



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING**

**APRIL 26 AT THE LIFE ENRICHMENT CENTER LOBBY.**

## **WELCOME NEW NEIGHBORS**

**Stanley & Darryl Adams** have lived in Fleets Bay for 22 years. They have two grandchildren, one in Oregon and one in Chicago. They are both excited to join in the fitness center activities. Mr. Adams plays golf and bridge and would really like a garden plot as he has a huge garden at home. Mrs. Adams is a painter working in oils and wax who plans to set up a studio in the house.

The Adams are very active and engaging and hope to find a group of friends quickly.

Patty will be working closely with Sara Amiss to build meaningful relationships with prospective residents and help manage the growing interest in our community.

Please stop by to give Patty a warm welcome and say hello to the Marketing Team! As always, we believe no one represents our community better than our residents. If you have ideas or would like to get involved in welcoming future residents, we'd love to hear from you!

## **RESIDENTS ASSOCIATION BOARD MEETING**

**Wednesday, May 7th—10:00 AM—Auditorium**  
All are welcome!

## **UPDATE WITH STUART**

**Wednesday, May 7th—11:15 AM—Auditorium**  
All are welcome!

## **WELCOME BERENICE OR "B" TO MAIN STREET SALON**

B is currently attending RCC with plans to transfer to a 4-year university to pursue nursing. She speaks Spanish fluently. B lives in Reedville with her parents and younger brother. She loves traveling to Virginia Beach to visit family, going out to eat and catching a movie with friends. B earned her cosmetology license in May of 2024 and loves to help each one of her clients feel their best.



## **WELCOME PATRICIA "PATTY" BAILEY TO THE MARKETING TEAM!**



We're excited to welcome Patricia "Patty" Bailey as our new Sales and Marketing Counselor! Patty recently joined the Marketing Team and is already settling into her new office, located in the Marketing Suite along the administrative hallway

(formerly Lauren's office).

Lauren is moving just down the path to the apartment building, taking over the space previously used by Kay Klein. In her new role, Lauren will be focusing on marketing operations, administrative tasks, and special projects that support and strengthen our prospective resident engagement.

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

Contact us: 804-438-4000

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## **BOOK A FAIRY HAIR APPOINTMENT WITH B**

