



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 38, Issue 3

MARCH 2023

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT

BEGINNING FEBRUARY 28 AT THE LIFE ENRICHMENT CENTER LOBBY.

WELCOME NEW NEIGHBOR

Mrs. Janet Heming has moved into Free-standing Home 836 on Magnolia Circle. She comes to our community from Weems, VA Janet was born in Dallas (Irving), Texas where she lived for 24 years as well as North Carolina, Ohio and Virginia.

Janet attended a rather large high school in Texas where she was valedictorian of her graduating class of 800 students. She then attended Southern Methodist University on a national merit scholarship and an engineering scholarship and earned her BS in Industrial Engineering. Janet started out as a Systems Engineer and then switched to Industrial Engineering. Her experiences include working at a hospital, manufacturing plants, insurance companies, and Bell telephone.

Mrs. Heming ended up marrying her college roommate's college professor, Cliff Heming. Shortly after graduation, they moved to Columbus, OH. He worked for Bell Labs and she in management training. She then worked in the central office for Bell. Janet was very much a pioneer in the professional world for women as she was the boss of many males at a time it wasn't very common.

As her husband illness progressed, she retired in 2007 to do the hardest job she ever had, being a caregiver until he passed away in 2016.

She is a member of the Unitarian Universalists Fellowship of the Rappahannock in White Stone.

She enjoys gardening, baking, project management and leadership opportunities. She admits that she is not an arts & crafts kind of person. She is interested in trying new fitness classes such as Tai Chi. She says she practices yoga daily and strength training twice a week on her own.

Janet says she likes to stay busy and on the go—currently a Board member for the Bay Center, The Haven and President of the Board of Stewards, on the Building Expansion Committee and the Grounds Committee at her church.

Janet has a Border Collie Mix named Sheba.

RESIDENT ASSOCIATION BOARD MEETING

Wednesday, March 1—10:00 AM—Auditorium
All are welcome.

THE WORLD'S GREATEST WEATHER PEOPLE!

* Benjamin Franklin, Willard Scott, Tippy Stringer, Al Roker, Dean Loudy *

Have you ever dreamed of taking your place among World Class Weather-men and Weather-women? Would you like to be considered on a par with Benjamin Franklin, Willard Scott, Tippy Stringer, Al Roker, and Dean Loudy? Sign up for Rain Gauge Reading 101 with either Pete Epps (x-4227) or John Roberts (x-4238) and start your journey to fame!

BIBLE STUDY WITH CHAPLAIN GREG

COVID changed the format of Bible Study at RWC. Formerly, Pastors, Rectors and Ministers of local churches were brought in to conduct a month of Bible Study. COVID changed that. COVID prevented outsiders from coming to RWC. During that time of closure, Chaplain Greg stepped in and kept the activity alive at RWC. He was and is one of us.

When COVID restrictions were lifted and there was an opportunity to go back to the old system, we were reluctant to give up Chaplain Greg. He is that good. He has a gift of being able to make the Bible come alive. He has a depth of knowledge that he shares with us each week. In addition, he knows our us, and he calls us by name.

Bible Study meets each Tuesday morning at 11:00 am in the room beyond the fireplace in the Grille (Corrotoman Room). Come and join us. You will be glad you did.

