



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

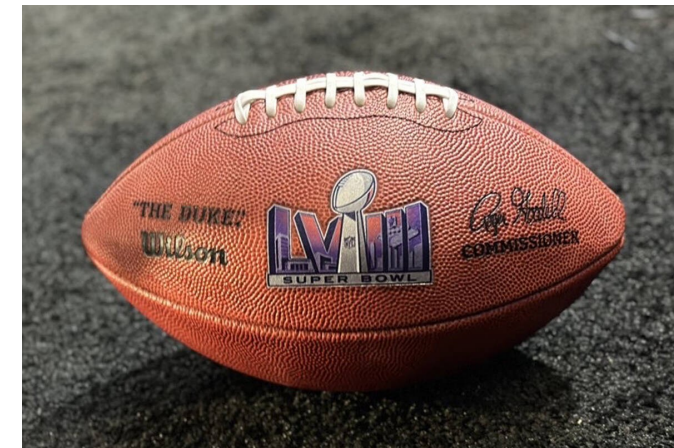
Volume 39, Issue 2

FEBRUARY 2024

# Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING  
January 25 AT THE LIFE ENRICHMENT CENTER LOBBY.

## SUPER BOWL PARTY



Sign-up  
Required  
Party is for  
those who have  
paid their  
annual fees  
(\$20.00 per person)

Sunday, **February 11, 2024**, the Super Bowl will take place at the recently opened Allegiant Stadium and marks the first time Las Vegas and the state of Nevada will welcome the Super Bowl, further solidifying the destination as the Greatest Arena on Earth™.

**Super Bowl Sunday Feb. 11, 2024 5:00pm to Halftime. Kick off at 6:30pm**

**Atrium/Auditorium**

**Menu:**

**Asst. Cheese Board with fruit**

**Large Pretzels with mustard**

**Pulled Pork BBQ Sliders**

**Fried Chicken Wings with Ranch and Sweet Chili Dipping sauce on side**

**Cole Slaw**

**Pasta Salad**

**Deviled Eggs**

**Water/Iced Tea /Coffee**

**Cookie/ Brownie Platter**

**Bar opens at 5:00 Closes at 7:00pm (cash bar for beer, wine, & sodas-**

**Beer \$4 -Wine \$4 -Sodas \$1 -Water/iced Tea no charge**

**Cheese Board and Pretzels available at 5:00 when Bar opens**

**Dinner at 6:00pm**

**Lakeview Grille will be close that evening- will do box dinners for those who want to pick-up.  
Dinners can be picked up prior to 5:30 PM.**

