



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480



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The deadline to submit articles for the
January 2018 issue is
Tuesday, December 26, 2017 by noon.
Contact us: 804-438-4000

Volume 32, Issue 12

DECEMBER 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:

- Donna Strother Deekens, Author
- Chesapeake Academy Christmas Program
- Christmas Sale
- Paparazzi Jewelry Sale
- Journey to Bethlehem*
- Trip to Gallery at York Hall & Lunch*
- Fluid Art Class*

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LETTER FROM THE RESIDENTS ASSOCIATION PRESIDENT

The **Annual Meeting of the Residents Association** will be held at 10:00 AM on **Thursday, December 7th** in the Auditorium. The budget of the Association will be presented for approval at that time. The Nominations Committee will officially present its slate of officers for the upcoming year. For those who may be interested in additional nominees, your attention is called to Article IV of the By-Laws which states that any member of the Association may make a nomination from the floor, provided notice is given to Jay White, Chairman of the Nominations Committee, in writing, a minimum of one week prior to the Annual Meeting.

Mark your calendars for the **Spirit Day Program and Christmas Social** which will be in the Auditorium on **Friday December 8th**.

And finally, if you have not contributed to the **Employee Christmas Fund**, PLEASE do so. This is our opportunity to show our appreciation to the dedicated Staff who take care of our many needs during the year. You can show your generosity by making your check payable to Employee Christmas Fund and depositing in the box at the Front Desk no later than Friday December 1st.

John Roberts, President,
Residents Association

The **Nominations/By-Laws Committee** of the **RW-C Residents Association** presents the names of the following individuals for the 2018 designated offices to be voted upon at the **Annual Meeting** of the membership of the association on **December 7, 2017**.

CORRECTED SLATE

President: John Roberts
Vice President: Gerald Hoskins
Secretary: Pat Morris
Treasurer: Fred Luxton
Directors at Large: Arden Durham, Ellen Bennett, John Hess, Bob Longshore
Quality of Life:

2 year term: Mary Lu Dorsey
1 year term: Edith Houghton

Finance: Mary Anne Campbell, Dean Loudy, Susan McKenna, Cloyde Wiley
Nominations/By-Laws: Cecelia Barton, Susan Jones, Pat Kirby, Fred Peters

SPIRIT DAY

**Friday, December 8 - 1:30 pm
Auditorium**

The season is upon us to gather together as one big RWC family to celebrate the season with song as well as lots of other entertainment brought to you by the RWC staff. It's our way of saying "Thank you" for all you do for us throughout the year.

Please be sure to join us. It is always a super special event!!!

