



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING**

**March 25 AT THE LIFE ENRICHMENT CENTER LOBBY.**

## **WELCOME NEW NEIGHBORS**

**Tony & Joan Blackstone** are moving into free-standing home 714. They have lived in White Stone for the past 18 years and recently sold their home. Anthony Blackstone prefers to be called Tony (not the Italian Antonio but the British Anthony). Mr. Blackstone was born in Columbus, Ohio and went to high school there and then attended military academy at West Point. He retired as an Army officer (Lt. Col, 22 years) and had a second career in the commercial world as a Corporate Executive. He retired again and moved to Kilmarnock. He discovered the Northern Neck while he was attending a business meeting at the Tides Inn. Joan was born into a military family. She was born in St. Louis, Missouri but her family was constantly moving (Illinois, Texas, etc. and ended up in Washington, D.C.). She attended George Washington University and George Mason. Joan worked for a congressman while in D.C.

They have friends here and are familiar with RWC through the MOAA meetings they attended here. They are happy in Lancaster County and want to stay. Tony and Joan have 4 children. 3 live in Virginia and 1 in Oregon. Tony has 2 brothers that live in Maryland and Joan has 1 brother that also lives in Maryland. Both Tony and Joan enjoy playing golf. They are members of the Light of Christ Anglican Church in Heathsville and serve in many capacities there. He served as a former Senior Warden and she in the choir. Tony spends a lot of time reading and enjoys writing and playing the piano. Joan enjoys volunteering for the Red Cross, served as the Chair of the Lancaster GOP for 9 years and an election officer. Col. Blackstone is looking forward to getting involved in the Fitness Programs. Joan is already attending fitness classes.

## **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**

## **DOCUMENTARY: STILL, THE MICHAEL J. FOX MOVIE\***

**Tuesday, April 2—1:00 PM—Auditorium Sign up Required**

Follows the life of beloved actor and advocate Michael J. Fox, exploring his personal and professional triumphs and travails, and what happens when an incurable optimist confronts an incurable disease.

## **DOCUMENTARY: CAPTURING GRACE\***

**Friday, April 5—1:00 PM—Chesapeake Game Room**

It seems like two separate realms. One is occupied by acclaimed dancers from Brooklyn's world renowned Mark Morris Dance Group, the other by people with Parkinson's disease. CAPTURING GRACE is about what happens when those two worlds intersect. Filmed over the course of a year, Dave Iverson's remarkable documentary reveals the hopes, fears, and triumphs of this newly forged community as they work together to create a unique, life-changing performance. It's a story filled with compelling moments and enduring characters who demonstrate the transformative power of art and the strength of the human spirit...and in so doing rediscover the meaning of grace. 60 minutes

