



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 33, Issue 7

JULY 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

~Like us on
Facebook



~Follow us on
Twitter



~Follow us on
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!

WANT TO CHANGE YOUR MEAL PLAN?

If you want to change your meal plan, please fill out a form at the Front Desk by the 25th of the month, maybe just put it on the calendar each month?

Marilyn Grinnen
RWC Business Office
804-438-4846

The deadline to submit articles for the August 2019 issue is Tuesday, July 23, 2019 by noon.
Contact us: 804-438-4000

WESTMINSTER-CANTERBURY DOG SHOW

Friday, July 26—10:00 am
Triangle in 500 Cottage Block

Requirements

- Dog age – 6 months or older
- Dog must have all required shots
- Dog must be on a leash
- Categories are listed in the Sign-up book at the Front Desk.

Categories include:

- Best Senior Dog (7 years and older)
- Best treat catcher
- Most original costume
- Terrific Tricks
- Least Obedient
- Most Obedient
- Largest Dog
- Smallest Dog
- Waggiest Tail
- Owner look-a-like

Competitors may sign up at the Front Desk under as many categories as they want. You do not need to sign up if you are a spectator.

It's Fun & Great prizes.
Spectators welcome!!

FOURTH OF JULY PICNIC MENU

- Cole Slaw
- Potato Salad
- Strawberry, Blueberry, Red and Green Grapes
- Deviled Eggs
- (Slow Cooked) Smoked St. Louis Ribs
- All-Beef Hot Dogs
- All-Beef Slider Burgers
- Fried Chicken Wings
- Fresh Corn-on-Cob
- Petite Green Beans
- Baked Beans
- Red, White and Blue Cupcakes
- Ice-Cream Sandwiches
- Nutty Buddy

CRAB PICKIN' MENU

Sunday, July 14

12:00 am to 4:40 pm

- Cole Slaw
- Potato Salad
- Dill Cucumber Salad
- Sliced Tomato
- Local Blue Crabs
- Blue Cheese Topped Angus Chuck & Short-Rib Burger
- Grilled Knockwurst w / Caramelized Onions
- Sea Bass w / Lemon Basil Sauce
- Roasted Brussels Sprouts
- Texas Beans
- Cheddar Chive Biscuit
- Lemon Ice Box Pie

Virginia Trivia by Jill Couch

Q: At the beginning of World War I, what was the richest town per capita in the nation?

