



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 33, Issue 8

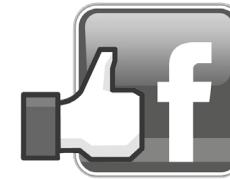
AUGUST 2018



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

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**ON THE ROAD:
SCIENCE MUSEUM OF
VIRGINIA: BODY WORLDS,
ANIMALS INSIDE & OUT***
Friday, August 10—9:30—Front Lobby

Embark on an anatomical safari and explore the intricate biology, zoology and physiology of the world's most spectacular creatures—large and small! *BODY WORLDS: ANIMAL INSIDE OUT* gives guests the unique opportunity to explore what lies beneath the surface of some of the world's most spectacular creatures, using the amazing science of Plastination invented by *BODY WORLDS* creator and anatomist, Dr. Gunther von Hagens. Guests will learn more about the inner workings of animals and leave with a new understanding of the amazing beauty of both animals and humans.

Featuring more than 100 plastinates, *ANIMAL INSIDE OUT* reveals how intricate the blood vessels of animals are, what the muscular system and various organs of different animals look like, and how they compare to other animals, including humans. From goats to giraffes, squids to sharks and octopuses to ostriches, we will discover the form and function of animals both exotic and familiar. **This trip is \$20.00 per person plus the cost of lunch at the museum. Accounts will be automatically charged for museum admission. Please sign up at the Front Desk to attend.**

**ON THE ROAD:
VIRGINIA MUSICAL MUSEUM
IN WILLIAMSBURG***

Friday, August 24—9:30—Front Lobby
Virginia Musical Museum is located in Williamsburg and showcases Virginians and their music, a full piano gallery, circus and amusement park attractions, music boxes and nickelodeons, phonographs, organs, historical facts on antique instruments and Virginia's most famous musicians. Virginia's Music Hall of Fame includes Wayne Newton, Ella Fitzgerald, Patsy Cline, The Staler Brothers and Roy Clark to name a few. **The cost is \$10 per person plus the cost of lunch. Accounts will be automatically charged for museum admission. Please sign up at the Front Desk to attend.**

**IL AND SPARK
PROGRAMS**

We always encourage everyone to participate in all our programs and to be all inclusive. We also recognize that some residents have more impactful cognition issues than others. For this reason we have identified some programs as an **IL Level** or a **SPARK level**.

IL LEVEL programs are intended for residents who have a mid to high level of cognitive function. These are more challenging games. **SPARK LEVEL** programs are for those who have some memory or recall issues. While the games are challenging they move at a slower pace. You're free to participate at any level you think is appropriate for you.

