



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 33, Issue 11

NOVEMBER 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



~Follow us on
Twitter



~Follow us on
YouTube



LETTER FROM THE RESIDENTS' ASSOCIATION PRESIDENT

As 2018 winds down there are a number of important items you should put on your calendars.

On **Wednesday, November 7th** the **Residents Association Board Meeting** will be held in the Auditorium at 10:00 AM. As usual all residents are invited and encouraged to attend. At this meeting, among other things, the Board will discuss the Residents' Association Budget for 2019. The Budget will then be presented to all residents at the December 6th Annual Residents' Association Meeting and Election.

The **Annual Meeting of the Residents Association** will be held at 10:00 AM on **Thursday, December 6th** in the Auditorium. The 2019 budget of the Association will be presented for approval at that time. The Nominations Committee will officially present its slate of Officers and Resident Board members for the upcoming year. For those who may be interested in additional nominees, your attention is called to Article IV of the By-Laws which states that any member of the Association may make a nomination from the floor, provided notice is given to Pat Kirby, Chairman of the Nominations Committee, in writing, a minimum of one week prior to the Annual Meeting.

Mark your calendars for the **Spirit Day Program and Christmas Social** which will be held in the Auditorium on **Friday December 7th**. And fi-

nally, remember to contribute to the **Employee Christmas Fund**. This is our opportunity to show our appreciation to the dedicated staff who take care of our many needs during the year. You can show your generosity by making your check payable to "Employee Christmas Fund" and depositing in the box at the Front Desk no later than **Tuesday December 3rd**.

John Roberts,
President, Residents Association

The **Nominations/By-Laws Committee** of the **RWC Residents Association** presents the names of the following individuals for the 2019 designated offices to be voted upon at the **Annual Meeting** of the membership of the association on **December 6, 2018**.

President: Gerald Hoskins
Vice President: Jane Higgins
Secretary: Pat Morris
Treasurer: Fred Luxton
Directors at Large: Phil Booth, Susan Carter-Hughes, John Hess, and Cay Weimer

Quality of Life:
2 year term: Mickey Blandford
1 year term: Mary Lu Dorsey
Finance: Jack Jennings, Walt Klein, Susan McKenna, and Ben Weimer
Nominations/By-Laws: Cecelia Barton, Susan Jones, Rosemarie Forcum, and Page Henley

MAKE-UP FLU SHOT CLINIC FOR INDEPENDENT LIVING RESIDENTS

Carroll Throckmorton from Main Street Pharmacy will be coming back for residents who may have missed getting their flu shot. The date that has been set is **Wednesday, November 7**. Carroll will be in the **Chesapeake Game Room from 10:00 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.

