



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 38, Issue 5

MAY 2023

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT
BEGINNING APRIL 28 AT THE LIFE ENRICHMENT CENTER LOBBY.

RESIDENTS' ASSOCIATION BOARD MEETING

Wednesday, May 3—10:00 AM—Auditorium

RESIDENTS ACTIVITIES COMMITTEE PRESENTS THE KENTUCKY DERBY PARTY

Saturday, May 6 from 5:30 p.m. to 7:15 p.m.
Auditorium

Sign-up Required by April 28

Wear a Fancy Hat if you choose!

Food with a Kentucky flare includes:

Appetizers

Dot's Pimento Cheese Spread
Assorted Cheeses
Pita Chips and Melba Toasts
Fresh Veggies and Fruit
Chicken Salad Pinwheels

Dinner Selections

Kentucky Burgoo with Buttermilk Cheese Biscuits
Kentucky Hot Brown Sliders with Bourbon Sauce (on the side)
Carolina Slaw

Desserts

Derby Bourbon Chocolate Pie Bars
Lemon Tarts
Cupcakes with Kentucky Caramel Icing
Iced Tea, Coffee and Water

\$\$\$ CASH BAR \$\$\$

Mint Julips/ \$5.00 Wine \$4.00/glass Beer/alcoholic or non/\$4.00/bottle Soda \$1.00

BET ON YOUR FAVORITE HORSE

\$1.00 each or \$5.00 for 6 tickets -
Betting at the LEC on Tuesday, May 2nd,
Wednesday, May 3rd, and
Thursday, May 4th.

Betting at the Atrium on Friday, May 5th, 11:00 a.m. –
12:00 Noon.

Betting at the Auditorium Race Day - Saturday, May 6th,
5:30 – 6:30 p.m.

EXACT CHANGE IS APPRECIATED

THIS IS A RESIDENTS' ACTIVITIES EVENT FOR ALL RESIDENTS AND WILL NOT BE CHARGED AGAINST YOUR FOOD PLAN.

A SIMILAR BOXED MEAL IS AVAILABLE FOR THOSE NOT ATTENDING THE DERBY EVENT.

Please call Ext. 4516 to order by 3:00 PM. Pick-up in Grille by 5:00 PM.

SPRING FLING SALE

The Spring Fling "After Sale" in the LEC lobby and showcase has taken our dollar amount past \$2,000. for the RWC Healthcare Education and Support Endowed Scholarship Fund. THANK YOU for your support and generosity.

WESTMINSTER-CANTERBURY CORNHOLE TOURNAMENT

Wednesday, May 17—Fitness Class Rooms
1st Round-11:00 AM
2nd Round—1:00 PM

Rappahannock Westminister-Canterbury
VS.

Westminster-Canterbury on the Chesapeake Bay

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

ALL FITNESS CLASSES ARE CANCELLED ON
MAY 17 EXCEPT WATER CLASSES.

