



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 33, Issue 1

FEBRUARY 2019



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

WELCOME NEW NEIGHBORS

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Twitter



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YouTube



Please take a minute and subscribe to the [RWC YouTube](#) channel. As a subscriber, you'll receive notifications when new RWC videos are added.

We are trying to get to 100 subscribers! Check out what our residents are saying about why they love living at RWC too!



**WITH STUART
EVERY MONDAY
2:30 PM
Art Room 2**
Wide range of interesting topics are discussed.
JOIN US!!

Mrs. Michelle Blank, Cottage 806. Originally from Milwaukee, WI and a transplant from Connecticut, Mrs. Blank moves in from the Golden Eagle. A retired Human Resources Director with Pitney Bowes, Mrs. Blank was a familiar face at the Lancaster Community Library for 17 years before she retired a second time.

Mr. & Mrs. Donald and Jean Gilmore, Cottage 706. Don is a retired music educator (Fairfax County) and an alumnus of W&M. He is active in the Chesapeake Chorale and the Bay Tones. Jean is a retired accountant for Conoco Phillips Oil. She is an alumna of Houston Baptist University in Texas. Jean also sings, and along with Don sings with the Chorale and the Kilmarnock UMC Choir. In her 'spare' time Jean loves to knit, read, and volunteer at the NNFHC and the Lancaster Library.

Mr. & Mrs. Richard and Pamela Lillquist, Free-Standing Home 430. Connecticut Yankees, Richard and Pamela move to RWC from Reston, VA. Recently retired from his company, Richard is an alumnus of Columbia School of Business, loves history and reading quirky non-fiction. Pamela is an alumna of Vassar and loves to volunteer. While working for Richard, Pamela was a docent at the National Art Gallery, as well as civic groups. She enjoys art, the opera and reading - light, nothing heavy.

Mr. Thomas Wilhelmsen and Mrs. Claudia Holmes, Cottage 810. Tom and Claudia are moving to RWC from the Northern Neck but have very different roots. Tom was born in Norway and was 4 years old when his family emigrated to the U.S. He retired from the Newport News Shipyard as a port engineer. When not working on his house, he is an avid golfer. Claudia is from Chicago and traveled the world as a Marine Corps wife with her first husband. She worked as an Equipment Logician for the Navy and stayed busy traveling. An active volunteer, Claudia is active in her church, NNFHC, HCC, and a book club. She also loves to scrap book, make cards and attend conventions for her various interests.

A Welcome Reception will be held on Friday, February 15 at 5:00 pm in the Auditorium.

COMING IN APRIL

"Jersey Boys"
Saturday, April 27 at 2:00 p.m.
Ferguson Centre at Diamonstein
Concert Hall
Ticket Price: \$70 pp
(includes ticket, & bus fee)
More details to come!

*
Virginia International Tattoo
Sunday, April 28 at 12:00 pm
Norfolk Scope
Ticket Price: \$100
(includes tickets & luxury bus accommodations)

The deadline to submit articles for the
March 2019 issue is
Friday, February 22, 2018 by noon.
Contact us: 804-438-4000

