



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 41, Issue 5

MAY 2026

# Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

**April 28th** AT THE LIFE ENRICHMENT CENTER LOBBY.

**FIRST FRIDAY FORUM: SYDNEY FREISHTAT, EQUINE SPECIALIST\***

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

She is a certified Equine Specialist in Mental Health and Learning and is dedicated to giving back to help others.

**LITTLE WONDERS MINI HORSE VISIT**

Friday, May 1st-11:00AM-Front Parking lot

**PAPARAZZI JEWELRY SALE**

Friday, May 1st-11:00AM-Atrium

**RFA CONCERT: CAMERATA RCO\***

Sunday, May 3rd-3:15PM-Front Lobby

Purely classical performance by members of the Camerata Royal Concertgebouw Orchestra from Amsterdam. They have been one of the very best orchestras in the world for over 135 years, and 15 members of their chamber ensemble who tour the world when not playing with this phenomenal orchestra will serenade us with Beethoven, Dvorak, and Mozart.

**LUNCH BUNCH: LOS COMPADRES\***

Tuesday, May 5th-11:30AM-Front Lobby

Enjoy TACO Tuesday specials and more in White Stone

**ROSS'S RINGS N THINGS & STYLISH EYES**

Wednesday, May 6th-11:00AM-Atrium

**GUIDED TOUR OF WASHINGTON'S BIRTHPLACE NATIONAL MONUMENT\***

Thursday, May 7th-9:30AM-Front Lobby

**Guided Tour= Free (Donations are accepted) +lunch\$**  
George Washington Birthplace National Monument is located in the Northern Neck of Virginia. It encompasses 551 acres of land where seven generations of the Washington family lived and where George Washington was born in 1732. The park was also central to one of the earliest efforts to memorialize George Washington during the celebration of his bicentennial birth anniversary in 1932.

Other buildings on the site include a colonial revival garden, family cemetery, memorial house museum, colonial kitchen, farm workshop, as well as building x.

**HISTORIC CHURCHES OF THE NORTHERN NECK -VIDEO PRESENTATION\***

Thursday, May 7th-2:00PM-Auditorium

**SALTY BOB'S FOOD TRUCK**

Friday, May 8th-11:00AM-Front Parking Lot

**ETUDES BALLET SCHOOL RECITAL PREVIEW\***

Wednesday, May 13th-5:00PM-Auditorium

**NINO'S PIZZA FOOD TRUCK**

Friday, May 22nd-11:00AM-Front Parking lot

*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 MEETINGS: OPEN TO ALL**

Resident Association Board Meeting– May 6 at 10AM—Auditorium  
Food Committee– May 11 at 2PM –Corrotoman Room  
Activities Committee– May 13 at 10AM—Art Room 2  
Community Wellbeing Committee– May 8 at 10AM—Corrotoman Room