Fairy Hair is all the rage now-a-days. Cost can range from \$15-\$25 depending on volume and length of hair, and how many fairy strands you want. You hair must be freshly washed or you can get washed in the salon for an extra charge.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>May 2025</h1> <ul style="list-style-type: none"> <li>Cinco de Mayo: May 5</li> <li>Mother's Day: May 11</li> <li>Armed Forces Day: May 17</li> <li>Memorial Day: May 26</li> </ul>						
				1	2	3
3:00-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist	<b>CINCO de MAYO</b> 10:00-FRL-Shopping * 11:00-AUD-Parkinson's Care Partners Group 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support 3:00-AR2-RWC Rocks! 4:30-AUD-Caregiver's Memory Support Group	10:00-RAP-RILL Class* 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-Residents' Association 11:15-AUD-Updates with Stuart 11:00-ATR-Ross's Watch Battery Replacement 11:00ATR-Stylish Eyes Repair 1:00-AR2-Step-by-Step Painting with Acrylics*	9:30-FRL-Thrift Thursday & Lunch in Urbanna* 10:00-AUD-Chair Zumba with Peggy* 2:00-AUD-RILL Class* 3:00-RAP-Praying the Rosary	10:00-COR-Community Wellbeing Committee 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball
4	5	6	7	8	9	10
<b>MOTHER'S DAY</b> 3:00-MSP-RWC Community Worship Service <b>Mother's Day Brunch</b>	10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 1:00-AUD-Pinewood Derby Race (Registration required) 2:00-COR-Food Committee 3:00-AR2-Epoxy Tumblers*	9:00-FRL-Trader Joe's* 10:00-Trail Walk from Dog Park 10:00-AR2-Chat & Craft 10:00-AUD-RILL Class* 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:15-AUD- Movie Matinee: Ex-Husbands 2:30-FCR-Seated Volleyball	8:00-LEC-Walking Group 10:00-AR2-Activities Committee Meeting 10:00-FRL-Michelangelo* 11:00-CGR-Grief Support	8:30-FRL-Sweethaven Laven-der Farm & Lunch* 2:00-AUD-RILL Class* 3:00-AR2-Praying the Rosary	11:00-AR2-Wax Resist Watercolor* 2:15-FCR--Cornhole 2:15-AUD-Movie Matinee: And So It Goes	<b>ARMED FORCES DAY</b> 7:00-FRL-Veteran's Fishing at Yankee Point* 10:00-FCR-Seated Volleyball
11	12	13	14	15	16	17
3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase	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  <b>Deadline for Gazebo Gazette Articles by NOON</b>	8:00-LEC Walking Group 9:00-Labyrinth Walk 10:00-COR-Grounds & Landscaping Committee 10:00-James River & Canal Boat Tour* 1:00-AR1-Stitching Stars Quilting Group	10:00-FRL-Pontoon Boat Ride* 11:00-AUD-Memorial Day Service 2:00-FRL-Pontoon Boat Ride* 2:15-AUD-Movie Matinee: Funny Girl 3:00-RAP-Praying the Rosary	10:00-AUD-Lisa Hull: NNK250* 12:00-AR2-Lunch & Learn about Author: Matthew Ruberry* 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball
18	19	20	21	22	23	24
3:00-MSP-RWC Community Worship Service	<b>MEMORIAL DAY</b> 1:00-CGR-Catch Phrase	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:00-AR2-Chat & Craft 10:30-RAP-RWC Book Group 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	<b>National Senior Health &amp; Fitness Day</b> 8:00-LEC-Walking Group 9:00-LEC-Healthy Food Bar and Blood Pressure Checks 10:00-FPL-Book Mobile 2:15 Movie Matinee: Brides-maids	8:30-FRL-Trolley Tour of Richmond & Lunch* 3:00-RAP-Praying the Rosary	1:00-AR2-How to Make Paper! DIY Plantable Seed Paper 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball
25	26	27	28	29	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  
Perpetual Optimism is A Force Multiplier**

The late General Colin Powell said, "Perpetual optimism is a force multiplier." I think we can all agree that General Powell was very likely a realist, so for him to also invoke optimism and further characterize it as a force multiplier certainly underscores its importance. In yet another time of chaotic turbulence, I suggest we take General Powell's advice as we seek to navigate the present times.

Television and other media do not thrive on optimism – their bread and butter is pessimism even at the price of facts or truth. We, however, have an enormously powerful toolset that we often let atrophy. My grandfather would often remind me in my childhood days of the importance of taking care of our tools. If we do not, he would say, the tools will not be functional when we need them, and they may even hurt us if we let the tools rust or become dull.

Today, two tools that will serve us well if we use them well are our choice and our optimism. We could explore and debate this for days; however, I am suggesting a simple yet powerful application of choice and optimism. Choose to focus on what you can control and to allow optimism to guide your reactions. None of us can control tariffs, geopolitical posturing, inflation, or interest rates. You can control what you consume as valid, factual, rational, and wholesome information and how you respond and react to it. Then you can apply perpetual optimism to that information and your response and allow that to be the "force multiplier" General Powell references. The combined outcome of wholesome information reacted upon with perpetual optimism will prevail for good. Let us make that our May challenge at RWC and see where it takes us.

Wishing you a wonderful spring in our beautiful neighborhood! Stuart



**HONOR A LIFE. CREATE A LEGACY.**

As Memorial Day approaches, we take time to remember and honor the brave men and women who gave their lives in service to our country. We also pause to commemorate the lives of those who have deeply touched our own.

One meaningful way to pay tribute to someone

who has made an impact on your life is by purchasing a **Labyrinth Brick**. Each brick becomes a permanent part of our Labyrinth, symbolizing a journey of love, remembrance, and gratitude. Currently, 108 bricks grace the Labyrinth—each representing names and memories that have shaped the lives of RWC residents and their families.

We invite you to join in creating a lasting memorial. Honor a loved one, a friend, or anyone who has left a mark on your heart.

To purchase a brick, please see **Denise Kenner in the Development Office** for an order form and more details.

