



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING
MAY 24 AT THE LIFE ENRICHMENT CENTER LOBBY.**

WELCOME NEW NEIGHBORS

Mr. Jim Mulvany has moved into Cottage 801. He has lived at his current home in Cole's Point for 24 years. His neighbor was Bob Street. Jim's wife, Mary, passed away in 2018.

Jim was born in Houghton, Michigan. His dad was with the National Park Service and was transferred around the country such as Washington, Chicago, Omaha and Richmond, VA. Jim has a sister who lives in Michigan, a brother that lives in Mathews and a baby sister who lives in Georgia.

Jim graduated from Hermitage High School and attended University of Richmond. His career was in Personnel Management (Human resources).

Mr. Mulvany has 4 children. His oldest son (Jim) lives in Costa Rica, daughters, Susan and Jennifer who live in Maryland, and daughter, Anne who lives in Mechanicsville.

Jim has volunteered for Cub Scouts, Habitat for Humanity as well as Governor's Committees for Employment of the Handicapped. Some of his interests include golf, fishing, reading, wood carving and shooting.

Ted and Kathryn Kattmann (pronounced Kottmann) are moving into Cottage 403. The Kattmanns are moving to RWC from their home on Indian Creek where they have lived for the past 30 years.

The Kattmanns have 2 sons; Kevin, who lives in Greensboro, NC, is an electrical engineer. He has 3 children. Mark, their youngest son, lives outside Charlottesville and he works for a medical supply company. He has 11 children. The Kattmanns have 4 great-grandchildren.

Ted was born in Berne, Indiana. Ted's father was a minister and was called to a church in Spartanburg, SC. His father went to college at Wheaton College in Illinois, so Ted followed in his father's footsteps and attended college there as well. That is where Ted met Kathryn. Ted joined ROTC in college, so he had a Lieu-

tenant's commission when he got out. It was difficult to find a job, but he found a temporary job working in Winston-Salem, NC for about 6 or 7 months. He then went into the Army for 2 years and went back to Winston-Salem for another 10 years. They moved to Charlottesville and lived there for 20+ years and finally moved to the Northern Neck in 1994. His career in banking had him moving from one place to another. He worked closely with Doug Monroe at Chesapeake Bank for years. Mr. Kattmann enjoys reading, golfing and walking.

Kathryn was born in Kalamazoo, Michigan but actually lived and grew up in Three Rivers, MI. She also attended Wheaton College as well as UVA, and Appalachian State. Mrs. Kattmann taught Spanish at Lancaster High School and used to come to RWC to the Spanish class we offered here. She would like to start the group again. She enjoys working in the yard, reading and speaking Spanish. She has volunteered at Historic Christ Church (tours), Campbell Memorial Church and Meals on Wheels. She also chaired RWC's Northern Neck Entertains many years ago.

Kathryn likes working out on the treadmill and Ted enjoys lifting weights.

NATIONAL CERTIFIED NURSES AIDE WEEK 2024 IS SCHEDULED FOR JUNE 13 - 19, 2024

CNAs play a crucial role in providing direct patient care and support in various healthcare settings, including hospitals, nursing homes, assisted living facilities, and home health agencies. Did you know that RWC has 105 aides working hard across the campus helping to keep residents happy and comfortable. It's a challenging job for sure. Let's show them how much they mean to us. Come by the Life Enrichment Lobby between June 1 and June 12 and write a note to a Nurses Aide. Cards are available. Fill a card out and place in the basket.