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

*Contact us: 804-438-4000*

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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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div><div>↑</div><div>t</div></div><div>This symbol means that you can sign up on touch-town!</div></div>	<div>FEBUARY</div> <div>2024</div>			3:00-RAP-Praying the Rosary1	<div><div><div>↑</div><div>t</div></div><div>8:30-AUD-First Friday Forum: Bob Holley*2</div><div>2:15-FCR-Cornhole</div><div>3:30-FCR-Basic Ballroom Dance Class*</div></div>	3
4:00-CH85-Sunday Worship4 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping at Walmart & Dollar Tree*5 11:00-AUD-Parkinson’s Caregiver Support 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson’s Support Group 3:00-AR2-Mardi Gras Goblets* 4:30-AUD-Caregiver’s Memory Support Group	10:00-AR2-Chat & Craft6 10:00-AR2-Freeform Embroidery, Part 1* 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 1:30-CGR-Great Courses: The Scientific Wonder of Birds*	10:00-CGR-Rollator/Walker Repair Clinic*7 11:00-ATR-Stylish Eyes Repair Clinic 2:00-AUD-RWC Happenings with Stuart	10:00-LAN-Food Committee Meeting8 11:00-AR2-Mystery Masterpiece Art Class* 2:00-CGR-Great Decisions* 3:00-RAP-Praying the Rosary	2:15-FCR--Cornhole9 3:30-FCR-Basic Ballroom Dance Class* 5:00-LAN-Waited Service Friday Dinner*	7:00-FRL-RFA: Latin Ballet of Virginia (Subscription holders)*10
4:00-CH85-Sunday Worship11 5:00-AUD-Superbowl Party*	10:00-FRL-Shopping*12 1:00-CGR-Catch Phrase <div><div><div>↑</div><div>t</div></div><div>2:15-FCR-Ladder Ball*</div><div>3:00-AR2-Valentine Birdfeeders*</div></div>	10:00-AR2-Chat & Craft13 10:00-AR2-Freeform Embroidery, Part 2* 10:00-AR1-Amateur Radio Club 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 1:30-CGR-Great Courses: The Scientific Wonder of Birds* 5:00-LVG-Mardi Gras Dinner*	<b>LENTEN SEASON BEGINS</b> 14 10:00 Activities Committee Meeting 11:00-AUD-Ash Wednesday Service 11:00-CGR-Grief Support <div><div><div>↑</div><div>t</div></div><div>2:00-AUD-Movie Matinee: When Harry Met Sally*</div><div>5:00-LVG-Valentine’s Dinner</div><div>7:00-CGR-Poker Group</div></div>	10:00-FRL-Thrifty Thursday*15 2:00-CGR-Great Decisions* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship	<div><div><div>↑</div><div>t</div></div><div>11:00-AUD-Lecture: Life in the Northen Neck from 1813-1937*16</div><div>2:15-FCR--Cornhole</div><div>3:30-FCR-Basic Ballroom Dance Class*</div></div>	17
1:00-AUD-Bland Competition18 2:00-FRL-Westmoreland Players: Almost Maine* 4:00-CH85-Sunday Worship	10:00-FRL-Shopping*19 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group	10:00-AR2-Chat & Craft20 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class <div><div>•</div><div>Deadline for Gazebo Gazette Articles by NOON</div></div>	9:00-FRL-Virginia Beach Aquarium & Turtle Experience*21 1:00-AR2-Stitching Stars Quilting Group <div><div><div>↑</div><div>t</div></div><div>2:00-AUD-Movie Matinee: ---Space Cowboys*</div><div>3:00-AUD-Board of Trustees</div><div>7:00-CGR-Poker Group</div></div>	11:00-AR2-Making Corn Husk Dolls*22 1:00-MSP-Macular Degeneration Support Group 2:00-CGR-Great Decisions* 3:00-RAP-Praying the Rosary 4:00-AUD-Meet the Author: Kristen Weed	2:15-FCR--Cornhole23 3:30-FCR-Basic Ballroom Dance Class* 5:00-LAN-Waited Service Friday Dinner*	24
4:00-CH85-Sunday Worship25 5:00-FRL-Virtuosi at Grace Church*	10:00-FRL- Shopping*26 10:30-AUD-RWC Book Group 1:00-CGR-Catch Phrase	9:00-FRL-Trader Joe’s & Lunch*27 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	11:00-AR2-Step by Step Acrylic Painting*28 <div><div><div>↑</div><div>t</div></div><div>2:00-AUD-Movie Matinee: We Bought A Zoo*</div><div>7:00-CGR-Poker Group</div></div>	9:00-FRL-Bus to the Mid-Atlantic Quilt Festival*29 2:00-CGR-Great Decisions*		

## A NOTE FROM STUART:

Twice a year we recognize our staff members who achieve milestone service anniversaries at RWC. Recently we celebrated 155 years of loyal and faithful service performed by 13 staff members. Two staff members, Tonia Waddy, RN our Assisted Living Clinical Manager and Dot Taylor, our Culinary Services Sanitation Manager were recognized for 30 years of service. We also take another opportunity at each Service Awards Luncheon to recognize our Employees of the Month for the prior six-month period. It takes a myriad of gifts, talents, skills, and experience to operate the RWC community, and we are extremely grateful for the dedication of all our staff members.

In January we launched RWC Happenings. I was pleased with the attendance and engagement at the inaugural session, and I look forward to successive sessions each month. Please refer to the calendar each month as Happenings will be a part of the Resident Association Board meeting in the months it meets and alternate between morning and afternoon sessions on the even-numbered months. As always staff is available at any time to answer questions or address concerns between the Happenings meetings.

Have a wonderful February engaging in all the activities in the RWC Neighborhood.

*Quash M. Bentley*

## RWC HAPPENINGS WITH STUART

**Wednesday, February 7—2:00PM—Auditorium**

Come and get the latest updates about our campus. As I announced in the December Resident Annual Meeting, the weekly CEO update will transition to a new schedule and format in 2024. At that meeting we will talk about the new format which will be fluid as we go through the year. Some meetings will involve other staff members. The sessions will be taped for later broadcast on RWCTV 85. If you have topics of interest or questions, it would be helpful to have those in advance of the meeting. You can email or leave a note for me. As always, between the monthly *Happenings* meetings, all our department leaders and I are available for urgent questions or comments. Any pertinent or emergent announcements between meetings will be made on relevant communication platforms.

