



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING  
JANUARY 27 AT NOON AT THE LIFE ENRICHMENT CENTER LOBBY.**

## WELCOME NEW NEIGHBORS

**Mr. William Cole** will be moved into Cottage 804 on January 15. Bill comes to RWC from Fredericksburg where he has resided for the past 12 years. Mr. Cole was born in Cardiff, Wales, UK as his father was in the US military. His mother was from Scotland. The couple settled in the states in Alexandria, VA. After graduating high school from George Washington High School in Alexandria, Bill attended Temple University in Pennsylvania. After college he served 4 1/2 years in the United States Air Force. Most of his career was spent working for the City of Alexandria as a budget analyst, Department Director and Director of IT. Bill is a widower. He has one daughter, Andrea, who lives in Massachusetts. He also has a brother and sister that live in Alexandria. Bill's hobbies include archeology research and history. He was very involved in the excavation around Mount Vernon. He also enjoyed time at the National Colonial Farm in Piscataway Park. He is affiliated with the Episcopal Church.

**Mr. George Mayhugh** will be moving into Cottage 801. George has lived at his 11-acre property at Hales Point in Farnham for 14 years. Mr. Mayhugh was born in Warrenton, VA. His father owned his own painting business and his mother was a housewife. George had 2 siblings, a sister and brother. Both are deceased. Mr. Mayhugh's wife, Jeanne, passed away on September 9, 2021. After graduating high school, George enrolled at UVA as a Political Science Major, graduated, married and was sent into the US Army. He served from '64-'66 and completed one tour of duty in Vietnam. After returning back home he had a choice to join his Dad in the painting business or choose another path. He chose to become a lawyer and attended the School of Law at UVA. He practiced law in several areas in Northern Virginia.

George has an 11-year-old Lab but intends on letting his son take care of the dog. Mr. Mayhugh is an avid hunter (upland bird and water fowl). He trains his dogs to retrieve. He and resident, Brian Bennett have hunted together. He enjoys reading. In the past, he was a Fauquier County School Board member and active in sporting clubs.

## RESIDENT BOARD MEMBERS, DIRECTORS AT LARGE PUT INTO ACTION

Resident Association President Susan Moore is putting the Directors at Large in action acting as a liaison between residents, committees and the Residents' Association Board. Although not acting so much as a liaison, Maxine Luxton is tasked with exploring the need for a Health Committee and constructing a mission for the committee or to determine that the committee is outdated. We will see what Maxine learns as she speaks to residents throughout the RWC community. Bob Woods will be the liaison for the Activities Committee, Jan Glover for the Food Committee, and Bob Holley for the Grounds & Landscaping Committee.

## FOOD COMMITTEE GOAL

"The Resident Food Committee works to facilitate meaningful communication between residents and all others involved in food service at RWC with the aim of providing all diners with appetizing and nutritious food in a congenial environment."

**FOOD COMMITTEE MEETINGS WILL BE HELD THE SECOND MONDAY OF EVERY MONTH AT 2:00 PM IN THE CORROTOMAN ROOM.  
OUR NEXT MEETING WILL BE FEBRUARY 10.**