**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
JUNE 2024						1
3:15-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist 2	10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 4:30-AUD-Caregiver's Memory Support Group 3	9:30-FRL-Grapewood Farm Tour & Lunch* 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 2:00-MSP-Men Singing Group 4	10:00-FRL-Matthews County Historical Society: Tompkins Cottage Museum* 2:00-AUD-RWC Happenings with Stuart 6:30-AUD-Robert Keyes: Solo Finger Style Guitarist 7:00-CGR-Poker Group 5	9:30-FRL-Utterly Unique Urbanna & Lunch* 3:00-RAP-Praying the Rosary 6	WEAR BLUE DAY FOR MEN'S HEALTH 8:30-LAN-First Friday Forum: NNK Hidden History Trail* 2:15-FCR-Cornhole 7	5:15-FRL-Music by the River: Big City Band* 8
12:30-FRL-Leedstown Resolutions in Colonial Beach* 3:15-MSP-RWC Community Worship Service 9	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 3:00-AR2-Sea Glass Art* 10	10:00-FRL-Pontoon Boat Ride* 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 1:00-FRL-Pontoon Boat Ride* 2:00-MSP-Men Singing Group 11	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 2:15-AUD-Movie Matinee: Julie & Julia* 7:00-CGR-Poker Group 12	8:15-FRL-Belle Isle Trail Walk* 10:00-LAN-Food Committee Meeting 3:00-RAP-Praying the Rosary 4:00-AUD-Entertainer Phil McKenny* 13	FLAG DAY 11:00-AR1- Patriotic Fleece Tied Pillow* 2:15-FCR--Cornhole 14	 15
FATHER'S DAY 11:00AM-2:00PM-LVG-Father's Day Brunch 3:00-5:00PM-LVG-Boxed Dinner Pickups 3:15-MSP-RWC Community Worship Service 16	10:00-FRL-Shopping* 10:00-AR1-Cyanotype Printing, Part 1* 1:00-CGR-Catch Phrase 4:00-AUD-Alabaster Grace Christian Singing Duo* 17	8:30-FRL-Military Aviation Museum* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Men Singing Group 18	11:00-AR2-Acrylic Paint Pour Class* 1:00-AR1-Stitching Stars Quilt Group 2:00-FRL-Tour of Kilmarnock Radio Station & Ice Cream Stop* 7:00-CGR-Poker Group HEALTHY-FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS 9:00AM-12:00PM LIFE ENRICHMENT CENTER LOBBY 19	10:00-FRL-Richmond Museum of History & Culture: Julia Child: A Recipe for Life* 10:00-AUD-Christian Bowen of Mush Love Farm in Matthews* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship <i>Gazette articles are due by Noon</i> 20	WEAR PURPLE FOR THE LONGEST DAY 10:00-AR1-Cyanotype Printing, Part 2* 2:15-FCR--Cornhole 21	 22
2:30-FRL-Lancaster Players: The Marvelous Wonderettes* 3:15-MSP-RWC Community Worship Service 23	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary 24	9:00-FRL-Trader Joe's* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 11:00-AUD-Documentary: Canary* 1:00-AR2-Watercolor Class 2:00-MSP-Men Singing Group 25	10:30-FRL- VA Rep Theatre (Subscription Holders): 9 to 5* 11:00-AR2-Botanical Legos* 4:00-AUD-Bingo Pizza Party* 7:00-CGR-Poker Group 26	1:00-MSP-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary 27	10:00-FRL-Roswell Ruins & Visitor Center* 2:15-FCR--Cornhole 28	 29
3:15-MSP-RWC Community Worship Service 30						

- KEY**
- APT Apartment Lobby
 - AR1 Art Room #1
 - AR2 Art Room #2
 - ATR Atrium
 - AUD Auditorium
 - BLR Boiler Room
 - CGR Chesapeake Game Room
 - COR Corrotoman Room
 - CPL Chapel
 - DRB Dining Room Breezeway
 - FCR1, 2 or 3 Fitness Classroom #
 - FPL Front Parking Lot
 - FRL Front Lobby
 - GAL Gallery Hall
 - HOB Hobby Room
 - KCT King's Court
 - LAN Lancaster Room
 - LEC Life Enrichment Center
 - LIB Library
 - LVG Lakeview Grille
 - MSP Main Street Pub
 - OTR Outpatient Therapy Room
 - RAP Rappahannock Room
 - RCL Resident Clinic
 - TGP Thomas Garden Patio
 - WCN Westbury Center
 - WCR Westbury Club Room



June

Rose flower signifies companionship, fervent love, and admiration. Love is an important emotion in your life. You love to visit new places and hangouts. You are flexible and you easily adjust to situations. You always try to remain positive in situations.