***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
<b>KEY</b> <b>APT</b> Apartment Lobby <b>AR1</b> Art Room #1 <b>AR2</b> Art Room #2 <b>ATR</b> Atrium <b>AUD</b> Auditorium <b>BLR</b> Boiler Room <b>CGR</b> Chesapeake Game Room <b>COR</b> Corrotoman Room <b>CPL</b> Chapel <b>DRB</b> Dining Room Breezeway <b>FCR1, 2 or 3</b> Fitness Classroom # <b>FPL</b> Front Parking Lot <b>FRL</b> Front Lobby <b>GAL</b> Gallery Hall <b>HOB</b> Hobby Room <b>KCT</b> King's Court <b>LAN</b> Lancaster Room <b>LEC</b> Life Enrichment Center <b>LIB</b> Library <b>LVG</b> Lakeview Grille <b>MSP</b> Main Street Pub <b>OTR</b> Outpatient Therapy Room <b>RAP</b> Rappahannock Room <b>RCL</b> Resident Clinic <b>TGP</b> Thomas Garden Patio <b>WCN</b> Westbury Center <b>WCR</b> Westbury Club Room	<h1>APRIL</h1> <h1>2024</h1>	10:00-FRL-Shopping at Walmart & Dollar Tree* 11:00-2:00-AUD-Parkinson's Awareness Month Luncheon* 1:00-CGR-Catch Phrase 4:30-AUD-Caregiver's Memory Support Group	8:30-FRL-Tour of Fredericksburg Battle Grounds & Lunch* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 1:00-AUD-Documentary: Still, the Michael J. Fox Movie*	10:30-AUD-RWC Happenings with Stuart 2:15-AUD-Movie Matinee: Maestro* 7:00-CGR-Poker Group	11:00-AUD-Paul Sciacchitano: Change & Growth in the Northern Neck* 3:00-RAP-Praying the Rosary	8:30-AUD-First Friday Forum: Corrine Anthony Becker -Historic Rice Hotel* 1:00-CGR-Documentary: Capturing Grace* 2:15-FCR-Cornhole Meeting	
	3:15-AUD-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:15-FCR-Ladderball* 3:00-AR2-Clothespin Creations*	10:00-AR1-Chat & Craft 10:00-AR2-Amateur Radio Club 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 4:00-AUD-"Mysteries of Honeybees" with Kathy Hegler*	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 1:00-AR2-Making Seed Bombs* 2:15-AUD-Movie Matinee: Nyad* 7:00-CGR-Poker Group	9:00-FRL-Gloucester Shopping & Lunch at Duke's Deli* 3:00-RAP-Praying the Rosary	10:00-FRL-Northern Neck Brewing Company: Tour, Tasting, & Lunch* 11:00-AUD-Songs from the Movies-NES Choir 1:00-AR2-Easy Ocean Painting* 2:15-FCR-Cornhole 4:00-AUD-Brenda Hall: First Missionary to China*	6:30-FRL-Rappahannock Concert Association: Two Rivers Chamber Music (Subscr. Holders)*
	3:315-AUD-RWC Community Worship Service	10:00-FRL-Shopping* 10:00-AUD-Rappahannock Music Study Group 11:00-AUD-Music Group Performance* 1:00-CGR-Catch Phrase 2:00-AR2-Flip Flip Door Décor-Part 1*	9:30-AUD-Red Cross Blood Drive 10:00-FRL-Trip to Liberty Hill Needleworks & Lunch* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	1:00-AR1-Stitching Stars Quilting Group 3:00-AUD-Board of Trustees (Corp.) 2:00-AR2-Flip Flop Door Décor Part 2* 7:00-CGR-Poker Group	9:00-AUD-Medicare Fraud with Jean Duggan* 10:00-LAN-Food Committee Meeting 10:30-FRL-Lunch & Open Air Tuk Tuk Tour of Richmond* 3:00-RAP-Praying the Rosary	11:00-AUD-Documentary: 20 Days in Mariupol* 1:00-AR2-Garfield's Cat Visit 2:15-FCR--Cornhole 5:00-LAN-Waited Service Friday Dinner* <ul style="list-style-type: none"> <li>• <b>Deadline for Gazebo Gazette Articles by NOON</b></li> </ul>	4:00-AUD-Marcolivia Concert* 7:00-FRL-Rappahannock Foundation of the Arts: Soul Expressions Band (Subscr. Holders)*
	3:15-AUD-RWC Community Worship Service	10:00-FRL-Shopping* 10:00-APT-Earth Day Walk* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 1:00-AUD-Healthy Harvest Food Bank Presentation	9:00-FRL-Richmond Flying Squirrels Game* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	9:00-FRL-Historic Garden Week* 11:00-AR2-Making a Sunflower Wall Hanging* 2:15-AUD-Movie Matinee: The Holdovers* 7:00-CGR-Poker Group	10:00-FRL-Hands-on Horse Experience in Wake, VA* 1:00-MSP-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship	2:15-FCR--Cornhole	
	3:15-AUD-RWC Community Worship Service. 5:00-FRL-Virtuosi @ Grace: Concert Three*	10:00-FRL- Shopping* 1:00-CGR-Catch Phrase 3:00-AUD-Documentary: "Sully" Sullenberger*	9:00-FRL-Trader Joe's & Lunch* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	<b>MAY</b> 10:00-AUD-Residents' Association Board Meeting 11:00-ATR-Stylish Eyes Repair Clinic 2:15 Movie Matinee: The Graduate* 7:00-CGR-Poker Group	10:00-FRL-Perrin Creek Custom Boot Shop & Lunch* 3:00-RAP-Praying the Rosary	8:30-AUD-First Friday Forum: Bill & Carolyn Young-Teaching in the Ukraine* 10:00-3:00-ATR-Paparazzi Jewelry Sale 2:15-FCR--Cornhole 5:00-LAN-Waited Service Friday Dinner*	4:00-AUD-Kentucky Derby Party* 6:30-FRL-Rappahannock Concert Association: Washington Saxophone Quartet (Subscr. Holders)*

**A NOTE FROM STUART:**

I am writing this note at the beginning of March Madness, so there must be a topic in there somewhere. What exactly is March Madness? Is it just the NCAA basketball tournament? Maybe not.

