



Living Well. Planning Wisely. *A Season of Reflection, Momentum, and Looking Ahead*

Winter has a way of inviting reflection on where we've been and where we're headed. As we close the door on 2025, we do so with deep gratitude and a sense of momentum, shaped by meaningful conversations and thoughtful planning by individuals and families exploring what the next chapter could look like.

That interest speaks volumes. It tells us that people are not simply looking for a place to live they are seeking peace of mind, connection, and a community that supports living well in every season of life.

At Rappahannock Westminster Canterbury, winter is anything but quiet. It is a season filled with wellness programs, meaningful relationships, and the comfort of knowing support is always close at hand. It's also

a time when many begin to think more intentionally about the future, asking important questions about health, security, and quality of life.

In this *Winter Messenger*, we invite you to take a closer look at what makes RWC a place where residents thrive. From research-backed insights on community living and longevity to the voices of residents who call RWC home, we hope these pages help you envision what life here could mean for you or someone you love.

Whether you are just beginning to explore your options or continuing a conversation with us, we are honored to be part of your journey.

— The Marketing Team

A Strong Finish to

2025

The final months of 2025 brought remarkable energy to RWC. We experienced increased visits, conversations, Rappahannock Club deposits, reservations, and commitments which are clear indicators of growing interest and proactive planning.

This momentum reflects a broader shift we continue to see: individuals and families are thinking earlier and more intentionally about community living and life care. They are not simply planning for housing, but for confidence, connection, and long-term wellness.

As we enter 2026, that momentum continues, reinforcing RWC's role as a community where people choose to plan well, live fully, and move forward with peace of mind.



What's Available Now!

A limited number of residences are currently available at Rappahannock Westminster Canterbury, offering a range of floor plans, locations, and views designed to support a variety of lifestyles.

Available Apartments

- Elm Studio
- Gardenia – Two Bedroom, One Bath

Available Cottages

- Aster Studio
- Aster Studio Deluxe
- Birch Deluxe – One Bedroom, One Bath
- Cedar – Two Bedroom, One and One-Half Bath with Fenced-in Patio
- Dogwood Deluxe – Two Bedroom, Two and One-Half Bath

Availability changes throughout the year, and winter can be an ideal time to explore options at a comfortable, unhurried pace. Our team is happy to share details, answer questions, and help you determine which residence may be the best fit for your needs and lifestyle.

For those beginning to plan ahead, early conversations are encouraged. Joining the Rappahannock Club is an important step in the planning process and allows you to be placed on the waiting list for future availability.



Cedar



Gardenia



Science, Longevity, and Life Care: Living Well by Design

Research consistently shows that individuals who live in socially connected communities enjoy stronger physical health, sharper cognitive function, and greater emotional well-being. Meaningful daily interactions, access to wellness programs, and reduced stress all contribute to healthier, longer lives. Studies suggest that staying engaged in a vibrant community can even enhance longevity, supporting both body and mind.

RWC is intentionally designed as a longevity community where every aspect of life from programs and amenities to social opportunities is focused on helping residents thrive. Our Life Care model provides confidence for today and security for tomorrow. As needs change, care is available right here on campus, allowing residents to remain part of the community they call home. This continuity nurtures independence, stability, and a profound sense of belonging, enabling residents to focus on what matters most, knowing support is always close at hand.

Equally important is peace of mind. Knowing that future health needs can be met without uncertainty reduces chronic stress and fosters long-term wellness. At RWC, longevity is not just about adding years to life; it is about adding life to every year, supported by a community and care model thoughtfully designed for every stage.

Living Well, Every Day at RWC

At Rappahannock Westminster Canterbury, staying active, engaged, and connected is at the heart of daily life. The Living Well Program offers residents a variety of ways to maintain physical health and enjoy meaningful connections. Group classes, a heated pool, and weight training equipment provide opportunities to stay fit, while social gatherings and shared activities foster friendships and a sense of belonging. For those considering RWC as a future home, the Living Well Program is an ideal way to experience life in the community firsthand. Prospective members who join the Rappahannock Club, our priority waiting list, can enjoy a complimentary three-month trial of the program. For more information, contact Macey Augst, Lead Fitness Specialist, at 804-438-4290 or maugst@rw-c.org.

Residents consistently describe RWC as a place where life is full, supported, and meaningful. “Looking back, moving here has been one of the best decisions I’ve ever made,” says Jim M. “The transition wasn’t always easy, but every change became a positive one. I’ve discovered true community, meaningful friendships, and support I didn’t even know I needed.”

Mickey B. adds, “There are so many wonderful things about RWC that it’s hard to put into words, but the friendships I’ve made are truly special. There is always something to do, from keeping active in the Life Enrichment Center to enjoying art classes, field trips, and a variety of activities that make every day interesting.”

Susan J. reflects, “What I love most is the loving and happy family atmosphere among residents and staff, and the security of knowing that I am surrounded by these special people for the rest of my life.” Milena V. shares, “It has been nearly twenty years since I moved to the beautiful RWC campus. In that time, I’ve built enduring friendships and strong relationships with staff who dedicate themselves to our well-being. Moving here gave me the freedom to travel without

worry, knowing I am supported and cared for at every turn.”

Imagine starting your day in a spacious, sun-filled home, sipping coffee while planning what you want to do next. Perhaps you hop into your car or ride your golf cart to meet friends for a game of cards, a fitness class, or a walk across the beautifully landscaped campus. Later, you might enjoy a lively happy hour with neighbors, practice for the next community play, or volunteer on one of the many resident committees, contributing your talents and ideas to campus life. There are countless opportunities to learn a new hobby, explore your passions, and spend time with people who share your interests.

Even on quieter moments, you can relax knowing support is nearby, whether you want a peaceful morning by your window, a swim in the heated pool, or a leisurely afternoon stroll. Every day is yours to shape, filled with choice, connection, and fulfillment. Winter at RWC isn’t about slowing down, it’s about living fully, thriving in a community that gives you independence, friendship, and peace of mind.



WINTER FAQ – Your Questions, Answered

Is winter a good time to move?

Yes. Many residents find winter offers flexibility, availability, and a smooth transition. Moving during the winter allows you to settle into your new home indoors before spring arrives and the campus becomes bustling. Additionally, moving at the beginning of the year can maximize the benefits of the monthly fee medical tax deduction.

What happens if my health needs change?

As a Life Care community, RWC provides access to care as needs evolve. To ensure this access, it's important to move while you still qualify through our medical and financial assessment process. Planning ahead allows you to secure peace of mind for the future.

Will I still feel independent?

Absolutely. Independence and choice remain central to life at RWC. Our team takes care of day-to-day tasks and home maintenance so you can focus on the activities, hobbies, and friendships you enjoy most.

How does RWC support wellness during winter?

Residents have access to indoor fitness and aquatic programs, as well as a variety of social and educational offerings. You can explore all that is happening each month by requesting a copy of our *Gazebo Gazette*, our monthly resident newsletter, or by visiting our website.



Is help available with downsizing and moving?

Yes. Our team can connect you with local resources and services to make downsizing and moving as smooth and stress-free as possible.

Stay Connected with RWC

See daily life, events, and resident experiences by following us on social media. Our Facebook page offers a glimpse into the vibrant, engaging life at RWC, from wellness programs and social gatherings to special events and everyday moments that make our community unique.

Winter is a season for reflection. When you're ready, we invite you to connect, visit, or continue the conversation.



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