A: Reedville, Virginia

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>JULY 2019</h1>	10:00-COR-Parkinson's Caregiver Support Group 1 1:30-FRL-Shopping & Errands* 2:30-AR1-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Tea Party 4:30-AR2-Memory Support Groups	10:00-AR2-Chat & Craft 2 10:30-COR-Bible Study 10:45-WCR-Travel Log: USA 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:00-AUD-Residents Association Board Meeting 3 1:30-AR1-Boggle Word Game 7:00-CGR-Gentlemen's Poker Club	INDEPENDENCE DAY 9:15-FRL-Trolley in Irvington Town Parade* 11:00-2:00-LVG-July 4 Picnic THE GRILLE WILL BE CLOSED FOR DINNER 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 3:00-WCR-Bingo	8:30-LAN-ROMEOs & OWLETS* 5 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 2:30-WCR-Music by Dirk 5:00-MSP-Happy Hour	2:00-WCN-Movie Matinee 6 5:00-MSP-Happy Hour
	4:00-WCR-Worship Service 7	10:00-BLR-Residents Health Care Committee Meeting 8 10:30-WCN-Resident Council 11:00-AR2-Acrylic Paint Class: String Drag* 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	10:00-AR2-Chat & Craft 9 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 10:45-WCR-Travel Log: French Guiana 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-AR2-Activities Committee Meeting 10 1:00-AUD-Parkinson's Support Group 1:30-CGR-Bunco Group 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 11 10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 1:00-CGR-Genealogy Group 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 12 3:00-WCR-Musical Meditation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour
10:00-LVG-Kitchen Tour* 14 12:00-4:30-LVG-Crab Pickin' THE GRILLE WILL BE CLOSED FOR DINNER. 4:00-WCR-Worship Service	10:00-BLR-Grounds & Landscaping Committee Meeting 15 1:30-FRL-Walmart Shopping* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Music with Billy C.	10:00-AR2-Chat & Craft 16 10:30-COR-Bible Study 10:45-WCR-Travel Log: Gabon 11:00-TGP-Disc Golf* 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:30-AR1-Crafts for a Cause 17 11:00-FRL-Lunch Bunch to Office Café in Irvington* 1:00-AR2-Caregiver's Memory Support Group 3:00-WCR-Bible Study with Greg 4:00-WCR-String Art 7:00-CGR-Gentlemen's Poker Club	9:00-WCR-Men's Breakfast 18 10:00-CGR-Great Courses* 10:15-WCR-Chair Cha Cha 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 2:00-WCR-ALC Resident Council	10:00-ATR-Paparazzi Jewelry Sale 19 10:30-WCN-Coffee & Conversation 11:00-AR2-Acrylic Paint Class: Step by Step* 1:00-LIB-Party Bridge 3:00-WCR-Afternoon Bingo 5:00-AUD-Special Occasion Party NO HAPPY HOUR TONIGHT	12:00-WCN-Movie Matinee 20 4:00-WCR-Word Games 5:00-MSP-Happy Hour
10:00-MSP-Society of Friends Meeting 21 4:00-WCR-Worship Service	10:30-RAP-RWC Book Group 22 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-WCR-Tea Party 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 23 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits 3:00-WCR-Summer Poetry DEADLINE FOR GAZEBO GAZETTE ARTICLES	1:00-AR2-Alcohol Ink: Pendants* 24 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 25 10:15-WCR-Chair Cha Cha 10:45-WCR-Java Time 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary	10:00-Westminster-Canterbury Dog Show* 26 (Only contestants need to sign up for specific competition at Front Desk) 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	2:00-WCN-Movie Matinee 27 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Vice
4:00-WCR-Worship Service 28	11:00-AR2-Acrylic Painting: Balloon Kisses* 29 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-WCR-Tea Party 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 30 10:30-COR-Bible Study 10:45-WCR-Travel Log 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits	4:45-AUD-Bingo-Pizza Party* 31 7:00-CGR-Gentlemen's Poker Club	<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. WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY. </p>		

GREETING FROM THE PRESIDENT/CEO

Closing out June we celebrated our entire staff with a host of events (a breakfast, snow-cone day and a pizza lunch) and prizes in appreciation for their service during our annual Employee Appreciation Week. We are grateful for each amazing member of our staff family. In July we will celebrate 15 members of our staff with service awards for 125 years of service to the residents and clients of RWC.

This represents a remarkable array of gifts, talents, education, and experience along with the unique individual contribution each staff member brings to the care and service provided at RWC. We are proud of these team members having service anniversaries. At the same time, we recognized our Employees of the Month for the first half of 2019 and the 2018 Employee of the Year.

At the June Board meeting, our trustees received the report from our independent auditors on our financial statements for 2018-2019. We received an “unmodified opinion” which in today’s terms is the highest level of opinion an organization can receive on an audit of its financial statements. Our financial statements required no auditor adjustments which puts RWC in the top 5% of our auditor’s clients. Congratulations to Penny, Wade and our Business Office team for a great audit.

Have a wonderful Independence Day and enjoy every day of July at RWC!



COFFEE WITH STUART EVERY MONDAY 2:30 PM—ART ROOM 2

Topics range from RWC life to other items of interest. Please join us for conversation and coffee.

CORN HOLE GAME* EVERY Thursday—1:00 pm—Art Room 2

Corn Hole or bean bag toss is a game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. **Sign up at the Front Desk to play.**

GOOD TO KNOW

When you are moving into RWC or moving to a different home within RWC (or your loved one is), don’t forget to submit a change of address to the Front Desk or your local post office. The initial change of address card serves two purposes: It updates your address so your mail can reach you, and it allows you time to inform everyone of your change of address.

However, the change of address card does not take care of notifying everyone of your address change and it expires after one year. To avoid missing your important business mail and family communications, please make sure you (or a designee) takes the time to call, email, or write to each creditor, depositor, and other important persons of any address change in a timely manner. For more information or for assistance with changes of address, you may call Kay Klein, Community Concierge, at ext. 4800.

