



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 41, Issue 3

MARCH 2026

# Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

**FEBRUARY 26th** AT THE LIFE ENRICHMENT CENTER LOBBY.

**CHECK PAGE 8 FOR CULINARY SERVICES INFORMATION!**

**DERBY CAR DESIGNING SEMINAR\***

**Wednesday, March 4th-11:00AM-Auditorium**

Learn some secret tips and tricks from the winner of the RWC pinewood derby!

**CUPS & CLAWS CAT CAFÉ & LUNCH\***

**Thursday, March 5th-10:00AM Cost=\$11 + Lunch\$**

Visiting Cups & Claws Cat Lounge is about getting quality time to play, relax, and interact with dozens of available rescue felines getting ready for furever homes. And the cats benefit too... you're helping socialize these homeless kitties! Not only does our cat lounge give you a chance to unwind with these cute rescues, but your visit helps give a cage-free life for them until adoption whilst experiencing a loving, vibrant place to live.

**FRIDAY FORUM:**

**JONATHAN MCCROBIE, IT\***

**Friday, March 6th-8:30AM-Lancaster Room**

Topic: The benefits of A.I. Learn how Artificial Intelligence is saving time and creating new business opportunities for everyday individuals .

Sign-up Required. LIMIT=50

**RAPPAHANNOCK MUSIC STUDY CLUB\***

The NNO's Michael Repper teaches a musical lesson to the Rappahannock Music Study Club

**Friday, March 6th-10:30AM-Auditorium**

The Rappahannock Music Study Club presents a learning session led by the Northern Neck Orchestra's Music Director Michael Repper. Repper will deconstruct a couple of well-known classical pieces on the piano, breaking down their form for better appreciation of the music itself.

The Rappahannock Music Study Club brings together musicians and non-musicians who share an interest in learning about and supporting an appreciation of music in all of its forms, ranging from jazz to classical and everything in between. The Club has been in existence for over 30 years, demonstrating its vibrant appeal. Many of our meetings include music that is performed live in small intimate settings. Members are encouraged to bring their friends and families.

Please join us in the Lancaster Room for an Open House honoring **Kathi Bramblet** on her **80<sup>th</sup> Birthday** Saturday March 7, 2026 2 – 4pm  
No gifts please  
Hosted by her family

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

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BLOG

**RESIDENT ASSOCIATION COMMITTEE MEETINGS: OPEN TO ALL**

Food Committee– March 9 at 2PM –Corrotoman Room

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

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

Grounds and Landscaping Committee– April 22 at 10AM-Corrotoman Room

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>KEY</b> <b>APT</b> Apartment Lobby <b>AR1</b> Art Room #1 <b>AR2</b> Art Room #2 <b>ATR</b> Atrium <b>AUD</b> Auditorium <b>BLR</b> Boiler Room <b>CGR</b> Chesapeake Game Room <b>COR</b> Corrotoman Room <b>CPL</b> Chapel <b>DRB</b> Dining Room Breezeway <b>FCR1, 2 or 3</b> Fitness Classroom # <b>FPL</b> Front Parking Lot <b>FRL</b> Front Lobby <b>GAL</b> Gallery Hall <b>HOB</b> Hobby Room <b>KCT</b> King's Court <b>LAN</b> Lancaster Room <b>LEC</b> Life Enrichment Center <b>LIB</b> Library <b>LVG</b> Lakeview Grille <b>MSP</b> Main Street Pub <b>OTR</b> Outpatient Therapy Room <b>RAP</b> Rappahannock Room <b>RCL</b> Resident Clinic <b>TGP</b> Thomas Garden Patio <b>WCN</b> Westbury Center <b>WCR</b> Westbury Club Room	10:00-MSP-Quaker Meeting 3:00-MSP-RWC Community Worship Service 4:00-CGR-Grace Church Eucharist	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:00-AR1-NNK Crafters 11:00-AUD-Parkinson's Care Partners Group 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support 4:30-AUD-Caregiver's Memory Support Group	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AUD-Rill Course* 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	<b>Formal Dining Reservations Close at 3:00PM each Week</b> 8:00-LEC-Walking Group 10:00-FPL-LCL Book Mobile 10:00-AUD-Resident's Association Board Meeting & Updates with Stuart <b>11:00-AUD-Derby Car Designing Seminar*</b> 2:15-AUD-Movie: Green Book 7:00-CGR-Poker Group	10:00-FRL-Visit Cups & Claws Cat Café & Lunch* 1:00-AUD-RILL Course* 1:00-CGR-Great Decisions* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary	8:30-LAN-Friday Forum: Jonathan McCrobie, IT* <b>10:30-AUD-Rappahannock Music Study Club*</b> 11:30-LVG-Amatuer Radio Club 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball 2:00-LAN-Kathi Bramblet's 80th Birthday Celebration 4:00-MSP-BYOB Pub Night 6:15-FRL-Northern Neck Orchestra*
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	<h1>MARCH 2026</h1> 			

