



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 32, Issue 1

JANUARY 2018



# 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:

- Community Meeting
- Welcome Reception
- Rupert Wates Concert
- Dug in Farms
- RWC's Got Talent
- Neuropathy Relief
- Protect Your Brain
- New Fitness Offerings
- Sundays at Two

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## COMMUNITY MEETING: ANNUAL BUDGET

Thursday, January 18—10:00 am  
Auditorium

Please mark your calendar to attend this important community meeting. The annual budget will be presented.

## ON THE ROAD: EXPLORING ESSEX COUNTY\*

Friday, January 19—10:00 am  
Front Lobby

Join Amy on the road to the Essex County Museum, founded in 1996, and the Essex County Historical Society joined forces in 2006 to celebrate the heritage of the town, county, river and its people. Exhibits include pre-historic through modern displays of life in Essex. We will have lunch at Lowery's and then head to the Tappahannock Art Gallery for a look-see. Sign up at the Front Desk to attend.

## WELCOME RECEPTION SCHEDULED

Friday, January 19—5:00 pm  
Auditorium

Meet and greet our newest neighbors. More details to follow. Stay tuned to Channel 85.

## ROBERT TEAGLE PRESENTS: CHURCH AND STATE IN COLONIAL AND REVOLUTIONARY VIRGINIA\*

Sunday, January 21—2:00 PM  
Auditorium

Established by law and sup-

ported by taxation, the Church of England was the official religion of colonial Virginia. Church life revolved around the parish, a geographical area that supported a minister and functioned as a unit of local government. All Virginians were members of one parish or another. For most Virginians, the parish—not the county court or colony government--was the unit of government that had the greatest influence on their day-to-day lives.

Robert Teagle is the Education Director & Curator at the Foundation for Historic Christ Church in Weems, Virginia, where he has worked since 2000. Please sign up at the Front Desk.

## SPECIAL CONCERT WITH RUPERT WATES

Sunday, January 28-4:00 pm  
Auditorium

Rupert Wates was born in London and studied at Oxford University. He has been a full time songwriter since the late 1990s, when he signed a publishing contract with Eaton Music Limited. Moving in 2001 to Paris, Wates formed his own quartet and began playing live regularly. In fall 2006 he came to the US. He is now based in New York City and Colorado.

Since coming to the US, Wates has won more than **30 songwriting awards.**

His music is an eclectic mix of acoustic, melodic art/folk, with flavors of jazz, vaudeville and cabaret. He has released nine solo CDs.



WE'RE ON THE WEB!  
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The deadline to submit articles for the February 2018 issue is Tuesday, January 23, 2018 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  
**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
<b>JANUARY</b> <b>2018</b>	<b>NEW YEAR'S DAY</b> New Year's Day Feast 11:00am—2:00pm Lakeview Grille/Lancaster Room <b>GRILLE WILL BE CLOSED FOR DINNER</b> 4:00-CGR-Dart Sharks <b>SHOPPING ON TUESDAY</b>	10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:30-FRL-Shopping & Errands*	3:00-WCR-Bible Study 6:30-AUD-Open Mic Night 7:00-CGR-Gentlemen's Poker Club	1:00-LIB-Party Bridge 1:30-AUD-Secrets of the Dead: China's Terracotta Warriors (DVD) 4:00-CPL-Rosary	8:30-LAN-ROMEOs & OWLETS* 5:00-TGP-Happy Hour	5:00-TGP-Happy Hour
10:00-COR-Society of Friends Meeting 4:00-WCR-Worship Service	10:00-COR-Parkinson's Caregiver Support Group 10:00-AR1-Fluid Art Class* 10:00-BLR-Residents Health Care Committee Meeting 1:30-FRL-Shopping & Errands* 4:00-CGR-Dart Sharks 4:30-AR1&2-Memory Support Groups 6:30-WCR-Trish & Friends Music	10:00-AR2-Chat & Crafts Club 10:00-BLR-Ametuer Radio 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge 3:00-AUD-Neuropathy Relief with Dr. Brian Scott*	10:00-AR2-Activities Committee Meeting 1:00-AUD-Parkinson's Support Group 1:30-CGR-Bunco Group 2:00-MSP-RWC's Got Talent Planning Meeting 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker	10:00-COR-Food Committee Meeting 1:00-LIB-Party Bridge 1:00-AUD-Genealogy Group 4:00-CPL-Rosary	5:00-TGP-Happy Hour	10:30-AUD-Apple Seeds Computer Group 5:00-TGP-Happy Hour
1:00-FRL-Sundays at Two* 4:00-WCR-Worship Service	11:00-CGR-Protect Your Brain (DVD) 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 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 4:00-AUD-Dug in Farms	10:30-AR2-Crafts for a Cause 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	10:00-AUD-Community Meeting: Annual Budget 11:00-MSP-Resident Choir 1:00-LIB-Party Bridge 4:00-CPL-Rosary	10:00-FRL-On the Road Trip: Exploring Essex County* 5:00-AUD-Special Occasion Party  <b>NO HAPPY HOUR TONIGHT</b>	5:00-TGP-Happy Hour
2:00-AUD-Historic Christ Church Presentation with Robert Teagle* 4:00-WCR-Worship Service	10:00-AR1-Alcohol Ink 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 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge  <b>ARTICLE FOR GAZEBO GAZETTE ARE DUE BY NOON</b>	2:00-MSP-RWC's Got Talent Planning Meeting 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	1:00-LIB-Party Bridge 4:00-CPL-Rosary	5:00-TGP-Happy Hour	5:00-TGP-Happy Hour 5:00-FRL-Jeanne Robertson at the Ferguson Center* 7:00-AUD-Saturday Night Movie: Victoria & Abdul
1:00-FRL-Sundays at Two* 4:00-WCR-Worship Service 4:00-AUD-Special Concert: Rupert Wates	1:30-FRL-Shopping & Errands* 4:00-CGR-Dart Sharks	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 4:45-AUD-Bingo-Pizza Party*	3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	<b>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.</b>		

