



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 41, Issue 2

FEBRUARY 2026

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

JANUARY 30th AT THE LIFE ENRICHMENT CENTER LOBBY.

RAFFLE TO BENEFIT THE RWC FELLOWSHIP FOUNDATION: BEAUTIFUL ROSE BLANKET

Tickets are \$1.00 or 6 tickets for \$5.00. Drawing will be held February 27.

The blanket will be on display in the Life Enrichment Lobby. Tickets can be purchased from the Life Enrichment staff.

OLD DOMINION VOLUNTEER CHAPTER OF CANINE COMPANIONS PRESENTA- TION*

**Rescheduled to Monday, February 2nd at 10:00AM-
Auditorium-Sign Up**

Canine Companions is leading the service dog industry so people with disabilities can live with greater independence. This branch is from Mathews, VA.

STEAMBOATS OF THE CHESAPEAKE*

Wednesday, February 10th at 10:00AM-Auditorium

Step back into a time when steamboats were the fastest way to travel when leaving or coming to the Northern Neck Area. Where did they take us and what were they like?

FIRST FRIDAY FORUM: BOB STREET*

Friday, February 13th at 8:30AM-Lancaster Room

Topic: Experiences in Building and Construction

Sign up Required. LIMIT=50

ACTIVITIES SAVE THE DATE!!

Save the date for special events coming up at our weekly Saturday Pub Nights (4 to 6 pm). On February 14th we will celebrate Valentine's Day; March 14th is the St. Patrick's Day event; and on March 21st we will welcome the first day of Spring. We may host a craft brewer's night on the last Saturday of February. Stay tuned!

VALENTINE'S, WINE & MUSIC BY CLAY MOTELY: BILLY JOEL*

Friday, February 13th-2:30PM-Auditorium-Sign Up

Enjoy a glass of wine while listening to Clay Motley's rendition of Billy Joel, NY State of Mind

MACULAR DEGENERATION GROUP RE- STARTS MONTHLY MEETINGS

Thursday, February 26th-1:00PM-Main Street Pub

PEACE CORPS IN KOSOVO IS NEXT FOR CASSIDY*

Thursday, February 26-4:00PM-Auditorium-Sign Up

One last talk, plus a wine-and-cheese reception with Katherine Cassidy, daughter of RWC resident Lois Williams (former Madam Librarian).

Katherine has given talks to RWC audiences on her multiple USAID-funded trips to Africa since 2018. Now she has pivoted to the Peace Corps. She leaves Feb. 28 for her Peace Corps assignment lasting a total of 27 months. At 66, she believes her "best years are still ahead of me."

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

Contact us: 804-438-4000

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RESIDENT ASSOCIATION COMMITTEE MEETINGS: OPEN TO ALL

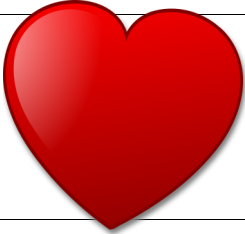
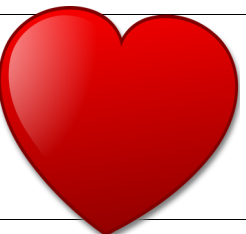
Food Committee– February 9 at 2PM –Corrotoman Room