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<h1>May 2026</h1>		Look for Gazebo Gazette article titles in this <a href="#">teal color</a> . Those are the programs you can easily sign up for through your Uniguest app on your phone , tablet or PC.			8:30-AUD-Friday Forum: Sydney Freishtat, Equine Specialist at Fox Moon Farm* 11:00-ATR-Paparazzi Sale 11:00-FPL-Litte Wonders Mini Horses 11:30-LVG-Amatuer Radio Club 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 5:30-7:30PM-AUD-Resident Activities Committee Kentucky Derby Watching Party*
	10:00-MSP-Quaker Meeting 2:00-AUD-Singing Group 3:00-CGR-RWC Community Worship Service 3:15-FRL-RFA Concert Series* 4:00-CGR-Grace Church Eucharist	10:00-FRL-Shopping* 10:00-AR1-NNK Crafters 11:00-AUD-Parkinson's Care Partners Support 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support 4:30-AUD-Caregiver's Memory Support Group	11:30-FRL-Lunch Bunch: Los Compadres, White Stone* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	8:00-LEC-Walking Group 10:00-FPL-LCL Book Mobile 10:00-AUD-Residents' Association Board Meeting 11:00-ATR-Stylish Eyes Repair & Ross's Rings Watch Battery Replacement 1:00-AR2-Making Seed Bombs* 2:15-AUD-Movie: The Imitation Game 7:00-CGR-Poker Group	9:00-FRL-Ranger Guided Tour of George Washington's Birthplace & Lunch* 2:00-AUD-Historic Churches of the Northern Neck Video Presentation* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary	10:00-COR-Community Wellbeing Committee 11:00-FPL-Salty Bob's Food Truck 11:30-LVG-Amatuer Radio Club 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night
	3	4	5	6	7	8	9
	11:00-LVG-Mother's Day Brunch* 12:30-CPL-Holy Communion 2:00-AUD-Singing Group 3:00-CGR-RWC Community Worship Service	10:00-AR2-Five Rivers Fiber Guild Meeting 10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 2:00-COR-Food Committee 3:00-TGP-Alchol Ink & Fire*	9:00-FRL-Trader Joe's * 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AR2-Watercolor Class 2:15-AUD-Movie: Paul, Apostle of Christ 2:30-FCR-Seated Volleyball	8:00-LEC-Walking Group 10:00-AR2-Activities Committee Meeting 10:00-Beaver Dam Trail Walk 10:00-LAN-Are You Prepared? End of Life Planning* 11:00-CGR-Grief Support 5:00-AUD-Etudes Ballet School Recital Preview* 7:00-CGR-Poker Group	9:00-FRL-Hollywood Cemetery Visit & Lunch* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary	11:00-FRL-Lunch Bunch: Tiki Bar at Windmill Point* 11:30-LVG-Amateur Radio Club 2:15-FCR--Cornhole 2:15-AUD- Movie: Passion of the Christ	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night
	10	11	12	13	14	15	16
	2:00-AUD-Singing Group 3:00-CGR-RWC Community Worship Service	10:00-FRL-Shopping* 10:00-AR1-NNK Crafters 1:00-CGR-Catch Phrase 2:15-AUD-Movie: Murder Mystery	9:00-FRL-Field Trip to Fox Moon Farm* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	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 2:00-AUD-Pinewood Derby 7:00-CGR-Poker Group	9:00-FRL-Maymont Mansion Guided Tour* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary  5:00-FRL-Indian Creek Country Club Dinner*	11:00-FPL-Nino's Pizza Food Truck 11:30-LVG-Amateur Radio Club 2:15-FCR--Cornhole  5:00-AUD-Welcome Reception (600 & 800 Block by invitation)*	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night
	17	18	19	20	21	22	23
	2:00-CGR-Singing Group 2:00-AUD-RWC Community Hymn Sing	10:30-1:30-LVG-Memorial Day Picnic 10:30-CGR-RWC Book Group 1:00-AR2-Catholic Communion	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AR2-Watercolor Class 2:15-AUD-Movie: Black Hawk Down 2:30-FCR-Seated Volleyball	<b>National Senior Health and Fitness Day-Make sure you complete and log a fitness activity!</b> 8:00-LEC-Walking Group 3:00-AR2-Crushed Glass Art* 7:00-CGR-Poker Group	10:30-FRL-Nuttall's Country Store & Deli in Ware Neck* 1:00-MSP-Macular Degeneration Group 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary	11:30-LVG-Amateur Radio Club 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night
	24						
	2:00-AUD-Singing Group 3:00-CGR-RWC Community Worship Service	5:00-LVG-Boxed dinner pickup					
	31	25	26	27	28	29	30

- 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

Spring is living up to its action verb cousin as we “spring” between winter-like to summer-like, then back to something that resembles Fall. Virginia weather keeps things interesting.

April has been a busy month at RWC, though it is barely half-over as I write this. With the new fiscal year just nineteen days old, our CFO and Business Office team are well along in preparation for our year-end financial audit. That will conclude later in the summer with a report to the Board and Resident Finance Committee.

Recently all Assisted Living facilities were required to undergo another type of inspection in addition to the regular inspections by the Department of Social Services (DSS). This inspection focused more on environmental services and water and wastewater utilities. Our team prepared for this, and the inspection occurred April 16 with no issues and favorable feedback from the Inspector. This inspection was conducted by the Lancaster County Health Department on behalf of DSS.

The first-ever (that I remember) Sock Hop took place at RWC April 15. The Activities Committee of the Residents’ Association planned the event with the Life Enrichment Team, Culinary Services, and Housekeeping. By all reports it was a huge success. The band was so gracious to donate their fee to the Scholarship Fund which will advance that important work.

