



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT

BEGINNING MARCH 27 AT THE LIFE ENRICHMENT CENTER LOBBY.

HELP US SPREAD THE WORD. LEAVE A REVIEW FOR RWC: YOUR CHANCE TO WIN A WINE, FRUIT & CHEESE BASKET

Dear Residents,

We hope this message finds you well. As a valued member of the RWC community, we invite you to share your feedback with others. By leaving a review for RWC on Google and Facebook, you can help us reach more potential residents and let them know what makes our community so special.

We understand that leaving a review can seem daunting, which is why we prepared step-by-step instructions. You can find them below:

How to leave a Google review

Go to [Google](#) and search for "Rappahannock Westminister Canterbury."

1. To the right of your screen, you will see information about RWC. Scroll down until you see the "Write a review" button.
2. Sign in to your Google account.
3. Click on the button and rate your experience with RWC by
 - o Selecting how many stars you would rate RWC.
 - o Write a detailed review describing your experience.

You can upload photos if you would like.

How to leave a Facebook review

Log into [Facebook](#) and search for "Rappahannock Westminister Canterbury."

1. Click on the "Reviews" tab on the navigation menu under the logo.
2. Select "Yes" when it asks "Do you recommend Rappahannock Westminister Canterbury."
3. Write a detailed review describing your experience.
4. Submit your review and share your feedback.

We also invite you to follow our Facebook page if you haven't already. This is a great way to stay up-to-date on news and events happening at RWC.

Finally, we would like to remind you that we have

a [YouTube channel](#) where you can find virtual tours of our community and other exciting content. We are always looking for more subscribers to help us reach a wider audience, so check it out and hit the "subscribe" button!

How to leave a YouTube review

Visit our [YouTube](#) channel.

In the upper right-hand corner of the screen is a button to subscribe. Click it and you'll be following our page. Thank you for helping us spread the word about RWC. We appreciate your feedback and are always looking for ways to improve our community.

Residents who post a review during the month of April will be automatically entered to win a basket with a bottle of red and white wine, assorted fruit and cheeses.

If you need help posting a review, please see Lauren or Sara in Marketing or give them a call. They will be happy to assist you.

PERIPHERAL NEUROPATHY: A PROBLEM WITH MANY COLORS LECTURE WITH CHRIS COLLINS*

Wednesday, April 12—11:00 AM—Auditorium

Sign-up Required

LIMIT: 80

Peripheral neuropathy (PN) is more than spinal stenosis or diabetes. It is a condition that has many causes, some common and some quite rare.

PN is a common affliction with aging. It can seriously affect your quality of life interfering with sleep, affecting the ability to walk, and perform other life activities. Many can be treated but some cannot. Some may require surgery that may not be an option to the elderly with other conditions that make them a poor candidate for those surgical interventions.

