



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

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

WELCOME NEW NEIGHBORS

Jo Ann Smith is moving into Apartment 105. Her home is located in Weems. She and her husband have lived there for almost 30 years.

Mrs. Smith was born in Washington, DC. She went to high school at Washington & Lee and Shirley Beatty McClaine was one of her classmates. She then attended college at William & Mary as a Sociology major and worked at a bakery part-time after school as well as at a bank.

She continued to work at the bank after graduating college until she applied for a job at the Pentagon in personnel. This is where she met her husband, Donald, in 1958. He was a Marine Aviator.

After they were married, they lived in Hawaii for 3 years and had one daughter, Cassandra "K.C." (North Carolina). Then they moved to California where they lived for about 7 years and had their second daughter, Lauren (Fairfax, VA). The Smiths then came back to the Washington area. Mr. Smith at this time was studying to become a lawyer. Mrs. Smith did not work after she was married.

The Smiths have 7 grandchildren.

She is interested in moving to RWC because her husband, Donald Smith is in the Health Center. She is ready to start a new life.

They attend Kilmarnock United Methodist Church. Jo Ann was involved with the Rappahannock Garden Club and the Women's Club in Fairfax. She enjoys cookbooks and cooking, word games, sewing and gardening.

Ed and Joy Hind are moving into Free standing Home 413. They will be transitioning here after living at Malard Bay in Heathsville for the past 15 years.

Mr. Hind was born in Brunswick, GA. His father was a ship builder building Liberty ships. Ed was a war baby and lived in war apartments. After the war was over there was massive unemployment in that area so his dad took various jobs to make ends meet. By the time Ed was in high school, his father had found his niche in

construction. Ed went to the University of Georgia and majored in Industrial Psychology which served him well later in life. Then he was drafted into the Air Force as a pilot. That led to a series of assignments and he was in Vietnam in 1970. He ended up working in the embassy in Tokyo as a Colonel and that is where he retired. Joy and Ed went back to Washington, DC. Mr. Hind's marketable skill at that time was his knowledge of Japan, so he went to work as a consultant for companies in defense sales to Japan. Mr. Hind speaks fluent Japanese. 15 years ago, they retired to the Northern Neck. Ed enjoys woodworking and bird carving.

Joy was born in Macon, GA. and shortly after her parents moved between 2 little dots on the map, Dexter, GA. and Rentz, GA. to take care of her grandparents. Joy started attending Rentz Elementary School and stayed there until she moved to a school in Dexter in the 10th grade, near where her father worked in a feed store. She attended the Women's College of Georgia; however, she did not graduate. She then went to a business school where she met Ed.

Mrs. Hind taught Kindergarten in Macon; Ga. Joy also taught conversational English in Japan. She then was an account manager for Northwest Airlines in Tokyo. Joy was responsible for taking care of many of the Ambassador's affairs. She then changed to account manager for military sales. They lived 7 years in Japan. Joy was involved in various women's clubs. She enjoys playing bridge, reading and word games. The Hinds have 2 daughters, one located in Harrisonburg and one in Colorado. They attend Heathsville Methodist Church currently.

IMPORTANT ANNOUNCEMENT: INTRODUCING UNIGUEST COMMUNITY

The Touchtown Content Manager and Touchtown Community Apps have been rebranded as Uniguest Community and Uniguest Community Apps. While things may look updated and refreshed, there are no feature changes within this update.