Activities Committee– February 11 at 9AM—Art Room 2

Community Wellbeing Committee– February 13 at 10AM—Corrotoman Room

Grounds and Landscaping Committee– February 25 at 10AM-Corrotoman Room

- 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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|--|
| <div></div> <div>FEBRUARY 2026—AMERICAN HEART MONTH</div> <div></div> | | | | | | |
| 3:00-MSP-RWC Community Worship Service 4:00-CGR-Grace Church Eucharist | GROUND HOG DAY 10:00-AUD-Canine Companions* 10:00-AR1-NNK Crafters 11:00-CGR-Parkinson's Care Partners Group 1:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support 4:30-AUD-Caregiver's Memory Support Group | 9:00-FRL-Mariner's Museum & Lunch* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-CGR-Through Gates of Splendor 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 3:30-AR2- Valentine Paint Pour* | 8:00-LEC-Walking Group 10:00-FPL-LCL Book Mobile 11:00-ATR- Ross's Fine Jewel- ers Repair 11:00-ATR- Stylish Eyes Re- pair 7:00-CGR-Poker Group | 9:15-FCR-Seated Zumba Class 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 5:00-7:00-LVG-SPECIAL CHINSES NEW YEAR MENU 6:00-AUD-CHINESE NEW YEAR DANCE* | 11:30-LVG-Amatuer Radio Club 2:15-FCR--Cornhole 2:15-AUD-Movie: The Note- book | 10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10:00-MSP-Quaker Meeting 12:30-CPL-Holy Communion 12:30-FRL-Williamsburg Players: Bad Seed (subscription holders)* 3:00-MSP-RWC Community Worship Service | 10:00-FRL-Shopping* 10:00-AR2- Five Rivers Fiber Guild 1:00-CGR-Catch Phrase 2:00-COR-Food Committee 3:00-AR2-Wine Glass Painting* | 9:00-FRL-Trader Joe's & Lunch* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:15-AUD-Movie: Gone with the Wind (Part 1) 2:30-FCR-Seated Volleyball | 8:00-LEC-Walking Group 9:00-AR2-Activities Com- mittee Meeting 10:00-AUD-Documentary: Steamboats of the Chesa- peake* 11:00-CGR-Grief Support 2:15-AUD-Movie: Gone with the Wind (part 2) 7:00-CGR-Poker Group | 9:15-FCR-Seated Zumba Class 11:00-AR2-Valentine Tootsie Pop Flowers* 1:00-Kids on Campus 1:00-CGR-Great Decisions* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary | 8:30-LAN-Friday Forum: Bob Street* 10:00-COR-Community Wellbe- ing Committee 11:00-CH85-Achieving a Good Death 1:00-AR2-Collaborative Acrylic Painting Class* 11:30-LVG-Amatuer Radio Club 2:15-FCR--Cornhole 2:30-AUD-Valetine's & Wine with Clay Motley: Billy Joel* | 10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Valentine's Pub Night with Music by Larry Heatwole 5:00-7:00-LVG-Special Val- entine's Day Dinner Menu |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 1:00-AUD-Bland Competi- tion 3:00-MSP-RWC Community Worship Service | 10:00-FRL-Shopping at Walmart & Dollar Tree* 10:00-AR1-NNK Crafters 1:00-CGR-Catch Phrase 2:15-AUD-Movie: The Con- spirator | 9:00-FRL-Gloucester Thrift & Antique Shopping & Lunch* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 5:00-7:00-LVG-Special Mardi Gras Dinner Menu | 8:00-LEC-Walking Group 9:00-LEC-Healthy Food Bar and Blood Pressure Checks 10:00-FPL-LCL Book Mobile 1:00-AR1-Stitching Stars Quilting Group 1:30-AUD-Finanace & Board Meeting 7:00-CGR-Poker Group | 9:15-FCR-Seated Zumba Class 1:00-CGR-Great Decisions* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 5:30-FRL-Indian Creek Yacht & Country Club Dinner* | 11:00-FRL-Lunch Bunch: Steamboat Restaurant* 11:30-LVG-Amatuer Radio Club 2:15-FCR--Cornhole Deadline for Gazebo Gazette Articles by NOON | 10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 3:00-MSP-RWC Community Worship Service | 10:00-FRL-Shopping* 10:30-CGR-RWC Book Group 1:00-AR2-Communion to Rosary 2:15-AUD-Richmond Forum: Joe Manchin, Andrew Yang, & Justin Amash The Two-Party Problem | 10:00-AR1-Chat & Craft 11:00-AUD-Carnival Day 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 & Land- scaping Committee 11:00-AR2-Collaborative Acrylic Painting Class* 2:15 Movie: Mr. Smith Goes to Washington 7:00-CGR-Poker Group | 9:15-FCR-Seated Zumba! 9:00-FRL-Mid-Atlantic Quilt Festival* 1:00-MSP-Macular Degenera- tion Group 1:00-CGR-Great Decisions* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 4:00-AUD-Peace Corps in Kosovo* 5:00-ATR-Girl Scout Cookie Sale | 11:00-AR2-Making Epoxy Ink Pens* 11:30-LVG-Amatuer Radio Club 2:15-FCR--Cornhole | 10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 7:00-RFA Concert Series (Subscription Holders)* |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

FROM THE PRESIDENT & CEO

Winter Service Awards

In January we celebrated our Winter Service Awards recognizing our staff members with milestone service anniversaries (5, 10, years etc.). As I have shared before, this is an event in our staff recognition program that I really enjoy. At the award luncheon, we take some time to thank each person individually and share some accomplishments or attributes that we might otherwise not know. I always learn something interesting and admirable about each honoree.

I am also impressed by the length of service of our honorees. This winter, we will recognize nineteen staff members with a total of 270 years of service at RWC – five staff members have 20 or more years of service to RWC residents. That is a phenomenal average of 14.2 years per person.

Our longest serving staff member in this award cycle with 35 years of service is Cynethia Davis. Cynethia is the Administrator of Assisted Living and a licensed practical nurse. When Cynethia started at RWC, we really did not have Assisted Living as we know it today. The suites opened in 1996, and we added Birdsong House in 2022. While serving as a nurse in ALC, Cynethia completed the training and service requirements to earn the Administrator license.

