



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

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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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LETTER FROM THE RESIDENTS ASSOCIATION PRESIDENT

The Annual Meeting of the Residents Association will be held at 10:00 AM on **Wednesday, December 5th** in the Auditorium. The budget of the Association will be presented for approval at that time. The Nominations Committee will officially present its slate of officers 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 in the Auditorium on **Friday December 7th**.

And finally, if you have not contributed to the **Employee Christmas Fund**, PLEASE do so. 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 Monday December 3rd.

John Roberts, President,
Residents Association

The Nominations/By-Laws Committee of the RW-C 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 5, 2018**.

President: Gerald Hoskinis
Vice President: Jane Higgins

Secretary: Sandy Decker

Treasurer: Fred Luxton

Directors at Large: Phil Booth, Susan Carter-Hughes, John Hess, Cay Weimer

Quality of Life: Mickey Blandford – 2 year term, Mary Lu Dorsey – 1 year term

Finance: Walt Klein, Susan McKenna, Ben Weimer

Nominations/Bylaws: Cecilia Barton, Rose Marie Forcum, Page Henley, Susan Jones

The deadline to submit articles for the
January 2019 issue is
Friday, December 21, 2018 by noon.
Contact us: 804-438-4000

**SPIRIT DAY
FRIDAY, DECEMBER 7
1:30 PM
AUDITORIUM
DON'T MISS IT!!**

- 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
DECEMBER 2018	<p>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. <u>WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</u></p> <p style="text-align: center;">MERRY CHRISTMAS</p>					<p>10:30-HC-Wake-up & Workout 1</p> <p>2:00-HC-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p> <p>7:30-FRL-Chesapeake Chorale Christmas Concert*</p>
<p>10:00-COR-Society of Friends Meeting 2</p> <p>10:30-HC-Wake-up and Workout</p> <p>4:00-WCR-Worship Service</p>	<p>10:00-HC-Wake-up & Workout 3</p> <p>10:00-COR-Parkinson's Caregiver Support Group</p> <p>11:00-AR1-Mindfulness Based Stress Reduction Course*</p> <p>1:00-AR2-Video Lecture: Adam Smith and the Birth of Economic with Lawrence Reed</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>4:00-WCR-Formal Tea Party</p> <p>4:30-AR2-Memory Support Groups</p>	<p>10:00-HC-Wake-up & Workout 4</p> <p>10:00-AR2-Chat & Crafts</p> <p>10:30-COR-Bible Study</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>6:30-AUD-Christmas Concert by the Bay Bells Choir</p>	<p>10:00-HC-Wake-up & Workout 5</p> <p>10:00-AUD-Annual Residents Association Meeting & Elections</p> <p>1:30-AR1-Boggle Word Game</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-HC-Wake-up & Workout 6</p> <p>10:45-WCR-Java Time</p> <p>1:00-LIB-Party Bridge</p> <p>1:30-FCR2-Corn Hole Game</p> <p>4:00-WCR-Milkshakes</p> <p>4:00-CPL-Rosary</p>	<p>8:30-AUD-ROMEOs & OWLETs* 7</p> <p>9:00-LVG-Christmas Breakfast</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>1:30-AUD-Spirit Day</p> <p>5:00-MSP-Happy Hour</p>	<p>10:30-HC-Wake-up & Workout 8</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>10:30-HC-Wake-up & Workout 9</p> <p>2:30-FRL-Lancaster Players: A Walk in the Woods*</p> <p>4:00-WCR-Worship Service/Holy Communion</p>	<p>10:00-HC-Wake-up & Workout 10</p> <p>10:00-BLR-Residents Health Care Committee Meeting</p> <p>11:00-AR1-Mindfulness Based Stress Reduction Course*</p> <p>1:00-AR2-Video Lecture: War of 1812 with Andrew Lambert</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>10:00-HC-Wake-up & Workout 11</p> <p>10:00-AR2-Chat & Crafts</p> <p>10:00-BLR-Amateur Radio Club</p> <p>10:30-COR-Bible Study</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>5:00-ATR-Artist Reception: LMS Students</p>	<p>10:00-HC-Wake-up & Workout 12</p> <p>10:00-AR2-Activities Committee