



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

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

WELCOME NEW NEIGHBORS

George and Sue Green have moved into Free-standing home 824. They come to RWC from Montross, VA where they have resided for the past 26 years. Both George and Sue grew up in Richmond, VA and both graduated from Hermitage High School, George in 1960 and Sue in 1961. They both attended college straight out of high school. Mr. Green attend the University of Virginia with the intension of studying pre-med. However, an unpleasant professor changed his mind about that and he decided to go to business school at U of R. Mrs. Green attend VCU in education. Upon graduating college, Sue became a kindergarten teacher, but that only lasted a year, as their first child Eric was born. She decided at that time that her job would be to raise her children. George has an extensive background in banking and finance (lending). The Greens' have 4 children; Eric, Erin, Stacey and Beth. 2 live in North Carolina and 2 live in Virginia. They have 12 grandchildren and 5 great-grandchildren. Both George and Sue love to garden and travel. They very much look forward to getting a garden plot. Both love to read as well. They love making new friends every where they go.

Ralph and Nancy Millar have moved into Cottage 513. They come to RWC from Lottsburg, VA where they have resided for the past 20 years. Before that they lived in Fairfax, VA. Mr. Millar was born in Charleston, SC. Ralph's dad worked for a whole sale drug company and his mother was a homemaker. They had a full house; 4 boys and 1 girl. As a child the family moved to Florence, SC, where Ralph completed his schooling. Upon graduating he went to the Citadel and went into the military (USAF) right after that. He and Nancy married before he was sent on tour to Nebraska, Germany, and various other areas over the next 20 years. Ralph enjoyed sailing. He recently sold his boat. He en-

joys exercising, reading and community outreach. He has been involved in the LINK and his church (Wicomico Episcopal Church). Mrs. Millar was born in Fall River, MA. Nancy has one sibling, a younger sister. Her dad's company moved to Florence, SC when Nancy was 15. She had a hard time understanding what the girls were talking about with their southern accents. She completed high school and went to college at Winthrop College in SC. Over her career she taught kindergarten, pre-school, and worked in the library. Once they settled in Fairfax, Nancy earned her Master's Degree in Reading at George Mason University allowing her to help students with their reading in and outside of the classroom environment. Nancy loves exercising, reading, gardening, knitting and travel. She has volunteered with Reading Partners, Meals on Wheels and her church. The Millars have 2 sons and 1 daughter.

RESIDENT ASSOCIATION BOARD MEETING

Wednesday, March 5—10:00AM—Auditorium

HAPPENINGS WITH STUART

Wednesday, March 5—11:15AM—Auditorium

Please watch Channel 85 for the revised March Menus. We are not printing new booklets at this time due to the Front Desk renovations.