**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
	MAY 2024			10:00-AUD-Resident Association Board Meeting 11:00-ATR-Stylish Eyes Repair Clinic 11:00-LEC Lobby -Ken. Derby Betting 2:15-AUD-Movie Matinee: Good Fellas* 7:00-CGR-Poker Group 1	10:00-FRL-Perrin Creek Custom Boot Shop & Lunch* 11:00-ATR-Ken. Derby Betting 3:00-RAP-Praying the Rosary 4:00-MSP-Men's Singing Group 2	8:30-LAN-First Friday Forum: Bill & Carolyn Young* 10:00-ATR-Paparazzi Jewelry 11:00-ATR-Ken. Derby Betting 2:00-AUD-Retirement Celebration for Genita 2:15-FCR-Cornhole 3	5:00-AUD-Kentucky Derby Party* 6:30-FRL-Rappahannock Concert Association: Washington Saxophone Quartet (Subscr. Holders)* 4
	1:00-FRL-Indigenous Perspectives with Chief Ann Richardson* 3:15-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist 5:00-LVG-Cinco De Mayo Dinner Cinco De Mayo Nurses Appreciation Week 5	10:00-FRL-Shopping at Walmart & Dollar Tree* 11:00-AUD-Parkinson's Care Partners Support 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary 1:15-AUDParkinson's Support Group 4:30-AUD-Caregiver's Memory Support Group 6	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 11:00-CPL-Christ Church Resident Members 1:00-AR2-Watercolor Class 4:00-AR2-Epoxy Resin Tumblers* 7	10:00-FRL-High Tea at the Queen's Library Tea Room* 10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 12:00-AR2-Lunch & Learn with Kim Deberadinis: Historyland Community Workshop 2:15-AUD-Movie Matinee: The Boys in the Boat* 7:00-CGR-Poker Group 8	10:00-FRL-VMFA:Samurai Armor Exhibit & Lunch* 10:00-LAN-Food Committee Meeting 11:00-AR2-Making Native Plant Seed Bombs* 3:00-RAP-Praying the Rosary 3:00-LAN-Mother's Day Tea Talk* 4:00-MSP-Men's Singing Group 9	10:00-FRL-Bluebird Gap Farm & Picnic Lunch* 1:00-AR2-Tree of Life Art Group Project* 2:15-FCR-Cornhole 10	6:30-FRL-Northern Neck Orchestra: (Subscr. Holders)* 11
	11:00-2:00-LVG-Mother's Day Brunch 2:00-FRL-Westmoreland Players: The Diary of Anne Frank* 3:00-5:00-LVG-Boxed Dinner Pickups 3:15-MSP-RWC Community Worship Service 12	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 4:00-AUD-Rupert Wates Concert* 13	9:00AM-FRL-Virginia Zoo in Norfolk* 10:00-AR2-Amateur Radio Club 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 14	10:00-AR2-Epoxy Resin Tumblers* 1:00-AR1-Stitching Stars Quilting Group 2:15-AUD-Movie Matinee: The Producers* 7:00-CGR-Poker Group 15	9:30-FRL-Thrifty Thursday & Lunch* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship 4:00-MSP-Men's Singing Group 16	2:15-FCR--Cornhole 5:00-LVG/AUD-Swing into Summer Dinner/Dance* 17	7:00-FRL-Rappahannock Foundation of the Arts: Sam Reider & the Human Hands (Subscr. Holders)* 18
	3:15-MSP-RWC Community Worship Service 19	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-FRL-Cups & Claws Café in Newport News* • Deadline for Gazebo Gazette Articles by NOON 20	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 21	7:30-FRL-Cornhole Tournament in Virginia Beach* 7:00-CGR-Poker Group LIFE ENRICHMENT/FITNESS CENTER CLOSED FOR CARPET CLEANING 22	11:00-AUD-Medicare vs. Medicare Advantage with Jean Duggan* 11:00-MSP-Macular Degeneration Support Group 1:00-FRL-Williamsburg Botanical Garden Walk* 3:00-RAP-Praying the Rosary 4:00-MSP-Men's Singing Group 23	11:00-Labyrinth-Labyrinth Walk 2:15-FCR--Cornhole 3:00-AUD-John Arsenault* 24	25
	3:15-MSP-RWC Community Worship Service 26	11:00-AUD-Memorial Day Service 11:00-2:00-LVG-Memorial Day Brunch 1:00-CGR-Catch Phrase 2:00-AUD-Movie Matinee: Taking Chance* 3:00-5:00-LVG-Boxed Dinners Memorial Day 27	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 28	10:00-FRL- Shopping* 1:00-TBD-Sheep/Lamb Visit from Point Pleasant Farm 2:15-AUD-Movie Matinee: American Graffiti* 7:00-CGR-Poker Group 29	10:00-FRL-Tour the Library of Virginia & lunch at the Can Can Cafe* 3:00-RAP-Praying the Rosary 4:00-MSP-Men's Singing Group 30	11:00-AR2-Kindness Rocks* 2:15-FCR--Cornhole 3:30-AUD-Pianist Lynne Mackey In Concert* 31	

- 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:

In accounting class, one of the things you learn is that land is not an asset that you depreciate like any other asset, because there is only a limited supply of land. There is another asset that we can sometimes easily disregard in the busyness of life, and that is time. We cannot make any more time, and when we use what we have, it is gone forever. The Bible tells us that no one knows how much time they have. So, we should certainly be good stewards of our time, a precious and limited gift. We could get into several philosophies and probably a few arguments about how we should steward our time. Luckily today, I am only going to pull one thread that is vitally important and extremely relevant in our community of RWC. Community is about strengthening relationships and building bonds and connections. That takes an investment of time, and I say 'investment' because it takes some effort and produces results. It is also an investment of unlimited potential.

