



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

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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

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Please take a minute and subscribe to the [RWC YouTube](#) channel. As a subscriber, you'll receive notifications when new RWC videos are added. We are trying to get to 100 subscribers! Check out what our residents are saying about why they love living at RWC too!

WANT TO CHANGE YOUR MEAL PLAN?

If you want to change your meal plan, please fill out a form at the Front Desk by the 25th of the month, maybe just put it on the calendar each month?

Marilyn Grinnen
RW-C Business Office
804-438-4846

The deadline to submit articles for the
May 2019 issue is
Tuesday, April 23 , 2019 by noon.
Contact us: 804-438-4000

BREWING COMPANY OWNER IS SECOND SPEAKER IN RWC VIEWPOINTS SERIES

Retired YMCA executive now hopped up on craft beers

M.J. (Mary Jane) Anderson brought something to Gloucester never before done ... a brewery. But not just any brewery, mind you. She opened "That Damn Mary Brewery Company" (TDM).

Anderson was born in Missouri but spent most of her childhood in the Philippines. The brewery name comes from her alter ego, "that damn Mary," who behaves from time to time in ways Anderson never would! A former regional executive for the Peninsula Metropolitan YMCA, Anderson's passion for beer is equal to her passion for life, a passion she is especially living out during breast cancer treatments and its aftermath ... a diagnosis she received while making her brewery dream happen.

"We weren't deterred because so many people had been clamoring for it," said Anderson, 53, a trained brewer who retired from the YMCA to open TDM. "Having a brewery in Gloucester is important for a ton of people."

TDM is located on 3-1/2 acres and connected to Mobjack Tavern. Anderson worked on opening the brewery in between chemotherapy treatments with the help of her "tribe," friends and brewery employees, Starke Jett, Susan Johnson and Pamela Witthaus. Anderson went through surgery with flying colors and her last chemo treatment is scheduled

for April 4.

The brewery is using Virginia hops as much as possible and grains from Northern Neck farmers, said Anderson, who lives in Northumberland County. She also is integrating green and sustainable practices as much as possible and using as many Virginia sources as she can find to be a good community partner.

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.

Here's the line-up for the rest of the series:

May 20: Bill Lohmann, author and *Richmond Times-Dispatch* news columnist

June 3: Tom Allen, humorist, *Richmond Times-Dispatch* columnist

BEER TASTING AND LUNCH AT THAT DAMN MARY'S BREWERY*

Wednesday, April 10—11:30 am
Front Lobby

Sign up to taste an array of beer for only \$7.00 and enjoy lunch at the Mobjack Tavern. We guarantee it will be a fun afternoon! **Please sign up at the Front Desk to attend.**