*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>MARCH 2025</h1>						6:30-FRL-Northern Neck Orchestra: Handel*	1
	3:00-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 2:00-AUD-Talent Show Meeting 3:00-AR2-Fluid Art with Mardi Gras Beads*	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 MARDI GRAS DINNER WITH SPECIAL MUSIC	Ash Wednesday 10-AUD-Resident Association Board Meeting 10:00-FPL-LCL Book Mobile 11:15-AUD-Happenings with Stuart 2:00-AUD-Ash Wednesday Service 4:30-ATR-Girl Scout Cookie Sale 7:00-CGR-Poker Group	8:30-FRL-Norfolk Naval Station Bus Tour & Lunch* 11:00-AUD-Talent Show Rehearsal 1:30-CGR-Great Decisions* 2:15-AUD-Movie Matinee: Meet Me in St. Louis 3:00-RAP-Praying the Rosary 4:00-AUD-Grace Friends & Fellowship	8:30-AUD-First Friday Forum: Jenean Hall* 10:30-FPL-LCL Book Mobile 11:00-FPL-Food Truck: Small Town Burger 2:15-FCR-Cornhole	SET YOUR CLOCKS AHEAD ONE HOUE BEFORE RETIRING TO BED	
	2	3	4	5	6	7	8	
	Daylight Savings Time Begins-Spring Forward 3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping* 11:00-AUD-Parkinson's Caregiver Support 11:00-RAP- Lecture: Harvey Curtiss Barnum Jr. * 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 2:00-COR-Food Committee 3:00-AR2-Whimsical Shamrocks* 4:30-AUD-Caregiver's Memory Support Group	9:00-FRL-Newport News Shopping Center w/ 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-AUD-Talent Shoe Final Rehearsal 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 1:00-AUD-RWCs Got Talent Show 7:00-CGR-Poker Group	Kids on Campus 1:00-AR2-Garfield's Visit 1:30-CGR-Great Decisions* 3:00-RAP-Praying the Rosary	9:00-FRL-Don Quixote at the Ferguson Center in Newport News & Lunch* 11:00-AR2-Geometric Painting* 2:15-FCR--Cornhole	7:00-FRL-Rappahannock Foundation for the Arts: The Kruger Brothers with The Kontras Quartet*	
	9	10	11	12	13	14	15	
	3:00-MSP-RWC Community Worship Service	St. Patrick's Day 10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 4:00-MSP-Open House St. Patrick's Day with Larry Heatwole	10:00-AR2-Chat & Craft 11:00-FRL-Lunch Bunch to Tony & Milena's* 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	9:00-LEC Lobby-Healthy Food Bar and BP Checks 10:00-ATR-LCL Book Mobile 1:00-AR2-Stitching Stars Quilting Group 4:00-FRL-Out to Dinner at Relish in Warsaw* 7:00-CGR-Poker Group	11:00-AUD-Robert Kelly: The History of TC Walker* 1:30-CGR-Great Decisions* 3:00-RAP-Praying the Rosary Deadline for Gazebo Gazette Articles by NOON	11:00-AUD-Northumberland Elementary 5th Grade Spring Chorus Concert* 2:15-FCR--Cornhole 2:15-AUD-Movie Matinee: Reagan	9:00AM—3:00 PM LANCASTER COUNTY ELECTRONIC AND HAZARDOUS WASTE RECYCLING	
	16	17	18	19	20	21	22	
	2:30-FRL-Lancaster Players: Don't Dress for Dinner* 3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 4:00-AUD-Rupert Wates in Concert*	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	10:00-BLR-Grounds & Landscaping Committee Meeting 4:00-AUD-Bingo Pizza* 7:00-CGR-Poker Group	10:00-FRL-Ironclad Distillery Tour & Tasting* 1:00-AUD-Macular Degeneration Support Group 1:30-CGR-Great Decisions* 2:15-AUD-Movie Matinee: Pal Joey 3:00-RAP-Praying the Rosary	11:00-AR2-Layer Painting Collage* 2:15-FCR--Cornhole		
	23	24	25	26	27	28	29	
		10:00-FRL-Shopping* 10:00-4:00PM-AUD-Red Cross Blood Drive 1:00-CGR-Catch Phrase	COMING IN APRIL—Spring Sale, Rappahannock Institute of Lifelong Learning Courses, Pottery Classes, Tour of CBS 6 TV Studio, and much more!!!					
	30	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

FROM THE PRESIDENT & CEO

We have had an interesting bit of weather to start 2025. The 93 days of January are handing off to the 56 days of February. Hopefully, that sets the stage for a lingering lovely spring that can start any day now. I am sure the RWC gardeners are making plans and getting ready to start seeds inside soon. I get quite a few seed advertisements each day, so it must be that time.

I am thankful we enter this winter with a new generator providing full coverage to the Chesapeake Center complex including the Health Center and Assisted Living and our life safety systems (fire pump and sprinkler system). This generator enables us to have full air conditioning and heat in these areas in addition to full service in the kitchen. We kept our old generator to provide redundant support for our life safety systems. It still runs well with almost 40 years of service. We had to wait a long time for the generator to be manufactured (in the USA). While it was being built, our engineers and electrical contractor did all they could do to prepare for its arrival and a smooth installation with minimal downtime. We are very pleased with their work and the support from Cummins. That is a rare compliment that can be offered in today's times.

March Madness will soon fill the void between the end of football season and college basketball tournament season. My grandmother loved March Madness. She could watch college basketball all day and all night. I did not get that gene from her. Hopefully, it will be a successful season for your team and little madness for anyone. Speaking of madness, we will be renovating the Front Desk and Lobby area over the next several weeks. Please be patient with the adjustments we need to make to keep the Desk running while it is renovated and pardon the dust and disruption. The new Front Desk will be more functional, and the Lobby will be refreshed.

Enjoy March and all the activities at RWC and we welcome spring (soon)!