A NOTE FROM STUART:

The month of June represents love, growth, and new beginnings—a time to celebrate life and connections.

June remains a popular month for weddings. The warm weather and blooming flowers make it an ideal time for celebrations of love and commitment.

June is associated with youthfulness and vitality. It marks the start of summer in the Northern Hemisphere, with the summer solstice occurring around June 20-21. It's the day with the most daylight hours, symbolizing light and growth.

Just as the changing seasons bring renewal, June symbolizes a time of spiritual growth and fresh starts. It serves as a reminder of God's faithfulness and provision as we journey through different phases of life. As the days grow longer leading up to the summer solstice, June can symbolize the light of Christ shining brightly in our lives, dispelling darkness and illuminating our path. In the beauty of nature blooming in June, we can celebrate God's creation and His divine craftsmanship. Let us marvel at the intricate details of His handiwork and give thanks for the wonders of the natural world. As we journey through the month of June, may we reflect on the meaningful symbolism it holds. Let us embrace the spirit of renewal, fruitfulness, and light that this month brings, trusting in God's unfailing love and providence.

RWC HAPPENINGS WITH STUART

Wednesday, June 5-2:00PM-Auditorium

ALL ARE WELCOME TO ATTEND!!

FATHER'S DAY MENU SUNDAY, JUNE 16TH

**Bread of the Day: Corn Bread
Salad**

Sliced Watermelon

Entrée

Grilled T-Bone Steak

Italian Sausage on Pretzel Bun (Pepper and Onions)

Wagyu Slider on Brioche Roll

Served with topping.

Red Onions, Lettuce, Tomatoes, Pickled Chips

Rockfish with white wine sauce

Sides

Potato Salad

Cowboy Baked Beans

Mac and Cheese

Green beans

Veg Medley

Assorted Desserts

(Nightingale Ice-Cream Sandwich)

The Grille will be closed for dinner.
Boxed dinners will be available until

5:00PM.

Boxed Dinner

Chicken Caesar Wrap

(Fried chicken strips with romaine lettuce, Parm,

and Caesar Dressing)

Macaroni Salad

Lay's Chips

Tropical Fruit

Lemon Pound Cake

ROAD TRIP

GRAPEWOOD FARM TOUR & LUNCH *

Tuesday, June 4-9:30AM-Front Lobby

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

Located in the historic Northern Neck, the Farm proudly offers "Virginia Grown, Virginia Ground" organic small grains and superior stone ground flour for customers in the Mid-Atlantic region.

Also a certified tree farm for loblolly pines, mixed wood lots, fruit orchards, wildlife set asides, borders around our fields, wildflower meadows, streams, ponds and marshland in all its Virginia splendor.

MATTHEWS COUNTY HISTORICAL SOCIETY: TOMPKINS COTTAGE *

Wednesday, June 5-10:00AM-Front Lobby

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

The cottage is one of the oldest frame structures in the courthouse area. It contains changing exhibits and a collection of objects reflecting a typical home of the 1800s. The building is named for Christopher Tompkins of Poplar Grove, a prominent local planter, merchant, sea captain and ship owner/builder. A room is dedicated to his daughter, Capt. Sally Louisa Tompkins, CSA. Capt. Sally was the first woman to be commissioned an officer in an American army. An excellent example of early Tidewater folk architecture, distinctive features include beaded beams, batten doors and wrought iron hardware as well as an unusual door at the turn in the steep stairway.

UTTERLY UNIQUE URBANNA SHOP LOCAL & LUNCH*

Thursday, June 6-9:30AM-Front Lobby

Sign up required. LIMIT = 12. Cost = Lunch/shop\$

Enjoy sight-seeing, shopping, & tasting in the little village of Urbanna and lunch at a local favorite, the Virginia Street Cafe.