### GREETINGS FROM THE PRESIDENT & CEO

Ever so quickly 2017 passed bringing us to the opportunities and blessings of the coming year. Some of these we know or expect, and others are yet to be revealed to us. Isn't that an amazing way God intended life to be? What we do know it that we will again work together to make our wonderful neighborhood an even better place to live and work in 2018.

Generosity was bountiful throughout Christmas and winter holiday season at Rappahannock Westminster-Canterbury. Examples of this include: our Thanksgiving Food Drive to help stock the Holy Tabernacle Food Pantry for the season, Fellowship Fund gifts, an outpouring of Angel Tree honors and memorials, the Residents' amazing gift to our staff, and staff donations of household goods, gifts, and money to minister to staff and community families in need during the holiday season. It truly has been a generous time of sharing of our talents, gifts, and treasures.

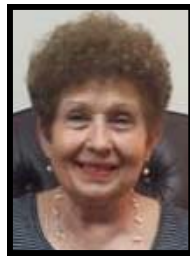
We have relationships built on respect, trust, common purpose, mutual support and compassion. I know without hesitation that we will all be there for each other as we enter each new day expecting the blessings of God upon us and through us. I close this note and welcome you to a New Year at Rappahannock Westminster-Canterbury. Let us go forward into each new day anticipating the good things that day will bring.

May the Peace of God which surpasses all understanding be with each of us and the RWC family. Happy New Year! Stuart and the RWC Team.



### RESIDENT APPOINTED AS TRUSTEE

Mrs. Barbara Ann Lovell, one of our new residents, has been appointed to serve on the Board of Trustees of The Virginia Home in Richmond, Virginia.



Founded in 1894 by Mary Tinsley Greenhow of Richmond, The Virginia Home is a private, nonprofit 130 bed facility that provides nursing, therapeutic and residential care for adults with irreversible disabilities - a pioneer in providing residential care for adults with



disabilities. The Lovells have been supporters of The Virginia Home for over 30 years. Anyone interested in more information about the facility should feel free to contact Barbara at

4336. The Virginia Home is located at 1101 Hampton Street, on the Lake at Byrd Park, in Richmond, Virginia 23220. [www.thevirginiahome.org](http://www.thevirginiahome.org).

### GREAT COURSES\*

**"Great Masters Tchaikovsky and Stravinsky"**  
Thursdays, February 1 through March 22  
10:00 am - 11:30 am-Chesapeake Game Room  
16 Lectures in an Eight (8) weeks course.

The life of Peter Ilyich Tchaikovsky (1840-1893) exhibits as close a link as you will find anywhere between an artist's inner world and the outward products of that artist's creative activity. As a man, Tchaikovsky was defined by and indivisible from his music, which became an outlet for all the shifting moods of his turbulent soul. As Professor Robert Greenberg says, "If Tchaikovsky felt it, it found a way into his music."

When it comes to creative longevity, brilliance across a range of styles, and near-universal fame, Igor Stravinsky (1882-1971) is nearly unrivaled among 20th-century artists. As told by Professor Robert Greenberg, Stravinsky's career is a dizzying, enthralling progression across the miles and the decades from *fin de siècle* Czarist Russia to Southern California in the 1960s.

Please sign up at the Front Desk to attend. Max seating is 20.

### COMING IN FEBRUARY

**Super Bowl Party—Sunday, February 4**

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**RWC's Got Talent Show—Friday, February 9**

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**Mardi Gras Dinner-Dance—Tuesday, February 13**

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**Ferguson Center: Cabaret—Thursday, February 22**

### OPEN MIC NIGHT

**Wednesday, January 3—6:30 pm —Auditorium**

Join us for Open Mic Night as we reminisce about favorite New Year's traditions, funny memories or favorite dishes. Cleveland Winfield from Rappahannock High School will MC the evening and share his thoughts and music. No sign up necessary, just a willingness to share or to be part of the evening.

