



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 41, Issue 4

APRIL 2026

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

March 27th AT THE LIFE ENRICHMENT CENTER LOBBY.

HAPPENINGS WITH STUART

Wednesday, April 1st-1:15PM-Auditorium

NOTHING BUNDT CAKES SALE

Thursday, April 2nd- 11AM-2PM-Atrium

FIRST FRIDAY FORUM: RHONDA TOMPKINS- COMPASSION INTERNATIONAL*

Friday, April 3rd-8:30AM-Auditorium

Compassion partners with local churches in impoverished communities throughout Africa, Asia, Central America, the Caribbean and South America. With the local church and the support of child sponsors around the globe, they introduce vulnerable children to Jesus as well as meeting their critical needs.

By providing nutritious food, medical care, protection and other life-giving essentials, we empower children to reach for freedom from child poverty *in Jesus' name*. Currently, there are 29 Compassion International countries serve.

STAINED GLASS WORKSHOP IN HARTFIELD, VA*

Tuesday, April 7th-12:40PM-Front Lobby. LIMIT=10 (Need 4 to offer class & transportation) Cost= \$80

includes: 3 hour instruction, materials & supplies needed to create a stained glass suncatcher.



WORLD WAR II HISTORIAN MARSHALL ORR TELLS A TALE OF 2 BROTHERS*

Wednesday, April 8th-1:00PM-Auditorium

Marshall Orr was born a year after World War II began. Although he had a father and uncle who served in Europe, he didn't know what they did there.

He later found out about their fascinating roles and invites Rappahannock Westminister-Canterbury (RWC) residents and the local community to find out the "rest of the story".

The talk is open to the local community. Please sign up. Guests will RSVP by April 6 by calling 804-438-4024 or emailing Amy Hinson.

COLONIAL PARKWAY MURDERS* SPEAKER DETECTIVE PLOTT

Wednesday, April 22nd-10:00AM-AUD

Danny Plott is a 40 year veteran of law enforcement. He started his career with the Richmond, VA PD in 1976. He joined the Virginia State Police in 1979 and retired in 2013. He was the Chief of Police in Colonial Beach, VA from 2015 to 2018. His involvement with the Colonial Parkway Murders took place when he was appointed to an FBI Task Force investigating the murders. When he retired from VSP, no suspect had been tied to the murders. Thanks to the hard work and dedication of the men and women of the VSP and the FBI, in 2024, a suspect was found through a DNA match. He has now been tied through DNA to two of the four Parkway murders and two separate single murders.

