



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 40, Issue 4

APRIL 2025

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING

MARCH 27 AT THE LIFE ENRICHMENT CENTER LOBBY.

WELCOME NEW NEIGHBORS

Creston "Cres" and Lynne Saunders are new residents in Free-standing home 813. For the past 16 years they lived at Kent Point just outside of Kilmarnock. Prior to that they built a home in Irvington. Both Cres and Lynne are natives of the Northern Neck (Ottoman/Bertrand areas). They are very happy that their son, Welby, will be living in their Kent Point home so they can still have family gatherings there.

They are looking forward to having more time to spend with their 4 children (Welby, Christy, Courtney and Luke) and 9 grandchildren. They are familiar with RWC through friends such as Harriet Dawson, Dean and Mildred Loudy.

Cres is a well-known building contractor in the area and has been for many years. His business was handed down to him from his father. Cres graduated from Lancaster High School and attended the Shenandoah Conservatory. Cres has always been very engaged in community activities. He is active in his church choir; he was the conductor of the Northern Neck Orchestra as well as many other community musicals. He is a great singer. Cres enjoys landscaping and sports. Both spend a lot of time at youth baseball games. Cres used to love to play golf but wanted to quit while he was ahead.

Lynne also graduated from Lancaster High School and attended Smithdale Massy Business College. She was a secretary for her husband's business. Lynne is the daughter of TW Bonner, who owned a distribution company in Kilmarnock. It is where Kilmarnock Antiques is now. Her brother Steve Bonner owns the business. She has another brother Terry who lives in the area.

Lynne is also very musical and is an accomplished piano player. She is involved in her church choir. She loves reading, cooking and walking. She looks forward to walking with her friend Harriet Dawson on the nature trails.

Gordon Nelson and Anne Silar are new residents of apartment 306. Anne comes from the village of Weems. Harriet Dawson used to be her neighbor. Gordon comes to us from Kilmarnock at Indian Creek. His son will be moving into his home and taking care of his yellow lab. Both George and Anne are widowed. Gordon was born in Janesville, Wisconsin. He only lived there for about a year. His father worked for General Motors. He had a degree in education but could not find a job in 1940. His father's job took the family to Chicago and then to Ohio. His maternal grandparents had a small 10-acre farm outside of Columbus, OH, so Gordon got to spend some time on their farm baling hay and other chores. Mr. Nelson has no siblings. He has two sons, Jeffery (VA Beach) and Justin (Kilmarnock). Gordon attended the veterinarian school of medicine in Ohio State. He opened a very successful practice in Richmond.

Anne was born in Washington, DC but didn't stay very long. Her family lived in Alexandria, VA. When she was a year old her father went into service during WWII and they moved in with her grandparents in Leesburg, VA. Once her father came home, they moved around the country quite a bit, but mostly within Virginia.

Anne has a brother that lives in Williamsburg and a sister that lives in White Stone. She has two children, a daughter, Elizabeth (MA) and a son, James (CA). Mrs. Silar attended Westhampton College, U of R, and Old Dominion University. Anne's career was in education (teacher/guidance counselor).

They have both been part of the Living Well Program since July 2024. Both are members at Grace Episcopal Church. Anne and Gordon enjoy long distance travel and are interested in the Great Decisions Program. They volunteer for the Grace Episcopal Yard Sale and Outreach Committees. Gordon also volunteers for Habitat for Humanity and the Free Health Clinic. Anne enjoys reading and entertaining family and friends. Gordon loves sailing and woodworking.