**FROM THE PRESIDENT & CEO**

We are ever so slowly inching toward Spring after the opportunity to enjoy all the winter elements in one weekend and for several days thereafter. We were extremely blessed to maintain power through the freezing rain and the howling gales the weekend after. Our staff teams, supported by our inclement weather contractors, did an amazing job removing the snow and ice, and other staff teams worked long hours and stayed on-site to provide necessary care, services, and food and stand ready for power outages. On to warmer thoughts...

We welcome three new Trustees to the Board who have expertise in non-profit operations, social and community services, and banking and real estate. Jonathan Putt, Philanthropic Advisor from River Counties Community Foundation; Edna Davenport, retired Director of Social Services for Lancaster County; and David Dew, managing broker of Isabell Horsley Real Estate join the Board, and Dr. Shannon Kennedy, President of Rappahannock Community College, begins a second term. We are fortunate to have the wisdom, expertise, and guidance of our Trustees to govern RWC as we carry out our mission.

Alongside the weather activity, we have been very busy with projects behind the scenes. The elevator modernization project is nearing completion later this month as the elevators are recertified. Departments across RWC are building our new Electronic Health Record system that will be implemented later this summer. Marketing has been very busy welcoming new residents, conducting seminars and designing a new website for RWC. Updates on these and other projects are provided at our monthly *Happenings* meeting.

I close thanking all residents for the Staff Appreciation video that was prepared in the weeks leading to Valentine's Day. The individual, heart-felt expressions of appreciation and gratitude for the staff really were blessings and affirmation of the care and service we are privileged to provide. We are humbled by your thoughts and so very thankful. Thinking warm thoughts, enjoy the upcoming spring in our wonderful neighborhood.



**CULINARY SERVICES GROUP**

**Grand Re-Launch of the Formal Dining Room**

We are thrilled to announce the highly anticipated return of our premier culinary experience! The formal dining room will officially re-launch on Friday, March 6, 2026, at 5:00 PM. We will mirror the same menu selections as the grille. Our primary goal is to successfully kickstart this program while ensuring our dedicated team members become fully comfortable and proficient in delivering the high-standard service you deserve. To ensure a seamless and intimate experience, we will begin by accepting 25 reservations every Friday. Residents will be able to call and reserve space with Mr. Willis our Administrative Assistant at **804-438-4016**.

To ensure that every member of our community has a fair opportunity to indulge in this wonderful experience, we will maintain a detailed reservation log. This allows us to track participation and ensure that the opportunity to dine is shared among all residents. Reservations will be handled on a first-come, first-served basis, and will follow a strict weekly schedule to allow our culinary team time to prepare. For our grand opening on March 6, reservations will officially open on Wednesday, February 25, 2026, at 10:30AM. The window for the inaugural dinner will close on Wednesday, March 4, 2026, at 3:00 PM. Moving forward, the standard schedule will remain consistent: reservations will open each Wednesday for the following week's service and will close the following Wednesday at 3:00 PM.

We sincerely thank you for your patience and enthusiasm as we navigate this new atmosphere and strive to create an unforgettable dining experience for you all.

**Attention Residents: Join us for a festive St. Patrick's Day celebration at the Lakeview Grille!**

We are excited to announce a special menu featuring traditional Irish favorites and seasonal delights. This holiday meal will be served during our dinner service starting at 5:00 PM, on March 17, 2026. Our culinary team has prepared a selection of hearty entrees and authentic sides to mark the occasion:

- Soup: Classic Potato Leek Soup
- Bread: Irish Soda Bread
- Entrée Selections: Hearty Irish Beef Stew or Bangers and Mash
- Side Dishes: Sautéed Cabbage, Glazed Baby Carrots, and Red Garlic Mashed Potatoes
- Dessert: Chocolate Mint Layered Pie

We look forward to seeing everyone in their best green attire for an evening of great food and community spirit! Diet friendly options will be available as well.