**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– April 13 at 2PM –Corrotoman Room

Activities Committee– April 8 at 10AM—Art Room 2

Community Wellbeing Committee– April 10 at 10AM—Corrotoman Room

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

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<h1>April 2026</h1>		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.	8:00-LEC-Walking Group 10:00-FPL-LCL Book Mobile 11:00-AR2-Making Yarn/Rafia Baskets* 1:15-AUD-Happenings with Stuart 7:00-CGR-Poker Group 1	1:00-CGR-Great Decisions* 11:00-ATR-Nothing Bundt Cakes 1:00-CGR-Great Decisions* 1:30-AUD-March Madness Tournament* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 2	8:30-AUD-Friday Forum: Rhonda Tompkins- Compassion International 10:00-ATR-Paparazzi Sale 11:30-LVG-Amatuer Radio Club 1:00-CH85-Climate Crisis 2:15-FCR--Cornhole 3	10:00-FCR-Seated Volleyball 10:30-AR2-Community Wellbeing Opportunity* 4:00-MSP-BYOB Pub Night 4
10:00-MSP-Quaker Meeting 11:00-LVG-Easter Brunch 2:00-AUD-Singing Group 3:00-MSP-RWC Community Worship Service 4:00-CGR-Grace Church Eucharist 5	10:00-FRL-Shopping* 10:00-AR1-NNK Crafters 1:00-CGR-Catch Phrase 4:30-AUD-Caregiver's Memory Support Group 6	10:00-AUD-RILL Course* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 12:40-FRL-Stained Glass Workshop* 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 7	8:00-LEC-Walking Group 10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 11:00-BLR-Marketing Idea Meeting 1:00-AUD-Presentation by Marshall Orr, Brothers in War* 7:00-CGR-Poker Group 8	Pump in for Parkinson's all day event in the Atrium 11:00-FRL-Lunch Bunch: Hole in the Wall Waterfront Grill* 1:00-CGR-Great Decisions* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 9	10:00-COR-Community Wellbeing Committee 11:00-AR2-Suncatchers* 11:30-LVG-Amatuer Radio Club 2:15-FCR--Cornhole 2:15-Movie: Hairspray 10	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 11	
12:30-FPL-Williamsburg Players: The Revolutionists* 12:30-CPL-Holy Communion 3:00-MSP-RWC Community Worship Service 12	8:30-FRL-Fiber Guild Field Trip* 10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 2:00-COR-Food Committee 3:00-CGR-Documentary: Bandstand Days* 13	9:00-FRL-Trader Joe's * 10:00-AUD-RILL Course* 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 14	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 7:00-CGR-Poker Group 15	2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 6:00-Rock & Roll Sock Hop* 16	11:00-AUD-Presentation by the Virginia Department of Health, Shellfish Division* 11:00-FPL-On the Flip Side Food Truck 11:00-ATR-Popup Sale: NNK Clay Company 11:30-LVG-Amateur Radio Club 2:15-FCR--Cornhole 17	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 18	
3:00-MSP-RWC Community Worship Service Deadline for Gazebo Gazette Articles by NOON on the 20th 19	10:00-FRL-Shopping* 10:00-AR1-NNK Crafters 11:00-AUD-Parkinson's Awareness Event* 10:30-COR-RWC Book Group 1:00-CGR-Catch Phrase 2:15-CGR-Richmond Forum: John Green: Perpetually Curious 20	9:00-FRL- Statewide Special Election* 10:00-AUD-RILL Course* 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 21	EARTH DAY/garden week 8:00-LEC-Walking Group 10:00-AUD-Colonial Parkway Murders, Detective Plott* 10:00-COR-Grounds & Landscaping Committee 2:15-AUD-Movie: Everything Must Go 7:00-CGR-Poker Group 22	10:30-FRL-Belle Grove Plantation Tour & Tea* 1:00-MSP-Macular Degeneration Group 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 23	10:00-AR2- Spring Painting* 11:30-LVG-Amateur Radio Club 2:15-FCR--Cornhole 5:00-AUD-Welcome Reception 600 & 700 Blocks (by invitation) 24	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 25	
3:00-MSP-RWC Community Worship Service 26	10:00-FRL-Shopping at Walmart* 10:30-CGR-RWC Book Group 1:00-AR2-Catholic Communion 2:15-Movie: Seven Days in Utopia 27	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 28	8:00-LEC-Walking Group 1:00-AR2-Garfield's Rescue Kitty Visits 2:00-AUD-Documentary: The Extraordinary Caterpillar* 7:00-CGR-Poker Group 29	9:00-FRL-Antique Artisan Market & Lunch (Newport news)* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 30	MAY 8:30-First Friday Forum: Sydney Freishtat, Equine Specialist 10:00-ATR-Paparazzi Sale 11:30-LVG-Amateur Radio Club 1	6:00-7:00PM-AUD-Kentucky Derby Watching Party* 2	

- 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

Remember in last month's Gazette article I referenced "slowly inching toward Spring?" I think that has reduced to a snail's pace or turtle speed. Anyway, continue to think warm thoughts and soon enough we will be complaining about how hot and humid it is. I am ready.

Despite all forms of winter precipitation in one day, we are warm and busy inside with all the activities RWC has to offer. We enjoyed the stunning local photography of Ruth Fisher at the March Gallery Hall display. Art and craft projects are always underway in the Life Enrichment Center. Gardeners are patiently getting ready for Spring planting. Our landscaping team and contractors are mulching and preparing for Spring as weather allows. And, I notice a slight uptick in Fitness Center workouts as you prepare for Spring.

Recently modernized elevators were re-certified and placed in service in the Apartment Building and the Front Lobby. The Apartment Building halls and lobby received new paint. The Lancaster Dining Room was painted as well just in time for the start of waited service for Friday evening dining.

Marketing hosted a Downsizing Seminar and is preparing for a Resident Panel for prospective residents – we appreciate several of our residents participating in this panel discussion. Our Health Services, At Home, and Business Office teams continue to work on building and preparing for our new Electronic Health Records system.

Recently the Foundation Board met and as part of their governance, they received a report on investments managed by Chesapeake Wealth Management (CWM). One of the portfolios they manage for the Foundation is the Health Education and Support Endowment which has grown to over \$740,000 since being endowed. That is an amazing accomplishment and investment toward educating caregivers of the future.