***The deadline to submit articles for
is the 20th of every month by noon.***

Contact us: 804-438-4000

Like us on
FACEBOOK



Follow us on
TWITTER



Follow us on
YOUTUBE



Subscribe to our

BLOG

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>APRIL 2025</h1> <p><i>Spring Sale All Month Alcove in Breezeway</i></p>		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	8:00-LEC-Walking Group 10:00-AUD-RWC Happenings with Stuart 10:00-FPL-LCL Book Mobile 11:00-AR2-Making Flower Buttons* 2:15-AUD-Movie Matinee: Meet Me in St. Louis	9:30-FRL-Tour at William & Mary & Lunch* 11:00-ATR-Nothing Bundt Cakes Sale 1:30-CGR-Great Decisions* 3:00-RAP-Praying the Rosary	2:15-FCR-Cornhole	10:00-FCR-Seated Volleyball
3:00-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping * 11:00-AUD-Parkinson's Awareness Month Luncheon* 1:00-CGR-Catch Phrase 4:00-FRL-Out to Dinner: Delta-ville Tap House & Raw Bar* 4:30-AUD-Caregiver's Memory Support Group	9:00-FRL-Newport News Shopping Center w/ Trader Joe's* 10:00-AUD-RILL Class* 10:00-AR2-Chat & Craft 10:00-AR1-Amateur Radio Group 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 3:30-ATR-Employee of Month	8:00-LEC-Walking Group 10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 12:00-FRL-Pottery Class Pt1*	10:00-FRL-Tour of WTVR CBS Channel 6 Studio* 1:30-CGR-Great Decisions* 3:00-RAP-Praying the Rosary	8:30-LAN-First Friday Forum: Larry Chowning* 10:00-COR-Community Wellbeing Committee 11:00-AUD-Presentation: Julien Patterson* 1:00-AR2-Geometric Painting* 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball
3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 2:00-COR-Food Committee	10:00-AR2-Chat & Craft 10:00-AUD-RILL Class* 11:0-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 3:30-AR1-Epoxy Tumblers*	8:00-LEC-Walking Group 10:00-FPL-LCL Book Mobile 1:00-AR2-Stitching Stars Quilting Group 2:15-AUD-Movie Matinee: Emperor	10:00-FRL-Tour Cowart & Bevan's Oyster Hatchery* 11:00-AR2-Clothes Pin Cross* 1:30-CGR-Great Decisions* 3:00-AR2-Praying the Rosary	11:00-ATR-Nothing Bundt Cakes Sale 2:15-FCR--Cornhole Deadline for Kentucky Derby RSVPs.	10:00-FCR-Seated Volleyball
3:00-MSP-RWC Community Worship Service	KIDS ON CAMPUS 10:00-FRL-Shopping* 1:00-CGR-Catch Phrase Deadline for Gazebo Gazette Articles by NOON	EARTH DAY 9:00-APT. Parking Lot-Earth Day Trail Walk 9:00-FRL-Trader Joe's * 10:00-AR2-Chat & Craft 10:00-AUD-RILL Class* 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	8:00-LEC Walking Group 10:00-COR-Grounds & Landscaping Committee 12:00-FRL-Pottery Class Pt2*	11:00-AUD-Rappahannock Music Study Club with Michael Repper* 1:30-CGR-Great Decisions* 3:00-RAP-Praying the Rosary	9:00-FRL-Historic Hopewell & Lunch* 11:00-AR2-Painting Scallop Shells* 2:15-FCR--Cornhole 2:15-AUD-Movie Matinee: Midway	10:00-FCR-Seated Volleyball 6:30-FRL-Northern Neck Orchestra: Beethoven*
3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:30-RAP-RWC Book Group 11:00-AUD-Middlesex High School Choir 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group	10:00-FRL-Guided Tour of the VA War Memorial in Richmond & Boxed Lunch* 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 5:00-AUD-Etudes Dancers	8:00-LEC-Walking Group 10:00-LCL Book Mobile 10:00-AR2-Step by Step Acrylic: Cherry Blossoms*	<h2>COMING IN MAY—</h2> <p>Thursday, May 1—9:00AM—FRL- Tour of Virginia's State Capital* Friday, May 2—8:30 AM—AUD- First Friday Forum in May* Saturday, May 3—4:00PM—AUD- Kentucky Derby Party*</p> <p>Monday, May 12—1:30 PM—AUD—Pinewood Derby Race*</p>		

- 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

I look forward to the erratic weather endemic to March soon giving way to gentle, comfortable April. April is traditionally Parkinson's Disease Awareness Month. For over twenty years, RWC has conducted a fitness program specifically tailored to mitigate the symptoms of Parkinson's Disease and an equally active Caregivers' Support Group that provides resources and support for dedicated caregivers. Established with the guidance and enthusiasm of Rita DePew and her late husband Jay, the program, open to residents and community participants, continues as testament to the perseverance of those who endure Parkinson's and their caregivers. Today the program is championed by Sarah Wilkins, a dedicated physical therapist in our Rehab Department. We will have an informational event for Parkinson's Awareness Month in April. We are blessed to have the new well in service. Thankfully, we were in the process of preparing to replace the well due to regulatory requirements when it suffered a catastrophic failure last June. There are many steps involved in replacing a commercial grade potable water well of this type, and our well vendor immediately accelerated the process and completed this significant project in good time. We are happy to have the new well to come alongside our existing well, and we will begin preparing to replace that well in the coming year. In April we expect to begin replacing our fire alarm system as the current system is reaching the end of manufacturer's support. This process will take several weeks to complete and will involve periodic testing. We will keep everyone posted on progress and testing through our normal communication channels. Renovation work will continue in the Front Lobby area once the Front Desk returns to its new home. Enjoy April and all the activities and opportunities life at RWC brings. Best wishes for a blessed Easter!

