



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 38, Issue 6

JUNE 2023

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT

BEGINNING MAY 26 AT THE LIFE ENRICHMENT CENTER LOBBY.

Swing Into Summer Dinner Dance*

Friday, June 23—5:00 PM—8:00 PM

Chesapeake Center

RESERVATIONS ARE REQUIRED (no tables larger than 6).

with the Sounds of Swing Orchestra

Since 1977, The Sound of Swing Orchestra has been Hampton Roads leading premiere big band swing dance orchestra. Specialist in the Big Band sounds of the 40's through today, this nine piece swing orchestra performs the exciting memorable sound classics of: Count Basie, Duke Ellington, Glenn Miller, Tommy Dorsey, Artie Shaw and many more.

Dinner begins at 5:00 PM. Please Check-in at the hostess desk and receive your table assignment. Enjoy a delicious meal. Wine will be available with dinner.

"CAPTAINS SEAFOOD PLATTER"

(NOT CHARGED AS A MEAL FOR THOSE WHO SIGN UP)

Heirloom Tomato Caprese Salad

Soft Shell Crab, Shrimp, Fish and Scallops w/ Cole-Slaw

Fresh Sauteed Green Beans

Roasted Rosemary Yukon Gold Potato Wedge

Honey Corn Muffin

House made Remoulade and Cocktail Sauce

Strawberry Cake with Fresh Strawberries and Whipped Topping (served in Atrium)

Served with one complimentary glass of wine

Not a Seafood Lover? Grilled Maple Mustard Chicken Breast is available upon request.

Open bar, coffee & dessert will be served in the Auditorium/Atrium. No reserved seating for dance.

Call Betty Polk at Ext. 4016 to make your reservation.

RSVP by June 19

Not attending the party?

"To-go" dinner boxes can be order by calling

Ext. 4516.

Meals must be ordered by 3pm and picked up by 5:00 pm in the Main Street Pub. Dinner will be variation of the party menu.

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

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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JUNE 2023

				3:00-RAP-Praying the Rosary 1	8:30-LAN-First Friday Forum: Lisa Biever and Drew Gladwell from the Northern Neck Conservancy* 2:30-FCR-Cornhole 3:00-AUD-Broadway Favorites & More with Mary Mickels* 2	2:30-AUD-Peanut City Cloggers* 3
1:00-CGR-Campbell Memorial Presbyterian Church Communion 2:30-FRL-Lancaster Players: The Great American Trailer Park Musical* 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist 4	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:30-AUD-Caregiver's Parkinson's Support Group 1:00-CGR-Catch Phrase 1:30-FRL-Steamboat Era Museum Tour* 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group 5	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class 1:00-FCR-Having a Ball Exercise Class* 2:00-AUD-Parkinson's Support Group 6	7:00-CGR-Poker Group 7	9:30-FRL-Richland Dairy Farm Tour & Creamery* 10:00-LAN-Food Committee Meeting 3:00-RAP-Praying the Rosary 8	2:00-AUD-Movie Matinee: ELVIS* 2:30-FCR--Cornhole 9	10 10
4:00-CH85-Sunday Worship 11	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 12	10:00-FRL-Williamsburg Art Museums* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class 13	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support Group 2:00-AR2-Patriotic Tie-Dye* 7:00-CGR-Poker Group 14	10:00-FRL-Narrated Norfolk Naval Base Cruise* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends 15	10:00-ATR-Paparazzi Jewelry Sale 1:30-FRL-Tour of Northern Neck Boys & Girls Club* 2:00-AUD-Movie Matinee: Jesus Revolution* 2:30-FCR--Cornhole 16	17 17
FATHER'S DAY Father's Day Brunch 11:00 AM—2:00 PM GRILLE CLOSED FOR DINNER 4:00-CH85-Sunday Worship 18	10:00-FRL-Shopping* 11:00-AUD-Touchtown 101* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 19	DEADLINE FOR GAZEBO GAZETTE ARTICLES 9:30-FRL-Virginia Institute of Marine Science in Gloucester & Lunch* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class 1:00-FCR-Having a Ball Exercise Class* 4:30-AUD-Entertainer: Phil McKenney* 20	11:00-AR2-Easy Mosaic Ceramic Flower Pots, Part 1* 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Poker Group 21	12:00-FRL-Trip to Mattaponi Winery* 1:00-MSP-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary 22	LAST DAY TO CHANGE MEAL PLANS 2:30-FCR--Cornhole 5:00-Chesapeake Center-Swing Into Summer Dinner Dance* Grille we be CLOSED for dinner 23	24 24
4:00-CH85-Sunday Worship 25	10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 1:30-FRL-Local church tour: Wicomico United Methodist Church* 26	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class 27	9:00-FRL-Shopping at Aldi's in Gloucester* 10:30-FRL-Virginia Repertory Theatre: Will Rogers Follies (Subsc. holders)* 11:00-AR2-Easy Mosaic Ceramic Flower Pots, Part 2 7:00-CGR-Poker Group 28	2:00-AUD-String Crewe Student Recital 3:00-RAP-Praying the Rosary 29	2:00-AUD-Movie Matinee: The Fabelmans* 2:30-FCR--Cornhole 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