From Cynethia to our newest staff member who joined us last week, each member of our team brings their unique Joyful Spirt, gifts and talents to the ministry of RWC. Recently a resident commented, “There really is no place like RWC.” For forty years past, today and into the future, that is thanks in very large part to our dedicated team of staff members who strive to make a positive difference in the lives of those entrusted to our care each day. We are truly blessed!

Maureen Santony



Girl Scouts
Where Girls Grow Strong™

GIRL SCOUT COOKIE SALE

**Thursday, February 26-
5:00Pm-Atrium**

Help Support Kilmarnock's
Troop 937!

Richmond Forum 2025-2026 Speaker Series All forums will take place at 2:15PM in the Auditorium.

Monday, February 23—The Two-Party Problem with Joe Manchin, Andrew Yang & Justin Amash

The two-party system is showing its cracks. As polarization deepens and trust in government erodes, many Americans are asking if the red-versus-blue framework can still fulfill the needs of a diverse and complicated society. In this provocative panel, former Senator Joe Manchin, Forward Party co-founder Andrew Yang, and former Congressman Justin Amash will examine how political tribalism stifles innovation and consensus. From alternative voting systems to the rise of independents, these three leaders will explore whether a post-partisan future is possible — challenging us to rethink the foundations of American democracy in a time when the old rules are not working.

Monday, March 23—Tracee Ellis Ross on Identity, Impact, & Joy

Monday, April 20—John Green: Perpetually Curious

SIGNING UP ON UNIGUEST FOR SELECTED PROGRAMS

Look for Gazebo Gazette article titles in this [teal color](#). Those are the programs you can easily sign up for through your Uniguest app on your phone, tablet or PC.

1. Click on “Independent Living Activities”

1. Locate the activity you want to attend
2. Click on “Register”

If you need to cancel, you may also do that following the directions above and clicking on “Cancel.”

GUIDED TOUR OF THE MARINER'S MUSEUM & LUNCH*

Tuesday, February 3-9:00AM-Front Lobby

Cost = \$5.00 + lunch\$ Sign Up-LIMIT=13

Mission – connecting people first to the water (their maritime roots) and then to one another in the community – we must be able to provide value to EVERY segment of the local, national, and global communities that we serve. We launched initiatives like Hidden Histories and the Multicultural Mariner to ensure that we tell the full and complete story of our Collections, including ALL mariners who helped build our rich shared maritime heritage.

Lunch will be at Harpoon Larry's.

WILLIAMSBURG PLAYERS: BAD SEED*

Sunday, February 8-12:30PM-Front Lobby

The scene is a small Southern town where Colonel and Christine Penmark live with their daughter, Rhoda. Little Rhoda Penmark is the queen of the story. On the surface she is sweet, charming, full of old-fashioned graces, loved by her parents, admired by all her elders. But Rhoda's mother has an uneasy feeling about her. When one of Rhoda's schoolmates is mysteriously drowned at a picnic, Mrs. Penmark is alarmed, for the boy who was drowned was the one who had won the penmanship medal that Rhoda felt she deserved.

TRADER JOE'S IN NEWPORT NEWS SHOPPING CENTER, ASIAN MARKET & LUNCH*

Tuesday, February 10-9:00AM-Front Lobby

Cost = shopping/lunch \$

Sign Up Required. LIMIT=10

GLOUCESTER THRIFT AND ANTIQUE SHOPPING & LUNCH*

Tuesday, February 17-9:00AM-Front Lobby

Find what treasures Gloucester has to offer at the DAV, Helping the Homeless, S&J's Thrift, Marketplace Antiques & enjoy lunch with your fellow deal finders.

INDIAN CREEK MEMBER & GUEST DINNER AT THE SKIP-JACK*

Thursday, February 19-5:30PM-Front Lobby

Cost = dinner\$ Sign up. LIMIT=13

Skipjack, the social center for the club offers a family-friendly pub type of restaurant with occasional live music and a casual yet sophisticated vibe.

LUNCH BUNCH: STEAMBOAT RESTAURANT*

Friday, February 20-11:00AM-Front Lobby

Cost = lunch\$ Sign up. LIMIT=13

Located on the beautiful Piankatank River Golf Club the Steamboat Restaurant is the best-kept secret in the Gloucester, Mathews, Hartfield, and Kilmarnock area. Whether in search of casual dining, family dining, or fine dining, we can definitely accommodate your desire for great service and delicious culinary masterpieces.

MID-ATLANTIC QUILT SHOW*

Thursday, February 26-9:00AM-Front Lobby

Cost = \$18 Sign up-LIMIT=13

Boxed lunches provided by RWC

Explore the Merchants Mall, where you'll find everything quilt, fiber, wearable, and textile artists - as well as home sewers - could wish for. Enjoy an inspiring showcase of quilt, garment, and fiber art exhibitions, along with exciting quilt and wearable art competitions featuring prize awards. Lots of walking.