**CALLING ALL PROUD CHILDREN OF RWC RESIDENTS!**

We're creating a video project—and we need *your* help!

Have your adult children ever shared how much peace of mind they feel knowing you live at RWC? Do they talk about how vibrant, safe, and fulfilling your life here is? Were they skeptical at first? We'd love to capture those reflections on video!

We're looking for **resident families** to participate in a short, uplifting video testimonial featuring adult children who can speak to:

- Why they're grateful for your decision to move to RWC
- What they've noticed about your lifestyle, friendships, and well-being

How it's impacted their own sense of comfort and peace

**Filming will take place on Wednesday, June 4**

The process will be simple and relaxed.

These testimonials will help future residents and families who may be navigating the decision to move. Sometimes, hearing from another son or daughter makes all the difference.

If your children would be willing to share their perspective, please reach out to Lauren White at 804-438-4010 or lwhite@rw-c.org. We'll handle all the details, and filming will be quick, relaxed, and fun. Let's help other families say "yes" to a future full of confidence and care—just like yours did!

**VIRGINIA STATE CAPITOL & LUNCH\***  
Thursday, May 1—9:00AM—Front Lobby

Cost = FREE Sign up Required

The tour is approximately 1 hour long beginning at 11am. It is fully wheelchair accessible.

Designed by Thomas Jefferson, the State Capitol houses America's oldest legislative assembly. Daily one-hour guided tours showcase historical statuary and paintings, rare exhibit objects, and newly restored legislative chambers. Self-guided tours also are available. And don't miss the Virginia Civil Rights Memorial, unveiled in 2008 at Capitol Square. The Executive Mansion is the oldest continuously occupied governor's home (since 1813) in the country.

**THRIFTY THURSDAY IN URBANNA & LUNCH AT SOMETHING DIFFERENT\***

Thursday, May 8-9:30AM-Front Lobby

Cost = lunch/shopping\$ Sign-up Required

Join us to find some treasures in Unique Urbanna.

**TRADER JOES & LUNCH\***

(Williamsburg) May 13—9:00 AM—Front Lobby

Sign up Required

There will be no trip to Newport News this month.

**MICHELANGELO: THE GENESIS OF THE SISTINE AT THE MUSCARELLE MUSEUM (W&M)\***

Wednesday, May 14-10:00AM-Front Lobby

Cost= \$15.00 + Lunch \$ Sign up Required

Bringing 25 rarely-displayed masterpiece drawings by Michelangelo to the United States, *Michelangelo: The Genesis of the Sistine* will offer American viewers an unprecedented opportunity to experience first-hand the genius of the famed artist. Displaying Michelangelo's initial studies and early drawings of the famous frescoes of the Sistine Chapel, the exhibition will explore the rich story of the origin of these works, arguably some of the most famous in the world.

**ROSS'S WATCH BATTERY CLINIC & STYLISH EYES REPAIR CLINIC**

Wednesday, May 7—11:00AM—Atrium

**SWEETHAVEN LAVENDAR FARM & LUNCH\***

Thursday, May 15—8:30AM—Front Lobby

Cost=\$5.50 Charged to your account

Sign up Required

Bring \$ for shopping and lunch at Stonehouse Grill Stroll through the beautiful flower fields, pick your own fresh bouquet, and enjoy a relaxing morning outdoors. Savor our delicious locally made lavender ice cream, along with a variety of lavender treats and refreshing lavender lemonade and sweet tea—available daily to please your palate!

**VETERAN'S FISHING AT YANKEE POINT\***

Saturday, May 17-7:00AM-Front Lobby

Cost = FREE LIMIT: 4

Veterans Fishing Adventure was started by a Marine and his daughter. We offer Veterans and their families fishing and boating trips.

We are a Non-profit 501 (C) 3, **100% volunteer organization** and proud to offer this opportunity at **no cost** to those that have served our country proudly to enjoy a favorite pastime. We specialize in offering those veterans with physical limitations an opportunity to participate.