The deadline to submit articles for the
December 2018 issue is
Friday, November 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
- 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	
NOVEMBER 2018	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.			RWC FOOD DRIVE Nov 1-19 Drop off in Atrium	<p>10:00-HC-Wake-up & Workout 1</p> <p>10:00-CGR-Great Courses*</p> <p>10:45-WCR-Java Time</p> <p>1:00-LIB-Party Bridge</p> <p>1:00-AR2-Corn Hole Game</p> <p>3:00-WCR-Halloween Boxing</p> <p>4:00-CPL-Rosary</p> <p>4:00-WCR-Milkshakes</p> <p>4:00-AUD-Afternoon Conversations: Gail Kenna, writer</p>	<p>2</p> <p>8:30-AUD-ROMEOs & OWLETS*</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>2:30-HC-Special Music</p> <p>5:00-MSP-Happy Hour</p>	<p>3</p> <p>10:30-HC-Wake-up & Workout</p> <p>11:00-WCR Guitar with Roger</p> <p>2:00-HC-Movie Matinee</p> <p>4:00-AUD-Jim & Suzanne: Song Chasers* (reception to follow)</p> <p style="text-align: center;">NO HAPPY HOUR</p> <p style="text-align: center;">DAYLIGHT SAVING TIME ENDS ON NOVEMBER 4. SET CLOCKS BACK ONE HOUR BEFORE RETIRING TO BED.</p>
<p style="text-align: center;">DAYLIGHT SAVING TIME ENDS</p> <p>4</p> <p>10:00-COR-Society of Friends Meeting</p> <p>10:30-HC-Wake-up and Workout</p> <p>11:00-HC-Happy B-day Will Rogers</p> <p>4:00-WCR-Worship Service</p>	<p>5</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-COR-Parkinson's Caregiver Support Group</p> <p>10:30-HC-Seeds of Love</p> <p>11:00-AR1-Mindfulness Based Stress Reduction Course*</p> <p>1:30-FRL-Shopping & Errands*</p> <p>2:30-AR1-Coffee with Stuart</p> <p>2:30-WCR-Manicures</p> <p>4:00-CGR-Dart Sharks</p> <p>4:30-AR2-Memory Support Groups</p>	<p>6</p> <p>9:00-FRL-Bus to Voting Polls*</p> <p>10:00-FRL-Bus to Voting Polls*</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-COR-Bible Study</p> <p>10:45-WCR-Travel Log: Comoros</p> <p>11:00-AR1-Harvard Lecture, Pt. 5: Herbie Hancock-The Ethics of Jazz*</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>2:00-ALC-Therapy Dog Visits</p> <p>4:00-WCR-Veteran's Day Windsocks</p>	<p style="text-align: center;">MAKE-UP DAY FOR INDEPENDENT LIVING RESIDENTS FLU SHOT CLINIC* 10am-3pm—CHESAPEKAE GAME ROOM</p> <p>7</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-AUD-Residents Assoc. Board Meeting</p> <p>10:45-WCR-Apple Butter</p> <p>1:00-AR1-Boggle Word Game</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>8</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-CGR-Great Courses*</p> <p>10:00-COR-Food Committee Mtg.</p> <p>10:30-WCR-Chair Cha-Cha</p> <p>11:00-AUD-"It's All About the Burger" Tailgate Party</p> <p>1:00-LIB-Party Bridge</p> <p>1:00-AR2-Corn Hole Game</p> <p>3:30-AR1-Beading Open Studio</p> <p>4:00-WCR-Milkshakes</p> <p>4:00-CPL-Rosary</p>	<p>9</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>2:30-Shopping at Peebles with ALC*</p> <p>5:00-MSP-Happy Hour</p>	<p>10</p> <p>10:30-HC-Wake-up & Workout</p> <p>10:30-CGR-Apple Seeds Computer Group</p> <p>2:00-HC-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p> <p>6:45-FRL-"On Stage"*</p>	
<p style="text-align: center;">VETERAN'S DAY</p> <p>11</p> <p>10:30-HC-Wake-up & Workout</p> <p>11:00-HC-Festival of Trees Project</p> <p>11:00-AUD-Veteran's Day Brunch (by invitation)*</p> <p>4:00-WCR-Worship Service/Holy Communion</p>	<p>12</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-BLR-Residents Health Care Committee Meeting</p> <p>10:30-HC-Resident Council</p> <p>11:00-AR1-Mindfulness Based Stress Reduction Course*</p> <p>1:30-FRL-Shopping & Errands*</p> <p>2:30-AR2-Coffee with Stuart</p> <p>2:30-WCR-Manicures</p> <p>4:00-CGR-Dart Sharks</p> <p>4:00-WCR-Tea Party</p>	<p>13</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-AR2-Chat & Crafts</p> <p>10:00-BLR-Amateur Radio Club</p> <p>10:30-COR-Bible Study</p> <p>10:45-WCR-Travel Log: Congo</p> <p>11:00-AUD-Dementia Friend Training</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>1:00-RAP-Duplicate Bridge</p> <p>2:00-ALC-Therapy Dog Visits</p> <p>4:00-AUD-Annual Memorial Service</p> <p>4:00-WCR-Thankful Poem</p>	<p>14</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-AR2-Activities Committee Meeting</p> <p>10:30-HC-Sing Along</p> <p>1:00-AUD-Parkinson's