The RWC community is a wonderful venue for relationships and connections. Residents and staff share in the life of the community, and our size provides great opportunities for interaction and relationship. I see it every day, and it is profoundly powerful. The Rev. Nicky Gumbel said: "The most precious gift you can give someone is of your time and attention."

I marvel at the possibilities as we all choose to share our precious gift. Enjoy May at RWC!



RESIDENTS' ASSOCIATION BOARD MEETING AND RWC HAPPENINGS WITH STUART

Wednesday, May 1-10:00AM-Auditorium
ALL ARE WELCOME TO ATTEND!!

MEDICARE VS. MEDICARE ADVANTAGE AND MORE WITH JEAN DUGGAN*

Thursday, May 23—11:00 AM—Auditorium
Jean Duggan from Bay Aging will be here to explain the difference between Medicare and Medicare Advantage plans and much more.
Sign up Required.

RAPHANNOCK CONCERT ASSOCIATION: WASHINGTON SAXOPHONE QUARTET (SUBSCR. HOLDERS)*

Saturday, May 4-6:30PM-Front Lobby
Sign up Required. LIMIT = 14

The ensemble taps into a rich repertoire, from early music to newly commissioned works, and draws on a wealth of experience to reach listeners of every age and background. A concert program could include "A la Gigue" – Organ Fugue in G Major by J. S. Bach; String Quartet, Op. 18, No. 2 by L. V. Beethoven; and "Four Dance Episodes" by Aaron Copland.

NORTHERN NECK ORCHESTRA (SUBSCR. HOLDERS)*

Saturday, May 11-6:30PM-Front Lobby
Sign up Required. Limit = 14

The spring concert 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."

WESTMORELAND PLAYERS: THE DIARY OF ANNE FRANK*

Sunday, May 12-2:00PM-Front Lobby
Sign up Required. LIMIT = 14 Cost = \$30

This award-winning play tells the true story of Anne Frank, a lyrical, intensely gifted young girl who confronts her rapidly changing life and the increasing horror of her time with astonishing honesty, wit and determination.

RAPPAHANNOCK FOUNDATION FOR THE ARTS: SAM REIDER & THE HUMAN HANDS (SUBSCR. HOLDERS)*

Saturday, May 18-7:00PM-Front Lobby
Sign up Required. LIMIT=14

Sam Reider is an American accordionist, pianist, composer, and singer-songwriter. Reider is the leader of a "staggeringly virtuosic band" of bluegrass and jazz musicians based in Brooklyn called The Human Hands.

ROAD TRIP

TRIP TO PERRIN CREEK CUSTOM BOOT SHOP & LUNCH @ NOONERS*

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

Sign up Required. LIMIT = 13. Cost = Lunch \$
The owner, Steve, started making cowboy boots for himself and his family in 2013 while still working at The Thomas Jefferson National Accelerator Facility as a technologist designing and building nuclear charged particle detectors and cryogenic targets. With feet that are flat and wide he always had to buy footwear 2 sizes too big to be comfortable until he made his first pair of boots. Steve had no idea how comfortable a custom fit could feel. He devoted himself to learning the craft in earnest and in 2015 he and his wife took a course in boot making with renowned boot makers Carl Chappell and Mike Karnes in St. Joe, Texas. The shop is a timber-frame structure designed by Steve using milled wood from 330 logs. We hope you'll come to experience it for yourself!

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

Wednesday, May 8-10:00AM-Front Lobby
Sign up required by April 29th LIMIT=13.

Cost = \$55+6%tax+optimal gratuity
An enchanting butterfly-inspired tea experience awaits! Indulge in hand crafted teas and delicacies in a whimsical setting. Their mission is to create unique spaces to share stories, recharge, and be inspired.

