music	10:00-AR2-Chat & Crafts 15 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 2:00-MSP-Patriotic Chorus Rehearsal	10:30-AR2-Crafts for a Cause 16 1:30-AUD-SPARK: Head’s Up & Charades* 3:00-WCR-Bible Study 7:00-CGR-Gentlemen’s Poker Club	11:00-TGP-Disc Golf* 17 11:00-MSP-Resident Choir 1:00-LIB-Party Bridge 1:30-FRL-Joyrides Around Campus* 4:00-CPL-Rosary	9:00-FRL-On the Road: Shannon Air Museum* 18 5:00-AUD-Special Occasion Party NO HAPPY HOUR TONIGHT	5:00-TGP-Happy Hour 19
	10:00-MSP-Society of Friends Meeting 20 4:00-WCR-Worship Service	10:00-AR1-T-Shirt Design Class* 21 10:00-BLR-Grounds & Landscaping Committee 10:30-RAP-RWC Book Group 1:30-FRL-Walmart Shopping* 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	10:00-AR2-Chat & Crafts 22 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge 2:00-MSP-Patriotic Chorus Rehearsal 6:30-AUD-Hand Bell Concert*	1:30-AUD-SPARK: Trivia Games* 23 7:00-CGR-Gentlemen’s Poker Club	1:00-LIB-Party Bridge 24 1:30-FRL-Joyrides Around Campus* 3:30-AR1-Beading Class Open Studio* 4:00-CPL-Rosary ARTICLE FOR GAZEBO GAZETTE ARE DUE BY NOON	10:00-FRL-On the Road: Westmoreland County Museum & Lunch* 25 5:00-TGP-Happy Hour 6:00-AUD-SPARK: Game Night*	5:00-TGP-Happy Hour 26 7:00-AUD-Saturday Night Movie: Three Billboards Outside Ebbing, Missouri
	2:30-FRL-Lancaster Players: An Evening with Two Fabulous Old Broads in 3 Acts* 27 4:00-WCR-Worship Service	MEMORIAL DAY 28 4:00-CGR-Dart Sharks	1:00-RAP-Duplicate Bridge 29 1:30-FRL-Shopping & Errands* 2:00-MSP-Patriotic Chorus Rehearsal	9:00-FPL-Memorial Day Service 30 4:45-AUD-Bingo-Pizza Party* 7:00-CGR-Gentlemen’s Poker Club	1:00-LIB-Party Bridge 31 1:30-FRL-Joyrides Around Campus* 4:00-CPL-Rosary	<div>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. WEEK THREE IS DESIGNATED FOR WALMART SHOPPING</div>	

GREETING FROM THE PRESIDENT/CEO

I am delighted to share a personal and professional accomplishment of one of our charter staff members. Genita Maiden-Shearin, Director of Culinary Services, recently completed the Certified Dietary Manager course which involved an extensive period of study. This past Friday, Genita sat for the certification exam which she passed with an excellent score. As a result, she is now a Certified Dietary Manager and Certified Food Protection Professional (CDM/CFPP). Achieving this certification was a personal and professional goal Genita set for herself. She dedicated significant time and energy to the study and projects required for this program. The coursework includes demonstrating competencies in nutrition, food service, personnel and communications, sanitation and safety, and business operations. I am tremendously proud of Genita's achievement, and we are blessed to have her at the leadership helm of our Culinary Services Team. Please join us in congratulating Genita!



ON THE ROAD: SHANNON AIR MUSEUM*

Friday, May 18—9:00 am—Front Lobby

Shannon Airport was founded in the 1950s by Sidney Shannon Junior, as part of his love for aviation and to honor his father Sydney Shannon Senior, who was one of the founders of Eastern Airlines with legendary World War I ace Eddie Rickenbacker. Over the next 30 years the airport became a landmark general aviation airport in the state of Virginia and beyond. In the mid-70s, Shannon founded an Air Museum at his airport that had the largest collection of rare aircraft in the world at the time. After 30 years, the museum is proud to be re-opened with the intent to grow the museum on the Shannon Airport Campus to include interactive and educational opportunities for the current and future generations of aviation enthusiasts. We will have lunch in Fredericksburg. (Drive time: 1 hr, 45 min.) **\$8 fee charge to account on 05/14.**

Please sign up at the Front Desk to attend.