Support Group</p> <p>1:00-AR2-Indoor Seated Volleyball</p> <p>1:30-CGR-Bunco Group</p> <p>4:00-WCR-Sewing Box</p>	<p>15</p> <p>9:00-WCR-Men's Breakfast</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-CGR-Great Courses*</p> <p>10:45-WCR-Java Time</p> <p>11:00-MSP-Resident Choir</p> <p>1:00-FCR1-Corn Hole Game</p> <p>1:00-AR2-Building Gingerbread Houses*</p> <p>1:00-LIB-Party Bridge</p> <p>2:00-WCR-ALC Resident Council</p> <p>4:00-WCR-Milkshakes</p> <p>4:00-CPL-Rosary</p>	<p>16</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>3:00-WCR-Bingo Party</p> <p>5:00-AUD-Special Occasion Party</p> <p style="text-align: center;">NO HAPPY HOUR TONIGHT</p>	<p>17</p> <p>10:30-HC-Wake-up & Workout</p> <p>12:00-AUD-Fall Movie Matinee: Mama Mia! Here We Go Again!*</p> <p>2:00-HC-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p> <p>7:00-FRL-Bay Tones Concert*</p>	
<p>10:00-MSP-Society of Friends Meeting</p> <p>10:30-HC-Wake-up & Workout</p> <p>11:00-HC-Hymn Sing</p> <p>4:00-WCR-Worship Service</p> <p>18</p>	<p>19</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-BLR-Grounds & Landscaping Committee Meeting</p> <p>10:30-HC-I'm Thankful For.....</p> <p>11:00-AR1-Mindfulness Based Stress Reduction Course*</p> <p>1:30-FRL-Walmart Shopping*</p> <p>2:30-WCR-Manicures</p> <p>2:30-AR2-Coffee with Stuart</p> <p>4:00-CGR-Dart Sharks</p> <p>4:00-WCR-Westbury Services Monthly Birthday Party</p>	<p>20</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-AR2-Chat & Craft</p> <p>10:30-COR-Bible Study</p> <p>11:00-AUD-Annual Thanksgiving Service</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>1:00-AR2-Building Gingerbread Houses*</p> <p>2:00-ALC-Therapy Dog Visits</p> <p>4:00-WCR-Thanks Word Game</p>	<p>21</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-AR2-Crafts for a Cause "Soft Spots"</p> <p>10:30-FRL-Virginia Rep. Theatre (subsc. holders)</p> <p>10:45-WCR-RWC Rocks</p> <p>12:00-AUD-Sport Awards Banquet (Invitation only)*</p> <p>3:00-WCR-Bible Study with Greg</p> <p>4:00-WCR-Candy Cornicopia</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p style="text-align: center;">THANKSGIVING DAY</p> <p>22</p> <p>9:00-HC Macy's Parade</p> <p>10:00-HC-Wake-up & Workout</p> <p>11:00-WCR-Java Time</p> <p>11:00-LVG-Thanksgiving Meal (GRILLE WILL BE CLOSED FOR DINNER)</p> <p>1:00-LIB-Party Bridge</p> <p>3:00-WCR-TP Turkeys</p> <p>4:00-CPL-Rosary</p> <p>4:00-WCR-Milkshakes</p>	<p>23</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>3:30-WCR-Music with Larry Heatwole</p> <p>5:00-MSP-Happy Hour</p> <p style="text-align: center;">ARTICLES FOR GAZEBO GAZETTE ARE DUE BY NOON</p>	<p>24</p> <p>10:30-HC-Wake-up & Workout</p> <p>11:00-HC-Christmas Kick-off</p> <p>2:00-HC-Movie Matinee</p> <p>3:30-Music with Billy Caldwell</p> <p>5:00-MSP-Happy Hour</p> <p>7:00-AUD-Saturday Night Movie: Ocean's 8</p>	
<p>10:30-HC-Wake-up & Workout</p> <p>4:00-WCR-Worship Service</p> <p>25</p>	<p>26</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-HC-Holiday Traditions</p> <p>10:30-RAP-RWC Book Group</p> <p>11:00-AR1-Mindfulness Based Stress Reduction Course*</p> <p>1:30-FRL-Shopping & Errands*</p> <p>2:30-AR2-Coffee with Stuart</p> <p>4:00-WCR-Tea Party</p>	<p>27</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-COR-Bible Study</p> <p>10:45-WCR-Travel Log: Cook Islands</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>1:00-RAP-Duplicate Bridge</p> <p>2:00-ALS-Therapy Dog Visits</p> <p>4:00-WCR-Pumpkin Treats</p>	<p>28</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-HC-Drum Circle</p> <p>1:00-AR2-Pictionary/Charades</p> <p>4:00-WCR-Musical Mediation</p> <p>4:45-AUD-Bingo-Pizza Party*</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>29</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-CGR-Great Courses*</p> <p>10:30-WCR-Chair Cha-Cha</p> <p>1:00-FCR1-Corn Hole Game</p> <p>1:00-LIB-Party Bridge</p> <p>3:00-WCR-Fall Boxing</p> <p>3:30-AR1-Beading Open Studio</p> <p>4:00-WCR-Milkshakes</p> <p>4:00-CPL-Rosary</p>	<p>30</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>2:00-AUD-"A Season of Love & Laughter" Christmas Celebration</p> <p>3:30-WCR-Deck the Halls</p> <p style="text-align: center;">NO HAPPY HOUR TONIGHT</p>		