As I reflected in preparation for writing my June note, I reviewed my June 2020 note. At that time, we were just four months into the pandemic with no idea about what was ahead and how long it was going to last - three plus years was certainly not on anyone's mind. What struck me from my June 2020 note was what got us through – God blessing us with the strength and courage we needed to get through TOGETHER.

Our sense of community or togetherness is a uniquely defining characteristic of the RWC neighborhood. "TOGETHER we pull on the oars in unison with strength and courage. TOGETHER we adjust the sails when the wind changes with skill and confidence. TOGETHER we man the pumps with hope and faith. TOGETHER we will reach our destination."

Together we enter June and the summer season with the hope and anticipation of each day and the opportunity to experience life and make a positive difference in our community. Trips and activities abound on the RWC calendar. The recent first-for-us Cornhole Tournament was highly competitive, hugely enthusiastic, and overwhelmingly refreshing. Our Cornhole Team will soon begin to practice for the opportunity to regain the Cornhole Trophy from our friends at Westminster-Canterbury on Chesapeake Bay – Go Corn Stars! The Swing into Summer Dinner/Dance will be a great event later in June as we officially welcome summer.

So many activities to do, places to go, and experiences to have – make the most of each day! Welcome to June and summer at RWC!



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!

TOUCHTOWN 101*

Monday, June 19—11:00 AM—Auditorium Sign-up Required

"I didn't know about it." It is the statement that we do not like to hear. In addition to various avenues of communication such as the Gazebo Gazette, emails, flyers, our website, YouTube video links, etc., Touchtown is a great communication tool you can access from your mobile phone, tablet, computer, and Alexa.

Touchtown is a single platform for content delivery and engagement for residents.

Still not familiar with Touchtown and how it works? Sign-up for a "hands-on" lesson. Join Us!!!!

PAPARAZZI JEWELRY SALE

Friday, June 16—10:00 AM to 3:00 pm—Atrium
Come see Stacy and get great deals on jewelry at a super price.

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

BROADWAY FAVORITES & MORE WITH MARY MICKELS*

Friday, June 2—3:00 PM—Auditorium Sign-up Required

Mary was born totally blind with a hearing loss in her left ear, and has been told she was also born with perfect pitch. She is a motivational singer blending classical music and Broadway favorites with a touch of Rodgers & Hammerstein, Opera, Patriotic & Christian Gospel music.

PEANUT CITY CLOGGERS*

Saturday, June 3—2:30 PM—Auditorium Sign-up Required

The Peanut City Cloggers perform for a variety of shows and dances. They perform at festivals, State Fairs, schools, churches, private functions and parades.

LANCASTER PLAYERS: THE GREAT AMERICAN TRAILER PARK MUSICAL*

Sunday, June 4—2:30 PM—Front Lobby Sign-up Required LIMIT: 14
Cost: \$25.00 non-refundable
Curtain at 3:00 PM

The story has, at its center, a love triangle between an agoraphobe, a highway toll collector and an exotic dancer with an unhinged ex-boyfriend. The result is a sense of informality and community – the lifeblood of neighborhoods everywhere. The cast features Jeannine and her husband; Pippi and her boyfriend; along with a trio of trailer park women, Betty, the leasing office manager; Pickles, a newlywed; Linoleum, whose husband is currently incarcerated.

STEAMBOAT ERA MUSEUM TOUR*

Monday, June 5—1:30 PM—Front Lobby Sign-up Required LIMIT: 13
Cost: \$5.00 non-refundable

The Steamboat Era Museum is a walk back to an earlier time, and well worth a visit. Get behind the wheel inside the restored Potomac pilot house and hear first hand accounts of life during the steamboat era.

