



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 39, Issue 3

MARCH 2024

Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING
February 26 AT THE LIFE ENRICHMENT CENTER LOBBY.**

WELCOME NEW NEIGHBORS

Dennis & Nancy Dupre have moved into Cottage 705. They come to us from Raleigh, N.C.

Dennis Dupre was born in Newark, NJ. and was raised in Union, NJ. He attended Catholic school and eventually attended NJIT (New Jersey Institute of Technology) where he became an electrical engineer. Nancy was born in Mt. Pleasants, UT. At the age of 6 her family moved to Ohio where she spent most of her life. She and her husband were co-owners of a computer store. She also was a librarian and a senior planning analyst for Exxon.

The Dupres have 4 children. Both, love to travel in their small RV and are active volunteers for Habitat for Humanity. Dennis loves to quietly tinker with electronics and computers. Nancy enjoys tutoring, reading, sewing and gardening. She looks forward to joining water aerobics and getting involved in volunteer opportunities in this area.

HEALTHY HARVEST FOOD BANK

March is National Nutrition Month. In honor of this, RWC collects monetary donations for the Healthy Harvest Food Bank. Healthy Harvest Food Bank provides food to people in need in the Northern Neck and Upper Middle Peninsula. It is a food distribution organization offering comprehensive hunger solutions for our region's most vulnerable neighbors. Look for the Healthy Harvest display and donation box in the Atrium.

AMETUER HAM RADIO CLUB

Tuesday, March 12—10:00 AM—Art Room 2

RESIDENT ASSOCIATION BOARD MEETING TO INCLUDE RWC HAPPENINGS WITH STUART

Wednesday, March 6—10:00AM—Auditorium

Come and get the latest updates about our campus. 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 Stuart. As always, between the monthly *Happenings* meetings, all our department leaders are available for urgent questions or comments. Any pertinent or emergency announcements between meetings will be made on relevant communication platforms. All are welcome to attend the RAB Meeting as well as Happenings with Stuart.

JUSTIN MCKENNY OF SION HOUSE FARMS, HYDROPONIC FARMING

Thursday, March 21 - 11:00AM—Auditorium
Sign up Required.

Sion House Farm started in 2015 when father-son duo Jack and Justin McKenney built their first hydroponic greenhouses on a pasture that had been in the family 100 years. The hydroponic greenhouses operate year-round for continuous lettuce harvests and multiple rounds of cucumbers and tomatoes. These crops are fed nutrient-rich water instead of growing in soil, a process that uses 10 times less water while protection from outdoor perils eliminates the need for herbicides and harsh pesticides. **Sign up by March 15th.**