FREE LECTURE: LEEDSTOWN RESOLUTIONS-CONNECTING CONSUMERISM AND REVOLUTION ON THE NORTHERN NECK*

Sunday, June 9-12:30PM-Front Lobby

Sign up required. LIMIT = 13. Cost = FREE

The Leedstown Resolves were one of the first protests against the 1765 Stamp Act and influenced public opinion in other American colonies. In this engag-

ing talk, Dr. Levy explores how consumerism in the colonies shaped response to the Stamp Act, influenced revolutionary politics, and ultimately helped drive revolutionary sentiment on the Northern Neck.

PONTOON BOAT RIDES*

Tuesday, June 11-10:00AM & 1:00PM-Front Lobby

Sign up required. LIMIT=8 for each ride

Cost = FREE-donations suggested

Explore the many branches of Carter's Creek.

TOUR OF KILMARNOCK RADIO STATION & ICE CREAM STOP *

Wednesday, June 19-2:00PM-Front Lobby

Sign up Required. Limit = 13. Cost = Ice Cream \$

Two Rivers Communications Radio Broadcasting Out of Kilmarnock, VA.

Providing local news, weather, and positive entertainment to listeners in the Northern Neck and Middle Peninsula.

RICHMOND MUSEUM OF HISTORY & CULTURE: JULIA CHILD: A RECIPE FOR LIFE*

Thursday, June 20-10:00AM-Front Lobby

Sign up Required. Limit =13. Cost =\$12 + lunch

Julia Child's insatiable curiosity and tenacious spirit drove her to endlessly try, test, prove and communicate how to make delicious food. Learning to cook empowered Julia and she in turn empowered others, profoundly transforming American cuisine and food culture. Visitors will journey through Julia's life, as she explored the world and discovered her sense of curiosity including the moment that ignited her love for French cuisine and inspired her career.

ROSWELL RUINS*

Friday, June 28-10:00AM-Front Lobby

Sign up required. LIMIT=13. Cost = \$8

The ruins of one of the finest mansions built in the colonies sits on the bank of the York River in Gloucester County, Virginia. Your visit to Roswell starts at the Visitor Center. Here you will find educational exhibits and artifacts in the Gallery, along with a short orientation video that gives you a look back at Roswell's complex past and a vision of the future goals.

**ROBERT KEYES:
SOLO FINGER STYLE GUITARIST***

Wednesday, June 5-6:30PM-Auditorium

Playing guitar since the age of 10, guitarist Robert Keyes reinvented his playing style in the late 70's. An adventurous immersion into the world of solo fingerstyle guitars, presented many obstacles and challenges, but also opened up many avenues for Robert. The ability to develop hand independence and sound like two musicians playing at once, happens to be one of the most frustrating styles to pursue, but also the freedom it can present can be very rewarding, for both the musician and for the audience.

This independence and Robert's vast multi-stylistic repertoire have served him well. No song or style is off limits!



**MUSIC BY THE RIVER: BIG CITY BAND
& BOXED DINNER***

Saturday, June 8-5:15PM-Front Lobby

Sign up Required. Limit = 14.

Boxed dinners provided by RWC.

The Big City Band is a 6-piece rockin' country band formed in 2017. Their unique sound features gritty lead vocals fused with the smooth sound of family harmonies. Growing up the band was inspired by the traditional country music sounds of Merle Haggard and southern rock sounds of Lynyrd Skynyrd.

MOVIE MATINEE: JULIE & JULIA*

Wednesday, June 12-2:15PM-Auditorium

Sign up Required-Refreshments provided

Julie & Julia is a 2009 American biographical comedy-drama film written and directed by Nora Ephron starring Meryl Streep and Amy Adams in the title roles. The film contrasts the life of chef Julia Child in the early years of her culinary career with the life of young New Yorker Julie Powell, who aspires to cook all 524 recipes in Child's cookbook in 365 days, a challenge she described on her popular blog, which made her a published author.

PHIL MCKENNY*

Thursday, June 13—4:00 PM—Auditorium

Sign up required

Phil is a full-time commercial artist and performer. His work is loose, spontaneous and sometimes gritty, yet it's hard to fit his work into any known pigeonhole. Maybe this is due to his diverse art experience. He's been a filmmaker, animator, editorial cartoonist, Virginia Commonwealth University art school grad at age 44, TV courtroom artist, magazine illustrator, advertising illustrator, sports painter, muralist, sign painter, and drawing teacher.