VMFA: SAMURAI ARMOR EXHIBIT*

Thursday, May 9-10:00AM-Front Lobby

Sign up required. LIMIT = 13.
Cost = \$14/Members = free + Lunch

Travel back in time for an awe-inspiring look at Japan's exquisitely crafted samurai armor. Coming to the Virginia Museum of Fine Arts from the Ann and Gabriel Barbier-Mueller collection—one of the largest and finest collections in the world—the assembled works offer a glimpse of samurai history with a focus on ceremonial adornments created within the flourishing artistic culture of the Edo period. Offering a rare personal encounter with these stunning works of art, the exhibition of more than 140 objects features full suits of armor and an array of weapons, hel-

metts, masks, horse accessories, woodblock prints, and textiles.

VIRGINIA ZOO IN NORFOLK*

Tuesday, May 14-9:00AM-Front Lobby
Sign up required. LIMIT=13 Cost = \$18 and includes entry and electric train ride. Food can be purchased in the zoo.

The zoo originally called Lafayette Park began its acquisition of animals in 1900. Today it spans 53 acres, and includes more than 700 animals.

THRIFTY THURSDAY & LUNCH*

Thursday, May 16-9:30AM-Front Lobby
Sign up Required. Limit =13. Cost =Shop/Lunch\$
Join us on an adventure in Northumberland County thrift shops. You never know what you might find!

CUPS & CLAWS KITTY CAFÉ VISIT, NEWPORT NEWS*

Monday, May 20-1:00PM-Front Lobby
Sign up required. LIMIT=13.
Cost = \$7 (includes tea or coffee) proceeds go toward taking care of the foster kitties.

See first hand how one of the few cat cafes in the state operates and how they encourage comfortable interactions with friendly felines that are up for adoption.

LIBRARY OF VIRGINIA TOUR & LUNCH AT THE CAN CAN CAFE*

Thursday, May 30-10:00AM-Front Lobby
Sign up Required. LIMIT=13. Cost = Lunch\$
Indigenous Perspectives, a new multimedia exhibition featuring reflections from Virginia's tribes, highlights the commonwealth's Indigenous history and how the tribes remain a vital part of Virginia today. *Indigenous Perspectives* explores the voices and experiences of Virginia's tribal communities.

Citizens of the 11 federally and state-recognized tribes in Virginia shared their perspectives on related items in the Library's collections, which include maps, treaties, land records and other governing documents.

MOVIE MATINEE: GOOD FELLAS*

Wednesday, May 1-2:15PM-Auditorium

Sign up Required-Refreshments provided

1990 R 2h 25m Academy Award-winning director Martin Scorsese exposes the fascinating, mysterious and violent underworld of New York's Mafia families through the life of insider Henry Hill (Ray Liotta) as he rises from smalltime thug to mobster under the guidance of Jimmy Conway (Robert De Niro) in this searing, epic crime drama based on the chilling true-life best seller Wiseguy by Nicholas Pileggi.

MATINEE: THE BOYS IN THE BOAT*

Wednesday, May 8—2:15PM—Auditorium

Sign up required-Refreshments provided

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

MOVIE MATINEE: THE PRODUCERS*

Wednesday, May 15-2:15PM-Auditorium

Sign up required-Refreshments provided

The film is about a con artist theater producer and his accountant who scheme to get rich by fraudulently overselling interests in a stage musical purposely designed to fail. They find a script celebrating Adolf Hitler and the Nazis and bring it to the stage. Because of this theme, *The Producers* was controversial from the start and received mixed reviews. It became a cult film and found a more positive critical reception later.

**MEMORIAL DAY MOVIE MATINEE:
TAKING CHANCE***

Monday, May 27-2:15PM-Auditorium

Sign up required-Refreshments provided

The movie is based on the recollections of U.S. Marine Lt. Col Michael Strobl, a real person, who accompanied the remains of Lance Corporal Chance Phelps, a Marine fatally wounded by gunfire near Baghdad during the Iraq War, from Dover Air Force Base to Dubois, Wyoming in April 2004. He attended both Phelps's funeral and his memorial service, and wrote an essay about the entire experience, the emotions he felt and the people he met.

