



Rappahannock Westminster-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 33, Issue 1

JANUARY 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

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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!

**FIRST RESIDENT  
ASSOCIATION  
BOARD MEETING  
OF 2019  
WEDNESDAY,  
JANUARY 2  
10:00 AM  
AUDITORIUM**

**RESIDENT COMMUNITY MEETING OF  
THE BUDGET  
THURSDAY, JANUARY 24  
10:00 AM-AUDITORIUM**

**HAPPY NEW YEAR!  
WE ARE GOING TO HAVE A GREAT 2019!!**

**WHAT DO YOUR  
RESIDENT  
ASSOCIATION DUES DO?**

As approved at the Residents Association, annual dues will be \$20.00 for each Independent Living resident.

The Residents Association and the dues you pay help to support: the RWC Foundation Fellowship Fund, the annual Golf Tournament, a major fundraiser for the fellowship fund, our Library, Memorial Roses, fabulous parties such as Super Bowl, Kentucky Derby and more.

All this for just **\$20.00 per person** helps to make these things happen at RWC.

Forms will be placed in boxes January 2. Please submit your 2017 dues of \$20.00 per resident by February 1, 2017. It can be placed in my Box 612. Checks should be made out to Residents Association of RWC. You will receive a receipt in your box if dues are paid in cash. **Pay your Resident Association fees by February 1 and you will be entered for a chance to win 4 Guest Meal tickets!!**

If you have any questions, please give me a call at 4200.  
Thank you, Fred Luxton

**THE ACTIVITIES  
COMMITTEE NEEDS  
MEMBERS!**

As we move into 2019 and form new Resident Committees, I want to thank Donna and Gerald Hoskins for the great job they have done – I have big shoes to fill! I am hoping you will consider joining me on the Activities Committee.

I will be the chair this year, and with celebrating my first year at RWC, I am looking forward to becoming more involved in the day to day happenings around this beautiful campus. We had some great activities in 2018, and many of these we will repeat – Super Bowl, Mardi-Gras, Kentucky Derby, Oktoberfest, and BINGO! Movie nights, and matinees, and off-campus trips will continue. But we are looking forward to adding some new events. I would love to have a couple of committee members from the free-standing homes, cottages and apartments. The committee meets the second Wednesday of the month at 10am.

If you would like to join, drop me an email or note in my box by the Front Desk. If you have ideas or suggestions of activities, movies, more of certain types of things or less of some things please let me know that too. Looking forward to a fun 2019.

Denise Munns - cottage #606 phone #4194 or [tnmunns@va.metrocast.net](mailto:tnmunns@va.metrocast.net).

**The deadline to submit articles for the  
February 2019 issue is  
Monday, January 28, 2018 by noon.  
Contact us: 804-438-4000**