### SECRETS OF THE DEAD (DVD): CHINA'S TERRACOTTA WARRIORS

**Thursday, January 4—1:30 pm—Auditorium**

Putting 8,000 clay soldiers in historical context, this installment of "Secrets of the Dead" explores the origins of the famed terracotta warriors that were created -- in the span of only two years -- to guard the First Emperor of China's tomb. (2011) Rated NR 1hr.

### ROMEOs & OWLETS\*

**Friday, January 5— 8:30 am - Lancaster Room**

Cod fishing was as important to the early economy of New England as tobacco farming was in Virginia. Lois Williams talks about her permanent exhibit at Star Island, "Fishing Village at the Isles of Shoals." Please sign up at the Front Desk to attend.

### FLUID ART CLASS\*

**Monday, January 8—10:00 am—Art Room 1**

This month we will take fluid technique and apply it in three pours on canvas. No prior art experience is needed. The ornaments we create will be displayed on our Life Enrichment Center tree. Please sign up at the Front Desk. Space is limited to 8 people. Questions? Call Amy at ext. 4024.

### RWC'S GOT TALENT PLANNING MEETINGS

**Thursday, January 10 and 24—2:00 pm—Auditorium**

February is usually a cold, slow month. We are going to heat things up. It's been awhile since we've had an RWC's Got Talent Show. Calling all staff and residents; magician, singers, dancers, jugglers, unusual talents....come one and all if you are interested in participating. **The show is scheduled for FRIDAY, FEBRUARY 9 at 2:00 PM in the AUDITORIUM.** Anyone who is interested in participating is asked to at-

tend a planning meeting on Thursday, January 10. At that time you can share act idea with me. The next meeting on January 24, I will give the order of acts and see how everyone's act is developing. We will discuss props and technical needs as well. Please contact me if you have any questions.

Amy Lewis (Ext. 4024)

### AFTERNOON CONVERSATIONS: DUG IN FARMS\*

**Tuesday, January 16—4:00 pm - Auditorium**

If you enjoy fresh local produce, come listen to Carolyn Quinn as she tells you about her local business, Dug In Farms. She'll update us on the latest expansions and offers, along with an opportunity for RWC residents. Please sign up at the Front Desk.

### CRAFTS FOR A CAUSE "SOFT SPOTS" Wednesday, January 17—10:30 am—Arts Room 2



Maybe Garfield is unhappy because he doesn't have a soft spot to sleep on.

Please plan to come and join us to make a Soft Spot for all the little Garfield's at the Animal Welfare League.

### ALCOHOL INK ART CLASS\*

**Monday, January 22—10:00 am—Art Room 1**

Alcohol inks are an acid-free, highly-pigmented, and fast drying medium to be used on non-porous surfaces. Mixing colors can create a vibrant marbled effect and the possibilities can only be limited by what you are willing to try. Please sign up at the Front Desk. Space is limited to 12. Questions? Call Amy at ext. 4024.

### SATURDAY NIGHT MOVIE

**Saturday, January 27—7:00 pm - Auditorium**

**Featuring: Victoria & Abdul**

In this historical drama, young Indian clerk Abdul Karim journeys to Britain to participate in the celebration of Queen Victoria's 50th year on the throne. In the process, he unexpectedly forms a deep friendship with the monarch. (2017) Rated PG-13 1hr 51m. NOTE: Movies are subject to change without prior notice.

- **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.

### FROM THE CHAPLAIN

"Faith is not being sure where you are going but going anyway."

(Frederick Buechner)

I like that quote. I sometimes think that faith gets a bad rap, or maybe more like too good of a rap. Sometimes it seems like faith is portrayed as having everything all figured out and confidently moving forward based on that knowledge. But I'm not so sure about that description. Consider Mary from the Advent narrative: "Mary was greatly troubled... How can this be?... I am the servant of the Lord; let it be to me according to your word." (Luke 1: 29,34,38)

Mary's faith seems uncertain, perplexed, and yet trusting. Or take the example of Abraham, which directly illustrates the quote by Buechner. "Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going." (Hebrews 11:8) What a shockingly dramatic statement!

This Advent theme of faith, of "going while not knowing," strikes me as having much to do with our new season of the New Year. It's in this time of year that we often find ourselves looking back on the past, but even more so reflecting on the future. What's my preferred future, near and far? What kind of things do I see myself doing in the New Year toward realizing that preferred future? While much may be unknown to us and ultimately beyond our control, that in no way need preclude proactive steps and their corresponding action points. How has the

past year been disappointing, and in what ways would I envision the year to come being different, better? Briefly, just one of many possible practical applications. Dr. Ira Byock, in his groundbreaking book "Dying Well," wrote about "five statements of relationship completion," which are these: "I forgive you. Please forgive me. Thank you. I love you. Good-bye." Is there someone in your life to whom one of these should be said? Sooner better than later? Is fear of "how it might go" holding you back? This just may be a time for "going though not knowing." My prayer is that the gift of such Advent faith be yours in the New Year to come.