RICHLAND DAIRY FARM TOUR & CREAMERY*

(Blackstone, VA, 2 hour, 19 minute ride)
Thursday, June 8—9:30 AM—Front Lobby Sign-up Required LIMIT: 13
Cost: \$10.00 non-refundable
Requires walking an hour +

- Tour of dairy farm/facilities
 - o Milking parlor
 - o Cow barns/housing
 - o Cow feed sensory station
 - o Nursery calf barn
 - o Robotic calf barn (petting calves is allowed in this area)
- Hand milking/cow petting
- Flower life cycle (attendees will take home flower seed and cup)
- Hayride

MOVIE MATINEE: ELVIS*

Friday, June 9—2:00 PM—Auditorium Sign-up Required
(2022)PG-13—2 hours, 39 minutes
Popcorn/asst. drink provided

Elvis's story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the significant and influential people in Elvis's life, Priscilla Presley.

WILLIAMSBURG ART MUSEUMS*

Tuesday, June 13-10:00AM—Front Lobby Sign-up Required LIMIT: 13
Cost: \$15.00 non-refundable + Lunch
Requires walking for an hour+

The Museum houses the largest colonial-period archaeological collection in the United States! It includes 70,000 antiques and works of art; 15,000 architectural artifacts; and 16 million archaeological artifacts. You'll learn about 18th-century ce-

FIRST FRIDAY FORUM : LISA BIEVERS AND DREW GLADWELL FROM THE NORTHERN NECK LAND CONSERVANCY*

Friday, June 2—8:30 AM—Lancaster Room
Sign up Required—LIMIT 50
Special Dietary Needs, please call Ext. 4017 24 in advance.

After three years of meetings, the Northern Neck Land Conservancy was incorporated in 2004. Signers of the Articles of Incorporation included Jane Towner, Kathryn Gregory, Don McCann, Mary Louisa Pollard and George Freeman, Jr. The Northern Neck Land Conservancy was very fortunate to have the guidance of George Freeman, as he was one of the principal authors of the Virginia Open Space Land Act that became the basis for the conservation easement program in Virginia.

This small non-profit land trust set up “shop” in one of the founder’s backyard, using a small outbuilding without running water. Now, there is an office located in Warsaw, Virginia at 483 Main Street. The Northern Neck Land Conservancy serves as perpetual steward to nearly 7,000 acres of land in the 5 counties of the Northern Neck and in Essex County.

The NNLC mission statement had many revisions, but one only needs to read it to understand the goals of the founding group: *“to preserve the rural heritage of the Northern Neck by conserving its lands, waters, economies and culture for future generations.”*

EASY MOSAIC CERAMIC FLOWER POTS*

Must be able to attend both classes.

Part 1 -Wednesday, June 21

Part 2—Wednesday, June 28

11:00 AM—Art Room 2

Sign-up Required LIMIT 6

There is no cutting of materials for this beautiful flower pot project. Using a terra-cotta pot available from almost any garden or home improvement store makes this an especially easy and fun DIY project for any level of mosaic-making experience.

SHOPPING AT ALDI’S IN GLOUCESTER*

Wednesday, June 28—9:00 AM—Front Lobby
Sign-up Required LIMIT: 13

VIRGINIA REPERTORY THEATRE: WILL ROGERS FOLLIES (SUBSC. HOLDERS)

Wednesday, June 28—10:30 AM—Front Lobby
Snappy tunes, elaborate production numbers, rope tricks and comic sketches abound in this classic Broadway musical about the great American cowboy entertainer Will Rogers. Set against the backdrop of the Ziegfeld Follies, Rogers is an extraordinary host as he leads you through his life, from the family cattle ranch to his stunning rise to fame.

STRING CREWE STUDENT RECITAL

Thursday, June 29—2:00 PM—Auditorium
The Strings Crewe, named after benefactor Carolyn Crewe Gray, began one-on-one Suzuki Method lessons in September 2018. Sixteen Northern Neck elementary students are charter members. Mei-Li Beane and Rebecca Young are instructors. The Mason Violin Shop in Fredericksburg, through its “Strings without Borders” program, provided 12 violins and 4 cellos, sized to fit. Rappahannock Concert Association is grateful for the partnership of Peninsula YMCA in Kilmarnock and Heathsville, and also to Campbell Presbyterian Church in Weems for providing after-school space for lessons. In addition to funding from RCA, the Strings Crewe is supported by River Counties Community Foundation, The Servetus Endowment, Virginia Commission for the Arts “Artist in Education” program, and the Northern Neck Orchestra.