March Sennott

HAPPENINGS WITH STUART
Wednesday, April 2—10:00 AM—Auditorium
 Get the latest news from around campus.

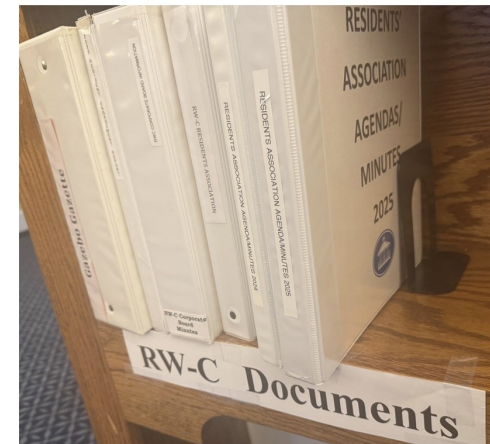
TRADER JOES*

- **Newport News Shopping Center-April 8—9:00 AM—Front Lobby**
- **Williamsburg-April 22— 9:00 AM—Front Lobby**

NEWS FROM THE RESIDENTS ASSOCIATION

Updated Association files are now available both on Uniguest(Touchtown) and in binders in our library. The **January 8 2025 Board of Directors meeting minutes** and the draft March 5 **minutes** are available. Scroll down in Uniguest. There is a **By Laws binder/file**. The Resident's Association Documents binder/file contains the **2025 Board of Directors contact** information, and the list of **Committee Chairs and meeting dates** (anyone can sit in). We will be adding Committee descriptions and members in the near future. If you want help navigating the Uniguest system, please contact Amy Lewis. The accompanying photo shows the location in the Library where you can find printed versions. Any questions can be directed to anyone on the Board.

RW-C Documents



These documents are available in our library on the bottom shelf nearest the rest room.

The Resident Association Board is offering all residents access to various documents, including:

- **R. A. Board minutes and agendas**
- **Corporate Board minutes**
- **2022 Resident engagement report**



NEW NEIGHBORS CONTINUED...

Tom and Carol Sennott have moved into free-standing home 715. Tom Sennott was born and lived in Danville, PA only a couple days until his family moved to Washington, DC. He considers himself a Washingtonian. He graduated from Eastern High and attended the University of Maryland. He has been a successful real estate broker and developer his entire career. Tom enjoys tennis, golf and music and is very active as the director of his church choir at the Light of Christ Anglican Church in Heathsville. Carol is a bundle of creative energy. She was born in Conneaut, Ohio, an only child, and is very proud of where she came from. She graduated high school in Ohio and attended the University of Maryland where she took a couple of classes. Carol found her career working for the federal government as a Human Resources Specialist. She served 32 ½ years before retiring. Carol is involved in everything. She loves all kinds of crafts and is a member of the Five Rivers Fiber Guild and Heathsville Quilters group. She has participated in the Chesapeake Chorale, Lancaster Players, Day Manager for the RAL, and is in her church choir. She loves scrapbooking, golf, sewing, card making, pottery, knitting and more. Carol attends water aerobics 4 days a week. She knows quite a few residents that live at RWC. She is interested in teaching crafting classes here. Tom has 3 grown children, 1 daughter and two sons from a previous marriage. **Marshall & Beth Orr** are moving into Apartment 213. Sam prefers to be called "Marshall" and Elizabeth goes by "Beth." They have been married for 52 years. They have lived in Richmond for the past 40 years and own a home in Irvington. They reside in their Irvington home most of the time now. Both are very sharp-minded and pleasant people. Mr. Orr was born in Washington, DC. His father was very instrumental in WWII, serving as a White House aid under FDR until the Pearl Harbor attack. His dad was an engineer and helped to decode messages from the Germans and reported to the highest-ranking officials. He also helped with the planning of Normandy. Later, his father went on to