I wish you Happy New Year (our fiscal year starts April 1). The Staff and I wish you a peaceful and meaningful Easter as we are privileged and blessed to care and serve our resident and client community.

WE WANT TO HEAR FROM YOU – RESIDENT MARKETING IDEA MEETING

We know you have amazing ideas, and we'd love for you to share them! Join us on Wednesday, April 8 at 11 AM in the Boiler Room for a relaxed, informal meeting.

We'd love to hear your thoughts on:

- How we can show off life at RWC
- Fun stories, photos, or experiences that make our community special

Creative ideas for events or ways to spread the word about RWC

Come share your ideas with us! You know RWC best, and your voice can help shape how we tell our story!

MONARCHS:

The first monarchs to begin the spring migration left Mexico's El Rosario Sanctuary in mid-February. As of March 7, less than half the total population remained there. Journey North sightings have picked up in Texas and sightings have been reported, though not yet confirmed, in Oklahoma. For comparison, last year's first confirmed sighting in Oklahoma was received on March 18.

Other sightings have been reported from Fernandina Beach, Florida, Brunswick, Georgia, and New Orleans, Louisiana. While there are monarchs that over-winter in Florida, not much is known about this population. So, the origin point of these sightings is unknown.

Project Monarch is a collaborative effort founded by Cellular Tracking Technologies and the Cape May Point Arts and Science Center. They began operations last fall by deploying over 400 tiny tracking transmitters on migrating monarchs. These transmitters allow researchers and the public to track the flight of individual monarchs using their app. In early February, the team continued their efforts by tagging monarchs at the El Rosario Sanctuary. One butterfly, designated CH1018, has been making its way in a north-westerly direction from the sanctuary. Will he continue west or veer off to the east? Time will tell.

As a reminder, last month we noted that we had caterpillars and one chrysalis in our LEC enclosure on May 7. By May 16, we were housing eight chrysalides and on May 17, two of these became butterflies. We are getting closer every day! As always, plant more milkweed!

Please sign up for free plugs in the "sign up book" in the LEC before about 15 April.

LUNCH BUNCH: HOLE IN THE WALL, GWYNN'S ISLAND IN MATHEWS, VA*

Thursday, April 9th-11:00AM-Front Lobby
Sign-up required. LIMIT=13. Cost =lunch\$
Located on Gwynns Island in Mathews County, Va. Hole in the Wall specializes in serving fresh food using local sources. We are open year round. Come by and dine inside or out on our covered deck. Whether you Drive, Cycle or Boat on over it's all good.

WILLIAMSBURG PLAYERS:

THE REVOLUTIONIST (SUBSCRIPTION HOLDERS FIRST)*

Sunday, April 12th-12:30PM-Front Lobby
Four beautiful, badass women lose their heads in this irreverent, girl-powered comedy set during the French Revolution's Reign of Terror. Playwright Olympe de Gouges, assassin Charlotte Corday, former queen (and fan of ribbons) Marie Antoinette, and Haitian rebel Marianne Angelle hang out, murder Marat, and try to beat back the extremist insanity in 1793 Paris. This grand and dream-tweaked comedy is about violence and legacy, art and activism, feminism and terrorism, compatriots and chosen sisters, and how we actually go about changing the world. It's a true story. Or total fiction. Or a play about a play. Or a raucous resurrection... that ends in a song and a scaffold.

TRADER JOE'S & LUNCH*

Tuesday, April 14th-9:00AM-Front Lobby
Sign up Required. LIMIT=10.
Cost= lunch \$/shop \$

STATEWIDE SPECIAL ELECTION FOR PROPOSED CONSTITUTIONAL AMENDMENT*

Tuesday, April 21st- 9:00AM- Front Lobby
Sign up required for transportation.

BELLE GROVE PLANTATION TOUR & TEA IN PORT ROYAL, VA*

Thursday, April 23rd-10:30AM-Front Lobby
Sign-up required. LIMIT=13 (we need 8 sign

-ups to make the reservation) Cost=\$55.30

Explore the Mansion where President James Madison was born, it was also seized for union headquarters. As you walk through you will feel instantly transported back with period antiques. After the tour we will indulge in a Timeless Tradition of Afternoon Tea.

VOLUNTEER TREE PLANTING AT THE NEW LANCASTER HIGH SCHOOL*

Saturday, April 25th –more info to come.