THE TALENT SHOW IS COMING: IMPORTANT DATES

Meeting of Talent—Monday, March 3 at 2:00 PM
If you are performing, please come to this important meeting.

Rehearsal—Thursday, March 6 at 11:00 AM

Final Rehearsal—Tuesday, March 11 at 1:00 PM

We will meet in the Auditorium for every meeting.

RWC'S GOT TALENT SHOW

Wednesday, March 12 at 1:00 PM—Auditorium

Talent like you have never seen before!! Come and be amazed by your fellow residents and staff as they make you laugh. You don't want to miss this show!!

LANCASTER PLAYERS: DON'T DRESS FOR DINNER*

Sunday, March 23-2:30PM-Front Lobby
Cost = \$30

The Lancaster Players are thrilled to present Don't Dress for Dinner by Marc Camoletti, adapted by Robin Hawdon. Performances running March 7th through March 23rd. Don't miss this hilarious and fast-paced comedy filled with surprises and unexpected plot twists that promise to keep audiences laughing.

ASH WEDNESDAY SERVICE

Wednesday, March 5-2:00PM-Auditorium

Ash Wednesday begins the season of Lent, the 40 days (excluding Sundays) that lead up to Easter. This first day of Lent and the following liturgical season are marked with a somberness as Christians reflect on their mortality, their sinfulness, and the dying of self that comes with new life in Christ.

HEALTHY HARVEST FOOD BANK

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

NOTES FROM GROUNDS & LANDSCAPING

As this is being written, the overnight snowfall is being plowed, shoveled, salted and piled up for removal. February, our shortest month (whew) is now over and we look forward to March. The adage of March "In like a lion/out like a lamb" will test our patience. Soon, the daffodils and camellias will be in full bloom and the forsythias will display their golden colors. Insects that have overwintered will come out of their hibernation to begin their cycle of flower pollination. Our mailboxes have been loaded with seed catalogs and our mouths are watering for that fresh-picked vine ripened tomato of summer. Because the weather in March is fickle, please be careful of fallen limbs and branches on sidewalks and roadways. Please report them promptly; falls are our leading cause for injury and incapacitation here—don't become a statistic! The community garden plots have been assigned and will soon be prepared for early spring planting. Spinach, lettuce, many cabbages and kales can go into the ground soon. Later peas, rhubarb, asparagus and strawberries can be harvested. Enjoy our nice days in March by cleaning off the porch furniture, sweeping leaves from the flower beds and reading that book you had to have. Remember, the Grounds & Landscaping committee is composed of RWC residents who look to having our campus appear first rate. If you see a dangerous situation, please report it. Our next meeting is April 23 at 10:00, Corrotoman Room. Please join us.

RAINFALL FOR JANUARY: 3.04"

RAINFALL FOR FEBRUARY (as of 2/20) 5.18"

NORTHERN NECK ORCHESTRA: HANDEL *

Saturday, March 1-6:30PM-Front Lobby

The concert will celebrate works by George Frideric Handel, including his Queen of Sheba Overture and Music for Royal Fireworks. The program also features Marianna Martines' Symphony in C and Johann Sebastian Bach's Orchestral Suite No. 1.

TRADER JOES*

Newport News Shopping Center-March 11—9:00 AM—Front Lobby

These shops include Aldi, Total Wine, Trader Joe's, Kohls, Sephora, Petco, Home Goods, TJ Maxx, Ross, Shoe Carnival, Old Navy, J Crew, and more!

Williamsburg-March 25— 9:00 AM—Front Lobby

RFA: THE KRUGER BROTHERS WITH THE KONTRAS QUARTET*

Saturday, March 15-7:00PM-Front Lobby
Transportation only-Must have ticket.

The Kruger Brothers have brought to American music a vast musical range and versatility of vision fusing bluegrass and Appalachian music. The Kontras Quartet is known for its vibrant performances and unique penchant for exploring the folk roots of classical music.

LUNCH AT TONY & MILENA'S*

Tuesday, March 18-11:00AM-Front Lobby

In addition to delectable pizzas, they offer a diverse menu to cater to all tastes. From classic pasta dishes like spaghetti and lasagna to savory calzones and crispy salads. There's something for everyone.