MOVIE MATINEE:**AMERICAN GRAFFITI***

Wednesday, May 29-2:15PM-Auditorium

Sign up required-Refreshments provided

On the last day of summer vacation in 1962, friends Curt (Richard Dreyfuss), Steve (Ronny Howard), Terry (Charles Martin Smith) and John (Paul Le Mat) cruise the streets of small-town California while a mysterious disc jockey (Wolfman Jack) spins classic rock'n'roll tunes. It's the last night before their grown-up lives begin, and Steve's high-school sweetheart, a hot-to-trot blonde, a bratty adolescent and a disappearing angel in a Thunderbird provide all the excitement they can handle. 1hr. 50 m

STYLISH EYES REPAIR CLINIC

Wednesday, May 1-11:00AM-Atrium

PAPARAZZI JEWELRY SALE

Friday, May 3-10:00AM-3:00PM-Atrium

PARKINSON'S CARE PARTNERS

Monday, May 6—11:00 AM—Auditorium

PARKINSON'S SUPPORT GROUP

Monday, May 6 —1:15 PM—Auditorium

MEMORY CARE SUPPORT GROUP

Monday, May 6—4:30 PM—Auditorium

**MACULAR DEGENERATION SUPPORT
MEETING**

Thursday, May 23—11:00 AM—Main Street Pub

All are welcome!

**WEEKLY SHOPPING ON MAY 27
WILL BE RESCHEDULED FOR
WEDNESDAY, MAY 29**

**LUNCH & LEARN WITH KIM DEBERADINIS:
HISTORYLAND COMMUNITY WORK-
SHOP***

Wednesday, May 8—12:00 PM—Art Room 2

Sign up Required LIMIT: 12

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN**Hooked on Books: Explore, Discover and Learn**

RW-C Book Club: The Book Group selection this month will be “*Lady Tan’s Circle of Women*” by Lisa See. It’s a peek into China’s Ming Dynasty and a captivating story of women helping women in a time when according to Confucius “an educated woman is a worthless woman”, and a time when women bound their feet as a thing of beauty.

The May meeting will be held on the third Monday of May due to Memorial Day falling on our usual meeting day. All Readers are welcome to join the discussion! We meet 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 APRIL

Fiction: “*Hell’s Corner*” by David Baldacci; “*Patriot Games*” by Tom Clancy; “*Split Second*” by Catherine Coulter; “*Nobody Knows*” by Mary Jane Clark; “*W is for Wasted*” by Sue Grafton; “*The Lost Key*” By Catherine Coulter; “*R is For Riccochet*” by Sue Grafton; “*A Tree Grows in Brooklyn*” by Betty Smith; “*Demon Copperhead*” by Barbara Kingsolver; *The Extraordinary Life of Sam Hell*” by Robert Dugoni; “*Simply Lies*” by David Baldacci.

Mystery: “*Rogue Justice*” by Stacey Abrams donated by Jay White; “*Firing Point*” by Mike Maden; “*No Plan B*” by Lee Child and Andrew Child; “*The Hunter*” by Tana French donated by Jay White; “*The Oath*” by John Lescroart donated by Tom Teeples; “*Toxic Prey*” by John Sanford donated by Jay White.

History: “*Masters of the Air*” by Donald L. Miller donated by Jay White; “*Lincoln’s Emancipation Proclamation*” by Allen C. Guelzo; “*Vicksburg*” by Donald L. Miller donated by Jay White.

Misc: Resident Author: “*The Tip Top Letters*” by Susan Ferries Moore.

Closing note: Library books are due three weeks after they are taken out. Please return your books then or before. The number of overdue books is increasing every month. Besides the time taken to track them down, they are not available to other readers who would like to read them. Thank you for your consideration.

KENTUCKY DERBY PARTY*

Saturday, May 4-5:00-7:00PM-Auditorium Post Time = 6:24PM!

Sign up Required by Friday, April 26!

Free to residents who have paid their dues for 2024

Residents not attending can pick up a boxed dinner and be charged for a meal.

Betting in LEC on Wednesday May 1st 11:00-Noon,Thursday May 2nd and Friday May 3rd 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 take.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN: DISCOURAGEMENT

Who has not been discouraged at one time or another? I think every one of us could say that we have been in the pit of despair! We may find ourselves discouraged, and someone else may say to us, "Oh come on, it's not that bad!" And we reply, "yes, it is!" The two of you are viewing things through different lenses. You see it through the lens of your feelings. They are seeing it through the lens of facts. If we are honest with ourselves, we can admit that although our feelings are real, our feelings are not always right. Our feelings can lead us to believe that which is not reality. And yet, until we find a listening ear to help us process those feelings, we may never acknowledge the possibility that our feelings are not right. So, what do I do when I feel discouraged? Let us look at the Old Testament prophet Jeremiah to see what he did to get out of the pit of despair and back onto the highway of hope.

In Lamentations Chapter 3, Jeremiah begins to talk about what he feels.

