



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING MARCH 1 AT THE LIFE ENRICHMENT CENTER LOBBY.

WELCOME NEW NEIGHBOR

Mrs. Virginia Pailes, Cottage 624. Virginia moves to RWC from Morgantown, West Virginia where she has lived for the past 50 years. Born in Iowa, Virginia and her husband William met while attending the University of Iowa. William passed away in 2017 after a 'loving and beautiful life'.

Virginia owned and operated a pre-school/childcare center for 33 years. She also worked in the Student Life department at WVU for 27 years. She has only recently retired and is moving to RWC to be closer to family. Virginia enjoys quilting and reading. Making the move with Virginia is her 10 year old Golden Labradoodle "Jaffa". They both look forward to meeting new friends.

KAREN CONAWAY IS NAMED EMPLOYEE OF THE YEAR

RWC is proud to announce the recipient of it's 2021 Employee of the Year Award as Karen Conaway. Karen was selected by her peers from among 11 other 2021 Employee of the Month awardees. She is the first person you encounter when you visit RWC and folks are blessed by her welcoming smile and heart-felt greeting. Karen is always upbeat and ready to help; caring for residents and fellow staff like all are part of her family. When she learned of this honor, Karen said, "I just always want to treat other people like I want to be treated." Karen truly lives this motto every day and RWC is thankful for her service and commitment.



RESIDENT ASSOCIATION BOARD MEETING

Wednesday, March 2—10:00 AM—Auditorium

TOUCHTOWN 101: INSTALLATION & NAVIGATION ON PC DESKTOP*

Thursday, March 3—11:00 AM—Auditorium

Sign-up Required—LIMT: 20

Learn how to install and navigate RWC's resident engagement tool. This is for residents who are first time users who want to learn, and have NOT used Touchtown yet.

TOUCHTOWN 101: INSTALLATION & NAVIGATION ON MOBILE DEVICES* (4G or 5G Android or iPhones ONLY)

Friday, March 4—11:00 AM—Auditorium

Sign-up Required—Limit: 20

Learn how to install and navigate RWC's resident engagement tool. This is for residents who are first time users who want to learn and have NOT used Touchtown yet. **Flip phones will NOT load Touchtown content.**

ENRICH YOUR LIFE

We asked and you answered! The Activities Committee, Resident Life and You presented a list of 4 dozen plus things of interest to see, do, study and enjoy. In the next 3 months most of these requests will be offered! Check out Touchtown, Channel 85 and your GAZEBO GAZETTE for times, etc. The schedule is packed and there will be additions and possibly cancellations as some things are beyond our control. In addition to events on and through our campus there are many community events available; the Rappahannock Record published every Thursday lists many local interest activities. The Activities Committee meets the 2nd Wednesday at 10AM in AR2 and you are welcome. The Gazebo Gazette is published monthly and delivered to your mail cubby at the end of the month, and sign-ups for classes, trips, etc. begin the 1st of the month.

The deadline to submit articles for Is the 20th of every month by noon.