- 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
- 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>DECEMBER 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>			<p>8:30-LAN-ROMEOs & OWLETS* 1 2:00-AUD-The History Behind Christmas Carols & Reception</p> <p>NO HAPPY HOUR TONIGHT</p>	<p>2:00-AUD-Donna Strother Deekens: Christmas at Miller & Rhoads 2 5:00-TGP-Happy Hour 7:30-FRL-Chesapeake Chorale Concert*</p>
<p>10:00-COR-Society of Friends Meeting 3 4:00-WCR-Worship Service</p>	<p>9:00-FRL-Terracotta Army Exhibit at VMFA* 4 10:00-COR-Parkinson's Caregiver Support Group 4:00-CGR-Dart Sharks 4:30-AR1&2-Memory Support Groups SHOPPING ON TUESDAY THIS WEEK</p>	<p>10:00-AR2-Chat & Crafts 5 10:00-BLR-Amateur Radio Club Meeting 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:30-FRL-Shopping & Errands* 2:15-AUD-Chesapeake Academy Christmas Program</p>	<p>10:00-AR1-Christmas Sale 6 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-CGR-Great Courses* 7 10:00-AUD-Annual Residents Association Meeting & Elections 1:00-LIB-Party Bridge 1:30-CGR-Canasta Meeting 4:00-CPL-Rosary</p>	<p>8:00-LVG-Christmas Pajama Party 8 10:00-MSP-Paprazzi Jewelry Sale 1:30-AUD-Spirit Day 5:00-TGP-Happy Hour 5:30-FRL-Jackson Creek Christmas Cruise*</p>	<p>10:30-CGR-Apple Seeds Computer Group 9 5:00-TGP-Happy Hour 6:00-FRL-Journey to Bethlehem*</p>
<p>4:00-WCR-Worship Service 10</p>	<p>VISIT THE ANGEL TREE 11 10:00-BLR-Residents Health Care Committee Meeting 10:00-AR1-Fluid Art Christmas Ornaments* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 6:30-WCR-Trish & Friends Music "Joyous Noise Holiday Sing-along"</p>	<p>VISIT THE ANGEL TREE 12 10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-RAP-Duplicate Bridge 1:00-CGR-Board Game Gang 5:00-ATR-Lancaster Middle School Artist Reception</p>	<p>VISIT THE ANGEL TREE 13 10:00-FRL-Trip to Gallery at York Hall & Lunch* 10:00-AR2-Activities Committee Meeting 1:30-CGR-Bunco Group 3:00-WCR-Bible Study 5:00-AUD-Christmas Reception, Residents and Trustees* 7:00-CGR-Gentlemen's Poker Club</p>	<p>VISIT THE ANGEL TREE 14 11:00-MSP-Resident Choir 1:00-LIB-Party Bridge 4:00-CPL-Rosary 6:00-FRL-Bruce Davis' Celebration in Lights*</p>	<p>VISIT THE ANGEL TREE 15 5:00-AUD-Special Occasion Party 6:30-FRL-Beane & Spencer Concert at Campbell Presbyterian (7pm curtain)*</p> <p>NO HAPPY HOUR TONIGHT</p>	<p>5:00-TGP-Happy Hour 16 6:30-FRL-On Stage:John Brown Little Big Band, "Holiday in Swing" (7:30pm curtain)*</p>
<p>10:30-FRL-Virginia Rep. Theatre:Miracle on South Division Street (subsc. holders) 17 4:00-WCR-Worship Service</p>	<p>10:00-AR1-Fluid Art Christmas Ornaments* 18 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 2:30-LIB-RWC Book Group 4:00-CGR-Dart Sharks 4:00-WCR-WS Monthly B-day Party</p>	<p>10:00-AR2-Chat & Crafts 19 1:00-AR2-Art Class with Pam 11:00-AUD-Annual Christmas Service 1:00-CGR-Board Game Gang</p>	<p>10:45-WCR-Memories in the Making 20 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club</p>	<p>1:00-LIB-Party Bridge 21 4:00-CPL-Rosary 4:30-Cottage 419-Caroling at the Birdsongs*</p>	<p>5:00-TGP-Happy Hour 22</p>	<p>5:00-TGP-Happy Hour 23 7:00-AUD-Saturday Night Movie: A Dog's Purpose</p>
<p>4:00-WCR-Worship Service 24</p>	<p>CHRISTMAS Christmas Day Feast 25 11:00am—2:00pm Lakeview Grille/Lancaster Room GRILLE WILL BE CLOSED FOR DINNER 4:00-CGR-Dart Sharks</p>	<p>10:00-AR2-Chat & Crafts 26 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge 1:30-FRL-Shopping & Errands* 4:00-AUD-Katherine Cassidy presents "Africa"* ARTICLE FOR GAZEBO GAZETTE ARE DUE BY NOON</p>	<p>10:00-MSP-Burke's Jewelry Repair (til noon) 27 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club</p>	<p>1:00-LIB-Party Bridge 28 4:00-CPL-Rosary</p>	<p>5:00-TGP-Happy Hour 29</p>	<p>5:00-TGP-Happy Hour 30</p>
<p>4:00-WCR-Worship Service 31 6:00-AUD-New Year's Eve Reception*</p>						

GREETINGS FROM THE PRESIDENT & CEO

We have had an amazing year, and it does not seem like it is time for Christmas again, but it is. RWC is decorated for the Christmas season and immersed in a wide range of holiday activities. At our Thanksgiving Service, we dedicated the offerings of food and treasures from resident and staff for the benefit of the Holy Tabernacle Food Pantry, which is part of the Northern Neck Food Bank System providing wholesome food to families in need. Very soon, the RWC Foundation Angel Tree will be set up in the Dining Room Breezeway to accept honor and memorial donations for your "angels" which will greatly support the Foundation Fellowship Fund and the residents who benefit from this very special ministry.