ALABASTER GRACE*

Monday, June 17—4:00 PM—Auditorium

Sign up required

Alabaster Grace is continuously dedicated to presenting the message of Christ, through music and the spoken and written word, to a world that is in critical need of genuine hope and encouragement..

DOCUMENTARY: CANARY*

Tuesday, June 25—11:00 AM—Auditorium

Sign up required

Witness the extraordinary life of Dr. Lonnie Thompson, an explorer who went where no scientist had gone before and transformed our idea of what is possible. Daring to seek Earth's history contained in glaciers atop the tallest mountains in the world, Lonnie found himself on the frontlines of climate change—his life's work evolving into a salvage mission to recover these priceless historical records before they disappear forever. 1 hour 44 minutes.

VA REP THEATRE: 9 TO 5, THE MUSICAL (SUBSCRIPTION HOLDERS)*

Wednesday, June 26-10:30AM-Front Lobby

Sign up Required. Cost = Lunch\$

Dolly Parton's hilarious musical celebrates female friendship, and the ultimate revenge against their male boss. Pushed to the boiling point, three female co-workers take control of their office and learn there's nothing they can't do, even in a man's world. Violet, Judy and Doralee concoct a plan to get even with their sexist-egotistical-lying-hypocritical-bigot of a boss and live out their wildest fantasy. The women give their workplace a dream makeover, stepping up to run the company that had always kept them down.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

RWC BOOK CLUB

The Book Group Selection for June will be "Good Night Irene" by Luis Alberto Urrea. This is a heartfelt story that celebrates the power and durability of female friendship. It is inspired by the author's own family history.

All are welcome to join the discussion! We meet on the 4th Monday of the month at 10:30AM 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 the other readers.

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



BOOKS NEW TO THE LIBRARY IN MAY

Fiction: "The Divide" by Nicholas Evans donated by Phyllis TeStrake;

"After You" by JoJo Moyes; "Before You" by JoJo Moyes; "Freeze

Frame" by Peter May; "Shogun" by James Clavell donated by Jay

White; "Izzy's Fire" by Nancy Wright; "Inheritance" by Nora Roberts; "The Marriage Game" by

Fred Michaels; "It Will End With Us" by Colleen Hoover; "The Unlikely Pilgrimage of Harrod Fry"

by Rachel Joyce; "Runaway Jury" by John Grisham; "The First Ladies" by Marie Benedict and Vic-

toria Christopher Muddy; "Chasing the Lion" by A.J.Tara; "The Silent Man" by Alex Berenson;

"Reckoning" by John Grisham.

Mystery: "Lake View House" by Helen Phifer; "The Second Chair" by S. J. Bennett.

History: "Killing England" by Bill O'Reilly and Martin Dugar; "Killing the Witches" by Bill O'Reilly

and Martin Dugard; "Killing the Killers" by Bill O'Reilly and Martin Dugard; "Killing Lincoln" by Bill

O'Reilly and Martin Dugard; "LZ Sitting Duck" by John Arsenault; "Killing the Legends" by Bill

O'Reilly and Martin Dugard.

Biography: "No Easy Day" by Mark Owen and Kevin Maurer; "Still Standing" by Governor Larry Ho-

gan donated by Ethel Frye; "John Adams" by David McCullough; "A Higher Loyalty" by James

Comey; "Grace Kelly" by Randy Taraborrelli; "Myself and Then Some" by Lauren Bacall;

"Oppenheimer" by Peter Goodchild.

Misc: Nature/Science: "Bringing Nature Home" by Douglas W. Tallamy donated by Ted Munns;

"Nature's Best Hope" by Douglas Tallamy.

MILITARY AVIATION MUSEUM VIRGINIA BEACH*

Tuesday June 18 - 8:30AM—Front Lobby

RWC will provide box lunches when we arrive at 11am. Guided tour begins @12 noon. Tour cost \$14.50pp.