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>JANUARY 2019</b>		<b>NEW YEAR'S DAY</b>				
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		10:00-HC-Wake-up & Workout 10:00-AR2-Chat & Crafts 11:00-LVG-New Year's Day Brunch (until 2pm) 1:00-CGR-Catch Phrase Game	10:00-HC-Wake-up & Workout 10:00-AUD-Residents Association Board Meeting 1:30-AR1-Boggle Word Game 7:00-CGR-Gentlemen's Poker Club	10:00-HC-Wake-up & Workout 10:45-WCR-Java Time 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-WCR-Milkshakes 4:00-CPL-Rosary	8:30-AUD-ROMEOs & OWLETS* 10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 2:00-AUD-"Ringing in the New Year" Celebration <b>NO HAPPY HOUR TONIGHT</b>	10:30-HC-Wake-up & Workout 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00-MSP-Society of Friends Meeting 10:30-HC-Wake-up and Workout 2:30-AUD-Ibby Roberts Bassoon Recital 4:00-WCR-Worship Service	10:00-HC-Wake-up & Workout 10:00-COR-Parkinson's Caregiver Support Group 10:00-CGR-Video: Center for the Arts DVD of The Music Man 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 10:00-AR2-Chat & Crafts 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 11:00-AUD-Video Lecture Series: Great Wars of the Modern World, Pt. 1 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 10:00-AR2-Activities Committee Meeting 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 10:00-COR-Food Committee Meeting 1:00-CGR-Genealogy Group 1:30-FCR2-Cornhole Game 1:00-LIB-Party Bridge 3:30-AR1-Beading Open Studio 4:00-WCR-Milkshakes 4:00-CPL-Rosary	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 10:30-CGR-Apple Seeds Computer Group 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:30-HC-Wake-up & Workout 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service/Holy Communion	10:00-HC-Wake-up & Workout 10:00-BLR-Residents Health Care Committee Meeting 11:00-AR1-Painting Mardi Gras Masks* 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 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 11:00-AUD-Video Lecture Series: Great Wars of the Modern World, Pt. 2 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 10:30-AR2-Crafts for a Cause 3:00-WCR-Bible Study with Greg 7:00-CGR-Gentlemen's Poker Club	9:00-WCR-Men's Breakfast 10:00-HC-Wake-up & Workout 11:00-WCR-Java Time 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 2:00-WCR-Resident Council for ALC 4:00-CPL-Rosary 4:00-WCR-Milkshakes	10:00-HC-Wake-up & Workout 10:30-HC-Coffee & Conversation 1:00-LIB-Party Bridge 2:30-WCR-Afternoon Bingo 5:00-AUD-Special Occasion Party <b>NO HAPPY HOUR TONIGHT</b>	10:30-HC-Wake-up & Workout 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00-MSP-Society of Friends Meeting 10:30-HC-Wake-up & Workout 4:00-WCR-Worship Service	10:00-HC-Wake-up & Workout 10:00-BLR-Grounds & Landscaping Committee Meeting 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 10:30-COR-Bible Study 10:00-AR2-Chat & Craft 11:00-AUD-Video Lecture Series: Great Wars of the Modern World, Pt. 3 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits	10:00-HC-Wake-up & Workout 11:00-AR2-Acrylic Painting for Beginners* 1:30-AR2-Pictionary/Charades 7:00-CGR-Gentlemen's Poker Club	10:00-HC-Wake-up & Workout 10:00-AUD-Resident Community Meeting: Budget 10:45-WCR-Java Time 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Open Studio 4:00-WCR-Milkshakes 4:00-CPL-Rosary	10:00-HC-Wake-up & Workout 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 2:00-HC-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Nine to Five
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Detach the cover of <i>The Gazebo Gazette</i> and place it on the refrigerator or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV on Channel 85 on a daily basis for the latest updates. An asterisk (*) means a RSVP or sign up is required. REMINDER: WE MUST HAVE A MINIMUM OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS WITH THE EXCEPTION OF WEEKLY SHOPPING. WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</b>	
10:30-HC-Wake-up & Workout 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service	10:00-HC-Wake-up & Workout 10:00-AR2-Mosaic Turtle Using Fabric and Canvas* 10:30-RAP-RWC Book Group 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 10:30-COR-Bible Study 10:00-AR2-Chat & Craft 11:00-AUD-Video Lecture Series: Great Wars of the Modern World, Pt. 4 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:00-HC-Wake-up & Workout 4:45-AUD-Bingo-Pizza Party* 7:00-CGR-Gentlemen's Poker Club	10:00-HC-Wake-up & Workout 10:45-WCR-Java Time 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 4:00-WCR-Milkshakes 4:00-CPL-Rosary		

## GREETING FROM THE PRESIDENT/CEO

We close 2018 with thankfulness for the many, many blessings of family at RWC. The Joyful Spirit of RWC prevails in all aspects of our wonderful neighborhood, and we are grateful for that. Now 2019 beckons with promises, opportunities, and yes – challenges – that we can only anticipate. But we do so with the certainty that we will be together in a Joyful Spirit for all God has planned for us.

Generosity was bountiful throughout Christmas and winter holiday season at Rappahannock Westminster-Canterbury. Residents and staff conducted the Thanksgiving Food Drive to help stock the Holy Tabernacle Food Pantry for the season. Annual Fund gifts abound, and an outpouring of Angel Tree honors and memorials bless the Foundation Fellowship Fund. Our residents' and clients' amazing gift to our staff bless countless lives. And staff donations of money to the Boys and Girls Club bless them as they continue their ministry to children and families in our community, many of whom are RWC team members. It truly has been a generous time of sharing of our talents, gifts, and treasures.