March really is a confluence and a conundrum – in like a lion; out like a lamb (Fuller). Winter turns into spring, plants begin to bud, birds begin to build nests, flowers bloom, weeds spout, allergies start, days get longer, gardens are planted, Lent takes place, Easter arrives, temperatures flip between warm and cold, it may snow, brackets bust, then we have to deal with April Fool's Day. That is a lot.

I recently saw a drawing of a Winnie the Pooh story where Pooh was helping Piglet over a fence – the fence was obviously much taller than Piglet, and the rails were too far apart for short legs. Pooh reached over and gave Piglet a hand to climb over the fence. Under the cartoon was the following caption – *“Never stop doing little things for others. Sometimes those little things occupy the biggest part of their heart.”* (Milne). If you like the biblical version – *“Do not forget to entertain strangers, for by doing so some have unwittingly entertained angels.”* (Heb. 13:2) May the kindness we all share in our community be a blessing to all, and may the only madness be, when our brackets fall. Have a wonderful April.


**HISTORIC GARDEN WEEK\***

Wednesday, April 24-9:00AM-Front Lobby

Sign up Required by April 5. LIMIT=13. Cost = \$45. Requires walking. Wear comfy shoes. Bathroom facilities are limited. RWC will provide boxed lunches

Nowhere is that tradition better expressed than in the Westmoreland county's homes and gardens set amid small towns and pastoral landscapes that honor the region's rural culture and history as the "mother" of three of the country's first presidents. The tour includes riverfront cabins on the Potomac, a restored Colonial home and two other properties in the village known as The Hague.

**PARKING ANNOUNCEMENTS**

There are a couple of days in the month of April that we are asking residents and staff to refrain from parking in the Front Parking area due to events where community guests will be coming. We request that residents carpool or walk to the Chesapeake Center if possible.

- **Monday, April 1 from 10:00 am to 3:00 PM (Parkinson's Awareness Month Event)**
- **Friday, April 5 from 3:00 PM to 7:00 PM (Chesapeake Shareholders Event)**

**RWC HAPPENINGS WITH STUART**

Wednesday, April 3—10:30AM—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.

**TOUR OF FREDERICKSBURG BATTLEFIELDS & LUNCH AT ALPINE CHEF\***

Tuesday, April 2-8:30AM-Front Lobby

Sign up Required. LIMIT = 13. Cost = LUNCH\$

Join a park ranger to explore the most iconic sites from the Battle of Fredericksburg. Hear about the factors that led the armies to fight here while visiting an original house with battle damage, monuments, cannons, and the national cemetery. The tour will take about an hour and totals 1/2 mile walking on paved and crushed stone walkways.

**GLOUCESTER SHOPPING & LUNCH AT DUKE'S DELI\***

Thursday, April 11-9:00AM-Front Lobby

Sign up Required. LIMIT=13. Cost = Lunch/Shop\$

**NORTHERN NECK BREWING COMPANY: TOUR, TASTING, & LUNCH\***

Friday, April 12=10:00AM-Front Lobby

Sign up Required. LIMIT=13 Cost = Lunch\$

A fully functioning brewery and pub in the center of Montross, Virginia. Beer brewed traditionally in-house and served in a relaxing environment. Including a full kitchen offering lunch and dinner options via a walk up window style atmosphere, all made in house. The tour and tasting are FREE.

**RCA: TWO RIVERS CHAMBER MUSIC( SUBSCR. HOLDERS)\***

Saturday, April 13-6:30PM-Front Lobby

Sign up Required. LIMIT=14

Two violins, a viola and a cello come together in the Two Rivers Chamber Music to produce a sound that is layered, sophisticated, and complex. The quartet play from a wide repertoire of traditional classical works and modern, pop and jazz standards.

**TRIP TO LIBERTY HILL NEEDLEWORKS & LUNCH AT TUSCANY RISTORANTE\***

Tuesday, April 16-10:00AM-Front Lobby

Sign up Required. LIMIT=13

Cost = Lunch\$

Stitching Happiness in Williamsburg!

**TUK TUK TOUR OF RICHMOND \***

Thursday, April 18-10:30AM-Front Lobby

Sign up Required by April 12. LIMIT=5.

Cost = \$31 + lunch

This Richmond Tuk-tuk Sightseeing Tour provides a ride around the city in an open-air vehicle that's easy to see top spots along the way. Plus, this tour stops at Virginia Museum of Fine Arts, Hollywood Cemetery, and Virginia State Capitol and passes more than four popular sites.