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

Contact us: 804-438-4000

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FACEBOOK



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TWITTER




Follow us on
YOUTUBE

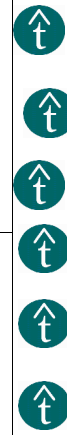


Subscribe to our

BLOG

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<h1>MARCH 2024</h1>			8:30-LAN-First Friday Forum: Harriet Dawson* 1 2:15-FCR-Cornhole 3:30-FCR-Basic Ballroom Dance Class*	6:30-FRL-NNO (Subsc. Holders)* 2
 This symbol means that you can sign up on touch-town!	3:15-AUD-RWC Community Worship Service 3 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping at Walmart & Dollar Tree* 4 11:00-AUD-Parkinson's Caregiver Support 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 4:30-AUD-Caregiver's Memory	9:15-FCR-Pop Up: Cardio Drumming* 5 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	10:00-AUD-Resident Board Meeting & RWC Happenings with Stuart 6 10:30 VA REP Theatre (Subsc. Holders)* 2:00-AUD-Movie Matinee: Queen Bees* 7:00-CGR-Poker Group	2:00-CGR-Great Decisions* 7 3:00-RAP-Praying the Rosary 4:00-AUD-Video: The Last Voyage of the Bounty*	11:00-AR2-Corn Husk Dolls* 8 1:00-CGR-Video Presentation Master Gardener Sue Lindsey, Protect your property, protect the bay* 2:15-FCR-Cornhole 3:30-FCR-Basic Ballroom Dance Class* 5:00-LAN-Waited Service Friday Dinner*	9 SET CLOCKS AHEAD ONE HOUR BEFORE RETIRING FOR BED.
Daylight Saving Time Begins 10 Set Clocks Ahead One Hour	10:00-FRL-Shopping* 11 11:00 Acrylic Painting: Kandinsky's Circles* 1:00-CGR-Catch Phrase 1:00-AUD-Smith Point Sea Rescue Information Session* 2:15-FCR-Seated Volley Ball* 3:00-AR2-Chunky Finger Knit Scarves*	10:00-AR1-Chat & Craft 12 10:00-AR2-Amateur Radio Club 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 1:00-ATR-Ross's Rings n Things Watch Repair Clinic	10:00-AR2-Activities Committee Meeting 13 11:00-CGR-Grief Support 2:00-AUD-Movie Matinee: Fitzwilly* 7:00-CGR-Poker Group Signup for waited dinner 3/22	10:00-LAN-Food Committee Meeting 14 11:00-AR2-Rope Easter/Trinket Baskets* 2:00-CGR-Great Decisions* 3:00-RAP-Praying the Rosary 4:00-AUD-Music with Dave Hershiser*	12:00-AR2-Lunch & Learn: Susan Anthony Tolbert: Impressions of a Certain Age* 15 2:15-FCR--Cornhole 3:30-FCR-Basic Ballroom Dance Class* 6:00-AUD-Cocktails & Karaoke*	6:30-FRL-RCA (Subscr. Holders)* 16 7:00-FRL-RFA (Subsc. Holders)*	
St. Patrick's Day 17 St. Patty's Day Brunch 11:00 AM—2:00 PM GRILLE CLOSED FOR DINNER BOXED DINNER PICK-UP 3:00 PM—5:00 PM 1:00-FRL-Celtic Angels* 3:15-AUD-RWC Community Worship Service	10:00-FRL-Shopping* 18 1:00-CGR-Catch Phrase 3:00-AR2-Sock Bunnies*	10:00-FRL- Tour of Cowart & Bevans Oyster Hatchery in Lottsburg & Lunch* 19 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	12:00-AR2-Lunch & Learn: Jeff Jackson, Author: Tomorrow is Beautiful* 20 1:00-AR1-Stitching Stars Quilting Group 2:00-AUD-Movie Matinee: On Golden Pond* 7:00-CGR-Poker Group • Deadline for Gazebo Gazette	11:00-AUD-Hydroponic Farming Information Session* 21 2:00-CGR-Great Decisions* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship	10:00-ATR-Paparazzi Jewelry Sale 22 2:15-FCR--Cornhole 3:30-FCR-Basic Ballroom Dance Class* 5:00-LAN-Waited Service Friday Dinner*	23	
Palm Sunday 24 3:15-AUD-RWC Community Worship Service.	10:00-FRL- Shopping* 25 10:30-RAP-RWC Book Group 11:00-AR2-Paint a Piece of the Puzzle (Acrylic)* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group	9:00-FRL-Trader Joe's & Lunch* 26 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	11:30-FRL-Lunch Bunch: Los Portales in Burgess* 27 2:00 Movie Matinee: The King's Speech* 7:00-CGR-Poker Group	10:00-FRL-Virginia War Memorial Tour in Richmond* 28 1:00-MSP-Macular Degeneration Support Group 2:00-CGR-Great Decisions* 4:00-AUD-Maundy Thursday Service	Good Friday 29 10:00-FRL-Lunch at La Yaca in Williamsburg* 2:15-FCR--Cornhole 3:30-FCR-Basic Ballroom Dance Class*	30	
Easter Easter Day Brunch 11:00 AM—2:00 PM 31 GRILLE CLOSED FOR DINNER BOXED DINNER PICK-UP 3:00 PM—5:00 PM 3:15-AUD-RWC Community Worship							

- 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



A NOTE FROM STUART:

Something to Think About

In a recent staff Huddle I shared a thought that applies to about anyone in any situation. So, I thought I would share it with you for reflection.

The thought is: "No one is 'just' a _____." We live in a world of identities. You probably can think of an exhaustive list of words or identities to fill in the blank in the quote above. I think the important word in the quote is not what is in the blank – rather it is "just." As the list of words, descriptors, or identities you could select to fill the blank is exhaustive and comprehensive, so too are the attributes of each person in our midst (and ourselves).

I have said, "I am just a _____," about myself in a limiting context on any number of occasions. If we are not careful, we can see ourselves and others that way. But it simply is not so – "No one is 'just' a _____." We are all "*fearfully and wonderfully made*".

"To the world you may be one person, but to one person you might be the world." (Dr. Seuss)
Enjoy a wonderful March and prelude to spring at RWC.