*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
		10:00-FRL-Shopping at Walmart & Dollar Tree* 1 10:30-AUD-Caregiver's Parkinson's Support Group 1:00-CGR-Catch Phrase 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group UPATE W/STUART-CANCELLED	9:00-FRL-Hollywood Cemetery Guided Tour & Lunch* 2 10:00-AR2-Chat & Craft 11:00-COR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class	10:00-AUD-Residents Association Board Meeting 3 11:00-ATR-Stylish Eyes Repair Clinic 2:00-AR2-Craft Workshop: Making Kentucky Derby Style Hats & Fascinators* 2:30-FCR-Cornhole Tournament Training 7:00-CGR-Poker Group	3:00-RAP-Praying the Rosary 4 4:00-AUD-In Concert: Daniel Boling*	CINCO de MAYO 5 8:30-AUD-First Friday Forum: * 2:30-FCR-Cornhole	5:30-AUD-Kentucky Derby Party* 6 6:30-FRL-Rappahannock Concert Association: Quebe Sisters*
	1:00-CGR-Campbell Memorial Presbyterian Church Communion 7 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping* 8 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	9:00-FRL-Trip to Norfolk Botanical Gardens* 9 10:00-AR2-Chat & Craft 10:00-AR1-Amateur Radio Club Meeting 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	10:00-AR2-Activities Committee Meeting 10 11:00-CGR-Grief Support Group 2:30-FCR-Cornhole Tournament Training 7:00-CGR-Poker Group	9:30-FRL-Guided Tour of Fort Monroe & Lunch* 11 10:00-MSP-Ches. Wealth Coffee & Donuts 10:00-LAN-Food Committee Meeting 2:00-LAN-Parkinson's Support Group 2:30-AUD-Birds of a Feather Fashion Show* 3:00-RAP-Praying the Rosary	2:30-FCR--Cornhole 12 2:00-AUD-Movie Matinee: Eat, Pray, Love* 6:00-ATR-Music in the Atrium with James Trout*	13
	MOTHER'S DAY 14 Mother's Day Brunch 11:00 AM—2:00 PM GRILLE CLOSED FOR DINNER 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 15 1:00-CGR-Catch Phrase 1:30-FRL-Local Church Tour: Wicomico United Methodist Church* 2:30-AR2-Update with Stuart 4:00-CGR-Darts	9:00-FRL-Day Trip to Smithfield* 16 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	11:00-FCR-1st Annual Westminster-Canterbury Cornhole Tournament 17 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Poker Group	11:00-AR2-Making Mosaic Art, Part 1* 18 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends	DEADLINE FOR 19 GAZEBO GAZETTE ARTICLES 10:30-FRL-Jolene Family Winery Tasting & Picnic* 11:30-AUD-Northumberland Elementary (4th Grade) Choir 1:00-AR2-Making Mosaic Art, Part 2*	10:45-FPL-Antique Car Parade through the Front Parking Lot 20 6:00-FRL-Northern Neck Orchestra: Johann Sebastian Bach (subsc. holders)*
	4:00-CH85-Sunday Worship 21 1:45-FRL-Westmoreland Players: Sylvia*	10:00-FRL-Shopping* 22 10:30-CGR-RWC Book Group 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:30-AUD-In Concert: Rupert Wates*	9:30-FRL-Guided Tour of US Army Women's Museum at Fort Lee & Lunch* 23 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	11:00-LAB-Labyrinth Walk 24 11:00-AR2-Making Epoxy/Alcohol Ink Tumblers, Part 1* 7:00-CGR-Poker Group	LAST DAY TO 25 CHANGE MEAL PLANS 10:00-FRL-Gwynn's Island Museum Tour & Lunch* 1:00-MSP-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary	11:00-AR2-Step by Step Painting* 26 2:00-AUD-Movie Matinee: The Champ* 2:30-FCR--Cornhole	27
	4:00-CH85-Sunday Worship 28	MEMORIAL DAY 29 SHOPPING-CANCELLED THIS WEEK 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 4:00-CGR-Darts UPATE WITH STUART IS CANCELLED	9:00-FRL-Trader Joe's & Lunch* 30 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	11:00-AR2-Making Epoxy/Alcohol Ink Tumblers, Part 2* 31 4:00-AUD-Bingo-Pizza Party* 7:00-CGR-Poker Group	MAY 2023		

- 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

It is exciting to see spring emerge at RWC with our beautiful campus and grounds green and freshly blooming. Plants are in at the Garden Plots. Residents are taking trips to local and not-so-local venues and places of interest. We have been blessed with a lot of tours by prospective residents as well. One day this week I could hardly make my way through the Lobby of the Life Enrichment Center as there was so much activity. I know there are a number of activities, trips, and other engagement opportunities throughout the Gazette including a corn-hole challenge with Westminster-Canterbury on Chesapeake Bay and the Swing into Spring event.

Behind the scenes, spring preventative maintenance is underway. We are working with prospective contractors on the Interior Renovation project phasing which I know we are all eagerly awaiting. I will have more to share on that in the future as planning comes together.