DINNER AT RELISH RESTAURANT IN WARSAW*

Wednesday, March 19-4:00PM-Front Lobby

Patrons often remark about their experience. They feel like they are in a restaurant in a big city and are so happy to be able to enjoy the same quality in a small town.

IRONCLAD DISTILLERY & TOUR IN NEWPORT NEWS*

Thursday, March 27-10:00AM-Front Lobby

The tour is free. Tasting Options include:

1 ounce bourbon tasting =\$5,

Four .5 ounce samples =\$16,

or a flight of 3 cocktails =\$25

The Distillery located along the James River, within view of the old *Battle of the Ironclads* site, Ironclad operates in the prodigious S.W. Holt & Co. warehouse built in 1913.

GIRLS SCOUT COOKIE SALE!**Wednesday, March 5-4:30-6:00PM-Atrium**

Come buy a few boxes of your favorites and support the local girl scout troop. Payment in cash or check.

FIRST FRIDAY FORUM : JENEAN HALL ***Friday, March 7—8:30 am—Lancaster Room****Sign up Required LIMIT: 50****Special Dietary Needs, please call Ext. 4017 24 hours in advance.**

Jenean Hall, author of two books about seventeenth century English history on Virginia's Eastern Shore, will speak about how the Eastern Shore almost replaced Jamestown as Virginia's seat of government. Jenean's Power Point presentation includes photos of pages from the oldest court records in America and maps depicting early settlement in Virginia.

Jenean worked for 30 years as a school psychologist and Director of Special Education. In retirement, she has researched family history and other history projects which led to publishing three books, one about our hometown of Victoria and two about the early English history on Virginia's Eastern Shore. Presently, she is working on transcription of an eighteenth-century merchant's letter book.

LECTURE: HARVEY CURTISS BARNUM JR. ***Monday, March 10—11:00 AM—Rappahannock Room SIGN UP REQUIRED LIMIT: 50**

Born July 21, 1940, Col. Barnum is a retired United States Marine Corps officer who received the Medal of Honor during the Vietnam War. He was the fourth Marine to receive the medal for actions in Vietnam. He retired from the Marine Corps in 1989 after more than 27 years of service. Barnum served as Deputy Assistant Secretary of the Navy for Reserve Affairs from July 23, 2001, to January 20, 2008. He also served as Acting Assistant Secretary of the Navy (Manpower and Reserve Affairs) from January 21 to April 30, 2009. They are naming a ship after him.

Marine Corps Col. Harvey Curtiss Barnum Jr. barely had time to adjust to Vietnam as a young lieutenant before he found himself commanding a company in the middle of an enemy ambush. Barnum's calm demeanor and swift decisions helped stabilize his badly

damaged unit, and that earned him the Medal of Honor.

GARFIELD'S RESCUE KITTY VISIT**Thursday, March 13th-1:00PM-Art Room 2**

Our story begins with the realization of lack of funding and capacity to foster the large numbers of adoptable community/homeless cats on the Northern Neck. A small all-volunteer group sprang into action, creating a vision, and identifying actions to reach our vision. We do not receive local or state funding and rely completely on the generosity of our donors, community and volunteers.

**HISTORY WITH ROBERT KELLEY
TOPIC: TC WALKER*****Thursday, March 20-11:00AM-Auditorium****Sign up Required**

Robert Kelly of the Gloucester Museum will give a talk on TC Walker and why he was an important figure in history.

**NORTHUMBERLAND 5TH GRADE
SPRING CHORUS CONCERT*****Friday, March 21-11:00AM-Auditorium**

Music teacher, Barbara Hayes will be bringing her students to perform for you. Please support them.

RUPERT WATES IN CONCERT**Monday, March 24-4:00PM-Auditorium**

Rupert Wates averages 120 live shows per year, for audiences totaling around 3,500 annually, in every state in America, in Canada and in Europe. Everyone who hears him responds to his brand of acoustic, melodic art/folk haunting songs that ring true. **He will have his CD's on sale at the concert.**

BINGO-PIZZA PARTY***Wednesday, March 26th-4:00PM****Sign up Required. Limit = 75**

Please fill out pizza order form. Bingo cards are \$3 each.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN**RWC BOOK CLUB**

The book selection for March is "Nosy Neighbors" by Freya Sampson. Nothing brings neighbors together like someone else's secrets. At Shelley house walls have ears, and they are attached to a rag tag duo of busybodies ready to snoop and generally annoy their neighbors into solving a crime. This is a fun light read.