## RFA: LATIN BALLET OF VIRGINIA (SUBSCRIPTION HOLDERS)\*

**Saturday, February 10—7:00PM—Front Lobby**

Founded in 1997 under the direction of Columbian native Ana Ines King, the Latin Ballet of Virginia is a professional dance company and school of dance, providing multicultural dance programs, instruction, and performances for a diverse community. From the passionate fury of flamenco to tango's forbidden heat, the polished elegance of classical ballet to the earthen power of modern dance, the Latin Ballet of Virginia uses the expressive beauty of movement to weave the tales and traditions that are the heart and soul of Hispanic culture.

## BLAND COMPETITION

**Sunday, February 18—1:00PM—Auditorium**

**Sign up Required.**

The Lions Clubs of Virginia sponsor a music contest for school students called the "Bland Contest" in honor of James Bland. The Annual Bland Music Scholarships Program was established in 1948 to assist and promote cultural and educational opportunities for the musically talented youth of Virginia. Residents are invited to come and observe.

## VIRTUOSI AT GRACE CHURCH\*

**Sunday, February 25—5:00PM—Front Lobby**

**Sign up required. Limit = 13**

Come and enjoy the music of Handel and Dvorak. Rebecca Davey (organ) Embassy String Quartet, members of the Presidents' Own Band including Tyler Lindsay (piano), Eric Sabo (Bass), Chris Rose (Drums)

## VALENTINE'S DAY ROSE ORDERS

Would you like to send someone a special gift of roses? **Place your order by Friday, February 9.**

A single rose is \$7.50

A dozen roses is \$90.00

We will deliver your roses for you.

Please call Amy at Ext. 4024 to place your order.



## FIRST FRIDAY FORUM: BOB HOLLEY, RESIDENT CYCLIST\*

**Friday, February 2—8:30 am—Auditorium**

**Sign up Required LIMIT: 50**

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

Enjoy Bob's stories about his bike ride from Maine to Key West.

## FREEFORM EMBROIDERY\*

**Part 1—Tuesday, February 6 at 10:00 AM**

**Part 2—Tuesday, February 13 at 10:00 AM**

**Art Room 2 Limit: 8**

**Sign up required. Cost = \$10**

Learn all the basic stitches you need, and discover freeform embroidery with threads and wool yarn. You'll be inspired by traditional styles and the world around you. Sample different techniques and materials, and get tips for planning and transferring designs. We'll learn together over two sessions on Zoom, with time in between to practice. Come ready to experiment, have fun, and begin to develop your own personal embroidery style. You'll leave with plenty of ideas to help you add unique stitching to your next project.

Class Materials: Yarn and/or embroidery floss, fabric to stitch on, hand sewing needles, and a few other notions. The materials for this class are flexible.

## WESTMORELAND PLAYERS: ALMOST, MAINE\*

**Sunday, February 18-2:00PM-Front Lobby**

**Sign Up required by Feb. 9. Cost =\$30 LIMIT-14**

Celebrate Valentine's Day by joining us in the town of Almost, Maine, where people experience the life-altering power of the human heart. Strangers become friends, friends become lovers, and lovers turn into strangers.

## THRIFTY THURSDAY\*

**Thursday, February 15—10:00AM—Front Lobby**

**Sign up required. Limit = 13**

Bargains galore!! Join us on a Thrift Store crawl as we hit all the local thrift stores for that hidden treasure. We will have lunch out as well.

## LECTURE: LIFE IN THE NORTHERN NECK FROM 1813-1937\*

**Friday, February 16-11:00AM-Auditorium**

**Sign up required.**

Join us and meet Mrs. Sarah Berkey, an Irvington resident well acquainted with steamboat travel on the Rappahannock River and up to Baltimore. A little nosy and a little gossipy, she had some interesting stories to tell. Shopping and visiting family and friends, Mrs. Berkey is always on the go! Captain John Dare Davis, whose father was also a steamer captain, will also be with us to talk about his life as a steamboat captain, especially on the last years of the steamer Potomac. Usually a quiet man, Captain Davis loves to tell tales about the exciting and sometimes harrowing steamboat days. Mrs. Berkey is portrayed by Candee Pevahouse, Museum Manager, and Captain Davis is portrayed by Fred Pevahouse, Museum Historian and Archivist.

## TRADER JOE'S & LUNCH\*

**Tuesday, February 27—9:00 AM—Front Lobby**

**Sign up required LIMIT: 10**

## MID-ATLANTIC QUILT FESTIVAL IN HAMPTON\*

**Thursday, February 29-9:00AM-Front lobby**

**Sign up required. Limit = 13 Cost = \$18**

**Boxed Lunches Provided by RWC**

Let's leap on down to Hampton for the Mid-Atlantic Quilt Festival! The quilt festival's renowned Merchants Mall includes vendors from across the country offering machines, textiles, quilting supplies, books, sewing-related craft items, kits, clothing, and more! Also featured at MAQF are the quilt and wearable art competition entries and a number of wonderful special exhibits.