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

Contact us: 804-438-4000

Like us on
FACEBOOK



Follow us on
TWITTER



Follow us on
YOUTUBE



Subscribe to our

BLOG

Sun	Mon	Tue	Wed	Thu	Fri	Sat							
<h1>APRIL</h1>			<h1>2023</h1>			<h2>We praise you in this Easter season. Change our lives, change our hearts to be messengers of Easter joy and hope. We make our prayer through Jesus Christ, our risen Lord forever. Amen.</h2>	1						
1:00-CGR-Campbell Memorial Presbyterian Church Communion 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	2	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:30-AUD-Caregiver's Parkinson's Support Group 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group	3	10:00-AR2-Chat & Craft 11:00-COR-Bible Study 11:00-AR1-Grocery Pick Up 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 1:00-AR2-Watercolor Class	4	12:00-FRL-Spring Tour at Brent & Becky's Clubs in Gloucester* 2:00-AUD-Movie Matinee: Devotion* 2:30-FCR-Cornhole Tournament Training 7:00-CGR-Poker Group	5	3:00-RAP-Praying the Rosary 4:00-AUD-Maundy Thursday Service	6	8:30-LAN-First Friday Forum: RWC's Monarch Sanctuary with Nick Ferriter* 2:30-FCR-Cornhole	7	8	
EASTER SUNDAY Easter Brunch* 11:00-1:30 Reservations Required 4:00-CH85-Sunday Worship GRILLE CLOSED FOR DINNER	9	10:00-FRL-Shopping* 10:-BLR-Healthcare Committee Meeting 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10	10:00-FRL-Lunch & Tour of Hollywood Cemetery* 10:00-AR2-Chat & Craft 10:00-AR1-Amateur Radio Club Meeting 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 1:00-AR2-Watercolor Class	11	10:00-AR2-Activities Committee Meeting 11:00-AUD-Neuropathy & Falls with Chris Collins* 11:00-CGR-Grief Support Group 2:00-AR2-Making Teacup Bird-feeders* 2:30-FCR-Cornhole Tournament Training 7:00-CGR-Poker Group	12	10:00-LAN-Food Committee Meeting 2:00-AUD-Parkinson's Support Group 3:00-RAP-Praying the Rosary	13	10:00-FRL-Afternoon Tea at the Jefferson Hotel in Richmond* 2:30-FCR--Cornhole	14	6:30-FRL-Rappahannock Concert Association: Brass Roots Trio* (subsc. holders)	15
4:00-CH85-Sunday Worship	16	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	17	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class 2:00-Dog Run-Nature Trail Walk	18	9:00-FRL-Historic Ashland Museum, Walking Tour, Lunch & Shopping* 1:00-AR2-Stitching Stars Quilting Group 2:30-FCR-Cornhole Tournament Training 7:00-CGR-Poker Group	19	9:15-FRL-TRIAD Lecture at LCL: Travel Safety for Seniors* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends Deadline for Gazebo Gazette Articles	20	10:00-ATR-Paparazzi Jewelry Sale 2:30-FCR--Cornhole	21	EARTH DAY Belle Isle Rapp River Run— no bus for this event	22
4:00-CH85-Sunday Worship	23	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:00-FRL-Trip to Kilmarnock Museum* 2:30-AR2-Update with Stuart 4:00-CGR-Darts	24	LAST DAY TO CHANGE MEAL PLANS	25	9:00-FRL-Shopping at Aldi's in Gloucester* 2:00-AUD-Movie Matinee: A Man Called Otto* 2:30-FCR-Cornhole Tournament Training 7:00-CGR-Poker Group	26	1:00-MSP-Macular Degeneration Group 2:00-AR2-Pressed Flower Art* 3:00-RAP-Praying the Rosary	27	2:30-FCR--Cornhole	28	29	
4:00-CH85-Sunday Worship	30												

- 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

GREETING FROM THE PRESIDENT & CEO

Well, so far March has been a reprise of winter temperatures following February's taunting warmth – so it goes for Virginia weather, which is never boring. March Madness could apply to the NCAA tournament or the weather – ask the flowers and trees. On to April and all it has in store for us.

In our weekday morning Huddles, where staff gather to share about the day's activities and plans, we focus on one of our Values. This past week, our focal value was *Joyful Spirit*. Technically it is a preamble to our values, as we start our Value statement: "With a *Joyful Spirit*, we pledge ourselves to... (insert each value)." I encourage new staff in orientation to think of *Joyful Spirit* as orbiting or encircling each of our values and all of our values as a group.

I would like to share the five thoughts from Dr. John Maxwell that we shared through the week that illustrate the power of a *Joyful Spirit*. I think we all agree that a *Joyful Spirit* is a value worthy to be embraced by all members of any community.

Our *Joyful Spirit* at the beginning of a task, project or endeavor will affect its outcome more than anything else. Our *Joyful Spirit* can turn problems or challenges into blessings. Our *Joyful Spirit* is often the only difference between success or failure of an undertaking. Our *Joyful Spirit* determines our approach to life. And our *Joyful Spirit* determines our relationships with other people.

