



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 32, Issue 9

SEPTEMBER 2017



Gazebo Gazette

R A P P A H A N N O C K W E S T M I N S T E R - C A N T E R B U R Y

SPECIAL POINTS OF INTEREST:

- Documentary: Under Our Skin
- Movie Under the Stars*
- Paparazzi Jewelry Sale
- Yes2Years Purple Promo Rock-n-Roll Party Day
- Bert Hudnall "Behind the Walls of Academia"*
- Activities Committee "Back to School" Party*

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MIND & MUSCLE SERIES PRESENTS A TASTY PROGRAM

Learn to make a nutritious lunch – and then savor it

Healthy foods can be scrumptious, and Rappahannock Westminister-Canterbury's Culinary Services is ready to show the community how.

Genita Maiden, director of Culinary Services, Carlos Davis, culinarian trainer, and Dot Taylor, kitchen manager, will discuss healthy cooking while preparing a Greek salad with chicken and pears with granola topping at Rappahannock Westminister-Canterbury's next Mind & Muscle event at 11 a.m. on Sept.11.

"Both dishes are low in sodium and fat, but taste delicious," said Maiden, a 32-year veteran of RWC.

Healthy food is a mainstay at RWC's dining room, assisted living, adult day care, and health care programs. "In a week's time, we go through five cases of cantaloupe, five cases of honeydew and two flats of grapes for fruit salad. Our staff cuts about 40 gallons of fresh fruit every other day." RWC's staff of about 45 culinarians (as staff members are called) includes many long-time employees dedicated to providing satisfying meals to residents, including Taylor, who's been on staff for more than two decades.

The program includes a complimentary luncheon at noon featuring dishes prepared during the program. Reservations are required, as space is limited. Call 804-438-4000 on or after Aug. 28. RWC maintains a waiting list and will honor reservations in the order received.

The final lecture in the Mind &

Muscle series will be held Oct. 2 at 11 a.m. The talks are free and open to the community.

YES2YEARS PURPLE PROMO ROCK-N-ROLL PARTY

Friday, September 22

9:00 am to 5:30 pm

Auditorium/Atrium

Help to find a cure for Alzheimer's by joining the Yes2Years Walking team, at this year's Walk to End Alzheimer's on Saturday, October 7 at Bethpage Campground in Urbanna. To promote this great event we will be offering a fun day of activities for everyone to participate in and we hope you will sign up for our team in the process.

DAYS EVENTS WILL INCLUDE:

ROCK-N-ROLL CAKE WALK

9:00 am—Atrium

Tickets can be purchased the day of the event at \$5 for 5 chances to win fresh baked goods. We need donations of these baked goods (cakes, muffins, brownies, etc.). Please drop off at the Resident Life Office by Thursday, September 21.

ALL DAY SILENT AUCTION

9:00 am to 4:00 pm—Atrium

Everyone has a chance to out-bid and win fabulous items. We need donations of new, unused items for the auction. Please drop off at the Resident Life Office by Wednesday, September 20.

MORE EVENTS CONTINUED ON PAGE 7


WE'RE ON THE WEB!

WWW.RW-C.ORG

LIKE US ON FACEBOOK

The deadline to submit articles for the
October 2017 issue is
Tuesday, September 26, 2017 by noon.
Contact us: 804-438-4000