As usual, RWC will be busy with Christmas seasonal activities through December. Friday, December 8th will be a busy day with the annual Resident-Staff Spirit Day celebration taking place in the Auditorium and the Kilmarnock Christmas Parade and Jackson Creek Light Cruise that evening. If the decorations adorning the Chesapeake Center and the sights and smells of Christmas haven't put you in the spirit by Wednesday, December 13th, the Annual Board and Resident Christmas Reception surely will do the job. Join our Corporate and Foundation Board members for a time of fellowship and hors d'oeuvres, RWC-style. We will have our Christmas Service on December 19th. On December 31st you can see 2017 out and welcome 2018 with the New Year's Eve Reception. You will want to check out the December calendar closely for all the regular RWC activities and the special seasonal opportunities.

I look forward to seeing you at the Residents Association Annual Meeting on Thursday, December 7th. I will review the past year and share some thoughts on what is in store in 2018. I encourage you to take in the experience of the holiday season in our neighborhood, and if you have a chance invite a friend from the greater community to come see how rich life is at RWC.

We are blessed at RWC by a deep sense of community. People care about people in our neighborhood, and that care provides a powerful strength and resilience with which to face each day. I am grateful for the caring community in which you live and we, the staff, serve. We wish you a wonder-

ful Christmas season as you enjoy its blessings and celebrations.

ANGEL TREE

The Christmas season is upon us and our Angel Tree will once again be placed in the Dining Room Breezeway to honor or memorialize loved ones and friends.

Beginning Monday, December 11 through Friday, December 15, volunteers will collect your *Angel Tree* donations to the RWC Foundation's Fellowship Fund. For your convenience, donation forms will also be placed in your mailbox and you can drop them off at the Front Desk. Your Angel(s) will be placed on our tree.

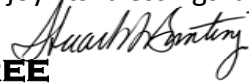
What a kind and generous way to honor your loved ones, family and friends by filling our tree with angels while contributing to a fund that assists in nourishing others at RWC!

If you are interested in participating as a volunteer for either the lunch or dinner shift, call me at #4175. Shifts are assigned in increments of one hour. Thank you in advance for your generosity.

Merry Christmas, LuAnne

CARD PAYMENT OPTION COMING SOON...

For the convenience of residents, guests and staff, RWC will soon expand payment options to include credit and debit (bank) cards. Over the years we have weighed the pros and cons of offering this service but delayed due to the potential impact of fees. For example, if Mrs. X decided to pay her \$4,350 account balance with a Visa credit card, RWC's payment would be reduced by approximately \$130.50 in fees. Overall, the fees could have a profound impact on the bottom line. Our solution for this obstacle is a surcharge. All credit card transactions will include a separate line item for a surcharge of approximately 3%. The surcharge provides a solution for credit card transaction fees; however, debit (bank) card transactions prohibit surcharges. In light of this restriction, we ask that you please consider the automatic debit option when paying with bank funds. This option is an automatic draft from a specified account and initiated on the 10th business day of each month. Currently there are eighty-seven individuals participating with the automated debit option. If you would like more information or an enrollment form, please contact April, X4028 or Marilyn, X4846.



ROMEOs & OWLETs*

Friday, December 1— 8:30 am - Lancaster Room

This month we will enjoy breakfast as usual and discuss ideas for interesting speakers for 2018. Please sign up at the Front Desk to attend.

RWC AMATEUR RADIO CLUB

Tuesday, December 5—10:00 am—Boiler Room

The RWC Amateur Radio Club has been acknowledged by the FCC following an organizational meeting and application for licensure. Initially the club has been designated by the call sign KN4GXA. We will continue with the development of the club at our next meeting. A guest "ham" will speak on vintage radios. Anyone interested in amateur radio is welcome to attend the meeting regardless of licensure. Club officers include: Jeff Walker (W3JW) President, Jack Fackler (W1FDY) Vice President, Andy Anderson (W3UAL) Secretary/Treasurer; Gene Mapes Director; and Stuart Bunting (KN4CED) Trustee.