ANTIQUE ARTISANS MARKET – NEWPORT NEWS & LUNCH*

Thursday, April 30th-9:00AM-Front Lobby
The premier destination for vintage treasures and timeless craftsmanship! Nestled in the heart of the city, our market showcases a diverse array of carefully curated antiques, from classic furniture and rare collectibles to exquisite artwork and heirloom jewelry. Whether you're an avid collector or just love discovering hidden gems, our friendly vendors and vibrant atmosphere make every visit an exciting journey through history. Join us at Antique Artisans Market, where each piece tells a story, and you'll leave with your own unique slice of the past.

GREAT DECISIONS CONTINUES... every Thursday through April 9 at 1:00PM in the Chesapeake Game Room.

Richmond Forum
—John Green: Perpetually Curious
Monday, April 20-2:15PM-Chesapeake Game Room

The world is a strange place. People are even stranger. Why do we stand in awe at the sight of a sunset? Why do diseases remain uncured despite astonishing advances in medicine? And why, in an age of touchscreens and voice commands, are we still clinging to the QWERTY keyboard? Bestselling author and perpetually curious human John Green invites us to tug at the loose threads of our beautifully baffling world. Through heartfelt storytelling woven with scientific insights and historical oddities, Green will make us fall deeply in love with the complexities of the human experience, even the ones we deem a bit strange.

FITNESS CENTER NEWS**March Madness Event: April 2 at 1:30PM***

Join us in the auditorium on April 2nd for a fun filled March Madness event with residents AND staff! We will be hosting a 45-second shootout competition and other fun games. Snacks and drinks will be provided! If you would like to participate, please **sign up in the LEC binder!**

Pump It For Parkinson's: April 9 all day event

The National Institute for Fitness and Sport is raising awareness in senior living on the benefits of exercise for individuals living with Parkinson's during an event called Pump It for Parkinson's. RWC will be participating for the second year in a row—join us in the atrium as we "Pump It" for Parkinson's on our NuStep that will be relocated to get as many steps as possible!

Healthy Friendly Food Bar & Blood Pressure**Checks: April 15th from 9:00-12:00**

Please join us for a healthy snack and have your blood pressure checked in the LEC lobby!

Annual Parkinson's Event: April 20th at 11:00*

10 million people are living with Parkinson's Disease worldwide and during the month of April, we bring awareness to Parkinson's Disease by hosting our annual resource fair and keynote speaker presentation. We will have our resource fair beginning at 11:00am in the atrium, followed by a catered lunch, and finishing the afternoon with a presentation by VCU professor, Dr. Joseph Bell. This event is an RSVP event, and **you must make reservations through Macey Augst.** Please call Macey at x4290 or email at maugst@rw-c.org.

RILL CLASS AT RWC*

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

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

Rappahannock Westminster-Canterbury**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 –the Knights Templar, Hospitallers, and Teutonic Knights– tracing origins, evolution, and the Templars' dramatic fall. Beyond legend, we examine the real lives of medieval knights and conclude with the story of a knight who served King Henry II and Queen Eleanor of Aquitaine.

PRESENTATION BY THE VIRGINIA**DEPARTMENT OF HEALTH, SHELLFISH*****Friday, April 17th at 11:00AM - Auditorium**

RWC is excited to host Jill Fleiger and Julie Carrier from the Virginia Department of Health. Ever wonder what goes into making sure your seafood is safe to eat? Our guest speakers will dive into the important work they do, including:

- Water quality monitoring & shoreline surveys.
- Monitoring for marine biotoxins
- Certifying the shellfish pros who process our local favorites.

It's going to be a "shucking" good time—see you there!

ON THE FLIP SIDE FOOD TRUCK**Friday, April 17-11:00AM-Parking Lot**

Serving Specialty & Delicious food like Lumpia, Pancit, Hibachi Rice, Chicken & Pork Teriyaki, Bulgogi and many more American Asian dishes.

MACULAR DEGENERATION GROUP**Thursday, April 23-1:00PM-Main Street Pub****GARFIELD'S RESCUE KITTY VISITS****Wednesday, April 29th-1:00PM-Art Room 2****HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN****RW-C Library**

Thanks to our March 2026 book donors:

Gray Baird
Howard Montgomery
Susan Moore
Betsy Woods
Loretta Warren

Over 10 books were added to the collection during March. You can see the book covers of new additions on Uniguest: open Uniguest, click on RWC Library, click on New to the Library. Enjoy browsing!