Our leadership and management team will be concluding our 2023 Leadership Academy in May. This six-session program involves directors and managers from all departments across RWC. We incorporated feedback from the Resident Engagement Survey and the Staff Engagement Survey into the program. Throughout the program we are sharpening our leadership skills and working through an evaluation of the many processes involved in effectively managing the continuum of care and services at RWC.

Recently the Quality of Life committee of the Board met to discuss the communications focus group feedback and suggestions. The committee reported to the Corporate Board at the April meeting and will similarly report at the Resident Association Board meeting in May. All of the constructive feedback and suggestions are appreciated.

Swing into spring making the best of each day we are blessed to experience!



AT HOME WITH RWC

Did you know that "At Home with RWC" provides more than help with activities of daily living!

At Home offers the following services as well:

- *light housekeeping
- *changing and washing linens
- *laundry and ironing
- *taking out the trash
- *pet care including emptying a litter box for cat/taking the dog for a walk
- *running errands
- *transportation in your vehicle or RWC's
- *accompanying/driving to social events-out to eat, visit a friend or family member, go to a movie
- *grocery shopping – can even make it easy by applying this to your monthly statement, no \$ exchange
- *exercising – with you or transporting to place of choice
- *cleaning out fridge/pantry/closets, etc.
- *organizing

NAMING THE SMALL HOUSE

Our newest addition to our continuum of care, the Small House, needs a new name! We would like this new living space's name to reflect the loving care it provides and want people to feel welcome and at home. We are also grateful for the generosity of Mr. and Mrs. Thomas Birdsong, III, and the Birdsong Peanuts Birdsong Charitable Foundation that have made the memory care unit a reality. If you have any name suggestions for our memory care unit, please contact Denise Kenner at dkenner@rw-c.org with your ideas who will then present the names to the Foundation and Corporate Boards for approval. Thank you!

CHESAPEAKE WEALTH MANAGEMENT COFFEE & DONUTS

Thursday, May 11—10:00 AM to 12:00 PM

Main Street Pub

Stop in for customer appreciation coffee & donuts. Get there before they are gone.

IN CONCERT: DANIEL BOLING

Thursday, May 4—4:00 PM—Auditorium

This balladeer/songwriter with the friendly tenor brings his well-crafted story songs to happy audiences throughout the U.S. and in Europe in over one hundred shows a year, from House Concerts and listening rooms to major festivals – Kerrville, Winfield, Woody Guthrie, and others. Daniel is also a member of the iconic 1960s folk trio The Limelickers and the trio frequently performs with The Brothers Four and The Kingston Trio. Daniel's songs tell interesting stories about a variety of characters, including himself. He plays guitar and banjo with a deft fingerpicking style that always enhances the stories, and a bit of harmonica into the bargain. His clear tenor draws positive comparisons to John Denver and Pete Seeger, and like Pete, Daniel is happiest when his audience sings too!

MUSIC IN THE ATRIUM WITH JAMES TROUT

Friday, May 12—6:00 PM
Atrium

Come out and enjoy a musical journey around Europe and the Americas blended with the tones of the Guitar! Explore the regional cultures of Spain, Turkey, Traditional Songs, and the legacy of the Italian masters, all while next to the comfort of your own fireplace. Join James on May 12th: 6-7pm to enrich your Mother's Day weekend. James is a local guitarist and has per

formed and featured in various acts at Busch Gardens and Kings Dominion from 2018-2019, as well as a traditional and classical ensembles at the University of Lynchburg

NORTHUMBERLAND ELEMENTARY (4TH GRADE) CHOIR

Friday, May 19—11:30 AM—Auditorium

Come and support these young singers who have worked very hard to bring this program to you.

IN CONCERT: RUPERT WATES

Monday, May 22—4:30 PM—Auditorium

Rupert Wates was born in London and studied at Oxford University. He has been a full time songwriter since the late 1990s, when he signed a publishing contract with Eaton Music Limited. In London he worked with some of the best performers in the city. Moving in 2001 to Paris, Wates formed his own quartet and began playing live regularly. In

fall 2006 he came to the US.

He is now based in

New York City.