- 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
- OTR
- Outpatient Therapy Room
- RAP
- Rappahannock Room
- RCL
- Resident Clinic
- TGP
- Thomas Garden Patio
- WCN
- Westbury Center
- WCR
- Westbury Club Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
APRIL 2019	10:00-COR-Parkinson's Caregiver Support Group 11:00-AUD-Viewpoints* 1:30-FRL-Shopping & Errands* 2:30-AR1-Coffee with Stuart 2:30-WCR-Manicures 3:00-AUD-Audubon Society Presentation 4:00-CGR-Dart Sharks 4:00-WCR-Formal Tea Party 4:30-AR2-Memory Support Groups	10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 10:45-WCR-Travel Log: El Salvador 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:00-AUD-DVD: RWC's Got Talent Show 1:30-AR1-Boggle Word Game 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 10:15-WCR-Chair Cha Cha 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-WCR-Milkshakes 4:00-CPL-Rosary	8:30-LAN-ROMEOs & OWLETS* 10:30-HC-Coffee & Conversation 1:00-AR2-Acrylics for Beginners Class: Daisies* 1:30-FRL-Nature Trail Hike* 1:00-LIB-Party Bridge 3:30-WCR-Music with Dirk NO HAPPY HOUR TONIGHT	2:00-HC-Movie Matinee 5:00-MSP-Happy Hour
10:00-MSP-Society of Friends Meeting 4:00-WCR-Worship Service	10:00-BLR-Residents Health Care Committee Meeting 10:00-AR2-Paint Pouring Easter Eggs* 1:30-FRL-Shopping & Errands* 2:30-AR1-Coffee with Stuart 2:30-WCR-Manicures 4:00-CGR-Dart Sharks 4:00-WCR-Tea Party	9:00-AUD-Chesapeake Academy Mini Keys Symposium* 10:00-AR2-Chat & Craft 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 10:45-WCR-Travel Log: England 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits	10:00-AR2-Activities Committee Meeting 11:30-FRL-Trip to That Damn Mary Brewery in Gloucester* 1:00-AUD-Parkinson's Support Group Annual Event 1:30-CGR-Bunco Group 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 10:00-CGR-Great Courses* 11:00-WCR-Java Time 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary 4:00-AUD-Chesapeake Wealth Management Cocktail Party*	10:00-ATR-Paparazzi Jewelry Sale 10:30-HC-Coffee & Conversation 1:00-AR2-Acrylics for Beginners: Barns* 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-CGR-Apple Seeds Computer Group 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour 6:45-FRL-"On Stage":Sgt. Pepper's Lonely Bluegrass Band*
4:00-WCR-Worship Service	11:00-AR2-Painting Ceramic Eggs* 1:30-FRL-Walmart Shopping* 2:30-WCR-Manicures 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party 5:00-AUD-Friends of the Rappahannock Presentation*	10:00-AR2-Chat & Craft 11:00-AUD-Holy Week Service 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits BIBLE STUDY CANCELED TODAY	10:30-AR2-Crafts for a Cause 10:30-FRL-Virginia Rep. Theatre: Atlantis (subsc. holders) 11:00-AR2-Acrylics for Beginners: Tulips* 1:00-AR2-Caregiver's Memory Support Group 3:00-WCR-Bible Study with Greg 7:00-CGR-Gentlemen's Poker Club	9:00-WCR-Men's Breakfast 10:00-CGR-Great Courses* 10:15-WCR-Chair Cha Cha 11:00-MSP-Resident Choir Practice 11:00-TGP-Disc Golf* 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-CPL-Rosary 7:00-AUD-Campbell Memorial Presbyterian Church Maundy Service	GOOD FRIDAY 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-AUD-Special Occasion Party NO HAPPY HOUR TONIGHT	12:00-HC-Movie Matinee 5:00-MSP-Happy Hour
EASTER	10:30-RAP-RWC Book Group 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-WCR-Tea Party 4:00-CGR-Dart Sharks	8:30-AUD-Voyages* 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 10:45-WCR-Travel Log: Equatorial Guinea 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits DEADLINE FOR GAZEBO GAZETTE ARTICLES	11:00-AR2-Acrylics for Beginners* 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 10:45-WCR-Java Time 12:00-Golden Eagle GC-Annual RWC Golf Tournament 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary DEADLINE FOR CHANGING MONTHLY MEAL PLANS. CALL EXT.4846 OR 4028	10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	12:00-FRL-Ferguson Center: Jersey Boys* 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Secretariat
12:00-FRL-Norfolk Scope: Virginia International Tattoo* 4:00-WCR-Worship Service	1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-WCR-Tea Party 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 10:30-COR-Bible Study 10:45-WCR-Travel Log: Eritrea 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits RAIN DATE FOR RWC ANNUAL GOLF TOURNAMENT IF NEEDED	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 ONLY.			

GREETING FROM THE PRESIDENT/CEO

"Nearly every moment of every day, we have the opportunity to give something to someone else - our time, our love, our resources." - S. Truett Cathy

Preparing to write my April Note, I read the quote above from Chick-Fil-A founder Truett Cathy. Our world, our country, our Commonwealth, our region, our county, our community, our friends, neighbors, and colleagues – all are in need in some way. We all have not only the opportunity, but the privilege to give. You might say, "I am not wealthy, so I do not have much to give, or I am too old to give anything." I could not disagree more. First, you have the wealth of yourself – the Bible says we are "fearfully and wonderfully made." All of us, not some of us, are blessed with gifts and talents designed specifically to meet needs and challenges others face. We are blessed with those gifts and talents to share with others. If we were not meant to share, each of us would have all the gifts, talents, and abilities we need to get through life without anyone else. Despite being wonderfully made, we are not completely self-sufficient. We need others and others need us, and as Mr. Cathey notes, we have that opportunity to share every moment of every day.