**RFA: SOUL EXPRESSIONS BAND (SUBSCR. HOLDERS)\***

Saturday, April 20-7:00PM-Front Lobby

Sign up Required. LIMIT=14

This band boasts an expansive repertoire that offers everything from James Brown to Bruno Mars and Michael Jackson to Taylor Swift, all served up with the authority that only a seasoned band can provide.

**TAKE ME OUT TO THE... RICHMOND FLYING SQUIRRELS BASEBALL GAME\***

Tuesday, April 23rd-Front Lobby at 9:00AM

Sign up Required by April 1. LIMIT = 13.

Tickets= \$15 + Food

The Richmond Flying Squirrels take on the Bowie Bay sox. Gametime is 11:05AM.

**VIRTUOSI @ GRACE: CONCERT THREE\***

Sunday, April 28-5:00PM-Front Lobby

Sign up Required. LIMIT=14

**TRADER JOE'S & LUNCH\***

Tuesday, April 30—9:00 AM—Front Lobby

Sign up required LIMIT: 10



## Documentaries and Movies

### MOVIE MATINEE: MAESTRO\*

Wednesday, April 3—2:15PM - Auditorium

Sign up required-Refreshments provided

2023 | Maturity Rating: R | 2h 11m | Drama

This fearless love story chronicles the complicated life-long relationship between music legend Leonard Bernstein and Felicia Montealegre Cohn Bernstein.

### MOVIE MATINEE: NYAD\*

Wednesday, April 10—2:15PM—Auditorium

Sign up required-Refreshments provided

2023 | Rated R | 2 h 1 min | Biography

The remarkable true story of athlete Diana Nyad who at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.

### DOCUMENTARY: 20 DAYS IN MARIUPOL\*

Friday, April 19-11:00AM-Auditorium

Sign up Required. The film does show some graphic scenes that can be disturbing. Viewer discretion is advised.

The film tells the story of the twenty days Chernov spent with his colleagues in the besieged city of Mariupol in February-March 2022 in the first weeks of the full-scale Russian invasion of Ukraine. Chernov compiled footage that he collected in Mariupol together with the team from PBS's *Frontline* and the Associated Press.

### MOVIE MATINEE: THE HOLDOVERS\*

Wednesday, April 24—2:15PM-Auditorium

Sign up required-Refreshments provided

2023 | Rated R | 2h 13min | Comedy

The Holdovers follows a curmudgeonly instructor at a prep school who is forced to remain on campus during Christmas break to babysit a handful of students with nowhere to go.

### DOCUMENTARY: "SULLY" SULLENBERGER

Monday, April 29—3:00 PM—Auditorium

Chesley Burnett "Sully" Sullenberger III is an American retired fighter pilot, diplomat, and airline pilot. He is best known for his actions as captain of US Airways Flight 1549 in 2009, when he ditched the plane, landing on the Hudson River after both engines were disabled by a bird strike. By Carol Ashburn.

## COMING IN MAY (SIGN UPS OPEN APRIL 15 FOR THESE EVENTS)

### TRIP TO PERRIN CREEK CUSTOM BOOT SHOP & LUNCH\*

Thursday, May 2-10:00AM-Front Lobby

### FIRST FRIDAY FORUM: BILL & CAROLYN YOUNG: TEACHING IN THE UKRAINE\*

Friday, May 3—8:30AM—Auditorium

### KENTUCKY DERBY PARTY\*

Saturday, May 4-4:00PM-Auditorium

Free to residents who have paid their dues for 2024

### RAPPAHANNOCK CONCERT ASSOCIATION: WASHINGTON SAXOPHONE QUARTET (SUBSCR. HOLDERS)\*

Saturday, May 4-6:30PM-Front Lobby

### HIGH TEA AT THE QUEEN'S LIBRARY TEA ROOM IN RICHMOND\*

Wednesday, May 8-10:00AM-Front Lobby

### WESTMORELAND PLAYERS: THE DIARY OF ANNE FRANK\*

Sunday, May 12-2:00PM-Front Lobby

### VIRGINIA ZOO IN NORFOLK\*

Tuesday, May 14-9:00AM-Front Lobby

Sign up required. Cost = \$18 and includes entry and electric train ride. Food can be purchased in the zoo.