Admission is \$18.00 and we will order Boxed lunches from the Grille!

Wear comfortable shoes.. the place is huge!



**GREAT COURSES CONTINUES: THE SCIENTIFIC WONDER OF BIRDS\***  
EVERY Tuesday continuing February 6—1:30 PM  
Chesapeake Game Room  
6 week course. Sign up Required.

Discover the remarkable science of bird life-taught by a biologist and expert birder-and grasp the astonishing features of avian physiology, biology, intelligence, and behavior across the globe.

WEEK 5—February 6

**Avian Mating: Lady’s Choice**

Compare models which may explain female birds’ choice of mates. Observe how females “test” potential mates and how males provide a basis for choice, through courtship displays or offering prime territory. 25 min

**Avian Mating: Singles Bars and Bachelor Pads**

Investigate three forms of avian polygyny, where one male mates with several females, and the factors that make it a useful adaptation. 24 min

WEEK 6—February 13

**Nests and Eggs: A Home in the Sticks**

Learn how birds mate; then examine the structure of bird eggs, how they are laid, and how laid eggs develop. 28 min

**Parental Care: Bird Family and Friends**

Close with a look at the hatching process and the contrasting conditions for *altricial* chicks (born naked and helpless) versus *precocial* chicks (born ready to leave the nest). 29 min

**MOVIE MATINEE: WHEN HARRY MET SALLY\***

Wednesday, February 14-2:00PM-Auditorium  
Sign up required

In 1977, college graduates Harry Burns (Billy Crystal) and Sally Albright (Meg Ryan) share a contentious car ride from Chicago to New York, during which they argue about whether men and women can ever truly be strictly platonic friends. Ten years later, Harry and Sally meet again at a bookstore, and in the company of their respective best friends, Jess (Bruno Kirby) and Marie (Carrie Fisher), attempt to stay friends without sex becoming an issue between them.

**MOVIE MATINEE: SPACE COWBOYS\***  
Wednesday, February 21-2:00PM-Auditorium  
Sign up required

Clint Eastwood, Tommy Lee Jones, Donald Sutherland and James Garner star as a group of pilots whose time has come to serve their country and fulfill their dream of going to space. In 1958, the members of Team Daedalus, a group of top Air Force test pilots, were ready to serve their country as the first Americans in space. When NASA replaced the

Air Force for outer atmospheric testing, they were pushed aside for a chimpanzee. The team retired, but the dream of going into space never died.

**MOVIE MATINEE: WE BOUGHT A ZOO\***  
Wednesday, February 28— 2:00 PM—Auditorium  
Sign up required

Following his wife's untimely death, Los Angeles journalist Benjamin Mee (Matt Damon) decides to make a fresh start by quitting his job and moving his children (Colin Ford, Maggie Elizabeth Jones) to an 18-acre property containing the Rosemoor Wildlife Park. Though closed for years, Rosemoor is still home to many animals, cared for by Kelly Foster (Scarlett Johansson) and her small staff. Mee opens his heart and his checkbook as he, Kelly and the others work to renovate and reopen the zoo.

**FOREIGN POLICY, GREAT DECISIONS\***  
EVERY Thursday Beginning February 8—2:00 PM  
Chesapeake Game Room (8 WEEK COURSE)  
THIS CLASS IS FULL.

For past GD courses, participants have divvied up the topics for leadership of discussions after the DVD is shown. In the interest of saving some time, as you can see from the above list of participants, there are 21 of you and from your class material you can see that there are 8 topics. Also, there are questions at the end of each topic that will facilitate discussion among you. Prior to your first class meeting on February 8, please give some thought to which of these topics you would be willing to be a co-leader of the follow-up discussion. From a review of the participants, you may see the name of someone with whom you can pair up to co-chair a discussion. There may be some of you who are not comfortable with leading a discussion group, and that's okay. With 21 participants, we should have no trouble identifying those discussion leaders.