ON THE ROAD: WESTMORELAND COUNTY MUSEUM*

Friday, May 25—10:00 am—Front Lobby

The Westmoreland County Museum was established in 1941 and became the first museum to open regularly in the Northern Neck. The museum was built as a replica of Wakefield, the birthplace of George Washington to display the portrait of William Pitt (Lord Chatham) painted by Charles Willson Peale in 1768.

Pitt was an instrumental member of Parliament responsible for the repeal of the Stamp Act. Major objection to this tax was voiced in Westmoreland County by way of the Leedstown Resolves, a document signed by 115 of Westmoreland County's well known residents including the Lee and Washington families.

The Westmoreland County Museum also houses the county information center and is the location of the Presidents' Garden, the first garden designed by Charles Gillette in the Northern Neck and a project of the Garden Club of Virginia, honoring Virginia's eight U.S. presidents.

Please sign up at the Front Desk to attend. (Drive time: 1 hour) **\$4 fee charge to account on 05/21.**

SPARK *

Whether you are experiencing memory issues or not, the SPARK program is a fun way to keep your brain engaged and reduce the progression of memory loss. Everyone is invited to join Mary Arthur and Amy Lewis for these programs. **Please sign up at the Front Desk to attend.**

HEAD'S UP AND CHARADES*

Wednesday, May 16

1:30 PM—Auditorium

*

TRIVIA GAMES*

Wednesday, May 23

1:30 pm—Auditorium

*

BOARD GAME NIGHT*

Friday, May 25

6:00 pm—Auditorium

ROMEOs & OWLETs*

Friday, May 4— 8:30 am - Lancaster Room

Don Serio of Irvington and retired airline pilot will be speaking about the Shannon Air Museum located in Fredericksburg. Don flies a Stearman and he first came to Shannon in 1957, at age 16, and worked for Sidney Shannon Jr. after school. "I was interested in flying, but I really was a gofer," Serio said. "He was really generous in sharing information. I wish I'd paid more attention."

We will be taking a trip to the Museum on May 18. See article for details.

Please sign up at the Front Desk to attend.

KENTUCKY DERBY PARTY*

Saturday, May 5—4:30 pm—Auditorium

Betting window opens and 50-50 Raffle—4:30 pm

(All bets \$1)

RWC Derby Race Post Time—5:00 pm

Food served—5:45 pm

Run for the Roses Post Time—6:30 pm

Table Scavenger Hunt

(Bring things in your pockets and purses!)

Fancy Hats Contest!!

Fancy Wheelchair/Walker Contest!! (If you need help decorating your wheelchair or walker, bring them to the Auditorium Saturday, May 5 at 1:00 pm. The Committee will help!)

MENU

Chicken Tenders w/ Honey Mustard dipping sauce

Pork BBQ Sandwiches

Mini Ham Biscuits

Cole Slaw

Deviled Eggs

Baked Beans

Sliced Fruit Tray

Ice Cream Sandwiches

Full Bar

\$3 Mint Juleps, wine, mixed drinks

\$2 beer

\$1 Sodas

Guests will be charged \$12 admission. If you are bringing a guest, please add their name as well as yours to the list at the Front Desk and your account will be charged.

Sign up at the Front Desk to attend by May 2.

BEADING OPEN STUDIO*

Thursdays, May 10 and May 24—3:30 – 5:00 pm

Art Room 1

No sign up necessary! If you enjoyed Susan's class or want a more relaxed time to explore beading, this time is for you. Drop in and work on old or new projects, repair broken pieces, or experiment with techniques and designs. Susan Hughes will be on hand to assist as needed.