RFA CONCERT SERIES (SUBSCRIPTION HOLDERS)*

Saturday, February 28-7:00PM-Front Lobby

Named after Ukrainian nomads with a style unlike anything you have ever heard, Scythian features a unique, very upbeat blend of americana, bluegrass, country, folk, Irish, and world music sounds. Extremely energetic, enthusiastic, creative, and vibrant, their fiddle, electric bass, acoustic guitar, percussion and raw vocals will rock the house!

**FITNESS CENTER NEWS:
4-WEEK SEATED ZUMBA CLASS***
Every Thursday during the month of February.

9:15am-9:45am
Sign up required (LEC Lobby)
Join Amy Hinson for an explosive and exciting 30-minute workout. ALL FITNESS LEVELS ARE WELCOME!!
The entire class will be seated, so we especially challenge those that use a cane, rollator, electric cart, or wheelchair to join us.
If you like a good time, good music and a fun workout, join us. Questions? Give Amy a call at extension 4024.

Remember...If It Doesn't Challenge You Then it Doesn't Change You

HEALTHY FOOD BAR & BLOOD PRESSURE CHECKS

Wednesday, February 18-9:00AM-12 Noon

PARKINSON’S CARE PARTNER GROUP

Room Change on Monday, February 2-11:00AM-to the Chesapeake Game Room

FITNESS ASSESSMENT SUCCESS!

Thank you all for your patience and participation in our fitness assessments. We had 72 participants, which we are incredibly grateful for. Your participation allows us to determine how we can better serve you and structure our fitness program. If you would like to go over your results, please see one of our fitness staff. Remember, movement is medicine!

CULINARY SERVICES GROUP

Happy New Year, Residents! As we step into a vibrant new year, we're thrilled to announce a lineup of exciting festivities and delicious meals for everyone to enjoy at the Lakeview Grille! We're kicking off the year with a celebration of diverse cultures and, of course, love.

We are delighted to formally introduce Mr. Willis Caster, who has recently joined our organization as the new Office Administrator for Culinary.

Mr. Caster will be instrumental in overseeing the efficient operation of our office environment and will serve as a valuable resource for all team members.

We kindly request that you extend a warm welcome to Mr. Caster. As you encounter him throughout the facility, please take a moment to introduce yourselves. We are confident that his expertise and contributions will be a significant asset, and we are very pleased to have him onboard!



CHINESE NEW YEAR SPECIAL MENU

Thursday, Feb 5th-5:00-7:00PM-Lakeview Grille
No Reservations Required
App: Vegetable Egg Roll
Entrée: Ginger Soy Cod or Gen Tso’s Chicken
Sides: Steamed Rice, Lo Mein Noodles, Stir Fry Vegetables, and Roasted Sesame Broccoli
Dessert: Coconut Mango Tapioca Pudding, Fortune Cookies, and Almond Cookies

VALENTINE’S DAY DINNER MENU

Residents are cordially invited to a dinner designed to add a touch of love to your evening.
Saturday, Feb 14th-5:00-7:00PM-Lakeview Grille
NO Reservations Required
Main Courses: Poached Halibut with bearnaise and Grilled Flank Steak with red wine reduction
Sides: Fingerling Potatoes, Wild Rice, Honey Roasted Carrots, Green Bean Almondine
Bread: Buttered Croissant
Dessert: Cheesecake with berry sauce

IT’S MARDI GRAS DINNER!

Tuesday, Feb 17th-5:00-7:00PM-Lakeview Grille
No Reservations Needed
Soup: Chicken and Andouille Sausage Gumbo
Main Courses: Shrimp Po Boy with Remoulade and Braised Beef Short Ribs with Creole Sauce
Sides: Dirty Rice, Roasted Sweet Potatoes, Okra & Tomaro Stew, Collard Greens
Bread: Focaccia
Dessert: Mini King Cinnamon Rolls



HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

DONORS

Thanks to our January 2026 book donors:
Marie Carter
Amy Hinson
Mildred Loudy
Fred Luxton
Pat Morris
Bill Warren
Jay White
Betsy Woods

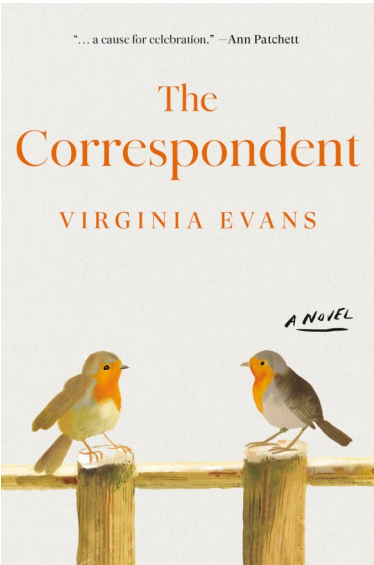
Please leave donations on the designated rolling cart at the front of the library. We accept most new and recently published hardcover and paperback books, and some older hardcover books in good condition. Our space is limited and books we don’t add to our shelves are donated to other organizations. You can see the book covers of new books on Uniguest: open Touchtown, click on RWC Library, click on New to the Library. Enjoy browsing!