GREETING FROM THE PRESIDENT/CEO

It is time to officially head into the busiest time of the year - the holiday season.

I find myself, and maybe you do as well, needing to pause just a bit to reflect on all we have to be thankful for before we get overwhelmed by the activities of the season. As I started to make a list of all the things and people I'm thankful for, I realized the list was too long for this space and that I might leave someone or something out by innocent mistake, so I am not going to try to capture everything. From my long list, I want to share three areas of thankfulness. I am thankful for you, our residents and clients, for our wonderful staff, and for the excellent neighborhood in which we are all privileged to live and work. Our resident/client community is steeped in interesting life experiences and accomplishments and generous with time, gifts, and talents. Our staff cares genuinely and deeply for the care and quality of life of our residents and clients. We are truly blessed with abundance which manifests in a wonderful spirit in our neighborhood.

November provides several opportunities for us to acknowledge and appreciate the blessings of life. Veterans Day gives us the privilege of honoring, recognizing, and appreciating our armed forces veterans and their families and the sacrifices they have made and continue to make to protect our freedom and that of those unprotected around the world. Our annual Memorial Service is time to gather together to reflect upon the lives of those who have departed physically but remain in our hearts and minds.

The annual Food Drive offers us the opportunity to return some of our blessings to the service of those in need of food and nourishment in our community. Gifts of food and treasure will help stock the Holy Tabernacle Food Pantry, which is one of the many pantries working hard to prevent hunger in the area. At our Thanksgiving Service, we will ask God's blessing on our gift and send it off to do its good work. So, opportunities abound for this gracious and thoughtful community to bless others and be blessed in return.

I invite you to pause as I did before you get too busy with seasonal activities and reflect on that and those for which and for whom you are grateful and thankful. May we enter this season of thankgiving

together continuing to build upon the abundance with which we have been blessed. Happy Thanksgiving and Thank You!



THANK YOU!!!

"Neither snow nor rain nor heat nor gloom of night" - thus begins the Creed of the United States Postal Service. The Postal Service can't hold anything over the Administration and Staff of RWC.

During the recent visit of Hurricane Michael and the resultant power outage, our CEO Stuart Bunting, our VP of Operations Phil Williams, and Staff members Craig Rice, Bruce Davis, and Denise Kenner stayed on the job for many hours straight to make sure that residents had their needs attended to.

According to Stuart "many of the staff worked extra hours or shifts for co-workers who were trapped at home and could not get to work because of closed roads."

Stuart was the one who brought the first carafes of hot coffee to the Atrium the morning after the storm struck and we had no electricity. Culinary Services then fed us hot meals throughout the outage and all Nursing Care and Assisted Living Staff who were able to make it to work kept their charges comfortable and well cared for.

As we approach Thanksgiving and Christmas, the Staff's response to the break in our routine really points out how well taken care of we are at RWC and that we are, indeed, part of a large caring and loving family.