Last month, I wrote about support, the support you provide through encouragement. I have been watching and listening these past days, and I see and hear you giving of your time, love and resources. You take time to speak to each other and to the staff. You look in on friends who might need a kind or lifting word. You write notes and cards to congratulate and console. You invite fellow residents to join you for a meal or learning a new activity. You share your gifts and talents opening new doors for those seeking to tackle hobbies that bring you joy. You understand when someone is having a rough time or may not be in the best of moods and extend your grace and comfort. You support local organizations, your church or place of worship, and our Fellowship Fund.

I thank you for letting your light shine as you seize the opportunity Mr. Cathey describes. We are rich in our time, talents, love and/or treasure, and each day we will be given the opportunity to share from our blessings. As we brighten our part of the world, our light will extend out farther than we can begin to imagine. Any one of us might be the light at

the end of the tunnel another of us desperately needs. May we be that light for someone.

Welcome to spring at RWC! Enjoy all it has to offer including our continuing Viewpoints speaker series, Great Courses, the Artist of the Month – our very own photographer extraordinaire – Ruth Fisher, the annual Voyages program for life planning, and a trip to the Virginia International Tattoo. On April 25th the 35th Annual Foundation Golf Tournament will be held at the Golden Eagle in support of the Fellowship Fund.



**EVERY MONDAY
2:30 PM—ART ROOM 2**

Topics range from RWC life to other items of interest. Please join us for conversation and coffee.

N4RWC AMATEUR RADIO CLUB

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

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CHESAPEAKE WEALTH MANAGEMENT
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CORDIALLY INVITE YOU TO JOIN US
FOR COCKTAILS,
HORS D'OEUVRES AND MUSICAL
ENTERTAINMENT**

**THURSDAY, APRIL 11TH
4:00 PM – 6:00 PM**

**RAPPAHANNOCK WESTMINSTER
CANTERBURY
AUDITORIUM**

**PLEASE CALL (804) 435-3652 BY
APRIL 5TH
TO RSVP YOUR ATTENDANCE.**

Culture Club: Music, Theatre and Speakers

ROMEOs & OWLET s *

Friday, April 5—8:30 am—Lancaster Rm

Resident Ted Munns will be talking on Flora for Honey Bees. Ted is a Master Naturalist and will share his passion for all things growing.

Please sign up at the Front Desk to attend.

CHESAPEAKE ACADEMY MINI KEYS SYMPOSIUM

Tuesday, April 9—9:00 am—Auditorium

The students will be comparing the two ecosystems – Florida Keys and the Chesapeake Bay on certain topics.

"ON STAGE"*

Saturday, April 13—6:45 pm—Front Lobby

Bands have been covering Beatles tunes for decades, but none like Sgt. Pepper's Lonely Bluegrass Band. Imagine the music of the Fab Four shaken up with infusions of bluegrass and jazz and topped off with a classical twist. The result: a satisfying musical cocktail! What if...The Beatles were actually from somewhere in the Black Mountain Hills of Dakota?

Sgt. Pepper's Lonely Bluegrass Band is a collection of four very different musicians creating a new sound from the greatest music ever written by the greatest band ever... The Beatles. Sgt. Pepper's Lonely Bluegrass Band's repertoire features new and innovative takes on songs like ...Eleanor Rigby, Back in the U.S.S.R, Come Together, Blackbird and many more.

Tickets can be purchased by calling the box office at 438-5555 or on the web at www.rappahannockfoundation.org. RWC will provide transportation. Please sign up at the Front Desk.