Sign-up Required LIMIT-13

The Military Aviation Museum in Virginia Beach, Virginia, is home to one of the world's largest collections of warbirds in flying condition.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN:

Gratefulness

"Some days are diamonds; some days are stone. Sometimes the hard times won't leave me alone. Sometimes the cold winds blow a chill in my bones. Some days are diamonds, some days are stone."

That is the chorus from a John Denver Song, "Some Days are Diamonds." I am sure that you have had those days. Good days versus bad days. Bright days versus gloomy days. Sunny days versus rainy days. The common thread is that it is still a day, and that day will be what I make of it! Have you ever thought of what creation would be like if every day was a day of sunshine? There was no rain, there were no clouds, just rays of sunshine all day long! Things would begin to turn brown, panting for water, the life-giving refreshment. Have you found yourself grumbling or complaining or whining about the rain? Asking where is the sunshine? When will summer get here? I think we can all say that we have done that, and still are doing that. Yet, without the rain, creation would begin to pant for relief and asking to have its thirst quenched. *Some days are diamonds, some days are stone.*

So, it is in life. If every day of our lives were sunshine, which is what we subconsciously wish for, we would find ourselves dehydrated, emaciated, not feeling well. What we think would bring us joy, happiness, or contentment daily would instead bring disappointment. Why? Because just as creation needs sunshine and rain, our lives need the same! We cannot appreciate sunny days without the rain, nor rainy days without the sun. God knew just what creation need-

ed. A mixture of both. *Some days are diamonds, some days are stone.*

Do you understand that it takes intense heat and pressure to form a diamond? Those pressures and troubles in life may feel like a gloomy wet day, yet we appreciate the sun so much more after the rain. Could it be that those pressures, troubles, weights of life, God is using to make me a diamond? Could it be by not seeing them as necessary in life, that I am rejecting the very things that will keep me from becoming that? And if so, then I remain a dull and unattractive stone. When I learn to be grateful for the bad days along with the good days, and see the pressures and troubles not as obstacles, but rather as stepping stones, and accept them as necessary for a healthy life, my demeanor and outlook take on a whole new perspective. My life is not dull and ugly like a stone, but rather bright and attractive like a diamond. And I can face each day with a "Joyful Spirit", because I have learned to be grateful for the rain and the sun, and know they are necessary and good and beneficial in my life.

ONGOING OPPORTUNITIES

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

Sunday Church Services 2pm Westbury Clubroom for Assisted Living & 3:15 The Pub for Independent Residents

Grief Support 2nd 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

April showers bring May flowers.. what do May flowers bring? Wait for it! We had a great turnout for the Kentucky Derby party, and 3 lucky winners...Jean Gilmore, Ted Munns, and Edna Roberts. Want to thank the Culinary staff for another great job! We also had a full house for the ladies Mother's Day tea. Jeff Bramblet, son of resident Kathi Bramblet, and owner of Ross's Fine Jewelry spoke on how he got into the jewelry business and spoke on gems and bling. He took time to answer many questions. And, again, thanks to the Culinary staff and Resident Life staff for the great food and flowers. We have nothing big planned for June, but you never know, there may be a pop-up surprise! Pilgrims!

GROUNDS & LANDSCAPING COMMITTEE

Our wet Spring has sprung into more reasonable weather and with it comes the work needed to keep our campus looking tip-top. Damon and his crew have fertilized, applied pre-emergent crabgrass chemicals, pruned shrubs, and removed dangerous and diseased trees. Now is the time for residents to inspect their yards. The Landscape Committee is divided into what we consider our needs by assigning tasks to each member. We are covering all bases: Apartments, Cottages, Single Homes, ALC courtyard and overall grounds. Our mission is to keep us looking good and to advise residents on sustainable landscaping by replacing dead, diseased or otherwise overgrown vegetation. With a concerted effort to plant native milkweed for our monarch butterfly larvae, we are making a good start. Non-native shrubs that need replacement could easily be removed and replaced, for example, with a native button bush, sweet pepperbush, beauty berry, fringe tree or other good selections. Our committee members are here to guide you to a selection of native plants. Soon, the heat of summer will be upon us and establishing native plants then can

be daunting. When you pick up your native milkweed plants, be sure to keep them well watered for the summer. Natives are easy-care, but they need help in the beginning. Remember the saying: The first year it sleeps, the second year it creeps, and the third year it leaps! Everyone is welcome to attend our bimonthly meetings to discuss issues in their landscape and pick up some pointers, perhaps.