- 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
- FIT
- Fitness Center
- FPL
- Front Parking Lot
- FRL
- Front Lobby
- GAL
- Gallery Hall
- KCT
- King's Court
- LAN
- Lancaster Room
- LEC
- Life Enrichment Center
- LIB
- Library
- LVG
- Lakeview Grille
- MSP
- Main Street Pub
- RAP
- Rappahannock Room
- RCL
- Resident Clinic
- TGP
- Thomas Garden Patio
- WCN
- Westbury Center
- WCR
- Westbury Club Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<h1>SEPTEMBER 2017</h1> 		<p>Detach the cover of <i>The Gazebo Gazette</i> and place it on the refrigerator or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV on Channel 85 on a daily basis for the latest updates. An asterisk (*) means a RSVP or sign up is required. REMINDER: WE MUST HAVE A MINIMUM OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS WITH THE EXCEPTION OF WEEKLY SHOPPING.</p>			8:30-AUD-ROMEOs & OWLETS* 5:00-MSP-Happy Hour	1 5:00-TGP-Happy Hour	2
10:00-COR-Society of Friends Meeting 4:00-WCR-Worship Service	LABOR DAY 10:00-COR-Parkinson's Caregiver Support Group 11:00-LVG-Labor Day Brunch (until 2) 4:00-CGR-Dart Sharks GRILLE WILL BE CLOSED FOR DINNER. CALL EXT. 4516 TO ORDER A BOXED DINNER.	10:00-AR2-Chat & Crafts 1:00-CGR-Board Game Gang 1:00-AR2-Art Class with Pam 1:00-AUD-Documentary: Under Our Skin 1:30-FRL-Shopping & Errands*	10:00-AUD-Residents' Association Board Meeting 3:00-WCR-Bible Study 6:30-AUD-Open Mic Night 7:00-CGR-Gentlemen's Poker Club	1:00-LIB-Party Bridge 2:00-AR1-Tshirt Jump Ropes* 4:00-CPL-Rosary	5:00-TGP-Happy Hour 6:00-TGP-Movie Under the Stars: My Dog Skip*	10:30-AUD-Apple Seeds Computer Group 5:00-TGP-Happy Hour	
4:00-WCR-Worship Service	10:00-BLR-Residents' Health Care Committee Meeting 10:00-AR2-Drawing Class* 11:00-AUD-Mind & Muscle* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 3:15-CGR-Dart Sharks 4:30-AR1-Memory Support Group 6:30-WCR-Trish & Friends Music	10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge 6:00-RAP-RILL Course: Map of the Americas (Pt. 1)*	10:00-AR2-Activities Committee Meeting 11:00-TGP-Disc Golf 1:00-AUD-Parkinson's Support Group 1:30-CGR-Bunco Group 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 11:00-MSP-Resident Choir 1:00-AUD-Genealogy Class 1:00-LIB-Party Bridge 4:00-CPL-Rosary	10:00-MSP-Paparazzi Jewelry Sale 5:00-AUD-Special Occasion Party NO HAPPY HOUR TONIGHT	5:00-TGP-Happy Hour	
11:00-LVG-Sunday Brunch 4:00-WCR-Worship Service	10:00-BLR-Resident Ground & Landscaping Committee Meeting 10:00-AR2-Drawing Class* 1:00-AR1-Yupo/Alcohol Inks* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-WS Monthly B-day Party	10:00-AR2-Chat & Crafts 1:00-AR2-Art Class with Pam 10:30-COR-Bible Study 1:00-CGR-Board Game Gang 6:00-RAP-RILL Course: Map of the Americas (Pt. 2)*	10:30-AR2-Crafts for a Cause 10:30-FRL-Virginia Rep. Theatre (subsc. Holders) 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	1:00-LIB-Party Bridge 1:00-AR2-RILL Course: Farm to Table Flower Arranging* 4:00-CPL-Rosary	Yes2Years Purple Promo Rock-n-Roll Party Day 9:00-ATR-Rock-n-Roll Cake Walk 9:00-ATR-Silent Auction Begins (closes at 4:00 pm) 12:00-ATR-Wear Purple Contest 3:00-AUD-Quarter Auction 5:00-TGP-Happy Hour	5:00-TGP-Happy Hour 7:00-AUD-Saturday Night Movie: Miss Sloane	
4:00-WCR-Worship Service	10:00-AR2-Drawing Class* 10:30-RAP-RWC Book Group 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Crafts 10:00-AUD-Living with Dementia (Early Stages) 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge 6:00-RAP-RILL Course: Map of the Americas (Pt. 3)*	9:00-FRL-Trip to New Town Williamsburg* 10:00-MSP-Burke's Jewelry Repair Service 3:00-WCR-Bible Study 4:45-AUD-Bingo-Pizza Party* 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 2:00-AR1-Tshirt Jump Ropes* 1:00-LIB-Party Bridge 4:00-CPL-Rosary	5:00-MSP-Happy Hour	10:00-RAP-Bert Hudnall "Behind the Walls of Academia"* 5:00-AUD-Activities Committee "Back to School" Party*	

Lasting what seems like two minutes, summer draws to a close and fall approaches. I had more projects on my personal to-do list this summer than there was summer in which to complete them apparently.