Contact us: 804-438-4000

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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	<h1>MARCH 2022</h1>		10:00-AR2-Chat & Craft 1 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor Class 4:00-CH85-One Day U: The Artistic Genius of da Vinci and Michelangelo 5:00-7.00-LVG-Mardi Gras Dinner	10:00-AUD-Resident Association Board Meeting 2 11:30-FRL-Lunch Bunch to The Steamboat Restaurant* 4:00-CH85-Virtual Ash Wednesday Service 7:00-CGR-Gentlemen's Poker Group	11:00-AUD-Touchtown 101 3 Install & Navigation on Desktop PC* 1:00-CGR-Great Decisions Discussion Group* 3:00-RAP-Praying the Rosary 4:00-CH85-One Day U: Eight Books that Changed the World	8:30-AUD-First Friday Forum: Sheriff Patrick McCranie* 4 10:00-CGR-Great Courses* 11:00-AUD-Touchtown 101: Install & Navigation on Mobile Device* 2:30-FCR-Cornhole 4:00-CH85-One Day U: Funny Hollywood: Essential Comedies From Some Like	4:00-CH85-One Day U: Life Music, and Genius of Frank Sinatra 5 6:45-FRL-Northern Neck Orchestra Concert: Mozart & Haydn*
	1:15-FRL-Sundays at Two* 6 1:30-CGR-Campbell Memorial Presbyterian Church Communion (residents only) 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 7 11:00-MSP-Parkinson's Caregiver Support Group 1:00-CGR-Catch Phrase 2:00-MSP-Spanish Conversation 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:00-CH85-One Day U: Strategic Thinking and Thinking Big 4:30-Caregiver's Virtual Memory Support Group	10:00-AR2-Chat & Craft 8 10:00-AR1-Amateur Radio Club Meeting 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor Class 1:30-MSP-Technology Discussion Group 4:00-CH85-One Day U: Reduce Stress with Andrew Shatte	10:00-AR2-Activities Committee Meeting 9 11:00-CGR-Grief Support Grp 1:00-AR2-Fluid Art: String Pulling with Beads* 4:00-CH85-One Day U: Woodrow Wilson - A Complicated Presidency 7:00-CGR-Gentlemen's Poker Group	9:00-FRL-Poe Museum and Lunch* 10 10:00-LAN-Food Committee Meeting 1:00-CGR-Great Decisions Discussion Group* 3:00-RAP-Praying the Rosary 4:00-CH85-One Day U: Living & Dying in America - Politics of Healthcare	10:00-CGR-Great Courses* 11 1:00-AR2-Fluid Art: String Pulling with Beads* 2:30-FCR-Cornhole 4:00-CH85-One Day U: 2030 - How Today's Trends Will Shape the Future	4:00-CH85-One Day U: Why Art Matters: From Ancient Times Through Today 12 6:45-FRL-RFA "On Stage" (subsc. holders)
	1:00-FRL-Movie Matinee 13 at the Compass: The Quiet Man* 1:15-FRL-Sundays at Two* 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 14 1:00-CGR-Catch Phrase 2:00-MSP-Spanish Conversation Group 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:00-CH85-One Day U: Reel Justice: Truth & Trickery in Courtroom Movies	10:00-AR2-Chat & Craft 15 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor Class 4:00-CH85-One Day U: The Literary Genius of Shakespeare	9:30-FRL- Gloucester Shopping & Lunch* 16 11:00-AR2-Soap Making* 10:00-AUD-Grounds & Landscaping Comm. Mtg. 1:00-AR2-Stitching Stars Quilting Group 4:00-CH85-One Day U: Musicals that Changed Broadway 7:00-CGR-Gentlemen's Poker	St. Patrick's Day 17 11:30-AUD-St. Patty's Day Bingo Luncheon* 2:00-CGR-Great Decisions Discussion Group* 2:00-MSP-Parkinson's Support Grp 3:00-RAP-Praying the Rosary 4:00-CH85-One Day U: Masterpieces of Art that Changed all the Rules	10:00-CGR-Great Courses* 18 2:30-FCR--Cornhole 4:00-CH85-One Day U: Edible America: How and What We Eat	9:00 to 2:00-Lancaster 19 County Hazardous Waste Collection Day 4:00-CH85-One Day U: The Constitution - Enduring Myths and Hidden Truths 6:30-FRL-RCA Concert "Embraceable You" (Subscription Holders)
	2:30-FRL-The Lancaster Players: The 39 Steps* 20 4:00-CH85-Sunday Worship	Deadline for Gazebo Gazette Articles 21 10:00-FRL-Shopping* 10:00-AUD-Grounds & Landscaping Committee Meeting 1:00-CGR-Catch Phrase 2:00-AUD-Nutrition Demo with Chef TV* 4:00-CGR-Darts 4:00-CH85-One Day U: Welcome to the Future - A Look at The Worlds Fair	10:00-AR2-Chat & Craft 22 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor Class 4:00-CH85-One Day U: How We Choose Our Presidential Candidates	11:00-AR2-Clay and Acrylics, Part 1* 23 4:00-CH85-One Day U: Futuring - The Science of What Comes Next 7:00-CGR-Gentlemen's Poker Group	11:00-AR2-Clay & Acrylics, Part 2* 24 1:00-CGR-Great Decisions Discussion Group* 3:00-RAP-Praying the Rosary 4:00-CH85-One Day U: America's Five Greatest Films	Last Day to Change Meal Plan 25 10:00-CGR-Great Courses* 11:00-AR2-Clay & Acrylics, Part 3* 2:30-FCR--Cornhole 4:00-CH85-One Day U: The Story of America in Seven Books	4:00-CH85-One Day U: Musical Masterpieces Music Lover Should Listen To 26 7:00-CH85-Saturday Night Movie: Yesterday's Children
	1:15-FRL-Sundays at Two* 27 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 28 10:30-RAP-RWC Book Group 1:00-RAP-Communion for Rosary 1:00-CGR-Catch Phrase 2:00-MSP-Spanish Conversation Group 2:30-AR2-Update with Stuart 4:00-CH85-One Day U: Artistic Genius of Leonardo da Vinci 4:00-CGR-Darts	9:00-FRI Trader Joe's & Lunch at NY Deli* 29 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor Class 4:00-CH85-One Day U: How to Think Like a Genius	11:00-AR2-Art with Amy: Tendril & Swirl Paint Quilt* 30 4:00-CH85- One day U: What The Founding Fathers Were Really Like 7:00-CGR-Gentlemen's Poker Group	31 3:00-RAP-Praying the Rosary 4:00-CH85- One Day U: What's so Great about Rome?		