become an engineer. After the war, his father worked for Hanes Hosiery and invented the machinery for first non-run stocking, the seamless stocking and Legg's. His father had many patents. His mother lived with her parents during WWII with Marshall and his brother in New York. After the war, the family moved to Winston-Salem where he grew up. Marshall's brother lives in Atlanta and has three children. Marshall and Beth have three children (daughters) as well and nine grandchildren. Each daughter has three children. Their daughters live in Richmond, Fairfax, and Atlanta. Mr. Orr attend RJ Reynolds in Winston-Salem and then Duke University majoring in Psychology. He graduated from San Francisco State. His career was spent in Human Resources and for large corporations such as IBM and General Electric. Mrs. Orr was born in Birmingham, AL. Her father worked for an insurance company. When the war started he ended up teaching ROTC. She has one older sister. Her family moved to Baltimore in 1954. This is where she went to high school (1965) and attended Wellesley College (1969). Her major was political science. She ended up working in banking and personnel. After Marshall and Beth were married, they went back to Greensboro, NC and then moved to Lynchburg where the family company, CB Fleet, The Fleet Company offers a range of consumer health and beauty products. It is one of the leading drug companies in the United States. Both are Episcopalian and members of St. Stephens Church in Richmond. Marshall engages in Rotary, Red Cross, VIMS, Steamboat Museum, and is a member of Indian Creek and Rapp. River Yacht Club. Beth is involved with the Junior League, VMFA, Collegiate and Woman's Club.

**RAFFLE TO BENEFIT
 RWC'S MEMORY SUPPORT FUND**

**CHUCK DICKERSON
 ORIGINAL OIL PAINTING
 DURING THE MONTH OF APRIL**

**TICKETS ARE \$5 EACH.
 AVAILABLE IN THE LIFE
 ENRICHMENT OFFICE**

PARKINSON'S AWARENESS MONTH LUNCHEON*

Monday, April 7-11:00AM-Auditorium
Sign up required with Sarah Wilkins
Call ext. 4341

FIRST FRIDAY FORUM : LARRY CHOWNING, AUTHOR & LOCAL HISTORIAN*

Friday, April 11 (On second Friday this month)
8:30 am—Lancaster Room
Sign up Required LIMIT: 50
Special Dietary Needs, please call Ext. 4017 24 hours in advance.
He will have his books for sale.

SPEAKER: JULIEN PATTERSON, OWNER OF COMPASS ENTERTAINMENT CENTER*

Friday, April 11—11:00 AM—Auditorium
SIGN UP REQUIRED LIMIT: 50
Julien is an entrepreneur and owner of the Compass Entertainment Complex.

MUSIC STUDY CLUB PRESENTS: NN ORCHESTRA'S MICHAEL REPPER*

Thursday, April 24-11:00-Auditorium
The Rappahannock Music Study Club presents Michael Repper, the Grammy-award-winning conductor of the Northern Neck Orchestra. Maestro Repper will speak to exciting news about the NNO— a brand new venue in Irvington, a magnificent new concert grand piano, and new music programming.

MIDDLESEX HIGH SCHOOL CHOIR

Monday, April 28—11:00AM—Auditorium
Please come and support these young singers.

ETUDES BALLET SCHOOL PRESENTS: GRADUATION BALL. *

Tuesday, April 29-5:00-Auditorium
A playful ballet celebrating graduation of senior students as well as the universal experience of camaraderie in the dance school. With music by Johann Strauss, this ballet was first performed by the Ballets Russe in 1940. Student performers in this updated version range in age from 4-18.

CALLING ALL RESIDENT COUPLES: WE WANT YOU TO PARTICIPATE!

From Hesitation to Harmony: Couples' Path to RWC" – A Fun, Engaging Event!

Dear Residents,

We invite you to share your journey with prospective residents during our upcoming event, "From Hesitation to Harmony: Couples' Path to RWC." This engaging and interactive gathering will help couples navigate their decision-making process in a fun and insightful way!

Why Are We Asking You?

You've experienced the process of considering a move to RWC, and your insights are invaluable.

How You Can Participate:

Join in the "Not-So-Newlywed Game" – Play a light-hearted game with your spouse that highlights the fun and humorous side of transitioning to RWC.

- **Share Your Journey** – Offer personal stories and answer questions that prospective residents might have.

Event Overview:

Date: June 25, 2025

Highlights of the Event:

- **Welcome & Introductions**
- **Couples Skit Featuring Amy & Ted** – A fun and relatable look at the journey to RWC.
- **Not-So-Newlywed Game** – A playful competition showcasing how well couples know each other!
- **Resident Stories** – Hear real experiences and advice from those who have made the move.

Mingling & Refreshments – Enjoy light bites and conversation with prospective residents.

What We Need from You:

Availability: We're looking for 3-4 couples to participate.

Willingness to Share: Your stories and perspectives will help future residents feel at ease.

What You Get:

A sense of fulfillment in helping others.

An opportunity to meet new people and connect with fellow residents.