It has been a busy summer at RWC. Among the projects our team worked on was arranging for a new medical director and physician to serve at RWC, as Dr. Bessler moves out of that role and into an office-based practice in Lively and Heathsville. We are grateful for his faithful service at RWC for over twenty-three years, and we wish him well in his practice. Likewise, we are thankful for our continuing relationship with our wonderful nurse practitioner Dr. Chris Collins (DNP).

I would like to take this opportunity to introduce you to the incoming medical director/physician Dr. William (Wil) Stallings also with BonSecours. Born in Pennsylvania, Dr. Stallings grew up near Reedville after moving there with his family at age 9. His late father was a physician. Dr. Stallings and his wife make their home in Kilmarnock with their son, daughter, and a baby on the way.

Dr. Stallings attended Rappahannock Community College and graduated from Franciscan University of Steubenville in Ohio majoring in biology with a minor in chemistry. He did post-baccalaureate studies in Austria before completing medical school at Medical College of Virginia/Virginia Commonwealth University in 2003. He completed his medical internship at St. Anthony Hospital and his medical residency at St. Anthony Family Medicine Residency in Oklahoma City, Oklahoma. He served as Chief Resident in his last year of residency. Dr. Stallings is board-certified in family medicine. He practiced family medicine locally before joining the RGH in 2007 practicing as a hospitalist and working in other capacities with RGH/BonSecours. Dr. Stallings serves as Chief of Medicine at BonSecours RGH, and he directs the hospitalist program. He has made several medical mission trips. Dr. Stallings is enthusiastic about the opportunity to practice at RWC.

Dr. Stallings will work closely with Dr. Chris Collins (DNP) who has been seeing residents at RWC and working with Dr. Bessler since 2015. As you know, Chris completed her doctorate in nursing practice this spring. She will be presenting her doctoral project in at a geriatric medicine conference in Scot-

land in early September. We are fortunate to have the continuity Dr. Collins provides, and we welcome Dr. Stallings to the RWC family of caregivers. I hope you had a wonderful summer, and I wish you a peaceful fall.



OPEN MIC NIGHT

Wednesday, September 6—6:30 pm—Auditorium

Cleveland Winfield is an English teacher with a passion for poetry. He wants to give others the opportunity to express themselves through poetry, readings, and music as well. We invited residents and staff so we got some staff members singing. Join us!

**SAVE THE DATE!!!!
BACK TO SCHOOL PARTY!!!!**

Saturday, September 30

5:00 pm—8:00 pm—Auditorium

Sponsored by Chesapeake Investment Group

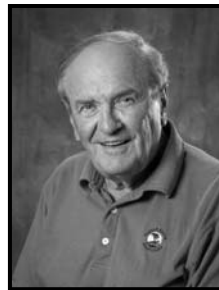
Look for your invitation.

Dress for the Theme!

Wear High School/College

Attire.

Entertainment provided by Ken Sparks. Throughout his life, Ken Sparks has entertained part-time and composed hundreds of songs for special occasions, recently releasing an album of songs celebrating the National Capital area.



The Activities Committee is seeking school sweat shirts/T-shirts/pennants to use for decoration. Let Gerald or Donna Hoskins know if you can provide.

Menu will consist of; Nacho's, Hot Dogs with fixings, chicken tenders, Broccoli Salad, Fresh Fruit, Cookies and Ice Cream Cups and your favorite cafeteria food from those school days...TATER TOTS! Drinks are \$2 for wine/mixed drink and \$1 for beer. Sodas are free.

RSVP's are due by September 22.

Be prepare for an evening of fun and nostalgias.

Making your reservation is a necessity for planning purposes.

Your consideration is appreciated!!

ROMEOs & OWLETs*

Friday, September 1— 8:30 am - Auditorium

Marsha Sitnik summered in Lancaster starting in 1962 and retired here in 2005 after a 35-year career in the sciences at the Smithsonian. Since then she has served as President and head of museum collections of the Mary Ball Washington Museum. At St. Mary's Whitechapel Episcopal Church, she served on the vestry, helped spearhead the Ball Tomb Project, and is now Chair of the Cemetery. She is Vice President and head of membership for Preservation Northern Neck and Middle Peninsula, a group that provides small grants for repairs and restoration of historic properties and objects. Her dedication to historic preservation extends to a hands-on renovation of her historic home, the home place of the Ewell family in Bertrand.