As we emerge from a three-year journey of unprecedented proportions, may our *Joyful Spirits* prevail to accompany us as we re-acclimate, learn, adjust, accommodate, and relate. It was there with us through that journey because we brought it; it continues with us on the present journey as we bring it and as we nourish it.

May the blessings of the Easter season and each day be upon us for a refreshing April at RWC. We have many activities and adventures on the calendar as the Gazette highlights. Enjoy each day!

LABYRINTH BRICKS

Life is a journey, a path with many twists and turns. Along this path, we meet people who impact and change our lives. At RWC, we have the Labyrinth, a place in which to reflect, contemplate and enrich our lives. A true labyrinth is a unicursal path that has one way in and out. Walking the path provides a time to center your mind, transform your thoughts and consider where life may take you. Along our labyrinth path are bricks that contain names and thoughts that we would like to remember and cherish. Take the opportunity to remember a loved one or friend that has impacted your life's journey, by purchasing a Labyrinth brick. The funds you give to honor or memorialize that special person can support any project of your own choice. Use our labyrinth not only to meditate and transform your life but to also remember those who have impacted you for years to come. See Denise Kenner for more details.

TRAILS INVITE RWC NATURE LOVERS ON APRIL 18

At 2 PM on Tuesday, April 18, all residents who want to explore the four trails in the woods around Wood Duck Lake will gather at the Dog Run Park and have the honor of joining Tom Teeples and other nature lovers for an afternoon of exploration when the terrain along these well tended paths burst forth with spring offerings. A sturdy walking stick is welcome, however the natural bumps in the path are painted red to warn you where to step safely. Tom is the designer of these trails as well as an explorer who has identified many trees and supervised saving two very old trees that have endured over hundreds of years. Spring flowers are waiting to be discovered by you, the visitors. There are actually four trails with the names Wood Duck, Old Tree, Beaver Dam, and Water's Edge. Benches and resting areas are scattered throughout. This is a wonderful way to prepare for Earth Day which falls on Saturday, April 22. If the weather interferes, we will change the date to a later one. Look forward to seeing you on the trails.



MOVIE MATINEE: DEVOTION*

Wednesday, April 5—2:00 PM—Auditorium Sign-up Required (2022) 2 hours, 18 minutes, RATED PG-13 Jesse Brown, the first Black aviator in Navy history, and his fellow fighter pilot and friend, Tom Hudner, are two elite US Navy fighter pilots who helped turn the tide in

the most brutal battle in the Korean War. Their heroic sacrifices and enduring friendship would ultimately make them the Navy's most celebrated wingmen.

FIRST FRIDAY FORUM : RWC'S MONARCH SANCTUARY WITH NICK FERRITER*

Friday, April 7—8:30 AM—Lancaster Room Sign up Required—LIMIT 50 Special Dietary Needs, please call Ext. 4017 24 in advance.

The answers to your questions: what, when, why, how, and etc.? An (hopefully) informative, entertaining and interactive multimedia discussion of the RWC Monarch Sanctuary.

HARVARD LECTURE SERIES: JUSTICE WITH MICHAEL SANDEL CONTINUES

EVERY Tuesday, through April 11 11:00 AM—Chesapeake Game Room Justice: What's The Right Thing To Do? Episode 10: "THE GOOD CITIZEN" Justice: What's The Right Thing To Do? Episode 11: "THE CLAIMS OF COMMUNITY" Justice: What's The Right Thing To Do? Episode 12: "DEBATING SAME-SEX MARRIAGE"

TRIAD LECTURE AT LCL: TRAVEL SAFETY FOR SENIORS*

Thursday, April 20—9:15—Front Lobby Sign-up Required LIMIT: 10 Please sign up by April 15.