I am suffering God's wrath.
He has driven me away.
He has made me walk in darkness.
He has turned His hand against me.
He has broken my bones.
He has besieged me with bitterness and hardship.
He has made me dwell in darkness.
He has weighed me down with chains.
He does not answer my prayers.
He is blocking my way.
He is giving me crooked paths.
He has mangled me like a lion or bear would.
He has shot His arrows at me.
He has made me a laughingstock.
He fills me with bitterness.
He has broken my teeth with gravel.
He has trampled me under His feet.
I have no peace.
My hope in God is gone.
All this has downcast my soul.

And then I recall to my mind, and I find hope. In verses 1-18 Jeremiah talks of His feelings. (They are real, but not true) In verse 19 He recalls to his mind the faithfulness of God, and his hope is restored. What does He recall? God loves Him, His compassions never fail, they are new every morning. God is my portion so I will wait for Him! Jeremiah found that what he felt was real, but when he remembered the true character of God, he realized his feelings were not right, and by focusing on God instead of His feelings his hope was restored. Oswald Chambers, a chaplain from WWI said this, "Upon the very waves which seem to overwhelm you, walks the Son of God!" So, just look higher and find that God is there and He loves you.

NEW OPPORTUNITY! MEN'S SINGING GROUP MEETS EVERY THURSDAY IN MAIN STREET PUB AT 4:00 PM.

ONGOING OPPORTUNITIES:

- **Bible study Group**, Tuesday 11am in Chesapeake Game Room.
- **Sunday Church Services**, Westbury Clubroom 2pm, Pub 3:15pm.
- **Grief Support**, 2nd Wednesday of the month, Chesapeake Game Room.
- **Chapel**, The chapel is open to all as a place of prayer, meditation, solitude and peace.
- **Chaplain Ted** is available to all for prayer, comfort, counsel, and if nothing else, chocolate.



Labyrinth Walk
Friday, May 24-11:00AM-Labyrinth

Memorial Day Service
Monday, May 27-11:00AM-Auditorium

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

RECYCLING : THANK YOU, FRED LUXTON!

Fred, our aluminum can recycler, is retiring. He will still continue to recycle hazard waste and electronics. We all want to say a huge THANK YOU to Fred for his many years of sorting, bagging and transporting our aluminum cans over to Middlesex Metals. He donates the dollars from the cans to the Employee Christmas Fund and keeps the cans out of the landfill. Many thanks, Fred, from our RWC community and from our Earth.

John Roberts and Phil Cross will be our designated aluminum can recyclers, so please keep those cans coming in!!

ACTIVITIES COMMITTEE

April showers bring May flowers....

May starts out with the 150th 'Run for the Roses', the Kentucky Derby! Saturday, May, 4, 5:00pm in the Auditorium. Post time is 6:22 pm. We are hoping to have a great dinner and fun prior to post times. Get out those fancy hats and be prepared for a fun evening.

Wednesday, May 9, at 3pm in the Lancaster Room we are holding a Mother's Day Tea. Guest speakers will be Jennifer and Jeff Bramblet, owners of Ross' Fine Jewelry. And, if you didn't know, owners of Second Scoops Ice Cream Parlor on Main Street in Kilmarnock.

We hope many ladies will join us for an afternoon of tea and sweets. If you have a favorite tea cup, and would like to bring it and tell us its story please do so.

Happy May.. and watch next month to see what May flowers bring!

HEALTHCARE ENDOWED SCHOLARSHIP TEAM

I am happy to report that \$342.00 was deposited today (April 18) in the RWC Foundation account for the Healthcare Endowed Scholarship. Let's keep filling those coin boxes and encouraging our fellow residents to pick up a box at the Front Desk.

--Carl Blades for the Scholarship Team

Cinco de Mayo Dinner Menu: Sunday, May 5th

Soup: *Spanish White Bean Soup*

Entrée

Spanish Chicken

Bang Bang Shrimp Street Tacos

Steak with Chimichurri Sauces

Sides

Mexican Street Corn, Spanish Rice

Drunken Beans, Mexican Green Beans

Dessert

Tre Leches Cake

Box dinners will include items from this Menu

Mother's Day Brunch Menu: Sunday, May 12th

Soup: *Lobster Bisque*

Salad: *Berry Arugula Salad with Goat cheese, Candied Pecans, with Raspberry Vinaigrette*