NORTHERN NECK ORCHESTRA (SUBSCRIPTION HOLDERS)*

Saturday, March 2—6:30PM—Front Lobby

Concert includes Elfrida Andree's *Concert Overture in D*, Antonin Dvorak's *American Suite in A Major*, Peter Ilyich Tchaikovsky's *Romeo and Juliet Fantasy Overture* and Nikolai Rimsky-Korsakov's *Capriccio Espagnol*.

The spring concert on May 11, 2024 at the Lancaster Middle School Theater features the Virginia premiere of Andrew Synnott's *Waiting for Elvira* and Wolfgang Amadeus Mozart's *Piano Concerto No. 21*, both performed by renowned Irish pianist Michael McHale. A part of the concerto appeared in the 1967 film "Elvira Madigan." The performance concludes with Mozart's *Symphony No. 28*, "Prague."

VA REP THEATRE: SATCHMO AT THE WALDORF (SUBSCRIPTION HOLDERS)*

Wednesday, March 6—10:30AM—Front Lobby

In this one-man, three character play, Richmond favorite, Jerold Solomon, portrays Louis Armstrong, the greatest of all jazz trumpeters; Joe Glaser, his white manager; and Miles Davis, who admired Armstrong's playing, but detested his onstage manner. In 1971, in a dressing room backstage at the Empire Room of New York's Waldorf-Astoria Hotel, four months prior to his death, Armstrong attempts to come to terms with his long-standing relationship with Glaser, whom he once loved like a father but now believes to have betrayed him.

RCA: THE TAMBURITZANS (SUBSCRIPTION HOLDERS)*

Saturday, March 16—6:30 PM—Front Lobby

The story of the Tamburitians began in the early 1930's when Dr. A. Lester Pierce's intrigue with the folk instrument sparked an idea which has endured as one of the world's finest, longest-running multicultural song and dance live stage shows of its kind. The group of three young musicians found a permanent home at Duquesne University in 1937 in the form of a work scholarship program. In 2014, the Tamburitians became an independent non-profit organization and the student musician and dancer pool was expanded to all Pittsburgh-based universities. The Tamburitians currently has 30 members, all full-time students in the Pittsburgh area.

RFA: CELTIC CELEBRATION WITH VIRGINIA SYMPHONY ORCHESTRA (SUBSCRIPTION HOLDERS)*

Saturday, March 16—7:00PM—Front Lobby

Don your green attire and join Eric Jacobsen and the Virginia Symphony Orchestra for a St. Patrick's Day celebration! Acclaimed Celtic harpist and composer Maeve Gilchrist will perform her very own Celtic Harp Concerto, and Irish folk singer-songwriter legend Karan Casey will showcase her soulful interpretations of Irish traditional singing. With expressive ballads, rousing reels, and familiar tunes like Danny Boy and The Irish Washerwoman, this is an event not to be missed!

FIRST FRIDAY FORUM: HARRIET DAWSON, RESIDENT TRAVELER*

Friday, March 1—8:30 am—Auditorium

Sign up Required LIMIT: 50

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

"Twelve Months; 28,662.3 Miles, and A Bear Named Helen"

Come take a year-long trip across our incredible country in about an hour! We'll cross into 37 USA states, five Canadian provinces, and the District of Columbia. You'll feel the joy and pain of discovering cultural information you may be unaware of, and you'll witness the magic of incredible natural resources. There will be stories of meeting amazing people and of challenges along the way. But, what a gift it was to Harriet...and all witnessed through the eyes of "Helen Bear!"

LANCASTER PLAYERS:**THE PLAY THAT GOES WRONG***

Sunday, March 10—2:30 PM—Front Lobby

Sign Up required by Feb. 9. Cost = \$30 LIMIT-11

THE PLAY THAT GOES WRONG is a play within a play. When a college drama society puts on a performance of *The Murder at Haversham Manor*, cast members are seen misplacing props, forgetting lines, missing cues, breaking character and dealing with a set that seems to have a mind of its own. The comedy blends Monty Python with Sherlock Holmes in a 1920s murder mystery in which there is an unconscious leading lady, a corpse that can't play dead and backstage staff doing their best to deal with one disaster after another.

LECTURE: BUDDY SYLVIA, SMITH POINT SEA RESCUE*

Monday, March 11—1:00PM—Auditorium

Sign up required.

All-Volunteer Smith Point Sea Rescue Answers the Call for Boaters in Trouble. Though Smith Point Sea Rescue is always on call, there are often long gaps between calls, said Buddy Sylvia, who has been involved with the organization for 29 years and is the group's senior captain. The group generally responds to an average of 60 to 65 calls a year.