Work continues preparing our new Electronic Health Records system. Health Services, At Home, and Business Office teams are deep in this work, and training will begin for our super-users in May. Marketing conducted a photo-shoot to provide fresh pictures for our new website that is under construction. Thanks to all who participated in this effort to highlight the active, engaged lifestyle of RWC residents.

We are enjoying the April Artist of the Month, Carol Sennott, who works in a variety of artistic mediums. We appreciate her artistic talents and Sock-Hop enthusiasm this month.

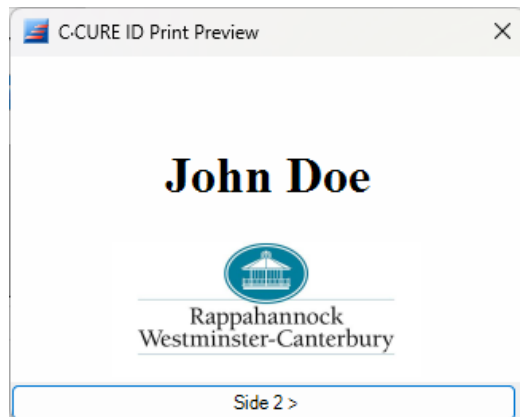
Happy Mother’s Day to all resident and staff Mothers- may your day and each day be filled with peace and blessings.

### RWC BADGES/IDS:

As part of your stay, you will receive two badges. Each serves a different purpose, so please review the information below:

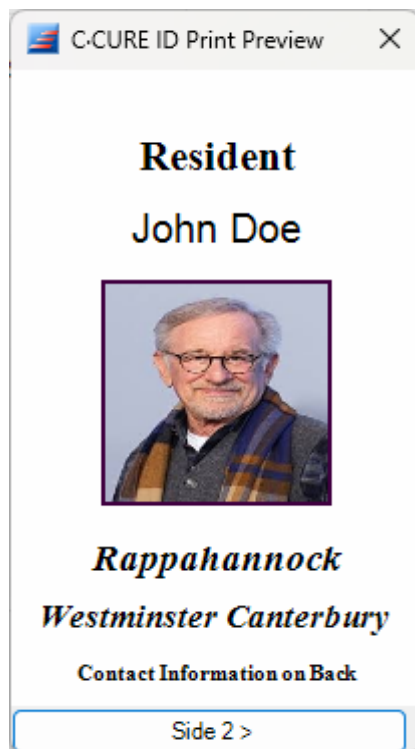
#### 1. Name Tag (Campus Badge)

This badge should be worn around campus, especially on Name Tag Friday. It helps staff and fellow residents easily identify you, and it is also required for accessing your meals.



#### 2. Wallet ID (Emergency Contact Card)

This badge is designed to be kept in your wallet. In the event of a medical emergency, it provides important information so that medical personnel can quickly identify you and contact the appropriate person on your behalf.



If you need a replacement for either of these badges please see human resources.

### TRADER JOE’S & LUNCH\*

Tuesday, May 12-9:00AM-Front Lobby

Sign up Required. LIMIT=10.

Cost= lunch \$/shop \$

### VISIT HOLLYWOOD CEMETERY: ACTIVE CEMETERY, NATIONAL TREASURE, OUTDOOR MUSEUM\*

Thursday, May 14-9:00AM- Front Lobby

Cost for= \$1/map & Lunch\$

Established in 1847, Hollywood Cemetery is a private, non-profit, and fully operational cemetery located in Richmond, Virginia. Located on the banks of the James River in the state capital of Virginia, the cemetery spans 135 acres of valleys, hills, and state-ly trees. Its natural and architectural beauty sets it apart from the grid-like layout of modern cemeteries and its natural beauty has earned its recognition as a registered arboretum.

As the second most-visited cemetery in the country, it is definitely a must see in Richmond! So much history and gorgeous views of the city and the river!

### LUNCH BUNCH: WINDMILL TIKI RESTAURANT\*

Friday, May 15th-11:00AM Front Lobby

Located at Windmill Point is a seasonal waterfront restaurant in White Stone, VA., offering vibrant outdoor dining and scenic Rappahannock River views that are ideal for relaxing and socializing.



### FIELD TRIP TO FOX MOON FARM\*

Tuesday, May 19th-9:00AM-Front Lobby

At Fox Moon Farm, we believe in the healing power of nature and the deep, intuitive connection between humans and animals. Our farm is a place of refuge, growth, and renewal—where individuals of all ages and abilities are welcomed with compassion and care. Let Fox Moon Farm be your place to pause, grow, and find joy. Programs include: healing with horses, community garden, & farm trips.