**The deadline to submit articles for the
September 2018 issue is
Tuesday, August 28, 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
- OTR
- Outpatient Therapy Room
- 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>AUGUST 2018</h1>	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.		7:00-CGR-Gentlemen's Poker Club	11:00-AR2-Philosophy Video Lecture: Justice, Part 1* 1:00-LIB-Party Bridge 1:00-RAP-Duplicate Bridge 4:00-CPL-Rosary	8:30-AUD-ROMEOs & OWLETs* 5:00-MSP-Happy Hour	5:00-MSP-Happy Hour
10:00-COR-Society of Friends Meeting 10:30-FRL-Virginia Rep. Theatre (subsc. holders) 4:00-WCR-Worship Service/ Holy Communion	10:00-AR2-Art Fold Class* 10:00-COR-Parkinson's Caregiver Support Group 1:00-AR2-Documentary: Chicken People 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-AR1-Chat & Crafts 10:30-COR-Bible Study 11:00-AR1-Philosophy Video Lecture: Justice, Part 2* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game	10:00-AR2-Activities Committee Meeting 1:00-AUD-Parkinson's Support Group 1:00-AR2-Family Feud Game for IL* 1:30-CGR-Bunco Group 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 11:00-AR1-Philosophy Video Lecture: Justice, Part 3* 1:00-LIB-Party Bridge 1:00-RAP-Duplicate Bridge 1:30-AR2-Reading Short Plays* 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary	9:30-FRL-On the Road: Science Museum of Virginia: Body Worlds, Animals Inside & Out* 5:00-MSP-Happy Hour	10:30-CGR-Apple Seeds Computer Group 12:00-AUD-Movie Matinee: Mama Mia 5:00-FRL-Music By the River at Belle Isle* 5:00-MSP-Happy Hour
4:00-WCR-Worship Service	10:00-AR2-Crayon Stained Glass Class* 10:00-BLR-Residents Health Care Committee Meeting 1:00-AR2-Pictionary IL* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Crafts 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 11:00-AR1-Philosophy Video Lecture: Justice, Part 4* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge	10:30-AR2-Crafts for a Cause 1:30-AR 2-SPARK: Pictionary Game* 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	11:00-AR1-Philosophy Video Lecture: Justice, Part 5* 11:00-MSP-Resident Choir 11:00-TGP-Disc Golf* 1:00-LIB-Party Bridge 1:00-RAP-Duplicate Bridge 4:00-CPL-Rosary	1:30-AR2-SPARK: Head's Up & Charades* 5:00-AUD-Special Occasion Party NO HAPPY HOUR TONIGHT	5:00-MSP-Happy Hour
10:00-MSP-Society of Friends Meeting 4:00-WCR-Worship Service SUNDAY BRUNCH 11:00am—2:00 pm Lakeview Grille GRILLE WILL BE CLOSED FOR DINNER.	1:00-AR2-SPARK: Family Feud 1:30-FRL-Walmart Shopping* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 11:00-AR1-Philosophy Video Lecture: Justice, Part 6* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game	1:00-AR2-Corn Hole Game* 7:00-CGR-Gentlemen's Poker Club	11:00-AR1-Philosophy Video Lecture: Justice, Part 7* 1:00-LIB-Party Bridge 1:30-AR2-SPARK: Old Time Radio Show* 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary	9:30-FRL-On the Road: Virginia Musical Museum in Williamsburg* 5:00-MSP-Happy Hour	5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Lady Bird
4:00-WCR-Worship Service	10:30-RAP-RWC Book Group 1:00-AR2-Making Magnetic Puzzle Boards* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks	10:30-COR-Bible Study 11:00-AR1-Philosophy Video Lecture: Justice, Part 8* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge ARTICLES FOR GAZEBO GAZETTE ARE DUE BY NOON	4:45-AUD-Bingo-Pizza Party* 7:00-CGR-Gentlemen's Poker Club	11:00-AR1-Philosophy Video Lecture: Justice, Part 9* 1:00-LIB-Party Bridge 1:00-RAP-Duplicate Bridge 4:00-CPL-Rosary	1:00-AR2-Indoor Volley Beach Ball Game* 5:00-MSP-Happy Hour	

GREETING FROM THE PRESIDENT/ CEO

I learned something in July that makes for a nice story, so I am sharing that with you. One day I received an email that initially looked rather suspicious, and I almost reflexively deleted it, but something stopped me. I read it, then I thought about it, and I decided to see if it was true – Guess what? It was. So, I learned something from an email that I almost discarded. Oh, so you want to know what I learned? Well I learned that one our residents is a published author of a book, no, an encyclopedia, about a British literary character, Bulldog Drummond – *The Bulldog Drummond Encyclopedia*. Perhaps you knew this – I confess I did not. The book (encyclopedia) is in our Library, and it provides all you want to know about the Bulldog Drummond series of books by Henry McNeile and Gerald Fairlie. Bulldog is described as the British literary character of the time between Sherlock Holmes and James Bond. Our resident-author was located by a devoted fan of Bulldog Drummond from England through our website, hence the email we received. Through this seemingly rather suspicious email, a grateful reader was able to establish a trans-Atlantic connection with an admired author at RWC. How about that! Who is the author? – Well it is Captain Lawrence (Larry) P. Treadwell Jr., USN (ret). Capt. Treadwell read the Drummond books as a boy and maintained a life-long interest in British subjects and stamps leading to his 2001 publication of *The Bulldog Drummond Encyclopedia*. According to the admirer, the *Encyclopedia* is “very well written and has been thoroughly researched.” Congratulations Capt. Treadwell! From an English email, we learn yet again of one of the fascinating aspects of a resident’s life that is an example of the many, many interesting and rich experiences and accomplishments of our residents. Andy from Trefonen, Shropshire England, may be reading this as you are this month, and we wish him well in his literary endeavors.