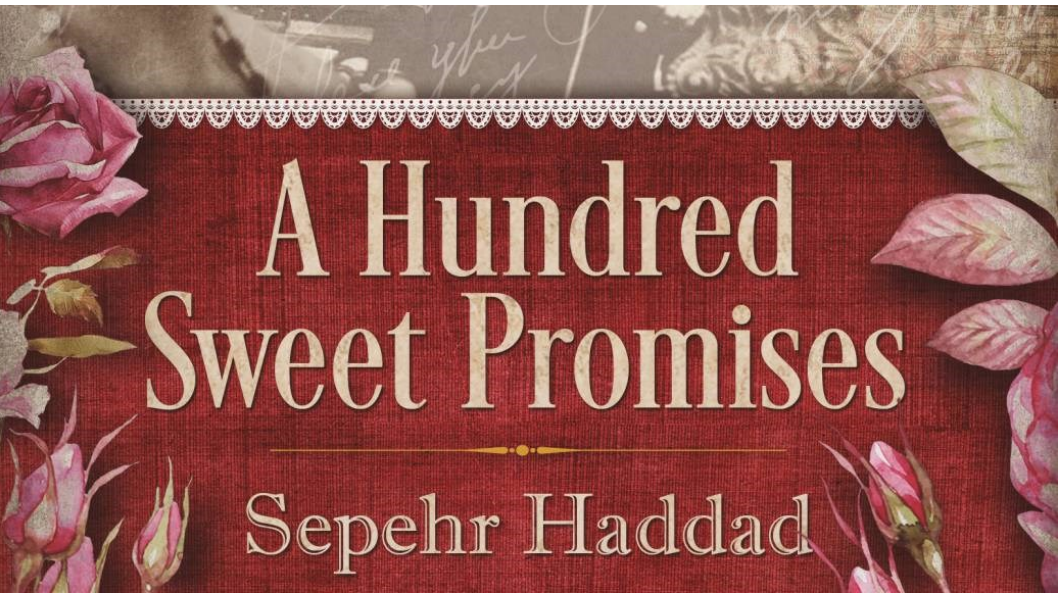
You may wish to discuss this with another participant before Feb. 8. Please drop me a note or call and let me know if you have a topic preference and if you would like to be matched up with a classmate to co-lead a discussion. The more prep you do beforehand will facilitate the experience you have once the classes begin.

*I'm looking forward to hearing from you and seeing you on Thursday, Feb. 8, at 2 o'clock in the Chesapeake Game Room.*  
Amy Lewis, Ext. 4024

**HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN**

**RW-C BOOK CLUB**

The initial selection for February is “**A Hundred Sweet Promises**” by Sepehr Haddad. This is a deeply personal historical novel blending music, love and turn of the century revolutionary politics. It is based on the story the author’s grandmother told him on the eve of the 1979 Islamic Revolution in Iran.



All readers are welcome to join the discussion! We meet on the 4<sup>th</sup> Monday of each month at 10:30. This month we will meet in the Auditorium. We will also watch an interview with Sepehr Haddad during our discussion group.

Two copies of the selected book are available. Look for them on the Book Group shelf at the back of the Library. Sign out a copy on the sign out sheet, read and return in order to share with other readers. If you have questions please call me. Maxine Luxton 4200.

**BOOKS NEW TO THE LIBRARY IN JANUARY**

**Fiction:** “**The Bourne Sacrifice**” by Robert Ludlum; “**The Block Party**” by James Day; “**Bad Actors**” by Mick Herron donated by Jay White.

**Mystery:** “**Cross Down**” by James Patterson and Brendan DuBois; “**The 23<sup>rd</sup> Midnight**” by James Patterson and Maxine Paetro;

“**Abandoned in Death**” by J. D. Robb; “**Livid**” by Patricia Cornwell; “**The Man On The Balcony**” By Maj Sjewall donated by Jay White; “**The Nine Tailors**” by Dorothy L. Sayers.

**Biography:** “**A Promised Land-Barack Obama**” donated by Sherry Mann; “**The Sun Does Shine**” by Anthony Ray Hinton.

**ORIGINS OF EXPRESSIONS**

**Butter someone up**  
Meaning: To impress someone with flattery  
Origin: This was a customary religious act in ancient India. The devout would throw butter balls at the statues of their gods to seek favor and forgiveness.

**Give a cold shoulder**  
Meaning: Being unwelcoming or antisocial toward someone  
Origin: The first recorded use of this phrase dates back to the early 1800s. It refers to an old custom of giving an unwelcome guest a cold piece of meat from the shoulder of mutton, pork, or beef chop, as opposed to a welcome guest receiving a warm serving. This was a polite way to communicate, “You may leave, now.”

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

ONGOING OPPORTUNITIES:

**Bible Study Group:** Tuesdays at 11:00AM in the Chesapeake Game Room.

**Grief Support:** The RWC Grief Support Group meets on the second Wednesday of each month at 11:00AM in the Chesapeake Game Room. Grief comes to us in different ways and grieving can be a difficult and painful process. 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. RWC resident Nancy Ellett leads the group together with resident Sherry Mann. 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!