**JAMES RIVER & CANAL BOAT TOUR\***

Thursday, May 21-10:00AM-Front Lobby

Cost = \$10 & Lunch \$ LIMIT=10

The boat tours travel through the historic James River and Kanawha Canal along Downtown Richmond's Canal Walk. Narrators review centuries of Richmond's history, from Powhatan's Chiefdom to the first commercially successful electric streetcar in the world, all while traveling in authentically styled boats. Visitors will see the unique railroad Triple Crossing, historic 19th century architecture, the Virginia Capital Trail, the Low Line gardens and James River wildlife. 40 minute historically narrated canal boat tour.

**PONTOON BOAT RIDES\***

Thursday, May 22-10:00AM & 2:00PM-Front Lobby

Limit= 8 per boat ride. Sign up Required

Cost = donations can be given to Tammy Jo on behalf of our captain.

**ARTIST RECEPTION:  
CLARE SPOONER\***

Thursday, May 1—4:30PM—Atrium

Hello! I'm Clare, a painter working in watercolor and oil. I also accept commissions for custom paintings and make live drawings at events.

I live and work in NYC and travel often, usually to my home state of Virginia or to the south of France to paint. And when all else fails, I take a visit to the Met for a little escape! Art history shapes much of what I make, and I'm always aiming to continue my education.

If you find yourself in NYC, come by my studio for a visit—I love guests. I hope to see you at the reception!!

Claire

**FIRST FRIDAY FORUM : GINGER  
PHILBRICK, AUTHOR & COLUMNIST\***

Friday, May 2-8:30 am—Lancaster Room

Sign up Required LIMIT: 50

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

**KENTUCKY DERBY \***

Saturday May, 3rd—5:00PM-Auditorium

Sign up was required by April 18th

RESERVATIONS ARE CLOSED FOR THIS EVENT.

Horses/Odds are subject to change prior to post-time.

Horse	Odds
Journalism	3-1
Sandman	8-1
Sovereignty	8-1
Rodriguez	10-1
Tappan Street	10-1
Burnham Square	15-1
Luxor Cafe	15-1
Citizen Bull	20-1
East Avenue	20-1
Grande	20-1
Owen Almighty	50-1
Tiztastic	20-1
American Promise	30-1
Chunk of Gold	30-1
Coal Battle	30-1
Final Gambit	30-1
Publisher	30-1
Admire Daytona	50-1
Flood Zone	50-1
Flying Mohawk	50-1

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

**EX-HUSBANDS**

Tuesday, May 13

Manhattan dentist Peter Pearce (Griffin Dunne) is facing a midlife crisis after his wife of 35 years (Rosanna Arquette) leaves him. On the spur of the moment, he books a trip to Tulum, Mexico, only to crash his son's bachelor party. A warm-hearted comedy drama co-starring Richard Benjamin, James Norton, and Miles Heizer. **1 h 39 min (2025) RATED 16+**

**AND SO IT GOES**

Friday, May 16

A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home. **1 h 33 min (2014) RATED PG-13**

**FUNNY GIRL**

Thursday, May 22

Barbra Streisand's debut film won her the Academy Award for her performance as singer-comediene, Fanny Brice. Nominated for seven other awards, this classic musical film contrasts Fanny's onstage antics with her offstage romance with dashing gambler, Nicky Arnstein (Omar Shariff). **2 h 28 min (1968)**