- KEY
- APT
- Apartment Lobby
- AR1
- Art Room #1
- AR2
- Art Room #2
- ATR
- Atrium
- AUD
- Auditorium
- BLR
- Boiler Room
- CGR
- Chesapeake Game Room
- COR
- Corrotoman Room
- CPL
- Chapel
- DRB
- Dining Room Breezeway
- FCR1, 2 or 3
- Fitness Classroom #
- FPL
- Front Parking Lot
- FRL
- Front Lobby
- GAL
- Gallery Hall
- HOB
- Hobby Room
- KCT
- King's Court
- LAN
- Lancaster Room
- LEC
- Life Enrichment Center
- LIB
- Library
- LVG
- Lakeview Grille
- MSP
- Main Street Pub
- OTR
- Outpatient Therapy Room
- RAP
- Rappahannock Room
- RCL
- Resident Clinic
- TGP
- Thomas Garden Patio
- WCN
- Westbury Center
- WCR
- Westbury Club Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<h1>FEBRUARY</h1> <h1>2019</h1>		Detach the cover of <i>The Gazebo Gazette</i> and place it on the refrigerator or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV on Channel 85 on a daily basis for the latest updates. An asterisk (*) means a RSVP or sign up is required. REMINDER: WE MUST HAVE A MINIMUM OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS WITH THE EXCEPTION OF WEEKLY SHOPPING. <u>WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</u>				8:30-AUD-ROMEOs & OWLETS* 1 10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-HC-Wake-up & Workout 2 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour
10:00-MSP-Society of Friends Meeting 3 10:30-HC-Wake-up and Workout 4:00-WCR-Worship Service 5:00-AUD-Super Bowl Party* GRILLE CLOSED FOR DINNER	10:00-HC-Wake-up & Workout 4 10:00-COR-Parkinson's Caregiver Support Group 11:00-AR2-Science of Happiness Course* 1:30-FRL-Shopping & Errands* 2:30-AR1-Coffee with Stuart 2:30-WCR-Manicures 4:00-CGR-Dart Sharks 4:00-WCR-Formal Tea Party 4:30-AR2-Memory Support Groups	10:00-HC-Wake-up & Workout 5 10:00-AR2-Chat & Crafts 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:00-HC-Wake-up & Workout 6 1:30-AR1-Boggle Word Game 7:00-CGR-Gentlemen's Poker Club	10:00-HC-Wake-up & Workout 7 10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-WCR-Milkshakes 4:00-CPL-Rosary	10:00-HC-Wake-up & Workout 8 10:30-HC-Coffee & Conversation 11:00-AUD-Dominion Energy Solar Project Presentation* 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-HC-Wake-up & Workout 9 10:30-CGR-Apple Seeds Computer Group 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour	
10:30-HC-Wake-up & Workout 10 1:00-AUD-Lion's Club Bland Contest 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service/Holy Communion	10:00-HC-Wake-up & Workout 11 10:00-BLR-Residents Health Care Committee Meeting 11:00-AR2-Science of Happiness Course* 1:00-AUD-Talent Show Rehearsal 1:30-FRL-Shopping & Errands* 2:30-AR1-Coffee with Stuart 2:30-WCR-Manicures 4:00-CGR-Dart Sharks 4:00-WCR-Tea Party	10:00-HC-Wake-up & Workout 12 10:00-AR2-Chat & Craft 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 11:00-AUD-Video Lecture: Brian Little-Me, Myself and Us 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits	10:00-HC-Wake-up & Workout 13 10:00-AR2-Activities Committee Meeting 10:30-FRL-Virginia Rep. Theatre (subsc. holders) 1:00-AUD-Parkinson's Support Group 1:30-CGR-Bunco Group 7:00-CGR-Gentlemen's Poker Club	10:00-HC-Wake-up & Workout 14 10:00-COR-Food Committee Meeting 10:00-CGR-Great Courses* 11:00-WCR-Java Time 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary 4:00-WCR-Milkshakes	10:00-HC-Wake-up & Workout 15 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-AUD-Welcome Reception-Special Occasion Party NO HAPPY HOUR TONIGHT	10:30-HC-Wake-up & Workout 16 2:00-HC-Movie Matinee 4:00-AUD-Mountain Artisans Presentation* 5:00-MSP-Happy Hour	
10:00-MSP-Society of Friends Meeting 17 10:30-HC-Wake-up & Workout 11:00-LVG-Sunday Brunch til 2pm— GRILLE CLOSED FOR DINNER 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service	10:00-HC-Wake-up & Workout 18 11:00-AR2-Science of Happiness Course* 1:30-FRL-Walmart Shopping* 2:30-WCR-Manicures 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	10:00-HC-Wake-up & Workout 19 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	9:00-FRL-Congo Mask Exhibit at VMFA* 20 10:00-HC-Wake-up & Workout 10:30-AR2-Crafts for a Cause 1:00-AR2-Caregiver's Memory Support Group 3:00-WCR-Bible Study with Greg 7:00-CGR-Gentlemen's Poker	9:00-WCR-Men's Breakfast 21 10:00-HC-Wake-up & Workout 10:00-CGR-Great Courses* 10:45-WCR-Java Time 1:00-AUD-Talent Show Rehearsal 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-WCR-Milkshakes	10:00-HC-Wake-up & Workout 22 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 2:00-AUD-RWC's Got Talent Show 5:00-MSP-Happy Hour	10:30-HC-Wake-up & Workout 23 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: A League of Their Own	
10:30-HC-Wake-up & Workout 24 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service	10:00-HC-Wake-up & Workout 25 10:30-RAP-RWC Book Group 11:00-AR2-Science of Happiness Course* 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-WCR-Tea Party 4:00-CGR-Dart Sharks	10:00-HC-Wake-up & Workout 26 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits	10:00-HC-Wake-up & Workout 27 10:00-AR1-Acrylics for Beginners* 7:00-CGR-Gentlemen's Poker Club	10:00-HC-Wake-up & Workout 28 10:00-FRL-Mid-Atlantic Quilt Festival* 10:00-CGR-Great Courses* 10:45-WCR-Java Time 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 3:30-AR1-Beading Open Studio 4:00-WCR-Milkshakes 4:00-CPL-Rosary			