Thank you to **ALL** Administration and Staff members!!

John Roberts
President, RW-C Resident Association

Culture Club: Music, Theatre and Speakers

AFTERNOON CONVERSATIONS : GAIL KENNA, WRITER*

Thursday, November 1—4:00pm—Auditorium

Gail Kenna and one of her writing students, Susan Moore, will share their experiences about writing letters as legacy. Both believe letters provide a sense of roots and passage for the next generations in our families. As the Irish poet William Butler Yeats said: "Nothing but a book of letters, nothing but that to prove your blood and mine."

In 1957 at the age of 12, Gail received a letter from her grandfather Eugene McLaren. He had taken a train from Bakersfield, California, to Los Angeles, mailed the letter he'd written on the train, checked into Kaiser Hospital, and died hours later from a heart attack. Opening the letter three days after she knew of her grandfather's death, Gail heard his voice, a powerful gift and a transformative moment in her life. Then in June 1980 she discovered her great-great grandfather's Gold Rush letters in her grandparent's ancestral cabin in the California Sequoias near Bakersfield. The letters of Eugene Chase and his journey from Vermont to California in 1849 led to Gail's first epistolary novel, *Along the Gold Rush Trail*.

Susan Moore's maternal grandmother died in 1967 at age 93. No one else in the family was interested in the red box of letters, all of which were in post-marked envelopes, minus stamps, and covered years of Anna DeYoe McGaffin's life. For decades Susan carted the box with her through many moves, finally beginning to read the letters here in the Northern Neck a few years ago. An amazing weave of wonderful unexpected circumstances have resulted from the letters her eccentric grandmother left in that red box. Susan is well on her way to a completed book.

Please come and hear Gail and Susan converse. They will welcome your questions and enjoy hearing your stories about letter writing as legacy.

Sign up at the Front Desk to attend.

ROMEOs & OWLETS*

Friday, November 2 — 8:30 am - Auditorium

Karen Hart will be the speaker at the ROMEO breakfast on November 2. Her topic will be Lancaster's contribution to the U S effort in World War I as shown in the exhibit at the museum. Also, she will talk about the name change to the Lancaster Virginia Historical Society at the Mary Ball Washington Museum and Library and future plans for preserving and promoting the history of this area.

Please sign up at the Front Desk to attend.

SUZANNE & JIM: SONG CHASERS*

Saturday, November 3—4:00pm—Auditorium

Expect to hear finely crafted duet singing. Instrumental expertise on five-string, banjo, guitar, flute and autoharp along with a smattering of spoons, storytelling, and homespun humor all adding up to an unforgettable good time! Please sign up at the Front Desk to attend. Reception to follow.

THE NORTHERN NECK BAY TONES PRESENT STORIES IN SONG*

Saturday, November 17—7:00 pm

(Curtain at 7:30pm)

Front Lobby

The Bay Tones at Lancaster Middle School. Tickets can be purchased from Bill Croner (ext. 4252) or Peter Bennett (ext. 4181). We are providing bus transportation to the show. Please sign up at the Front Desk if you'd like transportation. Tickets are \$15.

"A SEASON OF LOVE & LAUGHTER" CHRISTMAS CELEBRATION

Friday, November 30—2:00 pm—Auditorium

Join the cast of characters and resident chorus for an afternoon of good music and funny stories. You'll recognize traditional Christmas carols as well as some with a twist. No need to sign up. Just come!!

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 different local church leaders invited by the group. For November: Chaplain Houck will be leading a study of John 6: "The Bread of Life" **Please note:** the class will not meet on November 20 as that coincides with our Annual Thanksgiving Service.

Wednesday, November 21 at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck.

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

THIS MONTH:

ANNUAL MEMORIAL SERVICE:

Tuesday, November 13, 4:00 P.M. in the Auditorium

All are welcome to this very special time in the life of our community as we remember and honor those from among us who have died in the past year.