Don Gilmore

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

Contact us: 804-438-4000

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BLOG

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>MARCH</h1> <h1>2023</h1>			10:00-AUD-Residents Association Board Meeting 11:00-CPL-Christ Church Resident Member Meeting 1:00-CGR-Great Decisions* 2:30-FCR-Cornhole Practice 7:00-CGR-Poker Group	10:00-AR2-Activities Committee Meeting 1:00-AR2-Making Salt Scrub* 3:00-RAP-Praying the Rosary	8:30-AUD-First Friday Forum: The Adventures of Reedville Doctor Emory Lewis* 1:00-AUD-Movie Matinee: The Mule* 2:30-FCR-Cornhole	
1:00-CGR-Campbell Memorial Presbyterian Church Communion 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	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	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	10:30-FRL-Virgina Rep. Theatre (subsc. holders) 11:00-CGR-Grief Support Group 1:00-CGR-Great Decisions* 2:30-FCR-Cornhole Practice 7:00-CGR-Poker Group	10:00-LAN-Food Committee Meeting 12:00-FIT-Sound Bath & Healing Session* 2:00-CGR-Parkinson's Support Group 3:00-RAP-Praying the Rosary	11:00-AR2-Making Soap* 2:30-FCR-Cornhole	SET CLOCKS AHEAD ONE HOUR BEFORE RETIRING TO BED. DAYLIGHT SAVING TIME BEGINS MARCH 12 AT 2:00 AM.
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:-BLR-Healthcare Committee Meeting 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-FRL-Local Church Tour: St. Mary's White Chapel & Moraticco Baptist Church* 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	1:00-CGR-Great Decisions* 1:00-AR2-Stitching Stars Quilting Group 2:30-FCR-Cornhole Practice 7:00-CGR-Poker Group	9:00-FRL-Trip to Mary Washington House, Lunch and Hugh Mercer Apothecary* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends	2:30-FCR--Cornhole	6:30-FRL-Rappahannock Concert Association (subsc. holders)
DAYLIGHT SAVING TIME BEGINS-SET CLOCKS AHEAD ONE HOUR						
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 10:30-FRL-York Garden: High Tea Luncheon* 11:00-AR1-Grocery Pick Up 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	11:00-AUD Healthy Eating Forum* 1:00-CGR-Great Decisions* 2:00-AR2-Wreath Making Class* 2:30-FCR-Cornhole Practice 7:00-CGR-Poker Group	9:00-FRL-Trip to B.A. Sunderlin Bellfoundry* 3:00-RAP-Praying the Rosary	11:00-FRL-Tour of Kilmar-nock Inn and Lunch* 2:30-FCR--Cornhole	2:00-AUD-Concert: Cellist Adam Carter* 6:30-FRL-Northern Neck Orchestra (subsc. Holders)
	Deadline for Gazebo Gazette Articles			Last Day to Change Meal Plan		Lancaster County's Spring Household Hazardous & Electronic Waste Collection Event 9:00 AM—2:00 PM
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:00-AUD-Movie Matinee: Dog 2:30-AR2-Update with Stuart 4:00-CGR-Darts	9:00-FRL-Trader Joe's and Lunch* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	1:00-CGR-Great Decisions* 2:30-FCR-Cornhole Practice 7:00-CGR-Poker Group	10:00-FRI-Trip to Cowart's Seafood & Lunch* 11:00-AUD-Spring Craft Sale 12:00-FIT-Sound Bath & Healing Session* 1:00-MSP-Macular Degeneration Group 3:00-RAP-Praying the Rosary	9:30-FRL-Trip to Williamsburg Spa for Massage and Lunch* 2:30-FCR--Cornhole	

- 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

Despite the Groundhog’s prognostications, it seems as though spring is make an attempt at an early arrival. Hopefully this will not disappoint us with winter weather in March and April. Who would have imagined it would have been temperate enough for a whale watching trip in February?

Focus groups on communication were held in February facilitated by The Rev. Dr. Megan Limburg and the Quality of Life Committee. As of press time, the last focus group was just concluding so any updates and recommendations will be forthcoming. Representatives from Bartlett Tree Service also conducted an information session with a question and answer time focused on the treatments that they provide to attempt to preserve the life of some of our oak trees.

We recently began a six-session Leadership Academy involving all of our management team members. This program will run until May with two sessions scheduled in March (7th and 21st). On these dates management team members are committed to participating in the program, so they will return any calls or messages you might leave the following day.

The Corporate Board of Trustees met on February 15. During that meeting, Norm Faulkner and Becky Foster were recognized for their terms of service on the Board as they prepare to leave the Board at the end of March. Jeff Joy will chair the Board for the 2023-2025 term. Valda Foulds and Dr. Shannon Kennedy will be joining the Board on April 1st. Mrs. Foulds has extensive experience in banking, town management and business leadership, and she is a resident of RWC. Dr. Kennedy is the President of Rappahannock Community College. The Board also elected residents Carl Blades and Fred Luxton to serve on the Foundation Board beginning April 1st. We appreciate the time, talent and guidance our Board and Foundation trustees provide.

I trust you will have an active March at RWC. We have many activities and adventures on the calendar as the Gazette highlights. Enjoy each day!



TRUE LENTEN DEVOTION

FAST from judging others;
FEAST on God dwelling in them.

FAST from words that hurt;
FEAST on speech that helps.

FAST from discontent;
FEAST on gratitude.

FAST from anger;
FEAST on patience.