GREETING FROM THE PRESIDENT/CEO

February may be a short month, but it is packed with experiences to enjoy. The Rams and the Patriots square off on Super Bowl Sunday with the accompanying Party of course, and no February is complete without Ground Hog's Day (no shadow please), Valentine's Day, and Hoodie Hoo Day (RWC's way rolling out the red carpet for Spring).

The RWC community offers a wide array of opportunities for engagement. From fun to intellectually stimulating, creative to responsive, and active to challenging, there are classes, seminars, presentations, discussions, games, concerts, performances, and events that reflect your vast interests. From fitness to fine arts classes and corn hole to puzzles of all shapes and sizes, there is something for everyone at RWC.

One recent engagement opportunity across our neighborhood bears special mention. You may have seen the Birdsong Tablets in various places. What is a Birdsong Tablet? It is a special computer touchscreen device that has even more special computer software on board that provides virtually limitless engagement opportunities without the scariness of some computers. Our colleagues at Westminster-Canterbury on Chesapeake Bay developed and refined the concept of the Birdsong Tablet and software over the last two years. Simply put they wanted to offer engagement opportunities to virtually anyone regardless of computer literacy or even physical ability. Through the Birdsong Tablet, one can explore the world, revisit past travels, absorb new information, listen to music, refine skills, be entertained, and enjoy a bit of fun and laughter. Just as RWC has many opportunities for engagement, so too does the Birdsong Tablet.

Thanks to a very generous grant from The Birdsong Foundation and residents, Mr. and Mrs. Tom Birdsong, we have 22 Birdsong Tablets across the RWC community providing engagement opportunities for residents. Through these user-friendly devices you can do all those activities mentioned above and then some with no internet skills or knowledge and no typing or keyboarding worries. Just touch the screen to start your journey and see where the Birdsong Tablet takes you.

While you wait for your turn at a Birdsong Ta-

let, enjoy interacting with your fellow residents and engage in those other activities I mentioned. You are truly blessed to be part of the most interesting and fascinating group of people ever assembled in one place.



SPONSOR A CHILD

On March 22, 2019, almost 95 Lancaster Primary School third grade students will, once again, travel to Washington, D.C. This will be the nineteenth year students will be boarding chartered buses and spend a full day touring our nation's capital. For some students this will be their first and only opportunity to visit our nation's capital. The students will visit the National Zoo, tour the monuments and memorials, museums, see the White House, and the United States Capitol. The trip is provided by the Lancaster Education Foundation (LCVEF).