ALCOHOL INK ON YUPO CLASS*

Friday, May 11—10:00 am—Arts Room 2

Create bright, vibrant pieces of art on Yupo, a synthetic paper. Class size is limited to 8 max. **Sign up at the Front Desk to attend.**

FLUID ART CLASS—STRING DRAGGING*

Monday, May 14 —10:00 am—Art Room 1

We will work with pouring a water based paint and dragging string across to make wild designs. Class size is limited to 8. **Sign up at Front Desk.**

DESIGNING YOUR OWN CREATIVE T-SHIRT*

Monday, May 21 —10:00 am—Art Room 1

Cotton T-shirts will be our canvas for this class using different techniques to create your very own design. Class size is limited to 8. **Please sign up at the Front Desk and indicate what size T-shirt you will need.**

SATURDAY NIGHT MOVIE

Saturday, May 26—7:00 pm - Auditorium

Featuring: Three Billboards Outside Ebbing, Missouri

When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up three large signs questioning the motivation of the town's widely respected police chief. 2017 Rated R 1hr 55m

NOTE: Movie may be changed without prior notice.

BINGO-PIZZA PARTY*

Wednesday, May 30—4:45 pm—Auditorium

Card are \$2.00 each!

Sign up at the Front Desk to attend.

- **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.

Additionally, a second meeting is now also being held on the third Sunday of the month in the Main Street Pub, with the same time and format as that of the first Sunday.

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 church leader invited by the group. May leader: Paul Sciaacchitano. Wednesday, May 16 at 3 PM in the Westbury Clubroom. All residents are welcome to join together for a 30 minute lesson.

FROM THE CHAPLAIN

I've been thinking a lot about friendship lately, observing and appreciating the power of friendships formed, for example here at RWC, of which there are so many. A good friend is indeed a precious gift. And yet, in this modern world of ours it does seem that friendship is somehow being threatened. Loneliness appears to be on the rise. Perhaps this is due, at least in part, to burgeoning technology in the form of multiplying entertainment options. Whatever the reason, this is an important trend as research seems to be showing how loneliness can have detrimental effects on us. One study showed that feeling lonely can be worse for the body than obesity or air pollution. It can convey a sense of the loss of social support and even safety. Some researchers have found a correlation between loneliness and hypertension. This all suggests to me that "connectedness" is a part of how we were created/ designed. It is not good to be alone. (*Gen 2:18*) What to do? Seek to be connected to caring others! Which is to say, cherish and nurture friendships. One of the many things that is so very striking to me about life here at RWC is that there are just so many different things to do. There are so many options

that it would be impossible for any one person to take advantage of them all! At RWC you always have a wide array of activities to participate in and groups to be a part of. There is always caring staff. There is always one another. And yes, there is always God. You are never alone. And yet: there may be those times when you find yourself feeling exactly that. When that happens, please let us know; please let me know. We are here to help.

Greg Houck, Chaplain

IN MEMORIUM MRS. THELMA (DEE) BROWN APRIL 11, 2018

MR. ANDREW CAMERON BLANDFORD APRIL 23, 2018

HAND BELL CONCERT*

Tuesday, May 22—6:30 pm—Auditorium

The BayBells Handbell Choir is a made up of volunteer members from Mathews and Gloucester counties. The group organized in 2002, but grew out of a group that formed in 1994. Handbell music is a combination of sacred and secular and you will be impressed by the technique and texture the choir brings. **Please sign up at the Front Desk to enjoy this concert.**

PATRIOTIC CHORUS REHEARSAL BEGIN

EVERY Tuesday in May—2:00 pm—Main Street Pub

Carol Hardy is seeking residents and staff who are interested in participating in the chorus for this year's Patriotic Celebration scheduled for Friday, June 29. If you are interested or have any questions, please contact Carol at ext. 4206.