Have a wonderful August experiencing all the blessings of life each day.



SPARK ACTIVITIES*

Whether you are experiencing memory issues or not, the SPARK program is a fun way to keep your brain engaged and reduce the progression of memory loss. Everyone is invited to join Mary Arthur and Amy Lewis. Please sign up at the Front Desk.

SPARK: Pictionary*

Wednesday, August 15—1:30 pm
Art Room 2

SPARK: HEAD’S UP & CHARADES*

Friday, August 17—1:30 pm—Art Room 2

SPARK: FAMILY FEUD*

Monday, August 20—1:30 pm—Art Room 2

SPARK: OLD TIME RADIO SHOW*

Thursday, August 23—1:30 pm—Art Room 2

IF YOU DIDN’T GET YOUR NEW MEDICARE CARD?

Your new Medicare Card should have arrived in the mail by now. If you didn’t get it, here’s what to do:

- Remember that your new Medicare card will come in plain white envelope from the Department of Health and Human Services.
- If the card didn’t arrive, call 1-800-MEDICARE. Representatives can help check the status and correct you address if needed.

In the meantime, use your current Medicare card to get health care services. If you have any questions, or need help accessing the Medicare website or calling Medicare, please call Maria Ferrand, Resident Life, at ext. 4011.

Culture Club: Music, Theatre and Speakers

ROMEOs & OWLETS*

Friday, August 3 — 8:30 am - Auditorium

Representatives (board, staff, youth) from the Boys & Girls Club of the Northern Neck would be honored to have you join them in a fun and informative meeting to learn about their 10th Anniversary and their plan for club and program improvements. From a start-up of 100 youth, they now number near 400 in membership and serve one out of six at-risk youths in our region. The club currently conducts programs daily in three core areas of academic excellence, character and leadership, and healthy lifestyles.

Come join in the discussion with two young people, with one in college, and learn why BGC youth are “more likely to be employable, more likely to succeed academically, more likely to resolve conflicts without violence, and less likely to have problems in the community.” Learn how each of us can be a part of this positive and dynamic effort in the Northern Neck.

Please sign up at the Front Desk to attend.

MUSIC BY THE RIVER AT BELLE ISLE STATE PARK*

Saturday, August 11—5:00pm—Front Lobby

Featuring: Classic Rock by Jam Flo & the Formula

Come on down to Belle Isle State Park as Jam Flo & the Formula take the stage.

Concert begins at 6pm until 8pm. Boxed dinners will be provided. Bring your own folding chair or blanket. Cost is \$5.00 per person and will be charged to your account. Sign up at the Front Desk to attend.

RWC EMPLOYEE TO SHARE FIBER ART IN AUGUST

Mathews resident inspired by natural surroundings

Hannah Sommerfeldt grew up in the Northern Neck around of lot of different fiber animals – sheep, alpacas and even a llama. So maybe it’s not surprising that her natural surroundings inspired her to be a fiber artist.

“I also remember driving through fields of cotton when I was little,” she said. My mother always used to crochet so I learned to love fiber materials

early.”

Sommerfeldt’s day job is working in the kitchen at RWC, but her favorite pastime is crocheting, knitting, dyeing and spinning fiber. Her work will be on display as RWC’s featured artist in August.

“I mostly make baby blankets, hats and booties,” she said. “I have a lot of family members, so if I hear somebody is having a baby, I make them something.”

This will be Sommerfeldt’s first art exhibition. In addition to some of her creations, she’ll also have a spinning wheel and hand spindle on display.

Not only does she use nature’s bounty to make baby clothes, she also uses natural dyes such as onion skin, coffee grinds and re-used tea bags. The most adventurous dye she’s used is jello.

“I can dip my hands into the natural dyes because there are no chemicals,” she said. “The tea bags yield a muddy, but beautiful color. I even got a green color one time from onion skins.”

READ ALOUD READER’S GROUP*

Thursday, August 9—1:30 pm—Art Room 2

Reading aloud is an activity that most people are familiar with. Reading storybooks to children and grandchildren is a time for bonding, warmth and love. However reading aloud is not only for children; adults enjoy it too.

Older adults who loved to read all their lives, listening to someone read to them can bring profound comfort and joy.

