



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 33, Issue 10

OCTOBER 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

Like us on
Facebook



The Activities Committee Invites
you to **Oktoberfest**
Saturday, October 13
Music at 4:30 pm
Dinner at 5:15 pm
Auditorium (Beer Hall)

Authentic German Music
provided by The Happy
Dutchmen

German foods including Brats w/
Sauerkraut, Hot German Potato
Salad, Chicken Kebob, Sweet and
Sour Cabbage, Fruit Platter,
Brown Mustard, Rolls, Apple
Strudel.

Beer- \$2 Wine- \$3 Sodas- \$1

It is **NECESSARY** to
SIGN UP at the **FRONT DESK**
by the **RSVP** date, **Oct. 11**, and
get your first drink **FREE!**

Co-sponsored by Chesapeake Wealth
Management, Resident Life and
Marketing.

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Twitter



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The deadline to submit articles for the
November 2018 issue is
Friday, October 26, 2018 by noon.
Contact us: 804-438-4000

IMPORTANT! FLU SHOT CLINIC FOR INDEPENDENT LIVING RESI- DENTS

Carroll Throckmorton from
Main Street Pharmacy will be giving
our Independent Living Residents
their Flu Shots again this year. The
date that has been set is **Friday, Oc-
tober 12th**, 2018. Carroll will be in
the **Main Street Pub** from **9:30 a.m.**
– **3:00 p.m.**

Please sign up at the Front
Desk for your time.

**PLEASE BE SURE TO BRING COPIES
OF YOUR INSURANCE CARDS WITH
YOU. ALSO THERE IS A CONSENT
FORM THAT YOU NEED TO PICK UP
IN THE CLINIC, SIGN AND TAKE
WITH YOU.**



