



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 32, Issue 2

FEBRUARY 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:

- Super Bowl
- Ash Wednesday Service
- Lots of Art Classes
- Flower Arranging
- Paparazzi Jewelry Sale
- Creative Writing
- "Cabaret"
- Mystery Trip

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WHAT DO YOUR RESIDENT ASSOCIATION DUES DO?

Please submit your 2018 dues of \$20.00 per resident by February 1, 2018. 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

PRE-SUPER BOWL LUNCH SPECIAL

Friday, February 2
11:00 am to 1:30 pm—Lakeview Grille

Culinary Services invites you to wear your favorite football team shirt to celebrate the Super Bowl. Menu will consist of New England Clam "Chowda"

- Philly Cheese Steak
- Maine Lobster Roll
- Pennsylvania Pork and Sauerkraut
- Green Beans
- Baked Yellow Squash
- Philadelphia "Crabby" Fries
- Roasted Red Potatoes
- Vermont Apple Pie
- Philly Cheesecake

SUPER BOWL PARTY* Sunday, February 4—5:00 pm Auditorium

Sign-up at the Front Desk to attend the Super Bowl Party where the New England Patriots will take on the Philadelphia Eagles. Activities will include a betting grid and games. The bar will be serving water/soda-\$1.00, beer-\$2.00 and mixed drinks/wine—\$3.00. We have a great menu planned as well. Menus includes:

- Chili & Toppings
- Pulled Pork BBQ Sliders
- Chicken Tenders
- Deviled Eggs
- Cole Slaw
- Cookies & Brownies
- Pretzels and Dip

ON THE ROAD: MYSTERY TRIP*

Friday, February 23—8:30 am
Front Lobby

Rise and shine! Join Amy on a mystery trip! Clues will be given (**watch Channel 85**) as to where we will be going. There is no charge. Please wear comfortable walking shoes as there is walking during the tour.

We will also have lunch afterwards. Please sign up, IF YOU DARE, at the Front Desk to attend.

First clue:

We will head south toward the king and queen.



The deadline to submit articles for the
March 2018 issue is
Friday, February 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
<h1>FEBRUARY 2018</h1>						
				10:00-CGR-Great Courses* 1 2:00-AR2-Decorating Cookies with Jo Ann* 4:00-CPL-Rosary	8:30-LAN-ROMEOs & OWLETS* 2 11:00-LVG-Super Bowl Lunch 5:00-TGP-Happy Hour	5:00-TGP-Happy Hour 3
10:00-COR-Society of Friends Meeting 4 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service 5:00-AUD-Super Bowl Party*	10:00-AR1-Stenciling with Acrylics* 5 10:00-COR-Parkinson's Caregiver Support Group 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:30-AR1&2-Memory Support Groups	10:00-AR2-Decorating Cookies with Jo Ann* 6 10:00-AR1-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang	3:00-WCR-Bible Study 7 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 8 10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 4:00-CPL-Rosary	10:00-MSP-Paparazzi Jewelry Sale 9 5:00-TGP-Happy Hour	10:30-AUD-Apple Seeds Computer Group 10 5:00-TGP-Happy Hour
4:00-WCR-Worship Service 11	10:00-AR1-Creative Writing Exercise for Imagination* 12 10:00-BLR-Residents Health Care Committee Meeting 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 6:00-WCR-Trish & Friends Music	10:00-BLR-Amateur Radio Club 13 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 5:00-Ches. Center-Mardi Gras Dinner & Dance*	10:00-AR2-Activities Committee Meeting 14 10:45-WCR-Ash Wednesday Service 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-CGR-Great Courses* 15 11:00-MSP-Resident Choir 1:00-LIB-Party Bridge 4:00-CPL-Rosary	5:00-AUD-Special Occasion Party 16 NO HAPPY HOUR TONIGHT	5:00-TGP-Happy Hour 17
SUNDAY BRUNCH 11:00 am-2:00 pm 18 Lakeview Grille The Grille will be closed for dinner. 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service	10:00-AR1-Colander Fluid Art Class* 19 1:00-AR2-Flower Arranging Class* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	10:00-AR2-Chat & Crafts 20 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang	10:30-AR2-Crafts for a Cause 21 10:30-FRL-Virginia Rep. Theatre (subsc. holders) 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 22 1:00-LIB-Party Bridge 4:00-CPL-Rosary 5:00-FRL Ferguson Center presents: Cabaret*	8:30-FRL-On the Road: Mystery Tour* 23 5:00-TGP-Happy Hour ARTICLE FOR GAZEBO GAZETTE ARE DUE BY NOON	5:00-TGP-Happy Hour 24 7:00-AUD-Saturday Night Movie: The Darkest Hour
4:00-WCR-Worship Service 25	10:00-AR1-Dyeing Scarves with Alcohol Inks* 26 10:30-RAP-RWC Book Group 1:30-FRL-Shopping & Errands* 1:30-AUD-Spark Your Memory 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Crafts 27 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-WCR-Bible Study 28 7:00-CGR-Gentlemen's Poker Club	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.		

