



Rappahannock Westminister-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
RWC Business Office
804-438-4846

RTD COLUMNIST IS THIRD SPEAKER IN RWC VIEWPOINTS SERIES

Bill Lohmann to share stories from his books

Richmond Times-Dispatch columnist Bill Lohmann had written a number of stories on Tangier Island when, in 2010, Parade magazine hired him to write a story for their publication. Only trouble was, the story was due in April and the Tangier Island Ferry doesn't provide service from Reedville until May.

Faced with this predicament, Lohmann thought of Dr. David Nichols who flew to Tangier once a week to provide medical care to islanders. "I asked if he could take me over there and thought he would be a good source for my story, too," Lohmann said.

An award-winning journalist and book author, Lohmann is the third speaker in RWC's Viewpoints series. His May 20 talk is titled, "The Back Roads of Virginia With a Side Trip to Tangier Island."

"Half of my talk will be about the back roads of Virginia and half will be about my new book, 'Dr. Coptr,' which was David Nichols' vanity license plate," he said.

His most recent book, "Dr. Coptr: The Flying Physician Who Kept His Promise to Tangier Island", came out in 2018.

"A few months after he flew me over for the Parade story, he was diagnosed with inoperable cancer," Lohmann said. "We went back in November 2010, but he couldn't even fly

anymore. His son flew us over. He never practiced medicine again and died in December 2010."

Inspired by the Northern Neck doctor's dedication to the island, Lohmann wrote a book about him at Nichols' request. "I knew him for less than a year, but the book took me eight years to write for many different reasons," Lohmann said. "For one thing, I had to work around my day job."

Lohmann has been in the news business for 40 years. He began his career as a sports writer for the Charlottesville Daily Progress before moving to United Press International where he worked in bureaus in Richmond, Orlando and Atlanta. He returned to Richmond in 1988 to write for The News Leader, and he joined its sister paper, The Richmond Times-Dispatch, when the papers merged in 1992.

Starting on May 6, you can call RWC at 438-4000 for a reservation for the May 20 event.

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.