GREETING FROM THE PRESIDENT & CEO

The Long Goodbye

Often associated with seeing a loved one off before a long voyage, leaving for college, or moving to a new town, the long goodbye is a reflective, emotional, and educational experience. It is time to begin to say a long goodbye to our pandemic experience. Starting this month two years ago, we abruptly retreated inside our shell in an attempt to protect ourselves from an unknown, relentless, harmful, and even deadly virus named Covid-19. In the spirit of protecting those most vulnerable and preventing the spread of the contagion, our retreat was necessary and impactful. It would be easy to write off the miserable experience as a total loss. Alternatively, we can see and indeed be grateful for the strengthening that came from persevering through uncharted times of sacrifice and hardship. I recommend we choose the latter because to do otherwise gives some victory or power to the virus that it patently does not deserve.

Garry Burnison, the CEO of Korn Ferry, encourages us to, *"Look around. While we may not yet be where we want to be, we certainly aren't where we were. And that's the most hopeful sign of all. Only by appreciating just how far we've come can we truly aspire to all that we might become. Indeed, that's a long good-bye worth waiting for."*

The list of what we have accomplished together at RWC over the last two years is too long for this column. But it isn't the quantity of items on the list that is important – it is the way we went about facing the contagion together that is. As we move into the Long Goodbye to the pandemic, it is a good time to take stock of the things we learned. We have many positive achievements and lessons upon which to build. May we refocus our sight on what we might become strengthened by: our shared and necessary sacrifices as we bid this long goodbye. During March, we will continue to move out of pandemic mode while working on several projects. The bulkhead replacement will be completed shortly, followed by re-grading the area, replacing the walking/cart path, and finally adding some parking to the employee lot. We will replace the cooling towers serving the air conditioning systems in the Apartment Building and the Main Building. We will continue improvements on the campus drainage

system and making progress toward opening the Small House. Extensive recruiting efforts remain underway, and we wrap up our fiscal year at the end of the month. Here's to the arrival of spring!



LOOKING AHEAD TO APRIL

NOTE: Dates and times are subject to change and cancellation.

4/2 – Rapp. Foundation for the Arts: Motones vs. Jersey Boys (Subsc. Holders)

4/3 – Sundays at Two at LCL: Empowering Small Communities & Forgotten People Globally with Zeno Gamble

4/4 & 5 – Art with Amy: String Easter Eggs

4/7 – Nature Walk to Hickory Hollow

4/9 – RWC's Movie Tavern featuring Caddyshack

4/10 – Sundays at Two at LCL: The State of the Economy, Virginia and the Northern Neck with Joseph Mengedoth

4/10 – Movie at The Compass: Singing in the Rain

4/13 – VA Rep. Theatre: Ain't Misbehavin' (Subsc. Holders)

4/13 – Spring Garden Tour to Brent & Becky's Bulbs (2 Hour walking tour)

4/15 – Trip to Stratford Hall

4/18 – Tidewater Oyster Gardening Association Lecture

4/12 – Trip to Hughlett Tavern & Lunch

4/24 – **YoYo Ma & Katheryn Scott in Concert in Norfolk (Tickets are \$60.00 each, we have pre-purchased 9 tickets)**

4/27 – Bingo-Pizza Party

4/27 & 28 – Art with Amy: Making Polymer Clay Jewelry

4/30 – Rapp. Foundation for the Arts: Richmond Symphony Chamber Orchestra (Subsc. Holders)

THANK YOU!!