Entrée

Bourbon Glazed Salmon

Prime Rib

Served with Mustard Sauces and Horseradish Cream Sauce

Apricot Glazed Roasted Chicken Thighs

Sides

Season Purple Cauliflower, Herb Rainbow Carrot

Asparagus, Rice Pilaf,

Garlic Mashed Potatoes (with brown gravy option)

Assorted Desserts

Bread of the Day : *Honey Biscuits*

Box Dinners: *Turkey Club on Marble Rye*

Lettuce, Tomatoes, Bacon, Swiss

Assorted Chips, Mixed Fruit & Brownie

Memorial Day Cook Out Menu:

Monday, May 27th

Salad: *Mixed Berry Salad*
(Cut Strawberries, Blue-berries, Black Berries)

Entrée

Bourbon Blueberry BBQ Ribs

Fried Chicken Wings

Grouper with Mango Salsa

All Beef Hot Dogs

Sides

Broccoli, Steamed Sweet Corn

Classic Baked Beans, Mac and Cheese

Cold Slaw, Potato Salad

Bread of the Day: *Cheddar Chive Biscuits*

Assorted Desserts

Box Dinners: *Chicken Salad Sandwich On Croissant*

w/ lettuce and sliced tomatoes

Potato Salad, Chips, Mixed Fruit & Chocolate Cake

FITNESS CENTER NEWS:

Due to high demand in our balance focus class, we will be adding an additional day for this class. The balance focused class will be held Tuesday AND Thursdays from 1:30-2:15PM! **We will be removing the core focused class in this time slot.**

Come try out cardio drumming on Thursdays at 9:15! Seated, standing, slow, or fast, I promise you're going to have a blast!

WHY BREATHWORK, INDEED?

After all, don't we all do it automatically, all day and all night? Well, yes! In any given 24-hour timeframe we all breathe about 25,000 times; we don't even think about it. But conscious breathing a few minutes each day can release a lot of tension. Stress, and the effects of stress, build up over time, and affect everyone. Breathwork is a highly effective tool for moving energy and purging anxieties, resentment, and tensions that have lodged in our nervous systems. This clears space in the mind and allows peace, contentment, and love to grow in the heart. By letting go of both known and unknown deeply held tension patterns, you expand your capacities for clarity, creativity, ease, and effectiveness.

There's nothing here not to like!

There are many and varied breathing techniques that have come down from yoga, tai chi, and modern medicine. Different techniques are used to increase energy, create mental peace and calm, and release tension. Join us in the Life Enrichment Center on Tuesdays and Thursdays at 2:15 PM to explore the positive effects different breathing patterns can provide for you.

ALL FITNESS CLASSES WILL BE CANCELLED MAY 22ND TO SUPPORT OUR CORNHOLE TEAM IN VIRGINIA BEACH! The fitness center and swimming pool will be OPEN under weekend "unsupervised" hours.

NATIONAL PHYSICAL FITNESS MONTH:

It is recommended for older adults to participate in moderately intense exercise for 30 minutes or more 3 to 5 days per week OR a total of 150 minutes per week. Resistance training, flexibility, and balance 2 or more days per week. Stop by the Life Enrichment Center and grab a tracker sheet to log how much time you are dedicating to exercise! Your fitness staff challenges you to up your game and meet those recommendations!

MEDICAL FITNESS WEEK MAY 5-12TH:

Come celebrate Medical Fitness Week with your fitness staff with daily challenges and pop ups!

FREE TRIPS OFF CAMPUS: INDIGENOUS PERSPECTIVES WITH CHIEF ANN RICHARDSON*

Sunday, May 5-1:00PM-Front Lobby

Sign up Required. Limit =14. Cost = FREE

The Rappahannock People have inhabited the Northern Neck since the beginning. It holds a special place in the Rappahannock story and contains some of the most spiritually and historically significant places to the Tribe. In this talk, Chief Anne Richardson graciously shares her thoughts on the Northern Neck and Power of Place. The talk is in Warsaw at The Lodge at Cat Point Creek.

BLUEBIRD GAP FARM VISIT & PICNIC*

Friday, May 10-10:00AM-Fron Lobby

Sign up required. LIMIT=13. Cost = FREE

Boxed lunches provided by RWC

The 60-acre farm has around 150 domestic and wild animals. We have the usual farm animals such as horses, cows, pigs, goats, and chickens. We are also home to birds of prey, whitetail deer, llamas, alpacas, tortoises, peacocks, rabbits, and waterfowl!