**BRIDESMAIDS**

Wednesday, May 28

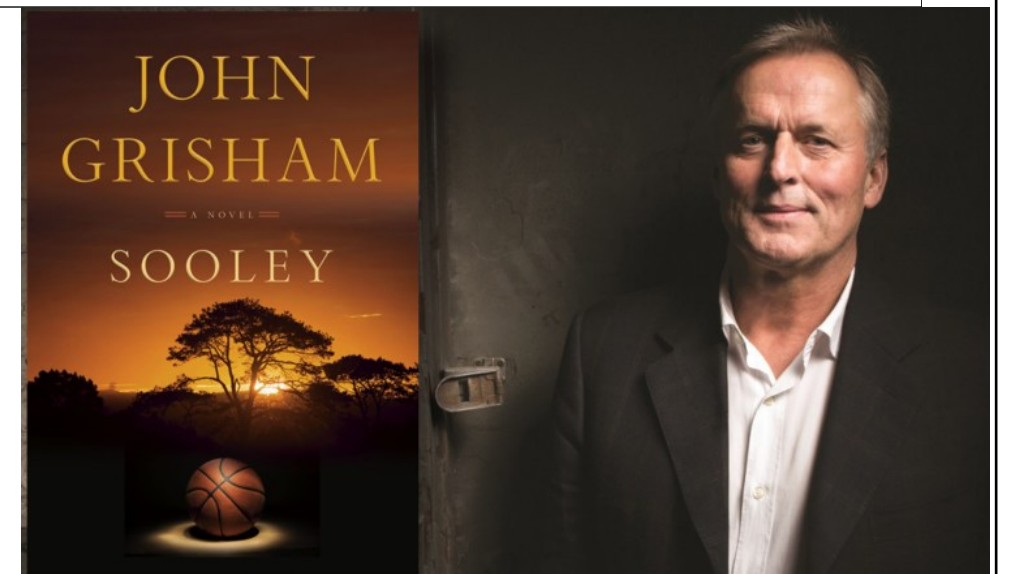
OSCARS® 2X nominee

From the producer of Knocked Up, Bridesmaids takes Maid of Honor, Annie (Kristen Wiig), and four wild bridesmaids on a hilarious ride to their friend's wedding. **2 h 5 min (2011) RATED R**

**HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN**

**RWC BOOK CLUB**

The Book Club selection for May is "Sooley" by John Grisham. Having just enjoyed March Madness you will no doubt enjoy this fictional story of Samuel Sooley's chance of a lifetime - a trip to play in a showcase basketball tournament and all that follows. You do not have to be a basketball fan to enjoy this story. You know John Grisham will tell of a great adventure. Enjoy!!



All readers are welcome to join the discussion! **Due to the holiday this month we will meet on Tuesday, May 27th** at 10:30 in the Rappahannock Room. Two copies of the selected book are available. Look for them at the Book Club shelf at the back of the Library. Sign out a copy on the sign out sheet, read and return in order to share with other readers.

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

Fifteen of the latest books added to the collection can be found on Uni-Guest, open the Library app and look under the latest books. The books run from fiction, mystery and biography. John Sanford's "Lethal Prey", J. D. Robb's "Payback in Death", Al Gore's "Assault on Reason", C.J. Box's "Battle Mountain", James Patterson's "The 19th Christmas" and Freya Sampson's "Nosy Neighbors" the Book Club selection for March.

A shout out for our faithful book donors in April. Jay White, Don and Jean Gilmore, Jane Henley, Gerald Hoskins, Betty Hamilton, Helen McCord, Fred Luton and Tom Teeples. We appreciate these folks because they provide a new read to our residents.

**COME UP AND CHECK US OUT.**

**Coming up in June:**

**JAMESTOWN DISCOVERY BOAT TOUR\***

Wednesday, June 4-11:00AM-Front Lobby

Boxes lunches provided by RWC. Cost= \$31/pp

Enjoy a guided tour of the James River. Take in the natural sights and sounds along the river and learn more about our beautiful Historic area. During this tour you'll experience the picturesque Jamestown Settlement and the Historic Island where it all happened in 1607.

**FAIRY HAIR APPOINTMENTS WITH SYDNEY\***

Thursday, June 19 starting at 9:30AM

Please bring \$ on day of service

### SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

**MEMORIAL DAY SERVICE  
THURSDAY, MAY 22  
11:00 AM—AUDITORIUM**

May is a popular month for weddings. 11 percent of couples get married in May. The weather is warmer, and spring has sprung bringing about a feeling of rebirth and renewal.

Scripture tells us that life is like vapor; that it is here and then gone. We have lived life long enough to know the truth of that statement. As we glance back over our shoulder of yesteryears, it seems that we were just graduating High School and anxious to begin a new adventure of independence as adults. And now here we find ourselves living those retirement years that seemed so far away back then. Where has the time gone?

Just as nature is spreading its branches of rebirth and renewal, I wonder if that should not be true of us also. Rebirth is of a spiritual nature, while renewal could be spiritual, mental, emotional or even our whole being. To renew is to make something like it was when new. We cannot go back and do over events or decisions that we made, but we can wipe the slate clear, and from this point forward renew our lives.