The deadline to submit articles for the June 2019 issue is Friday, May 24 , 2019 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
- 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	
<h1>MAY</h1> <h1>2019</h1>	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.			10:00-AUD-Residents Association Board Meeting 1:30-AUD-American Symbols Concert* 7:00-CGR-Gentlemen's Poker Club	1:00-LIB-Party Bridge 4:00-WCR-Milkshakes 4:00-CPL-Rosary	8:30-LAN-ROMEOs & OWLETS* 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	2:00-WCN-Movie Matinee 4:30-AUD-Kentucky Derby Party* NO HAPPY HOUR TONIGHT
CINCO de MAYO 10:00-MSP-Society of Friends Meeting 2:00-AUD-Flute & Piano Recital* 4:00-WCR-Worship Service A SPECIAL CINCO DE MAYO MENU WILL BE SERVED IN ADDITION TO THE REGULAR LUNCH MENU	5 10:00-COR-Parkinson's Caregiver Support Group 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 4:30-AR2-Memory Support Groups	6 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 10:45-WCR-Travel Log 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	7 10:00-AR2-Activities Committee Meeting 1:00-AUD-Parkinson's Support Group 1:30-CGR-Bunco Group 4:40-FRL-Ladies Night Out* 7:00-CGR-Gentlemen's Poker Club	8 10:00-COR-Food Committee Meeting 11:00-TGP-Disc Golf 11:00-WCR-Java Time 1:00-AR2-Acohol Ink & Yupo* 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Open Studio 4:00-AUD-Afternoon Conversation: "Africa" with Katherine Cassidy* 4:00-CPL-Rosary	9 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10 10:30-CGR-Apple Seeds Computer Group 2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour	
MOTHER'S DAY 11:00-LVG-Mother's Brunch til 2pm—GRILLE CLOSED FOR DINNER 2:45-FRL-On Stage* 4:00-WCR-Worship Service	12 10:00-BLR-Residents Health Care Committee Meeting 1:30-FRL-Shopping & Errands* 2:30-WCR-Manicures 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	13 10:00-AR2-Chat & Craft 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits	14 10:30-AR1-Crafts for a Cause 11:00-AR2-Acrylic Pour Class 1:00-AR2-Caregiver's Memory Support Group 3:00-WCR-Bible Study with Greg 4:00-AUD-Northern Neck Orchestra Presentation* 7:00-CGR-Gentlemen's Poker Club	15 9:00-WCR-Men's Breakfast 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:30-Outside at LEC-Ladder Ball* 4:00-CPL-Rosary	16 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-AUD-Special Occasion Party NO HAPPY HOUR TONIGHT	17 12:00-WCN-Movie Matinee 5:00-MSP-Happy Hour	
10:00-MSP-Society of Friends Meeting 2:00-TGP-Afternoon Conversation: Dorothy Fagan* 4:00-WCR-Worship Service	19 10:00-BLR-Gounds & Landscaping Comm. Meeting 11:00-AUD-Viewpoints* 1:30-FRL-Walmart Shopping* 2:30-AR2-Coffee with Stuart 4:00-WCR-Tea Party 4:00-CGR-Dart Sharks 4:00-AUD-Special Concert: Max Hatt & Edna Glass	20 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 10:45-WCR-Travel Log 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	21 11:00-AUD-Clear Captions Presentation* 7:00-CGR-Gentlemen's Poker Club	22 10:45-WCR-Java Time 1:00-AR2-Acrylic Painting: Easy & Simple Mandalas for Beginners* 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary	23 9:00-FRL-Lewis-Ginter Botanical Gardens: Butterflies Alive!* 10:00-LAB-Labyrinth Walk 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour DEADLINE FOR GAZEBO GAZETTE ARTICLES DEADLINE FOR CHANGING MONTHLY MEAL PLANS. CALL EXT. 4846 OR 4028	24 10:00-FPL-Memory Lane Car Club Show 2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: The Wife	
4:00-WCR-Worship Service	25 MEMORIAL DAY 10:30-RAP-RWC Book Group 11:00-LVG-Memorial Day Cookout til 2pm—GRILLE CLOSED FOR DINNER 4:00-WCR-Tea Party 4:00-CGR-Dart Sharks	26 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 10:45-WCR-Travel Log 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 1:30-FRL-Shopping & Errands* 2:00-ALC-Therapy Dog Visits	27 11:00-AR2-Fluid Acrylics: Dynamic Circle with Tendrils* 4:45-AUD-Bingo-Pizza Party* 7:00-CGR-Gentlemen's Poker Club	28 9:00-Flagpole-Memorial Day Service 10:45-WCR-Java Time 1:00-LIB-Party Bridge 1:30-Outside at LEC-Ladder Ball* 4:00-CPL-Rosary	29 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	30 31	

GREETING FROM THE PRESIDENT/CEO

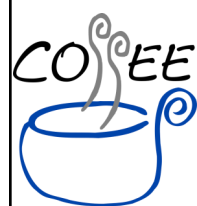
April was a busy month at RWC concluding with the wildly successful 35th annual Rappahannock Westminster-Canterbury Foundation Golf Tournament benefiting the Fellowship Fund that was held April 25th at Golden Eagle Golf Course. We had a great field of golfers, a waiting list and a magnificent team of volunteers. The success of the Tournament takes a village, including the leadership of LuAnne Davis and coordination by Emily May, our Golf Committee, Culinary Services, Facilities, resident and staff volunteers. We are most grateful for the generous support of the Tournament's major sponsors, Coastal Builders, Connemara Corp., Haywood Floor Covering, and Chesapeake Bank and many hole sponsors.

Spring activities abound as our campus flourishes to life. May events offer opportunities for celebration and remembrance. Mothers' Day of course is our cause for celebration in May as we recognize all resident and staff mothers for their faithful and loving care and support. Later in the month, Memorial Day invites us to pause to remember and honor our military service men and women who have given their lives in the ultimate sacrifice for the freedom and blessings we enjoy.

The May Viewpoints speaker is author/columnist Bill Lohmann. The Kentucky Derby and Cinco de Mayo are fun events, and we will have a cook-out for Memorial Day. A very busy month!

If you have friends that need to call RWC home, now is a great time to tell them how much you enjoy life here. Please encourage others to follow in your footsteps.

Enjoy the wonderful lifestyle and spring at RWC.