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 | |
|--|---|---|---|--|--|--|---|
| OCTOBER 2018 | 10:00-COR-Parkinson's Caregiver Support Group 10:00-HC-Wake-up & Workout 10:30-HC-Edgar Allen Poe 1:00-AUD-Afternoon Conversation: Brad Parks* 1:30-FRL-Shopping & Errands* 2:30-WCR-Manicures 4:00-WCR-Formal Tea Party 4:00-CGR-Dart Sharks 4:30-AR2-Memory Support Groups 6:15-FRL-Art Talk at RAL: William Clarke* | 10:00-HC-Wake-up & Workout 10:00-AR1-Chat & Crafts 10:30-COR-Bible Study 10:45-WCR-Travel Log: Chad 11:00-AR1-Harvard Lecture, Pt. 1: Herbie Hancock-The Ethics of Jazz* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 3:00-ATR-Employee of the Month Celebration 4:00-WCR-Fall Tree Art | 10:00-HC-Wake-up & Workout 10:00-AR1-Chat & Crafts 10:30-COR-Bible Study 10:45-WCR-Travel Log: Chad 11:00-AR1-Harvard Lecture, Pt. 1: Herbie Hancock-The Ethics of Jazz* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 3:00-ATR-Employee of the Month Celebration 4:00-WCR-Fall Tree Art | 10:00-HC-Wake-up & Workout 10:45-WCR-Amazing Pumpkins 1:00-AR1-Boggle Word Game* 4:00-WCR-Pumpkin Centerpieces 7:00-CGR-Gentlemen's Poker Club | 10:00-HC-Wake-up & Workout 10:45-WCR-Twisted Bingo 10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 2:00-FPL-Blessing of the Animals 3:00-WCR-Pasta Art 4:00-CPL-Rosary 4:00-WCR-Milkshakes | 8:30-AUD-ROMEOs & OWLETS* 9:00-FRL-On the Road: Institute for Contemporary Art (VCU)* 10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 2:30-WCR-Music by Dirk 5:00-MSP-Happy Hour | 10:30-HC-Wake-up & Workout 11:00-HC-It Happened in October 2:00-HC-Movie Matinee 3:30-WCR-Karaoke with Virginia 4:00-WCR-Chair Zumba 4:00-ATR-Pre-Concert Reception 5:00-AUD-Marcolumbia Concert* NO HAPPY HOUR TONIGHT |
| 10:00-COR-Society of Friends Meeting 10:30-HC-Wake-up and Workout 11:00-HC-Word Scramble 4:00-WCR-Worship Service | 10:00-HC-Wake-up & Workout 10:00-BLR-Residents Health Care Committee Meeting 10:30-HC-Resident Council for HC 11:00-AUD-Clear Caption Presentation* 1:30-FRL-Boys & Girls Club Nature Walk at RWC 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 2:30-WCR-Manicures 4:00-CGR-Dart Sharks 4:00-Formal Tea Party | 10:00-HC-Wake-up & Workout 10:00-AR2-Chat & Crafts 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 10:45-WCR-Travel Log: Chile 11:00-AR1-Harvard Lecture, Pt. 2: Herbie Hancock-The Ethics of Jazz* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 4:00-WCR-Chocolate Facts | 10:00-HC-Wake-up & Workout 10:00-AR2-Activities Committee Meeting 10:45-WCR-Bingo 1:00-AUD-Parkinson's Support Group 1:00-AR2-Indoor Seated Beach Volley Ball* 1:30-CGR-Bunco Group 4:00-WCR-Scarecrow Creations 7:00-CGR-Gentlemen's Poker Club | 10:00-HC-Wake-up & Workout 10:00-CGR-Great Courses* 10:00-COR-Food Committee Mtg. 10:45-WCR-Java Time 1:00-AUD-Documentary: Age of Champions 1:00-LIB-Party Bridge 1:00-RAP-Duplicate Bridge 3:00-WCR-Sewing Box 3:30-AR1-Beading Open Studio 4:00-WCR-Milkshakes 4:00-CPL-Rosary | INDEPENDENT LIVING RESIDENTS FLU SHOT CLINIC* 9am-3pm—MAIN STREET PUB 10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 3:30-WCR-Music by Billy Caldwell 5:00-MSP-Happy Hour | 10:30-HC-Wake-up & Workout 10:30-CGR-Apple Seeds Computer Group 11:00-HC-Name That Bird 2:00-HC-Movie Matinee 4:00-WCR-Talk-n-Tea 4:30-AUD-Oktoberfest Party* NO HAPPY HOUR TONIGHT | |