What would that renewal look like for you? Maybe a renewal of old friendships that have seemed to slip away with the events of life? Or maybe a renewal of family relations, or maybe a renewal of your own attitudes and emotions?

Winter was a time of dormancy, death and dying off. But Spring is that time of renewal. That time when we can let new relations, emotions and attitudes be built upon the ashes of the former.

So, let's shake off the slumber of the long winter's nap, and burst forth into a season of renewal and rebirth. Where we let go of any bitterness, animosity, unforgiving spirit, or even a negative attitude and determine to be renewed in our spirits this year. Will you join me in a determination to be renewed in some way? Come, let's walk the path together!

### ONGOING OPPORTUNITIES

**Staff Bible Study** at 12pm, Wednesday May 14<sup>th</sup> and 28<sup>th</sup> in the Chesapeake Game Room, and Thursday, May 15<sup>th</sup> and 29<sup>th</sup> at 2pm in Art Room 2.

**Sunday Church Services** 2pm Westbury Clubroom for Assisted Living & 3:00 in The Pub for Independent Residents.

**Grief Support 2<sup>nd</sup>** Wednesdays of the month at 11 in the Chesapeake Game Room.

**Labyrinth Walk** Wednesday May 21<sup>st</sup>, 9am.  
**Rosary Group** meets 3 pm each Thursday in the Rappahannock room.

**Communion to Rosary Group** meets 1pm the 4<sup>th</sup> 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.

### LABYRINTH WALK

**WEDNESDAY, MAY 21—9:00 AM—LABYRINTH BY THE LAKE**

Labyrinth walking is an ancient practice used by many faiths for spiritual centering, contemplation, and prayer. Entering the serpentine path of a labyrinth, you stroll while quieting your mind and focusing on a spiritual question or prayer. The labyrinth meaning symbolizes a journey to a predetermined destination (such as a pilgrimage to a holy site) or the journey through life from birth to spiritual awakening to death.

### NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

#### FROM THE HEALTHCARE SCHOLARSHIP SALE IN THE ALCOVE

Thanks to all of you who donated items, helped set up and purchased treasures. Your generosity means so much to those studying to reach an educational goal and especially to the families and friends of those needing healthcare here at RWC. Our Sincere Thanks, Helene & Mary.

#### NOTES FROM GROUNDS & LANDSCAPING

Another month has come and gone. We survived pouring rain storms, lightening, frosty mornings, and windy days. It is now time to settle down to the beautiful month of May. Richard Burton memorialized this month in his unforgettable rendition from the play Camelot. Our Earth Day celebration was well attended by our neighbors in an early walk on our nature trail. A representative from the Native Plant Society pointed out some overlooked spring ephemerals, beginning shoots of tender perennials, and the myriad mosses, lichens, and mushrooms common to our wooded land. Native plants are always a blessing although their flowers may be small, they are often fragrant that attract pollinator insects. Remember, no insects, no birds! Damon and his crew have been mowing and tidying up the RWC campus to allow us to get out and walk about. It won't be too many months before the humidity and heat of our Chesapeake home become oppressive. Take time now to walk about and meet your neighbors. A hummingbird was spotted on the native columbine at the cottages. If you are so inclined, you can attract them with this easy-to-make syrup for your feeder. Take ¼ cup of pure, white sugar and mix thoroughly with one cup of boiling water. Fill the newly cleaned feeder and stand back. No need to add red coloring dye to the water. Just make sure that you clean the feeder frequently, every week will prevent a moldy build-up which is dangerous to the birds.

**MARCH TOTAL RAINFALL: 5.74"**  
**APRIL RAINFALL AS OF APRIL 21: 5.17"**

#### HANGING BASKET PROJECT: VOLUNTEERS NEEDED!

We need volunteers to water the hanging baskets at the entrances of the Chesapeake Center, Health Care and Assisted Living. These baskets really brighten up these entrances and having residents water them is a huge help to Damon and his crew who work hard to keep the campus looking great. Damon will be putting up these hanging baskets between Mother's Day and Memorial Day weekends. A sign-up sheet will be placed in the event sign-up book in the Enrichment Center. Please consider volunteering to water 1 or 2 baskets through the summer and early fall. Thank you!