Here to partner with you in the journey,  
Chaplain Greg Houck

### FOR REFLECTION

The object of a New Year is not that we should have a new year. It is that we should have a new soul. - G. K. Chesterton

If this is to be a Happy New Year, a year of usefulness, a year in which we shall live to make this earth better, it is because God will direct our pathway. How important then, to feel our dependence upon Him! - Matthew Simpson

### IN MEMORIAM

**MRS. GENEVA MARSH  
DECEMBER 20, 2017**

**MISS CAROLYN BIDWELL  
DECEMBER 26, 2017**

### MEMORY SUPPORT GROUPS

**Monday, January 8-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  
(Mary Arthur, facilitator)  
**Life Enrichment Center—Arts Room 1**

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Persons with Early-Mid Stage Dementia  
(Amy Lewis, facilitator)

**Life Enrichment Center—Arts Room 2**

### HISTORY BEHIND CHRISTMAS CAROLS DVD-NOW ON SALE!!

If you enjoyed the program brought to you by Carol Hardy and her friends earlier in December, we are now selling DVDs of the program. For just \$5.00 you can watch this program anytime of the year. All proceeds go to the Fellowship Foundation. You can order yours by calling Amy Lewis at ext. 4024.

### WHAT DO YOUR RESIDENT ASSOCIATION DUES DO?

As approved at the Residents' Association, annual dues will be \$20.00 for each Independent Living resident.

The Residents' Association and the dues you pay help to support: the RWC Foundation Fellowship Fund, the annual Golf Tournament, a major fundraiser for the fellowship fund, our Library, Memorial Roses, fabulous parties such as Super Bowl, Kentucky Derby and more.

All this for just **\$20.00 per person** helps to make these things happen at RWC.

Forms will be placed in boxes January 2. Please submit your 2017 dues of \$20.00 per resident by February 1, 2017. It can be placed in my Box 612. Checks should be made out to Residents' Association of RWC. You will receive a receipt in your box if dues are paid in cash. **Pay your Resident Association fees by February 1 and you will be entered for a chance to win 4 Guest Meal tickets!!**

If you have any questions, please give me a call at 4200. Thank you, Fred Luxton

### BINGO-PIZZA PARTY\*

**Tuesday, January 30—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!

### MEDICAL DEDUCTION

For better or for worse, H.R. 1, formerly known as the "Tax Cuts and Jobs Act" was signed into law by President Trump on December 22<sup>nd</sup>. Thanks to Senator Collins of Maine and her unrelenting push to keep the itemized medical deduction, it is "for better" for RWC and for you. In fact, the threshold that was scheduled to increase from 7.5% of your AGI to 10% of your AGI, was delayed by the act until 2019. Hooray!

Many thanks to those of you who reached out to your congressional representatives!

### THE CLIFF DWELLERS

"The Cliff Dwellers" (AKA the residents of the Westlake Apts.) recently held a gathering of 28 residents in the Apartment Lobby to renew old friendships and welcome new ones. Rev. Ernest Hogge, a new occupant himself, led us in a meaningful prayer in memory of Pearl Harbor Day 76 years ago and asked the Lord's blessing on all of us. Each resident brought a snack to share and Bill Croner and Cloyde Wiley furnished the wine.

Warm welcomes went out to new "Cliff Dwellers" Nancy May, Nina Walls, Dick and Barbara Brautigam, Rosemarie Forcum, Berit McCarty, and Linda Small.

A prize went to Betsy Heepe who has lived in her apartment for 17 years!! Also winning a prize for being born the farthest away from Virginia was Berit McCarty. Berit was born in beautiful Norway.

No successful event takes place without the help of others. Thanks to willing Nancy May, Sherry Mann, Mary Anne Campbell and Marilyn Edmunds for theirs. Also to Regina Ward's catering staff, with BJ doing a fantastic job "setting up" for our party.

We wish all of you a happy and productive New Year.  
Ethel Wiley

### FERGUSON CENTER PRESENTS JEANNE ROBERTSON\*

**Saturday, January 27—5:00—Front Lobby**

At 72 years young, Jeanne Robertson continues to charm audiences with her humorous observations about life. This former Miss North Carolina, standing tall at 6-foot-2, has an infectious personality, heart and sense of humor. The demand for Robertson's family friendly and engaging brand of comedy has grown exponentially. Some of her most popular anecdotes include "Don't Go to Vegas Without a Baptist," "Don't Bungee Jump Naked" and "Don't Send a Man to the Grocery Store." Her witty depiction of everyday situations never fails to have audiences of all ages rolling with laughter.