**NORTHERN NECK ORCHESTRA\*  
Saturday, March 7th-6:15PM-Front Lobby**

The orchestra will present Felix Mendelssohn's Symphony No. 5, "Reformation," Carlos Simon's Amen!, Adolphus Hailstork's Three Spirituals and James Johnson's Victory Stride.

**TRADER JOE'S, & LUNCH\*  
Tuesday, March 10th-9:00AM-Front Lobby  
LIMIT=10 Cost=Shopping/Lunch\$**

**LUNCH BUNCH: YROC  
IN GLOUCESTER POINT\*  
Friday, March 13th-10:30AM-Front Lobby  
LIMIT=13 Cost = Lunch\$**

YROC Coastal bar and Grill has been serving up local favorites paired with culinary innovation using only the freshest, highest quality ingredients since 2020. Great cuisine paired with stunning coastal views, legendary crushes and amazing craft cocktails have made YROC one of Virginia's top restaurants.

**INDIAN CREEK DINNER OUT\*  
Thursday, March 19th-5:00PM-Front Lobby  
LIMIT=13 Cost= Dinner\$**

**LANCASTER PLAYERS: THE PRISONER OF SECOND AVENUE\*  
Sunday, March 22nd-2:30P-Front Lobby –  
Cost=\$30**

Mel Edison has a great job, a nice apartment, and a slowly dying collection of houseplants. Then his fancy Manhattan firm tanks and he's fired. No problem—his wife, Edna, gets a job... until she's fired too. Meanwhile, the air pollution is murdering the greenery, the paperthin walls broadcast every detail of the neighbors' love lives, and Mel's sanity is hanging by a thread. Just when he thinks it can't get worse, his apartment is burglarized—and his psychiatrist dies holding \$23,000 of Mel's money. At this point, a nervous breakdown isn't just understandable; it's practically selfcare. And somehow, it turns out to be the best thing that ever happened to him.

**TOUR OF SHANNON AIRPORT MUSEUM IN FREDERICKSBURG\***

**Tuesday, March 24th-9:00AM-Front Lobby  
LIMIT=13 Cost=\$18 + Lunch\$**

In the mid-1970s, Shannon Jr. founded the Shannon Air Museum, home to an extraordinary collection of rare aircraft from the Golden Age of flight.

**TOUR THE HOLOCAUST MUSEUM IN RICHMOND & LUNCH AT STATION 2\***

**Thursday, March 26th -9:30AM-Front Lobby  
LIMIT=13 Cost=\$10 + Lunch\$**

Rescheduled from January... Enjoy a guided tour of the museum and lunch at Station 2.

**MARCH ARTIST OF THE MONTH:  
RUTH FISHER**

Ruth Fisher of Irvington may be down, but she's not out. After retiring as the receptionist at Rappahannock Westminster-Canterbury last year, she fell and broke her hip. Two hip surgeries and two back surgeries later, she is now learning to walk again.

Despite having to use a walker or two canes, she isn't missing a beat. Fisher's beautiful photography will be on display in RWC's Gallery Hall throughout the month of March.

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

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

From cementing a legacy of television and film stardom to building a multimillion-dollar brand that celebrates Black beauty, Tracee Ellis Ross has spent her life breaking molds and making space — for herself and for others. In this evening of conversation, she will open up about her career, her passions, and the power of showing up as your whole self. Expect reflections on creativity, courage, and joy — with the signature humor and honesty that have made her a beloved cultural force.

**Monday, April 20—John Green: Perpetually Curious**

## FITNESS CENTER NEWS

### Beginner Tai Chi Class

The link between body and mind is breath, and any one of the three affects the other two. If your mind is running at a hundred miles an hour, then your body and breath will start racing also; the response of the body will be an automatic release of stress hormones and a feeling of anxiety. Breath will be shallow and rapid.

