

Westbury World

Published by Shenandoah Valley Westminster-Canterbury
A Life Plan Community

Volume XXX Number 4

April 2026



Our Chaplain's Easter Message

The story is familiar to many: Early on a Sunday morning, the third day following the death of Jesus on the cross, the two Marys come to the tomb where Jesus lay. They come to the tomb to anoint his body and as they approach, suddenly there is a great earthquake.

The ground starts to shake, and an angel descends from heaven. (*Pretty dramatic stuff, really!*) The angel rolls back the mighty stone that is in front of the tomb and then takes a seat.

The angel's appearance is awe-inspiring – not unlike that of Jesus on the mountain at the time of his transfiguration: dazzlingly bright, his clothing white as snow. The guards who were keeping watch at the tomb begin to shake with fear and they look as if they'd seen a ghost.

"Relax," says the angel to the women. "Do not be afraid. I know that you are looking for Jesus who was crucified, but he is not here for he has been raised."

I love these words, which we find repeatedly in scripture: "Do not be afraid."

They remind us God is always at work in the world, and that amid our uncertainty and fear, God walks with us.

And nowhere is that assurance shown more fully than in the life, death and Resurrection of Jesus.

Easter is a celebration of the Resurrection by which we enjoy the promise of new life, and in which we are given the assurance that God watches over us and provides for all our needs. That's good news. That's good news, indeed! Happy Easter!

Bill Everhart

A Message From Our CEO

I am very excited to share the newest addition to campus.... our very own trishaw from Cycling Without Age! Our team was first introduced to Cycling Without Age in June of 2025 at the annual LeadingAge Virginia Conference in Norfolk, VA. Two of the guest speakers at the conference were a father-son duo from Santa Monica, CA, who travel the world promoting this program. Cycling Without Age is a worldwide movement that aims to provide joy and vitality to older adults through the magic of the bicycle.



The movement started in 2012 in Denmark with Ole Kassow. Ole wanted to help his neighbors at the local nursing home get back on their bicycles, but he needed to find a solution to their limited mobility. The answer was a trishaw, and he began offering free bike rides to the nursing home residents. This simple act of kindness kept growing until it became a worldwide movement.

Since we had not budgeted for this bike, we wrote a grant to the Foundation for the purchase of a trishaw. The Foundation Board was very interested in the concept, but they did ask us to go back to the residents to get their input. I shared videos and the mission of Cycling Without Age at a Resident Town Hall, Ladies Group, Gentlemen's Group, and at my monthly meeting in Wappacomo Hall. The overall response was one of interest and curiosity.

Shortly thereafter, Steve Policastro contacted SVWC. Steve is a retired executive who lives in Winchester and loves cycling. He had heard about this program and immediately began researching and learning all he could about Cycling Without Age. He reached out to other cities in Virginia that offer this type of activity and quickly decided to start a chapter in Winchester. With Steve's enthusiasm and our shared passion, we returned to the Foundation Board, which approved the purchase of the trishaw. Our very own trishaw, straight from Denmark, arrived in early March.

SVWC is currently partnering with the local

Cycling Without Age chapter to promote their mission and guiding principles. The hope is to purchase a second trishaw for the Winchester community through local contributions.

The pilots (as they are called) are currently practicing with our bike and will soon take residents on trips around campus. To increase interest and grow the program, SVWC and the local Cycling Without Age chapter will include the trishaw in the Apple Blossom Parade. Stay tuned for more updates and more pictures in the months to come!

Jeannie Shiley



Photo by Sue McKenzie

Welcome to Our New Neighbors

John and Patty Taylor moved into Winchester Hall, Apt. 227 from Winchester, VA.

Shirley Way moved into Winchester Hall, Apt. 425 from Gainesville, VA.

Helen Kwiatkowski moved into Shenandoah Hall, Apt. 112 from Woodstock, VA.



New Library Books for April

Fiction

The Devil's Bible (LP)*	Steve Berry
The Crossroads (LP)*	C.J. Box
The Hadacol Boogie	James Lee Burke
The First Time I Saw Him	Laura Dave
Her Cold Justice	Robert Dugoni
Robert B. Parker's Big Shot	Christopher Farnsworth
Queen Esther	John Irving
Jigsaw (LP)*	Jonathan Kellerman
Private Rome	James Patterson/Adam Hamdy
The Final Problem (LP)	Arturo Perez-Reverte
The Astral Library	Kate Quinn
Stolen in Death	J. D. Robb
Vigil (LP)	George Saunders
Cold Zero	Brad Thor

Non-Fiction

The Sea Captain's Wife	Tilar J. Mazzeo
Winter: The Story of a Season	Val McDermid

*A Copy in Wappacomo Library

Westbury World
Published and distributed by
Shenandoah Valley Westminster-Canterbury
300 Westminster Canterbury Drive
Winchester, VA 22603 - - - - - www.svwc.org
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2026 Annual Residents Association Elections

The annual Residents Association election will occur from May 4 to May 11. Balloting will close at 4:00 p.m. on May 11. We will be filling leadership roles for:

President
Vice President
Treasurer
Three Members-at-Large

Two weeks before the election, bulletin boards detailing nominees' personal statements will be placed overlooking the pool and outside the second floor Wappacomo Hall dining room. Prior to the election period, information brochures containing the same information will be placed in residents' in-house mailboxes along with their election ballot.