Meeting</p> <p>1:30-AR1-Fluid Art: Christmas Ornaments*</p> <p>1:30-CGR-Bunco Group</p> <p>5:00-AUD-Resident/Trustee Christmas Reception*</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-HC-Wake-up & Workout 13</p> <p>10:00-COR-Food Committee Meeting</p> <p>11:00-MSP-Resident Choir</p> <p>1:30-FCR2-Corn Hole Game</p> <p>1:00-LIB-Party Bridge</p> <p>3:30-AR1-Beading Open Studio</p> <p>4:00-WCR-Milkshakes</p> <p>4:00-CPL-Rosary</p>	<p>10:00-HC-Wake-up & Workout 14</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>2:00-AR2-Felt Poinsettia Class*</p> <p>2:30-AUD-Chesapeake Academy's "A Christmas Carol"</p> <p>4:00-AUD-Swingin' Santa Band</p> <p style="text-align: center;">NO HAPPY HOUR TONIGHT</p>	<p>10:30-HC-Wake-up & Workout 15</p> <p>2:00-HC-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p> <p>6:45-FRL-On Stage: Voice-play*(1st bus)</p> <p>7:00-FRL-On Stage: Voice-play* (2nd Bus if needed)</p>
<p>10:00-MSP-Society of Friends Meeting 16</p> <p>10:30-HC-Wake-up & Workout</p> <p>4:00-WCR-Worship Service</p>	<p>10:00-HC-Wake-up & Workout 17</p> <p>11:00-AR1-Mindfulness Based Stress Reduction Course*</p> <p>1:00-AR2-Video Lecture-Waterloo: Causes, Courses and Consequences with Professor Sir Richard Evans</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>10:00-HC-Wake-up & Workout 18</p> <p>10:00-AR2-Chat & Craft</p> <p>11:00-AUD-Annual Christmas Service</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 style="text-align: center;">BIBLE STUDY CANCELED</p>	<p>10:00-HC-Wake-up & Workout 19</p> <p>10:30-AR2-Crafts for a Cause</p> <p>1:00-AR1-Caregiver's Memory Support Group</p> <p>3:00-WCR-Bible Study with Greg</p> <p>3:30-FRL-Lewis Ginter Botanical Gardens: Gardenfest of Lights*</p> <p>7:00-CGR-Gentlemen's Poker Club</p> <p style="text-align: center;">NOON</p>	<p>9:00-WCR-Men's Breakfast 20</p> <p>10:00-HC-Wake-up & Workout 20</p> <p>11:00-WCR-Java Time</p> <p>1:00-LIB-Party Bridge</p> <p>1:30-FCR2-Corn Hole Game</p> <p>2:00-WCR-Resident Council for ALC</p> <p>4:00-CPL-Rosary</p> <p>4:00-WCR-Milkshakes</p> <p>4:30-APT-Caroling at Birdsong Park</p>	<p>10:00-HC-Wake-up & Workout 21</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>5:00-AUD-Special Occasion Party</p> <p style="text-align: center;">NO HAPPY HOUR TONIGHT</p> <p style="text-align: center;">ARTICLES FOR GAZEBO GAZETTE ARE DUE BY</p>	<p>10:30-HC-Wake-up & Workout 22</p> <p>2:00-HC-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p> <p>7:00-AUD-Saturday Night Movie: Crazy Rich Asians</p>
<p>10:30-HC-Wake-up & Workout 23</p> <p>4:00-WCR-Worship Service</p>	<p>10:00-HC-Wake-up & Workout 24</p> <p>10:30-RAP-RWC Book Group</p> <p>1:30-FRL-Shopping & Errands*</p> <p>4:00-WCR-Tea Party</p> <p>4:00-CGR-Dart Sharks</p> <p style="text-align: center;">COFFEE WITH STUART CANCELED</p>	<p style="text-align: center;">CHRISTMAS DAY 25</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-AR2-Chat & Craft</p> <p>1:00-CGR-Catch Phrase Game</p>	<p>10:00-HC-Wake-up & Workout 26</p> <p>1:30-AR2-Pictionary/Charades</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-HC-Wake-up & Workout 27</p> <p>10:45-WCR-Java Time</p> <p>1:30-FCR2-Corn Hole Game</p> <p>1:00-LIB-Party Bridge</p> <p>3:30-AR1-Beading Open Studio</p> <p>4:00-WCR-Milkshakes</p> <p>4:00-CPL-Rosary</p>	<p>10:00-HC-Wake-up & Workout 28</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>5:00-MSP-Happy Hour</p>	<p>10:30-HC-Wake-up & Workout 29</p> <p>2:00-HC-Movie Matinee</p> <p>4:00-AUD-Special Concert: Aged to Perfection & Friends (Wine/Cheese Reception to follow)</p> <p style="text-align: center;">NO HAPPY HOUR TONIGHT</p>
<p>10:30-HC-Wake-up & Workout 30</p> <p>4:00-WCR-Worship Service</p>	<p style="text-align: center;">NEW YEAR'S EVE 31</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-RAP-RWC Book Group</p> <p>1:30-FRL-Shopping & Errands*</p> <p>4:00-WCR-Tea Party</p> <p>4:00-CGR-Dart Sharks</p>	BIBLE STUDY CANCELED				