The Benefits of Reading-Aloud are: There are many different reasons why the people may give up reading. Common barriers include poor vision, lack of strength to hold up a book, tremors, dementia, and other medical reasons.

Giving up reading does not mean that you have lost interest in books, magazines, and newspapers. In fact, losing the ability to read often leaves people feeling withdrawn, sad and isolated.

Shared group reading can improve quality of life and wellbeing. It may also stimulate memories and creativity, improve mood and concentration and increase social interaction. This month we will focus on short play reading. **Sign up at the Front Desk to attend.**

Spiritual Devotion: Dedicated, Faithful and Holy

- **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.

Additionally, a second meeting is now also being held on the third Sunday of the month in the Main Street Pub, with the same time and format as that of the first Sunday.

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 church leader invited by the group.

Wednesday, August 15 at 3 PM in the Westbury Clubroom. Leader: Chaplain Greg.

All residents are welcome to join together for a 30 minute lesson.

FROM THE CHAPLAIN

"The world is so empty if one thinks only of mountains, rivers & cities; but to know someone who thinks and feels with us, and who, though distant, is close to us in spirit, this makes the earth for us an inhabited garden." [Johann Wolfgang von Goethe](#)

"We have all known the long loneliness and we have learned that the only solution is love and that love comes with community." [Dorothy Day, "The Long Loneliness: The Autobiography of the Legendary Catholic Social Activist"](#)

Last month in this space I shared a reflection about the important place of solitude in our lives, including places here at RWC that are designed for just that. This month I find myself re-

flecting on the opposite, or better the complement of that, namely the place of and need for community. While on the one hand there most definitely are times in our lives when it is good to have some time and space to ourselves, nevertheless there is, more broadly speaking, the human principle that "it is not good...to be alone." (Gen 2:18)

Friday, July 13 began what would be a very difficult week for my family. Early that morning my wife Pam received a call that her mother in Dayton, Ohio had suffered a massive stroke and that things were not looking good. Pam very much wanted to see her mother one last time, so we threw some things into the car and off we went. We hadn't even made it past the Blue Ridge when we received word that Mom was gone, just like that; suddenly and unexpectedly. Pam was devastated. The rest of that long drive to Ohio was a somber one. And the next five days were difficult ones of "saying goodbye," of supporting Pam's family, of beginning the process of grief.

I share this story because it powerfully illustrates this theme of community. With reassurances from and action steps by Stuart, things would be covered and continue while I needed to be unexpectedly away. With the support of so many others, including Rev. Ernest Hogge, Mrs. Pat Morris and numerous staff members, I could focus my energies on the urgent needs of family. And with the prayer support and subsequent expressions of love from so many of you, I/we have very much felt cared for. Many, many thanks to all. I said to Pam "that's the RWC family." It just about brought tears to her eyes. Mine too. The RWC family, our community, at work with one another, for one another. It's a beautiful thing. I've seen it in action so many times here. It's who we are; it's what we do. And it is very, very good. Chaplain Greg

**IN MEMORIAM
MR. CURTIS KELLUM
JULY 22, 2018**

Creative Fun: Arts, Crafts and Games

ARTFOLDS CLASS*

**Monday, August 6—10:00 am—Art Room 2
(Class limit:8 people)**

ArtFolds are beautiful editions of books you can read and love...that become, after you've devoured them, a permanent piece of art. Through the magic of page folding, your book is transformed into a paper sculpture, perfect as an accent piece alongside stacks of your favorite reads. **Please sign up at the Front Desk.**

IL FAMILY FEUD GAME*

Wednesday, August 8—1:00 pm—Art Room 2

Feud is an American television [game show](#) where two families compete to name the most popular responses to survey questions. **Sign up at the Front Desk.**

BEADING OPEN STUDIO*

**Thursday, August 9 and August 23
3:30 pm—Art Room 1**

Join Susan Carter-Hughes to learn how to bead or help you with your beading projects. **Sign up at the Front Desk.**

CRAYON STAINED GLASS CLASS*

**Monday, August 13—10:00 am—Art Room 2
(Class limit: 8)**

Did you ever wonder what to do with your kids, jumble of crayon stubs and broken bits? WE HAVE THE ANSWER!! You can use crayon scraps to make beautiful "stained glass" window hangings. **Sign up at the Front Desk.**