NEWS

Since the elevator is closed for upgrades, we established a temporary mini-library in the pub room for those who can’t use the stairs. These are all “borrow and return – no checkout” and are in no particular order. Please return these books to the mini-library. Residents may also call Ann Wiggins (x4208) or Sally Leboeuf (x4147) to retrieve books from the main library while the elevator is undergoing rejuvenation.

BOOK GROUP

The book selection for February is “The Correspondent” by Virginia Evans. It is a novel about a retired law clerk named Sybil, a sharp-tongued, divorced mother in her seventies who is losing her vision. She reflects on her life through letters, emails, and journal entries she writes to various people, including family, friends, and other authors. She reveals her regrets, joys, and a pain-



ful past she must confront to find forgiveness. The book is praised for its memorable, cantankerous, yet endearing main character and its exploration of themes like aging, family, and the power of connection through writing.
All readers are welcome to join the discussion on Monday, February 23rd at 10:30am in the Corrotoman Room. Two copies of the selected book are available on the book group counter at the back of the library. If you have any questions, call Maxine Luxton, x4200.

FEBRUARY MOVIE MATINEES
Matinees are at 2:15PM in the Auditorium.
Popcorn and assorted drinks are provided.

Friday, Feb 6
The Notebook
In the 1940s, teenaged debutante Allie Hamilton and a local boy Noah Calhoun spend one passionate, carefree summer together and fall deeply in love. But when the summer ends, war and duty separate the young couple.1H57M

Tuesday, Feb 10 & Wednesday Feb 11
Gone with the Wind (split into 2 days)
Scarlett O’Hara’s battle to save her beloved Tara and find love during the civil war. 3H40M

Monday, Feb 16
The Conspirator
From director Robert Redford comes the riveting true story behind the assassination trial of Abraham Lincoln-including the long woman who was accused of plotting his murder. 2H11M

Friday, Feb 25
Mr. Smith Goes to Washington
James Stewart takes on the powers-that-be in our nation’s capitol in Frank Capra’s timeless classic. Nominated for eleven 1939 Oscars, including best picture. 2H4M

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

When I think of January, I have three memories that come to mind. A physical, emotional and spiritual memory.

The **physical memory** is those cold winters of Michigan. The kind you loved as a kid but hate as an adult. I loved the winter because there was so much to do. Snow forts, sledding and tubing, downhill and cross-country skiing, ice skating and hockey. I love to ice skate whenever I get a chance. I was so excited to learn Compass had ice skating. Did you know they had ice skating? *Talk about false advertising!* Have you ever tried to skate on Teflon? It does not work!! To say that I was disappointed is an understatement. The **emotional memory** is that of my nephew Caspar. Caspar was a young man who was full of life. He was well known in the community as a hardworking and enterprising young man who was respected and well liked. Tragically his life was cut short when he finally succumbed to Hodgins Disease on January 23rd at the age of 16. The Church was filled to overflowing along with people lined up outside to honor the memory of one who left an indelible mark on his community because he lived a life of honesty and integrity. Most memorable people are remembered for being philanthropists not narcissists.

The **spiritual memory** is that of a book that my mother gave me. It was written by a chaplain named Oswald Chambers, called "Not Knowing Where", and was about the life of Abraham. That book led to a decision that would in just 4 weeks lead me to a decision that would alter the trajectory of my life and a decision that as Robert Frost said, "has made all the difference." We often feel that we are the ones who have our destinies in our hands, and that we are the decision makers. To an extent that is true. But my ways are not God's ways nor my thoughts God's thoughts. I found that by letting go and letting God have control of my life that it was very freeing. Life became an even greater adventure and more freeing because I was not fighting to keep things together to fulfill my dreams, I just had to follow God's hand of leading in my life. I wonder if at times in our struggle to live out the life of my choosing, if we are not somewhat like the Wizard in the "Wizard of Oz". We are blowing out a lot of smoke and giving off this aura that we are really someone, when it is just a mas-

querade. We are just living behind a curtain in which we think we are what we are not. Fear has a way of binding and blinding us to what is true. Faith releases us from all of that and introduces us to a life that is full of meaning and purpose; a life that is focused on others and being a follower of God. All we have to do is let go. Have you let go...and let God?

Chaplain Ted

ONGOING OPPORTUNITIES

Resident/Staff Bible Study at 11am every Tuesday in the Chesapeake Game Room.

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

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

Rosary Group meets at 3 pm each Thursday in the Chesapeake Game Room.