### SWING INTO SPRING DINNER & DANCE\*

Friday, May 17-5:00PM-Lakeview Grille/Auditorium

### WESTMINSTER-CANTERBURY BY THE CHESAPEAKE BAY

### CORNHOLE TOURNAMENT\*

Wednesday, May 22-8:30AM-Front Lobby

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

### RW-C BOOK CLUB

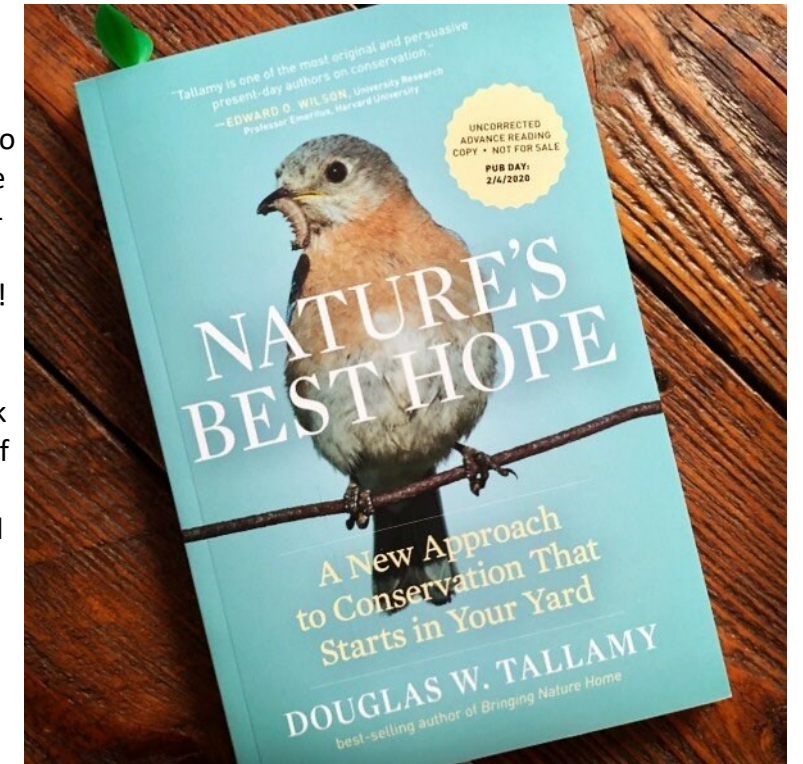
In Keeping with the theme of Earth Day and April Environmental Awareness

Month, the Book Group selection for this month will be "Nature's Best Hope" by Douglas Tallamy. If you are concerned about doing something good for the environment this is a blueprint you need. By acting within your own space you can help preserve our precious planet for generations. Also, we will welcome news stories you bring to the meeting concerning positive efforts to save the environment. These will add to the discussion.

All Readers are welcome to join the discussion! We meet on the 4<sup>th</sup> Monday of the month at 10:30 AM 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 others.

If you have questions please call me. Maxine Luxton 4200.



### BOOKS NEW TO THE LIBRARY IN MARCH

**Fiction:** "Next in Line" by Jeffrey Archer; "Moon Shot" by Mike Massimino donated by Fred Luxton; "The Wager" by David Grann; "The Gold Coast" by Nelson DeMille; "True Betrayals" by Nora Roberts; "The Personal Librarian" by Marie Benedict and Victoria Christopher Murray donated by Dory Rice; "The Marriage Portrait" by Maggie O'Farrell; "The Second Stranger" by Martin Griffin donated by Jay White; "Front Sight" by Stephen Hunter; "Three Inch Teeth" by C.J. Box donated by Phil Cross; "The Soul of America" by Jon Meacham; "Body and Soul" by Frank Conroy; "Educated" by Tare Westover; "The Couple next Door" by Sharie Lapena; "Big Sky" by Kate Atkinson; "The New Valley" by Josh Weil; "The Patron Saint of Liars" by Ann Patchett; "Winter Bloom" by Tara Heavey; "The Valley of Amazement" by Amy Tan; "Dreams of Joy" by Lisa See; "The Edge" by David Baldacci donated by Phil Cross; "The Lede" by Cavid Trillin donated by Jay White; "Poison" by John Lescroart donated by Tom Teeples.