Thank you to all who supported the Valentine's Gift Drive to support the Small House. We made over \$900 after expenses. Thank you for helping the Foundation fulfill its mission in caring for others.

Denise Kenner,
Development & Marketing Associate

ART CLASSES IN MARCH

WATERCOLOR CLASS

Every Tuesday at 1:00 PM

No need to sign up for this class.

It doesn't matter if you are a beginner or a master of watercolor. Everyone is welcome to come and learn from Pam Bowers and each other.

ART WITH AMY CLASSES FOR MARCH*

All classes are limited to 8 participants and will be held in Art Room 2. Please sign up at the LEC Lobby to attend.

Fluid Art: String Pulling with Beads*
Wednesday, March 9—1:00 PM

Soap Making*
Wednesday, March 16—11:00 AM

Clay & Acrylics, Part 1, 2 & 3*
Part 1—Wednesday, March 23
Part 2—Thursday, March 24
Part 3—Friday, March 25

Tendril & Swirl Painted Quilt*
Wednesday, March 30

TOUCHTOWN PRESENTS ONE DAY UNIVERSITY LECTURES

Monday through Saturday at 4:00 PM
Channel 85

WHAT IS ONE DAY UNIVERSITY?

One Day University believes learning should always be informative, inspiring and fun.

One Day U works with the country's most popular professors to develop entertaining versions of their best lectures. One Day U's professors have won countless teaching awards and earned the highest possible ratings from their students. Now, through Touchtown, we can access One Day U's video library and join professors for new talks every day. At One Day U there are no grades, no tests, no homework —

just the pure joy of lifelong learning. We will feature a lecture 4:00 PM Monday through Friday. Subjects include the Arts, Business, Health & Psychology, History, Lifestyles, Political Science, and Science. See programming schedule below and on the calendar.

One Day U Schedule

3/1—The Artistic Genius of da Vinci and Michelangelo

3/2—No lecture due to Ash Wednesday Service

3/3—Eight Books that Changed the World

3/4— Funny Hollywood: Essential Comedies From Some Like

3/5— Life, Music, and Genius of Frank Sinatra

3/7—Strategic Thinking and Thinking Big

3/8—Reduce Stress with Andrew Shatte

3/9—Woodrow Wilson - A Complicated Presidency

3/10—Living & Dying in America - Politics of Healthcare

3/11—2030 - How Today's Trends Will Shape the Future

3/12—Why Art Matters: From Ancient Times Through Today

3/14—Reel Justice: Truth & Trickery in Courtroom Movies

3/15—The Literary Genius of Shakespeare

3/16—Musicals that Changed Broadway

3/17—Masterpieces of Art that Changed all the Rules

3/18—Edible America: How and What We Eat

3/19—The Constitution - Enduring Myths and Hidden Truths

3/21—Welcome to the Future - A Look at The Worlds Fair

3/22—How We Choose Our Presidential Candidates

3/23—Futuring - The Science of What Comes Next

3/24—America's Five Greatest Films

3/25—The Story of America in Seven Books

3/26—Musical Masterpieces Music Lover Should Listen To

3/28—Artistic Genius of Leonardo da Vinci

3/29—How to Think Like a Genius

3/30—What The Founding Fathers Were Really Like

3/31—What's so Great about Rome?

FIT BITS: MIND AND MUSCLE

JOIN IN ON THE FUN OF WELLNESS

We would like to welcome anyone that is new to join the wellness programs. We are here to help you meet your goals or to set goals you have not yet realized. You may not be a person that exercises, but our trained fitness team have what you need to get started. We will lead you to a proper exercise program for you. This will increase your frequency, which will continue your success with the activities of daily living. Orientation must be done before starting in our programs.

ORIENTATION

Our orientation process is to help you understand how the Wellness Department works and for us to learn how we can help create the best exercise prescription for you.

Orientation Process Includes:

Taking a tour of the facility if you have not already done so.

Medical clearance form filled out by your doctor.

Health history appraisal.

Interests and goals appraisal.

Sign a waiver form.

Fitness Assessment (usually done in a separate appointment)

Exercise Prescription (usually done in a separate appointment)

If you are a current participant that needs to tweak your program or fitness assessment, update your health history, or interests and goals, we welcome you to make an appointment to do so. This would help us better help you succeed in your program.