Please sign up at the Front Desk to attend.

MOVIE UNDER THE STARS*

Friday, September 8—6:00 pm—Thomas Garden Patio

Featured Movie: My Dog Skip

Lonely, 9-year-old Willie Morris lives in the flea-bitten town of Yazoo, Miss. He stinks at sports and has no playmates. So, over the strenuous objections of his hardnosed father (Kevin Bacon), Willie's mother (Diane Lane) buys him a dog that he promptly dubs "Skip." Before you know it, Skip transforms Willie's life: He makes friends, plays sports and develops an unbreakable bond with the spunky terrier. Based on a true story. (2000) Rated PG 1hr 35m. **Please sign up at Front Desk if you plan to attend as space is limited.**

DRAWING BASICS WITH MARGE ALDERSON CONTINUES*

Monday, September 11—10:00 am—Arts Room 2 (6 Week Class—EVERY MONDAY)

Have you always wanted to draw, even to doodle on your Ipad? Join our fun class and make those breakthroughs!

This class offers new students ways to get going and soon you will find you are drawing. Returning students will use the first class as a review and then we'll all lead the way adding new materials and color to expand our horizons.

New students will have a material list fee of \$15.00. Returning students will have a fee of \$5.00.

Please sign up at the Front Desk to attend by Sept 5.

PLAYING WITH YUPO & ALCOHOL INK*

Monday, September 18 - 1:00 pm—Art Room 1

This class is the perfect class for anyone who thinks they aren't an artist. Come and play and let your inner artist out!! Call Amy if you have any questions at ext. 4024. Sign up at Front Desk to attend.

CRAFTS FOR A CAUSE (SOFT SPOTS)

Wednesday, September 20—10:30 am

Art Room 2

Please come and join us making SOFT SPOTS for the little kittens at the Animal Welfare League.

SATURDAY NIGHT MOVIE

Saturday, September 23—7:00 pm - Auditorium

Featuring: Miss Sloane

In this gripping thriller that exposes the dog-eat-dog world of Capitol Hill lobbyists, political strategist Elizabeth Sloane is determined to push through legislation enacting tougher gun control, regardless of the personal or professional cost. (2016) Rated R 2hr 12m . NOTE: Movies are subject to change without prior notice.

SHOPPING AT NEW TOWN IN WILLIAMSBURG*

Wednesday, September 27—9:00 am

Front Lobby

New Town offers over 30 shops and 19 places to dine. Barnes & Noble, Chico's, Joann's Fabrics & Crafts are all located here. Shop, dine and explore as you wish.

\$5.00 travel fee will be charged to your account. Be certain to wear comfortable walking shoes as there will be quite a bit of walking and getting off and on the bus. Will return home by 3:30 pm. Sign up at the Front Desk to attend.

BINGO-PIZZA PARTY*

Wednesday, September 27—4:45 pm

Auditorium

Bingo is back with fabulous prizes for lucky winners! Cards are \$2.00 each. You may be the big cash jackpot winner!

CHAT & CRAFTS EVERY TUESDAY—10:00 AM ART ROOM 2

REGULAR OPPORTUNITIES FOR SPIRITUAL GROWTH

- **Sunday Worship:** Sundays at 4 PM in the Westbury Clubroom. **All are welcome.**

Devotional messages are presently based on The Book of the Psalms and focus on the theme of the full-range of human emotion and experience. A recent focus has been on navigating the "storms of life."

- **Holy Communion:** observed as a part of Sunday worship the first Sunday of the month.

- **Praying the Rosary:** Thursdays at 4 PM in the chapel with the Legion of Mary.

- **Northern Neck Society of Friends:** First Sunday of each month at 10 AM for worship in the Corrotoman Room with discussion following from 11-12.

- **Bible Studies:**

Tuesdays at 10:30 AM in the Corrotoman Room. All residents are welcome to this Bible study taught each month by a different local minister invited by the group. **September's leader will be Jeff Shanaberger presenting "The Character of God's People: Book of Mathew, Chapter 5"**

Wednesdays at 3 PM in the Westbury Center. All residents are welcome to join Rev. Winfield Talley for a 30 minute lesson.

UPCOMING OPPORTUNITIES

Group Labyrinth Walk - September 27, 11:00 am, at the RWC Labyrinth. Please contact Chaplain Houck for more information.