Cost is \$35.00 each and will be charged to your account on January 19. Boxed dinners will be provided. Show begins at 7:00 pm. Sign up at the Front Desk.

**RWC AMATEUR RADIO CLUB****Tuesday, January 9—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. 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.

**NEUROPATHY RELIEF****WITH DR. BRIAN SCOTT\*****Tuesday, January 9— 3:00 pm —Auditorium**

Numbness? Tingling? Pain? Burning? Pins And Needles? In Feet or Hands? Join Dr. Brian W. Scott, D.C., author of the "Stop Peripheral Neuropathy Intensive Program" to learn about non-drug alternatives and solutions for managing your neuropathy. Find out how others are living vibrant, productive lives without being shackled by this debilitating condition.

Sign up at the front desk. We look forward to seeing you!

**PROTECT YOUR BRAIN (DVD)****Monday, January 15—11:00 am****Chesapeake Game Room**

Experts in the field of brain health to give you the information you need to keep your brain healthy and sharp. No matter your age, take action now to improve your brain health.

Here's what you'll learn:

- Dr. Richard Isaacson—director of the Alzheimer's Prevention Clinic—You can reduce your risk for Alzheimer's Disease. Discover the role sleep, diet and stress play in the prevention of this life-destroying disease.
- Dr. John Baker—medical director of the Bon Secours Hampton Roads Neurovascular Center and the Neuroscience ICU—Warning signs of stroke and what to do. Every 40 seconds someone experiences a stroke. Discover what you need to do to increase your chance of recovery and limit damage.
- Art Markman, PhD—author and professor of Psychology and Marketing at the University of Texas at Austin—Retrain your brain and build new, healthy habits. Learn how to "hack"

the way your brain works to break bad habits and create new ones.

- Dr. David Perlmutter—New York Times best-selling author and neurologist—Healthy gut, healthy brain! Learn how our digestive health is key to keeping our brains healthy.
- Dr. Gary Small—best-selling author, professor of psychiatry and aging—Learn how you can have a "younger brain" for years to come. Discover what you can do to improve your memory and limit the effects of stress.

**RECYCLING ELVES**

As daylight was brightening the skies the morning after Christmas (12/26) it was observed from our apartment vantage point the recycling team in action. It is Christmas overload time. In our midst we have a group, up very early, recycling paper and cardboard because they care and are able.

Will you join me in giving each of them a special thank you when your paths cross?

The team includes John Hess, Kent McCraney, Gerald Hoskins, Jay White, Dean Loudy, Gene Mapes, Phil Booth, and Fred Luxton.

**PEDESTRIAN SAFETY TIPS: PLEASE USE SIDEWALKS**

1. **Be Aware of Your Surroundings:** Keep your eyes up while walking. Hear things happening around you.
2. **Use Sidewalks:** If there is no sidewalk present and you have to walk on the road, walk against on-coming traffic and stay as far to the outside of the road as possible. Avoid shortcuts if possible.
3. **Only Cross at the Crosswalk:** Always stop first and look both ways.
4. **Always Watch for Vehicles:** Always assume that the driver cannot see you, and cross when you know that they have stopped.
5. **Make Yourself Visible:** Wear reflective clothing and carry a flashlight when it's dark.
6. **Dogs and Sidewalks:** Dogs can be walked along the walkways **BUT** if your dog is positioning to relieve itself, please quickly move it to a grassy area.

The Library Book Group's January selection is ***A Gentleman in Moscow*** by Amor Towles – fourth Monday, January 22, 10:30 a.m., Rappahannock Room. The Library has a copy of *A Gentleman in Moscow*, we have borrowed copies from the Lancaster Library, and we also have the book on a Fire tablet; call Lois Williams (X4213) or Nina Walls (X4239) to check out a Fire. From *Amazon Reviews*:

"Wealthy Count Alexander Rostov lives under house arrest in The Metropol, the famed Moscow hotel where spies spy, thieves thieve and the danger of twentieth century Russia lurks outside its marbled walls . . . and where a wide-eyed young girl holds the keys to the entire hotel."

We're not namin' names, but RW-C has some **Serious Readers** among Residents and Staff – one has read Tolstoy's *War and Peace*, one read *The Tale of Genji*, one read *Grant* by Ron Chernow (959 pages!), and one read Winston Churchill's *Second World War*, a six-volume history! **Grant** is a heavy book, in both senses of the word – we also have the book on a Fire tablet.

**Hot New Books!** See the bulletin board display of Best Sellers in our Library. We celebrate the December arrival of new books by popular authors – and we count in this category the donation of three Large Print **Danielle Steele** books!

Donna Strother Deekens spoke at RW-C and had us spell-bound with her tales of being a **Christmas Snow Queen** at Miller & Rhodes Department Store in Richmond. She's generously given us her books.