The FOX MOON Farm Project



### MAYMONT MANSION GUIDED TOUR\*

Thursday, May 21st-9:00AM-Front Lobby

Cost= \$15 + Lunch\$

The mansion stands today as a remarkably well-preserved expression of American Gilded Age luxury and opulence.

In 1886, James and Sallie Dooley acquired farmland on the banks of the James River, where they planned to build a new home. Their architect, Edgerton Stewart Rogers (1860-1901), born and educated in Rome, combined the Romanesque Revival style with the picturesque Queen Anne for the Dooley residence. By 1893, the Dooleys were living in their new 13,000 square-foot, 33-room home, which they named “May Mont,” a name which combines Mrs. Dooley’s maiden name and the French word for hill.

### INDIAN CREEK COUNTRY CLUB DINNER\*

Thursday, May 21st-5:00PM-Front Lobby

Join your neighbors for a country club casual dinner.

### NUTTALL’S COUNTRY STORE & DELI\*

Thursday, May 28th-10:30AM

Front Lobby

Cost= Lunch/Shopping \$

Nuttall’s Store serves as the social center of the Ware Neck community. It houses the post office, a grocery store, a kitchen which produces prepared foods to go as well as selection of hand cut meats, a deli, a wine shop, a gift and souvenir area, and a crabbing and fishing supply area. Founded as the Arthur Tabb Store in 1877, the business flourished for generations because of its profitable ties to the steamship lines that connected nearby Hockley Wharf with the Chesapeake Bay and various ports along the Eastern Seaboard.



## CULINARY SERVICES GROUP NEWS

We are delighted to share our exciting culinary plans for the upcoming holiday celebrations! Please find the details for our special menus and dining arrangements for Cinco de Mayo, Mother's Day, and Memorial Day.

### Cinco de Mayo Celebration

Immerse yourselves in a vibrant culinary experience!

**Date:** Tuesday, May 5, 2026

**Time:** 11:00 AM - 1:30 PM

**Reservations:** No reservations are required

### **Menu Highlights:**

**Soup:** Chicken Tortilla Soup

**Entrees:** Bang Bang Shrimp Tacos

and Fajita-Marinated Chicken Thighs

**Sides:** Spanish Rice, Mexican Green Beans, Seasoned Black Beans, and flavorful Mexican Street Corn

**Dessert:** Delicious Churros

**Residents dining with us will also have the opportunity to enjoy a complimentary signature cocktail!**

### Mother's Day

May your day be filled with love, comfort, and fond memories, and the appreciation you truly deserve!

**Date:** Sunday, May 10, 2026

**Time:** 11:00 AM - 1:30 PM

**Reservations:** Reservations are essential for dining service. To secure your table, please contact Mr. Willis Caster at extension 4016.

**Reservation Window:** Opens Wednesday, April 22, 2026, at 10:30 AM and closes promptly on Wednesday, May 6, 2026, at 3:30 PM.

**Brunch Menu:** Treat Mom to a special meal featuring:  
**Brunch Feature:** Crème Brûlée French Toast, perfectly paired with fresh fruit and savory harissa-smoked bacon.

**Soup:** Lobster Bisque

**Salad:** A refreshing Spinach Salad adorned with mandarin oranges, candied pecans, crumbled feta cheese, dried cranberries, and a delicate raspberry vinaigrette.

**Entrees:** Choose from Bourbon Glazed Salmon, Tender Flank Steak, or our Roasted Chicken Thighs (available upon request).

**Sides:** Asparagus, seasoned Purple Cauliflower, and creamy Garlic Mashed Potatoes (with gravy served on the side).

**Accompaniments:** Assorted breads and desserts.

### **Mother's Day Dinner Box Meals**

The grill will be closed for dinner service.

**Ordering Window:** Opens Wednesday, April 22, 2026, at 10:30 AM and closes Wednesday, May 6, 2026, at 3:30 PM.

**To Order:** Please contact our Hostess Desk at ext 4816

**Pickup:** Box meals will be available for pickup on Sunday, May 10, 2026, from 2:00 PM to 5:30 PM.

**Box Meal Contents:** A classic Turkey Club on Rye (fresh lettuce, tomato, bacon, and Swiss cheese), assorted chips, a rich brownie, and a refreshing mixed fruit cup.