FRIENDS OF THE RAPPAHANNOCK PRESENTATION*

Monday, April 15—5:00 pm—Auditorium

Neighbors in the watershed are invited to join Friends of the Rappahannock, W.E. Kellum Seafood, and Albert Pollard, Jr. at Rappahannock Westminster-Canterbury to celebrate the newest oyster sanctuary on the Eastern Branch of Carter's Creek.

Light refreshments will be included. Watershed education demonstrations will be provided by

students from Chesapeake Academy and guests will have the opportunity to hear from Friends of the

Rappahannock, Tommy Kellum and Albert Pollard, Jr. as they discuss the benefits of thriving oyster reefs and the oyster's connection to improving water quality conditions in Carter's Creek and the Rappahannock River.

VOYAGES*

Tuesday, April 23—8:30 am to 3:00 pm—Auditorium

In its 17th year, Voyages was designed to create awareness and discuss advance care planning choices regarding legal, medical, social and spiritual issues. This one-day seminar provides participants an opportunity for an intimate discussion about these often difficult to talk about topics. Please sign up at the Front Desk to attend. Seating is limited.

LAST CALL!!!!

"JERSEY BOYS"

**Saturday, April 27 at 12:00 p.m.
Ferguson Centre at Diamonstein
Concert Hall**

**Ticket Price: \$70 pp (only 4 seats left)
(includes ticket, & bus fee)**

VIRGINIA INTERNATIONAL TATTOO

**Sunday, April 28 at 12:00 pm
Norfolk Scope**

**Ticket Price: \$55pp (only 3 seats left)
(includes ticket & RWC bus transportation)**

Call the Resident Life Office for details!

NATURE TRAIL HIKE

Friday, April 5—1:30 pm—Front Lobby

On Friday, April 5, at 1:30 PM, the Grounds and Landscaping Committee members will be taking a hike on the Nature Trails here at RWC. Master Naturalist, Tom Teeple welcome other members of the RWC Community to join the group. We will be meeting in the Front Lobby at 1:30 PM. **Please sign up at the Front Desk.** The rain date for the hike is same time, Tuesday, April 9.

Spiritual Devotion: Dedicated, Faithful and Holy

- **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, with occasional exceptions.

- **The Westminster Singers:** Special choir music is a part of the service on the third Sunday of each month.

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

- **Northern Neck Society of Friends:** First and third Sundays of each month, 10AM – Noon, in the Main Street Pub.

BIBLE STUDIES

Tuesdays at 10:30 AM in the Corrotoman Room. All residents are welcome to this Bible Study taught each month by different local church leaders invited by the group.

For April: Rev. Jesse Blythe of the Irvington United Methodist Church.

Wednesday, April 17 at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck.

All residents are welcome to join together for a 30 minute lesson.

UPCOMING ANNUAL HOLY WEEK SERVICE OF WORSHIP

Holy Tuesday, April 16, 11:00AM in the Auditorium. We welcome the Reverend Dr. Mary Thorpe, who will be representing the Episcopal Diocese of Virginia and the Reverend Dr. Bill Arnold, who will be representing the Presbytery of the James. Holy Communion will be observed.

FROM THE CHAPLAIN

I'm writing this on the morning of March 20, the first official day of Spring. Oddly, one of the first things I did was scrape frost off the windshields of our cars. Some kind of Spring! ("The first day of spring is one thing, and the first spring day is another." Henry VanDyke) And yet, we know that springtime in Virginia can be breathtakingly beautiful...and inspiring. ("No winter lasts forever; no spring skips its turn."

Hal Borlund) Spring reminds and encourages us, just when we seem to need it most, of the promise of newness, of hope, of life. There are times when we need to tenaciously hold fast to hope. To stand by and for it. To insist on it, because there can be so much around us that would portray things in an entirely different way.