All readers are welcome to join the discussion! We meet on the 4th Monday of the month at 10:30 in the Rappahannock Room. Two copies of the selected book are available. Look for them at the Book Group shelf at the back of the library. Sign out a copy on the sign out sheet, read and return in order to share with other readers. The Lancaster Community Library also has copies.

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

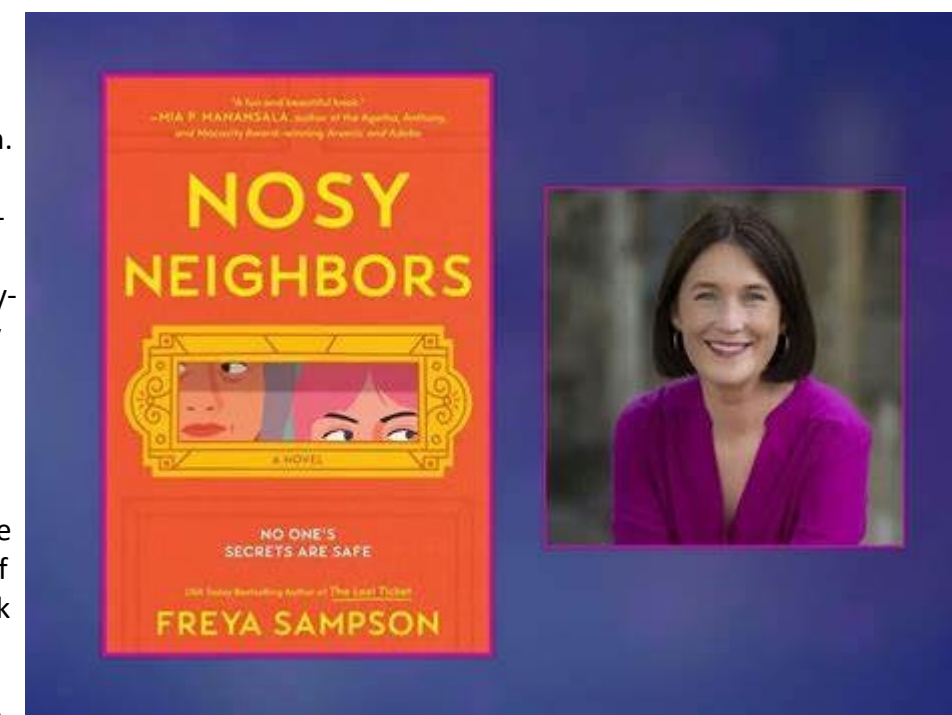
A shout-out and thanks to our faithful folks who donate books: Bolling Williamson, Rosemarie Forcum, Jay White, Fred and Maxine Luxton and Ethel Frye. They provide new reads to our residents. Some recent ones are **Fiction** "Origin" and "The Da Vinci Code" by Dan Brown, "Scarlett" by Alexander Ripley and "Vigilante" by Stephen J. Cannell: **History** "Lusitania" by Greg King, "Thunderstruck" and "My Dear Hamilton" by Eric Larson.

Mystery "The Big Empty" by Robert Crais, "State of Fear" by Michael Crichton, "Bad Blood" by Linda Fairstein.

The annual audit is drawing to a close. Pat Kirby, Ann Wiggins and Katherine Lantz have been working their way through the entire collection of books (over 2000) to ensure the condition of each but more importantly to see if a book has not been checked out for over three years to be removed from circulation. A hard task indeed but these three stalwarts are getting it done. When the lists are complete Kerley Lebouef will enter the new updated lists in the "blue books" at checkout and uni-guest. The Library is doing very well. Come up and check us out.

LCL BOOK MOBILE IS COMING TO RWC: LOTS OF LARGE PRINT BOOKS!!**5 March (Weds. from 10 AM to 12:30 PM)****7 March from 10:30 AM to 12:15 PM.****19 March (Weds. from 10 AM to 12:30 PM)**

They will set up inside the Atrium if there is inclement weather, otherwise they will be in the Front Parking Lot.



SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

March 17th was my dad's birthday. Because of that, his nickname was "Patty". He earned that nickname because he spent so much time at the bars, and it was his drinking buddies who gave him that name.