Ballot boxes will be located outside the third-floor elevators in Shenandoah and Winchester Halls, outside the second floor Wappacomo Hall dining room, the area overlooking the pool and the Lawrence Hall lobby during the election period of May 4-11.

The RA's Executive Committee will elect the Resident Representatives to the following Board of Trustees Committees:

- **Property & Planning** (Chair, RA Building and Ground Committee)
- **Property & Planning** (Winchester Hall representative)
- **Interior Design** (Winchester Hall)
- **Finance** (Chair, RA Financial Liaison Committee)
- **Finance – Alternative** (Vice-Chair, RA Financial Committee)

Election results will be posted on the large bulletin board overlooking the pool, the small RA bulletin board near the post office, the bulletin board outside the second floor Wappacomo Hall dining room, and on the portal.

Brian Dewey
Nominating & Elections Committee

From The



The Lawrence Hall flagpole goes into operation, as reported 25 years ago in the *Westbury World* for April, 2001:

Long-Awaited Flag Raised

The official SVWC flag was raised following the March meeting of the Residents Association. Although this was not the official dedication, a large group of residents gathered to witness our new "high-tech" pole in operation. Many wondered how could the flag be hoisted if the halyard is inside the pole? Indeed it is, and secured inside the pole by a small locked door. Ask one of the attendees to explain it.

Two groups of residents also viewed the event from the Commons; some gathered by the windows near the library, others by the clock. Spontaneously (and independently) the two groups started singing "The Star-Spangled Banner," in a markedly non-synchronous manner. "It was hilarious," commented one of the singers. Fortunately, the third spontaneous rendition by the group at the flag pole was out of ear shot.



EARTH TO ARBOR DAY April 22-24

Mother Nature's Team will provide many opportunities to learn and also have fun as we join the world in celebrating Earth Day and Arbor Day.

The Opening Ceremony will be held in the Apple Blossom Room on April 22 at 11:00 a.m. Conservation is our overriding theme – the necessity to save land, water, trees, birds, flowers, animals, and fish.

Check the posted schedule for these resident-led activities: Geology Walk; Flower Walks; Geocache Tutorial; Bird Songs; Disc Golf Practice; Bird Feeder Watch; and Planting Paw Paw Trees.

A special trip is planned for Thursday morning, April 23, to visit the Frederick County Landfill to see how a multitude of trash items are processed.

The Thursday Night Program will be given by representatives from the Lord Fairfax Soil and Water Conservation District; they will describe their many projects in this area.

During lunchtime on Friday, April 24, employees may fish at Goff Pond with help from residents who will explain the purpose of the "catch and release" protocol.

The Closing Ceremony will on Friday at 3:00 p.m. in the Apple Blossom Room.

Lots to do! Come and take advantage of these many programs to...

Nurture our Nature at SVWC.



Sylvia Wilson

March Merriment Around Our Campus



Romping in the Villa Dog Park



The Art Reception featuring Cari Sherwood



St. Patrick's Day - Piper and the DJ



Hello! I'm Your Neighbor!

Photos by Bill Young



Mystery theatre play *The Missing Necklace*

April Bistro Concert: The Szymon Aleksander Trio

Prepare to be transported back to the jazz scene when the Szymon Aleksander Trio performs at the April Bistro Concert.



The trio, described as having “brilliant technique, extraordinary energy, and strength in interpretation,” will present *American Nights* and features Szymon Czerniak on piano, Jacob Pemberton on bass, and Poh Teng on drums. This traditional piano trio features music from the jazz canon inspired by the musicians’ East, West, and Southern roots.

The trio is led by American-born Polish pianist Szymon Czerniak, who previously performed as a solo pianist at Westminster-Canterbury. He has been widely praised for his “brilliant technique, extraordinary energy, and strength in interpretation.”

In an unusual twist for a classical pianist, Czerniak took a break from performing while a student at Southern Methodist University to play college football. He became a two-year letter-winning defensive lineman for the SMU Mustangs. Fortunately for music lovers - if not for football—he returned to the stage for his European recital debut in 2015.

Since then, Czerniak has received rave reviews and numerous musical awards. He continues to perform at venues across the United States and Europe. He has also served on the faculties of several music schools in Houston, Virginia, and New York City, including the Piano School of New York in Manhattan, and most recently at Shenandoah University here in Winchester.