WITH STUART

**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.

Stuart Lohmann

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

KENTUCKY DERBY PARTY*

Saturday, May 4—4:30 pm—Auditorium

MENU

Kentucky Hot Brown Sliders
Chicken Tenders w/ a Bourbon BBQ Sauce
Pasta Salad
Deviled Eggs
Sliced Fruit Tray
Mini Pecan Pies

DRINK TICKETS CAN BE PURCHASED. MUST HAVE TICKETS TO RECEIVE A DRINK AT THE BAR.

Mint Juleps- \$5.00
Beer- \$2.50
Wine- \$3.50

Games, betting, contests, raffle!!!

MUST RSVP BY MAY 1 TO THE FRONT DESK!

An Accumulation of Years

They accrue, sometimes imperceptibly, molasses-like, or pass only slightly faster like raindrops determined to form a puddle. Or they fall freely, astonishing in their cohesive abruptness, surprising in their fleeting impressions.

Interchangeably, we are dazzled or dazed by the progression of our years.

And here we now are, looking back at the kaleidoscope of our long lives, in living color or black and white, both in joy and in mourning.

By some unfathomable grace here we are shaking white or bald heads in disbelief, smiling and crying. Here we still are in hope.

~Milena VanSant

Culture Club: Music, Theatre and Speakers

AMERICAN SYMBOLS*

Wednesday, May 1—1:30 pm—Auditorium

Chesapeake Academy's 1st grade class will be coming to perform their latest musical "American Symbols". Music teacher Barbara Hayes says the children are ready to put on a great show for us!! **Please sign up at the Front Desk to attend.**

ROMEOs & OWLET s *

Friday, May 3—8:30 am—Lancaster Room

Lois Williams will speak about Col. James Gordon, Tobacco Trader at Merry Point on the Corotoman, 1759-1763. She will be joined by Ammon G. Dutton, Jr., who has lived at Verville, the one-time James Gordon house, for 53 years.

Please sign up at the Front Desk to attend.

FLUTE AND PIANO RECITAL*

Sunday, May 5—2:00 pm— Auditorium

Flutist Kelly Sulick and pianist John Mayhood present "American Women: Our Stories, Our Voices," a recital that celebrates the journey American women have faced throughout history, contextualizing their challenges and celebrating their triumphs. Eve Beglarian's, "Can I have it without begging?" tackles the objectification of the desired, while Laura Kaminsky's "202-456-1111" addresses diminishing democracy in America. Jennifer Higdon's "Rapid Fire" embodies a desperate response to violence, while Valerie Coleman's "WISH Sonatine", inspired by Fred D'Aguiar's poem of the same name, depicts the harrowing journey of enslaved people traveling the Middle Passage. Finally, Eve Beglarian's haunting, "I Will Not Be Sad in This World," written for alto flute and electronics, rounds out the program. Please sign up at the Front Desk to attend.

NNO BRINGS PROGRAM TO RWC*

Wednesday, May 15—4:00 pm—Auditorium

The Northern Neck Orchestra is pleased to present a program of string and piano music featuring the NNO String Trio – Dr. Mosie Cunha, violin; Dr. Alice Lindsay, viola; and Dr. Stephen Custer, cello – and Dr. Michael Repper, Music Director and Conductor with celebrated pianist, Svetlana Smolina. Featured works by Mozart, Tchaikovsky and others. **Please sign up at the Front Desk to attend.**

AFTERNOON CONVERSATIONS WITH DOROTHY FAGAN, ARTIST*

Sunday, May 19, - 2:00 pm - Thomas Garden Patio

Embrace the Mountain of Colors Within You! Love color? Always dreamed of painting? Travelling to exotic places? What if the colors you dream of lie deep within your soul? Your passion is your ticket! Go on an artist's journey in France and discover the colors within you.

Embracing the mountain ~ my mountain ~ turned out to be the most uplifting, life-affirming thing I could do for my Self and my art!!! Discover the six colors that will propel your dreams forward. Lift your spirits with my heart-warming stories of painting in France. See the world with artist's eyes, and take hold of the Creator's hands today.