If you have any questions, please contact Jonathan at 4290

GROUP EXERCISE SCHEDULE

Monday, Wednesday, and Friday

9:00-9:40 FC 1, 2&3-S&BC

9:50-10:30 FC 1,2&3- S&B & Core D

10:40-11:20 FC 1,2&3-Fit to Move (Parkinson's residents only)

1:30 -2:00 FC 1,2&3-S&B B

2:10-2:40 Pool Water Walking

Tuesday and Thursday

9:00-9:30 FC 1,2&3 Dance Aerobics

9:50-10:20 Pool Aqua Aerobic Fitness

10:45-11:15 FC1,2&3 Chair Yoga B

2:00-2:30 Moving &Grooving

3:10-3:40 Pool Aqua Fitness Aerobics

WHY IT'S IMPORTANT

Most people know good nutrition and physical activity can help maintain a healthy weight. But the benefits of good nutrition go beyond weight. Good nutrition can help:

- Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis
- Reduce high blood pressure
- Lower high cholesterol
- Improve your well-being
- Improve your ability to fight off illness
- Improve your ability to recover from illness or injury

Increase your energy level

What is good nutrition?

Good nutrition means your body gets all the nutrients, vitamins, and minerals it needs to work its best. Plan your meals and snacks to include nutrient-dense foods that are also low in calories.

Tips for eating well

Eat plenty of fruit

To get the benefit of the natural fiber in fruits, you should eat fruit whole rather than as juices.

Eat plenty of vegetables

Eat a variety of colors and types of vegetables every day.

Eat plenty of whole grains

At least half of the cereals, breads, crackers, and pastas you eat should be made from whole grains.

Choose low fat or fat free milk

These provide calcium and vitamin D to help keep your bones strong.

Choose lean meats

Lean cuts of meat and poultry have less fat and fewer calories but are still good sources of protein.

Try other sources of protein

Try replacing meats and poultry with fish, beans, or tofu.

Source: Tufts Health Plan

Spiritual Announcements Continued From Page 6

- **Grief Support Group:** A Grief Support Group has formed here at RWC and will be meeting on the second Wednesday of each month at 11:00AM in the Chesapeake Game Room. Grief comes to us in different ways and grieving can be a difficult and painful process. And so it is our hope that this new group here at RWC will be a help to us all as we navigate the troubled waters of personal loss. Together with the Chaplain, the group will be guided by residents Nancy Ellett and Sherry Mann. The next meeting will be on March 9th.
- **Ash Wednesday Service:** A virtual Ash Wednesday Service will air on Touchtown March 2 at 4:00PM.

IN MEMORIAM MRS. NINA WALLS JANUARY 30, 2022

A POEM IN MEMORY OF NINA WALLS By Sylvia Prince

She was my one companion.
We met for lunch one day.
She asked me to join her in Scrabble.
One of the games she liked to play.
But when I got there late, with a smile, she'd say
"Don't worry. I've just been sitting here for awhile."
Then somehow we just joined a bond,
(They say opposites attract)
We never talked about our pain, though she'd get
shots for her back.
When we went to lunch on Tuesday,
right after Bible class
She would insist I pile my tray upon her rollator,
So I wouldn't spill my glass.
She was an avid reader.
Those in the Book Club know.
Although she seldom got them in,
Cornhole bags she could throw.
It seemed when she was challenged,
It made her persistence grow.
So if I get to Heaven;
among the clouds laced with dew
I'll seek out all the black holes calling, "Dear Nina,
where are you?"

FIRST FRIDAY FORUM: SHERIFF PATRICK MCCRANIE*

Friday, March 4—8:30 AM—Auditorium
Sign up Required-Limited to 50

Patrick McCranie is the duly elected Sheriff of Lancaster County. Sheriff McCranie, a retired Virginia State Police officer works with community leaders and individual citizens to address community concerns on a wide variety of levels, not only those that relate to crime. Sheriff McCranie supports Shop with a Cop for children in need of assistance with school

clothes and supplies; Deputy Santa program; Lancaster County Crime Solvers; Boys and Girls Club of the Northern Neck; the YMCA; and more. He offers Coffee with a Cop monthly as another opportunity to talk informally with citizens about their concerns.