#### CULINARY NOTES

Reminder: Residents are reminded that your choice of Chicken, Fish, Grilled Chopped Steak, Burger, or Hot Dog are always available should you wish a substitute for a listed entree. Please call **Ext-4017** at least 30-minutes before you plan to arrive to place your order. Menu Booklets: The final format (large or small) for the Menu Booklets is still being discussed.

#### RESIDENT SUPPORT HAS A BIG IMPACT ON RWC HEALTHCARE

RWC Healthcare Education & Support Endowed Scholarship Fund (RHESE) is a component of the RWC Foundation which makes dreams come true! Donations to the fund empower individuals to begin a career in nursing or to advance their nursing skills thus providing for a current and future RWC healthcare workforce. In 2024, RHESE paid out \$18,106 in scholarships to ten (10) RWC employees, four (4) new CNAs and three (3) working towards LPN, one (1) towards becoming a Nurse Practitioner, and two (2) working to complete their BSN. Given the limited resources for healthcare personnel in our community, "growing our own" is of vital importance. For more information or to make a tax deductible donation, please contact Denise Kenner, [dkenner@rw-c.org](mailto:dkenner@rw-c.org) or 804-438-4877

## FITNESS NEWS

### CHAIR ZUMBA WITH PEGGY\*

Thursday, May 8—10:00 AM—Auditorium

#### Sign up Required

Peggy comes from Williamsburg to offer a Chair Zumba class designed for Independent to Assisted Living level. Please join us!!

### TICK...TICK...TICK

No, it's not the sound of the Doomsday Clock or the countdown at your favorite sports event. It's a reminder that it is Spring and our little friends, the ticks, are active and abundant in our area. Our local veterinarian claims there are at least 10 different varieties in our area and they sometimes carry diseases. The most common disease is Lyme disease, but there are plenty of others to go around, such as Rocky Mountain spotted fever. Additionally a tick bite can cause a meat allergy known as alpha-gal. This allergy reacts to red meat including beef, pork and lamb. The symptoms are not always correctly diagnosed, and care should be taken to have proper tests run. Google, "tick borne disease" to get an idea of different things to look for.

RWC has some great walking trails and open areas on our 165 acres. If you go on them, like many of us do daily, cover up your arms and legs to help ward off ticks. Check on your return from them and if possible use a repellent. Pets should also be examined and any ticks removed. Take some precautions and continue to travel our trails and walkways. It's too beautiful to miss.

### YOUR FITNESS TEAM WANTS TO HEAR FROM YOU!

Be on the lookout for a survey in your mailbox to gather feedback on our current group exercise schedule. Completed surveys can be placed in the basket on the swimming pool front desk. Please tune into channel 85 for our adjusted group exercise schedule.

### NATIONAL PHYSICAL FITNESS MONTH

In the fitness world, we often use the phrase "Movement is Medicine" which emphasizes the importance of moving our body for bettering our overall well-being. Physical activity can positively impact weight, sleep, mood, and the overall ability to live as

independently as possible.

You might ask yourself, "Well how much is enough?"

The American College of Sports Medicine recommends at least 150 minutes per week (30-minute sessions 5 days per week) of a moderately intense aerobic activity—walking, cycling, swimming etc. For resistance training, focus on at least two days per week (non-consecutive), while targeting major muscle groups. Flexibility and balance training should be incorporated into your daily program. Stretches should focus on major muscle groups while holding them for 15-30 seconds each.

Creating an effective exercise program can be difficult, so let your fitness team guide and encourage you to get started! We create individual plans based on fitness level, medical history, and interests to help you reach your goals. The most important tip is to find an activity that you enjoy! Let us help you live well!

### TRAIL WALK TO VIEW MOUNTAIN LAUREL ON MAY 13<sup>TH</sup>

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.

### NATIONAL SENIOR HEALTH AND FITNESS DAY-MAY 28<sup>TH</sup>

Join us to celebrate National Senior Health and Fitness Day! This year, our theme is "Move Today For a Better Tomorrow" to promote active aging! Be on the lookout for exciting events to take place!