MUSIC WITH DAVE HERSHISER*

Thursday, March 14—4:00PM—Auditorium

Dave has been playing music since he was a young boy. He is currently the principal clarinet in the Northern Neck Orchestra, and the Pipe Sergeant of the Kilmarnock & District Pipe Band. You may find him playing banjo at various open mic nights. His program will consist of a variety of instruments and musical genres, from Baroque music to Classical music, Bluegrass, & Celtic. He will play various instruments such as clarinet, recorder, pennywhistle, hurdy-gurdy, concertina, Scottish small pipes, and a few others.

LUNCH & LEARN: SUSAN ANTHONY-TOLBERT: "IMPRESSIONS: FROM SOMEONE OF A CERTAIN AGE" *

Friday, March 15—12:00 PM—Art Room 2

Sign up required Lunch Provided. LIMIT: 15

"This is a book of 80 poems inspired by my life and by the lives of my friends and acquaintances as well as by nature and by my animal companions. These poems are presented in a variety of styles and forms and are meant to give pleasure and to entertain. If they make the reader smile, reflect and remember some nostalgic events from their own life, I will have achieved my goal."

KARAOKE & COCKTAILS*

Friday, March 15—6:00PM—Auditorium

Sign up required.

Start thinking about songs to try!

Sing solo, duet, or with a group.

LUNCH & LEARN: JEFF JACKSON, AUTHOR :TOMORROW IS BEAUTIFUL*

Wednesday, March 20—12:00 PM—Art Room 2

Sign up Required. Lunch Provided. LIMIT: 15

Is God still active around the world today desiring to reach mankind with a personal relationship, or is He just a God from the pages of a two-thousand-year-old book? Jeff Jackson takes you on a few personal journeys to find out the lengths that God is willing to go in using ordinary people to make this relationship a reality no matter where people are found.

THE ART OF EATING MINDFULLY BY TARA MATHIS, RDN

How can we counteract mindless eating? The answer is to regain control by eating mindfully. Mindful eating is paying attention to the moment-to-moment experience of eating. Research shows that the benefits of mindful eating include managing food cravings, maintaining/losing to a healthy weight, improving digestion by eating slower, and avoiding overeating by noticing when we're full sooner.

First, we need to understand how the mind processes a meal. Ghrelin is the "hunger" hormone your stomach releases to send a signal to the brain that it's time to eat. Leptin is the "satiety" hormone that sends a signal to the brain that we're full, inhibits ghrelin, and decreases appetite. When we eat too quickly, our brain doesn't have enough time to receive fullness signals. In addition, cortisol, the "stress" hormone that also increases appetite, is reduced when you eat mindfully, lowering your heart rate and blood pressure as well.

Convinced enough to give it a try? Here's how:

1. Before your meal, take a deep breath and ask yourself – on a scale of 0-10, how hungry am I? What am I hungry for?
2. Check your environment. Social time is fine, but make sure the TV is off, and no checking emails!
3. Use your senses – how does your food look/smell? Take your first bite and notice how the texture feels, chewing slowly. Describe it to yourself.
4. Continue to enjoy each bite, individually, slowly, and thoughtfully.
 - a. If you notice you begin to speed up/eat on autopilot, then put your utensil down and take a slow, deep breath.
 - b. Take a moment to appreciate the plants/animals involved and the process to which it came to be on your plate.
5. Notice and name how you feel after the meal - physically and emotionally. Tired? Energized? Stressed? Peaceful?
6. Practice this method of mindful eating several times per week.

When we eat mindfully, we teach ourselves to become more attuned to our bodies, widen an appreciation for nourishment, and fulfill the emotional component of eating, which all lead to eating in a healthier way and

developing a positive relationship with food.

St. Patty's Day Menu

Sunday, March 17—11:00 AM to 2:00 PM

English Cucumber & Red Onion Salad
Pistachio Nut Salad
Irish Beer Cheese Soup w/ House made Butter croutons
Crispy Corned Beef Hash Topped w/ Poached Eggs
Grilled Lamb Chops w/ Red Wine, Rosemary & Garlic Butter
Baked Salmon w/ Guinness Reduction
Roasted Irish Baby Brussel Sprouts w/ Maple Bacon
Roma Tomato Casserole
Colcannon
Irish Herbed Potatoes
Bailey's Irish Cream Cake
Irish Soda Bread
Beer served with meal.