GREETING FROM THE PRESIDENT/CEO

We have had an amazing year, and it does not seem like it is time for Christmas again, but it is. RWC will soon be decorated for the Christmas season and immersed in a wide range of holiday activities. At our Thanksgiving Service, we dedicated the offerings of food and treasures from resident and staff for the benefit of the Holy Tabernacle Food Bank, which is part of the Northern Neck Food Bank System providing wholesome food to families in need. Very soon, the RWC Foundation Angel Tree will be set up in the Grille Lobby to accept honor and memorial donations for your "angels" which will greatly support the Foundation Fellowship Fund and the residents who benefit from this very special ministry.

As usual, RWC will be busy with Christmas seasonal activities through December. Friday, December 7th will be a busy day with the annual Resident-Staff Spirit Day celebration taking place in the Auditorium and the Kilmarnock Christmas Parade that evening. If the decorations adorning the Chesapeake Center and the sights and smells of Christmas haven't put you in the spirit by Wednesday, December 12th, the Annual Board and Resident Christmas Reception surely will do the job. Join our Corporate and Foundation Board members for a time of fellowship and heavy hors d'oeuvres, RWC-style. We will have our Christmas Service on December 18th. On December 31st you can see 2018 out and welcome 2019 with the New Year's Eve party and later enjoy brunch New Year's Day. You will want to check out the December calendar closely for all the regular RWC activities and the special seasonal opportunities.

I look forward to seeing you at the Resident Association Annual Meeting on Wednesday, December 5th. I will review the past year and share some thoughts on what is in store in 2019. I encourage you to take in the experience of the holiday season in our neighborhood, and if you have a chance invite a friend from the greater community to come see how rich life is at RWC.

We are blessed at RWC by a deep sense of community. People care about people in our neighborhood, and that care provides a powerful strength and resilience with which to face each day. I am grateful for the caring community in which you live and we, the staff, serve. We wish you a wonder-

ful Christmas season as you enjoy its blessings and celebrations.



ANGEL TREE DEDICATIONS

This year's Angel Tree Dedications will be collected the week of December 12-16.

If it is your wish, dedicate an Angel for the Angel Tree in Honor of and/or in Memory of someone

you cherish. We are asking for volunteers to help with the Angel Tree sign up again this year. To volunteer to help with the Angel Tree collections, please contact LuAnne Davis, ldavis@rw-c.org or call, 438-4175

Thank you!



SPECIAL CONCERT: AGED TO PERFECTION ARE BACK!!!