Culture Club: Music, Theatre and Speakers

ROMEOs & OWLET s *

Friday, July 5—8:30 am—Lancaster Room

The Virginia Home has been a progressive, thriving community – a private, nonprofit 130-bed home that provides nursing, therapeutic and residential care. One-hundred and twenty-five years since its founding, this community remains the only one of its kind in the Commonwealth – a unique model of both compassionate care and a comforting place to call home for adult Virginians with irreversible physical disabilities. Barbara Lovell, Board member of Virginia Home and RWC resident will be our speaker. We will enjoy a delicious breakfast and discuss the topics of the day. **Please sign up at the Front Desk to attend.**

MONTROSS ARTIST WILL HEADLINE RWC’S JULY ART SHOW Diane Jackson will display local scenes from days gone by

Chesapeake Bay buyboats and wharfs that no longer exist are among Montross artist Diane Jackson’s favorite subject matter. She has been taking photos of the waterman’s way of life since the 1960s, capturing this dying breed in oil paintings and watercolors.

Jackson, who is Rappahannock Westminster-Canterbury’s featured artist for July, started painting at 10 years old with an oil paint set from her parents. She continued studying and creating art through high school and college, but then worked in the legal field for most of her life – painting on the side whenever she could.

Since the 1980s, however, she’s made painting a full-time venture.

“I worked in watercolors for

about 10 years,” Jackson said, “but the competitions seemed to want something more academic, so I worked on more complicated still life and on advanced skills in watercolor. But it got to the point where I didn’t feel challenged. To me, the next painting had to be more difficult than the one I just finished, so I’ve been focusing more in oils – really working on that.”

Jackson’s watercolor paintings, acrylic renderings and scratchboard pieces are shown in various annual exhibits: the Rappahannock Wildlife Show (2010 Artist of the Year), Sidewalk Art Show and An Occasion for the Arts (Williamsburg), Arts on the Lawn and Arts Around the Lake (Richmond), and Art on the Half Shell (Urbanna).

“I like to do things that are really challenging – landscapes, water scenes, sunsets,” she said. “I just finished a lighthouse series – Windmill Point, Stingray Point, Great Wicomico and Wolf Trap. These are probably the last lighthouses.”



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:** Upcoming meeting: July 21. (No meeting on July 7) **Please note that this is a change from the regular meeting schedule.** All meetings are from 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 July: Rev. Jim Moseley of the Campbell Memorial Presbyterian Church.
Wednesday, July 17 at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck.
All residents are welcome to join together for a 30 minute lesson.

RECENT AND ONGOING OPPORTUNITY

A guided group labyrinth walk was held on Wednesday, June 5th. Our own RWC labyrinth is located behind the apartments and is available to all for individual or group use. To learn more about what the labyrinth is all about or how to make use of this meaningful resource please let me, Chaplain Greg, know.

FROM THE CHAPLAIN

Some time ago I was in Richmond for an appointment and some shopping. It was a beautiful day so I stopped at a grocery store and got a nice cup of coffee to enjoy on their large outdoor covered patio. While I was sipping my coffee a store staff person came out toward the patio with a cart of cleaning supplies. They parked the cart outside the patio entrance and walked into the area with a wand-like de-

vice in their hand and proceeded to quickly walk around the perimeter of the patio, tapping the wand to what appeared to be sensors in each of the posts that were supporting the roof, with each "tap" making a distinct beeping sound. Having tapped all the posts around the entire patio, the person left. About 30 minutes later another person came by and did the exact same thing. What in the world?! And then it came to me: the wand was the way the company would know that the worker had been there, covered the area, and done their job. But wait a minute: when I first got there I had a hard time finding a single table not covered in crumbs. Now, 30 minutes and two staff people later that state of things remained unchanged. It struck me that this sensor system was somehow missing the point!