### **Memorial Day Outdoor Culinary Event**

#### **(Weather Permitting)**

Join us for an outdoor "Cooking on the Patio" event! Dine-in will be available as well.

**Date:** Monday, May 25, 2026

**Time:** 11:00 AM - 1:30 PM

**Cookout Menu:** Enjoy an outdoor feast featuring:

**Salads:** Creamy Coleslaw, a refreshing Rotini Pasta Salad and fresh strawberries and blueberries.

**Entrees:** Old-Bay Steamed Shrimp with zesty cocktail sauce, your choice of savory Beef Hot Dogs or Turkey Franks with assorted toppings, delicious Beef Burgers or Turkey Burgers with a variety of cheeses and toppings, and tender Bourbon Barbecue Ribs.

**Sides:** Perfectly grilled Zucchini Planks, hearty Baked Beans, and fresh Sweet White Corn on the Cob.

**Dessert:** Classic Ice Cream Sandwiches and delightful Nutty Buddies.

### **Memorial Day Dinner Box Meals**

The grille will be closed for dinner service.

**To Order:** Please contact our Hostess Desk at extension 4816 to place your box meal request.

**Ordering Deadline:** The final day to submit your Memorial Day box meal order is Wednesday, May 20, 2026, at 3:30 PM.

**Box Meal Contents:** A delicious Chicken Salad Sandwich on a flaky croissant (with fresh lettuce and sliced tomato on the side), hearty potato salad, assorted chips, fruit cup, and a delightful cookie.

We eagerly anticipate celebrating these special occasions with you and providing memorable dining experiences!

Warm regards, The Culinary Team

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

### Donors

Thanks to our April 2026 book donors:

Carl Blades

Marie Carter

Mildred Loudy

Helen McCord

Susan Moore

Jan Mosher

Jenny Saam

Ted Munns

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

### News

Just a reminder, please don't leave bags, boxes, and piles of books in the library when you are downsizing your collection. We will gladly take new, recently published, and most large print books, but can't accommodate the overload that is starting to build up again. Dee's Attic at the front of the Lancaster Community Library will take anything, and Seconds Thrift Shop and Animal Welfare League will also accept books unless they have posted the "no more book donations" sign. Thanks.

### Book Group

The book selection for May 2026 is "Hamnet" by Maggie O'Farrell. It is a fictionalized historical novel imagining the life of Shakespeare's family in 1590s Stratford-upon-Avon and focuses on the death of Shakespeare's 11-year old son, Hamnet, from the plague. It depicts the intense grief of Shakespeare's wife, Agnes (Anne Hathaway), and the strain on their marriage. William (who is rarely named), is frequently referred to as "the husband" or "the tutor" and is in London establishing himself in the theater world. The narrative moves between the 1580s romance of Agnes and "the tutor" (Shakespeare) and the 1596 plague-stricken reality of their lives.

All readers are welcome to join the discussion on Monday, May 25<sup>th</sup> at 10:30AM in the Corrotoman Room. The sign-up sheet and two copies of the se-

lected book are available on the counter at the back of the library. If you have any questions, call Maxine Luxton, x4200.



### **SPECIAL PRESENTATION**

Wednesday, May 13-11:00AM

**ARE YOU PREPARED?**

**END OF LIFE PLANNING**

Presentation by Mr. Terry followed by QA

Sign up Required. LIMIT=55

As we continue to enhance the resident experience here at RWC, I am excited to share that we are in the process of revamping our Resident Ambassador Program. This program will focus on helping welcome and engage both prospective residents and those who are new to our community, offering a friendly and personal connection as they explore and transition into life at RWC. Before finalizing the program, I would love to gauge interest from residents who may want to participate or share ideas. If this sounds like something you'd enjoy being part of, please let me know so I can follow up as things come together. Your input will be invaluable as we shape this program together!

**Lauren A. White**

Marketing Manager: 804-438-4010

**SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY**

April is special as the peak of spring in the Northern Hemisphere, symbolizing renewal, blooming gardens, and the "opening" of nature. Some key themes are; renewal, rebirth, Springtime, blooming, showers, awakening. Did you know the transition into spring can affect the body's circadian rhythms, where the shift in weather and increased daylight can disrupt sleep patterns and mood, leading to feelings of anxiety or even "reverse" Seasonal Affective Disorder (SAD) symptoms in certain individuals. Organizations often use April to promote coping mechanisms like physical activity, meditation, and open dialogue to help people move from awareness to behavioral change. Since 1992, April has been dedicated to increasing awareness about the causes, effects, and management of stress. It emphasizes that while stress is a natural human response, chronic stress can lead to serious mental and physical conditions such as anxiety, depression, and heart disease.