If, on the other hand, the body slows down, then the mind and the breath slow down also. Think of the body at rest, or even asleep, and the breath becomes soft, mental activity is minimal. Peace falls over the mind and the body like a warm blanket. This is the magic of Tai Chi.

Tai Chi has many physical benefits, but the movements are accompanied by deep breathing that slows the mind, creates feelings of peace, a focused mind, a relaxed but energized body, and helps prevent arthritis, improves balance, and increases well-being.

Chi gong is the sister companion to Tai Chi. Gentle movement and breath are used to cultivate positive energy and increase awareness of the way energy flows through the body.

Using these techniques, we have created an enjoyable and energizing forty-five-minute class. The beginner's class will be held Wednesday and Fridays at 10:00am. Virtually all fitness levels can participate, and all are welcome. Sign-up sheets are available in the Life Enrichment Center.

### March Madness Bracket Challenge

The Madness is BACK! If you would like to participate in our bracket challenge, please come to our bracket fill out station at the LEC desk on Monday, March 16<sup>th</sup>. We will have men's and women's brackets available. The individual with the most correct selections wins a prize!

On April 2<sup>nd</sup>, at 1:30pm in the auditorium we will be hosting our very own March Madness Tournament! We will have our competitors participate in a 45 second shootout on our basketball hoop! If you would like to participate, please sign up in the LEC Binder! For those who want to witness and cheer on the Madness,

come be a part of the crowd! Snacks and drinks will be provided.

### Blood Pressure

Join us on Wednesday, March 18<sup>th</sup> for a healthy snack and blood pressure check in the Life Enrichment Lobby from 9:00-12:00.

## RILL CLASSES AT RWC\*

**Sign-up with Amy Hinson-Brochures are available at LEC sign up table. Classes are filling up fast**

**The Civil War: Historical Fiction and Popular Media** (\$35) Residents=\$10

Rappahannock Westminster-Canterbury, Irvington  
Instructor: Keith Kehlbeck

**Tuesdays, March 3, 10, and 17-1 p.m. to 3 p.m.-Auditorium**

From *Gone with the Wind* to *Glory* and Ken Burns' PBS series *The Civil War*, America's greatest ordeal has been portrayed in books and on screen in countless ways. These media have sometimes presented Civil War events and personalities with anecdotal, sanitized, or exaggerated storylines that reinforce popular narratives. How accurate are historical Civil War novels and films? Is the myth of the "Lost Cause" real—and how has it been promoted over time? How have documentaries shaped public understanding of the causes of war and motivations? This course examines how the Civil War is depicted in books, movies, media, and the myths from the years immediately following the conflict to the present day.

**Powerful Knights: The Catholic Military Orders in the Crusades and After** (\$35) Residents=\$10

Rappahannock Westminster-Canterbury, Irvington  
Instructor: Michael Knapp

**Tuesdays, April 7, 14, and 21-10 a.m. to 12 p.m.-Auditorium**

This course explores the three major Catholic military orders founded during the Crusades to protect European pilgrims in the Holy Land: The Knights Templar, the Knights Hospitaller, and the Teutonic Knights. We'll examine how each order evolved after the Crusades and uncover the dramatic story behind the downfall of the Templars. We'll also look beyond legend to understand what life was truly like for a medieval knight—both within and outside these military orders. Far from the romanticized images shaped by Arthurian tales, a knight's world was dangerous, demanding, and often short-lived. To bring the era to life, the course concludes with the remarkable story of the man often called the greatest knight who ever lived, and the powerful rulers he served: King Henry II of England and Queen Eleanor of Aquitaine.

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

### RW-C Library

#### Donors

Thanks to our February 2026 book donors:

Helene Braatz  
Kerley Leboeuf  
Jenny Saam  
Loretta Warren  
Darryl Adams

You can see the book covers of new additions to our library on Uniguest: open your Community App, click on RWC Library, click on New to the Library. Enjoy browsing!

