



Rappahannock Westminister-Canterbury

132 Lancaster Drive • Irvington, Virginia 22480
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rw-c.org

CHESAPEAKE CENTER: Main Lobby, Grille, Lancaster Dining Room, Pub, Hair Salon, Clinic, Administration Offices

LIFE ENRICHMENT CENTER: Pool, Fitness Classrooms, Fitness Center, Art Rooms, Woodshop, Residence Life Offices

WESTBURY CENTER: Health Center

WESTBURY COURT: Assisted Living

- CANTERBURY COTTAGES
- WESTLAKE APARTMENTS
- WOODS' EDGE FREE STANDING HOMES
- VISITOR PARKING





CHESAPEAKE CENTER



Dining

Our professionally-trained and acclaimed chef serves three meals a day in our Lakeview Grille inside and out, weather permitting. More formal dining is available by reservation in the Lancaster Room. Additionally, residents may dine in or carry-out. Catering is also available. Of course, many residents still enjoy cooking in their own homes or apartments occasionally as well.



Pub

Enjoy drinks or catch the game with friends! Regular pub happenings include weekend Happy Hours.



Hair Salon

Men and women alike enjoy routine hair appointments in our salon and spa. From shampoos to trims, cuts, styles and perms, our licensed stylists are available Monday through Friday.



Clinic

RWC operates a Resident Clinic for independent living residents, with scheduled times for consultation, medication administration and prescribed treatment. A registered nurse staffs the clinic Monday through Friday. Services such as dermatology, podiatry and otology (including hearing aid specialists) can be scheduled.



LIFE ENRICHMENT CENTER



Pool

The heated aquatics area features a 75-foot lap pool with three swim lanes, a wheelchair ramp and a large exercise area for water aerobics and other exercise programs.




Fitness Classrooms

In a typical month you'll be able to choose from activities including: Yoga, Tai Chi, strength-and-balance exercises, low-impact aerobics, and aquatic activities. You can also get your physical activity outdoors on our beautiful wooded campus. Go kayaking, canoeing or fishing on our lake. Or take a trail walk or run on more than two miles of hard-surface and groomed trails on the campus. Golf and tennis is also available nearby.




Fitness Center

At RWC, four out of five residents take part in one or more of our fitness activities. And we want to help you live life to its fullest. Living Well at RWC features a personalized approach to total wellness. Our health and fitness professionals meet one-on-one with all new residents to design an individual wellness program that will help them create and sustain a healthy lifestyle.