At seven, Dorothy Jean Fagan knew she would be an artist. When the nuns handed her a box of colored chalks, she painted a picture of the Virgin Mary on the black board. As a young mother, she sent her delicate pastel landscapes, off to win international recognition, while she did the twins' diapers. After an attacker threatened her life, she lost her ability to paint them. Her incredible journey home began in Provence, where she discovered the six colors within.

Please sign up at the Front Desk to attend.

SPECIAL CONCERT: MAX HATT AND EDDA GLASS

**Monday May 20—4:00pm—Pre-concert Reception
4:30—Concert—Auditorium**

Glass's voice ultimately "one of a kind...you cannot confuse her with another artist". Hatt's equally distinctive guitar work combines the harmonic innovations of jazz and classical with the melodic resonance of folk, creating music that's "subtly poignant, elegantly funky, and haunting without trying to be".

Together with Glass's literate lyrics, this Jazz Americana evokes the grandeur of the western landscape, telling intimate stories of little people on great plains, and leaving audiences with a feeling both light and deep.

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 May: Rev. Donna Blythe of the Mila and Wicomico United Methodist Churches.

Wednesday, May 15 at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck.

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

FROM THE CHAPLAIN

For reasons I'll mention in a minute, I've recently found myself thinking back on different aspects of my childhood, and in this case times spent with my paternal grandfather. I'm thinking here specifically of a time when I must have been about 6 years old and he took me to a drive up restaurant. It was one of those places where they would come out to your car on roller skates, hook a tray onto your rolled down (remember doing that?) window and take your order. And on this particular occasion the waitress asked me what I wanted and I said "A hamburger." Then she asked if I would like anything on it and I said "A bun." Grandpa used to love to tell that story! I was completely, earnestly serious. I didn't want to assume anything: I wanted to make sure that things came out the way I had hoped or imagined.

I share this account because just this week here at RWC we held our 17th annual "Voyages" program. Voyages is about planning: not only for the end

of our life but also for making the most of the rest of our life. When it comes to matters of such vital importance, not only to ourselves but also to our loved ones, including future generations, it's the better part of wisdom to not assume anything, to not think that something is obvious, or to just hope it will all somehow work out in the end. Voyages looks at later life and end of life, including after death, from the physical, social, medical, legal and spiritual perspectives. I think we find a fine balance of information and inspiration, of the theoretical and the practical, with a very clear emphasis on actual action steps. Learn then do. You'll never regret either. One example: if you haven't already, make sure to have "the conversation" about your end-of-life wishes. As has been said "It's always too soon to have the conversation, until it's too late." If you've never been to Voyages I encourage you to check it out next time around. If you have, you're always welcome to return for a refresher course! And please know that in the meantime the Voyages staff of myself, Alice Coates, Maria Ferrand and Rebecca Tallent are always here to assist you with both planning and also experiencing the best possible rest of your life that you can have. Chaplain Greg Houck

IN MEMORIAM

MRS. ETHEL WILEY
MARCH 23, 2019

MRS. MARYDEL FLINT
APRIL 13, 2019

MRS. HELEN NIHILL
APRIL 17, 2019

MRS. ZENA SMITH
APRIL 20, 2019

MRS. BETTY SOMERS
APRIL 22, 2019

Creative Fun: Arts, Crafts and Games



CORN HOLE

Thursday, May 9 & 23—1:30 pm
Fitness Classroom 2

LADDER BALL*

Thursday, May 16 & 30—1:30 pm
Outside Life Enrichment Center

Ladder Ball is played with 2 or more players or teams. Each player has 3 golf ball bolas. A bola is 2 golf balls attached by a nylon rope. The object of the game is to wrap your bolas around the steps of the ladder. The ladder consists of 3 steps, a top, middle and a bottom step. It's challenging and fun and will improve hand-eye coordination. **Please sign up at the Front Desk to attend.**

BEADING OPEN STUDIO*

Thursday, May 9 & 23—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.**

ART CLASSES FOR MAY*

Class Limit: 8 (Each class)
Thursday, May 9—1:00 pm—Using Alcohol Inks on Yupo*
Wednesday, May 15—11:00 am—Acrylic Pouring*
Thursday, May 23—1:00 pm—Easy & Simple Mandalas for Beginners*
Wednesday, May 29—11:00 am—Fluid Acrylics Dynamic Circle With Tendrils*
EVERY TUESDAY—1:00 pm—Watercolor Class with Pam (sign up is not required for this class).
All classes are in Art Room 2
Please sign up at the Front Desk

CRAFTS FOR A CAUSE

Wednesday, May 15, 10:30 am—Art Room 1

Please join us in making the soft spots for them.