LOOK WHAT YOU DID!!!!

We thank you for all you did to make the Breezeway Buys Sale a huge success! Thanks for your generous donations of scarves, jewelry and crafts - thanks for all who purchased special items - thanks to all who helped set up and break down - thanks for your monetary donations - thanks for all your comments and questions regarding the Healthcare Scholarship Fund - YOU added over \$3000.00 to this important fund! THANK YOU - Helene & Mary

LANCASTER PLAYERS: THE MARVELOUS WONDERETTES*

Sunday, June 23-2:30PM-Front Lobby Sign up ASAP for tickets! LIMIT = 14 Cost = \$30 When the main entertainment is cancelled for their 1958 Super Senior Prom, The Marvelous Wonderettes step up to the stage in this delightful jukebox musical. In the second act at their 10-year reunion, they once again entertain their classmates in four-part harmony. The musical features a variety of much-loved tunes from the 50s and 60s, including "Lollipop," "It's My Party" and "It's in His Kiss."

TRADER JOES*

Tuesday, June 25-9:00AM-Front Lobby Sign up required. LIMIT=10. Cost = Shop/ lunch\$

FITNESS CENTER NEWS: A WALK ON THE WILD SIDE AT BELLE ISLE STATE PARK

Thursday, June 13-8:15AM-Front Lobby
Walk from 9:00-11:00AM

Take a guided walk to learn about the life along and in the Rappahannock at Belle Isle State Park. The walk will be approximately 2 miles with educational stops along the way. Please wear appropriate footwear. Water will be provided.

HEALTHY-FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS

Wednesday, June 19—9:00AM-12:00PM
Life Enrichment Lobby

EXERCISE AND BRAIN HEALTH

Exercising can improve cardiovascular function, build and maintain muscular strength, and aids in prevention of chronic diseases, but did you know that exercise is correlated to brain health? When exercising, growth hormones are released that promote new blood vessel development while maintaining or improving the condition of existing vessels and brain cells. The brain requires oxygen to be delivered to its tissues for daily functioning, which means the healthier the vessels are, the better delivery to the tissues. Participating in exercise can improve efficiency of oxygen delivery which aids in slowing age-related cognitive decline, boosts mood, improves sleep, and decreases stress. Reach out to your fitness team on a program individualized for you—find a mode of exercise you will enjoy!

No PARKINSON'S CARE PARTNERS OR SUPPORT GROUP FOR JUNE

MEMORY CARE SUPPORT GROUP
Monday, June 3—4:30 PM—Auditorium

MACULAR DEGENERATION SUPPORT MEETING

Thursday, June 27—1:00 PM—Main Street Pub
All are welcome!

WEAR BLUE DAY: FRIDAY, JUNE 7

“Wear Blue Day” to help spread the knowledge of Men’s Health Month.

Choose BLUE. From blue accessories, to head-to-toe blue work attire, to an excuse to go casual, choose what works best for you.

Be creative, and remember to have fun!

One of the primary objectives of Men’s Health Month is to increase awareness about the specific health challenges faced by men. Many conditions, such as prostate cancer, testicular cancer, cardiovascular disease, and mental health disorders, disproportionately affect men. By highlighting these issues, the observance encourages men to prioritize their health, seek regular screenings, and adopt healthy lifestyle choices.

2. Promoting Early Detection and Treatment

Early detection plays a crucial role in successfully managing and treating various health conditions. Men’s Health Month emphasizes the importance of regular health check-ups, screenings, and self-examinations. By promoting early detection, the observance aims to improve outcomes for conditions like prostate cancer, testicular cancer, and cardiovascular diseases, where early intervention can make a significant difference.