| 10:30-HC-Wake-up & Workout 11:00-HC-Hymn Sing 4:00-WCR-Worship Service/ Holy Communion | 10:00-HC-Wake-up & Workout 10:30-HC-Halloween Haunts 1:30-FRL-Walmart Shopping* 2:30-COR-Coffee with Stuart 2:30-WCR-Manicures 3:45-FRL- Tour of NN Boys & Girls Club* 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party | 10:00-HC-Wake-up & Workout 10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 10:45-WCR-Travel Log: China 11:00-AR1-Harvard Lecture, Pt. 3: Herbie Hancock-The Ethics of Jazz* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 4:00-WCR-Spooky Cups | 10:00-HC-Wake-up & Workout 10:30-AR1-Crafts for a Cause 10:45-HC-Piano Prodigies 3:00-WCR-Bible Study 4:00-ATR-Pre-Concert Wine & Cheese Reception 4:30-AUD-Special Concert: Daniel Boling 7:00-CGR-Gentlemen's Poker Club | 9:00-WCR-Men's Breakfast 10:00-HC-Wake-up & Workout 10:00-CGR-Great Courses* 10:45-WCR-Java Time 11:00-MSP-Resident Choir 1:00-AR2-Corn Hole Game 1:00-LIB-Party Bridge 2:00-WCDR-ALC Resident Council 4:00-WCR-Milkshakes 4:00-CPL-Rosary | 10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 3:00-WCR-Bingo Party 5:00-AUD-Special Occasion Party NO HAPPY HOUR TONIGHT | 10:30-HC-Wake-up & Workout 11:00-HC-The Greatest Show 2:00-HC-Movie Matinee 4:00-WCR-Popcorn Balls 5:00-MSP-Happy Hour | |
| 10:00-MSP-Society of Friends Meeting 10:30-HC-Wake-up & Workout 11:00-HC-Hot Air Balloon 4:00-WCR-Worship Service | 10:00-HC-Wake-up & Workout 10:30-RAP-RWC Book Group 10:30-HC-Kids Say 1:30-FRL-Shopping & Errands* 2:30-WCR-Manicures 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-AUD-Special Concert: Rupert Wates | 10:00-HC-Wake-up & Workout 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 10:45-Trip to Deltaville Museum for ALC 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 4:00-WCR-Musical Meditation NO HARVARD LECTURE TODAY | 10:00-HC-Wake-up & Workout 10:45-WCR-Bingo 1:00-AR2-Pictionary/ Charades* 2:00-AUD-Afternoon Conversations: Quilts 4:00-WCR-Candy Tasting 7:00-CGR-Gentlemen's Poker Club | 10:00-HC-Wake-up & Workout 10:00-CGR-Great Courses* 10:45-WCR-Java Time 1:00-LIB-Party Bridge 2:00-WCDR-ALC Resident Council 2:00-Room TBD-Gifts of Grief* 3:00-WCR-Spooky Treats 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary 4:00-WCR-Milkshakes | 10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 3:30-WCR-Chair Zumba ARTICLES FOR GAZEBO GAZETTE ARE DUE BY NOON | 10:30-HC-Wake-up & Workout 11:00-HC-Ready, Aim, Fire 2:00-HC-Movie Matinee 4:00-WCR-Sweet Treats 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Book Club | |
| 10:30-HC-Wake-up & Workout 11:00-HC-Lady Liberty 4:00-WCR-Worship Service | 10:00-HC-Wake-up & Workout 10:30-HC-Witty Quotes 11:00-AR1-Mindfulness Based Stress Reduction Course* 1:30-FRL-Shopping & Errands* 2:30-WCR-Manicures 3:30-WCR-Formal Tea Party 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Formal Tea Party | 10:00-HC-Wake-up & Workout 10:30-COR-Bible Study 10:45-WCR-Travel Log: Columbia 11:00-AR1-Harvard Lecture, Pt. 4: Herbie Hancock-The Ethics of Jazz* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 4:00-WCR-Candy Corn | HALLOWEEN 10:00-HC-Wake-up & Workout 10:45-WCR-Costume Creations 2:00-AUD-Halloween Party 4:00-WCR-Spider Cookies 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. WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY. | | | |