**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
<h1>February 2025</h1>		<h2>FEBRUARY IS AMERICAN HEART MONTH FEBRUARY IS BLACK HISTORY MONTH</h2>				1
<b>GROUNDHOG DAY</b> 3:00-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist  2	10:00-FRL-Shopping at Walmart & Dollar Tree* 11:00-AUD-Parkinson's Caregiver Support 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 4:00-FRL-Dinner at the Sandpiper*  3	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball  4	11:00-ATR-Ross's Rings & Things Jewelry Repair 11:00-ATR-Stylish Eyes Glasses Repair 2:00-AUD-Happenings with Stuart 7:00-CGR-Poker Group  5	10:00-FRL-Quilting Trip to SewTangle in White Stone* 2:00-AR1-No-Sew Fleece Pillows* 3:00-RAP-Praying the Rosary 4:00-AUD-Katherine Cassidy Presents Honduras*  6	<b>AMERICAN HEART DAY WEAR RED</b> 8:30-AUD-First Friday Forum: Eric White* 11:00-ATR-Nothing Bundt Cakes 2:15-FCR-Cornhole  7	7:00-FRL-RFA Concert: Good Shot Judy*  8
3:00-MSP-RWC Community Worship Service  9	10:00-FRL-Shopping* 10:00-COR-Food Committee Meeting 1:00-CGR-Catch Phrase 2:15-AUD-Movie Matinee: 12 Years A Slave  10	9:00-FRL-Trader Joe's* 10:00-AR2-Chat & Craft 10:00-AR1-Amateur Radio Cl 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-CGR-Origami Heart Bookmarks* 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 11	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 2:00-AR2-Cookie Decorating with Joann* 7:00-CGR-Poker Group  12	1:30-CGR-Great Decisions* 2:15-AUD-Movie Matinee: Harriet 3:00-RAP-Praying the Rosary  13	<b>VALENTINES DAY</b> 1:00-AUD-Flutist: Eileen Martin* 2:15-FCR--Cornhole  <b>MUSIC IN THE GRILLE WITH LARRY HEATWOLE 5:00 PM—6:30PM</b>  14	15
12:30-FRL-Mutts Gone Nuts at the Ferguson Center* 1:00-AUD-Bland Scholarship Competition* 3:00-MSP-RWC Community Worship Service  16	<b>PRESIDENTS DAY</b> 10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 2:15-AUD-Movie Matinee: Glory  17	8:30-FRL-Norfolk Naval Station Bus Tour* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball  18	9:00-12:00- LEC-Health Friendly Food Bar & BP Checks 9:00-FRL-Lady Bug Consignment & Boutique* 1:00-AR2-Stitching Stars Quilting Group 2:15-AUD-Movie Matinee: The Color Purple 19	1:30-CGR-Great Decisions* 3:00-RAP-Praying the Rosary  • <b>Deadline for Gazebo Gazette Articles by NOON</b>  20	11:00-FRL-Preacher Dave's BBQ Food Truck 1:00-AUD-RWC's Got Talent Show 2:15-FCR--Cornhole  21	22
3:00-MSP-RWC Community Worship Service  23	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 11:00-AR2-Pom Pom Painting Class* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:15-AUD-Movie Matinee: Selma 24	9:00-FRL-Trader Joe's * 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball  25	10:00-BLR-Grounds & Landscaping Committee Meeting 7:00-CGR-Poker Group  26	9:00-FRL-Mid-Atlantic Quilt Festival* 1:00-AUD-Macular Degeneration Support Group 1:30-CGR-Great Decisions* 3:00-RAP-Praying the Rosary  27	11:00-AR2-Making Flower Buttons* 11:00-FRL-York Gardens & Tea Room* 2:15-FCR--Cornhole 4:00-AUD-Katherine Cassidy Presents Egyptian Tourism*  28	

- 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

**FROM THE PRESIDENT & CEO**

It is an odd-numbered year, so the Virginia General Assembly is busy in its short session. Fun fact, the Virginia General Assembly is the oldest, continuous lawmaking body in the Western Hemisphere, serving since 1619. Another fun fact, the Virginia General Assembly has designated the fourth Wednesday of the month of January as Brunswick Stew Day.

Throughout the year, we monitor proposed legislation that may impact some aspects of RWC life, operations, and/or finances. We do this primarily through our state association, LeadingAge Virginia (LAVA). When the General Assembly is in session, the staff at LAVA monitor legislation that may affect not-for-profit aging service organizations such as RWC, hospice, assisted living, nursing homes, and adult/senior services. Through its Public Policy Committee, LAVA staff consult with members to evaluate how proposed legislation may affect members and those we serve and provide information and resources to legislators. When the General Assembly is not in session, LAVA staff continue to cultivate relationships with legislators and state agencies and serve on study groups created to evaluate specific legislative or regulatory topics.

For several years I have been privileged to serve on the Public Policy Committee with colleagues from various LAVA member organizations. It is interesting to examine the proposed legislation and assess how it may affect residents and service providers. Often members will also testify in House or Senate committee hearings on legislation relevant to aging services. Over 2,000 pieces of legislation will be reviewed by committees in the House and Senate, with a smaller number making it to the full House and/or Senate for consideration. During short sessions like this year, it is a very fast, intense and informative process.



Happy Valentine's Day.