SATURDAY NIGHT MOVIE: YESTERDAY'S CHILDREN

Saturday, March 26—7:00 PM—Channel 85

After expectant mother Jenny Cole (Jane Seymour) starts having strange dreams of a distant time and place, she finds out that she drew pictures of a similar setting as a child. She eventually realizes that the visions are of a small Irish town during the 1930s, and starts to wonder if she's the reborn soul of a woman named Mary Sutton, who died giving birth there. Jenny takes her husband (Clancy Brown) and son (Kyle Howard) to Ireland, where she attempts to contact relatives of Mary. (2000 Drama 1h 33m).

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN:

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."
2 Corinthians 3:17-18

I understand it can be risky openly talking about your dreams. One can mean well, but then it can all just go so wrong. So, with one self-protecting disclaimer I'll risk it: this wasn't my dream but my wife Pam's! After breakfast one morning recently, she told me about this dream she had during the night before. It went like this: she and I were arriving at a place where we were going to get together with some of her family. (This part of the dream made sense, as we had recently actually been talking about doing this very thing in real life, maybe making a plan to get together with her sister and brother-in-law. It's well-known that dreams often have some basis in reality, some relationship to what we've been thinking about or what's been happening in our lives.) Now back to the dream. So we had apparently travelled to this place, wherever it was, and when we walk through the door, instead of a small gathering there was a great crowd of family members, including many who (in real life) had already passed away, some of them long ago. (This part also made sense since in real life we both have lost a number of family members in recent years and these losses have been very much on our hearts and minds.) As we entered this place we were amazed by the large group that was assembled. It all was really quite incredible. Then Pam (in the dream) leaned over to me and said "Oh wow, I hadn't realized all these people were going to be here!" To which I replied: "You need to wear a mask and be fully vaccinated." And on that note the dream ended! I couldn't help but reflect upon this dream, and also couldn't help but think this: we have all surely been through a lot; not just over these past few years but over a lifetime. The journey continues. Sometimes life can be hard. No, sometimes life is, really, hard. We've all known many losses, many griefs, many sorrows and at different times much pain. And yet in

the midst of it all, and even in the face of it all, we also can have a hope that's based upon this blessed vision:

After this I looked, and there before me was a great multitude that no one could count...And I heard a loud voice say, "Behold! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. 'He will wipe every tear from their eyes. There will be no more death, or mourning or crying or pain (or vaccines or masks!), for the old order of things has passed away.'" He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true." Revelation 7:9; 21:3-5

I pray for us all a hope beyond this broken world, hope that is not just future but that makes a difference in our present. I pray for us a peace that passes understanding and that guards our very hearts and minds. And may this be a part of the message in this season of Lent, and in this season of Life, whatever that may look like for each of us today.

Chaplain Greg Houck

ONGOING OPPORTUNITIES:

- **Tuesday Bible Study Group:** continues to meet on Tuesdays at 11:00AM. in the Auditorium. We've recently begun a new study of the Book of Philippians, famously known as the "Book of Joy"! Chaplain Houck is leading the study until our current outside visitation policy is revised. We hope to see you there.
- **Sunday Worship:** meets in the Westbury Clubroom on Sundays at 2:00PM. Please note: due to continuing Covid regulations in Health Services, for the time being this service is limited to residents of the Health Center and Assisted Living. I do so very much look forward to the time when we can all once again join together for worship, in-person! Until that time, we continue to provide our virtual Service of Worship on Sundays at 4:00PM on Touchtown Channel 85.

MORE SPIRITUAL ANNOUNCEMENTS ON PAGE 7

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

MARDI GRAS DINNER ! MARK YOUR CALENDAR!! TUESDAY, MARCH 1

You can make your Mardi Gras dinner reservations starting Friday, February 18th through Thursday, February 24. Please call Betty Polk at Ext. 4016.

Seafood Gumbo

Mardi Gras Salad w / Thin Sliced Red Cabbage in Poppseed Dressing topped w / Mandarin Oranges and Candied Pecans

Blackened Beef Tenderloin w / Creole Hollandaise Cajun Pecan Catfish

Panned Chicken Breast w / Creamed Artichokes Hushpuppies

Vegetable Jambalaya

Yellow Squash w / Red Bell Peppers and Red Onions

Pecan Pie Lasagna

- Take-out service for those not eating in the dining room is 3:30 PM to 4:30 PM.
- Dinner will be waited service from 5:00 PM - 7:00 PM.
- A complementary glass of wine will be served with dinner. Additional wine may also be purchased or feel free to bring your own.
- Residents will be assigned to pre-numbered tables. Please make sure that everyone in your party is together at time of seating.