Lakeview Grille closed for dinner
Boxed dinner can be picked-up in Lakeview Grille
3:30pm-5:00pm

BOXED DINNER MEAL

Roast Beef Sandwich on a Hoagie Roll w/ Cheddar
Cheese Horseradish Mayo, Lettuce and Tomato
Marinated Veggies Salad
Fresh Strawberries and Blueberries
Brownies

Easter Brunch Menu

Sunday, March 31—11:00AM-2:00PM

She Crab Soup
Herbed Cornish Hen
Seared Duck Breast w/ Berry Compote
Baked Salmon w/ Citrus Glaze
Vanilla Bean Risotto
Roasted Patty Pan Squash
French Green Beans w/ Toasted Almonds
Roasted Creamer Potatoes w/ fresh Herbs and Garlic Butter
Assorted Gourmet Desserts
Hot Cross Buns
Complimentary glass of wine served with meal

Lakeview Grille closed for dinner
Boxed dinner can be picked-up in Lakeview Grille
3:30pm-5:00pm

BOXED DINNER MEAL

Chef Salad Plate
Fresh Cut-up Fruit
Blueberry Muffin
Cookies

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

RW-C BOOK CLUB

The Book Group selection for March will be "Get Me Carlucci" by Kristin Carlucci Weed. Once called Washington's ultimate survivor Frank Carlucci served six presidents, travelled the world for his country, and rose to serve as Secretary of Defense. Through every chapter of his career American leaders had a common refrain: "Get Me Carlucci". Enjoy this story of our recent history and the life of a great American.

All readers are welcome to join the discussion! We meet on the 4th Monday of the month at 10:30 in the Rappahannock Room. Two copies of the selected book are available. Look for them at 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 FEBRUARY

FICTION: "Blood Brothers" by Nora Roberts; "Alias Emma" by Ava Glass donated by Jay White; "Icy Sparks" by Gwyn Hyman Rubio donated by Glen Bohlke; "The Secret Keeper" by Kate Morton donated by Glen Bohlke; "Change of Heart" by Jody Picoult donated by Glen Bohlke; "Folly" by Laurie R. King donated by Glen Bohlke; "Midwives" by Chris Bohjalian donated by Glen Bohlke; "Olive Kitteridge" by Elizabeth Strout donated by Glen Bohlke; "The Magician's Assistant" by Ann Patchett donated by Glen Bohlke; "Middlesex" by Jeffrey Eugenides donated by Glen Bohlke; "How The Irish Saved Civilization" by Thomas Cahill donated by John Roberts; "The Ship Beneath the Ice" by Mensun Bound donated by John Roberts; "Three Assassins" by Kotaro Isaka donated by Jay White; "The East Indian" by Brinda Charry donated by Jay White; "Mean Streak" by Sandra Brown; "The Extraordinary Life of Sam Hell" by Robert Dugori; "The Judge" by Steve Martin; "Weapon Grade" by Don Bentley.

MYSTERY: "Cold Mood" by Alexandra Sokoloff donated by Glen Bohlke; "The Lincoln Highway" by Amor Towles donated by Glen Bohlke; "The Caller" by Karin Fossum donated by Glen Bohlke; "The Hush" by John Hart donated by Glen Bohlke; "Rubbernecker" by Belinda Bauer donated by Glen Bohlke; "The Truants" by Kate Weinberg donated by Glen Bohlke;

"Emotionally Weird" by Kate Atkinson donated by Glen Bohlke; "Local Woman Missing" by Mary Kubica donated by Glen Bohlke; "Paris For One" by Jojo Moyes donated by Glen Bohlke; "Judgement Prey" by John Sanford donated by Jay White.

HISTORY: "Steamboat Driven" by Steamboat Era Museum; "Against the Tide" by J.H. Sullivan donated by Candee Pevahouse, Irvington Steamboat Museum.

BIOGRAPHY: "Ike's Bluff" by Evan Thomas donated by John Roberts; "Elizabeth and Phillip" by Tessa Dunlap donated by Jean Gilmore; "Too Much and Never Enough" by Mary KL. Trump donated by Sherrie Mann; "A Genius for War" by Carlo D'Este.

MISC POLITICS: "Collision of Power, Trump, Bezos and The Washington Post" by Martin Baron donated by Jay White; "Oath and Honor" by Liz Cheney donated by Michelle Blank.

MISC RELIGION: "Hatch, Match and Dispatch" by Rev William Billon donated by John Roberts.