ASH WEDNESDAY SERVICE

**Wednesday, February 14 - 11:00AM—Auditorium**

Ash Wednesday is important because it marks the start of the Lenten period leading up to Easter, when Christians believe Jesus was resurrected. The ashes symbolize both death and repentance. During this period.

FOR THE LENTEN SEASON

Daily Devotional Booklets will be made available on Thursday, February 14. *“The Joy of Salvation,” featuring Henri Nouwen.*

**WHAT IS THE PURPOSE OF LENT?**

Lent is a time of repentance. The season of Lent is a time for you and me to reflect on Christ’s sacrifice on the cross.

We are to examine our lives for any sin that might separate us from a deep and intimate relationship with God. *Sin, in a nutshell, is disobedience to God.* We are to make a commitment to change in those areas and submit to the Lord. There are 40 days in the Lent season. When Lent is observed correctly we come away with a deeper intimacy with the Lord. That in itself is the blessing that we all need and want.

**What do you do?**

**First** – Read your Bible with more focus and with an intent of studying it...not just reading the words. Spend time with your Heavenly Father. Recognize His love for you. He loves you so much that he sent His one and only son to die for you.

**Second** – Pray more often. Set aside a time to pray every morning and every night before you go to sleep. As you pray incorporate your praise. Praising God for who He is. For what He has done for you. A good way to start your season of Lent is by reading Psalm 139: 23-24: ‘Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting’.

And then turn that Psalm into a prayer: ‘Dear Lord. You know me and you know my heart. You know all my thoughts. Please help me to what thoughts I have that are preventing me from being close to you. Help me to become less offensive to you Lord, and to the others around me. I praise you today and every day. I ask all of this in the matchless name of Jesus. Amen’.

**Celebrating the season of Lent is not like a New Year’s Resolution.** Giving up chocolate, TV, or social media. Or even fasting. (Fasting, as a means of remembrance is totally different than fasting for the sake of ‘giving something up’).

It is a time of reflection. It is also a time of anticipation. Because Jesus’ resurrection marks the end of the Lent season – which totally changed you and me forever.

**IN MEMORIAM**

**MRS. MARY JOHN “JOHNNIE” PAYNE**

**JANUARY 18, 2024**

**BRIGADIER GENERAL WILLIAM C. LOUISELL**

**JANUARY 20, 2024**

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

ART CLASSES

MAKING MARDI GRAS GOBLETS\*

Monday, Feb 5—3:00PM—Art Room2  
Sign up required. Limit 8

MYSTERY MASTERPIECE PAINTING CLASS\*

Thursday, Feb 8—11:00AM—Art Room 2  
Sign up required. Limit 8

VALENTINE BIRDFEEDERS\*

Monday, Feb 12—3:00PM—Art Room 2  
Sign up required. Limit 8

MAKING CORN HUSK DOLLS\*

Thursday, Feb 22- 11:00AM—Art Room 2  
Sign up required. Limit 8

STEP BY STEP ACRYLIC PAINTING\*

Wednesday, Feb 28—11:00AM—Art Room 2  
Sign up required. Limit 8

VIRGINIA AQUARIUM & SEA TURTLE EXPERIENCE\*

Wednesday, February 21—9:00AM  
Front Lobby Sign up required. 8 for the turtle experience. Please sign up by Feb. 9.  
Cost entry: \$24.96, turtle extra: \$30.00, & lunch. Attendance to the turtle experience is not required for you to go.

Encounter the animals more closely and learn about what happens in the nonpublic areas - from maintaining state-of-the-art technology to the important work of animal care and training! From atop the Chesapeake Light Tower Aquarium, learn from our team about threatened sea turtle species and the Aquarium’s conservation efforts. Hear about the resident sea turtles in our care – their diets, unique behaviors, and the stories behind their journeys to the Virginia Aquarium. Some stair climbing is required for the turtle experience.

SPECIAL MENUS FROM CULINARY NO RESERVATIONS REQUIRED

**Shrove Tuesday (February 13) Lunch :**  
Cream of Chicken & Wild Rice Soup  
Omelet Station  
Pancake Breakfast- Dollar Cake Stack (Plain or Blueberry)  
Bacon or Sausage Patty  
Hash Brown Potatoes  
Lemon Cooler Cookies

\*\*\*

MARDI GRAS (February 13) Dinner:

**Appetizer**  
Salmon Croquettes w/ Mango Sauce & Boursin-Stuffed Mushroom

**Salad**—Muffaletta Salad

**Entrée**—Lobster & Shrimp Etouffée or Blacken Chicken

**Sides**  
Asparagus  
Okra & Tomatoes  
Red Beans & Rice  
Cajun Mac & Cheese  
Honey Cornbread

**Desserts**  
Kings Cake Bread Pudding w/ Bourbon Ice-Cream or Bourbon Sauce  
Beignet’s served w/ Powdered Sugar & Cinnamon Apple or Blueberry Compote dipping sauce