Saturday, December 29—4:00 pm—Auditorium

In November Aged to Perfection traveled to Orlando, FL to compete in the Harmony, Inc International Contest and earned the title International Champions. We are so pleased that they will be sharing their talented voices with us. They may have a few friends joining them too. Reception to follow the concert.

Culture Club: Music, Theatre and Speakers

CHRISTMAS CONCERT BY THE BAYBELLS CHOIR

Tuesday, December 4—6:30 pm—Auditorium

BayBells is a volunteer handbell choir made up of members from Mathews and Gloucester Counties in Virginia. The group organized in 2002, but grew out of a group that was formed in 1994. BayBells performs several times a year for local events, including Mathews Market Days each September and a Christmas program in December. We are pleased to have them perform at RWC this season. The director is Kathy Merithew.

ROMEOs & OWLET S AND PAJAMAS CHRISTMAS BREAKFAST*

Friday, December 7 — 8:30 am - Auditorium

Our Pajama Christmas Breakfast will be the first Friday which is ROMEOs, so Culinary Services with the help of Resident Life is going to incorporate the two together. All residents who would like to have the feel of ROMEOs can have their breakfast in the Lancaster Room where we will discuss speakers for the 2019 year. All others can go to the Lakeview Grille for seating. The buffet food line will be set-up in the Dining Room Breeze way with a pastry and drink station in both dining areas.

Buffet will consist of Breakfast Steak w/ Fried Onions, Sausage Gravy, Pepper Bacon, Sage Sausage Patty, Scrambled Eggs, Hash Brown Potatoes, Biscuits, Maple Syrup, Mini Red Velvet Pancakes, Mini Belgium Waffles, Crullers, Fresh Strawberries and Blueberries, Grapefruit Sections, Sharp Cheddar Cheese, Homemade Hot Chocolate w/ Marshmallows, Kahlua, Irish Crème or Regular coffee.

SIGN UP AT THE FRONT DESK ONLY IF YOU ARE ATTENDING ROMEOs.

LANCASTER PLAYERS PRESENTS READERS THEATRE

"A WALK IN THE WOODS"*

Sunday, December 9—2:30 pm—Front Lobby

Stemming from an actual incident in Geneva in 1983 when a Soviet and an American diplomat took "a walk in the woods" together during arms control talks, Lee Blessing's provocative two-character drama

was a finalist for the 1987 Pulitzer Prize.

Set during the end of the Cold War, *A Walk In The Woods* tells the tale of a series of meetings between two diplomat-negotiators, American and Russian. The two characters have clearly different agendas.

Cost is \$25 and will be charged to account. Please sign up at the Front Desk to your attend and for bus service.

CHESAPEAKE ACADEMY PRESENTS "A CHRISTMAS CAROL"

Friday, December 14—2:30 pm—Auditorium

You know the classic tale, but not quite like this. The upper grades at CA will be coming to perform their 30 minute rendition of A Christmas Carol.

SPECIAL CONCERT:
THE SWINGING SANTA BAND
Friday, December 14—4:00 pm—Auditorium



Remember those great guys from the Happy Dutchmen that entertained us at Oktoberfest? They're back and they are dressed like Santa. Come and have a good time swinging to the Christmas favorite. Wine & Cheese, Apple cider & Cookies will be available.

CAROLING AT BIRDSONG PARK*

Thursday, December 20—4:30 pm—Apartment Lobby

Come caroling at the home of Tom and Jane Birdsong around the beautiful Christmas Tree lit up in the yard. Hot apple cider and cookies will warm your belly. Please sign up at the Front Desk by December 17 to attend. For those who do not know where the park is, meet in the Apartment Lobby.

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. This month, communion will be observed as a part of the service on December 9th.

- **Special Christmas Day Gathering:** December 25th, 10:30AM in the Westbury Clubroom. While not a formal Service of Worship, the Chaplain will lead us in an informal time of readings and carols celebrating the birth of the Savior. **All are welcome.**

- **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 December: Rev. Jack Bailey, Pastor of Bluff Point and Asbury United Methodist Churches will be leading a study based on Ezekiel 28 and Revelation 12 entitled: "Why Jesus Became the Human Face of God."