My father served in the Army Air Corp and went through some traumatic times. I do not know what they were, but they affected how he related to his family. Dad was not content with his wife and 9 children, and so he kept company with his drinking buddies and other women. Most of my life was spent without a father figure at home.

So, I lived a life without a father, but I can honestly say that as I look back over those childhood years, I do not recall ever feeling like I was missing out on something because of that. Mom filled the void the best she could, but I can say that it was God who watched over me and cared for me. I developed a strong bond with my Heavenly Father and found His Word to be true when He says, "I will never leave you nor forsake you."

Over my adult years, I may have seen my father no more than a dozen times. Most of us younger kids saw him as a family acquaintance more than a father. He was not a father, he did not know how to be. When I heard that Dad was not doing well, I debated for 3 days about whether to fly from California back to Michigan to see him. There was no animosity towards him, but neither was there a relationship. So, I prayed about it, and felt God was telling me to go back. My plane was diverted because of a snowstorm, and so I ended up having to rent a car and drive from Muskegon Michigan up to Traverse City Michigan. As I walked into the room, I had 2 brothers and a sister there already. I went to my dad and told him who I was and that I had come to see him. I leaned over and whispered into his ear, "Dad, you have spent your whole life running from God. This is your last chance to turn to him and ask for His forgiveness."

Whatever Dad's response was I have no clue for he was not alert at all. But I also was able to say, "Dad, I forgive you." Dad never woke up. 12 hours later he died and passed from this life. I hurt more for him than myself. What was it that dad experienced that haunted him throughout life? What caused him so much pain that the bottle became his mistress of

comfort? So much time spent looking for something to soothe his pain. And yet in the end, the bottle and women were unable to do what he needed and longed for...peace.

I still have a few pictures of dad. I do think of him at times, and almost every March. But my thoughts always turn to God who gave me all that my father could not.

Peace and love, forgiveness, understanding, direction in life, wisdom and discernment. But, most importantly, a relationship with a father who would always be there. I was 4 when dad left, and yet 60 years later, I can see that it was God's hand that led me and guided me throughout life.

You can have a good life, be happy and content, and feel that you have lived life to the fullest. Yet life seems to be missing something. You may have lived a life like mine, without an earthly father, or with an abusive father, or a distant or harsh father. I feel your pain. I have felt your sorrow and grief. I have thought many of the same questions as you. Yet, I have found the source of peace, love, acceptance, and forgiveness in Almighty God. He has filled that void in my life, and he is my Father. Is he your Father? He wants to be! He is there. Turn to Him.

ONGOING OPPORTUNITIES

Ash Wednesday March 5th—2:00 PM—Auditorium Resident Bible Study Group Tuesdays at 11am in the Chesapeake Game Room.

Staff Bible Study at 12pm every 3rd Wednesday of the month in the **Rappahannock Room for March.**

Sunday Church Services 2pm Westbury Clubroom for Assisted Living and 3:00 PM in 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.

Rosary Group meets 3pm each Thursday in the Rappahannock Room

Communion to Rosary Group meets 1pm the 4th Monday of the month in the Rappahannock Room.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

CULINARY NOTES

Going forward, the **Residents Food Committee** occasionally will be presenting an article in the Gazebo Gazette with timely information we hope you will find of interest and of use. Sherell House, CSG's Director of Food Services at RWC, says, "Residents are encouraged to pre-order alternative meal requests to enhance their dining experience and minimize wait times. It is recommended that residents place their special meal orders at least 20-25 minutes before their arrival. This advance notice is crucial for efficient service. Special meal options include items from the alternative menu such as grilled fish, chop steak, chicken breast, hot dogs, and hamburgers. By pre-ordering, kitchen staff can adequately prepare meals, source necessary ingredients, and cater to dietary requirements. This process ensures that the quality of service remains high and that residents receive their meals promptly upon arrival. Call **Ext-4017** to pre-order meals."

There are two (2) ways you can make comments about your reaction to meals and other culinary issues. First, is to fill out a Comment Card. You will find the cards located on a table at the entrance to the Grille and in the hallway outside the "Lancaster" Dining Room. The second option is to e-mail Sherell House at shouse@csgfood.com.

Meet the newest members of our CSG Culinary Department Family:

Artavious William, Asst. Dir. of Culinary Services – Besides being our ADCR, Artavious is a professional Chef, having received his training at the Stratford University in Baltimore. He brings valuable experience from the healthcare food service sector. He enjoys travel and learning about other cultures and is the owner of "Bonnie", a Golden Doodle and "Braxton", a Berndoodle.