The concert begins at 7:30 p.m. on April 17 in the Bistro. Admission is \$10 per person (cash only), payable at the venue. The concert is open to the public and is supported by Atlantic Union Bank.

Nina Frederick

Parkinson’s Disease Awareness

April is Parkinson’s Disease Awareness Month and SVWC’s Speech Therapy Department has planned a week of events to increase awareness and in support of those living with Parkinson’s Disease. The planned events are as follows:



April 7, 10 a.m., the Abbey, Dr. Abigail Lawler will discuss Parkinson’s symptoms and treatment.

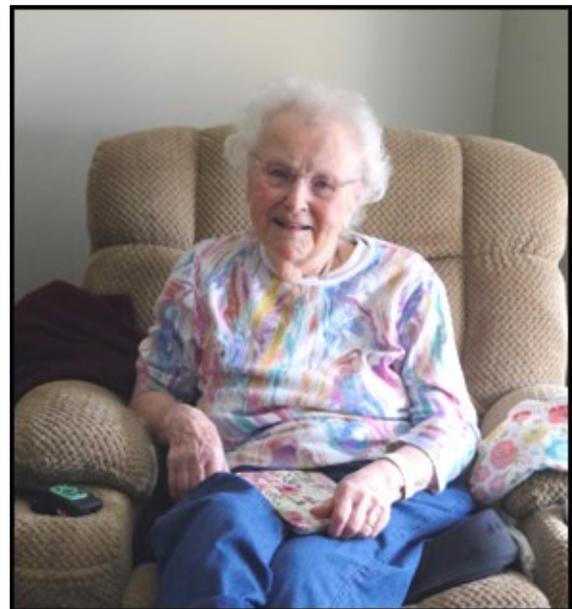
April 8, following Coffee With Administration a presentation will be given, titled “Parkinson’s Disease and Dementia, What’s the Connection?”

April 8, 3 p.m., the Abbey, VOICE, a discussion and demonstration of the impact Parkinson’s has on your voice, and what can be done to help maintain and improve it.

April 9, 9 a.m., the Commons, Heroes Teaching Heroes. A first responders meet and greet and educational session.

April 9, 10 a.m., Lawrence Hall entrance, Parkinson’s Awareness Walk & Talk.

For more information, contact Christine Ristano at cristano@svwc.org.



Photos by Bill Young

Elizabeth (Betty) Herbert
turns 101 on April 13
Happy Birthday, Betty!

Lifelong Learning

SVWC Lifelong Learning organizes 60 to 90 minute sessions open to all residents, futures, and guests in the Abbey every Monday, starting at 2:00 p.m.

The topic **April 6** is “**Family Ethics – Case Study Discussions.**” We will describe situations facing families and discuss the pros and cons of various solutions.

The topic **April 13** is “**The Middle East**” with retired Shenandoah University Dean Cal Allen as our guide. Dr. Allen is a historian with expertise about the Middle East, particularly the nation of Oman.

On **April 20**, Ron Hamme returns with a new three-part series on “**Looking at Art.**” He begins with “**Modern Art at the Beginning,**” a discussion of the beginnings of Modern Art around the turn of the 20th century while defining and analyzing abstract and non-objective art in significant examples by Matisse, Kandinsky, and Chagall.

On **April 27**, Ron’s topic is “**Classical Architecture of the Akropolis,**” a tour of the Greek Akropolis and the architectural concepts that continue to awe humanity still over the centuries even in their ruins. Buildings once designed by some of the greatest architects in history who refused to settle for anything less than perfection, still stand and inspire us.

Bob Bolan



Photo by Bill Young

Thursday Night Programs

April 2: “The Meaning of Maundy Thursday” presented by John Lown

April 9: “Tiffany Lamps” presented by Jim Barnard

April 16: “The Fuller-Moore House” presented by Brian Daly

April 23: “Lord Fairfax Soil & Water Conservation District” presented by Allyson Pond

April 30: “Micro Gardening” presented by Harvey Ussery

ANNUAL EASTER EGG HUNT Staff & Resident Families

**Saturday, April 4
2:00 p.m. in the Courtyard**

Hunt divided by age groups:

0 - 3 2:00 p.m.

4 - 7 2:10 p.m.

8 - 12 2:20 p.m.

12 - Adult 2:30 p.m.

(trail hunt for special egg)

**Bring your own Easter Basket
Look for the Golden Egg**

**Guest appearance by
the Easter Bunny**

Annual Shred Day

**Monday, April 27
10 a.m. to noon**

*The shred truck will be parked next to
the Maintenance Building*



Mystery theatre cast of The Missing Necklace on stage, and the guests who identified the thief in front of the stage.

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