\*\*\*

Pre-Boxed Sampler Dinners-

Muffaletta Salad, Lobster & Shrimp Etouffee, Blacken Chicken, Red Beans & Rice, Honey Cornbread and Kings Cake Bread Pudding

**Valentine’s Day (February 14) Dinner:**

**Soup**—Cream of Asparagus Soup topped w/ Sauteed Lump Crabmeat

**Salad**—Baby Spinach w/ Candied Pecans, Strawberries & Raspberry Vinaigrette

**Entrée**  
Surf & Turf- (White Fish w/ Hollandaise & New York Strip Steak w/ Demi Glaze)

**Sides**  
Broccolini w/ Lemon Zest  
Truffle Mashed Potatoes

**Dessert**  
Chocolate Lava Cake



FIT NOTES  
AMERICAN HEART MONTH

- Exercise more and aim for a healthy weight
  - 30 minutes a day for 5 days a week
- February is Heart Month. Cardio exercises improve heart function and can lower blood pressure. A Cardio Workout can also help you sleep better (especially if done early in the day), can improve your body’s use of fat and lung function. You don’t have to run a marathon to get a Cardio workout in. You can start with a simple 3 minute chair workout and work your way up. Keep moving and keep your heart strong!
- Eat healthy Foods
- Eating vegetables, fruits, and whole grains  
Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products  
Limiting foods that are high in saturated fat and sodium  
Limiting sugar and other sweeteners.
- Quit smoking
- Websites that have free resource:  
BeTobaccoFree.hhs.gov  
SmokeFree.gov
- Reduce stress and improve sleep:  
Take a yoga class  
meditation  
exercise

PARKINSON’S CARE PARTNERS  
Monday, February 5—11:00 AM—Auditorium

PARKINSON’S SUPPORT GROUP  
Monday, February 5—1:15 PM—Auditorium

MEMORY CARE SUPPORT GROUP  
Monday, February 5—4:30 PM—Auditorium

ROLLATOR/WALKER REPAIR CLINIC\*  
Wednesday, February 7—10:00AM  
Chesapeake Game Room Sign up required  
Maintenance will be conducting a repair clinic. Please sign up if your assistive device needs attention.

STYLISH EYES REPAIR CLINIC  
Wednesday, February 7-11:00AM-Atrium

The Fitness Team has a schedule that they have to adhere to in order to make the most of their time and be able to serve the residents who use the fitness equipment and take classes.

Personal Training and Workouts criteria for those who need assistance :

You MUST make an appointment a day in advance.

Be timely. Minutes late will come off your training/workout session. Members who need to be dropped off and picked up must be retrieved in a timely fashion.

Fitness Classes  
Please be on time to class.

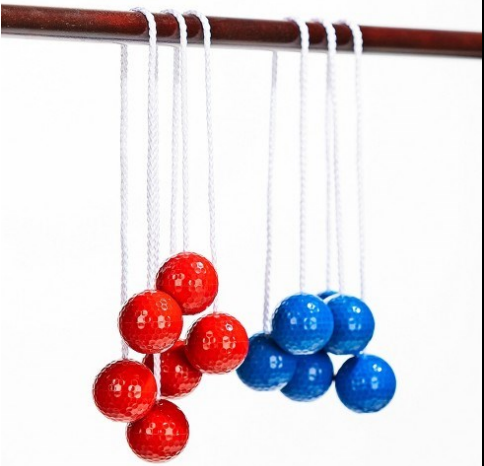
Thank you for your consideration.

MACULAR DEGENERATION SUPPORT MEETING  
Thursday, February 22—1:00 PM—Main Street Pub  
All are welcome!

LET’S PLAY LADDER BALL\*  
Monday, February 12—2:15 PM—Fitness Classroom  
Sign up Required.

Ladder Ball is played much like Cornhole. The goal of Ladder Ball is simple; to have fun. If you're the type of person that doesn't like to read rules, then just stick with me for a couple more lines. Space the game ladders about 15 feet apart and start tossing your bolas. Each player tosses all 3 bolas, then the next player tosses all 3 bolas. The first one to 21 without going over is the winner! The top rung is worth 1 points, middle is 2 and bottom rung 3 points. See I told you it was simple. RWC scoring and rules applies.