MOVIE MATINEE: THE FABELMANS*

Friday, June 30—2:00 PM—Auditorium

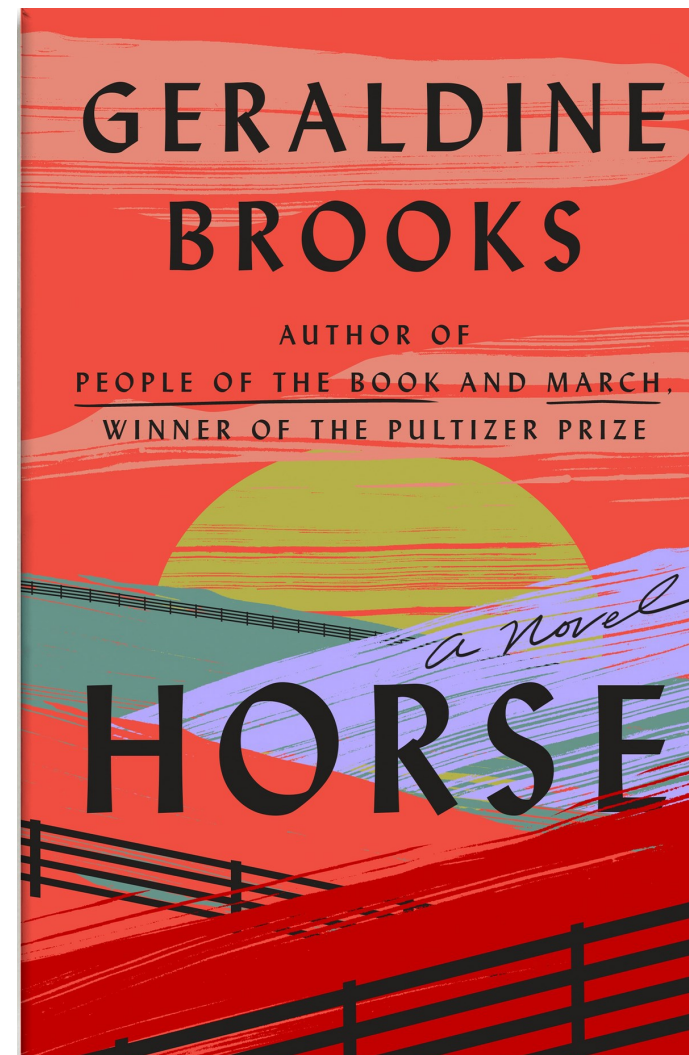
Sign-up Required

(2022) Rated PG-13, 2hours, 31 minutes

Popcorn/asst. drink provided

Inspired by Steven Spielberg’s own childhood, in this coming-of-age story, a young man uncovers a shattering family secret and the power of film and imagination to help us see the truth about ourselves and each other.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN



RWC BOOK CLUB

Do you love to read and chat about books you have read? Then WELCOME to the RWC Book Club! We meet the 4th Monday of each month at 10:30AM

in the Rappahannock Room. Two copies of the selected book are available. Look for them at the Book Club shelf at the back of the library. Take a copy, read and return in order to share with other readers.

Our June selection is **Horse** by Geraldine Brooks. A novel based on a true story. A discarded painting in a junk pile, a skeleton in an attic, and Lexington, arguably the greatest racehorse in American History. A truly great and exciting read! Come and join us.

If you have questions please call Maxine Luxton at 4200.