ANNUAL SERVICE OF THANKSGIVING AND BLESSING OF THE FOOD

OFFERING:

Tuesday, November 20, 11:00 A.M. in the Auditorium

"Praise God from whom all blessings flow, praise Him all creatures here below!"

Please join us in this annual celebration and sharing of your abundant blessings.

Once again there will be a collection of non-perishable goods for distribution to local families needing assistance to ensure that their Thanksgiving holiday is joyous and bountiful. Residents, staff and members of the community are encouraged to bring contributions to RWC's Atrium. Donations of cash or checks are also welcome. Checks should be made payable to the "Holy Tabernacle Food Pantry" and delivered or mailed to the Front Desk.

FROM THE CHAPLAIN

Last month I had the privilege of participating in two of our RWC annual events: The Blessing of the Animals and the Group Labyrinth Walk. The blessing ceremony was replete with dogs as well as a cat or two, which might be expected. But then there was the unexpected: Isabella the goat! I so enjoy this annual event and by all appearances others do too. I really can't tell who receives the greatest blessing: the animals, the residents or the Chaplain. I'm sure it is us all. Oh what joy! And then there was the Labyrinth Walk. Surely this means different things to different people. For some it's a time of awareness: of the sacred, of others, of one's surroundings, of oneself. For others it can be a time of meditation, reflection, finding direction or inspiration, personal transformation or prayer. I so appreciate the simplicity, the beauty, the discovery, the depth, the peace of it all.

And now I'm looking forward to our upcoming Annual Memorial and Thanksgiving Services. These too are such very special times of remembering, reflecting and honoring but also of giving thanks and rejoicing in all that has been, continues to be and will be, all by the goodness of the grace of God. I'm struck by the way each of these four annual events can be so uniquely individual even while experienced in community. Perhaps a parable of life.

Chaplain Greg Houck

IN MEMORIAM
Mrs. Charlotte Drake
October 14, 2018

Creative Fun: Arts, Crafts and Games

BOGGLE WORD GAME

Wednesday, November 7—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.

BEADING OPEN STUDIO*

Thursday, November 8 & 29

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

EVERY Thursday, —1:00 pm—Art Room 2

BUILDING GINGERBREAD HOUSES*

Thursday, November 15—1:00 pm—Art Room 2

or

Tuesday, November 20—1:00 pm—Art Room 2

Join JoAnn Nowak, RWC Security Guard and Baker Extraordinaire, in assembling gingerbread houses that you will be able to personalize. **Class size is limited to 8 persons for each session, with a 2-person team per house.** The completed houses will be displayed in the Life Enrichment Center to be auctioned off with proceeds to benefit the RWC Foundation. Sign-ups should be date specific to offer everyone who wants to participate an opportunity to be part of this fun project. Please see Maria in the Resident Life office for any questions or more information. **NO class fee/Supplies provided.**

PICTIONARY/CHARADES

Wednesday, November 28 —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.

CRAFTS FOR A CAUSE

Wednesday, November 21, 10:30 am - Art Room 2

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

GET TO KNOW RWC RESIDENTS WHO SERVED IN U.S. ARMED FORCES

When the first Vietnam War POWs were released from prison in February 1973, they headed first to Clark Air Base in the Philippines. USAF Staff Sergeants Ted and Denise Munns were there to witness this historic event.

"We were stationed at the base and allowed to go down to the flight line and see the men get off the plane," Denise Munns said. "Clark was their first stop on their way to the U.S." Ted Munns added, "We were so proud to welcome them home and they were overcome with joy at the reception from waiting military members and their families."

The Munns are among 54 military veterans who live at Rappahannock Westminster-Canterbury and whose photos and stories will be on display as part of an annual Veterans Wall of Honor exhibit, held each November. Collectively, these vets have given 494 years of service to their country.

RWC residents who have served in World War II, Korea, Vietnam and/or the cold war, will be featured. Each display includes a photo of the resident in uniform, when available, along with a current photo and short biography including branch of service, years served, special engagements and commendations.

The exhibition will open Nov. 1. Residents and community members are invited to view the Veterans Wall of Honor.