The antique display barn features a variety of both home and farm antique pieces from various time periods. Animal feed machines are located in several locations for those wanting a more 'interactive' experience (don't forget your quarters!). Admission is free.

WILLIAMSBURG BOTANICAL GARDEN WALK*

Thursday, May 23rd-1:00PM-Front Lobby

Sign up Required. LIMIT=13. Cost = FREE

The Williamsburg Botanical Garden and Freedom Park Arboretum showcases plants that support pollinators and wildlife; is a resource to educate visitors about environmental conservation including plant biology, the importance of native plants, prevention and control of invasive species; and demonstrates sustainable gardening practices for a typical garden in the Virginia Peninsula area.

The Garden is managed by a team of dedicated volunteers. Our operations are funded entirely from memberships, grants, donations and the proceeds of our annual plant sale.

Classes, Crafts and Programs

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

Friday, May 3—8:30 am—Lancaster Room

Sign up Required LIMIT: 50

Special Dietary Needs, please call Ext. 4017

24 hours in advance.

Bill retired from the US Navy as a 30-year aviator. Carolyn and three children followed from coast to coast and across the Pacific multiple times with her husband. They both also worked as teachers and their backgrounds in education made them great candidates for the Peace Corps. They joined in 2005, and were assigned to the Ukraine to teach Conversational English. During their stay they lived with Ukrainian families and in their own apartments.

MAKING EPOXY RESIN TUMBLERS*

Tuesday, May 7th-4:00PM-Art Room 2

Wednesday, May 15th-10:00AM-Art Room 2

Sign up Required. Each Class Limit = 4

Help us design one of a kind Tumblers for RWC staff members reaching milestone years of service to be presented at their service awards luncheon.

MAKING NATIVE PLANT SEED BOMBS*

Thursday, May 9 -1:00PM-Art Room 2

Sign up Required. Limit = 8

MOTHER'S DAY TEA TALK BY JEFF & JENNIFER BRAMBLET OF ROSS'S*

Thursday, May 9-3:00PM-Lancaster Room

Sign up Required. Limit = 50?

We will be serving up delightful treats and sipping on soothing tea as we hear from Jeff & Jennifer Bramblet. They will be sharing stories about the allure of "bling". Feel free to bring your favorite tea cup along! Sign up required-spaces are limited.

TREE OF LIFE ART GROUP PROJECT*

Friday, May 10th-1:00PM-Art Room 2

Sign up Required. Limit = 8

RUPERT WATES CONCERT*

Monday, May 13-4:00PM-Auditorium

Sign up Required.

Rupert Wates was born in London. He signed an exclusive publishing deal with Eaton Music in the late 1990's and has been a full-time songwriter ever since. He moved to the USA in fall 2006. Since 2007 he has won over 50 songwriting awards.

WESTMINSTER-CANTERBURY BY THE CHESAPEAKE BAY CORNHOLE TOURNAMENT*

Wednesday, May 22-7:30AM-Front Lobby

Sign up Required. Spaces are limited.

MEMORIAL DAY PRESENTATION: JOHN ARSENAULT, LTCOL, USMC (RET)*

Friday, May 24-3:00PM-Auditorium

Sign up Required

As we honor the 1.3 million Americans who have given their lives for our nation. From the very founding of the United States of America, our citizens have stepped forward at every crisis to fight for our nation, in order to protect our way of life and freedom. Mr. Arsenault will describe some of his personal experiences of war, when he was a young 20 year old enlisted Marine in Vietnam. The ferocious battle for hill 1308. His recollections, and those of many other Marines who fought in this battle are recounted in his book "LZ Sitting Duck".

LYNNE MACKEY IN CONCERT*

Friday, May 31—3:30PM-Auditorium

Pianist Lynne Mackey is a performer of solo, chamber and concerto works. Ms. Mackey was awarded a residency in Paris at the Cite Internationale des Arts, for research and performance involving piano and harpsichord projects. In addition to holding a Doctorate from the Eastman School of Music, she holds a Masters degree from The Juilliard School, and a Bachelors degree from the University of Michigan.

KINDNESS ROCKS*

Friday, May 31-11:00AM-Art Room 2

Sign up Required. Limit = 8

TRADER JOE'S & LUNCH*

Tuesday, May 28—9:00 AM—Front Lobby

Sign up required LIMIT: 10 Cost = Shop\Lunch\$