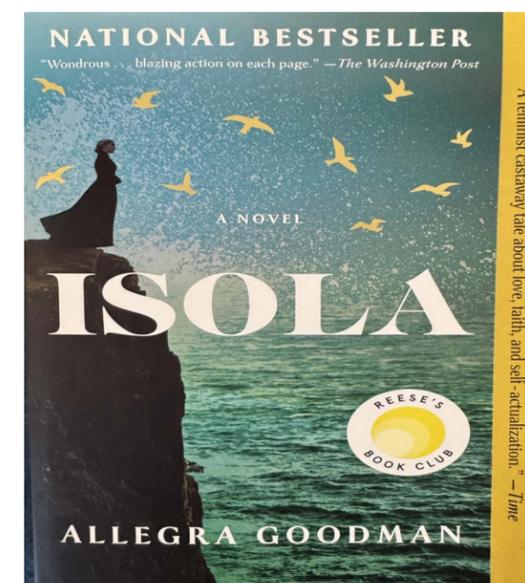
#### News

The temporary mini-library in the pub room is still available 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.

#### Book Group

The book selection for March is "ISOLA" by Allegra Goodman. This is a historical fiction novel that tells the story of Marguerite de la Rocque, a 16<sup>th</sup> century French noblewoman who was marooned on an island in the new world as punishment for an affair. It follows her journey from a life of privilege to a fight for survival against nature and explores themes of love, faith, and female resilience in a patriarchal society.

All readers are welcome to join the discussion on Monday, March 23<sup>rd</sup> 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.



### **MARCH MOVIE MATINEES** Matinees are at 2:15PM in the Auditorium.

**Popcorn and assorted drinks are provided.**

**Green Book:** Wednesday, March 4th

A working class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960s American South. **2h4m rated PG-13**

**The Laundromat:** Wednesday, March 11th

When a widow gets swindled out of insurance money, her search for answers leads to two cunning lawyers in Panama who hide cash for the super-rich. **1h36m rated R**

**Soul on Fire:** Tuesday, March 24th

Facing unimaginable odds, a boy who survives severe burns goes on to transform his past into a message of hope and resilience in this heartfelt biopic. **1h52m rated PG**

**Taxi Driver:** Friday, March 30th

A mentally unstable veteran works as a nighttime taxi driver in New York City, where the perceived decadence and sleaze fuel his urge for violent action. **1h48m rated R**

## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### Where did Valentines Day come from and why February?

*Valentinus* was a relatively common name in the late Roman Empire, and historical records point to several Christian martyrs named *Valentinus*. The earliest reference is to a saint buried on February 14 outside of Via Flaminia, in Italy. Not much is known about this saint. Ancient Rome was a difficult place to be a Christian. According to some accounts, *Valentinus the Presbyter* was thrown in jail under the rule of *Claudius II* for officiating at Christian weddings. *Presbyter* means "priest" or "elder," a person in leadership in the underground Christian community. While he was in jail, *Valentinus* impressed Emperor *Claudius II* by healing the blindness of a jailer's daughter. Eventually the emperor condemned *Valentinus* to death for trying to convert him to Christianity, at which time he became a martyr for the church. In some versions of the story, *Valentinus* sent a letter to the jailer's daughter and signed it "your Valentine."

### February is also Black History Month!

#### Key Historical Figures & Leaders

- **Harriet Tubman:** Renowned conductor of the Underground Railroad who risked her life to lead enslaved people to freedom.
- **Dr. Martin Luther King, Jr.:** Leader of the civil rights movement who advocated for equality through nonviolent protest.
- **Rosa Parks:** Known for her pivotal role in the Montgomery bus boycott, sparking the modern civil rights movement.
- **Frederick Douglass:** A prominent abolitionist, author, and orator who fought for the freedom of enslaved people.

**Sojourner Truth:** Abolitionist and women's rights activist famous for her "Ain't I a Woman?" speech.

All of our people here at RWC with whom we celebrate Black History. You may not make the history books, but your dedication and commitment here at RWC is well noted. THANK YOU!

There are many others as well but space limits their mention. These people fought for the rights and respect of blacks. I do not begrudge a Black History month. I appreciate all that these individuals did. **But I long for unity!** I do not know if it will ever come to our country, but we can certainly endeavor to ensure it takes place here at RWC, that we unite as One Race, One People under God, with liberty and justice for all!

God created us with differences and made each of us unique. But that does not mean that one is better than another. You and I were created in the image of God. I believe as I look into scripture that God never did that to create division, but rather as a testament, as is all creation, to His intelligent and creative design. We can have **Unity amongst Diversity!** So, **Let there be peace on earth and let it begin with me.**

#### 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 2<sup>nd</sup>** 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 4<sup>th</sup> Monday of the month in Art Room 2.