**RWC HAPPENINGS: FROM STUART**

**Wednesday, February 5—2:00 PM—Auditorium**

**RAPPAHANNOCK FOUNDATION FOR THE ARTS: GOOD SHOT JUDY**

**Saturday, February 8—7:00 PM—Front Lobby**

This high-energy swing band is known for their captivating performances and unique blend of classic

swing, crooner favorites, and original compositions.

**Transportation only. You must secure your own ticket.**

**NORFOLK NAVAL STATION BUS TOUR & LUNCH\***

**Tuesday, February 18—8:30 AM—Front Lobby  
Cost = \$20 per Person = Lunch\$ LIMIT: 13**

Get on board for an approximately 50 minute to one hour guided bus tour of Naval Station Norfolk – the world's largest Naval installation. Our tour guide will provide a "Navy-approved" tour that includes the homes of the 1907 Jamestown Exposition, Chambers Field Air Station, the ships of the fleet and much more.

**LADY BUG CONSIGNMENT & BOUTIQUE AND LUNCH\***

**Wednesday, February 19—9:00AM—Front lobby  
LIMIT: 13**

Ladybug Consignment & Boutique is your one-stop destination for new and used high-end women's clothing and accessories in Williamsburg, VA. We pride ourselves on offering a unique shopping experience that combines the thrill of finding a great deal with the satisfaction of discovering high-quality, fashionable items at affordable prices. Rejoice in our annual End-of-Winter Sale! It's a once-a-year event where you'll find incredible deals on high-end women's clothing at our consignment boutique.

**MID-ATLANTIC QUILT FESTIVAL IN HAMPTON\***

**Thursday, February 27—9:00AM—Front Lobby  
Sign up required. Limit = 13 Cost = \$18**

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

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

Wear comfortable shoes.. the place is huge!

**SHARE YOUR LOVE JOURNEY**

This February, the month of love, we invite you to share your special love story. Whether you've been married for decades, recently found love, or experienced the love of a lifetime, your story could inspire and uplift others.

Love has a way of bringing hope and joy, and we'd love to feature your journey in our next blog. If you'd like to share your story, please contact Lauren White at **804-438-4010** or **lwhite@rw-c.org**. Let's spread the love and brighten someone's day!

**ROSS'S FINE JEWELRY & THINGS JEWELRY REPAIR**

**Wednesday, February 5—11:00 AM—Atrium**

**STYLISH EYES GLASSES REPAIR**

**Wednesday, February 5—11:00 AM—Atrium**

**NOTHING BUNDT CAKES**

**Friday, February 7—11:00 AM to 2:30 PM—Atrium**

You must try one of these cakes! They come in an assortment of flavors, white chocolate raspberry, carrot, Chocolate, chocolate chip and much more. Gluten-free bundt cakes are available as well. The perfect Valentine's Day gift.

**VALENTINE COOKIE DECORATING WITH JOANN\***

**Wednesday, February 12—2:00PM—Art Room 2  
Limit: 8**

JoAnn has won may ribbons at the State Fair for her cookies. Come and learn from a master.

**FLUTIST: EILEEN MARTIN\***

**Friday, February 14—1:00 PM—Auditorium**

**Sign up Required**

Eileen Martin has played the flute for 57 years. She enjoys playing at retirement communities and at her church. Eileen also performs with a three-piece band called the Bryan Forrest Band, playing 60's to 80's music. Eileen resides in Mechanicsville with her husband. Come and enjoy delicious cookies and great music with your friends and neighbors.

**LIBRARY SEEKS HELP**

Bill Estell is seeking residents who are interested in doing easy and fun voluntary work in the RWC Library. Give him a call at Ext. 4302 and you too can "Come On Up and Check Us Out!!"

**MUSIC IN THE LAKEVIEW GRILLE WITH LARRY HEATWOLE**

**Friday, February 14—4:30PM—7:30PM**

Larry Heatwole has been playing guitar since 1964. He is retired from the United States Air Force Band. Larry enjoys playing acoustic and electric and cover music from J.S. Bach to The Beatles, 40's - all the way to the contemporary tunes. Come and enjoy dinner and enjoy the music.

**PREACHER DAVE'S BBQ FOOD TRUCK**

**Friday, February 21—11:00AM—Front Parking Lot**

Locally owned food truck offering a variety of BBQ dishes created by a certified South Carolina pit master.