GREETINGS FROM THE PRESIDENT & CEO

The weather cooperated with a nice day on Tuesday, so I had a quick walk around the campus to check on some projects. I hope it continues to cooperate as we make our way through the rest of the winter, as we seem to have had our fair share of falling winter snow and cold so far, at least from my perspective.

Walking from block-to-block, and street-to-street caused me to reflect upon the great community we have at RWC. Residents of each house, cottage, and apartment bring special threads that create the quilt of this community by way of life experiences, education, talents, service and interests. Our staff provides the care, services, programs and support that undergird that community, and our local businesses add their talents as we need them. That is only a snapshot of what our community is all about captured in a brief walk. Returning from my tour a resident commented to me how blessed we are here – we truly are!

February promises to be a fun month at RWC. The Eagles and the Patriots square off on Super Bowl Sunday with the accompanying Party of course, and no February is complete without Valentine's Day and Mardi Gras. You have several opportunities to enjoy yourself and your friends, while we wait for the ground hog to not see it's shadow to hustle winter out and spring in.

May the blessings of peace, health, joy, contentment, and goodwill be upon all of us each day.



MEMORY SUPPORT GROUPS: FEBRUARY

Monday, February 5

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
(Ellie Galloway, facilitator)

Art Room 1

*

Person with Early Stage Dementia
(Amy Lewis, facilitator)—Art Room 2

RWC AMATEUR RADIO CLUB – N4RWC

The RWC Amateur Radio Club has a new call sign (N4RWC) and is on the air on 80 meters. To find out what the means, join the Club for the monthly meeting on the second Tuesday of each month in the Boiler Room. The Club congratulates Gene Mapes for passing his Technician Exam and renewing his amateur radio license. 73

CAROL HARDY, RECIPIENT OF OLDE GARDE DISTINGUISHED SERVICE AWARD

The Olde Garde of her Royall Majesties College in Virginia Award recognizes an individual whose class graduated a minimum of fifty years prior to the year the award is presented. It is given to an Olde Garde member of the College of William Mary as an alumni recognition award. The criteria include dedication, involvement and continued service to the College as well as lifetime achievement.

Congratulations Carol!!!

DECORATING COOKIES WITH JO ANN*

Thursday, February 1—2:00 pm—Art Room 2
and

Tuesday, February 6—10:00 am—Art Room 2

Valentines Day is just around the corner and Jo Ann Nowak will be back to show us how to decorate beautiful Valentine cookies. They may be too pretty to eat!! Doubtful.

ROMEOs & OWLETs*

Friday, February 2— 8:30 am - Lancaster Room

Jeannie Nelson, Executive Director of the Northern Neck Free Health Clinic will be our presenter. Please sign up at the Front Desk to attend.

STENCILING WITH ACRYLICS*

Monday, February 5—10:00 am—Art Room 1

Class Limit: 8

The art of stenciling to decorate walls, furniture, fabrics and decorative home accessories has been around for years. We will use stretched canvas. And in today's creative world there are literally hundreds of stencil designs available to you! Basically, a stencil is a thin sheet of material such as paper or plastic, that designs or letters are cut from and then used to replicate art when paint is transferred through the opening. Sign up at the Front Desk to attend.

CREATIVE WRITING: EXERCISE FOR IMAGINATION*

Monday, February 12—10:00 am—Arts Room 1

Come and explore creative writing by shifting memories into imagination! This class is a great tool with people with mild memory loss, those who love to write stories, and for those who want to keep their thinking and writing skills sharp. We will build relationships with each other through the art of storytelling and conversation. This class will replace the pressure to remember with the freedom to imagine. Please sign up at the Front Desk to attend.