**Books made into a Movie** – *A Dog's Purpose* by W. Bruce Cameron (RW-C's December movie), *Wonder* by R. J. Palacio, and, as mentioned before, *Murder on the Orient Express*.

Look for ***Ties That Bind: Weems, Virginia***, the handsome new book about Weems, our near neighbor, especially interesting for its write-up of oyster packers and tomato canneries.

The other day painters came with their humongous ladders, patched all the cracks, applied 15 gallons of paint to the walls and 25-foot high ceiling, and left the Library looking better than ever. Also, to improve Library lighting, Phil Williams replaced all the fluorescent bulbs with 4-foot **LED tubes**.

**Grandparents and Great Grandparents** of middle and high school students in the throes of a history paper are reminded that the RW-C Library has an exceptional History section that's sure to yield a topic or at least a quotation that will impress any history teacher.

Come the stroke of midnight on New Year's Eve, the **RW-C's Library Elves** will gather around the New Books shelves to sing, dance, make merry AND – Move the 2015 books from "Newly Published" to "New to RW-C," making room for 2018 books. Move out of "New to RW-C" all books acquired before January 1, 2017, remove the NEW labels, and shelve in the regular sections.

While doing so, we'll keep an eye out for books that no one is reading, and make some judicious Discard decisions!

Lois Williams – RW-C Residents Association Library Chair

**QUOTES FROM A CURMUDGEON**

"It is well when judging a friend, to remember that he is judging you with the same godlike and supreme impartiality." ~Arnold Bennett

We are looking forward to serving you in 2018 for all your Wellness needs. This year we will be embarking on our first full year in the Life Enrichment Center. What an exciting time for our program! We will be starting some new programming in the new year. Our staff would like to take the time to thank you for all your support, without your support we would not be the program we are today.

Thank you, Wellness Staff

### NEW FITNESS/EXPANDED TIMES CLASS OFFERINGS

If you have not participated or are new to the program you must fill out a health history, have a medical release form signed by your doctor and sign a waiver form before you start your program. We also would strongly encourage you to do our fitness assessments before starting our program.

**Water Walking Class** start Wednesday, January 10 at 10:00am-10:30am. Sign up is required. Class size 5-8 people participating.

**Aqua Fitness Aerobics** starts Wednesday, January 10 from 10:30am-11:15am. No sign up needed.

**Tai Chi (Part 1) Beginners Class (16-week class)** starts Wednesday, January 10 from 11:45am-12:25pm. Sign up required. Class size 5-7 people participating.

**Seated Flex & Stretch Class** starts Wednesday, January 10 from 11:10am-11:40am. Sign up is required. Class size 5 or more participants.

**Strength , Balance & Core Class** starts Monday, January 15 from 10:00am-10:50am. Sign up required. Class size 5-7 participants.

**Fitness Center for Beginners**-This is an introduction on how to use the equipment in Fitness Center. We will set you up on equipment that will best suit your needs. For more information and to sign up call Jonathan at 438-4290 or William/Alex at 438-4852.

**Supervised Exercise**—This program is for individuals that may have cardiovascular disease, that have completed cardiac rehab and/or have been released by their doctor to continue exercising. We will monitor your blood pressure, heart rate, oxygen levels and rate of perceived exertion. These measurements will be taken before, during and after exercise. For more information and to sign up call Jonathan at 438-4290.

**Supervised Swim** starts Monday, January 8. Every Monday, Wednesday and Friday: 8:00am-9:00am. Every Monday: 2:00pm-2:45pm. Every Tuesday, Wednesday and Thursday: 2:00pm-3:30pm.

### PARKINSON'S SUPPORT GROUP

On Wednesday, January 10, 2018, the Parkinson's Support Group will have Michelle Lybarger who will be speaking about why big movements are important for Parkinson's.

### ATHLETICS YEAR END REVIEW

#### Men's and Ladies Darts

Highest men's average score: Jim Stone 385

Highest women's average score: Rhea Stone 390

2<sup>nd</sup> highest men's average score: Clark Schumacher 379

2<sup>nd</sup> highest women's average score: Ethel Wiley 251

Most bulls eyes for the season: Jim Stone 6

2<sup>nd</sup> most bulls eyes for the season: Rhea Stone 5

Highest score for weekly series: Tim Bradley 636

2<sup>nd</sup> highest score for weekly series: Cloyde Wiley 567

#### Disc Golf

Lowest average score: Tom Teeples 47

2<sup>nd</sup> lowest average score: Jim Ray 52

Lowest single game score: Tom Teeples, 47

2<sup>nd</sup> Lowest game score: Tom Teeples, 48

#### Walking Program

Number of participants: Residents, 13; Staff, 16; Total, 29

# of passports turned in: passport #1, 440. Approximately 880 miles walked.

Most passports turned in, Residents: Rhea Stone, 73, approximately 146 miles walked

2<sup>nd</sup> most passports turned in, Resident: Jay White, 29, approximately 58 miles walked

Most passports turned in, Staff: Andy Blake and Mary Davis, 62 each, approximately 124 miles walked by each.