This experience got me to thinking about life, and its purpose, its point. It's been said that "90% of life is just showing up." I'm not so sure about that. When it comes to life, there's more than getting up, but that is an important start. And there's more than just showing up, although that's surely important too. I once saw a beer commercial that ended with the slogan "Life isn't about whether your glass is half empty or half full; it's about filling it up." (I really like that: the slogan that is, not necessarily just the beer!) When it comes to life, beyond "getting up" and "showing up" there's "filling it up." Each and every day of our lives is a powerful opportunity and a sacred gift. How will we choose to fill it up? Filling our time is one thing, filling our lives, and the lives of those around us, is another. How do you think about it? How do you go about it? Surely we can all learn from one another in this, as I know for a fact I personally already have so very much from you. Best wishes for a beautiful, meaningful, purposeful summer and beyond.

Chaplain Greg Houck

IN MEMORIAM

Mrs. Sarah Swann	June 2, 2019
Rev. Charles Johnson	June 11, 2019
Capt. William King	June 18, 2019
Mrs. Barri Mapes	June 19, 2019
Mrs. Jean McDonald	June 23, 2019

Creative Fun: Arts, Crafts and Trips

BEADING OPEN STUDIO*

Thursday, July 11 & 25—3:30 pm—Art Rm 1

Join Susan Carter-Hughes to learn how to bead or help you with your beading projects. **Sign up at the Front Desk.**

ART CLASSES FOR JULY*

Class Limit: 8 (Each class)

All classes are in Art Room 2

Please sign up at the Front Desk

Acrylic Art Class: String Drag*

Monday, July 8—11:00 am—Art Room 2

*

Acrylic Paint Class: Step by Step

Friday, July 19—11:00 am—Art Room 2

*

Alcohol Ink: Pendants*

Wednesday, July 24—1:00 pm—Art Room 2

*

Acrylic Painting Class: Balloon Kisses

Monday, July 29—11:00 am—Art Room 2

*

EVERY TUESDAY—1:00 pm—Watercolor

Class with Pam (sign up is not required for this class).

CRAFTS FOR A CAUSE: SOFT SPOTS

Wednesday, July 17, - 10:30 AM—Art Room 1

Come and join us in the Life Enrichment Center. We will be working on the Soft Spots for the kitten at the Animal Welfare League in Kilmarnock.

SUMMER FARMERS MARKET* (URBANNA)

Saturday, July 13—9:00 am—Front Lobby

Urbanna is known for its agriculture seafood and fabulous artists! You can't get it any fresher if you went to our farms yourself. Come stock up on home grown and homemade

goodies: just-picked produce, fresh baked goods, artisan cheeses from area goat farmers, clothing, jewelry, soaps, candles, perennials, annuals, flower arrangements, pumpkins, honey, farm beef/pork and topiaries and who knows what else. Live music and free parking makes your visit even more enjoyable. **Please sign up at the Front Desk.**

LUNCH BUNCH: THE OFFICE CAFÉ* Wednesday, July 17—11:00 am—Front Lobby

The Office Cafe is a throwback to old world ideals and a different, slower way of living. To us, the kitchen is a holy place and meals are about enjoying the food as well as the camaraderie around the table. Made from scratch with only the freshest ingredients. By sourcing the freshest ingredients for our menu, we follow nature and how its bounty is intended. This ensures the culinary creations you order and we prepare are made with the freshest and most flavorful ingredients.

PAPARAZZI JEWELRY SALE

Friday, July 19—10:00 am until 2:00 pm—Atrium

Paparazzi Accessories are always fabulous, always fashionable, and always \$5. With new styles added daily, you can shop anytime and look like a million without breaking the bank! Find that perfect pop of color, fall in love with a new statement piece, or step out of your comfort zone and try one of the hottest trends of the season - the choice is yours.

BINGO-PIZZA PARTY*

Wednesday, July 31—4:45 pm—Auditorium

Good fun, good prizes, great pizza!! Cards are \$2 each.

Sign up at the Front Desk to attend.

Neighborhood Knowing: Care, Committees & Commentary

MEMORY SUPPORT GROUPS

Monday, July 1—4:30 pm—Art Room 2

ALL PARTICIPANTS ATTENDING THE PERSONS WITH DEMENTIA GROUP MUST BE SCREENED PRIOR TO ATTENDING. Please contact Mary Arthur at ext. 4856 or Amy Lewis at ext. 4024. **Caregivers Support Group** (Mary Arthur, facilitator), persons with **Early/Mid Stage Dementia** (Amy Lewis, facilitator) and persons with **Mid/Late Stage Dementia** (Sara Bishop, facilitator).