MAY ART CLASSES

CRAFT WORKSHOP: MAKING KENTUCKY DERBY STYLE HATS & FASCINATORS*

Wednesday, May 3—2:00 PM—Art Room 2
Sign up Required LIMIT 8

MAKING MOSAIC ART PART 1 & 2*

Part 1: Thursday, May 18—11:00 AM—Art Room 2
Part 2: Friday, May 19—1:00 PM—Art Room 2
Sign up Required. LIMIT: 8 Must be able to attend both classes.

MAKING EPOXY/ALCOHOL INK TUMBLERS PART 1 & 2*

Part 1: Wednesday, May 24—11:00 AM—Art Room 2
Part 2: Wednesday, May 31—11:00 AM - Art Room 2
Sign-up Required - LIMIT: 4 Must be able to attend both classes.

STEP BY STEP PAINTING*

Friday, May 26—11:00 AM—Art Room 2
Sign up Required LIMIT 8

FIRST FRIDAY FORUM :DR. TRACEY GENDRON, CHAIR AND ASSOCIATE PROFESSOR, DEPARTMENT OF GERONTOLOGY AND EXECUTIVE DIRECTOR, VIRGINIA CENTER ON AGING*

Friday, May 5—8:30 AM—Auditorium

Sign up Required—LIMIT 50

Special Dietary Needs, please call Ext. 4017
24 in advance.

Dr. Tracey Gendron serves as Chair for the Virginia Commonwealth University Department of Gerontology, as Director for the Virginia Center on Aging and is the author of *Ageism Unmasked: Exploring Age Bias and How to End It*. With over 25 years of experience as a grant-funded researcher and nationally recognized speaker, Tracey is dedicated to raising awareness and ending ageism through education. Tracey has a Master's degree in Gerontology, a Master's degree in Psychology, and a Ph.D. in Developmental Psychology.

MOVIE MATINEE: EAT, PRAY, LOVE*

Friday, May 12—2:00 PM—Auditorium

Sign up Required Popcorn and Asst Drinks

2010 PG-13 2h 20m

Recent divorcee Liz decides to reshape her life, traveling the world in search of direction. She heads to Italy, India and Bali, indulging in delicious cuisine while seeking the true meaning of self-love, family, friendship and forgiveness.

BIRDS OF A FEATHER FASHION SHOW*

Thursday, May 11—2:30 PM—Auditorium

RSVP Required by calling (804) 577-4466 or emailing
whenordinarywontdo@gmail.com

LIMITED SEATING

Enjoy a fashion show brought to you by 3 local stores with 1 collective spirit; Coastal, Pearl Boutique, and WOWD (When Ordinary Won't Do)

MOVIE MATINEE: THE CHAMP *

Friday, May 26—2:00 PM—Auditorium

1931 NR 1h 27m DVD

Andy Purcell (Wallace Beery) is a washed-up, boozy boxer and compulsive gambler who travels from bout

to bout with his adoring son, Dink (Jackie Cooper), in tow. But when Andy lands in a Tijuana jail, he realizes Dink's welfare is at stake and sends him to live with his mother (Irene Rich). For his tour-de-force performance in the title role, Beery walked away with the Academy Award for Best Actor.

BINGO-PIZZA PARTY*

Wednesday, May 31—4:00 PM—Auditorium

Sign-up Required LIMIT 75

Card are \$3.00 each.

Come join in the fun! Win a prize! Win the jackpot!!

Please fill out your pizza order form located next to the sign up book.