JOYRIDES AROUND CAMPUS*

**EVERY Thursday in May (weather permitting)
1:30 pm—Front Lobby**

Do you enjoy the outdoors but have trouble walking long distances around campus. If so, this is your opportunity to get out and smell the roses! Sign up at the Front Desk for a guided tour around our beautiful campus. Seating is limited to 5.

NORTHERN NECK ORCHESTRA: SONG, DANCE, & FANTASY*

Friday, May 4—6:30 pm—Front Lobby

This performance is presented with the Chesapeake Chorale, Dr. Cheryl Brown Davis, artistic director. For this evening's concert Maestro Repper has selected musical works that represent dances and fantasies. The program includes one of Brahms' energetic Hungarian Dances, a selection of dramatic dances from Bizet's *Carmen*, love-song waltzes from Brahms, and Beethoven's beautiful choral fantasy.

Northern Neck Orchestra concertgoers can join Music Director Michael Repper for enlightening and entertaining pre-concert talks about the music and their composers that will enhance their enjoyment of each performance. Repper shares his insights on the concert program in lively, informal presentations available to ticket holders 45-minutes before the orchestra's performances begin.

"I'm excited to provide our audiences with the story behind masterworks of classical music," said Repper. "We'll explore how the pieces are structured, what is their historical significance, and why they continue to inspire us," he said.

Repper noted that the extra time offered by the 30-minute pre-concert talks allows for a deeper look into the program than the overviews he provides during concert performances.

"Often the backstory of these compositions, the personal lives of the composers, the times they lived in and what inspired them is as fascinating as the music itself," said Repper, who is in his second season as the orchestra's conductor. "The pre-concert talks give the orchestra a new and fun way to engage and inform our audience."

Tickets to the concerts, which include admission to the pre-concert talks, are \$30.00 online or at the door. **We will provide transportation the concert.**

Please sign up at the Front Desk.

MOTHER'S DAY TEA*

Friday, May 11—2:00 pm—Thomas Garden Patio

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Celebrate your motherhood with us. **Sign up at the Front Desk to attend.**

MEMORY SUPPORT GROUPS: MAY

Monday, May 7

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.

Caregivers Support Group
(Mary Arthur, facilitator)

Art Room 1

*

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

LANCASTER PLAYERS*

Sunday, May 27—2:30 pm—Front Lobby

"An Evening with Two Fabulous Old BROADS in Three Acts" will feature Rebecca Tebbs Nunn as her alter ego Modine Gunch in an hilarious monologue, followed by Donna Smith in her reprise of the critically acclaimed "Thirteen Things About Ed Carpolotti." Act II features a Patsy Cline number and an anonymously written play entitled "Footprints" in which two residents of the Sunshine Trailer Park in Silver Springs, Florida, talk about their late husbands, barefooting, footprints, flea markets, spaceships, Cher, and colonies on the moon. Act III is "Save me a Place at Forest Lawn" by Lorees Yerby and deals with two elderly ladies, Gertrude and Clara, friends for over forty years, who meet for their weekly luncheon at their favorite cafeteria. Plans for the hereafter come up as do startling revelations of the here and now. Tragicomedy at its finest. This entertaining evening featuring two well-known actresses is not to be missed! Tickets are \$25.00 and will be charge to accounts on Monday, May 21. **Please sign up at the Front Desk for reservation and bus transportation.**

CULINARY CORNER

TODAY'S LIGHTER FARE OPTION listed in the Dining Menu is so designated because of a lower sodium content.

Genita Maiden-Shearin, Director of Culinary Services
Edna Roberts, Food Committee Chairman

DIETICIAN TIPS

Eating your age tips # 3 and 4.