IL Pictionary*

Monday, August 13—1:00 pm—Art Room 2

Pictionary is a charades-inspired guessing word game. The game is played with teams of players trying to identify specific words from their teammates. **Sign up at the Front Desk.**

CRAFTS FOR A CAUSE

August 15—10:30 – Art Room 2

The kittens apologize for their absence this past month. They had an issue which kept them away. They plan to be here August 15, and are looking forward to performing for you and being loved by you. Please come by Resident Life Services and take a peek at them. Please come by and work on the soft spots, we make to give them their own personal area to relax on. They love having their own soft spot which goes home with them when they are adopted.

CORN HOLE GAME*

Wednesday, August 22—1:00 pm—Art Room 2

Cornhole or bean bag toss is a game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. **Sign up at the Front Desk to play.**

MAKING MAGNETIC PUZZLE BOARDS*

**Monday, August 27—1:00 pm—Art Room 2
Class limit: 10**

We will design and create magnet puzzle boards to give to our Health Center/Assisted Living Center residents to help them improve cognition in a fun and entertaining way.

BINGO-PIZZA PARTY*

Wednesday, August 29—4:45 pm—Auditorium

Pizza! Bingo! Prizes! Sounds like fun. Each card is \$2.00 each. You may be the lucky jackpot winner! **Sign up at the Front Desk to attend.**

INDOOR VOLLEY BEACH BALL GAME*

Friday, August 31—1:00 pm—Art Room 2

Sign up for a challenging game of volley beach ball! All players must sit in their seats to play. It's great exercise and it is fun to play. First team to 21 wins!!

Neighborhood Knowing: Care, Committees & Commentary

MEMORY SUPPORT GROUPS: AUGUST
Monday, August 6—ALL GROUPS MEET AT 4:30 pm
Art Room 2

ALL PARTICIPANTS ATTENDING THE PERSONS WITH DEMENTIA GROUP MUST BE SCREENED PRIOR TO ATTENDING. Please contact Mary Arthur at ext. 4856 or Amy Lewis at ext. 4024. Caregivers Support Group (Mary Arthur, facilitator) and persons with **Early Stage Dementia** (Amy Lewis, facilitator)—Art Room 2

OPENING ON GROUNDS AND LANDSCAPING COMMITTEE

Are you an avid nature lover, gardener, or outdoors enthusiast? Would you like to share your talents or interests with the RWC community through membership on the Grounds and Landscaping Committee? We have an opening for a member to represent the apartment dwellers. We meet bi-monthly with Damon Chowning and Phil Williams and bring to their attention desires of the residents regarding landscaping issues and grounds improvements. If interested, please contact Jane Henley, Chairman of the Committee, at mlewisnut@aol.com or 438-4303.

TAKING CARE OF YOUR PLANTS

I spoke about butterflies in the last issue of the GG. I spoke of our beautiful campus carefully maintained by Damon and his landscaping crew. He has a formidable task in keeping the grass mowed, the sidewalks edged, and the weeds "eaten". This was the case earlier this year. Now, however, the weather has turned to our typically hot, humid, dry days with sudden thunderstorms dumping lots of rain in a short period of time. Native plants have evolved in this environment and have not only survived, but they have thrived. But there are some tips for survival.

If you get plants—native or otherwise—you must spend a few minutes each week to allow them to become established in their new home. Anyone who has purchased landscape plants know that they are not cheap. A dead plant is not only wasteful of your money, but looks ugly in the yard. Removing a dead plant takes about the same amount of time and effort as planting one in the first place. If RWC has planted a bush or fern or small tree you, the stakeholder, must keep it alive to be enjoyed for years to come. Even na-

tive plants require a little TLC when first planted. Take out a gallon of water every week and dump it onto the plant's root ball. Damon will thank you, I will thank you, and the plant will thank you.

Remember, contact me at tndmunns@va.metrocast.net for your free copy of Native Plants of the Northern Neck published by the NN Chapter of the VA Native Plant Society.