MISC RESIDENT AUTHOR: "OPPORTUNITY TIME" by Linwood Holton.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN:

As we enter Lent, we find that spiritual disciplines, just like anything else, can become rote and habitual without much thought about why we do what we do. We find ourselves going through the motions but not really paying any mind as to what is to be the motivation. Lent, prayer, personal devotions, bible reading, the labyrinth, church, etc., can become things that we do because “we have always done them” but done without engaging our minds as to why we do them. Lent becomes a time of giving up something for 40 days only to go back to it afterwards without asking ourselves, “what is the purpose for giving this up”? We find that our spiritual disciplines have become formal without faith, ritual without reality, practice without purpose.

So, what can one do to make what we do real, purposeful, and faith building? Let us ask ourselves a few questions.

1. Why am I doing this? Lent was supposed to be more than giving up something you enjoy for 40 days and eating fish on Friday. When we look at the life of Christ, He gave up position, power and authority for what? To be obedient to God as a son to his father and submit to the will of God for his earthly life. His prayers were purposeful, to stay in intimate communion with His Father, not just to mindlessly ask for things. So much so that when it came to beating and torture which would end in death, He prayed, “Not my will, but thine be done!” There was purpose in the prayers of Jesus. And His steadfast focus kept Him dependent upon God. It did not keep him from harm, but it enabled him to endure because He understood there was a purpose in the pain. The reality is I can be independently desperate from God, or I can be desperately dependent upon God.

2. What do I want to change? Habits that were started for a good reason are soon adrift in the ocean called life. We become distracted by the demands of life and the one relationship that can keep our life together is set aside, and we find our life in chaos and our relationship with God distant. But without a conscious effort of our will to change, we find ourselves replacing change for a short-term denial of

whatever and convince ourselves that is all that is needed. And so, after 40 days, we go back to the old pattern because the discipline of giving up something was done as a ritual rather than a way of letting go completely of whatever so that I may draw closer to God. God, or the increase of our faith, takes the backseat to self-gratification. That is why Jesus said, “Where your heart is, there will your treasure be also.” How do we know what we treasure? Look at what consumes my time, talents, pocketbook, and relationships! Whatever has those things in life also has my heart.

Jesus summed up all the commandments in these two. “Love the Lord your God with all your heart, soul, mind and strength. And the second is like unto it, Love your neighbor as yourself.” True joy comes from life in this order; Jesus, Others, Yourself. I wonder if in this Lent season we asked ourselves, “Why am I doing this?” and “What do I want to change?” Would those questions change my perspective? Maybe we would find our faith growing instead of stagnating, and our practice becoming purposeful, and our reality would be God-focused not ritual focused.

“God has given us Disciplines of the spiritual life as a means of receiving his grace. The Disciplines allow us to place ourselves before God so that He can transform us.” Steven Foster

Chaplain Ted

ONGOING OPPORTUNITIES

Bible Study Group:

Tuesdays at 11:00am in the Chesapeake Game Room.

Sunday Church Services:

2:00pm Westbury Clubroom for Health Services
3:15pm Auditorium for Independent Residents

Grief Support:

2nd Wednesday of the month at 11:00am in the Chesapeake Game Room

IN MEMORIAM

**MR. FRANK ELLIOTT
FEBRUARY 10, 2024**

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

CORN HUSK DOLLS*

Friday, March 8-11:00AM-Art Room 2
Sign up required. Limit: 8

PAINTING WITH ACRYLICS: KANDINSKY'S CIRCLES*

Monday, March 11- 1:00PM—Art Room 2
Sign up required. Limit: 11

Kandinsky circles are a fascinating example of abstract art by the Russian painter who experimented with colors, shapes, and emotions.

CHUNKY FINGER KNIT SCARVES*

Monday, March 11- 3:00PM—Art Room 2
Sign up required. Limit: 8

Try a simple tabletop technique to create a scarf made of soft yard in 30 minutes.

ROPE EASTER/TRINKET BASKETS*

Thursday, March 14—11:00AM—Art Room 2
Sign up required. Limit: 5

Sewing rope baskets is becoming very popular. They can be plain and simple or wild and fancy. Using all cotton rope and sewing with a regular sewing machine using a zig zag stitch is fun and easy. We will be making a small trinket basket. Rope and special needle will be provided. You will have the option to use colored thread or add strips of fabric to make the basket your own.

If you have a portable sewing machine and would like to bring it, please indicate so when you sign up (use my machine).