Please note: the class will not be meeting on the three Tuesdays of December 18th, 25th, and January 1st. The normal schedule will resume on January 8th. Wednesday, December 19 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 CHRISTMAS SERVICE OF LESSONS AND CAROLS

Tuesday, December 18—11:00 AM—Auditorium

Advent Devotional Guides are available to all and can be found on tables in the atrium and by the chapel. This year's series by noted theologian Henri J. M. Nouwen is entitled: "The Father's Love."

FROM THE CHAPLAIN

We have this phrase in our culture that is used to describe major turning points, times of significant decision in life. We call it "coming to a fork in the road." Literally, it conjures quite an image! But when I hear that phrase I can't help but think of the baseball legend Yogi Berra, who became known for so many quirky statements that they were given the name "Yogi-isms." For example, and perhaps most famously: "It aint over til it's over." Or: "If you don't know where you are going you might end up someplace else." Or, related to our theme: "Keep trying. Stay humble. Trust your instincts. Most importantly act. When you come to a fork in the road, take it!" (And by the way, when he was once asked about his penchant for these quizzical statements he replied: "I didn't really say everything I said." (!?!)) But back to forks in the road: we all have faced them and we will face them again. Judging from past, and sometimes vast experience, we will manage yet again to somehow find the way.

To me, there's a sense in which the holidays are like forks in the road, points of decision. They raise questions like "how will I approach this special time of year, how will I think about it, how will it affect me?" Will the holidays be a time of inspiration or mostly perspiration? Or perhaps some blend of both? Will it wear us out, or build us (and others) up? During our recent Thanksgiving Service we considered the words of Psalm 77: "I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. I will consider all your works and (I will) meditate on all your mighty deeds." And now, as we transition into the Christmas season, that very kind of decision/personal determination awaits us. If you're anything like me you could use some help. That's why, once again, Daily Advent Devotional Guidebooks have been made available to residents and staff alike and can be found on tables in the atrium and by the chapel. Just one example from this year's edition: "*Bringing into the world a little child totally dependent on the care of others and leading it gradually to maturity is true defiance of the power of death and darkness. It is saying loudly: For us life is stronger than death, love is stronger than fear, and hope is stronger than despair.*" (p.27) In advance, a blessed, hopeful Advent and a Merry Christmas to all. Chaplain Greg Houck

IN MEMORIAM

MR. JAMES AGNEW—NOVEMBER 16, 2018
MR. ROBERT SHULTZ—NOVEMBER 16, 2018

Creative Fun: Arts, Crafts and Games

BOGGLE WORD GAME

Wednesday, December 5—1:30 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.

CORN HOLE GAME

EVERY Thursday, —1:30 pm—Fitness Class Rooms

BEADING OPEN STUDIO*

Thursday, December 13 & 27

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.**

LANCASTER MIDDLE SCHOOL PRODUCES ECLECTIC DECEMBER SHOW— ARTIST RECEPTION DEC. 11

**Annual exhibition features posters, stencils,
paintings, collages and more**

Lancaster Middle School (LMS) visual arts students are all over the place – literally. The students and their art teacher Marilyn Sprouse designed the Bay's Bounty boots you see around town. They are selling Christmas ornaments at the Rappahannock Art League Art Center and recently completed a backdrop for Kilmarnock Town Centre Park. But they wouldn't miss the LMS annual art exhibition at Rappahannock Westminster-Canterbury for anything.

This year's RWC exhibition includes "Kindness Matters" posters; "Modern Mosaics," which incorporates Mardi Gras beads; stencils; funny collages; drawings of what a hero looks like; Christmas pictures; still life creations and paintings.

"I'm really excited about the dioramas they created of 'Veterans in Action,'" Sprouse said.

"They recreated these 3-D displays based on photographs, but because they couldn't always find the details they needed for the exact uniform, some of the veterans are dressed as civilians – just everyday people."