A small token of appreciation for your time and participation.

Interested? Contact Lauren White, Marketing Manager, by 4/30/25.

Thank you for being such an important part of our community!

Sincerely, Lauren White,
Marketing Manager, Extension 4010

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

RWC BOOK CLUB

The Book Club selection for April is "The Snow Child" by Eowyn Ivey. This is truly a magical story that also tells a satisfying and realistic depiction of 1920s homestead era Alaska and the people who settled there. You will not soon forget this story. Wait until you find out who the snow child is!

All readers 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 other readers. The Lancaster Community Library also has copies.

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

For those of you who enjoyed the First Friday presentation by Jenean Hall you will be pleased to know we have the two volumes, thanks to Jenean, "Another Day"

and "An Uncertain Rumor of Land" which the presentation was based on. They will be entered into the collection soon for your reading pleasure.

Additional books that have been entered recently are "Dinners with Ruth" by Nina Totenberg, "The Assault of Reason" by Al Gore, "In the Company of Others" by Jan Karen, "A Rising Man" by Abir Mukherjee, "Battle Mountain" by C. J. Box, "The 19th Christmas" by James Patterson and "The Confidante" by Christopher C. Gorham, a Biography of Anna Marie Rosenberg.

You can always find the latest books entered in the collection by going to Uni-Guest, click on the Library App and it will open to the current additions to the collection.

COME UP AND CHECK US OUT!!

LCL BOOK MOBILE

10:00 AM to 12:30 PM in the Front Parking Lot or Atrium (if inclement weather)
Wednesday, April 2, 16 and 30

CALLING ALL TALENTED RESIDENTS!

We're excited to announce that we'll be filming another video shoot this June to help market our wonderful community! We're looking for residents with experience in public speaking or theatre who would be comfortable speaking on camera.

We want **you** to share why you love RWC! You get to choose what you'd like to talk about, and we're happy to help guide you along the way.

If you're interested in participating, please reach out to **Lauren White, Marketing Manager, at 804-438-4010 or lwhite@rw-c.org**. As a token of our appreciation, we will offer a small gift to those who take part. We'd love for you to share your voice and help showcase the RWC experience!

TRAIL WALKS ON APRIL 22 (EARTH DAY) AND MAY 13

Naturalists Betsy Washington and Kevin Howe of the Northern Neck Native Plant Society will lead a walk on the RWC trails in the woods around Wood Duck Lake on Earth Day, Tuesday, April 22 at 9 AM, weather permitting. There are a couple of very old trees and several interesting native plants on this walk. We will meet in the Apartment Building parking lot near the pond.

On Tuesday, May 13, we will walk the Beaver Dam Trail to view the mountain laurel in bloom. The woods along this walk are full of mountain laurel and this is a beautiful walk when the laurel is in full bloom. We will meet at the entrance of Beaver Dam Trail near the fenced dog run/park at 10 AM.



SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

As I sit to write this article, it is the first day of spring. Spring is all creation awaking from the slumber of dormancy over the cold winter months. Creation breathes in the warm air and lets the sun caress its face with rays of warmth that penetrate down to its roots and emanate over its entire being. It feels good to stretch and yawn and awake to this new season. The daffodils explode upward, and the fields are covered with a light blanket of purple. It feels good to come out of the dark, cold, lifeless winter. And so, it is with our own being. Winter is necessary; but what joy jumps forth as the air warms, the sun seems to shine brighter, the days get longer, and our souls seem to be reinvigorated. Could it be that God is calling out to us to reawaken us to a season of life through which He will take us. A season where we stomp off the cold chill of winter that seems to have darkened our souls and look at life with a fresh perspective.

Why not determine to let this spring bring fresh warm breezes of laughter as we move away from isolation into community? Why not let new growth erupt in my life by trying new things with new friends? Why not allow God to infuse me with His joy as opposed to my curmudgeonly attitudes? Why not make a choice to broaden my horizons by doing something new and developing a fresh perspective on life? WHY NOT???

God has created us not to just enjoy life, but to enjoy life with Him. It is He who has set eternity in our hearts and calls to us through opportunities and difficulties. It is He who calls to us to walk with him in the coolness of the day as He did with Adam and Eve in the garden. It is He who wants us to experience a new season of growth and development as we walk with Him.

I invite you to throw off the cumbersome jacket of bad attitudes and sour dispositions. To rid yourself of negative thoughts and a mean spirit. To replace all of that with a fresh new outlook that is shown through joy, and peace, and smiles and laughter. To take a walk through the woods and reconnect with your creator and recharge your spiritual battery. And let God infuse you with all the good things that life still offers. Come! Join me!! Let's go for a walk.