COLANDER FLUID ART CLASS*

Monday, February 19—10:00 am—Arts Room 1
Class Limit: 8

Residents have seen the art displayed in the Atrium from past classes and have commented over and over how beautiful they are. "I don't have an artistic bone in my body!" they say.

If your hands shake, if you have memory loss, if you can't hear, can't walk and you have never done art before in your life **THIS IS THE PERFECT CLASS FOR YOU!!!!** Create wild abstract masterpieces. This is a mistake-free class no matter how hard you try. We will be pouring paint through colanders. It seems colanders are not just for straining water out of noodles any more. Sign up at the Front Desk.

FLOWER ARRANGING CLASS*

Monday, February 19—1:00 pm—Arts Room 2
Class limit: 20

Express yourself through flower design. A monthly flower design class for RWC residents will be hosted by Britt's Florist of Wicomico Church. Each month Britt's will introduce a new project. Residents interested in participating are asked to sign up at the Front Desk.

SATURDAY NIGHT MOVIE

Saturday, February 24—7:00 pm - Auditorium

Featuring: **The Darkest Hour**

This sci-fi action thriller tracks the adventures of a group of young Americans touring Moscow who get caught up in an alien invasion. Despite the unfamiliarity of their surroundings, the Yanks quickly team up with the Russians to fight back. (2011) Rated PG-13, 1hr 29m.

DYEING SCARVES WITH ALCOHOL INKS*

Monday, February 26—10:00 am—Arts Room 1
Class limit: 8

What can you make with shaving cream, alcohol inks and a white silk scarf? Amazing pieces of art that you can wear to the next party. Your friends will ask, "Where did you buy that beautiful scarf?" and you'll be able to say, "I didn't buy it silly. I MADE IT!" Sign up at the Front Desk.

- **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. This month's leader: Rev. Dr. Sandy Mc Elway.

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

FOR THE LENTEN SEASON

Daily Devotional Booklets will be made available on Monday, February 12.

"Psalms for Lent: Devotions for the Sacred Season," by Jane Wilke.

Ash Wednesday Service at 10:45 am, Wednesday, February 14 in the Westbury Clubroom.

FROM THE CHAPLAIN

"There is a light in this world, a healing spirit more powerful than any darkness we may encounter. We sometimes lose sight of this force when there is suffering, too much pain. Then suddenly, the spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways." *Mother Teresa*

We all encounter darkness in this world. It's impossible to miss. Just pick up the paper or turn on the evening news and you will be bombarded with it: darkness, devastation, destruction, or at a minimum deep division and strife. It's all around us. Even closer to home, it can also

be "within" us: the darkness of illness, of loss, of confusion, of fear...of death itself. And yet, there is light. "The light shines in the darkness and the darkness has not overcome it." (John 1:5) I like how it says "the light shines in the darkness." It's not all or nothing, not either/or. It's both simultaneously. I find that very helpful. I also find it to be very real. And not only does light shine in the darkness, but light shines despite the darkness. And what's more, I believe light even shines because of the darkness. How exactly does that work? I appreciate the perspective of author Wayne Muller:

"Our sorrow does not contaminate our gift. In fact, in my experience the opposite is true: Our sorrow can break us open, illuminating our gift. From deep within our suffering and loss, we can become more aware, more sensitive, more attentive and kind. From within our hurt we learn to listen more carefully for what is needed." (*How Then, Shall We Live? p.238*) Which is to say, in our sorrow we are able to more fully, personally understand. Perhaps then we can be those "ordinary people" who hear a call and answer in unassumingly "extraordinary ways."

Chaplain Greg Houck

IN MEMORIAM

MRS. MARY (PAT) CARTER
JANUARY 4, 2018

MR. HANS ULANDER
JANUARY 9, 2018

MR. CHARLES (FRED) PETERS
JANUARY 9, 2018

FERGUSON CENTER PRESENTS CABARET*

Thursday, February 22—5:00 pm
Front Lobby

Based on Roundabout Theatre Company's Tony Award-winning production, Sam Mendes ("Skyfall," "American Beauty") and Rob Marshall's ("Into the Woods," "Chicago," the films), "Cabaret" comes to the Ferguson Center on February 22. Come hear some of the most memorable songs in theatre history, including "Cabaret," "Willkommen" and "Maybe This Time." Leave your troubles outside – life is beautiful at "Cabaret" – John Kander, Fred Ebb and Joe Masteroff's Tony-winning musical about following your heart while the world loses its way. Cost is \$58.00 per person which includes a boxed dinner on the way to the show. Curtain is at 7:00 pm. Please sign up at the Front Desk to attend.