Neighborhood Knowing: Care, Committees & Commentary

MEMORY SUPPORT GROUPS

Monday, November 5—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

IT'S ALL ABOUT THE BURGER TAILGATE PARTY

Thursday, November 8—11:00am to 1:30 pm
Auditorium

Thank you staff, for all that was done during hurricane Michael and for all that you do on a regular basis. Staff and even residents are invited to dress in their favorite team jerseys or colors. The two biggest rival teams that will be featured are Dallas Cowboys and Washington Redskins because they will be playing in a big game on Thanksgiving Day and those teams are the most popular with staff. There will be raffle tickets, sold at a dollar each, for two fish bowls: one marked Cowboys and the other Redskins. The losing team's money will go to the RWC Foundation. The winning team's money will have a drawing based on the staff that participated for that team.

CULINARY CORNER

A very big **THANK YOU** to the entire Culinary staff, housekeepers, and others who cooked and served us four hot meals during the hurricane power outage. At least to me it was a surprise to be fed hot meals, to find hot coffee available early the first morning, and to see how so many pitched in to make a successful team effort.

The breading that is used on our breaded foods such as Fried Chicken and Fried Seafood is a special blend of spices which include salt. If you prefer that this breading not be used on your food, please contact the staff on the day it is being prepared and they can cook it with flour. For any other specially prepared food items, please call ahead at extension 4516 before 4:30 and leave a message. After 4:30 call extension 4017 which is the main kitchen and ask for the Hostess or Manager on duty and they will help you with your request.

The Culinary Staff and the Food Committee

would like to hear your comments about our food. Be sure that you put your name on your comments and use a pen. Your comments should be put in either of two wooden boxes located near the Grill and Lancaster Room. Genita opens the boxes and once a month shares the signed comments with me. I then forward them to Stuart and the Food Committee. We go over the comments at our monthly meeting.

The Holidays are fast approaching. For reservations please call Betty Polk at extension 4016.

Edna Roberts, Chairman, Food Committee

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

SECOND AND THIRD FLOOR APARTMENT BUILDING RESIDENTS

Please be very careful about what is put down the trash chutes. Absolutely no bulky items such as books or bound together papers or files should be thrown down the chute, No metal items or glass should be deposited in the trash chute. An incident where multiple files, booklets and a metal soap dish were thrown down the chute resulted in a jammed trash compactor that took two days of hard labor to clear and a broken part is currently on order. Trash totes have been placed in the second and third floor trash rooms for depositing all garbage during the period the trash compactor is out of service.

Thank you for your consideration.

THE INCREDIBLE EDIBLE EGG

Thank you for generously purchasing 570 eggs and 3 pints of goat milk throughout the year. In one year, your donations of \$300.01 were collected for RWC's Memory Funds.

Amy Lewis

Hooked on Books: Explore, Discover and Learn

THE RWC LIBRARY

Bel Canto by Ann Patchett is the RWC Book Group's November selection – we'll meet **Monday, November 26 at 10:30 a.m.**, in the Rappahannock Room. Published ten years ago, *Bel Canto* is now a major motion picture described as "a dramatic love story that follows a famous soprano (Julianne Moore) who travels to a military dictatorship in South America to give a private concert at a party for a wealthy Japanese industrialist (Ken Watanabe) . . . with the mansion taken over by guerrillas."

October's Book Group discussion of *Hidden Figures* included two guests – Donna Anderson, who was the Romeos speaker about the Boys and Girls Club of Kilmarnock, and Carolyn Hines, who, with her husband, was just honored for contributions to our community by the Boys and Girls Club of the Northern Neck. At Carolyn's suggestion, we've ordered three recent books about **African American history** – *The Free State of Jones, Something Must Be Done About Prince Edward County*, and *In the Shadow of Statutes*.

Brad Parks, an early-October speaker, was a hoot! Those who heard him have been checking out his seven mysteries, set in Newark, NJ, and his two Virginia novels, *Say Nothing*, set in Gloucester (which just won the Library of Virginia "People's Choice" award for "books by Virginia authors and about Virginia subjects in 2017," and *Closer Than You Know*, set in Staunton. His next novel comes out in March, and we hope to bring him back to RWC. When asked about his favorite mystery writers, Brad named Louise Penny and Lou Berney – the library has Berney's just-published *November Dad*.