"Optimism is radical. It is the hard choice, the brave choice. And it is most needed now, in the face of despair-just as a car is most useful when there is a distance to close. Otherwise it is a large, unmovable object parked in the garage. These days, the safest way to appear intelligent is to be skeptical by default. We seem sophisticated when we say we don't believe and disingenuous when we say we do. History...shows that nothing is ever entirely lost. David can take Goliath. A beach in Normandy can turn the tide of war. Bravery can topple the powerful...Every day, we all become the balance of our choices- choices between life and fear, belief or despair. No hope is ever too small. Optimism is our instinct to inhale while suffocating. Our need to declare what needs to be in the face of what is. Optimism is not uncool; it is rebellious and daring and vital... And so it goes time after time, choice after choice, that we decide to leave behind a biography or an epitaph. Look around you now and decide between the two. Inhale or die." (Oscar-winning filmmaker Guillermo Del Toro, TIME, February 18-25, 2019)

In this Lenten season, which is but a foreshadowing of the light of life rising out of the deepest darkness of even death itself, my prayer for you, for us together, not just now but in all the days to come, is for grace, peace and hope in and through all things. Happy Easter.

Chaplain Greg Houck

IN MEMORIAM

Mrs. Janet "Sis" Ransone	March 9, 2019
Rev. William Pregnall	March 15, 2019
Mrs. Joyce Sullivan	March 17, 2019
Mrs. Patricia (Pat) Hurlbut	March 26, 2019

Creative Fun: Arts, Crafts and Games

CORN HOLE GAME

EVERY Thursday, —1:30 pm—Fitness Class Rooms

BEADING OPEN STUDIO*

Thursday, April 11 & 25—3:30 pm—Art Room 1

Join Susan Carter-Hughes to learn how to bead or help you with your beading projects. **Sign up at the Front Desk.**

PAINT POURING EASTER EGGS

Monday, April 8—10:00 am—Art Room 2

Class Limit: 8

We will have a good time creating an acrylic pours over large wooden Easter eggs. No experience necessary. It's fun and easy. **Please sign up at the Front Desk to attend.**

PAINTING CERAMIC EASTER EGGS

Monday, April 15—10:00 am—Art Room 2

Paint your own Easter egg using your imagination. Makes a great little gift for a friend or family member. Please sign up at the Front Desk to attend.

ACRYLIC PAINTING FOR BEGINNERS*

Class Limit: 8

Friday, April 5—1:00 pm—"Daisies"

Friday, April 12—1:00 pm—"Barns"

Wednesday, April 17—11:00 am—"Tulips"

Wednesday, April 24—11:00 am—TBD

All classes are in Art Room 2

Please sign up at the Front Desk

CRAFTS FOR A CAUSE

Wednesday, April 17, 10:30 am—Art Room 1

Thank you for coming and greeting the kittens, they were so cute.

Please join us in making the soft spots for them.

LOCAL SHUTTERBUG IS RAPPAHANNOCK WESTMINSTER-CANTERBURY'S FEATURED ARTIST IN APRIL

Farming, fishing and barns are among photographer's favorite subjects

Ruth Fisher of Irvington always has a camera by

her side. She's even been known to pull off the side of the road to capture a moment she just can't pass by. She jokes that because of this, she often travels alone! These spur-of-the-moment photographs and many others will be on display at RWC as the featured artist for April. But this artist is no stranger to RWC. Not only has she held exhibits there before, but Fisher is also the RWC receptionist.

"Everybody wants to know when I'm retiring, so maybe they are telling me something," she said laughing.

It doesn't seem like she's slowing down anytime soon, though, as she also still produces a calendar of her Northern Neck images every year, which she sells to friends, real estate agents, watermen and others.

As a native of Northern Neck, Fisher's love for the area is evident in her work, which prominently features landscapes, barns, fishing and farming. Favorite haunts have been Tangier Island and Chincoteague. "There are a lot of things to take pictures of on Chincoteague ... landscapes, the lighthouse, nature trails," she said.

PAPARAZZI JEWELRY SALE

Friday, April 12—10:00 am—3:00 pm—Atrium

Paparazzi Jewelry & Accessories

\$5

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accessorize. seriously, everything is \$5!
invite. host a party, earn free bling!
become. join my team, ask me how!