RESIDENTS PARTICIPATE IN BELLE



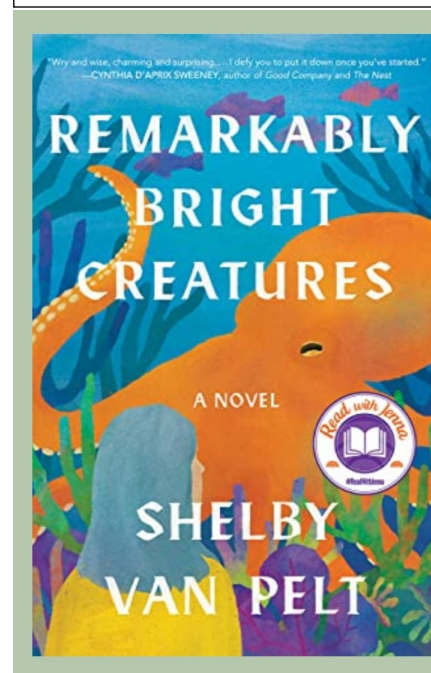
ISLE BIRTHDAY CELEBRATION

Mary Bennett, and daughter Kim, and Ben Weimer finish the 5K run/walk at Belle Isle State Park. April 22 was Belle Isle's 30th anniversary and the Rapp River Run 5K got the day off to a fast start. Mary and Ben walked and Brian was one of the race officials. There will be another walk October 7 as part of the Fall Festival.

The Park has many events RWC residents can enjoy, including the **Music by the River** concert series Saturday evenings starting in June.

Check out all the great programs at
www.belleislestateparkfriends.org.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN



BOOK GROUP

Remarkably Bright Creatures, a novel by Shelby Van Pelt. This is a charming witty explanation of friendship. A story of family, community, and optimism in spite of darkness. Prepare to fall in love with a most exceptional octopus. **We will meet May 22nd at 10:30 in the Chesapeake Game Room.** Come and join us.

AFTER TWELVE YEARS OF SERVICE, KENT MCCRANEY IS RETIRING FROM THE RWC LIBRARY.

Kent volunteered to assist Art Hicks (founder of the RWC Library) soon after he arrived on campus. While he was not experienced with Excel Workbooks that contain Marcos, his computer savvy enabled him to learn the library system. Indeed, Kent has led the library computer team for the last eight years, during which he wrote a comprehensive manual of instructions for the process. Kent also wrote the detailed instructions for and maintained the Library Cata-

logs that are available in blue binders in the library and on Touchtown. Kent leaves the RW-C Library system in superb condition. A new computer was installed last year, and all systems, manuals and instructions are up to date. Kent's quiet leadership, inspiration and effervescent persona will be missed by a grateful Library Team.

BOOKS NEW TO THE LIBRARY IN APRIL

Fiction: *"A Man Called Ove"* by Fredrik Backman; donated by Jean Gilmore; *"Fairy Tale"* by Stephen King donated by Jay White; *"Defending Innocence"* by Peter Kirkland donated by Jay White; *"House Rules"* by Jodi Picoult; *"Crossings"* by Alex Landragin donated by Carl Blades; *"Sammy's Hill"* by Kristen Gore donated by Virginia Johnson; *"Pigs in Heaven"* by Barbara Kingsolver donated by Virginia Johnson; *"Summer Pleasures"* by Nora Roberts donated by Virginia Johnson.

Mystery: *"So Shall You Reap"* by Donna Leon donated by Jay White; *"Cinnamon Skin"* by John D. McDonald donated by Tom Teeple; *"The Turquoise Lament"* by John D. McDonald donated by Tom Teeple; *"Widows Walk"* by Robert B. Parker donated by Tom Teeple; *"Someone to Watch Over Me"* by Ace Atkins donated by Tom Teeple. *"Flower Moon"* by David Grann donated by Claudia Holmes; *"Snow Drift"* by Helene Tursten donated by Jay White; *"Deception Point"* by Dan Brown donated by Susan Hice'

History: *"The Mathews Men"* by William Geroux donated by Claudia Holmes; *"Cathedral of the Sea"* by Ildefonso Falcones donated by Carl Blades.

Miscellaneous: *"The Secret of Life"* by Sarah Huckabee Sanders donated by Helen McCord; *"Radicals, Resistance and Revenge"* by Judge Jeanine Pirro donated by Gladys Rogers.

Biography: *"My American Journey"* by Joseph E. Persico donated by Susan Hice.