FAST from negatives
FEAST on affirmatives.

FAST from bitterness;
FEAST on forgiveness.

FAST from gossip;
FEAST on purposeful silence.

FAST from problems that overwhelm;
FEAST on prayer that sustains.

FAST from worry;
FEAST in faith.

(Source Unknown)

RWC LAKE FISHING

Some time ago RWC conducted an electrofishing survey on the lake. One of the results of this survey indicated an imbalance in the relationship between predator fish [largemouth bass (LMB)] and prey fish (bluegill). Stock size LMB (8-11 inches) dominated the number (91%) of bass collected while the larger bass made up only 9%. What this means is that the smaller bass population is eating up most of the available food and starving the larger bass and, thus, the lake only has a small number of larger/ trophy size largemouth bass which are underweight for their size.

To correct this problem, The Department of Wildlife Resources (DWR) recommends that RWC fishermen “Need to start fishing the pond out... removing all bass less than 9 inches long allowing all other fish bigger than 11 inches to eat.” By doing this the lake fishery should improve with bigger and healthier bass.

In addition, RWC is currently investigating the introduction of grass carp into the lake to combat the existing algae and grass problems. Later this spring RWC will be providing to the DWR samples of algae and grass to determine if grass carp will help alleviate these problems. Further, RWC will be looking into other options to improve the lake fishery by adding more prey fish such as bluegill and/or shad as recommended by the DWR.

Happy Fishing, Pete Epps

GREAT DECISIONS*

Continues EVERY WEDNESDAY March 1 through March 29 1:00 pm—Chesapeake Game Room

4. Economic Warfare
5. Politics in Latin America
6. Global Famine
7. Iran at a Crossroads
8. Climate Migration

FIRST FRIDAY FORUM: ADVENTURES OF A REEDVILLE DOCTOR EMORY LEWIS*

Friday, March 3—830 AM—Auditorium

Sign up Required LIMIT:50

Those that require special dietary needs must call Culinary Services 24 hours in advance to Ext. 4017

Retired physician from Reedville, Emory Lewis talks about his adventures of growing up in Reedville and retiring in Reedville.

MOVIE MATINEE: THE MULE*

Friday, March 3—1:00 PM—Auditorium

Sign-up Required—Free popcorn and beverage

(2018) 1 hour, 56 minutes, Rated R

Earl, a broke man in his 80s, is offered a job that simply requires him to drive. But unbeknownst to Earl, he's just signed on as a drug courier for a Mexican cartel. He does well—so well, in fact, that his cargo increases exponentially, and Earl is assigned a handler. But he isn't the only one keeping tabs on Earl; the mysterious new drug mule has also hit the radar of hard-charging DEA agent Colin Bates. And even as his money problems become a thing of the past, Earl's past mistakes start to weigh heavily on him, and it's uncertain if he'll have time to right those wrongs before law enforcement, or the cartel's enforcers, catch up to him.

HARVARD LECTURE SERIES: JUSTICE WITH MICHAEL SANDEL CONTINUES

Continues EVERY Tuesday, March 7 through April 11 at 11:00 AM—Chesapeake Game Room

Justice: What's The Right Thing To Do? Episode 07: "A LESSON IN LYING"

Justice: What's The Right Thing To Do? Episode 08: "WHAT'S A FAIR START?"

Justice: What's The Right Thing To Do? Episode 09: "ARGUING AFFIRMATIVE ACTION"

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"

MOVIE MATINEE: DOG*

Monday, March 27—2:00 PM—Auditorium

Sign-up Required—Free popcorn and beverage

(2022) 1 hour, 41 minutes, PG-13

Army Ranger Briggs and Lulu, a Belgian Malinois, buckle up for a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other crazy, break a handful of laws, narrowly escape death, and learn to let down their guards in order to have a fighting chance of finding happiness.

VIRGINIA REP. THEATRE *
(SUBSC. HOLDERS)

SHOW: AFTER DECEMBER

Wednesday, March 8—10:30 AM -Front Lobby

Sign-up for transportation

COST: Lunch

We have one ticket available at no cost. Please call Bonny at Ext. 4011. First come, first serve.

When a particle collider deep beneath the earth's surface malfunctions, a mysterious woman appears. She cannot say where she's from or how she got here; she only knows that she is a poet. But when she gives voice to her strange and beautiful poems, reality itself begins to ripple and shift, becoming eerily unreliable. To the physicists, she's an intriguing mystery; to the authorities, she's a threat. Could both be right? Discover whether science can unravel the riddle of the poet in this exciting new play.