#3 Increase sources of healthy fat such as omega-3 fatty acids (sardines, salmon, tuna, flaxseed, walnuts, Great Northern beans, and kidney beans, Cruciferous vegetables broccoli, cauliflower, Brussels sprouts and cabbage all are known to reduce the risk of a stroke.

#4 Make lifestyle changes by reducing alcohol intake and smoking, which also helps to decrease risk of high blood pressure. However, red wine is full of antioxidants that protect against dementia. Just don't overdo it.

WHITE GARDEN WELCOMES ALL FOR MAY BLOOMING BONANZA

Recently Lois Williams wrote me that she walks through the White Garden several times a day and wonders if other RWC residents realize what a treat it is to visit this garden, especially in May. Where is it, you ask? Look for it at the corner of Denegre and Lancaster Drive, on the left when approaching RW-C's Main building. Planted in 1989, the Garden Club of the Northern Neck honored RWC with this garden on its fourth year since opening. Lois says "Come walk on the pedestrian path with the garden on both sides and enjoy a hedge of white Deutzia full of delicate white blossoms and several types of blooming viburnum. The large beds of Solomon Seal are spectacular." Other ornamental shrubs and trees fashion white blooms throughout the month and into the summer.

Ginny and Charles Johnson also watch this garden carefully as Ginny reports on its health at the bi-monthly Grounds and Landscaping Committee meetings. They live at the end of the path as you emerge from the garden. Ginny has seen the trees grow and the shade cover plantings over the years. Today Damon Chowning, our Grounds and Landscaping Manager, has introduced new seasonal and perennial plantings as original items cease to bloom. Nature requires ever changing landscapes. Come and enjoy the

garden this May and all summer long. Share your experience with Ginny, Lois, and your friends, and pass on ideas you have for future plants, but be sure their blossoms are white.

Jane Henley,
Chairman Grounds and Landscaping Committee

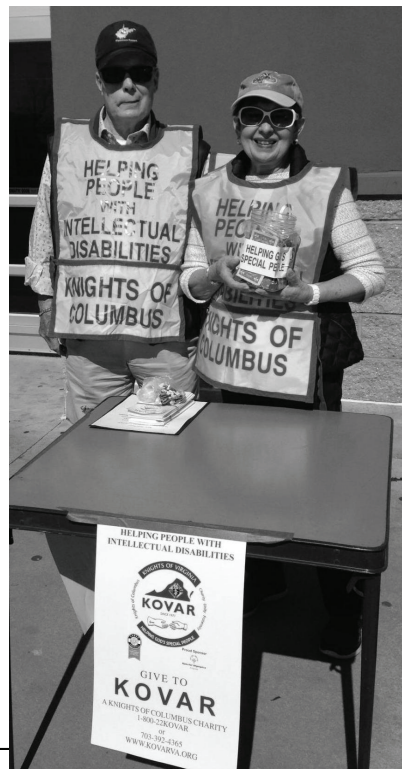
N4RWC RWC AMATEUR RADIO CLUB NOTE

The RWC Amateur Radio Club (N4RWC) meets monthly on the second Tuesday in the Boiler Room at 10AM. All are welcome. You do not have to be a licensed amateur operator to participate – all that is needed is an interest in radio, technology, and a bit of fun and fellowship. Each meeting has a business element followed by time exploring a topic of interest or a piece of radio or test gear. 73

NEW MEDICARE CARDS ARE COMING!

Medicare is mailing new Medicare Cards to Virginia residents during April through June 2018. When you receive your new card, please bring it to the Resident Life Offices or Social Service Offices so your information in our records can be updated.

You may also contact Maria Ferrand (4024), or Alice Coates (4104) for additional information or assistance.



Barbara and Hugh Lovell collecting in front of Wal-Mart for The Knights of Columbus annual Kovar drive. Kovar is a Virginia Knights of Columbus charity to serve Virginians with intellectual disabilities.