BOOKS NEW TO THE LIBRARY IN MAY

Fiction: *“Salt to the Sea”* by Ruth Sepetys; *“Small Wonder”* by Barbara Kengsolver donated by Ginny Johnson; *“A Silent Tide”* by William Johnson donated by Ginny Johnson; *“Icarees”* by C. H. Cobb donated by Helen Cobb; *“Pegasees”* by C. H. Cobb donated by Helen Cobb;

Mystery: *“No Plan B”* by Lee Child donated by Jay White; *“Standing in the Shadows”* by Peter Robinson donated by Jay White; *“Dark Angel”* by John Sanford donated by Jay White; *“The Killing Hills”* by Chris Offutt donated by Hugh Lovel; *“Cold Earth”* by Ann Cleeves donated by Jay White; *“White Nights”* by Ann Cleeves donated by Jay White; *“Wild Fire”* by Ann Cleeves donated by Jay White; *“Blue Lightning”* by Ann Cleeves donated by Jay White; *“Dead Water”* by Ann Cleeves donated by Jay White; *“Thin Air”* by Ann Cleeves donated by Jay White; *“Raven Black”* by Ann Cleeves donated by Jay White; *“The Girl Who Lived”* by Christopher Greyson donated by Tom Teeples; *“The Love of My Life”* by Rosie Walsh donated by Tom Teeples; *“A Few Good People Here”* by Ashley Flowers donated by Tom Teeples; *“Cat and Mouse”* by M.J. Arlidge donated by Jay White; *“Storm Front”* by John Sanford donated by Tom Teeples; *“Escape Clause”* by John Sanford donated by Tom Teeples;

History: *“A Fever in the Heart Land”* by Timothy Egan donated by Jay White; *“The Splendid and the Vile”* by Eric Lawson;

Biography: *“Scalia Speaks”* by Christopher Scalia and Edward Wayland donated by Jack Jennings; *“Finding Freedom”* Harry and Megan by Omid Scobie and Cardyn Duband; *“Thomas Cranmer”* by Diarmaid Mac Cullock;

Miscellaneous: *“L.L. Bean”* by Leon Gorman.

Bill Estell, Library Chair

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

THOUGHTS FROM THE CHAPLAIN

"Don't give up...Don't ever give up." I've recently found myself pondering those words. They're from the late Jim Valvano, legendary coach of the North Carolina State men's basketball team who shocked the world with their improbable national championship in 1983. The context of the statement? Valvano's acceptance speech after receiving the Arthur Ashe Courage Award at the 1993 ESPY Award ceremony. At the conclusion of the speech, he announced a new foundation for cancer research. He would die of cancer two months later. "Don't give up...Don't ever give up."

Our world today is a place of division, discouragement, doubt and despair, to the point where we may find ourselves wondering, "Is there any hope for anything actually getting any better?" Honest answers, real solutions seem few and far between. In such a milieu, I offer these timeless words of the Rev. Dr. George Buttrick:

"Our world is dark and frantic: and it would appear that if history continues, it will be in spite of human leaders, not because of them. There are few gleams of political hope. But then, hope never was political. Its only ground is God, who raised Christ from the dead, "the first fruits of those who have fallen asleep." We would never have learned the vastness of the universe if night had not come. Perhaps our present darkness will reveal providences and powers in God which otherwise we could not have known. Bombs may fall, but God does not fall. History may end, but God never ends. So we choose now a faith for our times. We choose Jesus and the resurrection, and thus we shall know that 'everything matters;

nothing matters.' 'Everything matters,' in glad obedience; 'nothing matters,' because nothing can thwart the love and power of God."

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!

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 **June 14th**. 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 in 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!



NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

ACTIVITIES COMMITTEE

Thank you to the many Staff and Residents who helped produce the Kentucky Derby Party on May 6th. Spirits were high and the outcome of the race was a surprise!

Resident Life has planned many interesting events in June close to home and at a distance for our pleasure. Choose one that you would enjoy. Sign-up sheets are in the notebook in the LEC. The first day of summer will show monarch caterpillar and butterfly activity around campus on milkweed plants. Take a stroll to the Life Enrichment Center to watch the evolution of the monarchs housed in a clever handcrafted habitat made by Sam Kothman.

While at the LEC, notice the new display for June with a summer picnic theme envisioned by Angie Jackson and Residents. Ongoing is the "After Sale" of Spring Fling sale items available for purchase on the honor system.

AL SMY – RAIN GAUGE GURU!

Resident Al Smy has assumed the mantle most recently worn by fellow resident Dean Loudy and has joined those weathermen and women of note. Think Ben Franklin, Tippy Stringer, Dillon Dryer, Willard Scott, and Al Roker. Al Smy is now the "Reader of the Rain Gauge". If you ever wonder how much it rained yesterday or the total rainfall for the past month, Al reads the gauge at the island in front of the Health Center entrance following each rain event and records his findings on the calendar on the bulletin board in the Atrium of the Chesapeake Center. At the end of each month, Al adds the amounts from each day it rained and posts the total monthly rainfall at the bulletin board. Thank you, Al!!