LCVEF is a 501C(3) organization whose mission is to enhance and advocate educational excellence and expand learning opportunities for students in the Lancaster County Public Schools. Your tax deductible contribution of \$50 per child will open the eyes and mind of our children. Please send your donation to:

LCVEF—P.O. Box 928, Kilmarnock, VA 22482

Web site: www.lcvef06.org

Thank you for your generosity.

Margaret Socey, LCVEF Board Member

VIRGINIA MUSEUM OF FINE ARTS* Conga Mask: Masterpieces from Central Africa Wednesday, February 20—9:00 am—Front Lobby

In the vast and culturally diverse Congolese region of Central Africa, masks function as performance objects in rituals, ceremonies, worship, and entertainment. The masterpieces in this exhibition—more than 130 striking Congolese masks—form an innovative and visually compelling display of artistry and cultures. They represent the artisans and performers who brought them to life, as well as varied communities, belief systems, and natural resources.

Tickets are \$12 per person and we will eat lunch at the museum. Please sign up at the Front Desk to attend.

Culture Club: Music, Theatre and Speakers

ROMEOs & OWLET s *

Friday, February 1—8:30 am—Lancaster Room

Malcom and Maria Ferrand will be presenting "An Asian Cruise".

PLEASE SIGN UP AT THE FRONT DESK

THE SCIENCE OF HAPPINESS COURSE* (8 week course)

EVERY Monday—February 4-March 25

11:00 am—Art Room 2

The Science of Happiness is the first to scientifically explore the roots of a happy and meaningful life. Students will engage with some of the most provocative and practical lessons from the trailblazing science of positive psychology, and discover how to apply research-backed insights to their own lives. Created by UC Berkeley's Greater Good Science Center, the course will zero in on a key finding:

- What happiness really means and why it matters to you
- How to increase your own happiness and foster happiness in others
- Why social connections, kindness, and community are key to happiness

Which mental habits are most conducive to happiness and how mindfulness can help

Week 1: Introduction to the Science of Happiness

Week 2: The Power of Social Connection

Week 3: Compassion and Kindness

Week 4: Cooperation and Reconciliation

Week 6: Mindfulness

Week 7: Mental Habits of Happiness

Week 8: Gratitude

Week 9: New Frontiers and Happiness "Fit"

Please call Amy Lewis at ext. 4024 to sign up for this course.

GREAT COURSES* "THE WORLD'S GREATEST PAINTINGS"

Thursdays, February 7 – April 25, 2019

10:00 am - 11:30 am

Chesapeake Game Room

24 Lectures in a Twelve (12) weeks course.

The World's Greatest Paintings leads you in a compelling discovery of some of the most significant paintings in Western art. Taking you from the 14th

century to the 20th, distinguished art historian and veteran Great Courses Professor William Kloss reveals a group of works that, in his expert judgment, rank among the greatest paintings ever made. Focusing on 65 masterpieces of Western painting, including key works by Giotto, Titian, Vermeer, Rembrandt, and Picasso, **The World's Greatest Paintings** offers you a vivid, visceral encounter with genius, shining light on the unique technical, stylistic, and expressive achievements of each painting. **Class size is limited, please sign up at the Front Desk.**

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

LANCASTER PLAYERS PRESENT THE SAVANNAH SIPPING SOCIETY*

Sunday, March 17

2:30 pm—Front Lobby

Written by Jones, Hope and Wooten

Directed by Jacqueline Allen

A comedy about friendship, renewal and the occasional liquid refreshments. The Story; Set in charming old Savannah, four distinctive women bond over the need to improve their lives. Inspired by each other - - through hilarious misadventures - - they discover new horizons and new selves. Cast: Randa Covington - Judy Ebner, Dot Haigler - Sally Clark, Mar-lafaye Mosely - Amy Lewis, Jinx Jenkins - Robin Blake
Reservations are \$25 and will be billed to your account. Please 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.

- **The Westminster Singers:** Special choir music is a part of the service on the third Sunday of each month.