3. Encouraging Healthy Lifestyle Choices

Men’s Health Month serves as a catalyst for promoting healthy lifestyle choices. It emphasizes the significance of physical activity, a balanced diet, weight management, and stress reduction in maintaining overall well-being. By encouraging men to adopt healthier habits, the observance aims to reduce the risk of chronic diseases, enhance mental health, and improve quality of life.



WEAR PURPLE DAY: FRIDAY, JUNE 21

June is Alzheimer's & Brain Awareness Month. Purple is the official color of the Alzheimer’s movement. *Wear Purple to Raise Awareness for Alzheimer’s* On the summer solstice people from across the world will fight the darkness of Alzheimer's through a fundraising activity of their choice.

Classes, Crafts and Programs

FIRST FRIDAY FORUM WITH ALVA JACKSON: NNK HIDDEN HISTORY TRAIL*

Friday, June 7—8:30 am—Lancaster Room
Sign up Required LIMIT: 50
Special Dietary Needs, please call Ext. 4017
24 hours in advance.

The Northern Neck Hidden History Trail will expand existing historical narratives with comprehensive and inclusive presentations that will reveal the impact and the significant contributions of people of color and collaborative efforts. These stories will be all encompassing as reported from African-Americans, Native Americans, and European Americans.

SEA GLASS ART*

Monday, June 10-3:00PM-Art Room 2
Sign up Required. Limit = 8

Create your own framed piece of 3-D artwork using sea glass, shells, cork, and more!

PATRIOTIC FLEECE TIED PILLOW*

Friday, June 14—11:00 AM—Art Room 1
Sign up required. LIMIT = 11

Show off your patriotic spirit with this fun craft. These make great party decorations for Fourth of July, Flag Day and Veterans Day celebrations!

CYANOTYPE PRINTING, PART 1 & 2

Monday, June 17 & Friday, June 21-10:00AM-
Art Room 1— Sign up Required. Limit = 8

The cyanotype is a **slow-reacting, economical photographic printing formulation** sensitive to a limited near ultraviolet and blue light spectrum, known as UVA radiation. Science and art combined! Must attend part 1 & 2.

ACRYLIC PAINT POUR CLASS*

Wednesday, June 19—
11:00 AM—Art Room 2
Sign up required. LIMIT = 8
Acrylic pouring is an abstract art technique where artists pour fluid acrylic



paints on a surface creating art. Acrylic pouring is a “fluid art”.

CHRISTIAN BROWN OF MUSH LOVE FARM IN MATTHEWS*

Thursday, June 20—10:00 AM—Auditorium
Sign up required

A year into the mushroom business, Christian Brown of Mush Love Farm in Mathews sees a bright future for the edible fungus in the county.

“The geography of the land, the amount of rainfall, the humidity, the morning fog, all contribute to making Mathews a perfect mushroom environment,” said Brown. “I want to see Mathews become a hub for mushrooms.”

Brown is growing mushrooms the natural way—on logs on his heavily-wooded four-acre property near downtown Mathews. There are around 2,000 logs in stacks under the trees around his house, separated according to the type of mushroom being grown—blue, golden, white, grey, and Italian oyster; shiitake, nameko and lion’s mane; chestnut, bear’s head tooth, and turkey tail.

BOTANICAL LEGOS*

Wednesday, June 26—11:00 AM—Art Room 1
Sign up required. LIMIT = 8

YES!! We are talking about the Legos that kids play with, but these are designed for adults. Create your own floral arrangement with our range of flowers from the LEGO® Botanical Collection. Perfect for adding a natural touch to your décor, in a bouquet or by the stem, LEGO® flowers can instantly brighten up a room to match any vase with adjustable stems, leaves and petals. No watering required!

BINGO-PIZZA PARTY*

Wednesday, June 26—4:00 PM—Auditorium
Sign up required. Limit = 75.

Try your luck at RWCs BINGO!
Bingo Cards are \$3 each-Please bring \$CASH.
Pizza & Drinks Provided. Please fill out pizza order forms near the sign up book.