**Mystery:** "The Talk Show Murders" by Al Roker; "I Am Pilgrim" by Terry Hayes donated by Fred Luxton; "The Keeper" by John Lescroart donated by Tom Teeples; "The Trap" by Melanie Raabe; "The Facts of Life and Death" by Belinda Bauer; "Uncivil Seasons" by Michael Malone; "Persons Unknown" by Susie Steiner; "Snap" by Belinda Bauer; "All is Not Forgotten" by Wendy Walker; "The Watcher Girl" by Minka Kent; "When I was You" by Minka Kent; "When the Devil Holds The Candle" by Karin Fossum; "Missing Presumer" by Susie Steiner; "You Are Not Alone" by Greer Hendricks and Sarah Pekkane; "More Than Meets The Eye" by Roy and Tris Johanson; "It's One Of Us" by J.T. Ellison; "The Double Bind" by Chris Bohjauan.



## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### FROM THE CHAPLAIN:

#### Peace

Imagine sitting down by the pond in the gazebo. The sun is shining brightly, sparkling off the waters. A gentle breeze is blowing, slowly curling around your face and whispering tales of where it has been and to where it wants to go. The ducks are floating lazily upon the waters while a few geese fly overhead honking out their greetings. Deer nibble cautiously in the meadow, while squirrels playfully scamper from limb to limb. The flowers are sprouting out blooms of yellow, red, orange, white, and purple. And the trees not to be outdone, are spewing forth their kaleidoscope of colors. The grass is soft under your feet. You can smell the fragrance of the flowers carried along by the breeze, and you feel so relaxed and calm and at peace. It seems that at that moment all of creation is working in harmony to give to you those few moments of peace. And you wish that this moment could go on forever.

Peace...that which we so long for and yet at times seems so elusive. Elusive because of happenings beyond our control, or elusive because of our own busyness to accomplish "just one more thing." The word peace in scripture speaks of a "wholeness"; a bringing together of events or situations in such a way that we feel whole, content, at peace. I find that often in life it is not that peace is elusive, but rather that my life is so fractured and segmented; much like a jigsaw puzzle. And I am frantically trying to put all those pieces together so I can have peace only to find 1 or 2 pieces are missing. And now frustration sets in, and I find myself again, reaching for but never quite able to grasp...peace.

Have you been there? Wondering why life can't be more peaceful and less hectic? We are heading into Palm Sunday, the week before the crucifixion of Christ. As Jesus approaches Jerusalem and looks over the city, he begins to weep and

says "If, you, even you, had only known on this day what would bring you peace-but now it is hidden from your eyes." (Luke 19:42) You can have your day and activities all together, and be in control, and yet have no peace. Why is that? Because peace is not just in the physical realm but emanates from the very core of our spiritual beings, when in tune with our Creator. Jesus longs to give to each of us peace, but He leaves the choice to us. So how can I find that peace? Psalm 46:10 states, "Be still, and know that I am God." Find time each day to halt the carousel of chaos and confusion and be still before God. Find time to get away from social media and checking out everyone else's life and let your life be still before God. Turn off the politics of Washington DC and be still before God. Until you and I stop and are still, we will continue to miss out on the knowledge that God is there, and He is in control. Find time to BE STILL, and let God speak through His creation into your heart and bring to you, His peace.

#### ONGOING OPPORTUNITIES

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

**Sunday Church Services** 2pm Westbury Clubroom for Assisted Living /3:15 Auditorium for Independent Residents

**Grief Support 2<sup>nd</sup>** Wednesdays of the month at 11 in the Chesapeake Game Room

**Chapel** - The chapel is open to all as a place of prayer, meditation, solitude, and peace.

**Chaplain** – Chaplain Ted is available to all for comfort, counsel, and if nothing else, chocolate.



## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### ACTIVITIES COMMITTEE

We had a great Super Bowl Party and are looking forward to the Kentucky Derby on May 4th. This year celebrates the 150th Kentucky Derby! March Madness rolls over into April! Sure hope you filled out your brackets!

As always, as you can see, plenty of activities, trips and just fun things to do are filling up April.

Reminder, Activities Committee meets the second Wednesday at 10:00am in AR2. All are welcome.

### FOOD COMMITTEE

The spring menu is out! Culinary staff and Food Committee tried to put meals together which, hopefully, will be enjoyed by many of us. Special orders can be called in to the kitchen ahead of pick-up. Also food allergy concerns should be passed on to the staff. Tara, the RWC Dietician, will be glad to work with you.

Any comments, good or bad, may be written on comment cards provided in the Dining Room Breezeway or online at [www.rw-c.org](http://www.rw-c.org), or you can talk to a committee member;

Anke Longest, Pam Smith, Maxine Luxton, Michelle Blank, Pam Lillquist, or Jane Hopwood. PLEASE RETURN THE GREEN OR WHITE FOOD CONTAINERS PROMPTLY, preferable by your next meal pick-up. Please wash them.