Bill Estell, Library Chair

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

SPRING THOUGHTS FROM THE CHAPLAIN

Spring has surely sprung. Flowers, trees and shrubs are blooming; the grass is greening up and growing; temperatures are rising and, as of this writing, the sun is gloriously shining! I love this season and I'm sure many of you do too. I've been going for walks and hikes and riding bikes; getting outside and gardening and... playing some golf! I enjoy many sports but this is my favorite, and truth be told, in many ways, a strange pastime at that. A few reflections I've found:

"Golf is a hard game to figure. One day you'll go out and slice it and shank it, hit into all the traps and miss every green. The next day you go out and for no reason at all your game is really terrible!"

"Golf can best be defined as an endless series of tragedies obscured by the occasional miracle, followed by a good bottle of beer."

"In golf, you hit down to make the ball go up; you swing left and the ball goes right; the lowest score wins and on top of that, the winner buys the drinks!"

It's been said there are many life lessons to be found in the game of golf, and to that I would add "spiritual lessons" as well. We see from the last quote above that golf involves many "opposites of what you might think." And so it is with life: "the least shall be the greatest," "strength is found in weakness," "the way up is down," "blessed are the poor in spirit, the meek, those who mourn, and those who hunger and thirst." None of it how we might naturally think things would be. All of it the very things we might spend a lifetime avoiding, which in fact can become sources of blessing. This then is my wish, my hope, my prayer for you in this Springtime: showers of unexpected blessings in and through all things, even the least likely. 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 **May 10th**. 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:

Group Labyrinth Walk: May 24, 11:00AM. Meeting at the Labyrinth.

Please contact Chaplain Houck for more information. *"A maze is designed to make you lose your way. A labyrinth is designed to help you find your way."* Torrence Harman

IN MEMORIAM

- | | |
|---------------------------------|-----------------------|
| Mrs. Constance Miller | March 17, 2023 |
| Mrs. Anne Alston | March 22, 2023 |
| Dr. Solon Davis | March 25, 2023 |
| Capt. Lawrence Treadwell | March 29, 2023 |
| Mrs. Gladys Rogers | March 29, 2023 |
| Mr. Gene Mapes | April 17, 2023 |

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

CULINARY SERVICES

Culinary will start offering waited service every other Friday in the Lancaster Room starting Friday May 19th. Reservations are required the Wednesday before the meal date. Therefore, reservations must be received by Wednesday, May 17. Seating is limited. There will be no tables larger than a six and they are limited as well.

CINCO DE MAYO LUNCH

Friday, May 5

- Vegan Minestrone Soup
- Empanadas w/ Fruit Pico de Gallo
- Chicken Tamales
- Loaded Beef Nachos
- Drunken Beans
- Roasted Mexican Cauliflower
- Mexican Street Corn Bake
- Mexican Brew

MOTHER'S DAY BRUNCH

Sunday, May 14

- Seafood Cioppino Soup w/ Toasted Baguette
- Waldorf Salad on Bibb Lettuce
- Baileys French Toast w/ Macerated Fresh Strawberries & Cherrywood Bacon
- Pan Seared Airline Chicken Breast w/ Natural Jus
- Mini Crabcakes over Arugula Salad
- Tri-Roasted Potatoes
- Roasted Raspberry Brussel Sprouts
- Fresh Baked Dinner Rolls
- Asst. Desserts
- Complimentary Glass of Wine w/ Meal
- Reservations: Betty Polk 4016 (no tables larger than six)**
- Hours: 11-1:30**
- Lakeview Grille will be closed for dinner may pick-up a boxed dinner meal before 5:00pm Call Ext. 4516 to order.**
- Boxed Dinner:**
- Chef Salad Platter (Ham, Turkey, Swiss, Cheddar Cheese, Egg)
- Fresh Baked Blueberry Muffin
- Fresh Mixed Fruit
- "Chef" Choice Dessert