Fall Camp - The Tri-Diocesan Council on Aging of the Episcopal Church has once again put together this opportunity for members of the three Virginia dioceses to participate in Fall Camp at Shrine Mont in Orkney Springs, VA, October 23-26, 2017. For more information contact organizers Tom or Susan Summerlin at tsummerlin11@verizon.net or call: Tom (757-667-9647) or Susan (757-831-9969).

FOR "REFLECTION"

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." Martin Luther King

"It is always darkest before the dawn." Thomas Fuller

The recent eclipse was quite an event here at RWC. A lot of buzz about safety (good idea) like getting the right glasses or having someone (thanks Amy!) help with a pinhole box, etc. Did you see it? Did it live up to your expectations? Did you miss it but wish you had seen it after all? The morning of I asked one of my sons what he thought about it and here is (a part of) his reply:

"I'll probably not worry about seeing it. It reminds me of my high school Physics teacher - he would always have some phenomenon that was occurring in the skies for us to consider. Each day there was something "that's not going to occur again for the next thousand years". To me this is both wild to consider and shows how complex the universe is, but also unburdens me from worrying about missing them."

Now that's a perspective! And so if I may, I'll add an additional brief thought: Much has been said in the course of humankind about the themes of darkness and light. For example, in the Judeo-Christian tradition, the first words spoken by the Creator were "Let there be light." (Gen 1:3) Or in the gospel, "The light shines in the darkness, but the darkness has not understood it." (John 1:5) Whatever our spiritual tradition (or non-tradition) there may be something which, upon reflection, we can take away from our "eclipse experience." We all experience both darkness and light in the course of our lives. Our darkness might include uncertainty, anxiety and fear, or some kind of loss, including that of health or even the life of a loved one. But there can always be the hope of light to follow. And it's that hope that can make all the difference in this sometimes dark world. In fact, each of us can personally be a part of that difference for one another.

"Look at how a single candle can both defy and define the darkness." (Anne Frank)

"Let your light shine!" (Matt 5:16).

Here to help see the light, Chaplain Greg Houck

IN MEMORIAM

Mrs. Ruth Wilder August 11, 2017

Mrs. Dorothy Hoffman August 20, 2017

"Death is not extinguishing the light. It is putting out the lamp because the dawn has come."

Rabindranath Tagore

YES2YEARS PURPLE PROMO ROCK-N-ROLL PARTY CONTINUED.... WACKIEST PURPLE COSTUME CONTEST

12:00 pm—Atrium

Show your enthusiasm to end Alzheimer's by wearing your craziest purple costume. Judging takes place at high noon in the Atrium.

"QUARTERS IN, PADDLES UP" QUARTER AUCTION
3:00 pm—5:30 pm—Auditorium

Win amazing prizes for just quarters. It's easy and fun. We are accepting donations of new, unused items for the auction. Please drop off at the Resident Life Office by Wednesday, September 20.

If you plan on donating baked goods or items for the auction, please let Amy Lewis know in advance.

Thank you, Mary Arthur, Sara Herring and Amy Lewis

MEMORY SUPPORT GROUPS IN NEW LOCATION!!! SEPTEMBER

Monday, September 11

ALL GROUPS MEET AT 4:30 pm

ALL PARTICIPANTS ATTENDING THE PERSONS WITH DEMENTIA GROUP MUST BE SCREENED PRIOR TO ATTENDING. Please contact Ellie Galloway at 804-695-9382 or Amy Lewis at ext. 4024.

Caregiver's Support Group
(Amy Lewis, facilitator)

Life Enrichment Center—Fitness Room 3

*

Person with Early-Mid Stage Dementia
(Ellie Galloway, facilitator)

Life Enrichment Center—Arts Room 1

LIVING WITH DEMENTIA: THE EARLY STAGES*

Tuesday, September 26—10:00 am—Auditorium

Ellie Galloway, Regional Director of the Northern Neck/Middle Peninsula Chapter of the Alzheimer's Association will share information about the early stages of Alzheimer's. **Please RSVP to Ellie by calling 1-800-272-3900.**

CHANGING LIVES AND HEARTS....ONE WHEELCHAIR AT A TIME

Every year more than 75,000 wheelchairs are thrown away in the United States, while 20 million people with disabilities around the world are in desperate need of a wheelchair. RW-C recently purchased a fleet of new wheelchairs for its own residents and was able to donate 22 wheelchairs to Wheels for the World, a program of Joni and Friends International Disability.