2<sup>nd</sup> most passports turned in, Staff: Cherry Wildey, 46, approximately 92 miles walked.

### WINE IS A THEME OF RWC'S JANUARY ART SHOW

#### Paintings have ties to Virginia, Northern Neck

Oenophiles take note: Virginia's "wine artist" will be featured in Rappahannock Westminster-Canterbury's first show of 2018.

Christopher Mize, a painter who lives outside Richmond, will display a selection of his works in January. Mize is locally and nationally known for his original works, which typically include wine bottles and glasses, accessories and occasionally musical instruments.

A self-taught artist, he creates oil paintings and embellished giclées, and his pieces hang in many galleries in Virginia. Mize studied economics at Hampden-Sydney College, but fell in love with painting while studying abroad in Europe. He gave up a business management career for a home studio where he now works.

### SUNDAYS AT TWO SERIES TO OPEN JANUARY 14

The Lancaster Community Library's 23<sup>rd</sup> annual Sundays at Two lecture and entertainment series will open January 14. **RWC will provide transportation for the series. Bus will leave the Front Lobby at 1:00 pm. Please sign up at the Front Desk.**

Offered at 2 p.m. at the library, these free programs conclude with refreshments, said committee chairman Gloria Wallace. They are held in the second floor meeting room which is accessible by elevator as well as stairs. Reservations are not required.

On **January 14, Allison Burns** will present "Crafting America's Whiskey Tradition". Before the American Revolution, when molasses imports became too expensive to produce rum, Americans turned to whiskey—a spirit distilled from American grown grains and importantly devoid of British ties. As Director of Sales at Wagle Whiskey, a leading craft distillery in Pittsburgh, she will explore how our American whiskey roots are crafting the new frontier of American distilling.

On **January 28, Steven Reiss** will present "El Camino de Santiago: A Journey of Discovery in Spain". He will describe his 16 day bicycling adventure in 2014 along the "Way of Saint James", some 660 miles west from Spain's border with France at the eastern ridge of Spain's Pyrenees Mountains to the Atlantic Ocean. His inspiring story will include images and photos from that trip and explain why people, since the earliest pilgrims of the 9<sup>th</sup> century, are still drawn to make that journey—on bike or on foot—to reach the cathedral that is purported to have been built atop the tomb of James the Apostle.

On **February 4, Dr. Bud Robertson**, Author of "After the Civil War", will discuss some personal stories of the Heroes, Villains, Soldiers and Civilians who Changed America. Scores of individuals attained high prominence in the Civil War. Some enjoyed continued success; many slipped badly in the public eye. A dozen or so examples reveal a wide chasm between war and peace.

On **February 18, Bud Ward** will discuss "Our Weather, Our Climate: Their Future". The scientists have spoken about climate change. But are we listening? How should we interpret this recent newspaper opening sentence in the latest report: "the same, only worse"? Hint: They might also have said...."only worse and sooner".

On **March 4, Glenn and Ellen Birch** will present a musical program: "Songs and Stories of Virginia". This will include their original and traditional folk ballads that tell stories of devastating floods, daring escapes, and crazy quilts. Drawing subject matter from Virginia's rich and varied past, the Birches blend harmony and humor into their performances, mixing original tunes with classics from folk, country and old-time traditions. The Birches, who live in Ashland, have a weekend home in Kilmarnock.

On **March 11, Dr. Phil Williams III** will discuss "The Eastern Question, the Crimean War—from Syria to Ukraine—then and now". These perceptions from the East are part of the DNA of the West. The legacy of European policies designed to counter historic Russian strategic imperatives has carried forward through two World Wars to the 21<sup>st</sup> century, with America now in the NATO driver's seat. From Eastern Europe to the Middle East, Russia's "imperial" designs preoccupy America's current foreign policy as though the Cold War is back alive and well.

# NEW FITNESS/EXPANDED TIMES CLASS OFFERINGS (in red)

Class descriptions on back side of this page.