THE RWC LIBRARY

Closer Than You Know by Brad Parks is the RWC Book Group's May selection – we'll meet May 21 in the Rappahannock Room at 10:30 a.m. The Library has five copies of *Closer Than You Know*. It's a new book by Brad Parks who lived in Middlesex County, and now is near Staunton, Virginia, the book's setting.

Brief summary from an Amazon Customer Review: "Her baby was taken by Social Services, her house was raided by cops who found drugs, the D.A. is investigating a rapist, and Melanie was one of his victims."

Another Local Author – Look for *Dreams of Troy*, a "cyber terror" mystery by retired epidemiologist D. Richard P. Wenzel, Emeritus chairman of the Department of Internal Medicine at Virginia Commonwealth University, now living in White Stone.

Recent donations, each of which will be "just the thing" for a couple of RWC readers.

- Lots of books about bees and honey from Ted Munns.
- *The Woman's Hour: The Great Fight to Win the Vote* – a beautiful book from Cecelia Barton.
- An esoteric selection from Sue and Walter Rogers, featured on the current bulletin board.
- Some new-to-us coffee table books to refresh our "books in public spaces" inventory.
- And three scholarly Virginiana titles: *Damned Souls in a Tobacco Colony* (about the Anglican church in Virginia), *From Calabar to Carter's Grove*, and *Irons in the Fire* (the Tayloe family).

Also new in Virginiana – a printout of "Defining the Rappahannock Indigenous Cultural Landscape." It's a report on the Rappahannock River Indians that helped St. Mary's College in Maryland secure \$240,000 in funding for further investigation and archaeology in the middle Rappahannock River basin.

Did you notice that the **2018 Pulitzer Prize for Fiction** went to "the comic and misbegotten adventures of a middle-aged novelist?" – a book called *Less*, by Andrew Sean Greer. Quite a change from the grimness of *The Sympathizer* (Viet Thanh Nguyen) in 2016 and *The Underground Railroad* (Colin Whitehead) in 2017. The RWC Library has both, and we're getting *Less*. Read quickly and return so others can enjoy it.

Your Residents Association dues pay for the Association's annual grant to the RWC Library, this year \$750 – that's about \$4 per resident. This pays for our supplies, multiple copies of our book group selections, and occasional book purchases to supplement the donations. We've just ordered six **just-published books** – four fiction, two non-fiction. Something for everyone.

May 15 is Pink Slip Day. Folks who've been delinquent in returning books borrowed from the RW-C Library will find a notification in their mail boxes. Don't get caught! Look around for overdue books and get them back to us.

Lois Williams – RWC Residents Association Library Chair

MONDAY MAY 28, 2018 MEMORIAL DAYSupervised Swim: 8:00am-9:00amStrength and Balance C: 9:00 am-9:50 amFit to Move: 10:00am-11:00pmStrength, Balance and Core D: 11:00am-11:40amStrength and Balance A: 11:05-11:35am CanceledSupervised Exercise: 11:30am- 12:15pmStrength and Balance B: 1:30-2:15am CanceledSupervised Swim: 2:00am-2:45am CanceledPool closed for cleaning 3:00pm to 6:00pmSupervised Exercise: 2:30am- 3:15pm Canceled**PARKINSON'S SUPPORT GROUP****Wednesday, May 9—1:00 pm—Auditorium**

The Parkinson's Support Group will have Mary Arthur, Dementia Care Coordinator at RWC. Mary will be speaking about Parkinson's dementia.

*Reminder that the group has lunch before the meeting at 11:30 am in the RWC grille.

FITNESS CENTER FOR BEGINNERS**Tuesday and Thursday 9:00 am to 9:30 am / 2:30 pm to 3:00 pm**

This is an introduction to how to use the equipment in the 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, or to sign up, call Jonathan at 438-4290 or William/Alex at 438-4852

SUPERVISED EXERCISE**Monday, Wednesday and Friday 11:30 am to 12:15 pm / 2:30 pm to 3:15 pm**

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 to update your health history, waiver form and medical release before you participate. For more information or to sign up call Jonathan at 438-4290

DISC GOLF**Thursday, May 17—11:00 am—Thomas Garden Patio**

Disc golf is played just like golf but with a disc. Come on out and have some fun. Please sign up at the front desk. If you have any questions, please contact Jonathan at 438-4290

WALKING PROGRAM

We will be starting the Walking Program in May. There will be more information to follow about a start date.