Two donated books have come with a **personal recommendation**. Nancy Booth's note with *The Secrets She Keeps* by Michael Roboth said, "My book club liked this book." And a Virginia Memoir, *Local Color* by Gwen Keane, features two photographs of a young Dean Loudy crowning a young Gwen Keane –as Miss Teenage of Lancaster County and as Miss Texaco, queen of the local male softball team! Gwen Keane was our September Romeos speaker!

Readers have been raving about *Code Girls: The Untold Story of the American Women Code Breakers of World War II*. This led to a new non-fiction category, "**MISC: Accomplished Women**," and this label is now on *Hidden Figures*, *The Glass Universe*, *Rise of the Rocket Girls* and *Galileo's Daughter*.

We have a number of **historical fiction lovers**, and Ellen Bennett had high praise for Louis L'Amour's writing, so we acquired his five-volume series of novels on early American History – *The Sacketts*.

For real history, see two new books about **War in Tidewater Virginia** – one, *In the Hurricane Eye*, about the Battle of Yorktown, and one, *To the Gates of Richmond*, about the Peninsula Campaign.

Crazy Rich Asians has vanished! Someone took it without signing it out. Come back, *Crazy Rich Asians*.

Did you see Denise Munns' **quilted book covers** display in the Life Enrichment Center? Dean Loudy figured out the most titles, winning the contest! Enchanted by lacy elephant ears, we ordered *The Far Pavilions* for the Library, a 1972 book with 955 pages of small print – a winter's reading for good eyes.

And finally, **Read Faster**, says Madame Librarian. Just because you can check out of a book for three weeks doesn't mean that you should keep it that long, especially a new book that others want to read.

Lois Williams – RWC Residents Association Library Chair

Fit Bits: Manufacturing Muscle

FOR THANKSGIVING, THE GROUP EXERCISE CLASSES WILL BE CANCELED.

THE FITNESS CENTER AND POOL WILL BE OPEN BUT UNSTAFFED.

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 who 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 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

PARKINSON'S SUPPORT GROUP

On Wednesday, November 14 at 1:00pm in the Auditorium, the groups guest speaker is Miriam Hirsch, MS, BSN, RN, CCRC, Deep Brain Stimulation (DBS) Clinical Coordinator of Research at the Hunter Holmes McGuire Veteran's Affairs Medical Center in Richmond, VA.

ATHLETIC AND PASSPORT AWARDS BANQUET (INVITATION ONLY)

Wednesday, November 21—12:00 pm—Auditorium

For those of you who participated in the walking program as well as other sporting events, please look for invitation soon in your boxes. Please sign up at the Front Desk to attend.

We hope everyone had fun participating in this year's athletics and passport walking program and we look forward to a new season starting November 1, 2018.

NAME TAGS

Name tags available upon request for all residents who'd like one. Please contact Megan, in Human Resources, to place your order! Phone 438- 4845 or email mgeier@rw-c.org

Flick Picks: Video Lectures, Documentaries and Movies

FALL MOVIE MATINEE*

Saturday, November 17—12:00 pm

Auditorium

Featuring: Mama Mia! Here We go Again!

In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about facing motherhood minus her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences.

Enjoy a wonderful lunch while you watch the show. **Please sign up at the Front Desk to attend.**

SATURDAY NIGHT MOVIE

November 24—7:00 pm—Auditorium

Featuring: Ocean's 8

The tide has turned and it's a whole new "Ocean's." Danny Ocean's sister, Debbie Ocean, recruits a seven women crew to plan and execute the heist of the century at New York City's star-studded annual Met Gala. NOTE: Movie may change without prior notice.

BECOME A DEMENTIA FRIEND*

Tuesday, November 13—11:00 am—

Auditorium

Mary Arthur will be facilitating a Dementia Friend session.

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

Please sign up at the Front Desk to attend.

DINING ROOM SCHEDULE FOR THE HOLIDAYS

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

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

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

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

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