CULINARY CORNER

Culinary Services is beginning to create the Fall Menu. The Food Committee and Culinary Services welcome your suggestions for this menu which will start in mid September. You can submit favorite recipes, suggestions for things you would like to see on the menu again or new ideas! Send these suggestions to ednakroberts@metrocast.net by August 5th.

There are several varieties of sugar-free ice cream available in Dixie cups. These are kept in the back freezer, but just ask and the staff can get them for you. Chocolate, Vanilla, and Coffee are available. If you don't see your favorite regular ice cream in the Grill freezer, ask for it. If it is in stock, the staff will go and get it for you.

Edna Roberts, Food Committee Chairman

N4RWC RWC AMATEUR RADIO CLUB

The RWC Amateur Radio Club (N4RWC) meets monthly on the **second Tuesday in the Boiler Room at 10AM**. All are welcome. You do not have to be a licensed amateur operator to participate – all that is needed is an interest in radio, technology, and a bit of fun and fellowship. Each meeting has a business element followed by time exploring a topic of interest or a piece of radio or test gear. 73

NAME TAGS

Residents are encouraged to wear nametags every Thursday or Friday. **This is on a VOLUNTARY basis and is not required.**

Hooked on Books: Explore, Discover and Learn

THE RWC LIBRARY

Small Great Things by Jody Picoult, a 2016 book, is the RWC Book Group's August selection – we'll meet Monday, August 27, in the Rappahannock Room at 10:30 a.m. Some harsh, disturbing pages describing Skinhead Culture, but a story with a thoughtful and satisfactory resolution.

The RWC Book Group's June selection was Elizabeth Strout's *Olive Kitteridge*. The Library now has Strout's two newest books, *My Name Is Lucy Barton* (2016) and *Anything Is Possible* (2018).

What's new in the Library?

In **Humor**, *Being Dead is No Excuse*, subtitled "The Official Southern Ladies Guide to Hosting the Perfect Funeral." Residents who read it when published in 2005 call it a laugh-out-loud book.

In **History**, *Failure is Not an Option*, a 2000 book subtitled "Mission Control from Mercury to Apollo 13 and Beyond." We all remember those years.

In **Biography**, John McCain, Elvis Presley, and "First Ladies."

In **Fiction**, *Sourdough*, a book with a Lois as the main character!

Day after day, week after week, year after year, the **Reshelving Elves** come into the Library, put Returned Books back on the shelves, and quietly leave. Sunday through Saturday, it's Tish King, Pat Beard, Kerley LeBoeuf, Mary Alice Eubanks, Page Henley, Susan McKenna and Mary Ann Campbell!

And, thanks to Kent McCraney and Kerley LeBoeuf, the **Book Lists** for Fiction and Mystery are up-to-date. Check our Book List notebooks at the desk to see if we have the book you are looking for.

The books are old and the print is small, but two donated books are still fascinating and relevant:

From Janice Shanks, *The Mountain of Names: A History of the Human Family* by Alex Shoumatoff (1985), a book about changing family units over the years.

From Sue Rogers, *The Great War and Modern Memory* by Paul Fussell (1975), a book of reflections on writings about World War I in Britain. See also the exhibit commemorating the 100th anniversary of World War at the Lancaster Virginia Historical Society in Lancaster (the Mary Ball Washington Museum and Library).

Look for a couple of **Mini-Collections**:

"Just for Fun" – Elfie Leland Wilder's four small books set in a retirement home were written when the author was 85.

The Howard Owens series, donated by Tom Teeple, writing – "Howard Owens is a Richmond writer of mystery stories. His protagonist is Willie Black, a newspaper reporter who is hard drinking, hard smoking, smart-mouthed, and often in trouble with the police force, which he covers. (Owen once worked for the *Richmond Times-Dispatch*). The Willie Black books are best read in publication order. All stories have a trail through Oregon Hill – a Richmond neighborhood surrounded by Virginia Commonwealth University, Hollywood Cemetery and the James River."

See also "**Words Of Life**," on the magazine table. Published in 1965 and subtitled "A Religious and Inspirational Album Containing 1000 Quotations from the Minds and Hearts of Writers of Twenty Centuries," it's book a to dip into while sitting in the Library.

Ann Wiggins just mailed 25 **Operation Paperbacks** books to an APO address. Keep them coming.