ONGOING OPPORTUNITIES

Staff Bible Study at 12pm every 3rd Wednesday of the month in the Chesapeake Game Room. Every third Thursday at 2pm in Art Room 2.

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

Grief Support 2nd Wednesdays of the month at 11 in the Chesapeake Game Room.

Rosary Group meets 3 pm each Thursday in the Rappahannock room.

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

Rev. Ted Tulis

March 6, 1931-February 21, 2025

Mrs. Claudia Holmes

September 12, 1943-February 25, 2025

Mrs. Lovey Jane Long

September 21, 1935-March 7, 2025

NORTHERN NECK ORCHESTRA: BEETHOVEN* (SUBSCRIPTION HOLDERS) Saturday, April 26-6:30-Front Lobby

The concert season concludes with performances of Samuel Coleridge-Taylor's "Symphonic Variations on an African Air" and Ludwig van Beethoven's Triple Concerto. The Neave Trio will perform these works with the orchestra. The ensemble – violinist Anna Williams, cellist Mikhail Veselov and pianist Eri Nakamura -- has earned enormous praise for its engaging, cutting-edge performances.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

CULINARY NOTES

Notes in the Menu Margin:

Remember that the extension number to pre-order special meal requests, such as chicken, fish, hamburger, or hot dogs is **4017**. Your call should be placed at least 30-minutes before the time you wish to eat.

When you return your **green reusable clam-shell containers** to the Grille, please put them on the counter near the water and soft drink dispenser, NOT on the table near the coat racks. Thank you. Please remember to fill out a comment card if you have concerns about any meal. Also, use them to pass on a compliment when you feel a dish or a meal is worthy. All comment cards are reviewed by Culinary Services Group managers and staff. There are 'check' blocks, should you wish to be contacted by CSG Staff about your comment. Comments can also be sent via e-mail to Sherell House, CSG's Director of Food Service, at shouse@csgfood.com.

The next printed menus will cover the 3 months of April, May, and June. The format for the printed menu is still being evaluated. If you have a preference as to the smaller version (5-1/2 X 8-1/2) or the larger version (8-1/2 X 11). please let a member of the food committee know within the next few days. Committee members are: Betty Mill, Michelle Blank, Mickey Blandford, Pam Smith, Pam Lillquist, Maxine Luxton, and John Roberts.

Please note that the February Manager's Specials are just that, for February, and have not been repeated during March.

Sherell House meets once a month with both the Assisted Living and Health Care Residents' Committees so she is in direct contact with all RWC resident's culinary concerns. The AL menus are the same as those for the Independent Living residents. There are twelve therapeutic menus for the folks in Health Care and they are controlled by the CSG Dietitian.

Sherell House has introduced 4 new members of the CSG team. Please give them a hearty welcome!

Sa'Nye Wilson: Sa'Nye joined us two weeks ago. She is a student at RCC, her hometowns are Northumberland/Lancaster, and she enjoys shopping, self-care, and travel.

Shakanah Dickerson: Shakanah joined us two weeks ago, Shakanah is from Lancaster, Virginia. Her interests include reading, shopping, and binge-watching television shows.

Kayden Wilson: Kayden joined one week ago. He attends Lancaster High School, lives in Lancaster, Virginia, and enjoys sports and television. He also has a dog.

Nia Curry: Nia is from Lancaster, Virginia, currently residing in Weems, Virginia. She is an athlete and dancer with a lifelong passion for music and sports.

NOTES FROM GROUNDS & LANDSCAPING

The "in like a lion-out like a lamb" proverb has proven its reputation. March had driving rains, super cold days and bright sunny interludes. Now that April is upon us, we can enjoy our campus and appreciate the work that Damon and his crew do to make this April bright with daffodils, a burst of color from the winter pansies, and the early blooming pear and cherry trees. Soon, work will begin on our spring/summer flowers. April officially celebrates Earth Day and to commemorate, we are hosting a walk on our trails on April 22 at 9:00 am. Our trails are spectacular at this time of year where we can see the spring ephemerals, the pale green buds of our oaks and maples, sample the cool weather and perhaps, spot some migrating birds. Our trails are clearly marked and hazardous roots have been painted to identify any tripping hazards. Later in May, we will host a trail walk when the mountain laurel is in bloom. We have plant experts available to point out the different species and provide RWC residents with interesting facts. Remember, our daylight savings time allows us to enjoy the outside, so **LET'S DO IT!**

Our proverb this month is a question. "If April showers bring May flowers, What do May flowers bring?"