CANASTA MEETING

Thursday, December 7—1:30 pm—Chesapeake Game Room

Do you enjoy playing Canasta? Maybe you haven't played in years and need to brush up on the game. ANYONE who has prior experience with Canasta is invited to attend this meeting to organize playing groups, time and locations to play.

PAPARAZZI JEWELRY SALE

Friday, December 8—10:00 am to 3:00 pm

Main Street Pub

What's the most important thing to know about Paparazzi? It's fabulous fashion for just \$5. Every piece. Every day. Come and see what Paparazzi, has to offer for this holiday season.

If that's not enough, you'll also be glad to know Paparazzi products are: lead-free and nickel-free, one-of-a-kind featuring original design, style, and feel, always changing (buy it when you see it).

FLUID ART CHRISTMAS ORNAMENT CLASS*

Monday, December 11 & 18—10:00 am—Art Room 1

Last month I taught a class on Fluid Art on canvas. Maybe some of you saw the display in the Atrium of the finished pieces. This month we will take that

same technique and apply it to clear glass ornaments. No prior art experience is needed. The ornaments we create will be displayed on our Life Enrichment Center tree. Class size is limited to 8 people. Please sign up at the Front Desk. Amy Lewis

TRIP TO THE GALLERY AT YORK HALL AND LUNCH*

Wednesday, December 13—10:00 am—Auditorium

Join Amy on another adventure to Yorktown. A welcome center for visitors and gathering place for residents, the Gallery features paintings, pottery, jewelry, stained glass, quilts, and other pieces from more than 300 local artists. After browsing and shopping we will have lunch at Water Street Grille. Please sign up at the Front Desk to attend.

SATURDAY NIGHT MOVIE

Saturday, December 23—7:00 pm - Auditorium

Featuring: A Dog's Purpose

Unfolding through the prospect of a reincarnated dog, this affecting family tale follows the faithful canine as he learns the purpose of his existence through the lives of his numerous owners. (2017) Rated PG 1hr 40m. NOTE: Movies are subject to change without prior notice.

PRESENTATION ON AFRICA*

Tuesday, December 26—4:00 pm—Auditorium

Katherine Cassidy, daughter of Lois Williams, shared her African experiences as a Catholic Relief Services volunteer with an RW-C audience last June. She returned to Sierra Leone on her own in July for 3-1/2 months – volunteering with a girls' orphanage, jumping in to teach English grammar in two schools, and organizing a fact-finding "Listening Tour for Sierra Leone Girls." Katherine is home (in Maine) for December and heading back to Sierra Leone in January, determined to make a difference in girls' education through a program for mentoring girls who are struggling to finish secondary school. Please sign up to attend.

TO MY RWC FAMILY

Thank you for all of the well wishes and prayers. I appreciate so much the professional care and personal assistance. I am on the road to recovery. Loving wishes for a blessed holiday season to everyone. Irene Buchholz

REGULAR OPPORTUNITIES FOR SPIRITUAL GROWTH

- **Sunday Worship:** Sundays at 4 PM in the Westbury Clubroom. **All are welcome.**
- **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.
Wednesdays at 3 PM in the Westbury Center. All residents are welcome to join Rev. Winfield Talley for a 30 minute lesson.

UPCOMING EVENTS ANNUAL CHRISTMAS SERVICE OF LESSONS AND CAROLS

Tuesday, December 19, 11:00 A.M.

"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the LORD Almighty will accomplish this." Isaiah 9:6-7

ADVENT DEVOTIONAL BOOKLETS

The devotional booklet "Moving Toward the Manger" is now available as a guide to your observance of the Season of Advent. Please feel free to pick up your own free copy of this resource which can be found on several tables throughout the main building.