FEBRUARY'S FEATURED ARTIST TO EXHIBIT WATERCOLORS Painter draws inspiration from photographs he has taken

Mathews County artist Bob Haynes will exhibit paintings of landscapes, animals – and anything else that strikes his fancy – during Rappahannock Westminster-Canterbury's February art show. "I always paint from photographs that I've taken," Haynes explained. "And I take a lot of photographs. Every once in a while, I look at them and think, 'Hey, I want to paint that.'" And so he does.

Haynes' preferred medium is watercolor. It's a choice that's served him well; he's won ribbons in regional shows including those held by the Rappahannock Art League and the Virginia Watercolor Society (where he's a signature member).

About 20 years ago, he moved to Mathews County, where he began studying with local watercolorist Kathleen Noffsinger. Since then, his work has been featured in exhibits across the state.

FOR MY CHILDREN'S CHILDREN

By Debra Dotter Blakley

Out of this heart of love and hope there flows wave upon spreading wave of lighted prayer for a wealth of blessings, surrounding and supporting;

solid pathways through the mountains that purple the horizon, and draw our eyes upward, lights for the twists and turns that lie ahead of you whom I love and hold against my beating heart, you for whom my spirit aches and sings.

This is my responsibility and my honor, to create out of the depths of my love for you a glowing canopy of protection, woven from the strands

of all I have learned of Love and Spirit, joy, hope and loss, courage and compassion, patience and peace,

that you may have solid ground upon which to walk

and a clear vision to sustain you on the difficult path

that is life lived upon this good earth.

Hush now little light, all will be well, be brave, we will all walk together for awhile. I hold you now in my arms and forever in my heart,

tender little man child, lovely baby lady, you drowse under your blankets as whispers of the future

drawing comfort from the beating of my heart as with quiet song I lull you toward slumber.

PAPARAZZI JEWELRY SALE Friday, February 9—10:00 am to 3:00 pm Main Street Pub

Sandra Haywood, Paparazzi jewelry consultant will be here to help you pick out those last minute Valentine's Day gifts for your sweetie.

CAR CARE REMINDERS

The RWC Marketing team is working hard and continues to attract new residents and facilitate quick move-ins. Many of our new neighbors are 2-car couples. With so many neighbors and cars now living at RWC, these are a few reminders for pleasant living:

Please park in designated resident parking or your specific home parking spot.

Designated parking is the numbered space assigned to your cottage.

Apartments do not have assigned spaces.

Remember, your assigned parking spot may not be directly behind your cottage.

In addition, 'empty' assigned parking spots may not be available.

When parking under a portico or in front of a building entry point, please do not block the entrance or sidewalk access. These areas are for loading and unloading only and parking is limited to 15 minutes,

When purchasing a new vehicle, or disposing of a current vehicle, please make sure to let RWC know. The Coordinator of Resident Life Services is responsible for keeping resident records updated.

To make sure our records are updated, and parking spaces are used appropriately, staff will be doing an audit of cars and spaces. Staff will be visiting parking areas during the month of February. If you have any questions or concerns about these tips, please call Maria Ferrand at 438-4011.

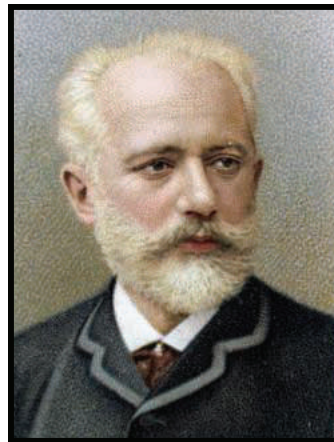
GREAT COURSES*

"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.



THE RWC LIBRARY

The RWC Book Group's February selection is [The Storied Life of A. J. Fikry by Gabrielle Zevin](#) – fourth Monday, February 26, 10:30 a.m., Rappahannock Room. The Library has four copies of *A. J. Fikry*, we have borrowed two copies from the Lancaster Library, and we also have the book on a Fire tablet and two Kindles; call Lois Williams (X4213) to check one out. From *Amazon Reviews*:

"A. J. Fikry, the cantankerous owner of Island Books, is despondent after losing his beloved wife and witnessing the ever-declining number of sales at his small, quirky bookstore. In short order, he loses all patience with the new sales rep, a prized rare edition is stolen, and someone leaves a baby at his store."