**Main Dishes**

Holy Swine	\$9.50
Quarter pound of slow smoked, lightly sauced, pulled pork on a roll. Add a touch of Dee Dee's homemade slaw, 50 cent. Choice of sauces.	
Golden Calf	\$12.50
Quarter pound of hickory smoked chopped brisket on a roll. Add a touch of Dee Dee's homemade slaw, 50 cent. Choice of sauces.	
Pharaoh's Cow	\$12.50
Six ounces of hickory smoked sliced brisket with a dinner roll. Choice of sauces.	
Adam's Rib	\$15.00 - \$28.00
Half or full rack of cherry smoked ribs. A little sweet, a little heat. Best ribs you'll have today! Choice of sauces.	
The Meat Trinity	\$22.50
Your choice of any three available meats and one side. All this deliciousness served with a roll and a sample of all three of our sauces. Enjoy!	
Smoked Hot Dog	\$3.50
Slow smoked Nathan's all beef hot dog.	

Sauces: North Carolina, Bourbon, and Sweet

**Sides**

Mac & Cheesus	\$3.75
Some of the mac-cheesiest mac-n-cheese you have ever had.	
Deacon Dean's Greens	\$3.25
Smokey, tart, and smooth greens. Feel free to skip your daily iron vitamin today!	
First Lady's Baked Beans	\$3.25
Smokey and delicious are just two of the words that describe her beans.	
Dee Dee's Slaw	\$3.00
Just like mamma used to make it, sweet and tangy!	
Chips	\$2.50
Route 11 Lightly Salted chips. We only serve Virginia's best chip!	
Spare Ribs	\$4.50
2 bones added to any plate	
Tots	\$3.00
"Come on, give me some of your tots!"	

## KATHERINE CASSIDY PRESENTS TWO TALKS\*

Thursday, February 6—4:00PM—Auditorium

Friday, February 28—4:00 PM—Auditorium

### Sign up to attend

Katherine Cassidy of White Stone, daughter of Health Center resident Lois Williams, has planned a very active 2025 for her travels to developing countries with the USAID-backed Farmer-to-Farmer program. She will share her presentations with slides twice in February.

Both talks, at 4pm, will end with wine-and-cheese receptions. Dates and topics are:

Honduras and its Indigenous People, on February 6; and Creating a Tourism Plan for Egypt's Desert near Aswan, on February 28.

## FIRST FRIDAY FORUM : ERIC WHITE, NATURAL RESOURCE SPECIALIST FROM VA DEPT OF FORESTRY\*

Friday, February 7—8:30 am—Lancaster Room

Sign up Required LIMIT: 50

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

Eric White is the primary contact for forest landowner assistance, reforestation, and forest management services at the county level.

He will be talking about the forest, flora, and fauna we have here at RWC.

## MOVIES CELEBRATING BLACK HISTORY MONTH

### MOVIE MATINEE: 12 YEARS A SLAVE

Monday, February 10—2:15 PM—Auditorium

Based on the true story of Solomon Northup, a free African American man who was abducted and sold into slavery.

This powerful film brought the brutal reality of American slavery to a broad audience, igniting conversations about history, race, and resilience. The movie is celebrated for its unflinching portrayal of slavery and its emotional depth. 2 hours, 14 minutes, RATED R (2013).

### MOVIE MATINEE: HARRIET

Thursday, February 13—2:15 PM—Auditorium

The extraordinary tale of Harriet Tubman's escape

from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

*Harriet* sheds new light on Tubman's legacy as a freedom fighter, resonating with audiences for its inspirational storytelling and highlighting the importance of resilience and bravery. 2 hr., 5 minutes, RATED R (2019).

### MOVIE MATINEE: GLORY

Monday, February 17—2:15 PM—Auditorium

The saga of the first black fighting unit in America's civil war is an inspiring testament to courage, the human spirit, and the value of freedom.

2 h 2 min (1990)

### MOVIE MATINEE: THE COLOR PURPLE

Wednesday, February 19—2:15 PM—Auditorium

A black Southern woman struggles to find her identity after suffering abuse from her father and others over four decades.