LANCASTER HIGH SCHOOL VISUAL ART STUDENTS' WORK ON DISPLAY IN MAY

Nod given to Israeli artist Yaacov Agam in this year's exhibition

Lancaster High School Visual Arts teacher Sandy Manning recently returned from vacation on the Eastern Shore, where she learned some new things – like Riptide and his band are not a musical band, but the name of the famed Chincoteague stallion and his pony herd. Likewise, this year has had new learning opportunities for Manning's students – LHS visual and graphic artists.

This coming month will mark the 5th year that Manning has selected her students' best work for display in Rappahannock Westminster-Canterbury's annual May art exhibition.

Visitors to this year's show will see some unusual relief sculptures called agamographs, which are fashioned in the manner of Israeli artist, Yaacov Agam.

"This will be a simulation of what he did," Manning said. "The Art Foundations students studied proportions of the face and combined two portraits in their work." Some agamographs will showcase expressionism and the use of color to form a strong emotional impact.

A small collection of acrylic paintings will also be on display with a larger collection of photos and graphic designs, including some work that incorporates layers of transparent images combined with text to add meaning to the work.

A ceramic project will be represented with mosaic tiles constructed by the Intermediate Arts class. Finally, the students display will feature onomatopoeia in the Pop Art style of Roy Lichtenstein, made using fold-and-cut paper techniques.

Neighborhood Knowing: Care, Committees & Commentary

UPDATE ON DRAINAGE IMPROVEMENTS

For many years, we have been studying and implementing ways to improve storm water management at RWC. More recently, since the heavy rains of 2018, we installed additional measures to improve the routing of storm water into the drainage system. Last fall we installed four drain boxes and a large collection chamber in front of the Central Services building between the Clubroom entrance, the fish pond and the main lobby entrance. This has successfully routed surface water away from the building and into the storm drain system. In the cottage area, we installed several collection chambers with several smaller drain boxes feeding into those chambers. We used a camera to inspect the storm drain infrastructure throughout the property and made needed repairs to areas where problems were detected. Two pending storm water projects are a lateral grate across the front entrance to prevent water from flowing off Old Salem Road onto Lancaster Drive, and a new underground pipe that will carry water away from the west side of the Life Enrichment Center toward Wood Duck Lake.

Additionally, drains have been added to several areas where water was observed building up on the covered walkways. We are making French drain improvements to the gravel borders on an as-needed basis. We appreciate your patience as we make these improvements. Please feel free to contact me with any observations that could help us make further progress.

Phil Williams
X-4008

USE CAUTION: IT'S TICK SEASON

The health department offers the following tips to help reduce the risk of tick bites:

- ~ Use Environmental Protection Agency-registered insect repellent. To find EPA-registered products, go to www.epa.gov/insect-repellents/find-insect-repellent-rightyou. Always follow label directions.
- Use products that contain permethrin to treat clothing and gear such as boots, backpacks and tents.
- Talk to a veterinarian about using tick preventives on pets.

- Avoid wooded and brushy areas with tall grass and leaf litter.
- Walk in the center of trails.
- Bathe or shower as soon as possible after coming indoors -- preferably within two hours -- to wash off and more easily find ticks.
- Carefully examine gear and pets for ticks.
- ~ Place clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after coming indoors.

CAMPUS SPEED LIMIT REMINDER

With the warmer weather many more people are taking advantage of early morning and evening walks around campus. Dawn and dusk are the most difficult time of day for drivers to see. PLEASE OBEY THE SPEED LIMIT OF 22 MPH ON CAMPUS.

Dog Poetry



If taking care of number two
is number one to you,
then picking up your doggy doo
should matter lots to you.

So scoop the poop and bag it
and place it in the trash;
your doggy doo reflects on you,
It's what your puppy passed!

More than 126,000 dogs live in Snohomish County.
That's an entire city's worth of raw sewage sitting in our backyards.