GREETING FROM THE PRESIDENT/CEO

For September's article, I started to comment on the quiet tropical storm season and something told me not too – foreboding of Hurricane Florence perhaps? Though we had some significant rain ahead of the storm's approach, we were blessed to be spared the devastating storm that continues to cause great damage across North Carolina. Our prayers continue for the waters to recede, so they can begin to deal with the significant and life-changing impact of the hurricane. One benefit of the approaching storm was an opportunity to implement our inclement weather preparedness plan and continually improve upon that plan from actual experience.

Beginning in November, we will be replacing the sound system in the Auditorium. The old system will be functional as the new system is installed. Thanks for your patience with this as we improve the audio experience in the Auditorium.

Perhaps fall will make an appearance soon and provide opportunities to enjoy the outdoors and the change of season along with all the other experiences available on our wonderful campus. I see some interesting classes and learning opportunities including a presentation on quilting on the October calendar, as well as an Oktoberfest event. Look for more information on these and other experiences in the Gazette as you plan your fall schedules.

Have a great October!



PLANT STORAGE FOR WINTER

RWC is not responsible for storage, watering or care of residents potted plants during the winter months. Please do not place your plants in the pool or any other common area as they will be removed. Thank you for your understanding.

MEMORY SUPPORT GROUPS

Monday, October 1—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

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

Culture Club: Music, Theatre and Speakers

AFTERNOON CONVERSATIONS: BRAD PARKS*

Monday, October 1—1:00 pm—Auditorium

International bestselling author Brad Parks is the only writer to have won the Shamus, Nero, and Lefty Awards, three of American crime fiction's most prestigious prizes. His novels have been translated into a dozen languages and have won critical acclaim across the globe, including stars from every major pre-publication review outlet. **Please sign up at the Front Desk** to enjoy a literate afternoon!

ROMEOs & OWLETS*

Friday, October 5 — 8:30 am - Auditorium

Lois Williams will be speaking on "The Land South West of White Stone." A 1,000 acre patent of 1651 stayed in the Lee family through inheritance for a century, and one-sixth was Lawson family land for another century, until, during the 1880s and 1890s, much of the 1,000 acres was sold off in one- to five-acre parcels. **Please sign up at the Front Desk to attend.**

MARCOLIVIA*

Saturday, October 6

Pre-Concert—Reception at 4:00 pm & Concert at 5:00 pm Auditorium

Marc Ramirez and Olivia Hajioff form the violin and violin/viola duo Marcolivia. The duo has performed chamber music at the Kennedy Center, the Ravinia Festival, Merkin Hall, Symphony Space in Manhattan, as well as Carnegie Hall. The artists were invited to perform at Chamber Music America's Marathon Concert in New York alongside the Juilliard Quartet. In addition, Marcolivia was the only chamber music finalist in the 2000 Concert Artists Guild Competition.

Their performance is underwritten in part by funds from the VA Commission for the Arts.

Please sign up at the Front Desk to enjoy this dynamic duo!

RUPERT WATES IN CONCERT

Monday, October 22—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. In London he worked with some of the best performers in the

city. 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, he has won more than **40 songwriting and performing awards.**

His music is an eclectic mix of acoustic, melodic art/folk, with flavors of jazz, vaudeville and cabaret.

SPECIAL CONCERT: DANIEL BOLING

Monday, October 23—4:00 pm—Pre-Concert Reception 4:30 pm—Concert—Auditorium

2014 Winner of the prestigious Grassy Hill Kerrville New Folk songwriter contest, Daniel shares experiences from a life well-lived in places as far-ranging as Japan, Okinawa, and Padre Island, Texas. With his well-crafted story songs and friendly tenor this balladeer /songwriter delights audiences coast-to-coast in over one hundred shows a year, from House Concerts and listening rooms to major festivals. No need to sign up. Just come and enjoy the music.

AFTERNOON CONVERSATIONS : QUILTS*

October 24—2:00pm—Auditorium

The Tavern Quilt Guild (TQG) of Historic Rice's Hotel / Hughlett's Tavern in Heathsville will present an afternoon "show and tell" sharing our passion and obsession with quilts and the art of quilting. We will show reproduction quilts from the Civil War era, actual 1920-30s quilt made from family clothes, as well as 'friendship and memory' quilts. Then we will move into the more modern artistic quilts. You will have an opportunity to look closely at the quilts and hand pieces and ask questions of the quilters. Today's quilts are more than bed covers, they are wall hangings, table décor and much more. We will also have a selection of items available for sale. Make sure you check out the display case in the lobby of the Life Enrichment Center during the month of October. The TQG will be showing some great pieces to entice you to attend. Questions – Ask Denise at 4194, or tndmunns@va.metrocast.net. Afternoon tea and cookies will be served.

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 (with occasional exceptions).

- **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.

For October: Mr. Carl Smith will be leading a study entitled "How Science Confirms the Bible." Wednesday, October 17 at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck.

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

EVENTS THIS MONTH

BLESSING OF THE ANIMALS

Thursday, October 4—2:00 pm—Flagpole

This time of year, people in various places may notice something odd. A procession of animals, everything from dogs and cats to hamsters and even horses, is led to churches for a special ceremony called the Blessing of Pets. This custom is conducted in remembrance of [Saint Francis of Assisi](#)'s love for all creatures.