An adaptation of Alice Walker's novel, this film's exploration of black women's struggles against poverty, racism, and sexism in the early 20th century highlighted the resilience and solidarity needed to overcome oppression. 2hr, 32 minutes (1986) RATED PG-13

### MOVIE MATINEE: SELMA

Monday, February 24—2:15 PM—Auditorium

Chronicling Dr. Martin Luther King Jr. and his followers' march from Selma to Montgomery, and their efforts culminated with President Lyndon Johnson signing the Voting Rights Act of 1965. 2 hr., 2 minutes (2015)

RATED PG-13

## LANCASTER COUNTY LION'S CLUB BLAND SCHOLARSHIP COMPETITION\*

Sunday, February 16-1:00PM-Auditorium

Each year, the Lions of Virginia sponsors the "Lions of Virginia Bland Music Competition". This competition was established in 1948 to assist and promote cultural and educational opportunities for musically talented Virginia youth. It is held in honor of songwriter James Bland, composer of over 700 songs.

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

### RWC BOOK CLUB

The Book Club selection for February is "The Frozen River" by Ariel Lawhon. A gripping historical mystery inspired by the life of and diary of Martha Ballard, a renowned 18th century midwife who defied the legal system and wrote herself into American history. The setting is Maine in 1789.

All readers are welcome to join the discussion! We meet on the 4th Monday of the month (24 February) 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 for to share with other readers.

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

### BOOKS NEW TO THE LIBRARY IN JANUARY

Several new books to the library from donations and three recently purchased books, "Golden Hour" by Stuart Woods, "An Eye for an Eye" by Jeffrey Archer and "James" by Percival Everett. These have been entered into the collection and can be found on the "New to the

Library" book cart. The "New to the Library cart is an addition to the book shelf for new books in the bookcase to the right as you enter the Library. In addition we have three new Biographies, Ronald Reagan, Bobby Kennedy and Charles Krauthammer. "A Calamity of Souls" by David Baldacci and "Hello Beautiful" by Ann Napolitano are waiting to be entered into the collection.

A reminder that you can find the latest books in the RWC Library app on Uniguest.

COME ON UP AND CHECK US OUT.

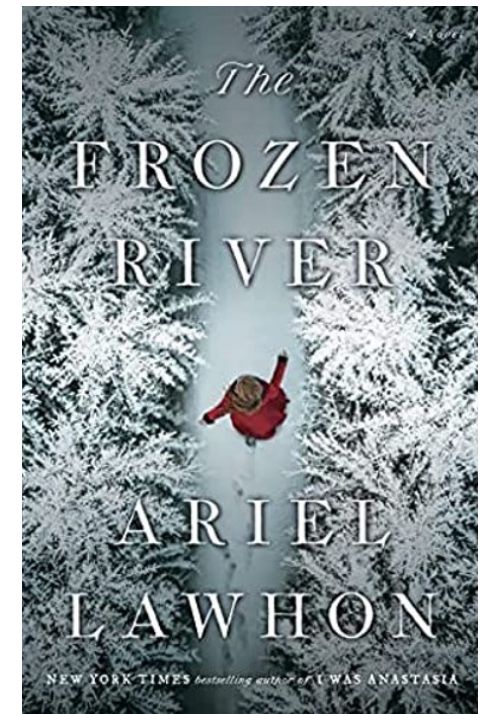
### LCL COMMUNITY BOOK MOBILE COMES TO RWC TWICE A MONTH

Pete Teagle, Mobile Library Manager, has over 75 large-print books in fiction, non-fiction, and general reading which can be checked out via our bookmobile checkout system. One must have a card, but Pete can help you get one too. On occasion, he will also have free giveaways (regular print and DVDs).

Pete will visit us two-times a month (probably the 2nd and 4th Thursday, tentative) from 10:00 am to 1:00 PM in the Front Parking Lot. The book mobile is also set-up to run free wifi hot spots as well.

### THE SPRING 2025 RAPPAHANNOCK INSTITUTE OF LIFELONG LEARNING

Brochures are now available to residents for the RILL Program through Rappahannock Community College. Two classes will be held right here on the RWC Campus at a cost of \$10 per course. You can find the brochure in Life Enrichment Lobby or by the mail boxes in the Atrium. You can register yourself or register through Amy Lewis. Your course will be charged to your account.



**SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY**

**LOVE IS IN THE AIR**

Yes, it is true, I am a sucker for love songs. One of my favorites from the late 70's was a song by John Paul Young called "Love is in the air". It said, "Love is in the air, everywhere I look around. Love is in the air, every sight and every sound. And I don't know if I'm being foolish, don't know if I'm being wise, but it's something that I must believe in, and it's there when I look in your eyes...And I don't know if you're an illusion, don't know if I see it true, but you're something that I must believe in and you're there when I reach out for you..."

A gospel song that I really enjoy as well is "God is Love". It states, "God is love, the heavens tell it, stars above in brilliance spell it, God is love, rejoice and sing my soul... Hear it in the laughing wind that whispers through the trees, listen to its echo in a robin rhapsody. Glorious word all natures ringing, have you heard the song their singing, God is love, O praise Him God is love!"

Valentine's Day is just around the corner. That special day of the year when we celebrate the loved ones in our lives with flowers, chocolates, cards, poems, sweet sentiments, music, etc. A time when we share to our loved one how special they are to us through these many different acts of love. And yet, you and I could never really know what love is without God first loving us. As we look at creation, His general revelation, we see how a loving God provides for all His creation what they need to live and survive. And in response all of creation reaches up towards its Creator, as if to say, "I want you and I need you!" And God loves us even more beyond simply providing our physical needs; He loves us by giving His best to redeem us spiritually. To buy us back from the darkness of sin and offer us an eternal relationship with Himself in heaven. Love is more than just a fuzzy feeling; it is a choice and a commitment. And no one shows that any better than God Himself.

So, the next time you hear the birds singing in the trees, or the wind whispering through the pines, or hear the frog croaking at dusk, listen to their song. What is it that they are singing to God? What is it that they are expressing to their creator to say to Him how much they love Him, or even declaring the way that he demonstrates His love to them? You might be

amazed at what you and I can learn from listening to the whispers and songs of creation and how they declare their love for their Creator.

So, Happy Valentines to everyone! God loves you; I love you and there is nothing you can do about it!! Men, this is your reminder, so that you are not scrambling and picking through the leftovers on February 13<sup>th</sup> for a card and whatever chocolate is still on the shelves. And for that romantic dinner you have planned, here are some love songs to consider.

**I Just Called To Say I Love You**-Stevie Wonder

**Can't Help Falling in Love** – Elvis Presley

**When a Man loves a Woman** – Percy Sledge

**Unchained Melody** – Righteous Brothers

**Be My Baby** – The Ronettes

**Three Times a Lady** – The Commodores

**Songbird** – Fleetwood Mac

**You Decorated my Life** – Kenny Rogers

**You Light up my Life** – Debby Boone

**Desperado** – Eagles

**Falling** – LeBlanc and Carr

**I'd love you to want me** – Lobo

**Midnight Blue** - ELO

**Without You** - Harry Nilsson

**ONGOING OPPORTUNITIES**

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

**Sunday Church Services** 2pm Westbury Clubroom for Assisted Living & 3pm in The Pub for Independent Residents.

**Grief Support 2<sup>nd</sup>** Wednesdays of the month at 11am 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.

**IN MEMORIAM**  
**MR. WALTER ROGERS**  
**DECEMBER 25, 2024**  
**MRS. SUZANNE "SUE" BURRAGE**  
**DECEMBER 29, 2024**  
**MR. STEPHEN "SKIP" MILLER**  
**JANUARY 1, 2025**

**NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY**

**REVIVING VIEWPOINTS SERIES**

Rappahannock Westminster-Canterbury's Viewpoints series has hosted an impressive lineup of speakers over the years, offering engaging and thought-provoking experiences for attendees. Past speakers have included:

- **David Baldacci:** Best-selling author renowned for his captivating suspense novels.
  - **Ann Compton:** Esteemed ABC News correspondent who has covered major national and international events.
  - **Michael Geissinger:** White House photographer who documented pivotal moments in U.S. history.
  - **Nancy Travers:** Beloved local radio personality from WKWI 101-7 Bay FM, sharing insights from her remarkable 36-year career.
  - **Carolyn Quinn:** Representative from the U.S. Department of Homeland Security, addressing topics of national security.
  - **Bill Lohmann:** Richmond Times-Dispatch journalist known for his compelling storytelling and unique coverage of Virginia's rich history.
- We are interested in reviving the Viewpoints series and are currently seeking speakers. Many of you have incredible networks and connections, and we'd love your help identifying individuals who would be willing to share their expertise and experiences with our residents and the broader community. This program has not only been a tremendous draw for potential residents, planting the seed for future engagement, but it has also provided our current residents with delightful and educational opportunities. If you know someone who might be a great fit, please contact Lauren White at 804-438-4010 or lwhite@rw-c.org