**No Worship Services on March 29th due to the Community Hymn Sing. All are welcome and encouraged to join at 2:00PM in the Auditorium.**

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### ACTIVITIES SAVE THE DATE!!

Save the date for special events coming up at our weekly Saturday Pub Nights (4 to 6 pm). March 14<sup>th</sup> is the St. Patrick's Day event; and on March 21<sup>st</sup> we will welcome the first day of Spring.

Thursday, April 16th we are planning a sock-hop after dinner dance so get excited and look for more information soon!

### MONARCHS:

On the first half-way warm day after the winter holiday season, you just know that someone is going to ask when will we see our first Monarch butterfly this year? Well, it depends....

Environmental factors including daylight and air temperature drive migration. When the weather warms and when milkweed, critical for reproduction, becomes available, the Monarch knows it is time for action. The same super butterflies that made the journey south the previous autumn begin to fly north. Most leave their winter habitats within a two-week window in mid-March. The journey for the Eastern North American population can span over 3,000 miles. They migrate by day, traveling some 20 to 30 miles, and roost in clusters at night.

But these super butterflies do not complete the journey. They fly to breeding territories in the southern United States where they lay eggs from late March through April. These eggs result in the first generation of offspring. Each successive generation travels further north and it will take up to 3 months for 3 or 4 generations to reach the northern U.S. and Canada to complete the journey since these butterflies live a much briefer life than the over-wintering generation. Their life span is only 3 to 5 weeks, compared to the 8 to 9 months for the over-wintering super butterflies.

So, when will we see our first Mon-

archs? It depends.....

This year, observers reported that warm and sunny days triggered increases in activity in Mexican over-wintering areas by mid-February. There was evidence of mating and butterflies were seen with worn and dull colored wings, both signals that the end of the over-wintering season is near. Researchers still have much to learn about the migration north, relying on individuals who report first sightings of Monarchs every spring. These observations come from every U.S. state and 7 provinces in Canada. Based on data collected over a 6-year period from 1997 to 2002, researchers found a striking regularity of the migration pattern year to year, though the average arrival dates at different latitudes and the duration of migration varied between years. It is believed that annual variations may stem from differences in environmental conditions or timing of milkweed emergence. Research continues.

So, when will we see our first Monarch?

Who knows? But last year by May 7 we had in our enclosure one chrysalis and four large caterpillars almost ready to transform into chrysalides. By May 16, we were housing eight chrysalides and on May 17, two of these became butterflies. As we get into April, we will be monitoring Monarch websites to track the progress of sightings as they grow closer to our area and will share that information with you.

In the meantime - plant more milkweed!

### RAINFALL REPORT

January 2.42"

February as of 02/23/26 is 3.45"

**RESIDENT ASSOCIATION BOARD MEETING & HAPPENINGS WITH STUART WILL FOLLOW**

**Wednesday, March 4th-10:00AM-Auditorium**  
All are Welcome!

**DR. ROBERT CHAPMAN: DON'T SWEAT THE SMALL STUFF\***

**Wednesday, March 11-10:00AM-Auditorium**  
Join retired professor from Drexel University's College of Nursing and Health Professions for a conversational workshop to explore how not to let the stuff that happens in life lead to stress, anxiety or general worry. Selected quotes, stories, and parables will complement key takeaways from Richard Carlson's book, *Don't Sweat the Small Stuff... and It's All Small Stuff*, Helping attendees recognize and release unnecessary worry.

**RUPERT WATES IN CONCERT\***

**Monday March 16th-2:00PM-Auditorium**  
Rupert Wates was born in London and studied at Oxford University. He began his full-time songwriting career in the late 1990s. Since relocating to the United States in 2006, Wates has made his home between New York City and Colorado and has earned more than 50 songwriting and performing awards. His music is an eclectic blend of acoustic, melodic art/folk infused with elements of jazz, vaudeville, and cabaret. He has released twelve solo albums, each earning critical acclaim and international airplay.