According to the Mayo Clinic, chronic or ongoing stress can lead to serious mental and physical health issues, like: anxiety, depression, muscle tension and pain, heart disease, heart attack, high blood pressure, and stroke. These issues develop for someone under constant stress, due to the body's reaction. The brain and body alarm your adrenal and nervous systems to release a hormone called cortisol that increases your heart rate and blood pressure, while also releasing sugar into your blood. While adrenaline and cortisol rushes may feel good, prolonged high cortisol levels can negatively impact your immune system, digestive system, and reproductive system, and can even affect growth for teens and adolescents. In most cases, once the catalyst causing stress on the mind or body passes, the body lowers cortisol and adrenaline levels and regulates normally again. However, for someone who experiences constant stressors, this natural brain and body response can end up doing damage long-term. This is why it is vital to be able to identify common stressors and learn how to manage them.

April corresponds to the Biblical month of Nisan (or Abib), a pivotal time of new beginnings, the Exodus, and the crucifixion/resurrection of Jesus. I find it interesting that the very month that can be so helpful

and yet also harmful, is the month that God used to perform certain events. Coincidence? I do not believe so. As our Creator He knows us intimately and is aware of all these adverse conditions we face. So, in Biblical April we find Noah and the Ark resting on Mount Ararat after a year of floating on the water. (PEACE) We find Abraham, age 100, and Sarah, age 90, having their first child Isaac (laughter), after 25 years of waiting for God to fulfill His promise to them. (JOY) We find the Passover, the Jews celebrating the death Angel passing over their houses and preserving life for them. (LIFE) And of course, the Resurrection of Jesus Christ from the dead, which offers hope and life to all who believe. (HOPE) God gives us alternatives to help us with the stressors of life. If we ignore the spiritual aspect of our wholistic life, it comes with adverse effects. So, include the spiritual into your daily routine.

**PINEWOOD DERBY**

**Wednesday, May 20th-2:00PM-Auditorium**

Running a previous car, registration fee of \$5. A New car is \$10, (Car Fee plus registration) New cars can be purchased from Chaplain Ted All Cars must be officially weighed in on Monday, May 18th, between 11-1pm at Chaplain Ted's office. Scales will be in the LEC through Sunday, May 17<sup>th</sup> A Trophy will be awarded to this year's Overall winner, and medals to each of the following:  
**Birdsong** - 1st, 2nd, 3rd,      **HC** - 1st, 2nd, 3rd  
**AL** - 1st, 2nd, 3rd,              **IL** - 1st, 2nd, 3rd  
**Staff** - 1st, 2nd, 3rd

**ONGOING OPPORTUNITIES**

- Resident/Staff Bible Study** at 11am every Tuesday in the Art Room 2.
- Sunday Church Services** 2pm Westbury Clubroom for Assisted Living & 3:00 in The Ches Game Room 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.
- Catholic Communion** meets at 1pm the 4<sup>th</sup> Monday of the month in Art Room 2.

**NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY**

**THE RESIDENTS ASSOCIATION BOARD OF DIRECTORS**

will meet on May 6 at 10AM in the Auditorium.

**COMMUNITY WELLBEING COMMITTEE**

Volunteerism - an action with no strings attached which benefit both recipient and donor. A win win for all involved. At RWC there are approximately 189 Independent Living residents - these are residents living in the apartment complex, cottages and free standing homes. Of this group, there are roughly 39% volunteering in major activities including library duties, landscaping the AL and HC grounds, butterfly and bluebird projects, shopping and other off campus trips, various gatherings, receptions and festive events, and Resident Committee meetings. An additional plus to this list is the participation of many staff members. Not included in these major volunteer activities are countless acts of kindness among neighbors, staff and our community at large. In the past few months there has been a concerted effort to include staff and residents in Assisted Living and Healthcare. Our Chaplain has asked that we become the caring inclusive community that we strive to be -- we are making an effort! Thank you to the resident volunteers that helped to craft and deliver Easter flower arrangements to those in Assisted Living, Health Care and Birdsong House.