- **Praying the Rosary:** Thursdays at 4 PM in the chapel with the Legion of Mary.

- **Northern Neck Society of Friends:** First and third Sundays of each month, 10AM – Noon, in the Main Street Pub.

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 February: Rev. John Wright, Pastor of Fairfield and Afton United Methodist Churches.

Wednesday, February 20 at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck.

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

FROM THE CHAPLAIN

February. The holidays have past, the excitement has faded, winter has come, and so has our first snowfall. This most recent snow (as of this writing) among other things for me personally meant starting the day early to allow time to clear the cars including scraping an inch of frozen slush off the windshields. Not fun. But as I drove to RWC and passed through a school zone it was immediately evident that school had been cancelled, so for all the children: what joy! Indeed, snow means different things to different people. About the same time of our first snow a couple weeks ago there were epic storms in the mountains of Europe, with some locations recording up to 9 feet of it in a single snowfall. Striking was a

photo of a hotel in the Swiss Alps where an avalanche had crashed through the huge glass panels in the front of the building, filling the lobby with snow. Ironically, many of the hotel guests were undoubtedly there for the snow (skiing), and hopefully lots of it, but probably hadn't imagined it being quite like this! This powerful image of the impact of an alpine avalanche reminds us of life itself: it can come at us quickly, unexpectedly, and even overwhelmingly. In the midst of serene pleasure can suddenly come disruption or even disaster. Despite all our careful planning in life, ultimately we can only be so prepared. And while we can't control what comes our way, we can however decide how we'll react to it, what we'll make of it. (In the midst of the hotel lobby photo mentioned above were several people painstakingly digging their way out.) Every day here at RWC I am impressed by, humbled by, stand in awe of how different people, residents and staff alike, respond to the "avalanches", the potentially utterly overwhelming circumstances of their lives, with inner-strength, depth of character, determined fortitude, resilient faith. Through it all please know this: that even as I walk with you through the storms of life, you are inspiring, encouraging and teaching me about the meaning of life.

With gratitude and joy,
Chaplain Greg Houck

IN MEMORIAM

MRS. VIRGINIA MARSHALL
DECEMBER 22, 2018

MRS. RUTH GLEASON
JANUARY 3, 2019

MRS. GIBSON WRIGHT
JANUARY 9, 2019

Creative Fun: Arts, Crafts and Games

SUPER BOWL PARTY*

Sunday, February 3

5:00 pm—Auditorium

Super Bowl LIII will be between the two-time defending American Football Conference champion New England Patriots and the National Football Conference champion Los Angeles Rams to determine the champion of the National Football League for the 2018 season. **Please sign up by Jan. 31 to attend.**

Bar opens at 5:00 PM

Food will be served at 5:45 PM

Last call at half time

Wine-\$3

Bar-\$2

Soda-\$1

Menu:

Baked Potato Bar w/ Chili, Cheese, Broccoli, and Sour Cream

Pulled Pork BBQ Sliders

Chicken Tenders w/ Honey Mustard Sauce

Cole Slaw

Deviled Eggs

Fresh Fruit

Platter of Cookies and Brownies

Coffee at Halftime

THE GRILLE WILL BE CLOSED FOR DINNER. YOU MAY ORDER A BOXED DINNER BY CALING EXT. 4516

BOGGLE WORD GAME

Wednesday, February 6 —1:30 pm

Art Room 1

CORN HOLE GAME

EVERY Thursday, —1:30 pm—Fitness Class

Rooms

BEADING OPEN STUDIO*

Thursday, February 14 and 28

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.**

CRAFTS FOR A CAUSE

Wednesday, February 20, 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.