**BILL JENKINS & THE VIRGINIA MOUNTAIN BOYS\***

**Wednesday, March 18th-4:00PM-Auditorium**  
Virginia Musical Museum Hall of Fame member, Bill Jenkins, and the Virginia Mountain Boys, bring to life the authentic music of the Southern Appalachian Mountains including many early bluegrass and camp meeting favorites. This legendary group performs universally loved, but seldom heard, songs and music that capture a gamut of emotions. Bill is considered to be one of the best cross picking guitarist in the country and has performed on the White House lawn and at the National Press Club among many prime venues. Sit back and be prepared to tap your feet and sing along.

**I'M STUFFED COOKIE SALE**  
Thursday, March 19th-11:00AM-1:00PM-Atrium

**HIBACHI MOBILE FOOD TRUCK**  
**Friday, March 20th-11:00AM-1:30PM-Parking Lot**  
They offer flavorful hibachi steak, fresh vegetables, and tasty yum-yum sauce. The seafood is cooked to perfection, and they provide generous portions. Customers appreciate their fair prices & friendly service.

**THE GILDED SPOON CONFECTIONS**  
**Friday, March 20th-11:00AM-1:30PM-Atrium**  
Two friends sharing their passion for creating delicious confections from our home Bakery.

**JACKPOT BINGO PIZZA PARTY\***  
Wednesday, March 25th-4:00PM-Auditorium  
Sign up required. Cost= \$3 cash per bingo card  
Pizza order forms available at sign up desk.

**MACULAR DEGENERATION GROUP**  
Thursday, March 26th-1:00PM-Main Street Pub

**"STRANGER THAN FICTION: GREAT ART HEISTS IN HISTORY" SPEAKER ANNE KENNY-URBAN, EXECUTIVE DIRECTOR OF AGECROFT HALL & GARDENS IN RICHMOND.\***

**Friday, March 27th-3:00PM-Auditorium**  
Anne will reveal: what Japanese gangsters, bear spray, and daring boat getaways have in common with noteworthy art thefts" Find out who got caught ... and who did not," Those attending will travel the globe learning why museums from Amsterdam to Zimbabwe have been targets for thieves and what tools the thieves used to elude detection.

**GREAT DECISIONS 2026 CONTINUES..**  
Meets every Thursday beginning February 12 through April 9 at 1:00PM in the Chesapeake Game Room.

*Dearest residents and coworkers, I'm sending a heartfelt and emotional thank you for a beautiful send off. From the retirement reception to the pot luck lunch, all of the kind words written in the numerous cards, and the personal spoken words, it was all just so wonderful. I miss everyone already, but it was time for me to go. I won't stop thinking about you or caring about you. You have been like family to me, and whether you realize it or not, you have carried me through both bright and dark moments. I wish all the best to each of you. Sincerely, and with love, Nurse Lois*

Dear RWC Residents & Staff,  
Thank you so much for your support during a very difficult season for my family. While my father was in the hospital and after he passed coming to work at RWC gave me a safe place to enjoy my days while we were falling apart at home. Your kind words and cards have been so appreciated.  
Sincerely,  
Bonny & Family

**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."

**Let's Get Creative!**



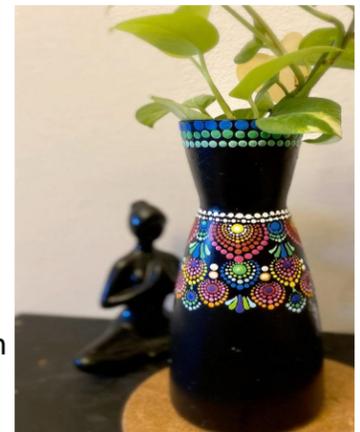
**Terra Cotta Pot Paint Pour\***  
Monday, March 9-3pm  
Art Room 2 LIMIT=5



**Mosaic Art\***  
Thursday, March 12-10am  
Art Room 2 LIMIT=5



**Making Batik Scarves—Pt 1& Pt. 2-must come to both\***  
Monday, March 16-11am  
Friday, March 20th-11am  
Art Room 2  
LIMIT=6



**Design Your Own Flower Vase: Dot Art\***  
Friday March 27th at 11am  
Art Room 2  
LIMIT=6



**Step by Step Acrylic Painting\***  
Monday March 30th 11am  
Art Room 2 LIMIT=6

**Bedazzling Cat Eyeglasses\***  
Tuesday, March 31st 3:30pm  
Art Room 2 LIMIT=10