There will be a discussion of Travel Safety at the Lancaster Community Library. Joanne Hunt, Golden Advantage Program Director of Blue Ridge Bank, will speak about travel safety tips and how to avoid possible compromising situations while travelling. Even a one-day trip requires planning and awareness. Whether you are planning a short or extended trip, Joanne's experience and information will allow you to be better prepared for an enjoyable experience. This will be an important informational event but we are going to have a lot of fun also! We will have many drawings for prizes which include tickets and/or gift certificates to Colonial Williamsburg, Virginia Zoo, Luray Caverns, Compass Entertainment Center, Steamboat Era Museum, Hague Winery, Kilmarnock Inn and others. There will also be several travel related items to give away! There will also be vendors with give aways and information. You must be present to win.

MOVIE MATINEE: A MAN CALLED OTTO*

Wednesday, April 26-2:00 PM –Auditorium (2022) 2 hours, 6 minutes, RATED PG-13

Otto Anderson is a grump who no longer sees purpose in his life following the loss of his wife. Otto is



ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol. She challenges him to see life differently, leading to an unlikely friendship that turns his world around.

EASTER SUNDAY BRUNCH*

Sunday, April 9—11:00 AM- 1:30PM

Reservations are required and can be made by calling Betty Polk at Ext. 4016.

No parties larger than 6 people.

BRUNCH MENU

Golden Gouda Mushroom Soup
Strawberry Salad w/ Poppy Seed Dressing

Sauteed Jumbo Lump Crabmeat Eggs Benedict w/
Smoked Cherrywood Bacon
Roasted Chicken Thigh w/ Spiced Apple Chutney
Roasted Leg of Lamb w/ Mint Jelly

Petite Green Beans
Baked Acorn Squash
Candied Yams

Buttered Roasted Yukon Gold Potatoes

Hot Cross Bun
Honey Yeast Roll

Asst. Desserts

Complimentary Glass of Wine will be served with the meal.

EASTER SUNDAY "TO-GO" BOXED DINNERS*

Sunday, April 9—LAKEVIEW GRILLE WILL BE CLOSED

Dinner orders can be made by calling Ext. 4516.

Please leave a voicemail with your order.

All orders must be picked up by 5:30 PM in the Lakeview Grille.

BOXED DINNER MENU

Turkey Club Wrap
3-Bean Salad
Fresh Fruit Cup
Cookies
Chips

PAPARAZZI JEWELRY SALE

Friday, April 21—10:00 AM to 3:00 PM—Atrium

Come and see all the gorgeous jewelry styles Paparazzi has to offer. \$5 sale.....oh my!!!!

MAKING TEACUP BIRDFEEDERS*

Wednesday, April 12—2:00—Art Room 2

Sign-up Required LIMIT: 8

This is a fun and easy DIY craft that anyone can do. Attract beautiful birds to your home with a Teacup Birdfeeder.

PRESSED FLOWER ART*

Thursday, April 27—2:00 PM—Art Room 2

Sign-up Required LIMIT: 8

These glass jars with pressed flowers are cheap and easy to make. All you need are some old jars (Jam jars/yoghurt jars/Mason jars or any sort of food jars) and some pressed flowers and you're ready to go.

COMING IN MAY:**WESTMINSTER-CANTERBURY CORNHOLE TOURNAMENT**

Thursday, May 18

11:00 AM—12:00 PM and 1:00 PM—2:00 PM

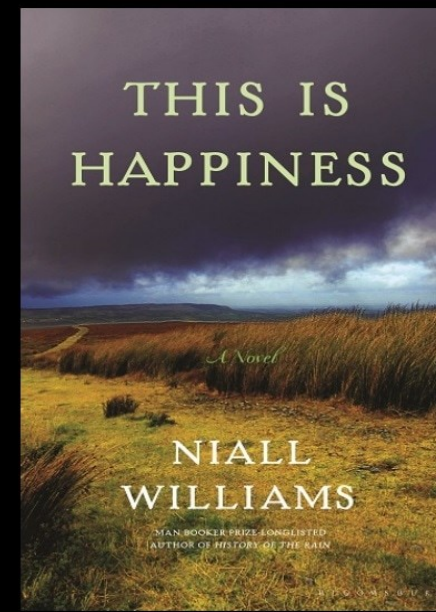
Lakeside (weather permitting)

Rappahannock Westminster-Canterbury

VS.