"THE GIFTS OF GRIEF" *

Thursday, October 25—2:00 pm - Location TBD

"A compelling documentary that explores how a unique group of people embrace their pain, learn to live with their loss and now engage in life with more compassion, courage and awareness. Told through the personal and moving stories of seven remarkable people." **Please RSVP** by October 18 to Chaplain Houck in person, by phone (804-438-4094) or by email (ghouck@rw-c.org). Your RSVP will help to determine the best venue for this event.

FROM THE CHAPLAIN

"Real grief is not healed by time. If time does anything, it deepens our grief. The longer we live, the more fully we become aware of who she was for us, the more intimately we experience what his love meant to us. Real, deep love is, as you know, very unobtrusive, seemingly easy and obvious, and so present that we take it for granted. Therefore, it is only in retrospect – or better, in memory – that we fully realize its power and depth. Indeed, love often makes itself visible in pain." (Henri Nouwen, theologian)

That's good food for thought, or for discussion, as it may be a somewhat different way of looking at things. A significant part of what I do here at RWC has involved helping folks navigate the journey of grief and loss. What words can even begin to describe this work? Challenging, enlightening, humbling, encouraging and rewarding are all appropriate, to name a few. But when it comes to grief one thing's for sure: I never stop learning. Here are a few things I've learned along the way. For starters, you can't possibly know what someone else's grief is like until you too have lost someone dear. And even then you can't truly, fully know because no two people, no two grief experiences are ever exactly the same. And yet, that being said, I've also learned that there are often similarities of experience, and knowing that can help us to know that in our grief we are never alone.

On October 25th we will be showing a very moving documentary film entitled "The Gifts of Grief," in which several very different individuals share their stories of personal loss. Come to learn, to grow, perhaps to be challenged, and if nothing else, to be encouraged. I hope to see you there. Please RSVP, and also please know that I am always here to help in your time of need, whatever it might be.

Chaplain Greg Houck

IN MEMORIAM

**MR. DONAL MCGONEGAL
SEPTEMBER 4, 2018**

*

**MRS. SYDNEY WORTHINGTON
SEPTEMBER 16, 2018**

*

**MRS. JULIA OLSON
SEPTEMBER 24, 2018**

Creative Fun: Arts, Crafts and Games

ART TALKS AT RAL WITH FOLK ARTIST WILLIAM CLARKE*

Monday, October 1—6:15 pm—Front Lobby

William H. Clarke, Jr. is an accomplished Folk Artist, teacher and philosopher. His self-taught painting style reflects the rural Virginia life he experienced in Nottoway County. Mr. Clarke will present an Art Talk on Monday evening, October 1 at RAL Art Center, sharing aspects of his life's work through his paintings and stories. Some of his work will be on display and for sale in the Nook Gallery for the month of October. "Emotions that a Folk Artist goes through when creating a painting are deep. Emotions that Folk Artists live and feel, the joy and often stress of everyday life come out in their art," says Mr. Clarke.

Please sign up at the Front Desk to attend.

BOGGLE WORD GAME*

Wednesday, October 3—1:00 pm—Art Room 1

Earn points by spotting words your friends don't before time runs out. Shake the grid to mix up the letter cubes. Then lift the lid and flip the timer. Players have 90 seconds to write down as many words as they can find on the grid before time is up. At the end of the round, score the words. If two or more players find the same word, that word doesn't count. The player with the highest score wins.

ON THE ROAD: VCU INSTITUTE FOR CONTEMPORARY ART*

Friday, October 5—9:00 am—Front Lobby

Institute for Contemporary Art, Richmond, also known as the Markel Center at the VCU Institute for Contemporary Art, is an arts center at VCU. It was designed by the architecture firm Steven Holl Architects, and built by Gilbane Building Company. Art is intended to prompt interaction and discussion, to evoke emotion and drive experiences. As a non-collecting institution, we will showcase an ever-changing slate of exhibitions, performances, films, and special programs that translate our world into every medium. Admission is free but we will be having lunch in the gallery café.

Please sign up at the Front Desk to attend.