Carolyn Costello, the local Chair Corps Representative of Wheels for the World, joyfully accepted the donations from Jennifer Hinton, the Occupational Therapist, at the facility. The wheelchairs will be transported to a Wheels for the World Restoration Center located at a correctional facility in Tennessee. Inmate volunteers located at the facility restore the wheelchairs and mobility equipment to like new condition. The equipment is then transported to U.S. Ports for shipping to developing countries around the world. Teams consisting of volunteer Occupational and Physical therapists, mechanics, and translators travel to these countries and fit each wheelchair to a recipient and provide training in its use and maintenance. Through this ministry, team members also provide each recipient with a Bible in their language.

In 2014, Wheels for the World presented the 100,000th wheelchair to Ebenezer, a child in Africa. Their goal is to present another 100,000 chairs by 2020.

Dog Poetry



If taking care of number two is number one to you, then picking up your doggy doo should matter lots to you.

So scoop the poop and bag it and place it in the trash; your doggy doo reflects on you, It's what your puppy passed!

ALUMINUM CAN RECYCLING

We are once again collecting aluminum cans in the Hobby Room in the Life Enrichment Center. The cans are being collected to benefit the Boys and Girls Club.

BURKE'S JEWELER OFFERS SERVICE

Wednesday, September 27—10:00 am—12:00 pm
Main Street Pub

Burkes Fine Jewelers is proud to provide RWC residents and staff a variety of services to meet all of your jewelry needs. They provide the following services, jewelry repair, watch batteries and repair, appraisal services, engraving and last but not least gold buying. We'll be taking in repairs and/or services on-site and carrying them back to our storefront to repair and/or appraise and will return your precious jewelry within 7-10 business days.

THE GROUNDS AND LANDSCAPING

The Committee will meet in the Boiler Room on Sept. 18, at 10 AM. Put in calendar.

In the announcement realm: The Grounds and Landscaping Committee is seeking new members to its committee. Chaired by Jane Henley, the Committee meets at 10 AM on the third Monday every other month starting in March and ending in November.

This committee is responsible for assisting the Manager of RW-C's Grounds and Landscaping by monitoring the external appearance of the and health of current plantings. Each member is assigned a specific area of the campus. Contact Jane if interested in serving on the committee at 4303.

NATURE NOTES

Our campus seems to have a plethora of hummingbird feeders. And I have seen hummers at some of the available flowers, also. All in all, I believe our campus is a delight for the ruby throated hummingbird. However, they will be leaving for warmer climes by the middle of this month. The males will leave first and be followed a week or two later by the females and the juveniles that hatched this summer. Amazingly, the hummers will cross the Gulf of Mexico to the Yucatan Peninsula and some will continue on to Central America. They will not be breeding at their wintering grounds. Our campus is the location for breeding activities. Recall the two hummer nests that were dis-

played in the Atrium. Although the hummers will be leaving, please keep your feeders up and active for a couple of extra weeks. There may be migrating stragglers coming through from as far north as Canada.

Tom Teeples

TOP 5 ITEMS NEEDED AT THE HAVEN SHELTER

1. Paper Towels, Toilet Paper, and Tissues
 2. Over the Counter Medicine (Tylenol, Tums, Allergy Medicine, Cough Drops, Neosporin)
 3. Household-Sized Trash Bags
 4. Disposable plates, cups, and utensils
 5. Gift Cards to shop at Food Lion/Wal-Mart
- Donated items can be dropped off in the Hobby Room in the Life Enrichment Center.

GOOD TO KNOW

When you are moving into RWC or moving to a different home within RWC (or your loved one is), don't forget to submit a change of address to the Front Desk or your local post office. The initial change of address card serves two purposes:

1. It updates your address so your mail can reach you, and

It allows you time to inform every one of your change of address.

However, the change of address card does not take care of notifying anyone of your address change and it expires after one year. To avoid missing your important business mail and family communication, please make sure you (or a designee) takes the time to call, email, or write to each creditor, depositor, and other important persons of any address change in a timely manner. For more information or for assistance with changes of address, you may call Kay Klein, Community Concierge, at ext. 4800.