Westminster-Canterbury on the Chesapeake Bay

We need your support for RWC's Team. Come out and cheer us on!!!

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Escaping into the pages of "This Is Happiness" feels as much like time travel as enlightenment.
— Ron Charles

The Washington Post

Book Group: *This is Happiness*, A novel by Niall Williams. Set in rural Ireland in the mid 1950's, it is an enchanting story of the loves of our lives and the joys of reminiscing. In the voice of an elderly gentleman, it tells the memories as a 17 year old in his grandfather's home, falling in and out of love and the endlessly postponed arrival of electricity. This is Irish story telling at it's best.

You will love it. Pick up a copy from the desk at the back of the library. There are two copies so please read and return. **We will meet on April 24th at 10:30 in the Rappahannock Room.** All are welcome.

Books new to the Library in March

Fiction: "*Dead Canyon*" by Jeff Carson donated by Jay White; "*The Magnolia Ball*" by Rebecca Tebbs Nunn; "*A Most Wanted Man*" by John LeCarre donated by Bill Estell; "*Surviving Savannah*" by Patti Callahan; "*Horse*" by Geraldine Brooks donated by Bill Estell; "*The House of Mirth*" by Edith Wharton; "*Richmond Burning*" by Nelson Lankford; "*The Personal Librarian*" by Marie Benedict and Victoria Christopher Murray donated by Lois Williams; "*Carnegie's Maid*" by Marie Benedict donated by Jay White; "*Just Plea*" by Michael Stagg donated by Jay White; "*The It Girl*" by Ruth Ware donated by Jay White; "*Clock dance*" by Anne Taylor.

Mystery: "*A Killing of Innocents*" by Deborah Combie donated by Jay White; "*The Last Thing He Told Me*" by Laura Dave; "*Sunstroke*" by Jesse Kellerman; "*Flawless*" by Scott Andrew Selby and Greg Campbell.

Biography: "*Ten Thousands Joys and Ten Thousand Sorrows*" by Olivia Ames Hobutzelle; "*Franklin and Eleanor*" by Hazel Rowley; "*Rebel Yell*" by S. C. Gwynne donated by Pete Knight; "*Racing to the Finish*" by Dale Earnhardt with Ryan McGee donated by Fred Luxton.

History: "*Lincoln and the American Founding*" by Lucas E. Morel.

Miscellaneous: "*West! Sail West, Man!*" By Hein Zenker.

Miscellaneous: Politics: "*Thank You for Your Servitude*" Mark Leibovitch donated by Ethel Frye.

Bill Estell, Library Chair

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM LENTEN REFLECTION TO EASTER HOPE

The season of Lent will soon be complete, and the purposes of self-examination and personal reflection will find their fulfillment in the life and hope of Easter! The juxtaposition of these themes was so beautifully captured by the late Helmut Thielicke, a German pastor and theologian who led his congregation through the ravages of WWII. "He sensed the tension they were feeling, not knowing whether the next moment the scream of sirens would scatter them in all directions...he saw on their faces the torment of doubt and despair, the hunger and thirst for a valid comfort and encouragement that would stand the test of time spent in underground shelters, amidst agonies of body and mind." In a bewildering and tumultuously terrifying time, Thielicke pointed out the resiliency of hope by faith. He wrote:

"So we can bring to him our helplessness in the face of the world's suffering, which is so immense that our prayer and our sympathy can no longer cope with it. He understands even this helplessness and draws us into the mighty stream of his eternal, high priestly sympathy. And these helpless prayers, our terrible indebtedness and shortcoming, are in good hands when we leave them to him, for then they have been committed to that heart in which all the suffering and terror of the world is gathered up and endured and shared in love. And that poor, helpless sob comes back into this unhappy world transformed into a blessing and a mercy as the moisture of the seas and streams rises up to the clouds and returns to the earth again as fructifying rain and dew." (*Our Heavenly Father: A Reflection on the Lord's Prayer*)

My prayer for us is this: that the hope of the season of Resurrection be ours now and always, in and through all things. Chaplain Greg Houck

ONGOING OPPORTUNITIES

Bible Study Group: Tuesdays at 11:00AM in the Corrotoman Room. We continue our study of *"The Minor Prophets of the Old Testament."* Chaplain Houck is leading the study. We hope to see you there!