**GROUNDS & LANDSCAPING**

On Wednesday, 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 beautiful in bloom. Tree roots on the trail will be painted before the walk. Meet at the entrance to Beaver Dam Trail near the fenced dog run at 10AM.

**Rain Fall Report:**  
**March= 2.88**  
**April to date=0.20**

**THE FINANCE COMMITTEE NEEDS YOUR IDEAS**

The new Resident Association Bylaws dictate one of the Finance Committee's responsibilities is to serve as a communications link between residents and RWC Administration on matters relating to the financial structure of RWC. As part of that work, later this year we will be recommending potential capital expenditures for the next fiscal year. A capital expenditure refers to funds used to acquire, upgrade, or maintain physical assets – things like buildings, property and equipment. These investments are intended to last more than one year. We would like your ideas on what capital expenditures would enhance life at RWC. A couple of items that have already been suggested:

- Redo the labyrinth so that the paths are easier to walk and memorial stones can be read. ( currently grass and dirt cover some of the stones)
  - Build a covered walkway from the entrance of the apartment building to the apartment parking lot. Possibly include a covered area to park walkers/rollators etc.
- Do you have ideas that you would like to be considered? If so you can talk to any member of the Finance Committee: Bob Calves, Bill Cole, Nancy DuPre, Bob Isenhour, Susan Moore, Al Smy or contact Janet Hemming (Finance Chair) x4060 or email at janethemming@mindspring.com

**ADOPT A HANGING PLANT, OR 2! WATER A HANGING BASKET AND RECEIVE 2 GUEST MEAL PASSES AT THE END OF THE SEASON. (Sign-up sheet by post office boxes.)**

We need volunteers to water the hanging baskets at the entrances of the Chesapeake Center, Health Care and Assisted Living. These baskets really brighten up these entrances and having residents water them is a huge help to Damon and his crew who work hard to keep the campus looking great. Damon will be putting up these hanging baskets between Mother's Day and Memorial Day weekends. Thank you for your help!

**MOVIE MATINEES ARE SHOWN IN THE AUDITORIUM AT 2:15PM. POPCORN AND ASSORTED DRINKS ARE PROVIDED.**

**The Imitation Game**

**Wednesday, May 6th**

During World War 11, mathematicians Alan Turing tries to crack the enigma code with help from fellow mathematicians. 1h49m

**Paul, Apostle Of Christ**

**Tuesday, May 12th**

Paul, who goes from the most infamous persecutor of Christians to Christ's most influential apostle, spends his last days awaiting execution by Emperor Nero in Rome. Paul is under the watchful eye of Mauritius, Mamertine Prison's ambitious prefect, who seeks to understand how this broken old man can pose such a threat. As Paul's days grow shorter, he feverishly works from prison to further the gospel of Jesus Christ...1h 47 min

**Murder Mystery**

**Monday, May 18th**

On a long-awaited trip to Europe, a New York City cop and his hairdresser wife scramble to solve a baffling murder aboard a billionaire's yacht. 1h38m

**Passion of the Christ**

**Friday, May 15th**

A depiction of the last twelve hours in the life of Jesus of Nazareth; on the day of his crucifixion in Jerusalem. The story opens in the Garden of Olives where Jesus has gone to pray after the Last Supper. Betrayed by Judas; the controversial Jesus—who has performed 'miracles' and has publically announced that he is 'the Son of God'-is arrested...

**Black Hawk Down**

**Tuesday, May 26th**

The heroic account of a group of elite U.S. soldiers send into Mogadishu, Somalia in 1993 as part of a U.N. peacekeeping operation. Their mission: to capture several top lieutenants of the Somali warlord as part of a strategy to quell the civil war and famine that is ravaging the country. 2h17m

**MONARCH UPDATE**

Newer residents may be curious about the apparatus that has sprouted outside the hallway into the LEC. Among some older residents it is a highly anticipated yearly exhibit that portends the arrival of the Monarch butterfly. It is our sanctuary cage that allows us to view up close and personal the total life span of these incredible creatures. It means they have arrived in Virginia, having endured the long arduous migration from their over-wintering location in Mexico.