"In the Advent season, there is always a lot of movement, a lot of "hustle and bustle," with people traveling to see loved ones, shoppers going out to the stores, revelers heading for the latest holiday party, concert or event. But one movement needs to be remembered above all others: our movement toward the manger, where the Christ Child is born. He is the

reason we are celebrating after all, and He is the only one who can move us out of darkness and sin and into the bright light of God's glory, forgiveness and salvation. When the shepherds moved toward the manger, they ran, and we can, too, spiritually speaking: going as fast as we can to Scripture each day of this Advent season, to read and reflect and ponder upon the Word encircled in straw for our eternal benefit. May these devotions nudge you ever closer to that amazing miracle."

("Moving Toward the Manger," p.2)

RECENT EVENTS

On November 14th we observed our Annual Memorial Service. I need to say that I stand humbled by and grateful for the way our RWC community comes together to honor those who have departed from among us and also to support those who have experienced profound loss.

At our recent Thanksgiving Service on November 21st we reflected together on our many blessings, but more than that we took action and shared some of those blessings with others in need. In addition to a large table stacked high with non-perishable food items, cash gifts totaling \$636.00 were given to the Holy Tabernacle Food Pantry. Many thanks to all for your generous spirit of caring and sharing!!

Chaplain Greg Houck

IN MEMORIAM MR. WILLIAM MARKS NOVEMBER 26, 2017

MEMORY SUPPORT GROUPS

Monday, December 4 -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—Arts Room 1

*

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

Life Enrichment Center—Arts Room 2

TRISH & FRIENDS SPECIAL CHRISTMAS MUSIC

Monday, December 11—6:30 pm—Auditorium

Please join us for our annual "Joyous Noise Holiday Sing Along" in the Auditorium on Monday, December 11th at 6:30 p.m. featuring hammered dulcimer, guitars, banjo, autoharp, bodhran and other percussion instruments. All residents, their guests, and staff are welcome to join in. No talent is required, just a festive and willing spirit! Song sheets will be provided of the traditional carols and popular holiday tunes. It is suggested that you plan to enjoy your dinner before the event. Light holiday refreshments will be served.

RWC'S RESIDENTS & BOARD OF TRUSTEES ANNUAL HOLIDAY RECEPTION*

Wednesday, December 13—5:00pm—Auditorium

Please RSVP to the Front Desk Receptionist by December 7 (438-4000).

LANCASTER MIDDLE SCHOOL VISUAL ARTS STUDENTS ARE RWC'S FEATURED ARTISTS

For the 18th consecutive year, RWC will show works by some of the area's most talented young artists. The Lancaster Middle School (LMS) students' annual art exhibition will take place during December.

Led by teacher Marilyn Sprouse, the LMS visual art students have been exhibiting their work at RWC since the art teacher joined Lancaster County Schools in 1999. Approximately 270 fourth- through eighth-grade art students will display their completed works in the annual "December Show," held in RWC's Gallery Hall.

"I am always thrilled and excited to share our youths' visions," Sprouse added. This year, she said, is special for students, as RWC residents will vote for their favorite works to receive honors.

The art reception will be held from 5-6 p.m. Dec. 12. and is open to the public.

BRUCE DAVIS' CELEBRATION OF LIGHTS*

Thursday, December 14—6:00 pm—Front Lobby

Cookies and cocoa are waiting for you at the

home of RWC's landscaper Bruce Davis. Every year his family decks the yard with lights and more lights! Sign up at the Front Desk to attend.

BEANE AND SPENCER CONCERT AT CAMPBELL PRESBYTERIAN*

Friday, December 15—6:30 pm—Front Lobby

RWC will be offering transportation to this concert. Concert begins at 7:00 pm. Matthew Spencer and Mei-Li Garcia Beane's multi-instrumental and exciting performances have been inspiring audiences for years. Their eclectic mix of ancient, folk and modern musical ideas take the listener on fascinating tours of color and texture. Spencer and Beane have a unique gift for connecting music through the ages, bringing new life to traditional melodies and spirit to new creations.

All are invited and donations are appreciated. Please sign up at the Front Desk to attend.

ON STAGE: JOHN BROWN BIG BAND, "HOLIDAY IN SWING"*

Saturday, December 16—6:30 pm—Front Lobby

This is a professional large jazz ensemble made up of top musicians, specializing in performances of traditional compositions from the Great American Songbook and today's cutting-edge arrangements. Tickets are available through the Rappahannock Foundation of the Arts website. Please sign up at the Front Desk for transportation.