Sunday Worship: meeting 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. We all 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 RWC TV Ch.85.

Grief Support: The RWC Grief Support Group meets on the second Wednesday of each month at **11:00AM** in the Chesapeake Game Room. Our next meeting will be held on **April 12th**. Grief comes to us in different ways and grieving can be a difficult and painful process. Our vision is that this group will be a help to us all as we navigate the troubled waters of personal loss. We are a safe space where we support one another by careful listening and genuine caring. All is held in the strictest confidence. We occasionally supplement our conversations with knowledgeable guest speakers who help to deepen our understanding of ourselves and of one another. We also often use as a point of reflection and discussion the book *"Healing After Loss"* by Martha Hickman. Copies of the book are made available at each meeting, as are other helpful resources. RWC resident Nancy Ellett leads the group together with resident Sherry Mann, in conjunction with the Office of the Chaplain. Please feel free to contact Nancy (804-438-4237) with any questions you might have. Come and join us for another great meeting. All are welcome!

UPCOMING

Maundy Thursday Service of Worship: Once again we will have opportunity to share together in this Holy Week service of worship which will be jointly hosted by the congregations of Campbell Memorial Presbyterian Church and St. Andrew's Presbyterian Church. The entire RWC community is welcome to this beautiful service on **April 6, 4:00PM** in the Auditorium.

IN MEMORIAM: MR. DONALD STEBBINS
MARCH 5, 2023

MRS. CONSTANCE "CONNIE" MILLER
MARCH 17, 2023

MRS. ANNE ALSTON
MARCH 22, 2023

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

58 DOGS RESCUED FROM ANIMAL HOARDING IN BURGESS

Thank you to the dog lovers and supporters of the Northumberland Animal Shelter! The staff and volunteers do a wonderful job under normal circumstances.. but getting 58 dogs at one time is unbelievable! I know every item and penny donated will go to help get these 58 dogs on the road to recovery and in good condition to be adopted. You have been most generous!

REFLECTIONS AND ANTICIPATION

The Activities Committee was pleased to present "Spring Fling" on March 30th. It was gratifying to have support for the sale on many levels. Resident Life scheduled and provided various materials for classes and workshop sessions which enabled residents to create useful and unique items. Many Residents worked from home and donated their popular projects. Again, Residents participated and answered the call for special items donated to "Trinkets and Treasures". Beautiful and practical, new and gently used pieces were passed along for others to cherish. This sale succeeded thanks to all Residents and Staff who came, admired and purchased merchandise. Your monies were donated to the RWC Healthcare Education and Support Endowed Scholarship Fund which is growing financially.

The Activities Committee will sponsor the much anticipated Kentucky Derby Party on Saturday, May 6th. Betting will be in advance of the race and it is your chance to win \$\$\$ from the pool. May the best horses win, place and show. A Kentucky themed menu as well as varied libations will be prepared by our great Culinary Team. Mark your calendar, sign up and plan to attend. Watch for your personal flyer announcing more details in the weeks ahead.

CONTINUED REMINDER:

RWC Food Committee and Culinary Services reminding Independent Living residents to promptly return the "new" Green Containers for take out back to the Grill ASAP so that they may be reused for your next take out meal. Culinary Services need to sanitize the containers before each use. These

containers are very expensive so please help us to maintain this investment by not disposing of them or damaging the containers. Also, the green reusable containers should NOT be heated in the microwave, toaster oven or conventional oven as they would be damaged and deformed, preventing future use. Your cooperation is very much appreciated. **ALSO:** Please do not use sharp utensils (such as knives, etc.) to cut your food in the Green Food Container. Doing so damages the bottom of the container and destroys the ability to sanitize the containers properly. The containers would be unusable and need to be thrown away. The option would be – to transfer your food to a plate, thereby keeping the integrity of the container intact. Thank you for your attention to this matter. Culinary Services advises that the return of the containers promptly has been working out very well.....Thanks to all.....