BEADING OPEN STUDIO*

Thursday, October 11 & 25

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.**

CORN HOLE GAME*

Thursday, October 18—1:00 pm—Art Room 2

Cornhole or bean bag toss is a lawn 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.**

PICTIONARY/CHARADES*

Wednesday, October 24 —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

Wednesday, October 17, 10:30 am - Art Room 1

Thank you for coming and greeting the kittens, they were so cute,
Please join us in making the soft spots for them.

INDOOR SEATED BEACH VOLLEY BALL GAME*

Wednesday, October 10—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!! **Sign up at the Front Desk.**

Neighborhood Knowing: Care, Committees & Commentary

CULINARY CORNER

Green Boxes are available for residents to take food home in. The box should then be returned to the kitchen promptly. These boxes are **NOT** disposable. RWC frequently has to buy more green boxes because they are not returned by residents. It is much better for our environment to use the green reusable boxes than the Styrofoam boxes which then go into the landfill.

Genita reports that 90% of our food is fresh.

During the month of August ten people wrote comments, but did not sign their name, thus the Food Committee was not given copies of them. Please do comment, but also please sign your name. We value your thoughts.

Edna Roberts, Food Committee Chairman

LANCASTER ROOM: RESERVATION TIP

Some of the seating has been changed in the Lancaster Room to provide more room in between tables. If you are planning a private party, we provide you with the table seating that is available. It is as follows; **7 tables seat 7 people, 5 tables seat 4 people, 3 tables seat 2 people.** Maximum occupancy of the Lancaster Room is **75 people.**

MINDFULNESS BASED STRESS REDUCTION COURSE

This MBSR Course will begin Monday, October 29 through December 17 every Monday at 11:00 am in Art Room 1. This course is designed for those can commit to the class.

Although we will practice meditation together, this class will not be like the meditation class offered before. We will not just lay down under a cozy blanket and fall asleep to a story. This will be an in-depth 8 week course. We will watch videos, reading material and practice meditation.

This MBSR Course is based on the program founded by Jon Kabat-Zinn at the University of Massachusetts Medical School. *Although there are many online courses available to take, Dave Potter, who designed this particular course, urges that a live, in-person Mindfulness-Based Stress Reduction (MBSR) class is still the best way to learn mindfulness, because it is more likely that you will complete the course, due to the live interaction and group support with a facili-*

tator.

Dave Potter is a fully certified MBSR instructor by the University of Massachusetts Medical School and taught live, in-person MBSR classes in his community for 12 years. He is also a retired professional psychotherapist who has had a daily meditation practice for over 25 years, when he discovered MBSR.

When you successfully complete the eight weeks of practice and study, I will mail it in and you will receive a Certificate of Completion. What will taking an MBSR course do for me? Through this MBSR course, you will learn skills that can increase your ability to:

- Cope with stress, pain, and the challenges of everyday life
- Deal with disturbing events with grace and composure
- Be fully present and alive in this moment

While MBSR is not a "cure" for serious medical conditions and should not be used as a substitute for medical treatment, research indicates that mindfulness training can have a significant therapeutic effect for those experiencing stress, anxiety, high blood pressure, depression, chronic pain, migraines, heart conditions, diabetes and other ailments. In addition, participants typically report feeling more alive, more "in-tune" with themselves and others.

~Course at a Glance~

If you have any questions or concerns, please call me.

- Week 1 - Simple Awareness
Introduction to the Body Scan
- Week 2 - Attention & The Brain
Introduction to Sitting Meditation
- Week 3 - Dealing with Thoughts
Introduction to Yoga - Yoga 1
- Week 4 - Stress: Responding vs. Reacting
STOP: One-Minute Breathing Space and Yoga 2
- Week 5 - Dealing with Difficult Emotions or Physical Pain Turning Toward.....
- Week 6 - Mindfulness and Communication
Mountain Meditation and Lake Meditation
- Week 7 - Mindfulness and Compassion
Lovingkindness Meditation
- Week 8—Developing a practice of your own
Certificate of Completion

Please call Amy at ext. 4042 if you are interested.