New this year are "Resident's Choice Award" ribbons that Sprouse created so RWC residents can vote for their favorite art. The ribbons will be available for all exhibits, but will kick off with the LMS show.

An art reception for the December Show will be 5 - 6 pm. Dec. 11 in the Atrium.

FLUID ART CLASS: CHRISTMAS ORNAMENTS*

Wednesday, December 12—1:30 pm—Art Room 1

Pour, dip, and swirl to make beautiful glass ornaments. No 2 are alike. Please sign up at the Front Desk as class size is limited to 8 people.

MAKING FELT POINSETTIAS CLASS*

Friday, December 14—2:00 pm—Art Room 2

Sign up at the Front Desk to learn how to make simple felt poinsettias. Great for on the tree or on a gift. It's easy and fun!

PICTIONARY/CHARADES

Wednesday, December 26 —1:30 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, December 19, 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.

Neighborhood Knowing: Care, Committees & Commentary

MEMORY SUPPORT GROUPS

Monday, December 3—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), persons with **Early/Mid Stage** Dementia (Amy Lewis, facilitator) and persons with **Mid/Late Stage** Dementia (Sara Bishop, facilitator).

SAFETY REMINDER

As fall settles in and the days shorten, remember to wear reflective or light colored clothing when walking on campus. This is especially important if you walk along Denegre Drive in the early morning or late evening. Carrying a flashlight will also alert a driver to your presence. Also, if you own an electric cart or a golf, make sure it has working lights on it and reflective tape along the back of the cart. This will alert drivers to your presence.

A little extra attention to helping others see you when walking (or driving your cart) in dim light will save everyone's nerves!

CULINARY CORNER

Please make your reservations now if you want to reserve a table with family or friends for the upcoming holiday season. Call Betty Polk at extension 4016. Your reservation will be confirmed by staff. Waited meals such as Christmas Day and New Year's Day are identical whether they are served in the Formal Dining Room or the Grill. Tables can accommodate 7 or fewer and there are a limited number of larger tables. Box meals will be available on both Christmas Day and New Years Day. You will need to call ahead to reserve a box meal.

The Winter Menu begins Sunday, December 23rd.

Edna Roberts, Chairman, Food Committee

DINING ROOM SCHEDULE FOR THE HOLIDAYS

The Christmas 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.

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

Hooked on Books: Explore, Discover and Learn

THE RWC LIBRARY

Eleanor Oliphant is Completely Fine by Gail Honeyman is the RWC Book Group's December selection – we'll meet **Monday, December 31 at 10:30 a.m.**, in the Rappahannock Room. It's a book on the current Paperback Fiction bestseller list. From NPR.org: "Eleanor Oliphant is a quirky loner with her routine of frozen pizza, vodka and weekly phone calls with Mummy. She's a woman beginning to heal from unimaginable tragedy, with a voice that is deadpan, heartbreaking and humorous all at once."

Tom Teeple's donation of *The Library Book* came with his recommendation: "I first became aware of Susan Orlean's writing back in the 90's, when I read "The Orchid Thief" in the *New Yorker*. *The Orchid Thief* was later published as a book and eventually made into a movie, *Adaptation*. *The Library Book*, was inspired by her move to Los Angeles where she learned of the city's Central Library fire of 1986 that destroyed 400,000 books. Orlean presents some history of libraries in general and a detailed history of the Los Angeles Central Library. Her love of books and libraries shines throughout."

Page Henley donated *Chesapeake Requiem: A Year With the Watermen of Vanishing Tangier Island* by Earl Swift, also with a recommendation: "You gotta read this." Which Madame Librarian did!

In another recommendation, Nancy Booth enjoyed *Thomas Jefferson and the Tripoli Pirates* by Brian Kilmeade, and the RW-C Library has just added his *Andrew Jackson and the Miracle of New Orleans*.