MEMORIAL DAY LUNCH MENU

Monday, May 29

- Join Culinary for cooking on the Patio**
- Marinated English Cucumber and Sweet Vidalia Onion Salad
- Carolina Cole Slaw
- Tri-Colored Rotini Pasta Salad
- Fresh Strawberries
- Grilled Shrimp Skewers
- All Beef Hot Dogs or Turkey Franks w/ assorted Topping
- All Beef Burgers or Turkey Burgers w/ assorted Cheeses and Toppings
- Bourbon BBQ Baby Back Ribs
- Grilled Zucchini Planks
- Baked Beans
- Fresh Sweet White Corn on the Cob
- Ice Cream Sandwiches
- Nutty Buddy
- Beer
- Ice-Tea
- Lemonade
- Lakeview Grille will be closed for dinner- pick-up To-go meal before 5:00pm. Call Ext. 4516 to order.**
- Marinated Grilled Chicken Caesar Salad Platter w/ Blueberry Muffin
- Fresh Blueberry and Blackberry Mix
- Lemon Cooler Cookies

PLEASE NOTE THESE ONE TIME ROOM CHANGES AND CANCELLATIONS FOR THE MONTH OF MAY

- Update with Stuart-Cancelled May 1 and May 29
- Fitness Classes (except water classes)-Cancelled Wednesday, May 17
- Weekly Shopping—Cancelled Monday, May 29
- See Fitness Class Schedule for Memorial Day on Page 4.
- Parkinson's Support Group Thursday, May 11 will meet in the Lancaster Room at 2:00 PM
- RWC Book Group will meet in the Chesapeake Game Room at 10:30 AM.
- Bible Study Tuesday, May 23 will meet in the Chesapeake Game Room at 11:00 AM

WELCOME TO THE LIFE ENRICHMENT PAGE

MEMORIAL DAY CLASS SCHEDULE

Monday May 29, 2023

Strength & Balance C: 9:00 to 9:40
 Strength & Balance D: 10:00 to 10:50
 Fit to Move: 11:00 to 11:50
 Strength & Balance B: Canceled
 Water Walking: Canceled
 Moving & Grooving: Canceled

FLOWERS ARE GOOD FOR YOUR HEALTH

Happy May! According to the Petal Republic website Flowers have many health benefits. They help clean the air, increase energy, connect us to the natural world, improve our mood and increase creativity....just to name a few. Get you or someone you care about some flowers and enjoy the many benefits. I can't resist....If April showers bring May flowers, what do May flowers bring? ...Pilgrims

GENTLE YOGA LEVEL D (POSTPONED AFTER MAY 4, 2023)

Tuesday 3:00pm to 3:45pm
 Thursday 9:00am to 9:45am

PARKINSON'S CAREGIVER'S SUPPORT GROUP

Monday, May 1—10:30 AM—Auditorium

CAREGIVER'S MEMORY SUPPORT GROUP

Monday, May 1—4:30 PM—Auditorium

STYLISH EYES REPAIR CLINIC

Wednesday, May 3—11:00 AM to 1:00 PM—Atrium

PARKINSON'S SUPPORT GROUP

Thursday, May 11—2:00 PM -Lancaster Room

MACULAR DEGENERATION SUPPORT GROUP

Thursday, May 25—1:00 PM—Main Street Pub

MORE TRIP OFFERINGS.....

NORTHERN NECK ORCHESTRA: JOHANN SEBASTIAN BACH

(subsc. holders)*

Saturday, May 20—6:00 PM—Front Lobby

Sign up Required LIMIT: 14

WESTMORELAND PLAYERS: SYLVIA*

Sunday, May 21—1:45 PM—Front Lobby

Sign up Required LIMIT: 14

Cost: \$25.00

After empty-nesters Greg and Kate move to the city, Greg brings home an exuberant dog named Sylvia, who shakes up their lives. *Sylvia* is a sophisticated comedy about relationships, nature, and growing older. Please Note: This show has some coarse adult language.

GUIDED TOUR OF US ARMY WOMEN'S MUSEUM AT FORT LEE & LUNCH*

Tuesday, May 23—9:30 AM—Front Lobby

Sign up Required LIMIT: 13

This is the only museum in the world dedicated to preserving and sharing the history of the contributions of women to the Army.

The museum tells the amazing story of female patriots who have served our nation from the American Revolution to present. Our mission is to conserve and preserve a repository of artifacts and archives pertaining to the service of women in the U.S. Army.