AMATEUR HAM RADIO CLUB (N4RWC) MEETING

Tuesday, March 8 - 10:00 AM—Art Room 1

TECHNOLOGY DISCUSSION GROUP

Wednesday, March 8—1:30 PM—Main Street Pub

ST. PATTY'S DAY BINGO LUNCHEON*

Thursday, March 17—11:30 AM—Auditorium

Cost: \$2.00 per bingo card

Sign-up Required—LIMIT 80

Special performance by Larry Hammond

Lunch will be Pre-plated

Spinach wraps with deli corned beef

Green chips- which are made with Kale and spinach

Marinated zucchini salad

Sugar cookie with green sprinkles

Assorted drinks

NUTRITION DEMO WITH CHEF TV

Monday, March 21—2:00 PM—Auditorium

Sign-up Required—LIMIT: 20

March is National Nutrition Month.

ATTENTION GARDENERS: SAVE SPACE FOR SWAMP MILKWEED

The Grounds & Landscaping Committee is purchasing Swamp Milkweed for RWC gardeners to plant in their home gardens as well as in reserved sections of the garden area. This type of milkweed is particularly popular for attracting Monarchs in southeast Virginia as a food source. It likes sun and tolerates partial shade in moist, wet, rich soils. Last season the Swamp Milkweed which was planted in gardens seemed to prefer sun. Monarch eggs appeared in many gardens last season and we hope to expand these results in 2022. Nick Ferriter and Jane Henley have placed an order with a native plant nursery in the Middle Peninsula. The Grounds & Landscaping Committee will also be preserving all native milkweed that comes back year after year in our meadows.

Attracting birds, butterflies, bees and other insects to plants is essential to preserving our planet. When considering your plant purchases for this year, choose as many natives as you can, either by seed or by established plants. Make RWC a center of pollinating activity for Lancaster County.

VIRTUAL CAREGIVER'S MEMORY SUPPORT GROUP CONTINUES

Mary Arthur continues to lead the Caregiver's Memory Support Group virtually the first Monday of EVERY month at 4:30 PM. Residents can still email Mary at marthur@rw-c.org or marthur@bayaging.org.

Please email Mary before joining the group. She will guide you on connecting virtually.

Dining Comments can be sent to:
foodcomments@rw-c.org
Dining Reservations call Ext. 4516
Dining Immediate Assistance call Ext. 4017
Chef Flynn can be reached at Ext. 4019

SCHEDULED TRIPS FOR MARCH LUNCH BUNCH TO THE STEAMBOAT RESTAURANT*

Wednesday, March 2—11:30-Front Lobby
Sign-up Required—Limit: 12

NORTHERN NECK ORCHESTRA*

Presents Mozart & Haydn
Saturday, March 5—6:45 PM—Front Lobby
(7:30 PM Curtain)

Tickets maybe purchased in advance at www.northernneckorchestra.org
Sign-up for Transportation—Limit: 12

SUNDAYS AT TWO (LANCASTER COMMUNITY LIBRARY)*

Presents Book Writing, From Idea to Publication with Dr. Allener Baker-Rogers
Sunday, March 6—1:15 PM—Front Lobby
Sign-up Required—Limit: 12

RAPPAHANNOCK FOUNDATION FOR THE ARTS “ON STAGE”*

Presents Jamie Laval
Saturday, March 12—6:45 PM—Front Lobby
(7:30 PM Curtain) Subscription Holders
Tickets may be purchased by going to www.rappahannockfoundation.org
Sign-up for Transportation—Limit: 12

POE MUSEUM AND LUNCH*

Thursday, March 10—9:00 AM—Front Lobby
Cost: \$7.00 charged to account + cost of lunch
Sign-up Required—Limit: 12
The Poe museum is accessible to persons with disabilities.

COMPASS MOVIE MATINEE

Presents The Quiet Man
Sunday, March 13—1:00 PM—Front Lobby
Cost: \$15.00 charged to account
Sign-up Required—Limit: 12
A retired American boxer returns to the village of his birth in 1920s Ireland, where he falls for a spirited red-

head whose brother is contemptuous of their union.
1952, 2hrs, 9 min.