VOLUNTEERS NEEDED!

Flower Basket Volunteers Needed. 10 baskets of flowers were prepared by the Landscaping Dept. to decorate appropriate areas of campus during late spring until early fall. To make certain the flowers in these baskets stay in good condition they need regular watering. In the past volunteer residents have taken this task in hand. Linda Hildebrand headed

the group, but she has moved to live near her sister in Tennessee. Gerald and Donna Hoskins have agreed to head the group in 2023. If interested in regularly watering a basket or two, please sign up on the list posted in the mailbox area. The Hoskins will be in touch regarding instructions and assignments.

CULINARY SERVICES

"IT'S ALL ABOUT FATHER'S- FATHER'S DAY COOK OUT" (THIS WILL BE CHARGED)

Sunday, June 18—11:00 am to 2:00 pm

Watermelon

Fresh Strawberries

Potato Salad

Carolina Slaw

Marinated Cucumber, Tomato and Red Onion Salad

"American Wagyu Burger" w/ Maplewood Bacon,

Maple Smoked Cheddar Cheese, and Onion Jam on a Pretzel Bun

"Umami Turkey Burger" w/ Sauteed Exotic Mush-

rooms, Provolone Cheese, and a Drizzle of White

Truffle Balsamic Blaze on a Potato Bun

"All Beef Mini Hot Dog"

"Catalina Honey BBQ Chicken Wings" w/ Jalapeno

Corn Muffin

Fresh Corn on Cob

Steamed Broccolini

Fire Grilled Artichokes

Baked Beans

"Featuring Nightingale Gourmet Assorted Ice-

Cream Sandwiches" from Richmond Va.

"Cold Brew"

GRILLE WILL BE CLOSED FOR DINNER ON JUNE 18

To-go boxed dinners can be ordered by calling Ext, 4516 by 3pm. Pick-up in Grille by 5:00 pm.

Triple Scoop Salad Plater with

Tomatoes and Crackers

Fresh Fruit Mix

Muffin

Ice-Cream Novelties

WELCOME TO THE LIFE ENRICHMENT PAGE

JUNE TIP:

Add some extra sunshine to your day. Vitamin D is a very important nutrient for overall health and sunlight is one of the best sources. Our aim should be 30 minutes of sunshine each day. Enjoy and stay healthy!



POP-UP! HAVING A BALL EXERCISE CLASS*

Tuesday, June 6—1:00 PM—Fitness Class Room and
Tuesday, June 20—1:00 PM—Fitness Class Room

Sign-up Required Class Limit: 8

We don't think playing with a big bouncy ball ever gets old. If you are looking for a class to strengthen your arms, improve balance, and challenge hand and eye coordination, this is the class for you.

JOIN IN ON THE FUN OF WELLNESS

We would like to welcome anyone new to join the wellness programs. We are here to help you meet your goals or to set goals you have not yet realized. You may not be a person that exercises, but we have what you need to get started. We will lead you to the proper exercise program for you. Orientation must be done before starting in our programs. If you have any questions, please contact Jonathan at ext.4290 or Macey and Angie at ext. 4852

MIXED BERRIES AND BANANA SMOOTHIE

<https://www.foodnetwork.com/recipes/food-network-kitchen/mixed-berries-and-banana-smoothie-and-smoothie-bowl-3364898>

Directions

For the smoothie: Combine the berries, orange juice, yogurt, banana and honey, in a blender and puree until smooth.

For the toppings: Pour the smoothie into a bowl. Top with the blueberries, raspberries, vanilla yogurt and granola. Sprinkle with the chia seeds.

Ingredients

Smoothie:

1 cup frozen mixed berries
¾ cup orange juice
¼ cup low-fat vanilla yogurt
1 frozen ripe banana
1 teaspoon honey, optional

Toppings

¼ cup fresh blueberries
¼ cup fresh raspberries
2 dollops low-fat vanilla yogurt
2 to 3 tablespoons granola
1 teaspoon chia seeds

PARKINSON'S CAREGIVER'S SUPPORT GROUP

Monday, June 5—10:30 AM—Auditorium

CAREGIVER'S MEMORY SUPPORT GROUP

Monday, June 5—4:30 PM—Auditorium

PARKINSON'S SUPPORT GROUP

Thursday, June 6—2:00 PM—Auditorium

Please come join us on June 8 at 2:00 in the auditorium for a "Sailabration" of Jay DePew's life. All are welcome!