LANCASTER HIGH SCHOOL VISUAL ART STUDENTS' WORK ON DISPLAY IN MAY**The ninth through twelfth grade classes showcase their art at RWC every spring**

Like the swallows at Capistrano, you can count on Sandy Manning's Lancaster High School Visual Art students to return to the same place and put on a beautiful display every year.

Life-size sculpture, portraits, watercolors and pencil drawings as well as photos taken downtown and at Indian Creek Yacht and Country Club, will be on display at Rappahannock Westminster-Canterbury for the annual LHS May artist exhibition.

There will be 30 to 40 pieces all together – some Teacher's Choice Awards, others created and generated earlier in the year. Manning had 10 seniors this year and wants each one to have at least one piece in the show.

"Our curriculum allows students to generate their own ideas within an assigned skill. The Art Foundations class was assigned a life-sized sculpture, which required collaboration and cooperation among teams of six. Duane Hansons' (the late modern artist) life-sized installation sculptures were part of the lesson, along with sculptor George Segal's work. The sculpture featured in the show represents two gamers playing video games.

Last year's show was the first student art display in the Life Enrichment Center. This year, the LHS Visual and Graphic Arts show will be in RWC's Gallery Hall. One pair of life-sized sculptures will be present with mini-galleries of 2-D works that flow from one medium to the next."

"We are not focusing on a single thing," Manning said. "It's a collection of different things. You'll be able to recognize the skill these young people are working on, and hopefully it will inspire residents to explore some medium that is being used."

SPRING CLEANING FOR DONATIONS TO GRACE CHURCH YARD SALE

It's almost time for the 30th Annual Grace Church Yard Sale. The Yard Sale is already amassing many wonderful items but needs more! Now is a perfect time to cull through your jewelry – earrings, necklaces, bracelets, rings, watches and jewelry

boxes.

The Plant Booth - You can drop off patio and lawn furniture at the Boys Camp or call Deb Lockhart, [\(804\) 647-5450](tel:8046475450) to arrange a pick up. "We also welcome your donations of time, plants, lawn and garden tools, pots, baskets, vases, yard art, bird feeders and houses, seasonal flags, and everything for the outside," adds Plant Booth Chair Linda Burnett. If you need assistance with digging or a pick-up of yard items, please contact Linda Burnett, [\(804\) 758-4260](tel:8047584260).

There is always room for more donations – cars, boats, rowboats, boating equipment, appliances, as well as most anything else you can think of. Donations can be dropped off at the Boys Camp (Camp Kekoka), [1083 Boys Camp Rd., Kilmarnock](tel:8045775450). Those preferring to schedule a pick-up may call Deb Lockhart, [\(804\) 577-5450](tel:8045775450). "All money raised by the Grace Church Yard Sale is returned to our community through grants to our local non-profits. It is a great way to accomplish your Spring cleaning, shop to your heart's content, and help our community," said Schoelwer.

MEMORIAL DAY SERVICE**Tuesday, May 30—9:00 am****Flagpole in Front Parking Lot**

Memorial Day is a time to pause and consider the true meaning of this holiday. Memorial Day represents one day of national awareness and reverence, honoring those Americans who died while defending our Nation and its values. While we should honor these heroes every day for the profound contribution they have made to securing our Nation's freedom, we should honor them especially on Memorial Day.

Let us come together to recognize how fortunate we are to live in freedom. This memorial observance represents a simple and unifying way to commemorate our history and honor the struggle to protect our freedoms.