RILL CLASSES AT RWC

RILL brochures are near the mailboxes

The Map of the Americas 1755 and the Multi-Talented Dr. John Mitchell
Tuesdays, September 12, 19, 26 – 6-8 p.m.

Virginia and the War of 1812:
Did Anything Happen Here?
Fridays, October 6, 13, 20 – 1-3 p.m.

Also, at St. Mary's White Chapel
with RW-C residents Jane and Page Henley

Meriwether Lewis and
William Clark:
Tidewater Roots to the Expedition 1803-1806
Wednesdays, October 11, 18, 25 – 1-3 p.m.

RWC residents receive a discount for classes. See brochure for details.

GREAT COURSES: UNDERSTANDING JAPAN, A CULTURAL HISTORY*

Thursday, September 28—Thursday, December 14
10:00 am—Chesapeake Game Room
(EVERY Thursday—12 WEEKS)

Japan's extraordinary culture is like no other in the world. The 2,000-year-old civilization grew through periods of seclusion and assimilation to cultivate a society responsible for immeasurable influences on the rest of the world. What makes Japan so distinctive? The answer is more than just spiritual beliefs or culinary tastes. It's the ongoing clash between tradition and modernity; a conflict shaped by Japan's long history of engagement and isolation.

Class space is limited. Please sign up at the Front Desk.

LOVE ART?

The watercolor class invites you to give painting a try. Each Tuesday in October from 1:00 pm to 3:00 pm in Art Room 2 the class will be open to explore the medium of watercolor—beginners and experienced are welcome.

Materials provided. Talent not required.

DOCUMENTARY: UNDER OUR SKIN

Tuesday, September 5—1:00 pm—Auditorium

UNDER OUR SKIN is a powerful and often terrifying look not only at the science and politics of the disease, but also the personal stories of those whose lives have been affected and nearly destroyed. From a few brave doctors who risk their medical licenses, to patients who once led active lives but now can barely walk, the film uncovers a hidden world that will astound viewers. While exposing a broken health care and medical research system, the film also gives voice to those who believe that instead of a crisis, Lyme is simply a "disease du jour," over diagnosed and contributing to another crisis: the looming resistance of microbes and ineffectuality of antibiotics. As suspenseful and hair-raising as any Hollywood thriller, UNDER OUR SKIN is sure to get under yours.

BERT HUDNALL "BEHIND THE WALLS OF ACADEMIA"*

Saturday, September 30—10:00 am
Rappahannock Room

Bert Hudnall is a graduate of Washington and Lee in English and holds a Master's in education guidance from the University of Virginia. He's been a teacher, a director of admissions, and a head of school at both Salem Academy and North Cross, and the author of three books, *Musings from God's Lieutenant*, *Cutting Through the Chaos of College Admissions*, and most recent, *Tales out of School*. He will sign his books afterward, \$20 cash, and guess what? It's the old-fashioned way. He doesn't do credit cards. He'll trust you. If you say, "I'd like one, I'll send you \$20," he'll do it. Or you can write him a check, and that's a really great way. **Please sign up at Front Desk to attend.**

PAPARAZZI JEWELRY SALE

Friday, September 15 —10:00 am to 3:00 pm
Main Street Pub

Paparazzi Accessories are always fabulous, always fashionable, and always \$5. With new styles added daily, you can shop anytime and look like a million without breaking the bank! Find that perfect pop of color, fall in love with a new statement piece, or step out of your comfort zone and try one of the hottest trends of the season - the choice is yours.

LABOR DAY

September 4, 2017

Strength and Balance C: 9:00 am-9:50 am**Fit to Move: 10:00 am-11:00 am****Strength and Balance A: 11:05 am-11:35 am****Supervised Exercise: 11:00 am- 11:45 am****Strength and Balance B: Canceled****Supervised Exercise: Canceled****FITNESS ASSESSMENTS**

Would you like to have your fitness level assessed? The assessment includes: One Leg Balance Test, Functional Reach, Up & Go, Chair Sit and Reach, Back scratch, 2 minute step test, Chair stands

OPTIONAL ASSESSMENTS

Blood pressure, Heart Rate, % O₂, Girth measurements, Body composition

Please contact Jonathan 438-4290 or William at 438-4852 for an appointment to do your assessment.