We have relationships built on respect, trust, common purpose, mutual support and compassion. I know without hesitation that we will all be there for each other as we enter each new day expecting the blessings of God upon us and through us. I close this note and welcome you to a New Year at Rappahannock Westminster-Canterbury. Let us go forward into each new day anticipating the good things that day will bring.

May the Peace of God which surpasses all understanding be with each of us and the RWC family. Happy New Year!

Stuart and the RWC Team.

## RWC'S GOT TALENT SHOW

Friday, January 25—2:00 pm—Auditorium

It's time get out your dancing canes, microphones, magic acts and more. Winter months can be dreary and depressing. Let's warm up the cold months with some funny and talented staff and residents. Get together with friends to create a group act.

Please call Amy Lewis with your act at ext. 4024. We will schedule a rehearsal later in the month.



## HELP STOP SPREADING GERMS!

Please do not visit the Health Center or Assisted Living if you have had any symptoms of influenza-like illness within the last 24 hours, including: Fever or feeling 'feverish', sore throat, or cough.

Please return for a visit to HC/ALC only after you have been healthy and fever-free for at least 24 hours (without using fever reducing medicine).

If you choose to visit at this time, please use alcohol based hand sanitizer that has been provided (or soap and water) to clean your hands before and after the visit. Visit only the resident you have come to see and then leave after your visit is over. Wear a mask if the resident you are visiting is sick with influenza-like illness. Practice good respiratory etiquette. Always use a tissue or your sleeve when you sneeze or cough.

## Culture Club: Music, Theatre and Speakers

### "RINGING IN THE NEW YEAR" CELEBRATION

Friday, January 4—2:00 pm—Auditorium

We are still within the 12 days of Christmas with much to be thankful for and to welcome the new year. Join us for a celebration of song and more as we "Ring in the New Year!"

### IBBY ROBERTS: BASSOON RECITAL\*

Sunday, January 6—2:30 pm—Auditorium

Elizabeth Roberts, bassoon, and John Mayhood, piano, will present a recital on Sunday, January 6th at 2:30PM. The concert will include works for bassoon and piano by the following composers: Fasch, Berwald, Gliere & Dutilleul. Both Elizabeth and John serve on the faculty in the music department at the University of Virginia; and Elizabeth is the daughter of RWC residents, John & Edna Roberts.

### ROMEOs & OWLETs\*

Friday, January 4—8:30 am—Lancaster Room

Join local author and VMI graduate Bolling Williamson as he presents and discusses his book, *Heroes of VMI*. "For extraordinary heroism" – a phrase that is repeated in each of the eighty-six citations for the nation's second-highest awards for valor which have been awarded to VMI alumni. Please sign up at the Front Desk.

### PLEASE SIGN UP AT THE FRONT DESK

### TRAVEL PHOTOGRAPHER AND STAINED GLASS ARTISTS ARE RWC'S JANUARY ARTISTS

Michael Kunzinger has spent his entire life on or near water – all 25 years of it! The fine art and travel photographer honed his skills naturally by observing the beauty in nature all around him. Born in Virginia Beach, he has lived in Deltaville for 21 years.

His work reflects that. Focusing on boats or just ripples in water when the sun and light hit them just right, he finds that images look different when you approach them from another angle.

"With abstract photography, I look for re-

flections that occur naturally upon the water's surface. Ripples in the water distort the 'original' reflection into an abstract design. The resulting images are unreal, yet entirely real and organically created," he says on his website.

Kunzinger is one of RWC's featured artists for January. Also exhibiting work this month are local stained and hot glass artists Lynn Savarese and Mary Howard. Savarese got her start more than 30 years ago when she took a class in Albuquerque while in the military. She retired and picked it up again opening a studio in her basement in 2008 and began teaching classes there the following year. Howard is one student who took a class and stuck with the craft.

"Mary will come to me with a design inspiration and I'll look at it and say, 'I've been doing glass a long time and we can't do that.' But she insists we can and by hit or miss, we figure out how to do it."

The duo will have 12 pieces hanging in RWC's Gallery Hall. Howard designed them all and Savarese executed the panels. "Some are folk art-centered, there is a woman with a basket of fruit, and a couple of abstracts," Savarese said.

Savarese and Howard also show their stained glass work at the Rappahannock Art League, The Hague Winery and the Art of Coffee in Montross.