**Scoop the poop, bag it,
and place it in the trash.**

Clean yards. Clean streams. (And clean shoes!)

**101 REASONS TO PICK UP PET WASTE:
NUMBER 92**

Snohomish County
Public Works
Surface Water Management
www.petsite.info/ewm/92/

Hooked on Books: Explore, Discover and Learn

THE RWC LIBRARY

Eligible by Curtis Sittenfeld is the RWC Book Group's May selection – we'll meet Monday, May 27, at 10:30 a.m. in the Rappahannock Room. The book is an update of Jane Austin's *Pride and Prejudice*, this time featuring Mr. and Mrs. Bennett in Cincinnati, Ohio, with their daughters Jane, Liz, Mary, Kitty and Lydia, and, of course, with Mr. Bingley and Mr. Darcy.

We're leaner, now that radical surgery has removed about 600 books from our shelves that hadn't been read in five years. We donated two carloads of books to Disabled American Veterans in Gloucester and mailed three boxes of paperbacks to troops overseas. The Computer Guys worked overtime up-dating the Book Lists. And RW-C's Tom moved books from one side of the room to the other. The result – Non-Fiction has been reduced from 17 sections to 12, while Large Print as gained a section and Mystery and Fiction have each gained two sections.

More 2019 books – two non-fiction books, *Dutch Girl: Audrey Hepburn and World War II* and *Bad Blood: Secrets and Lies in a Silicon Valley Startup* by John Carreyrou; "Definitely, you don't want to work for Elizabeth!" writes Jay White, who adds, "Enjoyed this book." And a mystery, *Unto Us a Son is Given*, book 28 in Donna Leon's Commissario Guido Brunetti series.

Other NEW (to us) books – *Blood, Bones & Butter* by Gabrielle Hamilton, a memoir of a life of French cooking in American restaurants, donated by Jane Henley and now in Non-Fiction Paperbacks. Three mysteries by Thomas Perry, donated by Tom Teeple. A novel, *Bear Town* by Fredrik Bachman. Two biographies, one of Douglas MacArthur and one of Clara Barton, both donated by Rhea Stone. A group biography by Cokie Roberts, *Founding Mothers: the Women Who Raised Our Nation*. A humor book, *New Times in the Old South*. And, in Large Print, the *Gertrude, Gumshoe* series.

Dean Loudy says that the May issue of *Trains Magazine* with its coverage of the 150th anniversary of the Golden Spike is the "best, ever!"

Favorite authors – Cecil Schwartz reads Ken Follett; Mildred Loudy has read every one of Lee Child books, starting from way back when; Agnes Burke likes the No. 1 Lady Detective books by Alexander McCall Smith; and Jewel Ray likes Donna Leon's mysteries.

Peter Bennett's **India Books** are now in the front of the Library, sharing a bottom shelf with the Art books, and, from time to time, displayed in one of RWC's public spaces. Deserving of special attention – *United States and India: 1776-1996* and David Macaulay's *Mosque*.

Madam Librarian's reading – *Eligible* and *Blood, Bones & Butter*, for a Chick-Lit fix; *The Bartender's Tale* by Ivan Doig and *The Centaur in the Garden* by Moacyr Scliar, for book groups; and *The Reckoning* by John Grisham, to keep up with new books. And dipping into the early history of Tidewater Virginia in preparation for her May 3 Romeo's talk.

Lois Williams – RWC Residents Association Library Chair

Fit Bits: Manufacturing Muscle

MEMORY SUPPORT GROUPS

Monday, May 6—4:30 pm—Art Room 2

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).

FITNESS CENTER FOR BEGINNERS

Tuesday and Thursday

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

This is an introduction on 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 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

DISC GOLF*

On Thursday, May 9, 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

Come on out and participate in the walking program. The passports are available in the fitness personnel office. You will only be able to pick up one passport at a time and you cannot pick one up for another person. We will be running this program until October 31, 2019.

PARKINSON'S SUPPORT GROUP

On **Wednesday, May 8, 2019**, the Parkinson's Support Group will be meeting at **1:00pm** in the Auditorium. The speaker will be Cindy Salesky, Coordinator for Therapy Dogs on the Northern Neck, will be with us to explain the difference between Therapy Dogs and Service Dogs. One of her dogs will accompany her.