Styrofoam containers are clogging up our landfills as they do not breakdown.

Thanks for your cooperation, Anke Longest,  
Food Committee, Chair

### BREEZEWAY BUYS

Come check out "Breezeway Buys" from April 15<sup>th</sup> through April 22!!! On the way to the Grille, 24/7, the sale will continue mostly unmanned. With the honor system in place, use the envelopes provided to pay for your purchases. Then simply drop the envelopes in the decorated hat box on the table. The envelopes

will be collected on a regular basis.

Your friends and fellow residents have donated beautiful scarves and lovely costume jewelry, and handcrafted items for this sale. There is something for every gift occasion and to indulge yourself.

"Breezeway Buys" proceeds benefit the RW-C Endowed Healthcare Scholarship Foundation. Checks may be made to the RW-C Foundation designating in the memo line RW-C Healthcare Scholarship Fund. Checks can be claimed as a charitable donation.

Thank you for your support and happy shopping!

### EARTH DAY WALK\*

**Monday, April 22—10:00 AM—Apartment Parking Lot**

#### Sign up Required

On Earth Day, there will be a walk on the RWC trails in the woods around Wood Duck Lake at 10 AM. Tom Teeples, the designer of these trails, will be leading the walk. Tom will point out and talk about trail highlights such as the old trees that have been there for over a century. We will meet in the Apartment Building parking lot near the lake. The walk is approximately one mile long.

### HEALTHY HARVEST PRESENTATION

**Monday, April 22-1:00PM-Auditorium**

Thank you to all who donated to the food bank during the month of March. Please join us in the Auditorium as Chaplain Ted present the grand total to

Director of Operations, Craig Hazzard.

## FITNESS CENTER NEWS:

### APRIL WELLNESS TIP

The month of April is dedicated to bringing awareness to Parkinson's Disease and education on the signs and symptoms. Parkinson's Disease is a progressive neuro-generative disorder that affects the nervous system. When the nerve cells are damaged in the brain, it causes dopamine levels to decrease, leading to symptom progression. When signs are recognized and detected early, a diagnosis and treatment plan can be established. Early diagnosis can be correlated to an overall better quality of life as the disease progresses. The Parkinson's Foundation has established the acronym "ABCs of PD" to aide in education of all aspects of Parkinson's Disease. For example, "A" stands for anxiety, "B" represents balance, and "C" signifies the importance of a care partner. The entire alphabet for Parkinson's can be explored on the Parkinson's Foundation website. Again, early recognition, early diagnosis, and early treatment leads to an overall better quality of life.

### CARDIO DRUMMING CONTINUES EVERY THURSDAY

Every Thursday at 9:15 AM— Fitness Classroom  
It is a blast! Bring a friend.

### MEMORY CARE SUPPORT GROUP

Monday, April 1—4:30 PM—Auditorium

### LADDER BALL\*

Monday, April 8—2:15 PM—Fitness Center  
Sign up Required

Come and give Ladder Ball a try. Throw the bola balls to see if you can get them to wrap around the ladder rung.

### MACULAR DEGENERATION SUPPORT MEETING

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

### HANDS-ON HORSE EXPERIENCE\*

Thursday, April 25-10:00AM-Front Lobby  
Sign up Required. LIMIT=10

This is your chance to groom, and get to know the Middle Peninsula's sweetest ponies at Heart's Corner Farm in Wake, VA. Hear from the farm's owner, Laura Gordon, about the programs they offer.

## Classes, Crafts and Programs

### PAUL SCIACCHITANO: LANCASTER 2035, DEVELOPMENT, CHANGE AND GROWTH IN THE NORTHERN NECK\*

Thursday, April 4-11:00AM-Auditorium  
Sign up Required.

An overview of how the Citizens Business Relations Advisory Committee has developed the Lancaster County Strategic Plan including it's vision, solutions and strategies to create a vibrant, desirable and economically successful region.

### KENTUCKY DERBY

Saturday, May 4<sup>th</sup>

Time – 5:00-7:00 pm Post time 6:24 pm

Sign-up Required by April 22

This is a Residents' Activities Event for all IL Residents who have paid their Resident Fee. You WILL NOT be charged a meal against your food plan

A similar boxed meal will be available for those not attending this event and you WILL be charged a meal.