Neighborhood Knowing: Care, Committees & Commentary

NN SOCIETY OF FRIENDS

Northern Neck Friends meet for worship regularly on the First and Third Sundays of the month at 10:00 in the Main Street Pub. Worship is followed at 11:00 by discussion on a Quaker or other chosen topic. Currently the subjects concern how to live into Peace and Stewardship of the Earth.

April dates are April 7 and April 21; May 5 & 19; June 2 & 16. Normally we would not meet June 30.

We welcome any and all - residents, staff, visitors - to join us.

We are grateful to RWC for allowing us to meet here. Attendees come from much of the Northern Neck as well as RWC. It was a special draw for us. We had come all the way from Westmoreland County several times before we considered moving here.

With many thanks again, Maria Bradley

CMPC HOSTS MAUNDY SERVICE

Campbell Memorial Presbyterian Church, with Reverend Jim Moseley, will be holding a Maundy Service at RWC on Thursday, April 18 in our Auditorium. This is an important service during this season.

Worship will begin at 7:00 PM and will be open to all to attend! It is a wonderful opportunity to be able to attend this service without leaving our building. We thank Campbell Church for coming to us!

RWC'S WHITE GARDEN TURNS 40!

This April and May, pay attention to the White Garden, near the RWC entrance. It's a succession of white blossoms on plants, shrubs and trees. Planted by the Northern Neck Garden Club in 1989 - 40 years ago!

CULINARY CORNER

Did you forget something? Did you remember to return the green and/or the black and clear reusable containers? Did you remember to return the silverware? Where should you put them? They should be returned to the very beginning of the line in the Grille where you see the menu for the day. The Culinary Staff will then take them to the kitchen to wash and sanitize them before they are used again by residents. These are expensive items and when RWC needs to

buy more, there is less money in their budget for food!

Edna Roberts, Chairman, Food Committee

GARDEN PLOTS

There are several plots in the RWC garden that are available. If you would like one, please call Maxine Luxton at ext. 4200. All plots have been weeded and tilled. They are ready to be planted.

GOLDEN EAGLE TO HOST RWC FOUNDATION'S 35TH ANNUAL OPEN GOLF TOURNAMENT

Golf carts rev your engines! Get ready for Rappahannock Westminster-Canterbury Foundation's 35th Anniversary of its Annual Open Golf Tournament. The Golden Eagle Golf Course will host the event on Thursday, April 25. The cost is \$125 per player and includes lunch, golf, cart, snacks, beverages, prizes and a reception. A vehicle lease is the hole-in-one prize and there is a putt-in-one prize of \$2,500 for the lucky winner. Prizes also will be awarded for closest to the pin and longest drive. Awards will be given for the top team in each flight for men and women.

Proceeds from this charitable event support the RWC Foundation's Fellowship Fund, which ensures continued residency for those who may no longer be able to afford the cost, despite prudent planning. It also provides a variety of programs available at RWC for residents and non-residents.

Registration begins at 10 a.m. April 25 with lunch to follow. Shotgun start begins at noon and follows a captain's choice format. Rain date is Tuesday, April 30.

Registration for the golf tournament is limited to the first 36 paid teams. For more information or to register, call 804-658-2350, email esmay@rw-c.org or visit <https://rw-c.org/golftournament/> by April 18.

Since 1986, the RWC Foundation Fellowship Fund has provided more than \$5.5 million in grants to ensure RWC residents can enjoy a lifestyle of dignity and comfort at RWC's Total LifeCare Retirement Community.

Hooked on Books: Explore, Discover and Learn

THE RWC LIBRARY

The Tea Girl of Hummingbird Lane by Lisa See is the RWC Book Group's April selection - we'll meet Monday, April 22, at 10:30 a.m. in the Rappahannock Room. This is the story of a tea-picking village in remote China and, a generation later, a Chinese adoptee in California. The ladies of the Lancaster Community Book Group loved it!

Spring Cleaning! - Pat Kirby, Michele Blank and Kerley LeBoeuf are taking a hard look at the RWC Library's Non-Fiction section. They are moving Classics into Fiction, Memoir into Biography and Social Science into Miscellaneous, and pitching books that haven't been read in years. All so we can move Paperback Fiction to some newly-empty shelves and make room for our ever-expanding Fiction section. And we've had the heavy Magazine Table moved so those in wheel chairs can get close to the Mystery section.