**LOCAL CHURCH TOUR: ST. MARY'S
WHITE CHAPEL &
MORATICCO BAPTIST CHURCH***

Tuesday, March 14—10:00 AM—Front Lobby

Sign-up Required LIMIT:12

**TRIP TO MARY WASHINGTON HOUSE,
LUNCH AND HUGH MERCER APOTHE-
CARY***

Thursday, March 16—9:00 AM -Front Lobby

Sign-up Required LIMIT: 13

Located in Fredericksburg (1 hr:46 min ride)

COST: \$12 plus Lunch

MARY WASHINGTON HOUSE ca. 1772 In 1772, George Washington purchased a house from Michael Robinson in Fredericksburg, Virginia for his mother. Mary Ball Washington spent her last seventeen years in this comfortable home. The President-to-be came to this home to receive his mother's blessing before attending his inauguration in 1789.

In 1890, the Association for the Preservation of Virginia Antiquities, later named Preservation Virginia acquired the Mary Washington House and saved it from certain destruction.

HUGH MERCER APOTHECARY SHOP ca. 1772 This eighteenth-century building was restored to house the Hugh Mercer Apothecary Shop, a museum of medicine, pharmacy, and military and political affairs. Dr. Mercer served the citizens of Fredericks-

burg with medicines and treatments of the time. Leeches, lancets, snakeroot, and crab claws made up just some of the remedies. Dr. Mercer practiced medicine for fifteen years in Fredericksburg. His patients included Mary Washington.

**RAPPAHANNOCK CONCERT
ASSOCIATION***

(SUBSC. HOLDERS)

Saturday, March 18 - 6:30 PM- Front Lobby

Sign-up for transportation

Curtain at 7:30 pm Northumberland High School

Maria Yefimova - Pianist

Russian-born pianist Maria Yefimova has established herself internationally as a recitalist, chamber musician, and orchestra soloist, performing in Italy, Spain, England, Slovakia, Croatia, Russia, and the United States.

YORK GARDEN: TEA LUNCHEON*

Tuesday, March 21—10:30—Front Lobby

Sign-up Required LIMIT: 13

Located in Yorktown, VA (1 hr:9 min ride)

COST: Lunch

York Gardens and Tea Room is an English tearoom, elegantly and tastefully decorated. They serve light lunches, afternoon tea and royal tea. From scones, crumpets, tea sandwiches and deserts, it is amazing. Their service invites the feel of having high tea at Buckingham Palace itself.

**TRIP TO B.A. SUNDERLIN
BELLFOUNDRY***

Thursday, March 23—9:00 AM -Front Lobby

Sign-up Required LIMIT: 13

Located in Ruther Glen, VA (1 hr:37 min ride)

COST:\$33.00 plus Lunch

As the only traditional bell foundry in the United States, we carry on the tradition and quality of our founding craftsmen.

We will have lunch prior to tour at Mi Jalisco Mexican Family Restaurant.

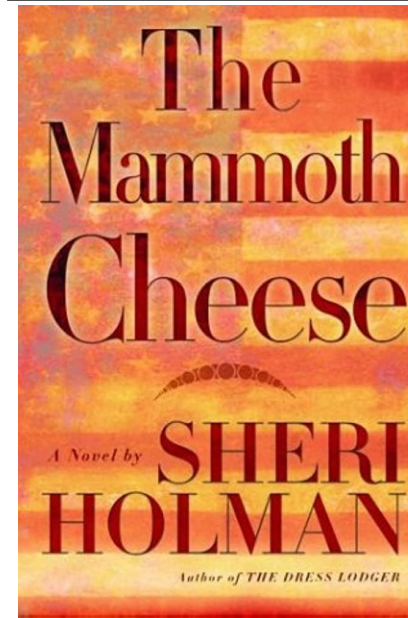
**TOUR OF KILMARNOCK INN AND
LUNCH***

Friday, March 24—11:00 AM—Front Lobby

Sign-up Required LIMIT: 12

COST: Lunch

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN



Book Group: *A Mammoth Cheese*, A novel by Sheri Holman will be our March Book Club read. This is a story of rural life, American excess, the debts we owe our history and our families, and the many ways we declare our independence. 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 March 27th at 10:30 in the Rappahannock Room.** All are welcome. Please come and enjoy a lively discussion.