Read *Against the Tide: The Turbulent Times of a Black Entrepreneur*, a 2016 book by J. H. Sullivan (his granddaughter) AND/OR see the exhibit at Irvington's Steamboat Era Museum. **Hansford Bayton**, a black steamboat owner got a steamboat pilot's license in 1895, and for 25 years, held the federal mail route contract to daily pick up the mail in Urbanna and cross the Rappahannock River to deliver it to post offices in White Stone, Irvington and villages on the Corrotoman River, but his steamboats were burned by arsonists. The exhibit compellingly tells the Hansford Bayton story, along with a timeline of Virginia African American History during this era of growing enforcement of segregation.

Best-Sellers and "Notable Books." Mid-November's *Washington Post* Hardcover Bestsellers Fiction list included *The Reckoning* by John Grisham and *Unsheltered* by Barbara Kingsolver, and the Paperback Bestsellers list included *Crazy Rich Asians* by Kevin Kwan, *Eleanor Oliphant*, *Less* by Andrew Sean Geer, *Pachinko* by Min Jin Lee and the new Andrew Jackson book – all at the RWC Library, mostly thanks to donations! **November Road** by Lou Berney is on the *Post* 2018 Notable Fiction list; *Chesapeake Requiem*, *Dopesick* by Beth Macy, *Educated* by Tara Westover, *Look Alive Out There* by Sloane Crosby and *The Library Book* are on the 2018 Notable NonFiction list; and *The Reckoning* is on the Notable Mysteries and Thrillers list.

The Library's **Christmas Shelf** is a seasonal touch – fiction by John Grisham, Stuart Woods and others, along with non-fiction that includes Richmond's Miller & Rhoads department store series.

Remember "Song Chasers" Suzanne & Jim, and their program in early November? And remember their story about the silly song that ends ". . . baptizing the bear?" About how, in the Delaney sisters' book, *Having Our Say*, Reverend Delany plays this song on Thomas Edison's "phonograph cylinder," an early recording device? We have the book, shelved as a Non-Fiction Paperback.

Final thought – when days are short and nights are long, its time to read a fat book!

Lois Williams – RWC Residents Association Library Chair

Fit Bits: Manufacturing Muscle

For Christmas Day and New Year's Day, the group exercise classes will be canceled.

The Fitness Center and Swimming Pool will be available to use, but unstaffed.

REMINDERS

You must always have at least one person with you to swim. If you have guests for the Holidays, please have them sign the waiver form located in the Fitness Center before using the Fitness Center or Swimming Pool.

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

PARKINSON'S SUPPORT GROUP

On Wednesday, December 12, 2018, the Parkinson's Support Group will be eating out at Los Patrones Mexican Restaurant. Los Patrones is located at 652 North Main Street in Kilmarnock. Please contact Rita DePew at 435-9553 to reserve a spot.

COMING SOON IN 2019

Supervised Swim for lap swimmers or the use of the side pool . Newer times will be starting January 7, 2019 and are denoted by the asterisk *.

Mondays

Supervised Swim 8:00 am-9:00 am
(3 swimming lanes are open)

***Supervised Swim 9:00 am-10:00 am
(3 swimming lanes are open)**

Supervised Swim 2:00 pm-2:45 pm
(3 swimming lanes are open)

Tuesday

Supervised Swim 9:00 am-10:00 am
(3 swimming lanes are open)

***Supervised Swim 10:00 am-11:00 am
(2 swimming lanes are open)**

Supervised Swim 2:00 pm-3:30 pm
(3 swimming lanes are open)

Wednesdays

Supervised Swim 8:00 am-9:00 am
(3 swimming lanes are open)

***Supervised Swim 9:00 am-10:00 am
(3 swimming lanes are open)**

***Supervised Swim 10:00 am-11:00 am
(2 swimming lanes are open)**

Supervised Swim 2:00 pm-3:30 pm
(3 swimming lanes are open)

Beginner Tai Chi class on Wednesday at 11:45am to 12:25pm will be postponed for now.