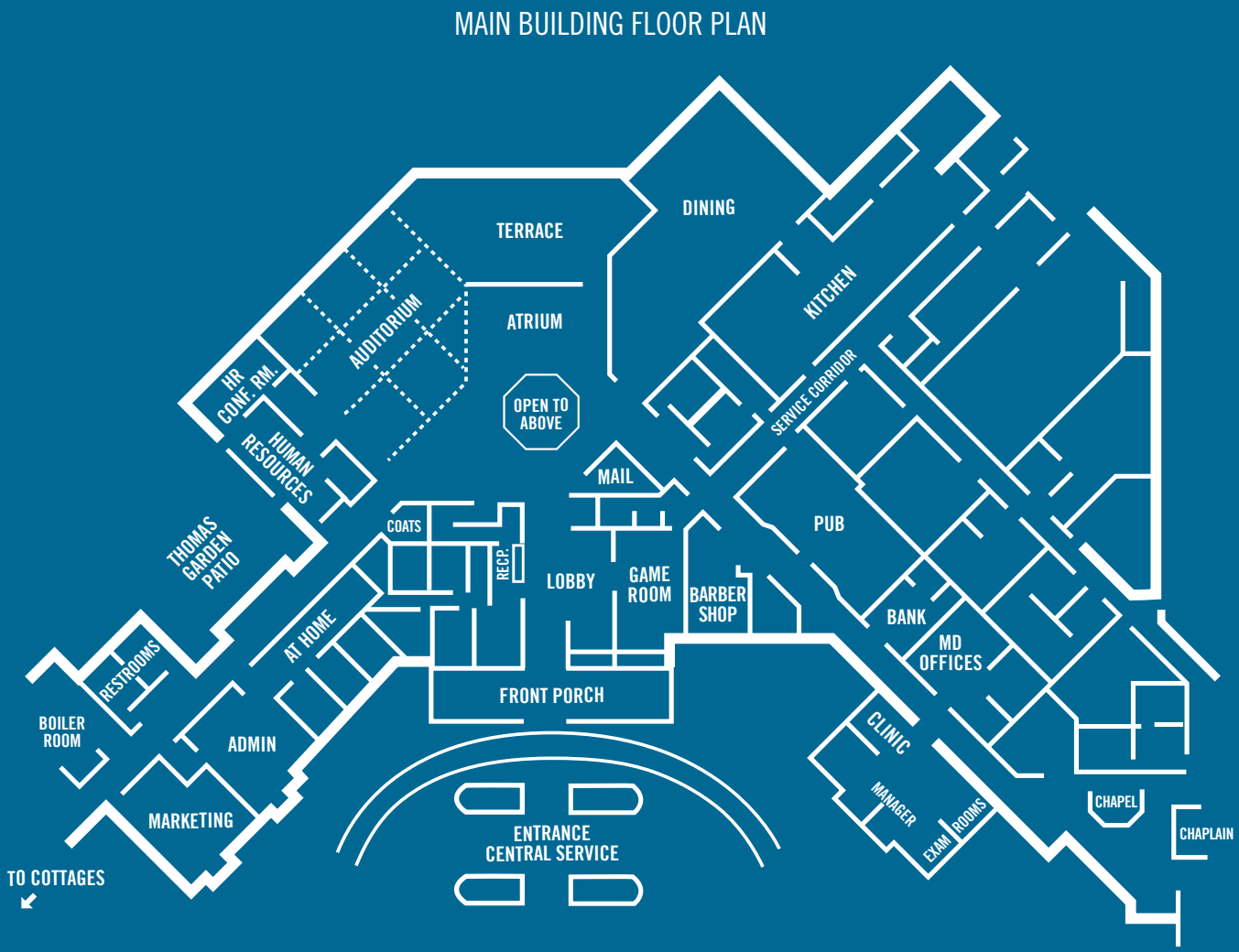


Rappahannock Westminister-Canterbury
Campus Map





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Art Rooms

At RWC, the monthly calendar is full with senior activities such as art and acting classes, board and card games, lectures, music lessons, foreign language instruction, choir practice and shopping trips.



Woodshop

The life enrichment center provides ample space for a variety of activities including an amateur radio station and a woodworking shop.



WESTBURY CENTER



Health Center

Westbury Center offers skilled nursing care with a full range of services, including rehabilitation therapies.



WESTBURY COURT



Assisted Living

Westbury Court is RWC's Assisted Living option. A combination of 24/7 support, personalized assistance and health care promote dignity and independence.



WESTLAKE APARTMENTS

Some of our apartments have gorgeous views of our 6-acre man-made lake. First-floor apartments have private patios. Second- and third-floor apartments include a private balcony. All apartments have private storage areas on the first floor and are connected to the main building, so you don't have to go outside. Each floor has a laundry room.



CANTERBURY COTTAGES

Cottages are the most unique housing option because residents have modified them over the years. Therefore, not all floor plans seen online reflect these modifications. All include a reserved parking space, a private patio and additional space that can be used for storage or customized for other uses. A covered walkway stretches from the cottages to the main building.



WOODS' EDGE FREE STANDING HOMES

Our free standing homes are the most spacious offering. All include a one- or two-car garage and private patio. Many include a sunroom and finished second floor. If the second floor is finished, that typically adds about 600 square feet including two bedrooms and an additional bath upstairs. All homes have gas fireplaces. Some homes can accommodate as many as 5 bedrooms and 3 ½ baths.