CAROLING AT THE BIRDSONGS*

Thursday, December 21—4:30 pm—Cottage 419

Come caroling at the home of Tom and Jane Birdsong around the beautiful Christmas Tree lit up in the yard. Hot apple cider and cookies will warm your belly. Please sign up at the Front Desk by December 14 to attend.

PLEASE

The members of the Recycling Committee needs your help! Please place all loose paper in paper grocery bags before depositing them in the containers. Also, if you have extra grocery bags to spare, please bring them to a trash collection station for others to use.

Thank you, The Recycling Committee

DINING ROOM SCHEDULE FOR THE HOLIDAYS

The Christmas meal will be served from 11am-2:00pm. As in the past, reservations may be made for the Lancaster Room where you order from the menu and are served. If you know the friends you wish to dine with, ONE person should be responsible for calling in the reservation and making any last minute changes. Dial 4016 with the number of people in the group and the time of dining. Since the dining room fills up quickly, reservations will be accepted on a first-come, first-served basis.

If your preference is the Grille, no reservation is necessary. The delicious dishes are the same in both venues. As always, carry out is available.

Would you like to join others at a table? Start making plans with other residents soon and gather a group. Or, tell Culinary Services you would like to join a half-full table. Want to invite non-residents? Dinner is \$28.50, children under 12, \$11.00 and children over 12 \$15.00. This includes wine and tax. It is the best bargain in town.

To-go deli-boxed dinners will be available for residents that want to have a meal that evening. These boxed meals **need to be ordered by 5:00 pm the day before the holiday**. Call the hostess extension 4516 to place the order, and pick up in the Grille between 3:00 pm and 5:00 pm the day of the holiday.

Normal meal service will be provided in the Health Center and Assisted Living.

BURKE'S JEWELRY REPAIR

Wednesday, December 27—10:00 am (til noon)

Main Street Pub

Offering all kinds of repair!!! Come see us!

RESIDENT LIFE REMINDERS

Living in a small community such as RWC has many benefits as well as its challenges – you know that because you live here! One of the benefits is having neighbors close by that you can count on for friendship and good times.

Closeness of neighbors can also be a challenge especially when it comes to pets and electric carts. Strange combination you say. Both pets and carts add to your quality of life through a pet's companionship and the cart's ability to assist you with your mobility.

The challenge comes in making sure neither one of them affects your neighbors. Your pet, especially dogs,

can be quite intimidating to someone who might have had a bad experience or simply prefers not to have dogs around. Please make sure that when you are out with your dog it is always on a leash. Even the best-trained dog can cause an accident for an unexpected visitor on a trail or across a yard.

When you are on your cart, please make sure to stay on paved surfaces and use your horn or announce yourself as you approach a pedestrian. Electric carts are quiet and again, accidents can happen if someone is startled by your sudden appearance. Also, when indoors please be sure to use the 'turtle 'speed' – slow down and smell the roses! We appreciate your consideration and understanding. If you have any questions or comments you may call Maria Ferrand at ext. 4011.

SIGN UPS, WAIT LISTS, AND BUS TRIPS

What do these three things have in common? This is how Resident Life tracks events – both for travel and on campus. When an event is announced, or an invitation is received, RSVP to the Front Desk by either phone or sign up book. The sign-up lists are always numbered; the numbered slots correspond to the maximum number either on the bus or for the event itself.

Most events and trips have an RSVP date; this is a date prior to the actual event. Once the sign-up sheet has reached its **maximum** number, Amy or Maria will remove the list from the Front Desk and track any changes from the Resident Life office. In the event there is not a **minimum** number of sign ups, Resident Life will call you to let you know of the cancellation. As a reminder, the minimum number of sign ups required for a trip is six (6).

NOTE: Each sign-up sheet includes a wait list. This list is numbered. The wait list is called in the order they are listed if an opening for the bus or the event occurs. Your name on the wait list does not guarantee a seat on the bus or inclusion in the event, even if you wish to carpool. Certain events have limits that are separate from available bus seats.