Books new to the Library in February

Fiction: *"The Boys From Biloxy"* by John Grisham, donated by Bob Barlowe; *"Dream Land"* by Nicholas Sparks, donated by Bob Barlowe; *"Mad Honey"* by Jennifer Finney Boylan, donated by Jay White; *"The Silent Patient"* by Alex Michaelids; *"Carolina Girls"* by Dorothea Banton Frank; *"The 6:20 Man"* by David Baldachi; *"The Return"* by Nicholas Sparks, donated by Alice Helen Wohllenben; *"Every Breath"* by Nicholas Sparks, donated by Alice Helen Wohllenben; *"What Could be Saved"* by Liese O'Halloran Schware, donated by Alice Helen Wohllenben; *"The Nightingale"* by Kristen Hannah, donated by Helen Cobb; *"Falcon Down"* by C.H. Cobb, donated by Helen Cobb; *"The Candidate"* by C. H. Cobb, donated by Helen Cobb.

Mystery: *"14th Deadly Sin"* by James Patterson; *"The Case of the Killer Game Show"* by Michael Leese; *"Hostage"* by Clair Mackintosh; *"In a House of Lies"* by Ian Rankin; *"The Death of Mrs. Westaway"* by Ruth Ware; *"A World of Curiosities"* by Louise Penny; *"Winter Grave"* by Helene Tursten; *"Down to the Woods"* by M.J. Aldridge; *"Collateral Damage"* by Stuart Woods; *"The Windsor Knot"* by S. J. Bennett; *"The Truth or Dare"* by M. J. Arlidge donated by Jay White; *"A House on Liberty Street"* by Neil Turner donated by Jay White; *"One of Us is Lying"* by Karen M. McManus.

History: American Colonies" by Alan Taylor; *"Battle Cry For Freedom"* by James McPherson; *"D-Day"* by Stephen Ambrose.

Biography: *"General Patton"* by Stanley P. Hirshon; *"James Madison"* by Lynne Cheney; *"The Greater Journey"* by David McCullough; *"The Light We Carry"* by Michelle Obama donated by Helen Cobb; *"My Own Words"* by Ruth Bader Ginsburg; *"Spare"* by Prince Henry donated by Jean Gilmore; *"Fly Girls, Amelia Earhart"* by Keith O'Brien donated by Alice Helen Wohllenben; *"The Key to The Quarter Pole"* by Robert Traywick Wille; *"The Bond King, Bill Gross"* by Mary Childs donated by Jay White.

Monsieur Bill Estell, Library Chair

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN:

The season of Lent is now upon us, having begun on February 22. Its practice may involve different things for different people, but its meaning is more established. Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo-Saxon word *lencten*, which means "spring." The forty days represent the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others. Sundays in Lent are not counted in the forty days because each Sunday represents a "mini-Easter", when the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection. There are other ways of thinking about this too. Consider the following: "Lent is BECOMING and DOING... and CHANGING whatever it is that is blocking the fullness of life that is in us right now." (*Sister Joan Chittister*) Put another way, Lent can be the hope of true heart-change in the face of fear and regret. Toward these kinds of ends, my prayer is that your experience of Lent this year may be genuinely meaningful and truly transformational. "Lord, make this Lenten season different from the other ones. Let me find you again. Amen." (*Henri Nouwen*)
Chaplain Greg Houck

FOR THE LENTEN SEASON

Daily Devotional Booklets are now available in the Atrium and by the Chapel. *The Joy of Salvation*, featuring *Henri Nouwen*.

ONGOING OPPORTUNITIES:

Bible Study Group: Tuesdays at 11:00AM in the Corrotoman Room. Topic: *"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 **March 8th**. 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!