RAINFALL FOR FEBRUARY: 5.21"

RAINFALL FOR MARCH (as of 3/20) 3.98"

PUMP IT FOR PARKINSON'S:

April is Parkinson's Awareness Month and our community is excited to join the National Institute for Fitness and Sport (NIFS) in Pump It for Parkinson's on Thursday, April 10th! This is a nationwide event to raise awareness for Parkinson's Disease and highlight how exercise can ease symptoms.

We will be hosting a NuStep-A-Thon in the Fitness Center, challenging our residents, Living Well members, and staff to contribute to the nationwide goal of 25 million steps! Please join us as we spread awareness, promote movement, and support the fight against Parkinson's Disease.

Parkinson's quick facts provided by the Parkinson's Foundation

1. Nearly 90,000 people in the US are diagnosed with Parkinson's each year
2. Scientists believe a combination of environmental and genetic factors cause PD
3. People with Parkinson's experience both movement (tremors, stiffness, balance decline etc.) and non-movement (anxiety, depression, sleep disorders etc.) related symptoms
4. Early onset Parkinson's disease occurs in people younger than 50 years of age

Early signs:

1. Tremors, often in hands or fingers
2. Small handwriting
3. Constipation
4. A soft or low voice
5. Facial masking (reduced expressions)

WEDNESDAY WALKING GROUP

EVERY Wednesday Beginning April 2nd—8:00 AM
LEC Lobby

Please join us for a leisure walk to start your day! We will be meeting in the Life Enrichment Center Lobby.

COME JOIN THE FUN! SEATED VOLLEYBALL

EVERY Tuesday at 2:30 PM and EVERY Saturday at 10:00 AM in the Fitness Classrooms.

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

• Meet me in St. Louis

Wednesday, April 2

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. (1944) 1 hour, 53 min.

• The Emperor

Wednesday, April 16

As the Japanese surrender at the end of World War II, General Fellers is tasked with deciding if Emperor Hirohito will be hanged as a war criminal. Influencing his ruling is his quest to find Aya, an exchange student he met years earlier in the U.S. (2012) PG-13, 1 hour, 45 min.

• Midway

Friday, April 25

The story of the Battle of Midway, told through the experiences of the WWII leaders and soldiers who fought it. (2019) PG-13, 2 hours, 18 min.

ART CLASSES

Making Flower Buttons

Wednesday, April 2—11:00 AM—Art Room 2
LIMIT: 8

Geometric Painting*

Friday, April 11-1:00PM-Art Room 2
LIMIT: 8

Epoxy Tumblers*

Tuesday, April 15-3:30PM-Art Room 1
LIMIT: 4

Clothes Pin Cross*

Thursday, April 17—11:00 AM—Art Room 2
LIMIT: 8

Painting Scallop Shells*

Friday, April 25—11:00AM—Art Room 2
LIMIT: 10

Step by Step Acrylic: Cherry Blossoms*

Wednesday, April 30—10:00AM—Art Room 2
LIMIT: 8

TOUR OF WILLIAM & MARY & LUNCH*

Thursday, April 3-9:30AM-Front Lobby

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

A guided tour of the Sir Christopher Wren Building beginning at 11am

William & Mary is the second-oldest institution of higher learning in America. While our original plans date back to 1618 — decades before Harvard — William & Mary was officially chartered in 1693. We will take a 30-45 minute tour of the Wren Building.

The first floor of the Wren Building is wheelchair accessible via the ramp at the north entrance.

Guests in wheelchairs have ready access to the Information Center, the Chapel, the Great Hall, the Classical Grammar School Room, the Piazza and the first floor restroom.

The second floor is only accessible using the stairs. Staircases are located in all three wings of the building.

OUT TO DINNER: TAP HOUSE & RAW BAR IN DELTAVILLE*

Monday, April 7-4:00PM-Front Lobby

Sign up Required. Limit = 13. Cost = Dinner\$

Dine where the river meets the bay and eat the local Deltaville way.

2 PART POTTERY WITH CAROL SISK*

Wednesdays, April 9 & 23-12:00Noon-Front Lobby

Sign up Required. Cost = \$50 for both parts

First session will be to create the piece. Second session will be to glaze the piece. You'll be amazed at the beautiful pieces you'll create and the fun you'll have along the way!