Hooked on Books: Explore, Discover and Learn

Hidden Figures by Margo Lee Shetterly is the RWC Book Group's October selection – we'll meet **Monday, October 22 at 10:30 a.m.**, in the Rappahannock Room. *Hidden Figures* is subtitled: [The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race](#), with one Amazon review saying of the book, "It's part biography, part history of NASA, part history of segregation, part history of the civil rights movement, part history of the Virginia peninsula, and part history of women's rights." The Library also has two versions for young people of the *Hidden Figures* book. Our book choice coincides with the Northern Neck Boys and Girls Club's October focus on the *Hidden Figures* book and movie.

Madam Librarian was secretly pleased that, for some Residents, "getting ready for the hurricane" included checking out a book from the RW-C Library!

We're on the ball – we ordered the new Doris Kearns Goodwin book (*Leadership: In Turbulent Times*) the day it was published (September 18). And we've preordered a Nathaniel Philbrick book about the 1781 victory in Yorktown (released in October) and the newest Louise Penny (coming late November).

Many RWC Residents attended the impressive Harvard video-lecture, "**What Happens When China Becomes Number One?**" The library now has *The Great Convergence*, Kishore Mahbubani's 2013 book, and we're getting his 2018 book, *Has the West Lost It?: A Provocation*, published October 1. For the frivolous, we have all three of the *Crazy Rich Asians* books!

Every Wednesday Sally LeBoeuf and Ann Wiggins visit the Westbury Center residents who enjoy reading with the **RW-C Book Mobile** – a book cart with selections that, from previous conversations, are likely to be of interest. "Even if there's no takers," says Sally, "it's the chatting that's important."

Ann Wiggins has mailed another **Operation Paperbacks** box of books to an APO address. And she's received a note from an earlier mailing: "I would like to say thank you for your package that we received. It's like Christmas here every time we get something in the mail. Everyone really enjoyed the contents."

NEW library fiction includes a 2017 and a 2018 **Danielle Steel** book! According to Wikipedia, Danielle Steel's "formula is fairly consistent, often involving rich families facing a crisis, threatened by dark elements such as [prison](#), [fraud](#), [blackmail](#) and [suicide](#)." [She](#) has published 141 novels, starting in 1972, with five books in 2018, and two already scheduled for 2019!

Hail to some of our **RWC men!**

Charlie Miller shared an article about his mother's 7,000 volume church library.

Jay White donated a couple of 2018 books that he labeled "fun time-wasters!"

Charlie Huckins provided the October Bulletin Board humor.

And we appreciate Tom Teeple's e-mail sign-off – "It's okay to read in the daytime!"

Lois Williams – RW-C Residents Association Library Chair

Fit Bits: Manufacturing Muscle

SPORTS AND WALKING SEASON

The 2017-2018 sports and walking season will be ending on October 31, 2018. You will have all of October to turn in your walking passports and then we will be closing out another walking season. The 2018- 2019 sports season will start on November 1, 2018.

BOY & GIRLS CLUB NATURE WALK AT RWC

Monday, October 8—1:30 pm—Front Lobby

Please join the boys and girls as RWC hosts a walk along our trails around campus. We plan to walk all three trails. Join us.

CLEAR CAPTIONS, DOUGHNUTS & CHAT*

Monday, October 8—11:00 am—Auditorium

Please join our local Clear Caption Specialist, Debbie Thompson, for doughnuts and chat! We will be discussing how you can receive a FREE caption phone if you struggle with any form of hearing loss.

ClearCaptions is a free phone captioning service that provides near real-time call captions of phone conversations for anyone hard-of-hearing or with any form of hearing loss.

Similar to captioned television, ClearCaptions allows you to read real-time written call captions of what callers say on our revolutionary home phone, your mobile device, or your computer.

Please sign up at the Front Desk to attend.

PARKINSON'S SUPPORT GROUP

Wednesday, October 10—1:00pm—Auditorium

Parkinson's Support Group will have the Bay Tones entertain and delight with blasts from the past while encouraging the support group to join in on the singing.