News

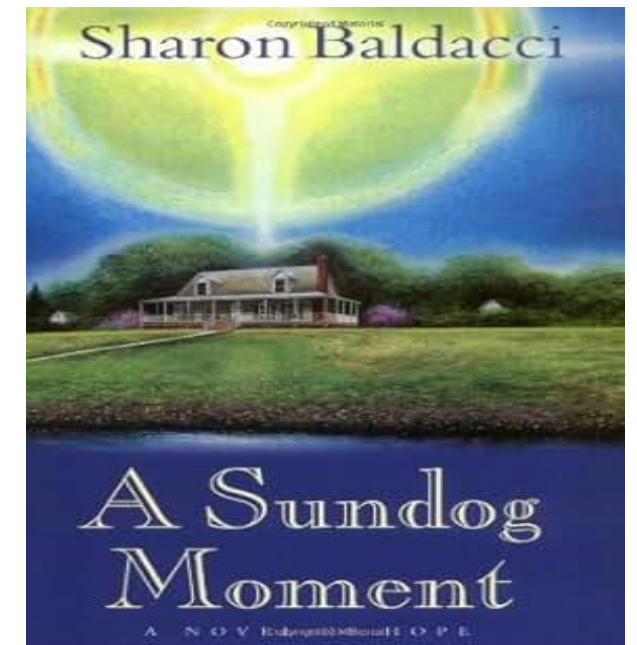
We established a new shelf for medical books at the front of the library. This will not be an extensive collection, but will be helpful for information on Parkinson's, Alzheimers, and other medical conditions that concern our residents. The shelf is on the bottom right of the "New to the Library" section.

Now that the spiffy new elevators are up and running, we incorporated the books in the temporary mini-library (in the pub) back into the main collection.

Book Group

The book selection for April 2026 is "A Sundog Moment" – a poignant novel by local author Sharon Baldacci that asks the question "What do you do when your whole life changes in an instant." It's a story of love, loss, and faith and what can be found on the other side of a broken heart. You will recognize the setting of the story as it takes place in our own Northern Neck.

All readers are welcome to join the discussion on Monday, April 27th 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.

**RESIDENT ACTIVITIES COMMITTEE
ROCK & ROLL SOCK HOP PARTY***

Thursday, April 16th-6:00-8:00PM-Auditorium

Invitation to come!

Sign up Required for the Party/Dance!

Coming in MAY

First Friday Forum in May*

Sydney Freishtat, Equine Specialist

Friday, May 1st-8:30AM-Lancaster Room

Kentucky Derby Watching Party*

Saturday, May 2-6:00-7:00PM-Auditorium

Cash Bar

**A big THANK YOU to all who came to my birthday celebration. I truly appreciate all the kind wishes, birthday cards, and love. Thanks for making my day unforgettable!
Kathi Bramblet**

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

March was named after Mars, the Roman god of war. In the ancient Roman calendar, it was the first month of the year, signaling the time when winter ended and the military campaigning season, as well as farming activities, could resume. March is also the spring equinox, which represents the transition to new life.

Watch people's faces and take note of their attitudes when you talk of Spring with them. The hope of the long, cold winter months passing away and new life appearing brings smiles to their faces. With the Daffodils and Crocus and Miniature Irises popping out their blooms, anticipation mounts for new growth and warmer weather. We notice the seasons and the changes they bring to us and our surroundings, but how often we miss the spiritual seasons that also ebb and flow in our lives.

There are the dark spiritual winters when it seems that God is distant, and maybe even to us, He seems cold. When those long frigid fingers of despair, doubt and depression grab hold of me and refuse to let go I find myself in a spiritual funk and cannot find my way out. I feel lost, confused and maybe even feel abandoned.

And then my spiritual spring arrives. Things seem to be clearing. I am not in this spiritual and mental fog any longer, and I may begin to understand and comprehend some of what God was teaching me in those winter seasons. That understanding and comprehension bring to me a new awareness of myself, God, and my world, and I see new growth in my life. And with that growth springs new hope, new outlook, new life.

Oh, and that leads to my spiritual summer. I am enjoying days and weeks of being in the presence of the Son, and I feel stronger emotionally, mentally and spiritually! I enjoy the longer days and all the special activities that come with my spiritual summer. I cannot get enough of the Son's rays, and I love basking in His warm Sonshine. My heart is warm and full, and I never want it to end. Yet every summer leads to fall. Fall brings a fall-

ing away from some things that may or may not have been healthy for me. Yet despite that, the colors and cooler temperatures remind me of the importance of seasons and the contrasts of them. I cannot enjoy Spring without Fall, nor Summer without Winter. I need the Spiritual seasons as well as the natural ones.