In contrast to Savarese's long art career, Kunzinger just picked up the hobby of photography as a teenager. Kunzinger took his camera with him everywhere. As he became more proficient, he began traveling with his freelance writer father, Robert, and they formed a working partnership. Robert's writing and Michael's photos have appeared in many publications together over the last few years.

For example, Michael Kunzinger's Spain photo essay and Siberia photo essay appeared in the Blue Planet Online Journal. He also has had many solo shows including several in the Northern Neck area and recently a solo show of abstracts in Allegheny, New York.

## 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 January: Rev. Penny Cory, Pastor of Kilmarnock United Methodist Church.

**Please note January schedule change:** the class will not be meeting on New Years Day. The normal schedule will resume on January 8<sup>th</sup>.

Wednesday, January 16 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

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." — Edith Lovejoy Pierce

"Good resolutions are simply checks that men draw on a bank where they have no account." — Oscar Wilde

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves." — Bill Vaughn

"It wouldn't be New Year's if I didn't have regrets." — William Thomas

"I would say happy New Year but it's not happy; it's exactly the same as last year except colder." — Rob-

ert Clark

"Life has no remote, so wake up and change it." — Sushil Singh

One thing becomes clear from this simple sampling of quotes: there can be vastly different perspectives on the New Year. But it seems to me that all the different ways of thinking about the year to come fall into two categories: hope and fear. Hope: that I can learn and grow as a person, that I can expand my impact and develop my legacy, that things can be better, that the world can become a better place. Even serious challenges can fall into this category because of the hope that I will somehow rise to them. And then there's fear: that on the one hand the New Year will bring more of the same. How will I possibly deal with that? How can I continue on? Or, on the other hand, fear that things will not continue on but will change, and perhaps drastically so. How will I possibly deal with that?! Change, of any kind, can be stressful. Hope and fear: very different ways of looking at the same thing. But even hope itself can bring with it the fear that my hopes might not be realized. There must be a better way. I'm thinking of a third category which can stand completely on its own. It is the category of promise: that in the difficulty of any and all sameness, God will be with you. And in the face of any and all change, God will be with you. Promise: "Do not fear, for I am with you; be not anxious, for I am your God. I will strengthen you; I will help you; I will uphold you with my righteous right hand...Do not be afraid; do not be dismayed, for the LORD your God will be with you wherever you go." (Isaiah 41:10; Joshua 1:9) So here's my wish, my prayer for you in the New Year to come: "The Lord be with you." Its fulfillment is surely as certain as the blessing itself.

Chaplain Greg Houck

### IN MEMORIAM MS. ANNE MARIE WILHELMSSEN DECEMBER 10, 2018

## Creative Fun: Arts, Crafts and Games

### BOGGLE WORD GAME

Wednesday, January 2 —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, January 10 and 24

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.**

### PAINTING MARDI GRAS MASKS\*

Monday, January 14—11:00 am—Art Room 1

(Class limit: 8)

Make your own Mardi Gras mask this year. Paint and glitter will be provided. Please sign up at the Front Desk to attend.

### CRAFTS FOR A CAUSE

Wednesday, January 16, 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.

### ACRYLIC PAINTING FOR BEGINNERS\*

Wednesday, January 23—11:00 am

Art Room 2

(Class limit: 8)

Amy Lewis will provide step-by-step instruction on how to paint your own beautiful landscape. No prior experience needed. Please sign up at the Front Desk to attend.

### PICTIONARY/CHARADES

Wednesday, January 23 —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.

### MOSAIC TURTLE USING FABRIC AND CANVAS\*

Monday, January 28—10:00 am—Art Room 2

(Class limit: 8)

Mosaics have the ability to start a conversation. They are so interesting to look at and can truly become the focal point of a room.

True mosaics, made with tile and grout, are costly to make and are very heavy. Hanging a tile and grout mosaic on the wall isn't very feasible. So we will use fabric scraps and decoupage. Please Sign up at the Front Desk to attend.

### BINGO PIZZA PARTY\*

Wednesday, January 30—4:45 pm—

Auditorium

Fabulous prizes. Delicious pizza. Fun and Bingo games. All cards are \$2 each. Please sign up at the Front Desk to attend.

## Neighborhood Knowing: Care, Committees & Commentary

### MEMORY SUPPORT GROUPS

Monday, January 7—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).