ACRYLICS FOR BEGINNERS CLASS*

Wednesday, February 27—10:00 am—Art Room 1
(Class Limit: 8)

Acrylic paint is a great medium for beginners because it is relatively inexpensive, water-soluble, quick-drying, versatile, and forgiving. If you are not happy with an area you've painted, you can let it dry and paint right over it in a matter of minutes. Because acrylic is a plastic polymer, you can paint on any surface as long as it doesn't contain wax or oil. Unlike oils, acrylics can be used without any toxic solvents and can be cleaned up easily with soap and water. Learn the tricks of the trade, and you can soon embrace your inner Leonardo da Vinci, Vincent van Gogh, or Rembrandt using a forgiving medium these artists never knew when they created their great works. Please sign up at the Front Desk to attend.

MID-ATLANTIC QUILT FESTIVAL*

Friday, February 28—10:00 am—Front Lobby

Join us as we celebrate the 30th annual Mid-Atlantic Quilt Festival at the Hampton Roads Convention Center! The Merchants Mall will feature everything for quilt, fiber, wearable & textile artists and home sewers. In addition, M-AQF will present the finest collection of quilt, garment and fiber art exhibitions including quilt and wearable art prize money competitions. Rounding out the event will be workshops and lectures presented by leading instructors along with demonstrations throughout the Merchants Mall. Cost is \$15 per person. We will have lunch at the festival. **Please sign up at the Front Desk to attend.**

Neighborhood Knowing: Care, Committees & Commentary

MEMORY SUPPORT GROUPS

Monday, February 4—4:30 pm—Art Room

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).

WHAT CAN RWC AT HOME DO FOR YOU?

RWC is evermore working on ways to make life easier, giving you more time for the things you want to do, and less time spent on the have-tos.

At Home with RWC offers an array of tasks that our staff can complete for you. With a week's notice, we are able to schedule services and have a caregiver at your doorstep ready and willing to help with any of the following:

Trash removal
Linen changes
Laundry
Errands (meal pick up, pharmacy, groceries, mail, etc.)
Pet care (walk, feed, clean up)
Meal preparation
Dishes/kitchen clean up
Organization/packing/unpacking
Seasonal clothing swap
Transportation
Other tasks upon request, and per approval by At Home with RWC

Should you have any questions or would like to arrange services, please call the At Home with RWC office at ext. 4022. We look forward to serving you. Sincerely,

The *At Home with RWC* Team

CULINARY CORNER

There are green boxes available in the Grilleto take food home. They need to be returned to the Grille promptly. Once they are returned, Dining Services sanitizes them in the dishwasher and then they are available for reuse. Dining Services frequently has to purchase additional boxes at a cost of approximate-

ly \$10 each because they are not returned. Please help keep costs down and return the green boxes to the Grille.

Edna Roberts, Chairman, Food Committee

CHRISTMAS BIRD COUNT

In December, three residents at Rappahannock Westminster Canterbury in Irvington took part in the annual Christmastime bird count. Locally sponsored by the Northern Neck Chapter of the Master Naturalists and the Audubon Society, these three conducted a four hour count of bird species on the campus. They logged sixty birds of 20 species in that short period including a common loon on RWC's lake. Over 8,300 birds of 101 species were identified in the Northern Neck and Middle Peninsula area assigned to the Master Naturalists. The three residents who participated in the 2018 annual bird count were Frank Schaff, Linda Hildebrand and Ted Munns.

MOUNTAIN ARTISANS: FROM WEST VIRGINIA TO 6TH AVENUE*

Saturday, February 16—4:00 pm—Auditorium
A TIME CAPSULE FROM BYGONE QUILTERS

The colorful patchwork fashions were hand-made by 300 mountain women who were known collectively as Mountain Artisans. They practiced their ancient Appalachian art in rural towns with such names as Sod and Dog Bone and Lost Creek and Warrior Mines.

Mountain Artisans, a non-profit organization, was funded with a grant from the United States Office of Economic Opportunity. President Johnson's poverty programs changed the lives of these people.

Many of the Mountain Artisans were on welfare before they began sewing for money. They followed patterns sent to them from the group's headquarters in Charleston, W. Va. The women were paid \$2 an hour for their work on the fashions, which were mailed to headquarters when completed.