LOOKING AHEAD:

Maudy 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

- Mrs. Alice Wohlleben** **February 4, 2023**
- Capt. Norman G. Mosher** **February 7, 2023**
- Mr. Minford Smith** **February 9, 2023**
- Mrs. Edith Smith** **February 16, 2023**

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

ACTIVITIES COMMITTEE NOTES

Lately, the Tidewater temperatures have hit 60 and 70 degrees! The daffodils and star magnolias are in bloom. Can spring be far away? Peruse the March Gazette for trips, concerts, discussions, shopping to new destinations as well as art and workshop plans. The Activities Committee will present "Spring Fling" on Thursday, March 30th in the Auditorium. Handmade items will be featured to serve as gifts and remembrances for upcoming spring holidays such as Easter and Mother's Day. It's a great time to include purchases for birthdays, anniversaries, graduations and hostess gifts. Staff has the chance to shop from 10-11 a.m. with Residents welcomed at 11:00-4:00. Handmade items for the sale are already being donated from Residents who are working from home. Pop up workshops will be announced on Touch town, emails, and in a special spring flyer throughout March for you to come and help us make soaps, scrubs, sachets, spring décor and so much more. The proceeds of the sale will benefit the RWC Healthcare Education and Support Endowed Scholarship Fund. Our donation of monies close to \$6,000 from sales in 2022 have been acknowledged with appreciation. Let's be creative and add to that part of the RWC Foundation with our participation. The Endowed Scholarship is more important than ever!

GROUNDS AND LANDSCAPING COMMITTEE MEETING
Monday, March 20—10:00 AM—Corrotoman Room

The 2023 Grounds and Landscaping Committee has new leadership. Betty Mill has agreed to be the Chairman. **There is an error in the Resident Directory under Committee Chairs (Page 8). Please make this correction in your directory.**

RWC FOOD COMMITTEE

A gentle reminder from the Food Committee and Culinary Services to independent living residents to promptly return the "New green containers" back to the Grille that they may be reused for your next take out meal. Culinary Services need to sanitize the containers. Also, the green reusable containers should NOT be heated in the microwave, toaster oven or conventional oven as they will be damaged and deformed preventing further use. Remember to return the container the next time you come to the Chesapeake Center (Main Building) rather than waiting to return it the next time you dine. Your cooperation is very much appreciated.

Submitted by Marie Carstensen, Chair,
Food Committee

LANCASTER COUNTY'S SPRING 2023
Household Hazardous & Electronic Waste
Collection Event

Saturday, March 25, 2023 9AM - 2PM

Lancaster County Courthouse Parking Lot
8265 Mary Ball Road Lancaster, VA
EVENT IS OPEN TO LANCASTER COUNTY RESIDENTS AND PROPERTY OWNERS.

For additional information contact:
NNSWCD: (804) 313-9102, x105
VCE -Lancaster Office: (804) 462-5780

View a complete list of accepted items at: www.nnswcd.org

If you have items to go to the Lancaster County Collection, please take to Block 600 Trash Room.

WELCOME TO THE LIFE ENRICHMENT PAGE

2 OFFERINGS!

SOUND BATH AND SOUND HEALING SESSIONS SCHEDULED *

Thursday, March 9 and

Thursday, March 30—12:00 PM—Fitness Class Room

Sign-up Required Limit: 12

Sound baths may seem a bit unconventional, but they can be an incredibly beneficial wellness practice. Instead of guided meditation, which uses speaking to guide a person through a meditative state, sound baths use music and instruments such as gongs and bowls to provide the guidance. Not only are they a great de-stressor, but they can be the perfect introduction to meditation for beginners.

Essentially, a sound bath is a meditation class that aims to guide you into a deep meditative state while you're enveloped in ambient sound played by instructors or sound therapists. Guided meditation brings your focus back to the breath, a mantra, an emotion, [or] a part of the body. During a sound bath, the sound itself is 'guiding' the meditation. This sound helps facilitate awareness of the present moment. You may be in a seated position or laying on a mat.

HEALTHY EATING FORUM*

Wednesday, March 22—11:00 AM—Auditorium

Sign-up Required LIMIT: 50

RWC's Dietician Tara Mathis will talk about *Health, Nutrition* and Special Diets. Vegetarian, gluten free, low-fat food, vegan, low sodium and sugar free questions and ideas here.

BAKED SPAGHETTI SQUASH

Ingredients

- 1 tablespoon olive oil

1 spaghetti squash, halved and seeded

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet with olive oil.
2. Place spaghetti squash, cut-side down, on the baking sheet.
3. Bake in the preheated oven until skin can easily be pierced with a fork and spaghetti squash is tender, 40 to 60 minutes, depending on size of spaghetti squash. Remove from oven and allow to rest until cool enough to handle. Scrape out flesh with a fork and discard skins.