**Celebrate Love With Us!**

**MONARCHS NEED OUR HELP**

The monarch butterfly is facing significant threats and is currently considered endangered. Like many pollinators, monarchs have seen a drastic drop in their populations due to habitat loss, pesticide use and climate change. **BUT YOU CAN MAKE A DIFFERENCE** by planting milkweed, the only food monarch caterpillars can eat, and flowering plants that provide nectar for adult monarchs. Plants that will be provided FREE to residents who will plant them

in their yards this spring (if needed, Damon and his crew will help). The list is in the sign-up book in the Life Enrichment Center. If you would like any of these plants, which will be available in late April or early May, indicate which plants and how many. The sign-up deadline is February 15<sup>th</sup>.

**REPORT FROM THE GROUNDS & LANDSCAPING COMMITTEE**

February is here now after an unusually cold and wet January; many of the January issues are still with us. Always remember to drip water if the temperature persistently falls into the 20s or below. Older cottages/homes may have pipes that run through the attic where insulation has compacted or shifted over the years. We don't like to see water just wasted, but it saves from having to replace walls, ceiling, and possessions below. Keep cabinet doors open on kitchen/bathroom sinks. To avoid slips/trips/falls, continue your observations and report on streetlight outages and walkway icing. Damon and his crew are prompt to remedy unsafe conditions using plows, shovels and deicing compounds on the campus. If you walk your dog, please wash their paws with fresh water to prevent any unnecessary injuries. Our campus is replete with native and non-native bushes and trees which could suffer from extreme cold. A few years ago an extraordinary cold snap gripped Virginia and most evergreen privets (Japanese ligustrum) died off in masse. They were never replanted but homeowners replaced with native bushes. We currently have an abundance of Japanese Camellias, azaleas, and other non-hardy perennials so these may be adversely affected if a cold snap is persistent here. Soon, however, February will be over and thoughts of homegrown tomatoes will be on our minds. Those of you who like to grow vegetables are encouraged to sign up for an available plot in our community raised-bed garden. Please call Maxine Luxton X4200. Just remember: For a reason, February is our shortest month.

## NEW FACES AND NEW PROGRAMS...INTRODUCING DONNA SEARS AND AQUA FIT!

Aqua Fit is a 5-week pool aerobics course that is designed for all physical capabilities. The program is designed to utilize different equipment such as dumbbells, noodles, and even FRISBEES! The program will be led by Donna Sears, a passionate, enthusiastic, and experienced pool instructor. Aqua Fit will begin on February 5th every Wednesday and Friday at 10am. Please sign up in the LEC binder. Read below to learn more about Donna!

I was born and raised on the south side of Richmond. I began a true regiment of exercise when I was 22 and started instructing in Fredericksburg for the Rappahannock area Y in the basement of a downtown church. I moved to Richmond and started instructing for the Chester and Manchester Y's. I also conducted classes for the Defense General Supply Center, where I was employed. I moved back to Fredericksburg and began instruction in water aerobics at a local health club and the Spotsylvania Y. Upon civilian retirement from the Marine Corps at Quantico, I moved back to this area and instructed water aerobics for Bethpage and Grey's Point Camp Resorts before instructing for the Middlesex and Northern Neck Y's since May, 2018. I am a certified aquatic instructor through the Aquatic Exercise Association (AEA).

I am married to my husband, Darrell, for 40 yrs., have one daughter, Katy Ray, and a very spoiled Westie, Rascal. I attend Urbanna Baptist Church but I reside in Deltaville.

## AMERICAN HEART MONTH

Heart disease is the leading cause of death in the United States for men and women. Age, gender, and ethnicity are all factors that cannot be controlled, but can be a risk factor for heart disease. It is important to focus on the factors that can be controlled, which are eating a well-balanced diet and staying physically active. A healthy diet and exercising can help balance blood pressure and cholesterol levels to a normal level. High blood pressure, high cholesterol, smoking, and excessive alcohol use are all factors that can be controlled to lower the risk of heart disease.