Chef Manager Paul Marschalko – Chef Paul has worked extensively in environments comparable to RWC's.

Trinity Noel – Trinity is a student at Lancaster H. S. She plans to go to Norfolk State University with the goal of becoming a nurse in the Health Care field. Tristopher Palmer - Tristopher is from Jamaica and came to the U.S. in 2012. He is a graduate of Richard Bland College (William and Mary). He played

soccer in high school and college and has been with CSG about a month.

Grille Hours are spelled out in various publications and at various locations around campus. Residents should be aware that, just because Dinner hours are stated as 4:30-7:00 PM that doesn't mean we can come to the Grille at 7:00 and expect to find staff and food still available. CSG staff are always willing to go the extra mile to accommodate our wishes, but please make adjustments to your expectations.

In the not distant future, as soon as Staff is ready, Tours of the Kitchen will be resumed. These will be "sign up" events and attendance will be limited in order to reduce interference with Staff.

Again, members of the Committee are: Betty Mill (Chair), Pam Lillquist, Pam Smith, Mickey Blandford, Michelle Blank, Maxine Luxton, John Roberts.

PLEASE HELP!!!

We have some fabulous jewelry etc. for the April Sale but we need MORE! Please donate your jewelry, scarves, and accessories during the first 2 weeks of March. Drop-off in the Art Room 2 closet. Thank you!
Nursing Scholarship Team

MARDI GRAS DINNER WITH SPECIAL MUSIC

Tuesday, March 4—Lakeview Grille Dinner 4:30 PM—7:00 PM

Music—5:00 PM—6:30 PM

Watch Channel 85 for the Mardi Gras Menu and enjoy music with dinner by Accordionist, David Gussman. He will be playing music from the 30's and 40's.

OPEN HOUSE ST. PATRICK'S DAY WITH LARRY HEATWOLE*

Monday, March 17 from 4:00 PM to 6:00 PM Sign Up Required. LIMIT: 50

Come anytime between 4 and 6 pm to raise a glass with your friends and neighbors. We will be serving beer, big soft pretzels and a signature drink, Bailey's Irish Cream Martini (limit 1 martini). Enjoy music by RWC favorite, guitarist Larry Heatwole.

POOL PROTOCOL

We have been working very diligently to maintain our swimming pool for it to be clean and safe, but it takes all of us to abide by the important protocols of the pool. Here is a refresher of the protocols we should be conscious about:

- You must take a shower before getting into the pool. Washing any lotions, perfumes, colognes, etc. is essential to keeping chemicals balanced!
- You cannot wear incontinence or sanitary products in the pool. The material of these products react with the chemicals in the water which will cause the water to be cloudy.
- Please do not leave your clothes in a shower stall. Be courteous about sharing the space and ask for a locker if you'd like one.
- If you are coming alone, please let a staff member know or ask a buddy to join you. Remember to bring your badge for access to the pool or ask a staff member to let you in. For your safety and others, it is important the door remains closed.

MARCH MADNESS

The Madness is back! The men and women's March Madness selection show will take place on Sunday, March 16th. Selections for our bracket challenge must be placed on Monday, March 17th. Games begin on the 18th! Follow along with our large bracket display and look forward to Madness pop ups!

HEALTHY FOOD BAR AND BLOOD PRESSURE CHECKS

March 19th from 9AM-12PM

Join us in the LEC Lobby for a healthy snack and have your blood pressure measured!

DID YOU KNOW?...

- The feeling of “butterflies” in the stomach is caused by blood leaving your digestive system.
- The antioxidants in one apple have the same effect as 1,500mg of vitamin C.
- Eating slower can lower the amount of calories you eat by up to 10% each meal.
- There are more than 7,000 languages spoken in the world today!
- The basil ganglia is a part of the brain that’s crucial for habit formation and maintenance.

LANCASTER COUNTY ELECTRONIC AND HAZARDOUS WASTE COLLECTION

Saturday, March 22 from 9:00am to 3:00 PM

All collection activities are conducted in the parking at the Lancaster Courthouse, 8265 Mary Ball Road, Lancaster between the hours of 9:00 AM and 2:00 PM.