Reception to follow.

**Please make your reservation by calling the Front Desk at ext. 4000
The program is FREE.**

Hooked on Books: Explore, Discover and Learn

THE RWC LIBRARY

Before We Were Yours by Lisa Wingate is the RWC Book Group's February selection – we'll meet Monday, February 25 at 10:30 a.m. in the Rappahannock Room. It's a much-acclaimed book, told through alternating chapters from the past (including harrowing scenes in an orphanage) and the present.

Four Non-Fiction Books New to Virginiana:

Field of Honor by Bolling Williamson, a handsome book by the January Romeo's speaker that's about each of the Virginia Military Institute alumni who was a recipient of the Army, Navy or Air Force Medal of Honor or Distinguished Cross.

Historic Architectural Survey Report of Lancaster County, commissioned by Lancaster County and published in 1997 by the Virginia Department of Human Resources. This is an Internet printout of the 200-page document describing the county's historic houses.

My Bag Was Always Packed: The Life and Times of a Virginia Midwife by Claudine Curry Smith, who delivered 500 babies in her three decades as a midwife in the lower Northern Neck. Linda Small donated the book with a note, "This book is important."

Dr. Coptr, subtitled "The Flying Physician Who Kept His Promise to Tangier Island" – the topic of a Sundays at Two talk at the Lancaster Community Library.

New Resident Michelle Blank is joining the Library's **Computer Guys**, Kent McCranie and Kerley LeBoeuf – bringing her skills from 17 years on the Lancaster Community Library staff.

The Library has a dozen more Large Print books – a gift from the Deltaville Branch of the Middlesex County Library, now with a "New to RWC Large Print" label on each spine. Among them are some long-ago best sellers, including *Cheaper by the Dozen* and *Fried Green Tomatoes*.

2018 Fiction – *The President Is Missing*, donated by Gerald Hoskins, and *The Outsider* by Stephen King, *Spy Master* by Brad Thor and an Anne Hillerman book, donated by Jay White. **And 2018 Non-Fiction** – from Fred Luxton, *Why We Fight* by Sebastian Gorka, and from Jay White, *The Fifth Risk* by Michael Lewis.

Not-So-New Fiction – Walt Klein donated a Maeve Binchy, a Tom Clancy, a Janet Dailey, a Robert Harris, a LaVyrle Spencer, two John Grishams and two Danielle Steels!

BINGO – a card is full! Catherine Coulter's *Riptide*, a Large Print Mystery acquired in 2007, has been signed out by 30 RWC readers!

A new Memoir, *Bound Feet and Western Dress* by Pang-Mei Natasha Chang, has come to us by way of Madame Librarian's college granddaughter, who babysits the daughter of the author!

Fortuitously, just after the Library Elves expanded the Biography section from two sets of shelves to three, Rose-Marie Forcum donated three thick Richard Wagner biographies – in time for the German composer's 200th birthday in May. Other "heavy" biographies have also come in recently.

The Book List and Large Print Book List notebooks, dated **January 2019**, are at the Front Desk.

Lois Williams – RWC Residents Association Library Chair

Fit Bits: Manufacturing Muscle

LAND AEROBICS DANCE

On **Tuesday, February 5, 2019 at 1:30pm**, we will have an active demonstration of the dance class. We will determine what day that would be the best for this class, after the demonstration.

If you have not yet signed up, please call Jonathan at 438-4290.

AQUA MOBILITY

We will be starting this class on **Friday, February 22, 2019 at 1:15pm to 1:45pm**. This class will work on flexibility, strengthening core, arms, legs and other movements.

If you have not yet signed up, please call Jonathan at 438-4290.

PARKINSON'S SUPPORT GROUP

On **Wednesday, February 13, 2019**, the Parkinson's Support Group will be meeting **1:00pm** in the Auditorium.