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

THROUGH GATES OF SPLENDOR

Tuesday, February 3rd at 1:00PM

Chesapeake Game Room

Embark on an unforgettable journey with 'Beyond the Gates of Splendor,' a documentary that delves into the heart of the Amazon to uncover the remarkable story of five American missionaries and their -altering encounter with the Waodani tribe. This compelling narrative isn't just about tragedy; it's a testament to the power of forgiveness and the incredible paths toward healing and understanding that can emerge from the deepest sorrows. Featuring poignant interviews, unseen archival footage, and a narrative that bridges worlds apart, this film invites viewers to explore the profound impacts of cultural exchange, faith, and the resilient bonds of humanity. Join us as we traverse the emotional landscape of a story that continues to resonate deeply with all who discover it. Don't forget to like, share, and subscribe for more inspiring content.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

COMMUNITY WELLBEING COMMITTEE

We have happily presented 11 "SALES" since March of 2022. Besides the sales here on Campus, local jewelers, estate buyers companies and local merchants have donated merchandise, purchased scrap gold, taken consignments and given essential advice on the Resident's donations for the 11 sales. RWC staff, residents, family and friends have purchased to date a sum of \$30,341.79. We can expect some further funds from consignments. Helene Braatz and Mary Bennett would like to say a huge and heartfelt THANK YOU to RWC residents and staff who have given their time to setting up, daily rearranging, modeling, packing up, cashiering, purchasing and supporting us along the way. We all have had a part in making funds available for Healthcare Scholarships and our future care. Scarves and some items left from the Spring sale were donated to RWC ALC and HC residents and activities. Items left from this last sale have been donated to the Haven Shelter and Thrift Shop.

On behalf of the Wellbeing Committee we would like to report on some outstanding happenings and accomplishments. A Resident work crew and our Landscaping Department have beautified and enhanced the ALC, HC and Birdsong House grounds, courtyards and patios for Residents, families, visitors and Staff to enjoy. Gardens and raised beds will add beauty and function come Spring. Christmas decorative indoor and outdoor cheer and Secret Santa deliveries to AL, HC and BH helped Staff and Residents enjoy the holidays. A New Years Eve Party for AL, HC and BH given by the Staff made happy history for 80 plus Residents. Much goodwill and cooperative effort is being displayed. Our Culinary Team is delighting residents and staff with new menu items and updated favorites. We hope these positive efforts continue into this new year!

CARD COLLECTION: A collection of free greetings cards is available for your use. Pick one up often and make someone's day. The cards are on a table in the hallway just before the Westbury Center entrance doors.

Birthdays of Westbury Center residents are listed monthly on a white board in the Clubroom. Take a peek and send a greeting! It will be appreciated.: If

you have cards to donate please put them in mailbox cubby 414! Thanks so much!

GROUNDS & LANDSCAPING REPORT

The new year is here with its fickle weather. Did you force bloom some forsythia branches? It's not too late. Simply snip some branches and put them in a vase of water. The buds will swell up and bloom before the plants outside. Today, I will discuss trees and shrubs on campus as they provide winter interest to our neighborhood and the feeding of our birds using local sources. First, winter is the best time to observe the understory because the leaves of the oaks and maples have fallen. These leaves decompose providing nourishment for the plant to absorb in the spring. On a nice day, take a walk along our guided trails to see how the whiteish color on the trunk of some large oaks give it its name: "White Oak". Christmas ferns are now prominent and the emerging buds on our mountain laurels are beginning to swell getting ready to put on their display in May. You may spot some young trees with light tan leaves in amongst the woods. This is most likely an American beech. They seem to glow in the woods at this time of year. The bright lavender leaves of small orchids may be spotted too and birds are easier to spot in the winter woods. Speaking of birds, did you know that some Northern Neck farmers provide sunflower seeds for birders? In summer, fields of specialty oil seed plants brighten many small agricultural fields, are harvested and processed in the Northumberland County facility of "Bay's Best" in Claraville. Ace and Lillian Lumber carry this brand. Priced right, their purchase supports our farmers and are of excellent quality. At home, we suggest you keep the seeds in a metal container to keep the mice out. Our new project of a small meadow/wild flower garden is well underway. The site has been selected, the soil prepared, and seeds planted. As the year progresses, I'll keep you posted. Join us on February 25 at 10:00AM for our next G&L meeting. This month's WoW: Planting a tree today is not for you but for your grandchildren.