Thursdays

Supervised Swim 9:00 am-10:00 am
(3 swimming lanes are open)

***Supervised Swim 10:00 am-11:00 am
(2 swimming lanes are open)**

Supervised Swim 2:00 pm-3:30 pm
(3 swimming lanes are open)

Fridays

Supervised Swim 8:00 am-9:00 am
(3 swimming lanes are open)

Supervised Swim 9:00 am-10:00 am
(3 swimming lanes are open)

Supervised Swim 2:15 pm-3:15 pm
(3 swimming lanes are open)

Possible New Group Exercise Classes in 2019

Day and Time to be determined.

***Land Aerobic Dance**

Mondays

***Water Walking 1:00 pm-1:45 pm
(Limited to 9 participants)**

Tuesdays

***Aqua Fitness Aerobics 1:15 pm-2:00 pm
(Limited to 12 participants)**

Fridays

***Aqua Mobility 12:45 pm-1:15 pm
(Limited to 9 participants) Flexibility, Strengthen core, arms, legs and other movements.**

Starting Date to be determined for these classes. Please call Jonathan at 438-4290 to sign-up if you would be interested in participating in any of these classes.

Flick Picks: Video Lectures, Documentaries and Movies

VIDEO LECTURE: ADAM SMITH AND THE BIRTH OF ECONOMICS WITH LAWRENCE REED

Monday, December 3—1:00 pm—Art Room 2

Lawrence Reed, President of FEE, discusses Adam Smith's role in the development of economic thought. Mr. Reed outlines how Smith's background in moral philosophy led to his pioneering the study of economics. This lecture was given during the 2011 FEE Summer Seminars.

VIDEO LECTURE: WAR OF 1812 WITH ANDREW LAMBERT

Monday, December 10—1:00 pm—Art Room 2

Presented at the George Washington Masonic Memorial in Alexandria, VA.

VIDEO LECTURE: WATERLOO, CAUSES, COURSES AND CONSEQUENCES WITH PROFESSOR SIR RICHARD EVANS

Monday, December 17—1:00 pm—Art Room 2

Professor Sir Richard Evans discusses the Battle of Waterloo, and places it in its historical context with proper credit given to the Prussian General Blucher.

The Battle of Waterloo was fought on 18th June 1815. The 200th anniversary has prompted widespread commemoration. But what was the battle about? Who fought it? Why did it take place in 1815 and at Waterloo? Finally, what were its consequences?

The answers to these questions are by no means as simple or straightforward as they seem, and will be explored in this illustrated lecture.

SATURDAY NIGHT MOVIE

December 22—7:00 pm—Auditorium

Featuring: Crazy Rich Asians

"Crazy Rich Asians" follows native New Yorker Rachel Chu as she accompanies her long-time boyfriend, Nick Young, to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting

Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors. Being on Nick's arm puts a target on Rachel's back, with jealous socialites and, worse, Nick's own disapproving mother taking aim. And it soon becomes clear that while money can't buy love, it can definitely complicate things. (2018) PG-13, 2h 1m NOTE: Movie may change without prior notice.

ON THE ROAD: LEWIS GINTER BOTANICAL GARDENS: GARDENFEST OF LIGHTS*

Wednesday, December 19—3:30 pm—Front Lobby

A holiday tradition featuring one million twinkling lights, handcrafted botanical decorations, model trains, holiday dinners, firepit with s'mores and hot chocolate (for purchase); The region's ultimate holiday extravaganza!

This year, famous works of art will come alive during Dominion Energy GardenFest of Lights. The exhibition will reinterpret well-known works of art in a spectrum of sparkling color, inviting guests to discover how sculpture, dance, music and paintings are informed by the natural world. Visitors will wander through a festive landscape alight in glimmering radiance and delight in handcrafted botanical decorations, all designed to illuminate nature and her power to inspire.

Garden walkways and paths are mostly hardscape, with main walkways comprised of aggregate concrete, sealed concrete, paving stone, asphalt and brick. Please dress warmly and wear sturdy shoes. It is wheelchair and walker accessible.

\$11 dollars will charged to your account on Monday, December 17. We will also enjoy dinner at the garden Tea House. There is a gift shop as well.