#### Appetizers – 5:00pm

Dot's Pimento Cheese Spread  
Assorted Cheeses, Crackers, some fruit and veggies  
Deviled Eggs  
Pretzels and Mustard dipping

#### Dinner – serve at 5:45

Kentucky Hot Brown Slider with Bourbon Sauce  
Chicken Wings with a dipping Sauce  
Meat Balls  
Cole Slaw  
Deviled Eggs

#### Dessert

Derby Bourbon Chocolate Pie Bars  
Lemon Squares/Tarts  
Cupcakes with Kentucky Carmel Icing

#### Cash Bar

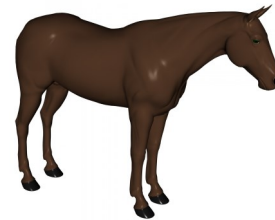
Mint Julips - \$5.00 Beer/Wine \$4.00 Sodas \$1.00  
Coffee, Iced Tea and water – No charge

Betting – Betting in LEC on Wednesday May 1<sup>st</sup> 11:00-  
Noon

Thursday May 2<sup>nd</sup> and Friday May 3<sup>rd</sup> in the Atrium 11:00  
– Noon

Tickets \$1.00 each or 6 for \$5.00

Betting rules will be posted at the betting site – pay out depends on the total intake.



## Classes, Crafts and Programs

### FIRST FRIDAY FORUM: CORINE ANTHONY BECKER: HISTORIC RICE HOTEL/HUGHLETT TAVERN IN HEATHSVILLE\*

Friday, April 5—8:30AM— Auditorium  
Sign up Required LIMIT: 50

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

Corrine Becker is the Executive Director . She will be coming to tell us about the upcoming events and what happens at the Hotel/Tavern.

### “CLOTHESPIN CREATIONS”

Monday, April 8– 3:00PM—Art Room 2

Sign up required. Limit: 8

Design and Paint your own dragonfly, butterfly, flower, or star out of wooden clothespins.

### MYSTERIES OF HONEYBEES” WITH KATHIE HEGLER\*

Tuesday, April 9—4:00PM—Auditorium  
Sign up Required

Beekeeper, Kathie, will offer insights about honeybee's history, domestication, and the roles of the various bees within the colony's hierarchy.

### MAKING SEED BOMBS\*

Wednesday, April 10– 1:00PM—Art Room 2

Sign up required. Limit: 8

Create a seed bomb out of native wildflower seeds that can be tossed to grow anywhere.

### NORTHUMBERLAND ELEMENTARY SCHOOL: SONGS FROM THE MOVIES\*

Friday, April 12—11:00 AM—Auditorium

Come and enjoy singing by Mrs. Hayes 4th grade class.  
All 24 of them.

### EASY OCEAN PAINTING\*

Friday, April 12—1:00 PM - Art Room 2

Sign up Required LIMIT: 8

Using a combination of acrylic and Puffy paint, modge podge, sand and seashells, you will created a beautiful ocean painting..

### BRENDA HALL: FIRST MISSIONARY TO CHINA\*

Friday, April 12—4:00 PM—Auditorium

In 1842, the missionaries were allowed to move to Hong Kong, making Henrietta the first Western woman there. The Shucks were the first Baptist missionaries in Hong Kong.

### FLIP FLOP DOOR DÉCOR\*

Part 1: Monday, April 15 at 2:00 PM-Art Room 2

Part 2: Wednesday, April 17 at 2:00 PM—Art Room 2

Must attend both Part 1 & 2

Sign up required. Limit: 8

### MEDICARE FRAUD WITH JEAN DUGGAN\*

Thursday, April 18-9:00AM-Auditorium

Sign up required.

Medicare fraud is big business for criminals, causing Medicare to lose billions of dollars each year to fraud, errors and abuse. You play a vital role in fighting Medicare fraud in your community.

Jean Duggan, VICAP Outreach Specialist , will be here to teach us what to look for and how to report it.

### GARFIELD'S CAT VISITS

Friday, April 19-1:00PM-Art Room 2

Garfield's provides safe housing for cats and provide education to the community. Come by and give these cats some loving.

### MARCOLIVIA CONCERT\*

Saturday, April 20-4:00PM-Auditorium

Sign up required.

Marcolivia is an award-winning violin and violin/viola duo who performs music from all styles and periods, including Folk Music and Salon/Virtuoso works and their own arrangements. Concerts of Baroque music and works by 20th century composers are also offered, as well as humorous and dazzling "showpieces" for family concerts.

### MAKING A SUNFLOWER WALL HANGING\*

Wednesday, April 24—11:00 AM—Art Room 2

Sign up Required LIMIT 8