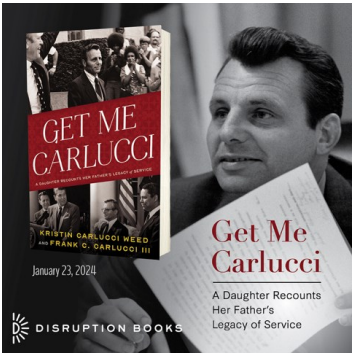
A BIG THANK YOU to Don Stone for making our official Ladder Ball rungs. They are more sturdy than anything you could buy on line.



FEBRUARY AUTHOR VISIT: KRISTIN CARLUCCI WEED, GET ME CARLUCCI  
Thursday, February 22—4:00 PM to 6:00 PM  
Auditorium Tickets are \$45.00  
Your ticket cost includes a hardcover copy of the book, intimate meet-and-greet with the author and fun with your local book community. Wine and light refreshments will be served. Please go to [www.bookshelfirvington.com](http://www.bookshelfirvington.com) to purchase your ticket.

Description  
Join us for an in-person visit with Kristin Carlucci Weed, author of the soon-to-be-published memoir, *Get Me Carlucci*. Kristin will be joining us in-person on Thursday, February 22 from 4:00-6:00 PM. Join Kristin as she presents her book, a heartfelt memoir portraying her father, the Honorable Frank C. Carlucci III. Engage in a discussion, pose questions, and get your books signed. This event is particularly relevant for anyone who is interested in public service. It's an opportunity for those who recall Mr. Carlucci's influential leadership in Washington and globally, as well as for those intrigued by Cold War-era policies. Don't miss this chance to hear about "one of the most extraordinary men ever to serve the American people."

This promises to be yet another deep, connective event for our Irvington book community so we hope you can join us! Books will be brought to the event to be distributed, but



we will offer advance pick up as soon as we have them from the publisher. All ticket holders will be notified once books are in.

About the Book:  
“Frank Carlucci is living proof to all of us and to the world that ‘only in America’ is more than just an easy cliché: it’s a great ringing truth.” —President Ronald Reagan

Once called “Washington’s ultimate survivor” by *The Washington Post*, Frank C. Carlucci III served six presidents, traveled the world on behalf of his country, and ultimately rose to prominence as Secretary of Defense. Through every chapter of his extraordinary and varied career, American leaders had a common refrain: “Get me Carlucci!” *Get Me Carlucci* combines Carlucci’s own words with interviews from his contemporaries and context from his daughter, Kristin Carlucci Weed, who completes her late father’s story while keeping his “characteristic deadpan humor and tell-it-like-it-is sensibility, no frills and no fuss.”

While Carlucci did not seek the spotlight, his work shaped the world. As a young Foreign Service Officer, he weathered the turmoil and excitement of the Congo Crisis of the 1960s, and as Ambassador to Portugal in the 1970s, he played a crucial role in the country’s transition to democracy. With a dynamic mind and a knack for building relationships, Carlucci then returned to the U.S. to serve in Washington. As Deputy Director of the CIA, National Security Advisor, and eventually Secretary of Defense under President Ronald Reagan, he defined American Cold War policy. Starting with Carlucci’s childhood and early military days, *Get Me Carlucci* is a unique look at the wide-ranging career of one of the twentieth century’s most important behind-the-scenes actors. “The President thought the world of him,” said Carlucci’s friend and mentee Colin Powell. “I thought the world of him.”

Carlucci’s story is one of service, hard work, and true statesmanship as the grandson of an Italian stonecutter becomes an indispensable voice at the highest levels of American government.



About the Authors:  
Kristin Carlucci Weed grew up in McLean, Virginia, as the daughter of former Secretary of Defense Frank C. Carlucci. Carlucci Weed attended Duke University and Johns Hopkins University, focusing on international affairs and public policy. After working in policy research in the U.S. and in Europe, she returned to the leafy suburbs of Washington, DC, where she settled with her US Air Force husband in 2020. When she is not driving one of her three children to their activities, she can be found on the tennis court or planning her next globetrotting adventure.

*Get Me Carlucci* is her first book. Frank C. Carlucci III was an American politician and diplomat. A graduate of the Princeton School of Public and International Affairs, Carlucci served as Ambassador to Portugal in the tumultuous 1970s and held roles in a number of public offices, including at the Office of Economic Opportunity and the Central Intelligence Agency. As President Ronald Reagan's Secretary of Defense from 1987 to 1989, Carlucci helped define America's Cold War policy. In private enterprise, he was Chairman of The Carlyle Group from 1992 to 2003. Before his death in 2018, Carlucci completed a draft of his memoir, which serves as the basis for *Get Me Carlucci*.