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

RWC DEMENTIA COORDINATOR MARY ARTHUR TO LEAD MEETINGS AT LOCAL LIBRARY

Support group coming to Mathews in February

RWC Dementia Coordinator Mary Arthur knows first-hand what it's like to care for someone with dementia without proper support. Her grandmother had early onset Alzheimer's disease and at 18-years-old, Arthur became her caregiver.

"All we did was argue," Arthur said. "Now I know. I train people to better understand the disease and how to work with those living with dementia. I couldn't make her end of life the best I could, but I can help others."

Arthur, who leads support groups at RWC, is bringing a Dementia Support Group to Mathews County starting Feb. 14. Meetings will be held at 1 p.m. on the second Thursday of every month at the Mathews Memorial Library at 251 Main St.

After speaking to PATH, a non-profit consortium of about 80 Mathews neighbors whose mission is to support each other's goal to age at home by sharing tasks and services, Arthur thought a local Dementia Support Group would complement their efforts.

"A lot of people retire in this area and they may not have anyone else they know," Arthur said.

RWC is committed to bringing the concept of a "Dementia Friendly Community" to the Northern Neck and beyond.

"I train staff on dementia care and how to approach it," Arthur said. "I've conducted that training for RWC and the Lancaster Community Library staff. The goal is to create an inclusive community for people living with dementia and their caregivers."

Dementia Support Group meetings are free and open to the community. For more information on Mary Arthur and memory care support, go to RWC's website at <https://athomerw-c.org/memory-care/>.

Flick Picks: Video Lectures, Documentaries and Movies

VIDEO LECTURE: BRIAN LITTLE PRESENTS ME, MYSELF AND US

Tuesday, February 12—11:00 am—Auditorium

Me, Myself, and Us explores questions that are rooted in the origins of human consciousness but are as commonplace as yesterday's breakfast conversation, such as whether our personality traits are set by age thirty or whether our brains and selves are more plastic. He considers what our personalities portend for our health and success, and the extent to which our well-being depends on the personal projects we pursue.

Through stories, studies, personal experiences, and entertaining interactive assessments, *Me, Myself, and Us* provides a lively, thought-provoking, and ultimately optimistic look at the possibilities and perils of being uniquely ourselves, while illuminating the selves of the familiar strangers we encounter, work with, and love."

SUNDAYS AT TWO*

Sunday—February 10, 17 & 24

1:15 pm—Front Lobby

The popular Sundays at Two program is a lecture series that brings in speakers on a variety of topics of interest to patrons. Five to six lectures are scheduled from January through March each year, bringing in experts on science, the arts, history, literature, and politics to share their thoughts and engage in discussion with attendees.

Sunday, February 10- Ellen and Mike Garvey: What's Down There? Underwater Photos from Around the World.

Sunday, February 17- Geoff Chester: Sky with Ocean Joined: Scaling the Stars at the U.S. Naval Observatory

Sunday, February 24- Joshua and Nathan Madison: Tredegar Iron Works: Richmond's Foundry on the James

RWC'S GOT TALENT SHOW

Friday, February 22—2:00 pm

Auditorium

Rehearsals are set for Monday, February 11 and 21 at 1:00 pm in the Auditorium. If you have signed up to perform please come to the rehearsal.

We have a cast of characters ready to perform. Singing, dancing, storytelling and more. Join your emcee Betsy Heller for a great time!

SATURDAY NIGHT MOVIE

February 23—7:00 pm—Auditorium

Featuring: A League of Their Own

Two small-town sisters join an all-female baseball league formed when World War II brings professional baseball to a standstill. As their team hits the road with its drunken coach, the siblings find troubles and triumphs on and off the field. (1992) PG 2h 8m

Cast: Tom Hanks, Geena Davis, Madonna, Lori Petty, Rosie O'Donnell, Jon Lovitz, David Strathairn, Garry Marshall, Bill Pullman, Megan Cavanagh, Tracy Reiner, Bitty Schram, Don S. Davis, Renee Coleman, Ann Cusack
Director Penny Marshall

NOTE: Movie may change without prior notice.