SUNDAYS AT TWO (LANCASTER COMMUNITY LIBRARY)*

Presents Cider Apple for the Northern Neck with Cathy Calhoun
Sunday, March 13—1:15 PM—Front Lobby
Sign-up Required—Limit: 12

SHOPPING IN GLOUCESTER: TJ MAXX, ULTA, ETC. AND LUNCH AT SWEET TOOTH CAFÉ*

Wednesday, March 16—9:30 AM—Front Lobby
Sign-up Required—Limit: 12

RAPPAHANNOCK CONCERT ASSOCIATION*

Presents Embraceable You, The Music of George Gershwin
Saturday, March 19—6:30 PM—Front Lobby
(7:30 PM Curtain) Subscription Holders
Tickets maybe purchased in advance at www.rappahannockconcerts.org
Sign-up for Transportation—Limit: 12

LANCASTER PLAYERS*

Present The 39 Steps
Sunday, March 20—2:30 PM—Front Lobby
(3:00 PM Curtain) Cost: \$20.00 charge to account
Sign-up for transportation—Limit: 12
Espionage, murder, romance and other trademarks of Alfred Hitchcock’s oeuvre come to life in the style of a 1940s radio broadcast. Five actors play multiple roles while the sound effects crew supplies vivid atmosphere. Through clever dialogue, imaginative noise-making and the occasional commercial interruption the audience is presented with the multi-dimensional experience of old time radio drama. The story – part thriller, part romantic comedy – follows our hero on a whirlwind journey through England and Scotland in a desperate attempt to solve the mystery of The 39 Steps.

TRADER JOE’S AND LUNCH*

Tuesday, March 29—9:00 AM—Front Lobby
Sign-up Required—Limit: 12

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

The RWC Book Group’s March selection is *The Maid* by Nita Prose, a 2022 best-selling murder mystery in which a hotel maid finds the body. Join us Monday, March 28th at 10:30 a.m. Note that we have two copies and a Large Print copy of *The Maid*.

Our First-in-the-Door 2022 Book is *Something To Hide*, by Elizabeth George, donated by Jay White, and a biggie at 687 pages. Others new in Mystery include three James Grippanodo books—*A Death in Live Oak*, *Last Call*, and *Black Horizons*, donated by Tom Teeple, who says, “All well-written.” Also new in Mystery, *Still Life* by Val McDermid.

Fiction: Lieutenant Christopher: A Novel of the Sea by William P. Nack, about a young man who signs on to John Paul Jones’s ship, donated by Bolling Williamson. Also, *Shadow of the Dragon* by Marc Cameron. And four 2021 books donated by Tanya Bohlke: Lisa Jewel, *The Night She Disappeared*; Liane Moriarty, *Apples Never Fall*; Jody Picoult, *Wish You Were Here*, and Jonathan Franzen, *Crossroads*.

Non-Fiction: In History, *Liberty Is Sweet: The Hidden History of the American Revolution* by Woody Holton, and in Biography, *Travels With George: In Search of George Washington and His Legacy* by Nathaniel Philbrick, both enjoyed by “nose-in-a-book” Madame Librarian! In Miscellaneous, *Nala’s World* is about a bicycle trip and a rescue cat. Also, two stunning needlecraft books, donated by Susan McKenna.

Fiction Paperback: Barefoot by Elin Hildebrand, donated by Frances Bacon, *The Replacement Wife* by Darby Kane, and four donated by Tanya Bohlke, one each by Chris Bohjallian, Lisa Jewel, Liane Moriarty and Peter Robinson.

For Newcomers to RWC: In many respects, the RWC Library is like a “real library.” Our books are classified and shelved by category (Fiction, Mystery, Biography, History and so forth). Library-wise, we are a little different—we have a large number of Large Print books, we have a Paperback Book section that is “no check out,” and we have a non-fiction category called Virginia. The RWC Library is especially different in that there is no visible library person overseeing book checkout. BUT there is an expectation that readers will check out books by signing and dating the library card and putting it in the wooden box, and there is the expectation that books will be returned within three weeks. And, like real libraries, an Overdue Book Notice awaits those who don’t return books on time!

Here are the current books in the RWC Library, thanks to our data-entry Computer Gurus Kent McCraney, Kerley LeBoeuf and Michele Blank. We’re recruiting, and welcome applicants who know their way around a computer!! Already, Bill Estell has joined us. New books can also be found on Touchtown.

RWC LIBRARY INVENTORY

Category	Total Books	New in 2021	New in 2020
Fiction	819	118	123
Mystery	601	79	67
Non-fiction	977	109	128
Large Print	561	43	41
	2,958	349	359

Lois William, Library Chair