DISC GOLF

Thursday, October 11—11:00 am

Thomas Garden Patio

Disc golf is played just like golf but with a disc. Come on out and have some fun.

Please sign up at the front desk.

TOUR OF THE BOYS & GIRLS CLUB OF THE NORTHERN NECK*

Monday, October 15—3:45 pm—Front Lobby

BGCNN's mission is to enable all young people, especially those who need us the most, to reach their full potential as productive, caring and responsible citizens.

Their after school programs are in session and they have invited us to take a tour. **Please sign up at the Front Desk if you are interested.**

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 who 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 who may have cardiovascular disease, who 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 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

Flick Picks: Video Lectures, Documentaries and Movies

HARVARD LECTURE: HERBIE HANCOCK-THE ETHICS OF JAZZ* EVERY TUESDAY BEGINNING

October 2—November 6—11:00—Art Room 1

There may be no more distinguished lecture series in the arts than [Harvard's Norton lectures](#), named for celebrated professor, president, and editor of the [Harvard Classics](#), Charles Eliot Norton. The choice of Herbie Hancock as Norton Professor of Poetry seems an overdue affirmation of one of the country's greatest artistic innovators of its most unique of cultural forms. The first jazz composer and musician—and the first African American—to hold the professorship, Hancock brings an eclectic perspective to the post. His topic: "The Ethics of Jazz."
Part 1: The Wisdom of Miles Davis
Part 2: Breaking the Rules
Part 3: Cultural Diplomacy and the Voice of Freedom
Part 4: Buddhism and Creativity
Part 5: Once Upon a Time
Part 6: Wayne Shorter: Philosophy of Life Through Jazz

DOCUMENTARY: AGE OF CHAMPIONS

Part One: Thursday, October 11—1:00 pm

Auditorium

Age of Champions is the award-winning documentary about five athletes who sprint, leap, and swim for the gold at the National Senior Olympics. You'll meet a 100 year-old tennis champion, 86 year-old pole vaulter, and rough-and-tumble basketball grandmothers as they triumph over the limitations of age. But when one athlete loses a spouse and another is diagnosed with cancer, they've got to dig even deeper to make their Olympic dream come true. It's a story about resilience of the human spirit and a must-see for everyone. (72 minutes).

SATURDAY NIGHT MOVIE

Saturday, October 27 —7:00 pm - Auditorium

Featuring: Book Club

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious

results.(2018) Rated PG-13, 1hr 44m.

NOTE: Movie may be changed without prior notice.

RWC RESIDENTS HEADLINE ART SHOW IN OCTOBER

Annual exhibition features watercolors, acrylics

Watercolors, acrylic prints and paintings – many abstract, unusual and quite beautiful – will be on display at Rappahannock Westminster-Canterbury as residents display their artwork during October as the featured artists for the month.

Each autumn, RWC residents who are also art students, exhibit their work in the facility's Gallery Hall. Callao resident Pam Bowers has been teaching art to many of these students for 14 years.

"I have students who have been with me for a number of years – Pat Morris, Cecelia Barton, Mary Anne Campbell, Brandon Louisell and Helen Woolfolk are regulars. We also have some new student artists – Cay Weimer, Maxine Luxton and Sylvia Prince."

Bowers teaches watercolors, but this year she and Resident Program Development Coordinator Amy Lewis offered extra classes working with acrylics.

"I work with the students on an individual basis and we use group demonstrations to show various painting techniques." Bowers said. "If someone new wants to try their hand at art, I give them materials to work with and show them one or two techniques to give them a feel for it. I provide the supplies for the first couple of classes just to introduce them to watercolors. I don't want residents to spend money and decide it's not for them."

Art work on display in October features flowers, still life, landscapes and other subject matter. "We have a very active and involved group," Bowers said. "It's a fun time for all of us. Everyone seems to really enjoy what they're doing. Sometimes our classes are very quiet, but sometimes they get pretty noisy! There is a lot of interaction between us."