TOUR OF WTVR CBS CHANNEL 6 STUDIO & LUNCH*

Thursday, April 10-10:00AM-Front Lobby

The WTVR TV Tower is an 843-foot-tall (257 m) free-standing lattice tower in Richmond, Virginia. It broadcasts WTVR-FM and has been in operation since 1953. Don Talley will give us a guided tour of the station. It is an older building so it is not very accessible-friendly. Participants must be ambulatory. We will have lunch at the Don't Look Back Café.

TOUR OF COWART & BEVAN'S OYSTER HATCHERY IN LOTTSBURG, VA*

Thursday, April 17-10:00AM-Front Lobby

Sign up required. Limit=13 Cost = Lunch\$

See first hand how oysters are tricked into spawning and to make baby oysters. As well as how these baby oysters are encouraged to grow safely inside before growing large enough to be placed out in the creek. There are 2-3 steps up and down to get around the hatchery. Lunch at Cygnets.

HIGHLIGHTS OF HISTORIC HOPEWELL (TOUR APPOMATTOX & WESTON MANOR)*

Friday, April 25-9:00AM-Front Lobby

Sign up Required. Limit = 13. Cost = \$7 & Lunch\$

Appomattox Manor sits on lands that were first patented to Francis Eppes in 1635. Weston Manor is a historic house built by a colonial family in the 18th century and located on the Appomattox River. It tells the stories of ordinary people who lived through extraordinary times in American history.

GUIDED TOUR OF THE VA WAR MEMORIAL IN RICHMOND & LUNCH*

Tuesday, April 29th—10:00AM-Front Lobby

Sign up Required. Limit=13. Boxed Lunches. FREE.

The Virginia War Memorial has evolved from a passive space for remembrance and contemplation into a true museum and educational center.

The facilities have grown to include a museum, veterans' art gallery, studio for recording veterans' stories, archives and collections, auditorium, lecture halls, classrooms, and outdoor amphitheater.

Today, nearly 12,000 fallen heroes are honored in the Shrine, ensuring Virginia will never forget their service and sacrifice.

**Cub Scout Troop 372
is collecting USABLE glasses to
donate to the Lion's Club for
recycling.
You can find the donation box in
the Life Enrichment Lobby on the
sign-up table.**

COMPETE IN RWC'S 50/50 PINEWOOD DERBY RACE (RESIDENTS & STAFF) MONDAY, MAY 12 AT 1:30 PM IN THE AUDITORIUM



RWC Pine Wood Derby

The RW-C Pine Wood Derby is for men and ladies. The Derby will be a challenge between the Health Center Residents and Independent Residents and the Staff Departments. There will be an entry fee, which registers you for the event as well as purchases a car for you. If you outline the shape you want on your block of wood, we will cut them out on the bandsaw in the woodshop. You may then sand and paint your car. There will be a weight limit for the cars, and the cars must be weighed on the Official Scales, both before the day of the race as well as on the race day itself. So get registered, create your derby car, rev up your engines, and keep an eye out for the checkered flag.

REGISTER WITH CHAPLAIN TED TOMPKINS BY MAY 5

COST OF OFFICIAL DERBY CAR KIT IS \$10.00 for new cars and \$5.00 for those who are using their car from last year.

DESIGN YOUR CAR ANYWAY YOU LIKE.

WINNER WILL WIN HALF OF THE PROCEEDS.

HALF OF PROCEEDS GO TO RWC FOUNDATION.

NEED HELP DEISIGNING YOUR CAR, NO WORRIES, WE CAN HELP!

RULES

1 CAR PER ENTRY

- The car weight shall not exceed 5.0 ounces.
- The overall length of the car shall not exceed 7 inches.
- The overall width of the car, including wheels and axles, shall not exceed 2.75 inches.
- The maximum height of the car cannot exceed 5 inches.

The car must be free-wheeling, with no starting devices or springs.

EARLY MAY EVENTS YOU DON'T WANT TO MISS. SIGN UP NOW IN THE LIFE ENRICHMENT CENTER.

TOUR OF VIRGINIA'S STATE CAPITAL & LUNCH*

Thursday, May 1—9:00 AM—Front Lobby

Sign up Required LIMIT: 13 TOUR-FREE \$\$-Lunch

Here is your opportunity to take a guided tour of the capital in Richmond. The tour is approximately 1 hour long and is wheelchair accessible.



First Friday Forum in May*

Ginger Philbrick: Because You Are Polite

Friday, May 2—8:30 AM—Auditorium

KENTUCKY DERBY

SATURDAY, MAY 3

5:00 PM—AUDITORIUM

SIGN UP REQUIRED!! RSVP BY APRIL 21.

Menu and more details will be announced at a later date.