A small group of Monarch devotees work to populate the sanctuary cage with eggs that have been laid on milkweed. They are difficult to see - just tiny white specks on a leaf at first. But look closely and soon you will see they have turned into tiny caterpillars. They gradually but steadily grow into fat caterpillars many times their initial size, nourished by the milkweed upon which they live. Eventually this fat caterpillar will make its way to the top of the cage or to a suitable milkweed limb, attach himself, hang in space from there and form its body into a J shape. Over the next few hours, he will morph into a pale jade jewel shape called a chrysalis. Gradually this hardened jade shell turns darker in color and a very close observation will reveal furled wings inside. Then, one day a butterfly breaks out of its chrysalis, unfurls its wings, dries them and within a few hours is ready to take flight. We release butterflies from the cage within 24 hours after they emerge, or eclose.

Many residents enjoy frequent checks of the activity inside the cage during the season which runs roughly from now through late summer.

We hope all residents, but especially newer ones, will enjoy this year's magic happening in the cage. All are welcome to join the group that maintains the exhibit. The butterfly group is very small and no particular knowledge or talent is required. One of us finds eggs or small caterpillars and puts them in the cage on milkweed needed for food, one of us enjoys releasing and tagging butterflies, and one of us is the group's record-keeper. We fill in for each other as needed and randomly contribute to other tasks. We would welcome volunteers who are interested and willing to participate.

Always remember: plant more milkweed!!



**FITNESS CENTER NEWS**

**May's National Physical Fitness Challenge**

May is the National Physical Fitness and Sports Month, which means the LEC will have a month-long fitness challenge for all residents to participate in. A map will be posted by the front entrance with a path to reach 6,000 points. Points will be tallied up each day by residents participating in physical fitness activities. There will be sheets available for each participant to fill out based on what activity(s) they have done for the day with their corresponding points. By the end of the month, we hope to reach the goal of 6,000 points! So, put on your fitness clothes, fasten those shoes, and get ready to work towards this goal together!

**HEALTHY FOOD BAR AND BLOOD PRESSURE CHECKS**

**Wednesday, May 20-9:00AM-12Noon**

**Life Enrichment Lobby**

**STITCHING STARS**

**Wednesday, May 20 at 1:00PM-Art Room 1**

**MACULAR DEGENERATION GROUP**

**Thursday, May 28-1:00PM-Main Street Pub**

**COMING SOON- JUNE 2026!**

**SCHOONER ALLIANCE II: YORKTOWN SIGHTSEEING DAY SAIL\***

**Monday, June 1st-13:30PM-Front Lobby**

**FIRST FRIDAY FORUM: INTERFAITH-DAVID LACY AND SANDY HEDLUND**

**Friday, June 5th-8:30AM-Lancaster Room**

Sandy will give a high level overview of what Interfaith Service Council does, how we collect household goods for our free warehouse and David will talk about the repairs that Interfaith completes for those in need in our community.

**WILLIAMSBURG PLAYERS— 1776 PATRIOTIC MUSICAL**

**Sunday, June 7th -12:30PM-Front Lobby**

**Sign up for transportation**

Witness the birth of a nation as our forefathers struggle to craft the Declaration of Independence. It's the summer of 1776, and the nation is ready to declare independence... if only our founding fathers can agree to do it! 1776 follows John Adams of Massachusetts, Benjamin Franklin of Pennsylvania and Thomas Jefferson of Virginia as they attempt to convince the members of the Second Continental Congress to vote for independence from the shackles of the British monarchy by signing the Declaration of Independence.

**NARRATED NORFOLK NAVAL BASE TOUR & CRUISE\***

**Wednesday, June 10th-10:00AM-Front Lobby**

**Cost=\$35 + lunch\$**

Cruise the smooth waters of the Elizabeth River while touring one of the world's busiest seaports including the world's largest naval base, home of the Atlantic Fleet, made up of destroyers, guided missile cruisers, submarines, , aircraft carriers and more.

The 2-hour tour departs from Nauticus, home of the Battleship Wisconsin. The captain provides an entertaining commentary aboard this Coast Guard vessel.

**Art Classes: Let's Get Creative!**

**Making Seed Bombs\***  
**Wednesday, May 6th at 1:00PM-Art Room2**



**Alcohol Ink & Fire\***  
**Monday, May 11th at 3:00PM-Thomas Garden Patio**



**Crushed Glass Art\***  
**Wednesday, May 27th at 3:00PM-Art Room 2**