Marie Carstensen, Chair, RW-C Food Committee

MEAL DELIVERY

If you are unable to walk up to get your meals, or you have a change in your health condition, then a nurse in the clinic may offer free meal delivery. The meal does come off your meal plan; however, the delivery fee is waived. Please be aware that this service is only for a limited period of time and depends on the reason for the exception. If you have any doubt about the length of duration, please ask the nurse at the time. Once the length of time has passed, the delivery fee will be reinstated at the standard charge of \$3.75 for 1 person or \$5.00 for a couple.

MEAL PLAN CHANGES

Meal Plan Change must be made by the 25th of each month. To make meal plan changes for you and your spouse, be sure to include both names on one form. If you and your spouse's meal plans are different, you'll need to fill out 1 separate form for each of you.

HERE IS A HEALTH TIP FOR APRIL

Set a "Good Alarm" for any Healthy Habit you want to start. If you want to make sure to get up and move, if you want to remember to stretch, if you want to drink an extra glass of water or even make sure to get to bed on time. Set an alarm to remind you. The Healthy Habit Alarm possibilities are endless.

GENTLE YOGA LEVEL D

Tuesday 3:00pm to 3:45pm and/or Thursday 9:00am to 9:45am

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.

Health history, 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 will help us to better help you succeed in your program.

If you have any questions, please contact Jonathan at ext.4290 or Macey, Jordan or Angie at ext. 4852.

LEMON CHICKEN

INGREDIENTS

- 1 tsp corn flour
- 1 tsp dark soy sauce
- Finely grated zest & juice 1/2 small lemon
- 2 tsp coconut or canola oil
- 1 skinless chicken breast fillet (around 150g), cut into 1.5cm slices
- 1 capsicum, any color, deseeded and sliced
- 1 medium carrot (around 80g), trimmed and thinly sliced
- 100g broccoli, cut into small florets
- 150ml chicken stock (made with 1/2 Massel Plant

Based Chicken Stock cube)

4 spring onions, trimmed and thickly sliced

METHOD

1. Mix the corn flour with the soy sauce and lemon juice in a small bowl.
2. Heat the oil in a large frying pan or wok over a high heat, add the chicken, capsicum, carrot and broccoli and stir-fry for 2–3 minutes, or until the chicken is lightly browned and the vegetables are beginning to soften.
3. Pour the lemon and soy mixture into the pan, add the chicken stock and spring onions and bring to a simmer. Reduce the heat and cook for 2 minutes, or until the sauce is slightly thickened and the chicken is cooked through, stirring regularly.
4. Sprinkle with grated lemon zest and serve with rice.

PARKINSON'S CARE PARTNERS

Monday, April 3—10:30 AM—Auditorium

PARKINSON'S SUPPORT GROUP

Thursday, April 13—2:00 PM—Auditorium

MACULAR DEGENERATION SUPPORT MEETING

Thursday, April 27—1:00 PM—Main Street Pub

All are welcome!

BELLE ISLE RAPP RIVER RUN

It's **Belle Isle State Park's 30th Birthday** and the Friends group is reviving the **5K run /walk / stroll**. Put **Saturday, April 22 at 8:30 AM** on your calendars for the Rapp River Run and enjoy a stroll with your children, grand kids, and friends. If you or a member of your family is interested in competing, full race information can be found at www.belleislestateparkfriends.org. For "retired" racers, the Friends invite you to volunteer on race day. We need a photographer, wardens, and timers. No physical exertion necessary - just sit and make sure racers are headed in the right direction or note their time at the finish. A great opportunity to get outdoors in our beautiful State Park where RW-C enjoys Music by the River. AND, birthday cake for everyone after the race.