RW-C Book Group's January book, *A Gentleman in Moscow*, was the Lancaster Community Library's most-circulated book of 2017, with **200 people** checking it out and presumably reading it!

January saw **three extra-special donations**:

- Jerry Hamm brought in some "heavy" biographies, include one of Irving Berlin, authored by Jerry's brother.
- Nancy Miller contributed two-dozen Large Print books, now in Large Print Fiction. Danielle Steel books are among our most-read – readers occasionally fill both sides of a check-out card.
- Babs Murphy gave us an esoteric selection of books, now scattered among Fiction, Paperback Fiction and Paperback Non-Fiction.

The Library Elves got a little crazy this month. Some sections were running out of space, so we started moving out the paperback titles and creating two new sections – **Paperback Fiction and Paperback Non-Fiction**. These titles have been deleted from the Library Database, and, like the present section for Mass-Market paperbacks (the books that used to be on the Swaps Rack), these are "No Check-out – Read and Return" books.

The Elves also did some **judicious house-cleaning**, removing from shelves the tattered paperbacks and older books that haven't found a reader, and taking Discards to Disabled American Veterans in Gloucester. Kent McCraney and Kerley LeBoeuf update the computer database with books that come in and books that go out – reporting a total of 3,128 books in the library on December 31, 2017.

On a snowy January day, the **RWC Facebook page** featured a stunning photo of Ginny Peck in the Library, with the caption, "Happy Snow Day everyone! Tuck in with a good book from our library."

Pat Kirby, Curator of the Mystery section, writes: Have you looked at **our Mystery shelves** lately? Lots of new titles have been added, many from authors who write wonderful series. Consider the prolific and bestselling [Elizabeth George](#) who has had several of her novels adapted for a BBC TV series. Enjoy the aristocratic British Inspector Peter Lynley and his working-class partner, Barbara Havers, as they joust to solve the crime while managing a complicated relationship. Check out British author [Peter Lovesey's](#) Peter Diamond series – his plots are intricate and the character development intriguing. Bestseller [Louise Penny's](#) Inspector Gamache books weave together the relationships of the residents of the Canadian village of Three Pines. Many of the characters would be memorable even without a murder or two to spice things up.

Lois Williams – RWC Residents Association Library Chair

STRENGTH, BALANCE AND CORE D**Starting Friday, February 9—10:00 am—Fitness Classroom 3**

We will be adding another Strength, Balance and Core D class on Friday from 10:00 am to 10:50 am. This will start on Friday, February 9, 2018. If you have any questions, please contact Jonathan at 4290 or William, Alex or Wyatt at 4852.

PARKINSON'S SUPPORT GROUP**Wednesday, February 14—1:00 pm—Auditorium**

Amy Lewis, Coordinator Of Resident Program Development, yoga and water fitness instructor will be talking about 3 types of Mindfulness practices; Formal Mindfulness Practice, Informal Practice and Mindful Living. Practicing these techniques can reduce anxiety, discomfort or pain, relieve stress and tension and promote focusing and being within the moment.

SPARK**Monday, February 26—1:30 pm—Auditorium**

Spark is for everyone! Straining your brain to remember someone's name or where you left your wallet? Forgetting things can be a pesky problem, but it can get serious without the proper attention. Thankfully, a few simple tricks are all it takes to prevent those forgetful moments and get your memory in shape. Spark is an opportunity for you to work on memory skills and keep your mind sharp through stimulating exercises, word-finding games and much more. Join Mary Arthur and Amy Lewis and they will show you how.

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. This class is great for new residents, new community members, and participants of our program that need a refresher. If you are new to the Living Well with RWC program you will need to follow these steps:

- Fill out a health history form
- Sign a waiver form
- Have a doctor fill out an RWC medical clearance form
- Complete a fitness assessment

For paperwork and 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. We will need an update of your health history, waiver form and medical release before participating. For more information and to sign up call Jonathan at 438-4290

**SUNDAYS AT TWO SERIES**

The Lancaster Community Library's 23rd annual Sundays at Two lecture and entertainment series has begun. **RWC will provide transportation for the series. Bus will leave the Front Lobby at 1:15 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 **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 21st 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 was back alive and well.