GWYNN'S ISLAND MUSEUM TOUR & LUNCH*

Thursday, May 25—10:00 AM—Front Lobby

Sign up Required LIMIT: 13

Originally established as a Community Project by the Gwynn's Island Civic League to commemorate the Mathews County Bicentennial in 1991, the Museum started out on a small scale, primarily with Indian and Colonial artifacts from a private collection, and was housed in the Cultural Center, formerly the Shiloh Methodist Church.

TRADER JOE'S & LUNCH*

Tuesday, May 30—9:00 AM—Front Lobby

Sign-up Required LIMIT: 13

Lunch at Two Drummers Smokehouse

HOLLYWOOD CEMETERY GUIDED TOUR & LUNCH*

Tuesday, May 2—9:00 AM—Front Lobby

Sign up Required LIMIT 8

Cost: 45.00 + LUNCH

Established in 1847, Hollywood Cemetery is a fully operational cemetery located in Richmond, Virginia. Located on the banks of the James River in the state capital of Virginia, the cemetery spans 135 acres of valleys, hills, and stately trees. Its natural and architectural beauty sets it apart from the grid-like layout of modern cemeteries and its natural beauty has earned its recognition as a registered arboretum.

RAPPAHANNOCK CONCERT ASSOCIATION: QUEBE SISTERS*

(Subsc. Holders)

Saturday, May 6—6:30 PM—Front Lobby

Please sign up if you need transportation to the concert. LIMIT: 14

TRIP TO NORFOLK BOTANICAL GARDENS*

Tuesday, May 9—9:00 AM—Front Lobby

Sign-up Required LIMIT: 13

Cost: \$14.00 + Lunch

This will be a self-guided tour through the gardens.

GUIDED TOUR OF FORT MONROE & LUNCH*

Thursday, May 11—9:30 AM—Front Lobby

Cost \$5.00 + Lunch LIMIT: 13

Guided tours last approximately 45-60 minutes and include some walking. They are conducted regardless of weather.

All tours include a welcome and interpretive presentation of the exhibits in the Visitor & Education Center, a walk through the stone fortress and a guided tour through the Casemate Museum.

The focus of the tour is on the history of the site, to include the Indigenous people who lived here, the arrival of the English and the first Africans in the 17th Century, an exploration of the building of the fort in the 19th Century and important historical events that took place during the Civil War.

All facilities are ADA compliant and accessible with

wheelchairs and motorized scooters.

LOCAL CHURCH TOUR: WICOMICO UNITED METHODIST CHURCH*

Monday, May 15—1:30 PM—Front Lobby

Sign up Required LIMIT: 12

Wicomico Methodist Protestant Church is the oldest Methodist Church still in use in Northumberland County. Cyrus Harding built the original frame chapel in 1837. As the congregation outgrew the original chapel, Harding and his wife deeded one acre of land to build the larger brick church, which was dedicated in 1859.

DAY TRIP TO SMITHFIELD*

Tuesday, May 16—9:00 AM—Front Lobby

Sign up Required LIMIT: 13

Cost: \$12.00 each + Lunch

Enjoy a tour and lecture at the Isle of White museum. Then off to lunch at 1:00 PM at Smithfield station. Then 2:30 to 4:30 p.m. will be a tour with our official from Tourism. You will finish up at Darden's Country Store with a tour of the smokehouse and complimentary ham roll. Also, there's a lot of friendly critters there. Plenty of photo ops and fun for all.

JOLENE FAMILY WINERY TASTING & PICNIC*

Friday, May 19—10:30 AM—Front Lobby

Sign up Required LIMIT: 13

Cost: \$23.00 Boxed lunch provided by RWC.

Enjoy a private tasting first, followed by a picnic lunch by the lake or on the patio (also with a lake view!). Private tastings are about an hour long in our Barrel Hall, which includes a complementary stemmed souvenir glass.

ANTIQUÉ CAR PARADE COMES TO RWC

Saturday, May 20—10:45(ish) - Front Parking Lot

Mark your calendar to come out and see the parade of antique cars brought to you by Memory Lane Car Club.