



RWC Messenger

SPRING 2026



A Large Campus with a Small-Town Feel

While we're ready to leave winter behind, it's worth remembering how reassuring it is to know you're never on your own when the weather turns harsh if you live at RWC. One of the great things about living at RWC is that during winter storms, our residents are safe, cared for, and supported every step of the way.

Now, spring at Rappahannock Westminister-Canterbury brings everything to life, walking paths fill with conversation, gardens begin to bloom, and residents spend more time outdoors enjoying the natural beauty that surrounds our campus.

One of the things we hear most often from prospective residents is how much they value the spaciousness of our campus combined with the warmth of our community. With just around 250 residents, RWC offers a true small-town feel: friendly faces, meaningful connections, and a strong sense of belonging while still providing a full calendar of activities and access to everything the Northern Neck has to offer.

Here, you can enjoy nature, community, and an active lifestyle without feeling crowded or overwhelmed.

Your Guides to Life at RWC

Choosing a future home is an important decision, and at RWC, you won't navigate it alone. Our sales counselors are here to answer questions, listen carefully, and help you explore whether RWC is the right fit for your next chapter.

Meet Sara Amiss

A Northern Neck native, Sara has been with RWC for five years and brings both local knowledge and genuine enthusiasm to every conversation. She enjoys helping prospective residents understand their options and imagine what life at RWC could look like for them. While she understands the significance of this decision, Sara has a way of making the process cheerful and easygoing.

If you're curious about local events, music, or favorite spots around town, Sara is always happy to share recommendations.



Meet Patty Bailey

Now celebrating her first year at RWC, Patty is known for her thoughtful, attentive approach. She takes the time to listen and helps prospective residents feel comfortable, informed, and supported throughout the process. Outside of work, Patty volunteers with the Middlesex Rescue Squad, an extension of the care and compassion she brings to her role at RWC.

Together, Sara and Patty have helped many individuals and couples confidently take their next steps toward calling RWC home.

We'd love to connect with you:

Sara Amiss | samiss@rw-c.org | 804-438-4346
Patty Bailey | pbailey@rw-c.org | 804-438-4800



The Rappahannock Club – Now Easier to Join!

If you're exploring whether RWC may be right for your future, joining the Rappahannock Club is an important first step.

To make the process easier, enrollment is now available electronically through our website, no mailing or dropping off checks required. Membership provides priority access and keeps you informed as you plan ahead. Our list continues to grow, and joining sooner can offer greater flexibility when you're ready.

Scan the QR code to sign up now or reach out to our team for more information.





Hydrangea Apartment

2 BEDROOM ~ 2 BATH

One of seven Hydrangea apartments now available, this residence will feature upcoming renovations to refresh the space. Conveniently connected to the main building, each apartment also includes unconditioned storage on the first floor, a full kitchen, and a private balcony. Perfectly designed for comfort and easy living.

Cedar Cottage

2 BEDROOM ~ 1.5 BATH

Recently renovated, this charming cottage offers a private fenced patio and a covered walkway to the main building. Includes one assigned parking space off the patio entrance, a new tiled curbless walk-in shower, outside unconditioned storage, a full kitchen, and in-unit laundry. A thoughtful combination of style, privacy, and convenience.

Because availability at RWC is limited, we encourage those who are interested to connect with our team early to learn more about this opportunity and future planning options.





Experience RWC: Pub Night

Saturdays at 4:00 PM

Pull Up a Chair. You're Invited.

Every Saturday at 4:00 p.m., residents gather in our Main Street Pub for relaxed conversation and good company. Pub Night is a casual, welcoming opportunity for prospective residents to meet current residents and experience everyday life at RWC—no pressure, no expectations.

No cost. No obligation. Just good company.

RSVP: marketing@rw-c.org | 804-438-4000



Parkinson's Awareness Community Event



Monday, April 20 | 11:00 AM–2:00 PM

RWC is proud to host a community event focused on education, support, and connection for individuals and families affected by Parkinson's disease.

Event Schedule:

- Registration & Welcome: 10:30 AM
- Meet & Greet: 11:00 AM
- Lunch in the Auditorium: 12:00 PM
- Guest Speaker: 1:00 PM

Fit to Move Exercise Program

Mondays, Wednesdays, Fridays at 11:00 AM

RWC offers Fit to Move, an exercise program designed specifically for individuals with Parkinson's. Led by trained staff, classes focus on safe, controlled movement tailored to each participant's abilities—helping build strength, confidence, and habits that support daily living.

Free and open to the community.



Fit to Move Member Testimonial

Twelve years after being diagnosed with Parkinson's disease, this participant continues to take an active role in managing their health and wellness.

They have been attending RWC's Parkinson's Fit to Move class for approximately two years after learning about the program through their daughter, a physical therapist at Belfield Physical Therapy. A patient mentioned the class to her, and she encouraged her parent to give it a try, a recommendation that made a meaningful difference.

What stands out most about the program?

"It's my community. I have somewhere that's mine to go three times a week. I get to socialize with great people who I have a lot in common with. I always feel better and stronger by the end of each class."

Beyond the physical benefits, the sense of connection keeps them coming back.

"The exercises help my disease with the appropriate movements and stretching. I enjoy seeing my classmates and laughing at Wyatt's weird jokes."

For this participant, the Fit to Move class isn't just exercise, it's strength, support, and shared laughter.

Discover the Joy of Living Well at RWC

Spring is the perfect time to focus on yourself and at Rappahannock Westminister-Canterbury, our Living Well Program makes it easy to stay active, healthy, and connected. Designed for seniors of all abilities, the program combines movement, wellness, and fun to help you enjoy life to the fullest.

Program Highlights:

- Water Fitness: Water aerobics, water walking, and gentle exercise in our 75-foot heated indoor pool.
- Accessible & Safe: Activities designed for comfort, safety, and all ability levels.
- Community & Connection: Meet new friends while improving strength, balance, and flexibility.



Whether you want to stay fit, try something new, or enjoy the camaraderie of others who value wellness, the Living Well Program is your space to thrive.

Memberships Available – Join Today!

Contact Macey Augst at maugst@rw-c.org
804-438-4290



NORTHERN NECK *Historic Garden Tour*

Wednesday, April 22, 2026

One of the Northern Neck's most anticipated annual events, the Historic Garden Tour highlights the beauty and history of the region. RWC will be hosting a table at Garden Tour Headquarters at Ditchley Manor – grab your tickets stop by and say hello when you arrive.



Updated Rates – Effective April 1, 2026

As part of our annual planning process, RWC carefully reviews expenses and occupancy to maintain the exceptional care, comfort, and lifestyle our residents enjoy. For the coming fiscal year beginning April 1, this thoughtful planning results in a 3.5% adjustment to monthly fees, aligned with national healthcare cost trends. To receive a copy of the updated fee schedule, please contact our marketing team at marketing@rw-c.org or 804-438-4000.



Rappahannock Westminister-Canterbury
132 Lancaster Drive, Irvington, VA 22480

Schedule a Tour!

Spring is the perfect time to visit RWC see our gardens in bloom and feel the small-town warmth firsthand. Schedule your visit today!

marketing@rw-c.org
804-438-4000
www.rw-c.org