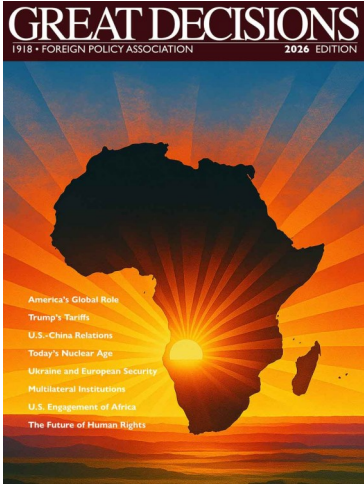
RAINFALL FOR DECEMBER 2025: 1.89"

TOTAL RAINFALL FOR 2025: 47.31"

RAINFALL AS OF JANUARY 19, 2026 1.67"

GREAT DECISIONS 2026

Meets every Thursday beginning February 12 through April 9 at 1:00PM in the Chesapeake Game Room. The cost of the study booklet is \$42.00 and will be charge to your account.



Order the 2026 edition of Great Decisions.

1. **America and the World: Trump 2.0 Foreign Policy** Trump’s return has marked a break from 80 years of U.S. foreign policy leadership, embracing an “America First” approach. This chapter explores the risks of isolation and diminished influence in relation to Trump 2.0 foreign policy. *By G.*

John Ikenberry

2. **Trump Tariffs and the Future of the World Economy** Trump’s aggressive trade and tariff policies have shaken global economic norms. What’s the rationale behind this radical shift in economic policy, and what are the implications for multilateral trade and geopolitics? *By Michael Mastanduno*

3. **U.S.-China Relations** Relations with China remain tense, with tariffs, military modernization, and pressure on Taiwan. Does Trump have a coherent China policy, and will his tariffs on Rare Earth minerals be effective? What are America’s strategic options? *By Oriana Mastro*

4. **Ruptured Alliances and the Risk of Nuclear Proliferation** U.S. alliance skepticism may drive countries like Japan and South Korea to reconsider nuclear options. What are the implications of the Trump administration’s rethinking of the U.S. alliance system for regional and global security? Will this new uncertainty alter the way allies and rivals in various regions make decisions about security and nuclear weapons? *By Gideon Rose*

5. **Ukraine and the Future of European Security** With reduced U.S. support for NATO and Ukraine, Europe faces strategic uncertainty. The Trump administration has signaled an intention to reduce its security role in Europe. What are America’s stakes in

NATO and Europe’s strategic dilemmas, and how might Europe respond? *By Thomas Wright*

6. **Multilateral Institutions in a Changing World Order** Can multilateralism survive amid shifting global power and rising nationalism? This chapter examines the future of global cooperation across trade, health, and finance. *By Scott Bessent (SUBJECT TO CHANGE)*

7. **U.S. Engagement of Africa** Africa’s geopolitical role is growing. What lessons can the U.S. learn from China’s presence there, and how might it strengthen ties, especially with leading nations like Nigeria? What tools of statecraft might the U.S. bring to its engagement with Africa? *By Jendayi E. Frazer*

The Future of Human Rights and International Law As democracy and human rights retreat globally—and the U.S. pulls back—how can civil society and legal norms remain effective in a divided world? What is the role and force of international law in this era of impunity?

ACHIEVING A GOOD DEATH

A Conversation with Chris Palmer, author and end-of-life advocate.

It will be shown on Channel 85 - Friday, February 13th at 11:00AM.

Palmer explores how we can approach dying with clarity, dignity, and compassion-avoiding dying badly, and instead leaving a positive legacy.

Why attend?

- Break the silence about dying-an often avoided but universal experience
- Learn practical steps to prepare yourself and your loved ones
- Discover how open dialogue can bring peace and connection

Key Topics Include:

- Understanding that a good death is different for each person
- Planning: advanced directives, hospice, and family conversations
- Legacy letters, services, and obituaries
- Managing decluttering and end—life paperwork
- Considering options such as stopping eating, drinking, or medical aid in dying
- Burial choices and meaningful memorials

INTERN UPDATES!



One intern in Accounting, Mason Walker, made an especially significant impact behind the scenes. During the summer, Mason helped develop an annual statement process after it was discovered that our new software did not have the capability to produce one. The project involved downloading header and detailed

transaction data into Excel, converting that data into summary information, and then merging the summaries into a Word document for mass production and distribution. This required sophisticated knowledge of both Microsoft Excel and Word. What Mason didn’t already know, he researched and learned. His dedication did not stop when summer ended—Mason even returned during Christmas break to help use the newly developed process to print annual statements for our residents. This was a substantial project, and his help was truly invaluable. It was especially rewarding to see him come back and witness the fruits of his intellectual labor.

We are also proud to share an exciting achievement from another former intern, Isaac Faulkner. Isaac was awarded *Indian of the Year*, an honor given to a graduating senior who exemplifies the qualities of scholarship, leadership, altruism, sportsmanship, courtesy, consciousness, and civic virtue. This prestigious award is based on nominations and selection by teachers, and the recipient serves as an ambassador for Northumberland High School and a role model for all Northumberland County Public Schools. Isaac was presented with a letterman’s jacket, and his senior portrait will be displayed in the high school hallway. Congratulations to you, Isaac! We wish them continued success as they move forward in their academic journeys!