New to Virginia - (1) *Home Birth Records of Dr. Chichester Tapscott Peirce, 1919 - 1954*. Dr. Peirce, a physician in Upper Lancaster County for 60 years, was Page Henley's grandfather.

(2) *Virginia Homes of The Lees* by Eleanor Lee Templeman, 1975, donated by Janice Shanks. (3) *Sea Venture: Shipwreck, Survival, and the Salvation of Jamestown* by Kieran Doherty. (4 and 5) *Tredegar Iron Works: Richmond's Foundry on the James River* by Nathan Vernon Madison, and *Richmond's Unhealed History* by Benjamin Campbell, donated by Nina Walls - both books the topic of a Sundays At Two talk.

From the Library of Gordon Charlton - **eight fat biographies** - Simon Bolivar, Alexander Hamilton, Jefferson & Hamilton, Francis Scott Key, Peter the Great, Leo Tolstoy, Queen Victoria, George Washington and Walt Whitman.

From the Library of Peter Bennett - thirteen magnificent **books about India**. Take some time to sit in the Library looking through one of these stunning books - no reading, just pictures.

Some oldies from an anonymous donor - Arthur C. Clarke's *2010: Odyssey Two* and two memoirs - one on climbing Mt. Everest and a Thor Hyerdahl journey that preceded *Kon-Tiki*.

In a follow-up to the February **Fashion Show**, we have *The Mountain Artisans Quilting Book*.

Sumptuous food mentions in a couple of hot new books!

From *The Chef* by James Patterson, a 2019 book donated by Cay Weimer - Blackened Catfish Fries, Crab Gumbo, and Dirty Rice with Crawfish Boudin.

From *Crazy Rich Asians* by Kevin Kwan - Langoustine and Calamasi Lime Gelee Terrine (Goggle it!), Hawaiian Suckling Pig Truffle Tacos, Banana Fritters, and Pineapple Tarts.

"**Operation Paperback**" just celebrated its 20th anniversary of sending paperbacks to our armed forces. Ann Wiggins mails a box to our troops every six weeks!

Lois Williams - RWC Residents Association Library Chair

We've moved the Book Lists to the front of the Library - for our Readers' convenience in checking whether the book a Reader is looking for in a book that's in the Library.

Fit Bits: Manufacturing Muscle

FITNESS CENTER FOR BEGINNERS

Tuesday and Thursday

9:00 -- 9:30 am / 2:30 - 3:00 pm

This is an introduction to how on 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 who 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

PARKINSON'S SUPPORT GROUP

On **Wednesday, April 10, 2019**, the Parkinson's Support Group will be meeting at **1:00pm** in the auditorium for the 12th annual PD Awareness Event. The featured speaker will be Dr. Leslie Cloud, assistant professor of Neurology at VCU Parkinson's and Movement Disorders Center. She will speak about how lifestyle factors such as diet, liquids, dietary supplements, exercise and sleep impact brain health. Prior to the presentation Parkinson's groups will be on hand to offer additional resources. To learn more and register, please call Rita DePew at 804-435-9553 by April 3, 2019 as seating is limited.

DISC GOLF*

On Thursday, April 18, 2019, at 11:00 am we will be playing disc golf. Disc golf is played just like golf but with a disc. Come on out and have some fun. We will meet at Thomas Patio. 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 April. There will be more information to follow about a start date.

WHO WANTS TO RUN, WALK OR CRAWL WITH ME?

The First Annual Oyster Crawl is at Dog and Oyster Vineyard on Saturday April 27th. 5K Run or 1 mile walk through the vineyard. \$25 for the 5K, \$15 for the 1 mile walk.

Walk starts at 9am, 5K about 9:15am. Followed by a glass of wine to get us rehydrated! T-shirt included.

Registration is at www.lancasterva.com. We can each register on our own, and meet up there on Saturday morning to run, walk or crawl together. Car pool – invite family and friends to come out for a fun day of wine, oysters, music...