MACULAR DEGENERATION SUPPORT GROUP

Thursday, June 22—1:00 PM—Main Street Pub

LOCAL CHURCH TOUR: WICOMICO UNITED METHODIST CHURCH*

Monday, June 26—1:30 PM—Front Lobby

Sign-up Required LIMIT: 13

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.

PATRIOTIC TIE-DYE*

Wednesday, June 14—2:00 PM—Art Room 2

Sign-up Required LIMIT: 8

The 4th of July is right around the corner. This is your chance to create your very own tie-dye T-shirt to show your patriotism. Easy and fun!

NARRATED NORFOLK NAVAL BASE CRUISE*

Thursday, June 15—10:00 AM—Front Lobby

Sign-up Required LIMIT: 13

Cost: \$29.00 non-refundable + Lunch

Ship is accessible for standard sized non electric wheelchairs. They cannot accommodate electric wheelchairs or mobility scooters on board. If you have an electric wheelchair or a scooter you can take it down to the dock where they can lock it up for you. You can then transfer to their manual wheelchair for boarding.

This Norfolk Harbor Cruise is Your Front Row Seat to the Naval Fleet! The two-hour Narrated Naval Base Cruise departs daily from Nauticus, home of the Battleship Wisconsin. The captain provides an entertaining and fascinating commentary aboard this Coast Guard inspected vessel.

Cruising the smooth waters of the Elizabeth River, tour one of the world's busiest seaports including the world's largest naval base, home of the Atlantic Fleet, made up of destroyers, guided missile cruisers, submarines, aircraft carriers and more. Guests enjoy plenty of comfortable seating, an air-conditioned enclosed deck, an open-air shaded upper deck, snack bar, and souvenir shop.

TOUR OF BOYS & GIRLS CLUB OF THE NORTHERN NECK*

Friday, June 16—1:30 PM—Front Lobby

Sign-up Required LIMIT: 13

The Boys & Girls Club of the Northern Neck (BGCNN) strives to provide affordable, safe, diverse, and mission-driven programs for youth ages 6 to 18. This is accomplished through tested, proven, measurable Boys & Girls Clubs of America (BGCA) programs, as well as by providing a fun atmosphere for youth to learn and grow. We are currently serving Lancaster, Northumberland, and Richmond County.

MOVIE MATINEE: JESUS REVOLUTION*

Friday, June 16—2:00 PM—Auditorium

(2023)PG-13, 2 hours- Popcorn/asst. drink provided
In the 1970s, young Greg Laurie is searching for all the right things in all the wrong places: until he meets Lonnie Frisbee, a charismatic hippie-street-preacher. Together with Pastor Chuck Smith, they open the doors of Smith's languishing church to an unexpected revival of radical and newfound love.

VIRGINIA INSTITUTE OF MARINE SCIENCE IN GLOUCESTER & LUNCH*

Tuesday, June 20—9:30 AM—Front Lobby

Sign-up Required LIMIT: 13

Cost: \$ for Lunch

We will visit two labs, tour the Fish Collection as well as our Acuff Center for Aquaculture!

ENTERTAINER: PHIL MCKENNEY*

Tuesday, June 20—4:30 PM—Auditorium

Sign-up Required

Phil McKenney is a professional artist, singer, and storyteller. He will travel back in time with you telling tales of the singers of the 1950s.

TRIP TO MATTAPONY WINERY ON THE MATTAPONI RESERVATION IN KING WILLIAM COUNTY*

Thursday, June 22—12:00 PM—Front Lobby

Sign-up Required LIMIT: 13

COST: \$15 for wine tasting + gratuity

Please eat lunch before we depart.

Join us for a unique Native American cultural experience on the oldest recognized Indian reservation in the United States. The winery is also unique, as we make all-natural wines that are free of sulfites, additives, and preservatives. You'll be tasting 8 wines. The observation deck at the winery has a commanding river view making it the perfect place to sit, sip, & savor!

The foods that are available for purchase as well use natural ingredients sourced locally when possible. A signature dish to try is a Mattaponi meat pie made with grass fed bison, seasoned and savory tucked into a homemade pastry and cooked to perfection. Also available for purchase are charcuterie and cheese boards that will go great with the wines.