PARKINSON'S SUPPORT GROUP

On Wednesday, September 13, 2017, at 1:00 in the Auditorium the group will be having a game day. This is a day of fun with some of your favorite games. So come out and have a ball.

BEGINNER CLASSES FOR THE FITNESS CENTER

You will learn how to use the Fitness Center equipment and which piece of equipment is best for you. This will be a great start if you have never done a workout or are new to the RWC Wellness program. These classes will take place on Tuesday, Thursday in the morning and afternoon. We have not determined the time for the classes yet. If you are interested in taking these classes, please contact Jonathan at 4290 or William/Alex at 4852.

SWIMMING POOL

Before entering the pool, please rinse off in the locker room shower. This will help maintain the water health of our pool.

DISC GOLF*

On Wednesday, September 13, 2017, at 11:00 am we will be playing disc golf. Disc golf is played just like golf, but with a disc. Come on out and have some fun. We will meet at Thomas Garden Patio.

Please sign up at the front desk.

If you have any questions please contact Jonathan at 438-4290.

MAKING T-SHIRT JUMP ROPES*

Wednesday, September 7 and September 28—2:00 pm—Arts Room 1

Making jump ropes from old t-shirts has turned out to be fun – so we're going to keep doing it! If you can braid hair, you can braid a jump rope – no jumping required. And, we're still asking for donations of gently used colorful t-shirts.

The jump ropes are being made as part of Operation Christmas Child, an outreach ministry of the Samaritan's Purse. You may have read about, heard about or participated in packing shoeboxes for Christmas – that's where these jump ropes will go.

Please join us for some fun, fellowship and an easy craft. Sign up at the Front Desk. Call Maria, ext. 4011, with any questions.

THE RWC LIBRARY

The Glass Castle: A Memoir by Jeanette Walls is the Library Book Group's September selection – fourth Monday, September 25, 10:30 a.m., Rappahannock Room. *Glass Castle* was published in 2005, a just-released movie is based on the book, and *Glass Castle* tops this week's *Post* non-fiction best-seller list! The Library has three copies of *Glass Castle* – read quickly and return so others can read it. For those who want to read more, we have a copy of *Half Broke Horses*, a pre-sequel about Wall's mother's childhood. We also have both books on Library Kindles that can be checked out. From the Amazon review:

“Jeannette Walls grew up with parents whose ideals and stubborn nonconformity were both their curse and their salvation. Rex and Rose Mary Walls had four children. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them physics, geology, and above all, how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family.”

Goodbye to two of our long-time volunteers, Zena Smith and Marilyn Edmunds – both reluctantly giving up their behind-the-scenes association with the Library.

Looking through the card file for **books in circulation**, we found 228 books checked out – about eight percent of our inventory. Currently in readers' hands are six books by Michael Connelly, eight by John Grisham, ten by David Baldacci and eleven by Stuart Woods! One-third of the Fiction books and one-half of the Mystery books are Large Print.

Also in the file are cards for **books out a long time**. Look through your room, apartment, cottage or house for over-due RW-C Library books and bring them back. Soon we'll be quietly reminding people that it's past time to bring back a book.

Paperbacks have been multiplying, so we're expanding the shelf space. Books on the paperback shelves aren't part of the Library collection, so you won't find them listed in the RW-C Library Book List. No need to check them out – when you bring one back, return it to a paperback shelf, and please alphabetize!

It's pretty subtle, and you might not even notice, but a row of books stands up straighter with a book-end at each end. Also, you can see the title of the book on the left end. So we're in the process of doing it.

The RW-C Library welcomes donations, especially when it's a new book you've bought and read, but don't want to have among your “effects” at end of life! With a few exceptions, we're not interested in pre-2000 books, particularly those with medical information. Also, unless asked, we aren't giving Donation Receipts – the \$3 that the IRS says you can claim for a donated hardcover book won't make much of a dent in your income tax bill.

We're pretty smug about the current **Bulletin Board**, featuring books from our Virginia Collection with, for some, an **RW-C Connection** note. There's also a National Park Service map of 1608 Indian villages on the Rappahannock River. Coming next will be a bulletin board showing off our very local books.

Conversations about books have been a bonus to this Library Lady position. It's fun to talk about a book we've both read, and fun to hear about an unknown book.