What a great way to show this community we are a fun group and they need to come to RW-C and see what we are all about!

Let me know if you register – we can all get together... 4194 - tndmunns@va.metrocast.net



MEMORY SUPPORT GROUPS

Monday, April 1—4:30 pm—Art Room

ALL PARTICIPANTS ATTENDING THE PERSONS WITH DEMENTIA GROUP MUST BE SCREENED PRIOR TO ATTENDING. Please contact Mary Arthur at ext. 4856 or Amy Lewis at ext. 4024. **Caregivers Support Group** (Mary Arthur, facilitator), persons with **Early/Mid Stage** Dementia (Amy Lewis, facilitator) and persons with **Mid/Late Stage** Dementia (Sara Bishop, facilitator).

Flick Picks: Video Lectures, Documentaries and Movies

THE WORLD PREMIERE OF RWC'S GOT TALENT SHOW DVD

Wednesday, April 3—10:00 am—Auditorium

Did you miss the show in February? No need to fear, we got the DVD here!

Relive the laughs and tears of the RWC's Got Talent Show.

VCU HEALTH NEUROLOGIST IS PARKINSON'S AWARENESS WEEK SPEAKER AT RWC

Dr. Leslie Cloud will talk about lifestyle factors that impact brain health

Wednesday, April 10—1:00 pm—Auditorium

Ever since her first biology class, Dr. Leslie Cloud was completely fascinated with the nervous system and the brain, so focusing her studies and research on neurology was a “no brainer.” On April 10, Rappahannock Westminster-Canterbury will host its 12th annual Parkinson's Awareness event, and Cloud, Associate Professor of Neurology, VCU Health Parkinson's and Movement Disorders Center, will speak about how lifestyle factors impact brain health for those with Parkinson's disease.

The presentation will begin at 1 p.m. in the Auditorium, and prior to the presentation, local health organizations will display and share information about Parkinson's and caregiving, according to Rita DePew volunteer coordinator of the Parkinson's Support Group supported by RWC. She encourages those attending Cloud's presentation to arrive at 12:30 p.m. to visit with these groups. RWC and community residents are invited to this free educational program.

Cloud is a graduate of the Medical College of Georgia and completed her neurology residency and movement disorders fellowship at the Emory University School of Medicine. She also earned a master's degree in clinical research from Emory. Cloud moved to Virginia and began work at VCU Health in 2011. She will talk about how diet, liquids, dietary supplements, exercise and sleep impact brain health, particularly for those with Parkinson's disease. This will be Cloud's third time presenting at RWC.

“I have focused my work on Parkinson's disease and movement disorders because I found that

Parkinson's patients can improve so dramatically with the right treatment and care,” Cloud said. “The slow progressive nature of the disease means that patients live a long time, and I'm able to form long-lasting relationships with them that are productive and rewarding.”

Beverages and dessert will be served during a question and answer session following Cloud's talk. To learn more and register, call Rita DePew at 804-435-9553 by April 3. Seating is limited. RWC will honor reservations in the order received.

In addition to this annual educational event, RWC sponsors several initiatives for those with Parkinson's, their families and their care partners. The “Fit to Move” program provides RWC residents and community members with neuromuscular disorders a chance to participate in group exercises three times a week. RWC also sponsors a support group for individuals with Parkinson's and their care partners, and another exclusively for care partners.

RWC Vice President of Marketing and Development LuAnne Davis said, “These programs are underwritten by grants and individual contributions to the RWC Foundation, so there is no charge for participating in any of them.”

SATURDAY NIGHT MOVIE

April 27—7:00 pm—Auditorium

Featuring: **Secretariat**

When Penny Chenery agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder -- and owner of the colt that will take the 1973 Triple Crown -- in this dramatic biopic. (2010) PG 2h 3m.

NN AUDUBON PRESENTATION

Monday, April 1—3:00 pm—Auditorium

Teta Kane will have a program on the Dismal Swamp. All are invited, you do not have to be a member and it is a free program.