If you need more details, please call Rita DePew for more details 435-9553.

MEMORIAL DAY FITNESS SCHEDULE

Supervised Swim 3 lanes open: 8:00am-9:00am

Supervised Swim 3 lanes open: 9:00am-10:00am

Strength and Balance C: 9:00 am-9:45am

Supervised Exercise: 10:00am-10:45am

Fit to Move: 10:00am-11:00am

Strength, Balance and Core D: 11:00am-11:45am

Strength and Balance A: 11:05-11:35am—**CANCELED**

Water walking: 1:00pm to 1:45 pm - **CANCELED**

Strength and Balance B: 1:30-2:15am - **CANCELED**

Supervised Swim 3 lanes open: 2:00pm-2:45pm—**CANCELED** (But if you have a partner you can come swim)

Pool closed for cleaning 3:00pm to 6:00pm

Supervised Exercise: 2:30am- 3:15pm - **CANCELED**

Flick Picks: Video Lectures, Documentaries and Movies

ON STAGE*

An Afternoon with Judy Collins

Sunday, May 12—2:45 pm—Front Lobby

Judy Collins has inspired audiences with sublime vocals, boldly vulnerable songwriting, personal life triumphs, and a firm commitment to social activism. The award-winning singer-songwriter is esteemed for her imaginative interpretations of traditional and contemporary folk standards and her own poignant original compositions. Enjoy Mother's Day 2019 with Judy!

Curtain 3:30 pm. 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.**

HELLO FROM CLEARCAPTIONS™*

Wednesday, May 22—11:00 am—Auditorium

Please join your local ClearCaptions Title IV ADA Specialist, Steve Thornton, for an informative conversation. We will be discussing how you can receive a **NO COST** caption phone and captioning service if your hearing loss makes it difficult to use the phone. **Please sign up at the Front Desk to attend.**

SATURDAY NIGHT MOVIE

May 25—7:00 pm—Auditorium

Featuring: **The Wife**

The interwoven story of a couple's youthful passion and ambition with a portrait of a marriage, thirty-plus years later—a lifetime's shared compromises, secrets, betrayals, and mutual love.

Cast includes Glenn Close, Jonathan Pryce, Christian Slater, Max Irons, Annie Starke, Harry Lloyd, Elizabeth McGovern, Alix Wilton Rgan, Michael Benz, Twinnie-Lee Moore. (2018) 1 hr., 40 min. Rated R.

TRIP TO LEWIS-GINTER BOTANICAL GARDEN IN RICHMOND*

Friday, May 24—9:00 am—Front Lobby

May: Peonies, azaleas, pitcher plants

June: Lotuses, roses

Conservatory: Orchids, tropicals, cacti

Experience the wonderful world of butterflies! Butterflies LIVE! is an indoor exhibit in the Conservatory and is geared for all ages. Get up close and personal as hundreds of tropical butterflies feed, flutter and take flight all around you. Explore their origins, preferred habitats and lifecycles.

Sign up at the Front Desk to attend. \$15.00 includes bus fee will be charged to your account. Lunch will be at the gardens.

MEMORY LANE CAR CLUB SHOW COMES TO RWC

Saturday, May 25—10:00 am (until 2pm)

Front Parking Lot

The "Memory Lane Car Club" was formed on in 2011 for the express purpose of owners of antique, classic and even exotic motor vehicles to get together, enjoy operating, working on, exhibiting and driving our machines. "It's all about ENJOYMENT!" They are not bound by any rigid rules, organizations or structure. Just a group of fun-loving "motor heads" interested in preserving automotive history.

BINGO-PIZZA PARTY*

Wednesday, May 29—4:45 pm—Auditorium

Please sign up at the Front Desk to attend.

LADIES NIGHT OUT*

Wednesday, May 8—4:30 pm—Front Lobby

Join Regina Ward from Culinary Services and LuAnne Davis from Marketing for a **Ladies Night out at Merroir**. Each month we will hit one of the "hot spots" around town for fun and fellowship. Meet in the lobby by 4:30 and we will return no later than 7:30. Ladies only, except maybe the bus driver. Max. 12 but if needed, we will add a bus. **Sign up at the Front Desk.** Dutch Treat!