### HEALTHY FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS

May 28th 9:00AM - 12:00PM—LEC Lobby

### PARKINSON'S CARE PARTNER'S SUPPORT GROUP

Monday, May 5—11:00 AM-Auditorium

### PARKINSON'S SUPPORT GROUP

Monday, May 5—1:15 PM—Auditorium

### MEMORY SUPPORT GROUP

Monday, May 5—4:30 PM—Auditorium

**PINEWOOD DERBY  
MONDAY, MAY 12  
1:00 PM—AUDITORIUM**

### SPEAKER: LISA HULL: NNK250

Friday, May 23-10:00AM-Auditorium

#### Sign up Required

Lisa Hull, Economic Development Tourism Coordinator for NN Planning District Commission will join us to talk about the 250<sup>th</sup> anniversary of the United States. Northern Neck 250 (NNK250) is the regional effort to commemorate the 250<sup>th</sup> Anniversary of the American Revolution to be coordinated through the Northern Neck Tourism Commission. The Northern Neck Tourism Commission, under the management of the Northern Neck Planning District Commission, is the coordinating entity for the Northern Neck National Heritage Area, which was federally designated in December 2022. The Northern Neck National Heritage Area includes the Counties of King George, Lancaster, Northumberland, Richmond, and Westmoreland. Northern Neck Planning District Commission Tourism & Economic Development Coordinator Lisa Hull is part of the team that develops the programming of the NNK250 with regional stakeholders, and will share the framework for the commemoration, and upcoming events. Past speaker series events for the NNK250 are archived and available for viewing at [nnk250.us/](http://nnk250.us/) events.

### LUNCH & LEARN: MATTHEW RUBERRY, AUTHOR\*

Friday, May 23-12:00-Art Room 2

Award-winning journalist William Matthew Ruberry has worked as a reporter for the Greenville News in South Carolina, then as an award-winning reporter, columnist, Washington correspondent, and editor for the Richmond Times-Dispatch in Virginia. Author Ruberry and his family now resides on the Northern Neck of Virginia where the Potomac River meets the Chesapeake Bay.

His book *Harmony in Black and White* is inspired by the author's own reporting in the wake of the march by White supremacists in Charlottesville and the murder of George Floyd. *Harmony in Black and White* is an unflinching newsroom drama and an examination of the impact of race and implicit biases on our me-

dia, law enforcement, and the systems that govern them.

The book *Harmony in Black and White: Jack Sullivan is a rookie reporter at the Messenger newspaper in Richmond, Virginia. When he's assigned to the local police beat, he never expects to uncover a network of crime amid the systemic racism enshrined in the city's Confederate history.*

### AIR CONDITIONED TROLLEY TOUR OF RICHMOND & LUNCH\*

Thursday, May 29-8:30AM-Front Lobby

Cost = \$40 & lunch \$ LIMIT=8

Discover Richmond's 400-year history during a ride on board one of its 19th century streetcars by its iconic neighborhoods and landmarks. Pass by James River, where Richmond's story began, Virginia State Capitol, and Jackson Ward, the "Harlem of the South." Discover how Richmond became the city it is today with fascinating and engaging live narration throughout the ride.



### RWC ROCKS!\*

Monday, May 5—3:00 PM—Art Room 2

Sign up Required LIMIT: 10

Rock painting refers to artwork on or of stone.

### STEP BY STEP ACRYLIC CLASS\*

Wednesday, May 7—1:00 PM—Art Room 2

LIMIT: 8

A great class for beginners. All are welcome.

### WAX RESIST WATERCOLOR: FUN TECHNIQUE FOR BEGINNERS!\*

Friday, May 16—11:00 AM—Art Room 2

Sign up Required LIMIT: 8

This is a fun technique for beginners and experienced painters alike! learn about using wax candles or crayons to create a resist to your watercolor paint!

### HOW TO MAKE PAPER! DIY PLANTABLE SEED PAPER\*

Friday, May 30—1:00 PM—Art Room 2

Sign up Required LIMIT: 4

Check out this cool way of recycling paper that I just learned about.