Nutrition Facts (per serving)

84	Calories
4g	Fat
12g	Carbs
1g	Protein

Baked Spaghetti Squash Recipe (allrecipes.com)

GENTLE YOGA LEVEL D CLASS

(Level D means standing, getting on and off floor)

Tuesday's 3:00pm to 3:45pm

Thursdays 9:00 am-9:40 am (NEW TIME OFFERING)

FITNESS 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 would help us 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

PARKINSON'S CARE PARTNERS

Monday, March 6—10:30 AM—Auditorium

PARKINSON'S SUPPORT GROUP

Thursday, March 9—2:00 PM—Auditorium

MACULAR DEGENERATION SUPPORT MEETING

Thursday, March 30—1:00 PM—Main Street Pub

All are welcome!

MAKING SALT SCRUB*

Thursday, March 2—1:00 pm—Art Room 2

Sign-up Required LIMIT: 8

MAKING SOAP*

Friday, March 10—11:00 AM—Art Room 2

Sign-up Required LIMIT: 8

CONCERT: CELLIST ADAM CARTER*

Saturday, March 25—2:00 PM -Auditorium

Sign-up Required

Cellist Adam Carter maintains an active career as a recitalist, chamber and orchestral musician, and teacher. Recent engagements include recitals and chamber music performances at UNC-Chapel Hill, Wake Forest University, the University of Virginia, Randolph College, Bridgewater College and Hampden-Sydney College.

Dr. Carter is currently the principal cellist of the Charlottesville Symphony and has performed with the Richmond Symphony, Madison Symphony, Winston-Salem Symphony, Erie Philharmonic and Wisconsin Chamber Orchestra.

A top prizewinner at the 1998 Fischhoff National Chamber Music Competition, Dr. Carter continues to enjoy a rich and diverse career playing chamber music. He currently performs with the Rivanna String Quartet, Artemis Duo and the Virginia Sinfonietta. A founding member of the Tarab Cello Ensemble, Dr. Carter traveled the country playing new works for cello octet. The ensemble's accolades include grants from the Howard Hanson Institute for American Music for its accomplishments in the performance and creation of contemporary American music, the Foreman Institute for the Creative and Performing Arts and the Fromm Foundation. The Ensemble has recorded on Bridge Records and Albany Records.

As a teacher, Dr. Carter is on the faculty at the University of Virginia as Lecturer in Cello. Prior to his appointment at UVA, he was adjunct professor of cello and bass at Ripon College in Wisconsin. Dr. Carter grew up in Winston-Salem, North Carolina, and attended high school at the North Carolina School of the Arts. He received his Bachelors degree and Masters degree with distinction from the Eastman School of Music, and completed his Doctoral degree at the University of Wisconsin-Madison. His principal teach-

ers include Steven Doane, Rosemary Elliot, Robert Marsh and Uri Vardi.

NORTHERN NECK ORCHESTRA* (SUBSC. HOLDERS)

Saturday, March 25—6:30 PM—Front Lobby

Sign-up Required

The season continues on March 25, 2023 at the Northumberland High School Theater in Heathsville with symphonies by Florence Price and Ludwig van Beethoven. The orchestra will continue its tribute to Price's work, performing her landmark *Symphony No. 1*. The concert will conclude with Beethoven's monumental *Symphony No. 5*

TRADER JOE'S AND LUNCH*

Tuesday, March 28—9:00 AM—Front Lobby

Sign-up Required LIMIT: 13

COAST: Groceries and Lunch

Time to stock up on all your favorites. Lunch will be at Noodles & Company.

TRIP TO COWART'S SEAFOOD & LUNCH*

Thursday, March 30—10:00 AM—Front Lobby

Sign-up Required LIMIT: 13

Take a fascinating tour of Cowart's Seafood in Lottsburg and enjoy lunch at Cygnets.

SPRING FLING CRAFT SALE

Thursday, March 30—11:00 AM to 5:00 PM—Auditorium

Don't miss a good deal on handmade items. There is something for everyone. Start on your Christmas list early this year!!!

TRIP TO WILLIAMSBURG SPA FOR MASSAGE AND LUNCH*

Friday, March 31—9:30 AM—Front Lobby

Sign-up Required LIMIT: 5

Located in Williamsburg (1 hr:10 min ride)

Cost: \$90.00 (gratuity not included) plus Lunch

Do you need a "ME" day? Pamper yourself with an hour long Swedish Massage. We will enjoy lunch at Chop Sticks Pho Grill.