### CULINARY CORNER

Thank you very much to the entire Culinary Services Staff for providing the Residents with a delicious Christmas dinner and for the New Years Eve party and the New Year's Day meal. The New Years Day meal will be waited and the same menu will be available in both the Formal Dining Room and the Grille. We appreciate the staff's giving up their time to be with their families at home to serve their RWC family here.

Reservations for any waited function can be made at extension 4516 and will be confirmed by the staff. Special food orders can also be called in to extension 4516 before 4:30. After 4:30 you will need to call the main kitchen at extension 4017 and ask for the Hostess or Manager for help with your request.

Edna Roberts, Chairman, Food Committee

### DONATIONS TO RESIDENT LIFE

Please do not leave unwanted items in the Art Rooms or Resident Life office. We are not accepting any donations of any kind at this time without prior authorization from Amy or Maria. There are many thrift shops in our area that collect good unwanted items. Resident Life can provide you with a list of those stores.

Thank you.

### 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

### NEW YEAR'S DAY LUNCH MENU

Black Eye Pea Soup  
Baby Kale, Dried Cranberries, Dried Cherries,  
Feta and Pine Nut Salad  
Southern Fried Chicken Thigh w/ Waffles and  
Maple Syrup  
Roast Leg of Lamb w/ Mint Jelly  
Baked Rock Fish w/ Caramelized Onions and  
Bacon Crumbles  
Stewed Tomatoes  
Collard Greens  
Squash Medley  
Sweet Potato Casserole  
Assorted Desserts  
Champagne Punch

The Grille will be closed for dinner. Box meals will be available. You may place your order by calling the Hostess Desk at ext. 4516 before 3pm on New Year's Day. Boxed meals need to be picked up in the Grille by 5:00 pm.

## Hooked on Books: Explore, Discover and Learn

### THE RWC LIBRARY

*Tuscan Child* by Ryce Bowen is the RWC Book Group's January selection – we'll meet Monday, January 28 at 10:30 a.m. in the Rappahannock Room. The story is told in interwoven narratives – one set in 1944 in Italy where pilot Hugo Langley has been shot down, and one set in 1975 when his daughter learns that Hugo died, finds a letter mentioning Sophia and "our beautiful boy," and goes looking for answers.

*Louise Penny's 14<sup>th</sup>* novel featuring Chief Inspector Armand Gamache picks up where the 13<sup>th</sup> left off. Gamache has been suspended as head of the Quebec police force because, while bringing down a giant drug cartel, he hadn't captured the opioids, and a particularly lethal substance was coming to the Montreal streets. The unusually convoluted plot is effectively narrated in sentence fragments.

Dean Loudy donated *The Operator: Firing the Shots that Killed Osama bin Laden and My Years as a Seal Team Warrior* by Robert O'Neill – a book, Dean says, "with some salty Navy language."

*Wish You Well*, an early David Baldacci novel, was found on a shelf on one side of the Library, and, when the book turned out to be set in the coal-mining Appalachians of southwest Virginia, it was moved to Virginia Fiction, on the other side of the Library! Readers who enjoyed *Still Water Bending* and *Girl of the Limberlost* will like this book.

Did you notice a copy of *Crazy Rich Asians* in the Library in anticipation of December's Saturday night movie? It was read a number of times.

The Library Elves broke all rules of Library Land by mixing Fiction and Non-Fiction on the Newly Published shelves, in hopes that more people will **check out new non-fiction books!** Tish King has read two of the latest, *Educated* and *They Told Me to Come Alone*, pronouncing both "excellent books, but disturbing."

And then the Elves went wild, moving most of the non-fiction books from one set of shelves to another. The **Virginiana section** now has a front-of-the-house bookcase, giving it a bit more space to display our remarkable collection of books about Virginia.

Madame Librarian's recent leisure reading included *Eleanor Oliphant Is Completely Fine* by Gail Honeyman (clever storytelling that reveals, bit by bit, the source of Eleanor's trauma), *November Dad* by Lou Berney (a charming book, despite a high body count), and *Present Tense* by Lee Child (Jack Reacher unmasks a diabolical scheme with an even higher body count, and learns that his father was a bird watcher as a teen-ager).