If you are interested in volunteering or need more info, contact Brian Bennett at 4308.

RAPPAHANNOCK CONCERT ASSOCIATION: BRASS ROOTS TRIO* (SUBSC. HOLDERS)

Saturday, April 15—6:30 PM—Front Lobby

Sign-up for bus transportation required.

Venue: Northumberland High School

Curtain at 7:30 PM

Exhilarating performances and imaginative programming have established Brass Roots Trio as one of the most compelling ensembles of the 21st century. Three world-class musicians redefine the chamber music genre with their adventurous programming of classical, jazz, Americana and Latin styles. Travis Heath (trumpet & flugelhorn), Douglas Lundeen (French horn & vocalist) and Rosetta Senkus Bacon (piano) infuse their music with exuberant energy, and their warmhearted presentation makes an immediate connection with the audience.

HISTORIC ASHLAND MUSEUM, WALKING TOUR, LUNCH & SHOPPING*

Wednesday, April 19—9:00 AM—Front Lobby

Sign-up Required LIMIT: 10

Cost: Lunch & Shopping

Guided Tour of town (about 2 blocks). Please wear sturdy shoes.

1:30 lunch at the Iron horse or Suzanne's

Shopping after if desired (train store, jewelry, craft stores, or small brewery on the block)

Since 1967 with the foundation of Hanover Arts & Activities Center, Ashland residents have talked about establishing a Town Museum to tell the story of Ashland and to provide a safe repository for historical artifacts that are both privately and publicly owned but have been stored in various places for years.

TRIP TO KILMARNOCK MUSEUM*

Monday, April 24—2:00 PM—Front Lobby

Sign-up Required LIMIT: 10

Located in one of the oldest buildings in Kilmarnock, the Museum hosts locals artifacts and displays relating to Kilmarnock's history. A town with three names: The Crossroads, Steptoe's Ordinary and now Kilmarnock, the museum collections and its volunteers tell the Town's story from its early days in the 1700's until today!

SPRING TOUR AT BRENT & BECKY'S BULBS IN GLOUCESTER*

Wednesday, April 5—12:00 PM—Front Lobby

Sign-up Required LIMIT: 10

Cost: \$10 per person Tour is 1pm-3pm

Take a leisurely stroll around the trial fields and gardens at the farm and home of Brent and Becky Heath. See where they grow trials, where they grow what they sell, see different planting combinations and locations so they can see what works best and where, plus a little history of the land you will be touring. Walking shoes recommended. Tour and will be on gravel, dirt, and grass. Wheelchairs are not recommended. Please wear sturdy shoes.

Please eat lunch before we depart from RWC.

LUNCH & TOUR OF HOLLYWOOD CEMETERY*

Tuesday, April 11—10:00 AM—Front Lobby

Sign-up Required LIMIT: 10 Cost: \$25 + lunch

Presidents Circle in Hollywood serves as the final resting place for the 5th President of the United States, James Monroe, and the 10th President of the United States, John Tyler. In 1968, James Monroe's Gothic Revival cast iron canopy, commonly known as "the Birdcage" was registered as a National Historic Landmark by the National Park Service. This recognition elevated Hollywood Cemetery to one of the most prominent places of burial in the state of Virginia.

SOUTHERN AFTERNOON TEA AT THE JEFFERSON HOTEL IN RICHMOND*

Friday, April 14—10:00 AM—Front Lobby

Sign-up Required LIMIT: 10

\$40.00 per person; 20% gratuity and 13.5% tax will be automatically added

The Jefferson's Southern Afternoon Tea is served on the Mezzanine balcony overlooking the beautiful Rotunda lobby.

SOUTHERN AFTERNOON TEA

Assorted Finger Sandwiches

Freshly Baked Scones served with Devonshire Cream and Strawberry Preserves

A Selection of Pastries and Tea Breads

Choice of Tea