A well-balanced diet consists of lean proteins (lean meat, eggs, beans), fruits and vegetables, whole grains, and low-fat dairy products. It's best to choose

foods that are high in fiber and low in sodium. A great grocery shopping tip is that the healthiest foods are typically found along the perimeter of the store in the produce, meat, and dairy sections!

## HEART FUN FACTS

1. The heart beats over 100,000 times a day and around 2.9 billion times in a lifetime
2. The body has about 60,000 miles of blood vessels which is enough to wrap around the earth twice
3. The heart pumps about 1.5 gallons of blood per minute; over 2,000 gallons per day

## DINNER AT THE SANDPIPER\*

Monday, February 3—4:00 PM—Front Lobby  
LIMIT: 13

Established in 1982, the Sandpiper Restaurant's success is born of loyal customers, dedicated staff, and the finest quality of steaks and seafood with their own homemade flair. They strive to serve fine spirits and wholesome meals within a pleasant, comfortable atmosphere.

## TRADER JOES\*

Newport News February 11—9:00 AM—Front Lobby

Williamsburg February 25— 9:00 AM—Front Lobby

## MUTTS GONE NUTS AT THE FERGUSON CENTER\*

Sunday, February 16-12:30pm-Front Lobby  
Tickets = \$25 LIMIT=8

It's Mutts Gone Nuts - Unleashed! Come see 12 of the world's most talented four-legged performers in a comedy dog spectacular that is leaving audiences howling for more! The all-star lineup includes a Guinness World Record holder, "America's Got Talent" fan favorite, plus a host of amazing rescue dogs that will dance, prance, flip and skip their way right into your heart.

## YORK GARDENS & TEA ROOM\*

Friday, February 28—11:00 AM—Front Lobby

An authentic English tea experience. They are situated on the historical corridor of Yorktown, VA. The menu service includes light lunch and all day tea service.

## NO-SEW FLEECE TIE PILLOWS\*

Thursday, February 6-2:00PM-  
Art Room 1  
Class Limit = 4



## ORIGAMI HEART BOOKMARKS\*

Tuesday, February 11-1:00PM-  
Chesapeake Game Room  
Class Limit = 8

## POM POM PAINTING CLASS\*

Monday, February 24-11:00AM  
-Art Room2  
CLASS LIMIT: 8



## MAKING FLOWER BUTTONS\*

Friday, February 28  
11:00 AM—Art Room 2  
CLASS LIMIT: 8

Learn how to make everlasting flowers, simply and easily.

## GET READY FOR THE RWC'S GOT TALENT SHOW

Friday, February 21— 1:00 PM—Auditorium

We need your talent for the show.

We are looking for storytellers, singers, skits, dancing and more. Let's have fun indoors while it's cold outdoors. **WE NEED YOU!!!!**

Please contact Amy at Ext. 4024 to sign up.



## SAVING ENERGY

When entering or exiting trash rooms or laundry rooms, please be sure that doors are securely closed behind you to ensure the electric heat is not escaping. It is all our responsibility. Please help be the eyes and ears of maintenance!!

## ICE MELT AND YOUR PETS

Please be aware that the ice melt that is spread throughout the campus is toxic to animals. Please be sure your pets do not lick or eat it. Also, wipe their paws after walking them. The ice melt is not spread in grassy areas or in any yards.

## COMING IN MARCH

### WESTMORELAND PLAYERS: ADDAMS FAMILY MUSICAL \*

Sunday, March 2—2:00-Front Lobby

Sign up Required COST: \$30 non-refundable  
**PLEASE SIGN UP NO LATER THAN FEBRUARY 5**

This is a comical feast that embraces the wackiness in every family, features an original story and it's every father's nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family— a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before— keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

### LANCASTER PLAYERS PRESENT DON'T DRESS FOR DINNER\*

Sunday, March 23— 2:30 pm—Front Lobby  
LIMIT: 13 COST: \$30.00

This wildly successful comedy was first produced at Laguna Playhouse in 1997 and is back by popular demand! This outrageous farce has all the right ingredients for a delicious night of laughter. There's a married couple with sexy secrets, a cook mistaken for a mistress, a mistress who can't cook, and enough mistaken identities and confused alibis to have audiences in stitches.