Lois Williams – RWC Residents Association Library Chair

Fit Bits: Manufacturing Muscle

PARKINSON'S SUPPORT GROUP

On Wednesday, August 8 at 1:00 pm in the Auditorium, the Parkinson's Support Group will have Jessica Lehosit, MD, Chief of Neurology and Director of PADRECC Movement Disorders Center (Parkinson's Disease Research Education and Clinical Center) at Hunter Holmes McGuire VA Medical Center in Richmond, VA. will lead a round table discussion.

FITNESS CENTER FOR BEGINNERS Tuesday and Thursday 9:00-9:30 am / 2:30-3:00 pm

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, or to sign up, call Jonathan at 438-4290 or William/Alex at 438-4852

SUPERVISED EXERCISE

**Monday, Wednesday and Friday
11:30 am-12:15 pm / 2:30 - 3:15 pm**

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 exer-

tion. These measurements will be taken before, during and after exercise. We will need to update your health history, waiver form and medical release before you participate.

For more information or to sign up call Jonathan at 438-4290

DISC GOLF*

**Thursday, August 16—11:00 am
Thomas Garden**

Disc golf is played just like golf but with a disc. Come on out and have some fun. We will meet at Thomas Garden Patio.

CULINARY SERVICES TIPS

- Get enough protein to decrease risk of injury. Protein foods include animal products, bean, nuts and fish.
- Watch your calcium intake to reduce hip fractures and restore bone mass. Good sources of calcium include dairy products, broccoli and fortified juices and cereal.

Flick Picks: Video Lectures, Documentaries and Movies

DOCUMENTARY: CHICKEN PEOPLE Monday, August 6—1:00 pm—Art Room 2

Chicken People is a funny and uplifting look at the world of show chickens and the people who love them. Starting at the largest national poultry competition, likened to the Westminster Dog Show for chickens, Chicken People follows three top competitors over the course of a year as they grapple with life's challenges while vying to win the next year's crown. Both humorous and heartfelt, Chicken People is an unforgettable celebration of the human spirit.

MOVIE MATINEE: MAMA MIA* Saturday, August 11— 12:00 pm Auditorium

Feature Film: Mamma Mia!

On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding.

Buoyed by the tunes of ABBA, this effervescent yarn -- a Golden Globe nominee for Best Picture (Comedy or Musical) -- also stars Pierce Brosnan, Colin Firth and Stellan Skarsgård as the trio of potential dads. (2008), Rated PG-13, 1hr 48m. Enjoy a lunch buffet and drinks while you enjoy the show. **Sign up at the Front Desk to attend.**

SATURDAY NIGHT MOVIE Saturday, August 25—7:00 pm - Auditorium Featuring: Lady Bird

In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape. (2017) Rated R, 1hr 33m. NOTE: Movie may be changed without prior notice.

JUSTICE: WHAT'S THE RIGHT THING To Do?*

**Every Tuesday and Thursday—11:00am
Art Room 1**

Beginning August 2 through September 11

Justice, one of the most famous courses taught at Harvard College, is an introduction to moral and political philosophy, offering an opportunity to discuss contemporary dilemmas and controversies.

Taught by lauded Harvard professor Michael Sandel, Justice explores critical analysis of classical and contemporary theories of justice, including discussion of present-day applications. Topics include affirmative action, income distribution, same-sex marriage, the role of markets, debates about rights (human rights and property rights), arguments for and against equality, dilemmas of loyalty in public and private life. The course invites learners to subject their own views on these controversies to critical examination.

Please sign up at the Front Desk to attend.

- Episode 01: "THE MORAL SIDE OF MURDER"
- Episode 02: "PUTTING A PRICE TAG ON LIFE"
- Episode 03: "FREE TO CHOOSE"
- Episode 04: "THIS LAND IS MY LAND"
- Episode 05: "HIRED GUNS"
- Episode 06: "MIND YOUR MOTIVE"
- Episode 07: "A LESSON IN LYING"
- Episode 08: "WHAT'S A FAIR START?"
- Episode 09: "ARGUING AFFIRMATIVE ACTION"
- Episode 10: "THE GOOD CITIZEN"
- Episode 11: "THE CLAIMS OF COMMUNITY"
- Episode 12: "DEBATING SAME-SEX MARRIAGE"