SOCK BUNNIES*

Monday, March 18—3:00PM—Art Room 2
Sign up required. Limit: 8

Create an adorable one of a kind rice filled bunny before easter

PAINT A PIECE OF THE PUZZLE (ACRYLIC)*

Monday, March 25—11:00AM—Art Room 2
Sign up required. Limit: 8

TRADER JOE'S & LUNCH*

Tuesday, March 26—9:00 AM—Front Lobby
Sign up required LIMIT: 10

CELTIC ANGELS IRELAND SHOW AT THE FERGUSON CENTER *

Sunday, March 17—1:00 PM—Front Lobby
Call 4011 about tickets. Limit = 13 Cost = \$46
Inquire ASAP if you would like to join the group.

COWART & BEVANS OYSTER HATCHERY TOUR IN LOTTSBURG, VA & LUNCH

Tuesday, March 19—10:00AM—Front Lobby
Sign up Required. Limit: 13 Cost: Lunch
See behind the scenes how pampered oysters get tricked into spawning early. “There’s a lot of work getting oysters ready to spawn. When you see (oyster) spat on shell, there’s already three months of hard work and careful planning that has gone into getting to that point.” The more opportunities to put spat on shell the more baby oysters are available to put out into the water.

LUNCH BUNCH TO LOS PORTALES IN BURGESS*

Wednesday, March 27—11:30AM—Front Lobby
Sign up Required. LIMIT: 13 Cost: Lunch

TOUR OF THE VIRGINIA WAR MEMORIAL IN RICHMOND*

Thursday, March 28—10:00AM—Front Lobby
Sign up Required LIMIT: 13 Cost: Lunch

The state War Memorial honors Virginia’s fallen and preserves the past. What to expect: We will engage directly with history through a veteran-led tour, as well as see artifacts, photographs, films, oral histories, and art. As well as take a moving, reflective walk through the heart of the Memorial: the Shrine of Memory.

LUNCH BUNCH TO LA YACA FRENCH RESTAURANT IN WILLIAMSBURG*

Friday, March 29—10:00AM—Front lobby
Sign up required. Limit: 13 Cost: Lunch

FITNESS CENTER NEWS:

No Dance Aerobics with Kristen March 5

CARDIO DRUMMING POP UP!

March 5— 9:15-9:45 AM - Fitness Classroom

Sign Up Required LIMIT: 14

Cardio Drumming is a low impact aerobic activity of "drumming" to upbeat music to improve cardiovascular function, muscular endurance, coordination, and mood. Practice your inner rockstar dreams! Sign up will be required. If full, please come be our audience and observe!

SEATED VOLLEY BALL *

Monday, March 11—2:15 PM—Fitness Classrooms

This activity was very popular several years ago at RWC. We need at least 10 people to play. Please sign up. You'll have a good time.

MARCH MADNESS:

Love to root for your alma mater? What about an underdog story? Here's your chance to show off your diehard support or your best guessing skills! March 19th-April 8th the "madness" of college basketball will take place! Printable brackets will be located at the LEC front desk starting March 18th (located in front of the pool) to be filled out before the first game on March 19th for a chance to be crowned the 1st Annual March Madness Champ! Be on the lookout for popup events throughout the month!

FIT NOTES:

Did you know 1 out of 4 people over the age of 65 will have a fall and then double their risk to fall again? There are many risk factors in falling such as physical and environmental hazards, pre-existing diseases, medications, and balance. Many ask, "Can I improve my balance?" and the answer is YES! The fitness center now has a safe and secure area to practice your individualized balance exercises. Take advantage of your fitness specialist's knowledge and let them create a balance program just for you!

UNABASHED AD FOR LIFE ENRICHMENT TAI CHI PROGRAMS

Tai Chi has improved the quality of living and changed lives worldwide. The simple, easy-to-learn movements

focus attention and quiet chattering minds, improving balance, well-being, and health. Adding conscious breathing techniques to the practice lowers high blood pressure. These benefits are well documented in academic, scientific, and medical studies. Medical research shows that Tai Chi improves chronic conditions and prevents problems associated with aging. It is worth noting that The American Arthritis Foundation has endorsed the program; the CDC even recommends it! Several months ago, Tai Chi for Arthritis and Fall Prevention came to RW-C. Currently, our Life Enrichment department is planning an expansion of our yoga, Ta Chi and conscious breathing programs to make them accessible to almost all residents. In addition to the current offerings, we intend to add a chair version of Tai Chi, B and C regular classes for yoga, and a relaxing restorative yoga class. Stay tuned! Exciting changes are coming as soon as March!