I wonder if you have considered which Spiritual Season you find yourself in right now? These seasons do not follow a fixed pattern but are always changing, and yet just like the natural seasons, they do come to an end. Listen, look, learn and continue to grow spiritually. And remember, in every season God is there, He has not forsaken or abandoned you. There are reasons for His silence. Keep waiting and watching, for there is always hope. And there is always God!

UPCOMING: The 4th running of the RW-C Pinewood Derby is scheduled for Wednesday, May 20th. Begin thinking and dreaming now. See Wyatt Portz in LE for help with your car, just in case you missed his Seminar.

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.

Catholic Communion meets at 1pm the 4th Monday of the month in Art Room 2.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

STITCHING STARS

The Stars delivered the Quilted hugs to April, DON of the healthcare unit. Quilted hugs are the latest project of the stitching stars. Come join the fun!

Wednesday, April 15th at 1:00PM-Art Room 1



COMMUNITY WELLBEING COMMITTEE

We'd love your help spreading a little joy this Easter! We're looking for volunteers to arrange flower bouquets and deliver them—with a warm, friendly visit—to residents in the Health Center, Assisted Living, and Birdsong House who may not have loved ones nearby during the holiday.

Join us at **10:30 a.m. on Saturday, April 4, in Art Room 2** to create the bouquets. Afterward, we'll deliver them and spend a few moments brightening each resident's day.

If you'd like to be part of this meaningful activity, please sign up in the Life Enrichment Lobby. Questions? Contact **Mary Bennett at Ext. 4308**. Thank you for helping make Easter special for our residents!

Rain Fall Report:
February =3.68 and March to date =2.48

GROUNDS & LANDSCAPING

The RWC campus is especially beautiful this time of year with the daffodils, forsythias, tulip magnolias and other flowering trees in full bloom. Spring clean-up, pruning and mulching of most of the campus property has already been completed. The landscaping crew is currently working on the yards of free-standing houses. Despite a cold and snowy winter, they are much further ahead in their pruning and mulching this year than in 2025.

Free Flowering Plants

You can add color and beauty to your yard and attract butterflies by planting milkweed and other nectar plants. The Monarch Sanctuary Project is offering the following plants to residents for free: Swamp Milkweed, Butterfly Weed, New York Aster, Lanceleaf Coreopsis and Blazingstar. Just sign up for the plants that you would like to have in the Life Enrichment Sign-up Book. There is a photo and description of each plant in the book. One plant that has consistently shown up in the top 5 nectar plants for attracting butterflies and other native insects is Blazingstar so be sure to add that one to your yard. Also, monarch caterpillars can only eat milkweed so plant several milkweeds (butterfly or swamp) too!

Trail Walk on May 13

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. (Tree roots on the trail will be painted so we can walk safely around them.) We will meet at the entrance of Beaver Dam Trail near the fenced dog run/park at 10 AM.

Hanging Baskets

We need resident volunteers to help water the hanging baskets at the entrance of the Chesapeake Center, Health Care and Assisted Living from mid-May through early fall. These baskets brighten up these entrances and it's a huge help to Damon and his crew to have residents water these plants. In May, we will post a sign-up sheet for the 12 hanging baskets on the bulletin board by the Post Office mail boxes. For each basket that you water, you will receive 2 Guest Meal Tickets. Please consider volunteering and helping us keep the campus entrance attractive and welcoming.

APRIL WEBINARS, DOCUMENTARIES & MOVIES

CLIMATE CRISIS WEBINAR : TAKING ACTION IN RETIREMENT COMMUNI- TIES

Friday, April 3rd-1:00PM-Channel 85

Our featured speaker will be ****Alden Meyer****, a nationally recognized climate policy expert with more than four decades of experience working on environmental and energy issues. Meyer has advised multiple presidential administrations, testified before Congress, and participated in nearly every United Nations Conference of the Parties (COP) climate summit.

In addition to the keynote presentation, residents from several Life Plan Communities will share practical sustainability initiatives already underway in their communities, including solar energy installations, water conservation partnerships, and energy-efficiency improvements.