Good-bye, Old Year, Hail to the New Year, and Hip Hip Hooray for the **RW-C Library Staff** who served through 2018 and are marching into 2019. Cheer on the Book Shelves – Tish King, Pat Beard, Kerley LeBoeuf, Mary Alice Eubank, Page Henley, Susan McKenna, and Mary Anne Campbell; the Computer Guys – Kent McCraney and Kerley LeBoeuf; the Book Processers – Katherine Lantz and Mary Kay Davies; the Book Mobile team – Sally LeBoeuf and Ann Wiggins; the Public Spaces Books and Paperbacks for Troops people – Mary Anne Campbell and Ann Wiggins; and the Curators – Maria Bradley (Religion), Page Henley (Virginiana) and Pat Kirby (Regular and Large Print Mystery and Fiction). Bravo!

Lois Williams – RWC Residents Association Library Chair

## Fit Bits: Manufacturing Muscle

REMINDER THAT 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, January 9, at 1:00 pm in the Auditorium, the Parkinson's Support Group will have Randall A. Scott, a practicing Forensic Psychiatrist who specializes in Neurology and Psychiatry. He is the Medical Director at Bridges Counseling Services at RGH.

### STARTING MONDAY JANUARY 7, 2019

#### Gentle Yoga

We will be changing the level of this class from a B/C level to a B level class.

#### Water Walking

We will be starting Water Walking on Monday's 1:00pm to 1:45pm.

#### Reminder of New Swim Times

**\*All other regular Supervised Swim times on the schedule are the same.**

#### Mondays

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

#### Tuesday

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

#### Wednesdays

**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)**

#### Thursdays

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

#### Fridays

**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)**

#### Other Possible Classes

**These classes have not received enough sign-ups and we will leave them open to sign-up during the month of January.**

TBD Land Aerobic Dance: 3 participants have signed-

up

Tuesday 1:15pm-2:00pm Aqua Fitness Aerobics: 1 participant has signed-up

Friday 12:45pm-1:15pm Mobility Fitness: 1 participant has signed-up

## Flick Picks: Video Lectures, Documentaries and Movies

### DVD: THE CENTER FOR THE ARTS PRESENTATION OF "THE MUSIC MAN"

Monday, January 7—10:00 am  
Chesapeake Game Room

The year was.....a long time ago. Resident Mary Alice Eubank owned and operated the Center for the Arts in Kilmarnock where she directed many, many plays. Discovered deep in a dust covered vault was found "The Music Man" featuring the Lancaster High School Marching Band.

Join us to watch this classic!

### VIDEO LECTURE SERIES: GREAT WARS OF THE MODERN WORLD (4 Part Series)

Every Tuesday, January 8—29—11:00 am  
Auditorium

The Great War signaled the terminal crisis of the European old regime—a crisis more than a century in the making. Pursuing the story of this crisis across themes of domination, integration and betrayal, UW History Professor Raymond Jonas considers the rivalries that underpinned the war and the bleak geopolitical thinking that informed them. Professor Jonas explores the political culture that obliterated tolerance for difference, finding the foundations of power in nation and race. Finally, he asks us to ponder the responsibilities of the powerful, viewed with the eyes of the young men they had persuaded to fight.

**Lecture One:** Domination and Betrayal, WWI and the Modern World

**Lecture Two:** From Empires to Nation States

**Lecture Three:** Home Fronts and Battle Fronts

**Lecture Four:** Cultural Death and Radical Hope

### SUNDAYS AT TWO\*

Sunday—January 13 and January 27  
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, January 13**—Dr. Ben Campbell: "Tidewater's Unhealed Story"

**Sunday, January 27**—Bill Lohmann: "Dr. Copter-The Flying Physician who Kept his Promise to Tangier Island"

### SATURDAY NIGHT MOVIE

January 26—7:00 pm—Auditorium  
Featuring: **Nine to Five**

Three women fed up with their "sexist, egotistical, lying, hypocritical bigot" of a boss entertain fantasies about revenge. But fantasy turns into reality when they think they've inadvertently poisoned Mr. Hart's coffee and try to cover their tracks.

Cast [Jane Fonda](#), [Lily Tomlin](#), [Dolly Parton](#), [Dabney Coleman](#) (1980) PG, 1h 50m

NOTE: Movie may change without prior notice.