MONDAY	TUESDAY	WEDNESDAY
<p><b>8:00-POOL-Supervised Swim</b></p> <p>9:00-FC1&amp;2-Strength &amp; Balance C</p> <p><b>10:00-FC3-Strength, Balance &amp; Core D*</b></p> <p>10:00-FC1&amp;2-Fit to Move</p> <p>11:05-WCR-Strength &amp; Balance A</p> <p><b>11:30-FIT-Supervised Exercise*</b></p> <p>1:30-FC1-Strength &amp; Balance B</p> <p><b>2:00-POOL-Supervised Swim*</b></p> <p><b>2:30-FIT-Supervised Exercise*</b></p>	<p>7:30-FC3-Wake Up Yoga</p> <p>7:30-POOL-Men's Swim Group</p> <p>8:00-POOL-Supervised Swim</p> <p>8:45-FC3-Gentle Yoga C</p> <p><b>9:00-FIT-Fitness for Beginners*</b></p> <p>10:00-POOL-Aqua Fitness Class B/C</p> <p>11:00-FC2-Chair Yoga B</p> <p>11:45-FC3-Tai Chi</p> <p>2:00-POOL-Supervised Swim</p> <p><b>2:30-FIT-Fitness for Beginners*</b></p> <p>3:30-WCR-Moving &amp; Grooving</p>	<p><b>8:00-POOL-Supervised Swim</b></p> <p>9:00-FC1&amp;2-Strength &amp; Balance C</p> <p>10:00-FC1&amp;2-Fit to Move</p> <p><b>10:00-POOL-Water Walking A/B*</b></p> <p><b>10:30-POOL-Aqua Fitness Class B/C*</b></p> <p><b>11:10-FC1&amp;2-Seated Flex &amp; Stretch A*</b></p> <p><b>11:30-FIT-Supervised Exercise*</b></p> <p><b>11:45-FC3-Beginners Tai Chi*</b></p> <p>1:30-FC1-Strength &amp; Balance B</p> <p><b>2:00-POOL-Supervised Swim</b></p> <p><b>2:30-FIT-Supervised Exercise*</b></p> <p>3:30-WCR-Moving &amp; Grooving</p>
THURSDAY	FRIDAY	SATURDAY
<p>7:30-FC3-Wake Up Yoga</p> <p>7:30-POOL-Men's Swim Group</p> <p>8:00-POOL-Supervised Swim</p> <p>8:45-FC3-Gentle Yoga C</p> <p><b>9:00-FIT-Fitness for Beginners*</b></p> <p>10:00-POOL-Aqua Fitness Class B/C</p> <p>11:00-FC2-Chair Yoga B</p> <p>11:45-FC3-Tai Chi</p> <p>2:00-POOL-Supervised Swim</p> <p><b>2:30-FIT-Fitness for Beginners*</b></p> <p>3:30-WCR-Moving &amp; Grooving</p>	<p><b>8:00-POOL-Supervised Swim</b></p> <p>9:00-FC1&amp;2-Strength &amp; Balance C</p> <p>10:00-FC1&amp;2-Fit to Move</p> <p>11:05-WCR-Strength &amp; Balance A</p> <p><b>11:30-FIT-Supervised Exercise*</b></p> <p>1:30-FC1-Strength &amp; Balance B</p> <p><b>2:30-FIT-Supervised Exercise*</b></p>	<p>7:30-POOL-Men's Swim Group</p> <div data-bbox="1073 1213 1539 1856" style="border: 1px solid black; background-color: yellow; padding: 5px;"> <p style="text-align: center;"><b>Fitness Levels</b></p> <p><b>Level A</b> – for individuals that rely on a walking aid and/or for a first-time exerciser, seated class format.</p> <p><b>Level B</b> –for individuals who lead a physically active life most of the time, seated and standing class format</p> <p><b>Level C</b> – for individuals who participate in vigorous physical activity, most days of the week, standing with some seated class format</p> <p><b>Level D</b>- for individuals who participate in vigorous physical activity, who can stand for long periods of time and can get on and off the floor.</p> </div>

***If you have not participated or are new to the program you must fill out a health history, have a medical release form signed by your doctor and sign a waiver form before you start your program. We also would strongly encourage you to do our fitness assessments before starting our program.***

# NEW FITNESS/EXPANDED TIMES CLASS OFFERINGS

## DESCRIPTIONS

**Seated flex and stretch Level A-** This gentle stretching class will be performed seated only and will give you a gentle total body stretch.

**Tai Chi for Beginners (part 1)** - This class will take you through the 6 basic movements and the 6 advanced movements. This class will last 16 weeks and must have a minimum of 5 participants for the class to begin and max of 7 or 8 participants

**Strength & Balance and Core-Level D-** This class will be standing and on floor exercises that will help your strength, balance and abdominal strength. The maximum number of participants for this class is 7 currently because of space.

**Supervised Exercise-** This program is for individuals that may have cardiovascular disease, that have completed cardiac rehab and/or have been released by their doctor to continue exercising. We will monitor your blood pressure, heart rate, oxygen levels and rate of perceived exertion. These measurements will be taken before, during and after exercise. For more information and to sign up call Jonathan at 438-4290.

**Fitness Center for Beginners:** This is an introduction on how to use the equipment in the Fitness Center. We will set you up on equipment that will best suit your needs. For more information and to sign up call Jonathan at 438-4290 or William/Alex at 438-4852

**Water Walking Level A-** This class will focus on walking Forward, backwards and sideways; using regular, short, long or quick steps in chest deep water. The water will create a natural resistance to work your muscles and protect your joints at the same time.

**Please contact Jonathan Smith in advance to participate in any of these new offerings by calling extension 4290. Some classes have limited space.**