If you ever have any questions about events or trips, please stop by the Resident Life office (located in the Life Enrichment Center) or call Maria at 4011 or Amy at 4024.

SPECIAL PERFORMANCE: THE HISTORY BEHIND CAROLS

Friday, December 1 – 2:00 PM – Auditorium

Carols were first sung in Europe thousands of years ago, but these were not Christmas Carols. They were pagan songs, sung at the Winter Solstice celebrations as people danced round stone circles, (the word Carol actually means dance or a song of praise and joy!) Carols used to be written and sung during all four seasons, but only the tradition of singing them at Christmas has really survived.

Our talented staff and residents will perform some Christmas favorites for all to enjoy! Please join us after the performance in the Atrium for a wine and cheese reception.

CHRISTMAS AT MILLER & RHOADS*

Saturday, December 2—2:00 PM—Auditorium

Please enjoy an afternoon of storytelling with Donna Strother Deekins, the original "Snow Queen" from Miller & Rhoads department store.

Ms. Deekins shares stories of her years as a "Snow Queen" to "The Real Santa" of the famed "Miller & Rhoads" Department Store in downtown Richmond.

She will give you glimpses about the "grand department store era" and the memories of that time of grace, class and style that we all cherish to this day. You are encouraged to add your own stories of visiting with "The Real Santa and Snow Queen" or your own Christmas memories.

Ms. Deekins will have a book signing following the presentation, as well as other Christmas related items for sale. Please stay and enjoy some coffee and cookies while doing some Christmas shopping. Sign up at the Front Desk to make sure we have seats for everyone!

CHESAPEAKE CHORALE CHRISTMAS CONCERT*

Saturday, December 2—7:30 pm—Front Lobby
(Show at 8:00 pm)

"Home for Christmas" is the theme of this concert, an annual favorite of our community.

RWC will provide a bus and tickets are on sale in the Resident Life Office for \$10.00. Please sign up for bus service at the Front Desk.

CHESAPEAKE ACADEMY CHRISTMAS PROGRAM

Tuesday, December 5—2:15 pm—Auditorium

Come and listen to the children perform a Christmas skit just for you!

CHRISTMAS SALE! SALE! SALE!
Wednesday, December 6—10:00am —Art Room 1

We must be CRAZY!!!!

*Outrageous prices on Christmas ornaments, garlands, everlasting greenery, tree toppers and more!!!
Sale lasts until HIGH NOON!*

CHRISTMAS BREAKFAST PAJAMA PARTY

Friday, December 8—8:00 am until 10:00 am
Lakeview Grille

Come in your warm comfy PJ's to enjoy a delicious breakfast. No reservations required. Menu will be posted at a later time.

JACKSON CREEK CHRISTMAS CRUISE*

Friday, December 8—5:30 pm—Front Lobby

Don't miss out on this amazing coastal event we in Deltaville wait for all year! The Jackson Creek Christmas Cruise is a wonderful way to relax and connect again during the busy Christmas season. **We have one ticket available. Please contact Amy if you are interested at ext. 4024.**

JOURNEY TO BETHLEHEM: A DRIVE-THROUGH CELEBRATION OF CHRISTMAS*

Saturday, December 9—6:00 pm—Front Lobby

Eight tableaux with costumed actors, live animals and music will be part of this mega-nativity at St. Andrew Presbyterian Church. It is a free event but donations of non-perishable canned food will be accepted for the Northern Neck Food Bank. Eight area churches have worked together to present this to the public. Sign up at the Front Desk if you would like to attend.



MONDAY DECEMBER 25, 2017—CHRISTMAS DAY

All classes are canceled but the Fitness Center and Pool will be available with a swipe card.
Have a Blessed Christmas Day.

MONDAY JANUARY 1, 2018—NEW YEAR'S DAY

All classes are canceled but the Fitness Center and Pool will be available with a swipe card.
Have a wonderful New Year's Day!

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 or Alex at 438-4852 for an appointment to do your assessment.

PARKINSON'S SUPPORT GROUP

On Wednesday, December 13, 2017, the Parkinson's Support Group will be eating out at Los Patrones Mexican Restaurant. Los Patrones is located at 652 North Main Street in Kilmarnock. Please RSVP to Rita at 435-9553.