This program is open to Lancaster County residents only. No commercial or business waste is accepted. Eligible hazardous and electronic recycling waste must be brought to the collection site on the day of the event - no pre-staging is allowed.

Hazardous materials accepted include flourescent bulbs, pesticides, antifreeze, rechargeable batteries, cleaners, non-latex paint, old/contaminated fuels and household chemicals.

Latex paint (non-hazardous), alkaline batteries (non-hazardous), tires, car batteries, radioactive materials, smoke detectors, medical waste and ammo/ explosives will not be accepted.

Citizens will also be able to recycle old electronic devices such as computers, monitors, printers, copiers, fax machines, rechargeable batteries, telephones, cell phones, televisions, banking and financial equipment, electronic circuit boards and components, stereo equipment, games and PDAs. There is no charge to residents for electronics recycling.

Fred Luxton will be hauling electronics that residents can drop off at the 600 block trash room. If you are unable to get your items there, please call Fred at Ext. 4200 and he will arrange to pick it up.

10 THINGS YOU SHOULD NEVER FLUSH DOWN YOUR TOILET

1. Wet Wipes, Baby Wipes, or Any “Flushable” Wipe
2. Paper Towels and Tissues
3. Dental Floss, String, Hair, and Thread
4. Q-Tips, Cotton Balls/Pads, and Feminine Hygiene Products
5. Paint (Enamel or Latex)
6. Medication
7. Cooking Oil, Grease, or Fats
8. Bandages
9. Kitty Litter and Waste
10. Bleach Products

LAYER PAINTING COLLAGE*

Friday, March 28—11:00 AM—Art Room 2

Sign up Required LIMIT:8

We will explore different painting techniques and then layering those to create an artistic collage. For all levels, especially beginners.

NORFOLK NAVAL STATION BUS TOUR & LUNCH*

Thursday, March 6—8:30 AM—Front Lobby

Sign up Required Coast:\$20.00

Get on board for an approximately 60 minute 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.

FOOD TRUCK: SMALL TOWN BURGER

Friday, March 7—11:00 AM to 1:30 PM

Front Parking Lot

Small Town Burger is all about the community, our goal is to provide a good time to all who love food, family, and fun. Their lobster rolls and burgers are amazing!!

DON QUIXOTE AT THE FERGUSON CENTER IN NEWPORT NEWS & LUNCH*

Friday, March 14—9:00 AM—Front Lobby

Sign up Required Cost: \$26+Lunch

Miguel de Cervantes’ epic novel *Don Quixote* inspires the fantastical tone poem by Richard Strauss with solo cello playing the role of the title character as he imagines battles with giants (windmills), sorcerers (friars), and an approaching army (sheep).

Coffee concerts are hour-long concerts without intermission presenting selections from the Classics program that will be performed that evening. Come early for complimentary coffee and muffins in the lobby starting at 10am.

MOVIE MATINEES REMAIN AT 2:15 IN THE AUDITORIUM. SNACKS & SODAS ARE PROVIDED.

MOVIE MATINEE: MEET ME IN ST. LOUIS

Thursday, March 6th

The well-off Smith family has four beautiful daughters, including Esther and little Tootie. 17-year old Esther has fallen in love with the boy next door who has just moved in, John.

MOVIE MATINEE: REAGAN

Friday, March 21

Dennis Quaid stars as 40th U.S. President Ronald Reagan; who rises from actor to leader of the nation; in this captivating journey is told through the voice of a former KGB officer.

MOVIE MATINEE: PAL JOEY

Thursday, March 27

An egotistical nightclub singer must choose between the wealthy socialite who can help his career and the chorus girl who's stolen his heart.

AMERICAN RED CROSS BLOOD DRIVE

Monday, March 31—10AM-4PM—Auditorium

Come and give the gift of life.

FLUID ART WITH MARDI GRAS BEADS*

Monday, March 3—3:00-Art Room 2

Sign up Required—LIMIT: 8

STEP BY STEP ACRYLIC: WHIMSICAL SHAMROCKS*

Monday, March 10—3:00 PM—Art Room 2

Sign up Required—LIMIT: 8

GEOMETRIC PAINTING*

Friday, March 14—11:00 AM—Art Room 2

Sign up Required LIMIT: 8

Lose yourself in creating a collage painting of geometric shapes. All levels welcome, especially beginners.