GROUP EXERCISE SCHEDULE CHANGES:

As of **Monday, March 4th** the group exercise schedule will be operating under new adjustments to current class times with the addition of NEW classes. Please read below for the adjustments:

CURRENT CLASSES:

Pool Water Walking: T/Th 9:15-9:45am

Chair Yoga: 11:00-11:45am

NEW CLASSES:

Balance Focused: Tuesday's at 1:30-2:15pm

Core Focused: Thursday's at 1:30-2:15pm

PARKINSON'S AWARENESS MONTH LUNCHEON

Guest Speaker: Ginger Norris, Certified Genetic Counselor and Coordinator for the Parkinson's Disease Center of Excellence at VCU Health

Monday, APRIL 1st 2024

11:00AM Resources tables in the Atrium

12:00Noon Luncheon in the Auditorium

1:00PM Presentation

RSVP to Sarah Wilkins at x4341 or

swilkins@rw-c.org by Monday, March 25th

PARKINSON'S CARE PARTNERS

Monday, March 4—11:00 AM—Auditorium

PARKINSON'S SUPPORT GROUP

Monday, March 4—1:15 PM—Auditorium

MEMORY CARE SUPPORT GROUP

Monday, March 4—4:30 PM—Auditorium

ROSS'S RINGS N THINGS WATCH REPAIR CLINIC*

Tuesday, March 12—1:00PM-Atrium

MACULAR DEGENERATION SUPPORT MEETING

Thursday, March 28—1:00 PM—Main Street Pub

Guest Speaker: Rowena Lowery from the Library & Resources Center Department for the Blind and Vision Impaired. The department provides an array of specialized services to Virginians of all ages to assist them in attaining the skills, confidence and positive outlook that are critical to independence. All are welcome!

FOREIGN POLICY, GREAT DECISIONS*

Continues EVERY Thursday through March 28—2:00 PM-Chesapeake Game Room-Class is Full

MOVIE MATINEE: QUEEN BEES*

Wednesday, March 6—2:00PM - Auditorium

Sign up required-1 hr 41 mins

When a fiercely independent elderly woman reluctantly moves into a nearby retirement community for a short-term stay, she slowly realizes that it's never too late to make new friends or find love.

VIDEO PRESENTATION: THE LAST VOYAGE OF THE BOUNTY*

Thursday, March 7—4:00PM—Auditorium

For reasons that still elude investigators, the ship, which did possess modern-day radar and navigation equipment, sailed right into the heart of Hurricane Sandy, and proved to be no match for the storm's three-story waves and wicked winds. After the ship took on a critical amount of water and radioed for help, the Coast Guard executed a daring rescue in the midst of the raging storm where it rescued fourteen

crew members.

VIDEO PRESENTATION: SUE LINDSEY, MASTER GARDENER "PROTECT YOUR PROPERTY, PROTECT THE BAY" *

Friday, March 8—1:00PM—Chesapeake Game Room
Sign up Required.

Learn from a Master Gardener how responsible landscaping practices can help to restore ecosystem balance, provide shoreline protection, minimize potential erosion, and reduce pollutants and toxins in the Chesapeake Bay.

MOVIE MATINEE: FITZWILLY*

Wednesday, March 13—2:00PM—Auditorium

Sign up required-1 hr 42 mins

Eccentric philanthropist Victoria Woodhouse is actually completely broke — she just doesn't know it. Her dutiful servant, Fitzwilly, resorts to thievery, wily schemes, swindles and cons to keep his employer living in style.

MOVIE MATINEE: ON GOLDEN POND*

Wednesday, March 20—2:00PM—Auditorium

Sign up required-1 hr 49 mins

In the film, Norman (Henry Fonda), a crusty, retired professor grappling with many effects of aging, is estranged from his daughter, Chelsea (Jane Fonda). At their summer home on Golden Pond, Norman and his wife Ethel (Katharine Hepburn) agree to care for Billy, the son of Chelsea's new boyfriend, and an unexpected relationship blooms.

MOVIE MATINEE: THE KING'S SPEECH*

Wednesday, March 27—2:00PM-Auditorium

Sign up required-1 hr 58 mins

Colin Firth plays the future King George VI who, to cope with a stammer, sees Lionel Logue, an Australian speech and language therapist played by Geoffrey Rush. The men become friends as they work together, and after his brother abdicates the throne, the new king relies on Logue to help him make his first wartime radio broadcast upon Britain's declaration of war on Germany in 1939.