BEGINNER CLASSES FOR THE FITNESS CENTER

If you have not already taken advantage of a beginners Fitness Center class, please come on by, we would love to help you. 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. The classes are on Tuesday and Thursday 9:00 am and 2:30 pm. If you are interested in taking these classes, please contact Jonathan at 4290 or William/Alex at 4852.

Penny Pinchers: The column where money matters

ANNUAL EXAM

An annual exam is a great idea, right? Well, there are several components to that exam: you, your doctor, and your insurance. It may be time for you to step into the shoes of the doctor and perform your own exam ... on your insurance, that is. Often individuals retire and keep their retiree plan because it is familiar, comfortable, or simply fabulous. It may be fabulous coverage especially while you are residing independently. However, that coverage may not be so fabulous in Assisted Living or Skilled Nursing. Take a moment now to examine what your current plan will cover during a Skilled Nursing stay or for inpatient therapies. Will your plan cover co-insurance? If so, is that coverage for a limited number of days or for a set percentage? You may be surprised by the final diagnosis. Please feel free to contact April Davis, X4028 or Penny Smith, X4009 for help with this exam.

THE RW-C LIBRARY

News of the World by Pauline Jiles is the Library Book Group's December selection – **third Monday, December 18, 2:30 p.m.**, RWC Library. Note the date and time change, and note that we are meeting in the Library. The Library has three copies of *News of the World*, and we also have the book on a Fire tablet; call Lois Williams (X4213) or Nina Walls (X4239) to check out a tablet.

From *Amazon Reviews*:

"It is 1870 and Captain Jefferson Kyle Kidd travels through northern Texas, giving live readings to paying audiences hungry for news of the world. An elderly widower who has lived through three wars, the captain enjoys his rootless, solitary existence. In one town he is given a \$50 dollar gold piece to ferry a kidnapped girl back to what's left of her family."

Some extra-special books –

From the Henleys' RILL course, *The Essential Lewis and Clark*, edited by Landon Y. Jones.

An article about White Stone in *Echoes of Yesterday*, donated by Carol Hardy and displayed on the *Northern Neck Journals'* shelf.

And, for our most ambitious readers, Ron Chernow's "*Grant*," donated by Jay White.

Questions and Answers related to RWC events:

A question after the Gwynn's Island trip: "Does the Library have *Mathews Men*?" YES.

A question after the November Book Group: "Does the Library have other books by Ruth Ware?" NO, but we ordered them and they are in the New Book Cart.

A question from the Urbanna trip to see the 1755 Mitchell Map: "Does the Library have a biography of John Mitchell." NO, but with Amy Lewis' help, Jack Jennings donated the book.

We're kind of pleased that:

As soon as we learned that the **RWC November Movie** would be *Glass Castle*, we displayed the book and a sign, "Read the Book – See the Movie!"

When **Kauzo Ishiguro** won the Nobel Prize for "Outstanding contributions to the field of Literature," we ordered *Remains of the Day* and *Never Let Me Go*.

Alias, Grace was announced as a **Netflix Miniseries**, so we ordered a copy to supplement the Library's Large Print copy.

With ***Murder on the Orient Express*** opening in movie theaters, we got the 1934 book.

RWC Marketing Director LuAnn Davis spoke at our November 1 event honoring the Library's 25-year-old bookcases, saying, "I am always looking at trends and reading about what retirees are looking for in a community. I recently read a study of the top 10 characteristics.

1 was Excellent Nursing Care, which we have.

2 was Comparable Entrance Fees and Rates, for which I feel we are competitive

3 was a Wellness Center, AND

4 was Library Services.

It was quite surprising that Library Services topped Food as well as Technology! When we give tours, our guests are amazed at not only the size of our library but also the size of our collection. We tell prospective residents our library is totally resident run, it is open all the time, and it offers the opportunity for socialization, volunteering, and lifelong learning."

Library Secret (shhhh) – Stuart Bunting likes *Trains Magazine* – one of the publications on the Library's Periodicals Table!

Lois Williams – RWC Residents Association Library Chair