Let’s Get Creative!

Valentine Paint Pour*
Tuesday, February 3-3:30M-
Art Room 2
Sign up required. LIMIT=6
We will be practicing a paint pour onto a wooden heart.



Wine Glass Painting
Monday, February 9-
3:00PM-Art Room 2
Sign up Required.
LIMIT=4
Paint a pair!

Valentine Tootsie Pop
Flowers*
Thursday, February 12-
11:00AM-Art Room 2
Sign up Required.
LIMIT=12

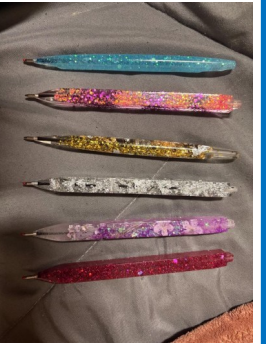


Collaborative Acrylic Painting Classes*
Friday, February 13-11:00AM
Wednesday, February 25-11:00AM
Art Room 2



Sign up Required. LIMIT=6
We will be working on a piece of a painting to make a bigger painting.

Making Epoxy Ink Pens*
Friday, February 27-11:00AM-
Art Room 2
Sign up Required. LIMIT=6
Design & create your own epoxy ink pen.



WELCOME TO THE NEIGHBORHOOD



Bob and Bettina Powell

are moving into Free-Standing Home 421 on February 1. The Powells have lived in White Stone for 25 years and have been part of the

Northern Neck commu-

nity for 40 years. They have been married for 55 years. They have two sons—Bo (Charlotte, NC) and Marshall (Richmond, VA)—and five grandchildren. They also have a Goldendoodle named Larky.

Bob was born in Richmond and raised in Warrenton. His father worked as an ABC auditor, and his mother was employed by the Golden Cup Association in the horseracing industry. His family has longstanding ties to Richmond; his grandfather co-owned Schwarzschild Jewelers and chaired the Richmond City Council.

Bob graduated from Christ Church School and attended VMI, followed by graduate studies at West Chester State University. He served 20 years in the U.S. Army infantry, commanding five companies and completing two tours in Vietnam. After retiring from the Army, he worked for Wheat First Securities (later Wells Fargo) until his retirement in 2015.

Bob previously served on the RWC Board of Trustees during Rex Beckwith's tenure as CEO, as well as on the Christ Church School Board and the Wicomico Episcopal Parish. His hobbies include fishing, hunting, sailing, golfing, and playing pickleball.

Bettina was born and raised in Washington, D.C. Her father led an international trade association, and her mother was a homemaker. She is very close to her sister, who lives in Florida. Bettina attended Mount Vernon Seminary and later Centenary University, where she studied communications and hosted a radio show. She went on to work for WMAL, the ABC affiliate in Washington, focusing on news and public affairs as an assistant producer.

Bettina is active in the community through the Northern Neck Garden Club, the American Red Cross—where she established the region's first water safety program—the Wicomico Parish Altar Guild, and the parish's Flower Committee. Her interests include flower arranging, water aerobics, reading, sailing, and travel.



Ms. Susanna Collins

Ms. Susanna Collins, is moving into cottage 807 on February 5. She has lived in Irvington for the past 33 years.

Ms. Collins was born and raised in Baltimore, MD. Her father was a civil engineer, and her mother was a children's

librarian. She had two brothers—one

who passed away at age 16 from leukemia, and one who continues to live in Baltimore.

After graduating from Notre Dame of Maryland Preparatory School, she attended McGill University. She reports that annual tuition at that time was approximately \$800 (Canadian).

Ms. Collins has chosen to move to RWC because she anticipates reducing her driving and no longer wishes to maintain a yard. With no children and several friends already residing at RWC, she feels this is an appropriate transition.

She currently works part-time at the Lancaster Community Library, one day per week and one weekend day per month. A children's librarian by profession, she also substitutes for Miss Tonya during children's story times. She previously worked full-time at the library until the mid-2000s, when its capital campaign began. Additionally, she tutors young students in math and English at Lancaster Primary School on Wednesdays.

Ms. Collins enjoys reading—particularly mysteries—and stays active through water aerobics at the YMCA and Tai Chi classes at RWC. She also enjoys gardening and hopes to secure a garden plot. She does not have any pets.



Mrs. Sally Williams

Sally Williams is relocating to the area to be closer to her daughter in Wicomico Church. She maintains strong connections with friends in Delaware and is confident in her ability to stay in touch with them. She is eager to make new

connections within the community.

Ms. Williams expressed interest in participating in Balance classes, Tai Chi, and possibly water aerobics for shoulder support, noting that she does not swim. She is also enthusiastic about the lecture series, bus trips, and any flower arranging activities.