Topics will include:

- * Energy efficiency and renewable energy options
 - * Water conservation strategies
 - * Waste reduction and recycling
 - * Building improvements that reduce energy use
 - * Reducing plastics and improving food sustainability
 - * Working constructively with community management on sustainability initiatives
- This program will provide both a big-picture view of climate policy and practical ideas that residents can bring back to their own communities.

MATINEE AT 2:15 ON FRIDAY, APRIL 10TH -AUDITORIUM: HAIRSPRAY

In 1960s Baltimore, Tracy Turnblad auditions for a spot on a show and wins. She becomes a trendsetter in dance, fun and fashion. Her new status is enough to topple Corny's reigning dance queen and bring racial integration to the show. 1h51m

DOCUMENTARY: BANDSTAND DAYS Monday, April 13th-3:00PM-Chesapeake Game Room-59m

MATINEE AT 2:15 ON WEDNESDAY, APRIL 22ND— AUDITORIUM: EVERYTHING MUST GO

"Ferrell has never been Better" as a salesman who loses his wife and his job in the same day and, faced with his life imploding, begins living on his front lawn. 1h37m

MOVIE MATINEE AT 2:15 ON MONDAY, APRIL 27TH-AUDITORIUM: SEVEN DAYS IN UTOPIA

After a disastrous debut on the pro circuit, a young golfer finds himself unexpectedly stranded in Utopia, Texas and welcomed by an eccentric rancher (Robert Duvall) 1h38m

DOCUMENTARY: THE EXTRAORDINARY CATERPILLAR*

Wednesday, April 29th-2:00PM-Auditorium

Over 98% of the living world on Earth is smaller than a bee. Yet humans view the planet as a world centered around themselves. Landscapes are deconstructed to suit human needs, often with little regard for the natural systems that sustain the food web. *The Extraordinary Caterpillar* follows the scientists and community activists with this peek into the dazzling world of nature's tiniest superheroes.

REHAB

Do you know we have an awesome rehabilitation staff here at RWC that is available to you! One of our residents shares that after a fall that broke her arm, the surgeon told her he could not guarantee she could regain use of her arm due to the severity of the break. The resident began rehabilitation with Jennifer Hinton and when she went to see the trauma surgeon, he was astounded with the success of my therapy. I now have almost full use of my arm. "Jennifer Hinton is valuable to our community with her academic skills, her kindness, patience, gentle encouragement, creativity and wonderful sense of humor! Jennifer is one more reason I am thankful to live at RWC." RWC provides physical therapy, occupational therapy and speech therapy services. Call X4341 for more details.

RWC GRIEF SUPPORT GROUP 5TH YEAR WELCOMING RESIDENTS AND STAFF.

We have been here 5 years and welcomed many residents and staff through our doors in the Chesapeake Game Room the 2nd Wednesday of each month at 11am.

Grief comes to us in different ways and grieving can be a difficult and painful process. We grieve many types of losses: death of family members, friends, RWC residents and staff, as well as our pets. Separation of spouses is particularly difficult, with one partner living independently and the other in healthcare or assisted living.

We are a safe environment where one can tell his story and express feelings confidentially, knowing that others will be understanding, non-judgmental, and supportive.

We are a place for establishing a connection with others to decrease the isolation that grief brings. A place for learning there are many different ways to grieve, all of which are natural and acceptable. We occasionally supplement our conversations with knowledgeable speakers who help deepen our understanding of ourselves and one another. We also provide helpful resources such as a discussion book "Healing After Loss" by Martha Hick-

man and stimulating topics residents have shared with us.

The Group is resident led, in conjunction with the Office of the Chaplain. Please feel free to contact Nancy Ellett at x4237 who leads the group with any questions, together with Sherry Mann, and Diane Smart.



Art Classes: Let's Get Creative!

MAKING YARN/RAFIA BASKETS*

Wednesday, April 1-11:00AM-
Art Room 2

Choose your material, colors,
and template and weave away
your own decorate basket.



MAKING GLUE SUN- CATCHERS*

Friday, April 10th-11:00AM-
Art Room 2



SPRING PAINTING*

Friday, April 24th-10:00AM-
Art Room 2

POP UP SALE: NNK CLAY COMPANY

Friday, April 17th-11:00AM-2:00PM-Atrium

Check out Alli's creations. She specializes in handmade polymer clay jewelry, as well as gold jewelry. All earrings are lightweight and hypoallergenic, making them great for everyday wear!