KITCHEN TOUR*

Join Culinary Service for a kitchen tour on Sunday July 14th at 10:00am space is limited so please sign-up.

N4RWC 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

RECYCLING

So far in 2019, residents have recycled almost 4-1/2 tons of newspapers, magazines, junk mail, and corrugated boxes.

John Roberts

NEW WINDOW DRESSINGS IN THE DINING ROOMS

New wood shutters have been installed in the Lakeview Grille as well as the Corroto-man room. They provide a decorative touch to the room as well as an easier shade option.

The shutters are easy to use; to properly

adjust for shade please use the center bar. It moves up or down depending on how your preference for sun light. We ask that you do not open the shutter by swinging it away from the window. Swinging the shutter may cause it to hit the tabletop and improper handling may warp the hinge.

If you need assistance with adjustment, please let your server know and they will be happy to assist you. Let's take care of this beautiful improvement to our dining spaces.

A REMINDER: DRIVING ETIQUETTE

- Please drive slowly on RWC roads. This time of year many people are walking, and the sun can blind you to pedestrians.
- Please be mindful of the direction flow in the parking lots.
- Please avoid lengthy parking stays in the three travel lanes under the front entrance portico.

IMPORTANT HOUSEKEEPING REMINDERS

- Please adjust the air for housekeeper before they arrive. It is very difficult to work in units that are very warm in the summer months
- Ambrose Disposal Service will be here on Friday, July 5 instead of Thursday due to the 4th of July holiday.
- There will not be any Independent Living housekeeping services provided Thursday, July 4th

Hooked on Books: Explore, Discover and Learn

Mudbound by Hillary Jordan is the RW-C Book Group's July selection. We'll meet Monday, July 22, at 10:30 a.m. in the Rappahannock Room. A story of two families in rural Mississippi in the 1940 – a white farming family and a black sharecropping family, each with a son just returning from service in World War II in Europe. A powerful book, and a 2017 movie

A special treat for our **Large Print readers** – three really new novels and a non-fiction, with all but one still on the best-seller list – *A Gentleman in Moscow*, *Where the Crawdads Sing*, *Eleanor Oliphant is Completely Fine* and *Educated*. Also, an anonymous donation of a Large Print fiction, *Light Between Oceans* by M. L. Stedman, and two Large Print titles from Milena Van Sant.

The Library's **Mystery Corner** is lookin' good after its expansion from five shelves to eight. Mystery Curator Pat Kirby keeps up-to-date with numbering the series books.

Donna Leon has written 28 Commissario Guido Brunetti mysteries, and Pam and Dick Lillquist had 11 of them. We compared lists to find the RWC Library already had five of their titles. The Lillquists donated the six that we didn't have, so now the Library has 19!

We also compared lists of **Alexander McCall Smith's** books, and the Lillquists added three to our *No. 1 Ladies Detective Agency* series (including *Tea Time for the Traditionally Built*), bringing the Library's holdings to 15 of his 19 titles. The Lillquists also donated five of Alexander McCall Smith's Isabel Dalhousie novels.

Thomas Perry's mysteries are new to our shelves, thanks to Tom Teeples.

Jay White buys and reads book after book – and then donates **"the good ones"** to the RW-C Library. Jay's recent 2019 books include *Cemetery Road* by Greg Isles, *Redemption* by David Baldacci, and *Wolf Pack* by C. J. Box. Also, two major new biographies – Robert A. Caro and Admiral William D. Leahy.

And some new **Lighter Fare**:

Those who chuckled at Graeme Simsion's *The Rosie Project* and *The Rosie Effect* will enjoy *The Rosie Result* – a story of Don and Rosie's eleven-year-old struggling as a fifth grader.

We also have two other 2019 "lighter fare" books – *Number One Chinese Restaurant* by Lillian Li (set in Rockville, Maryland) and *Jeeves and the King of Clubs* by Ben Schott.

Nancy Miller donated two Nicholas Sparks books.

View Points speaker Tom Allen gifted *Grace Happens: Adventures in Everyday Living* to us.

Some of us love books that talk about food. Milena Van Sant suggests looking on the Internet for **"5 jam recipes** from famous Russian writers."

We all have our areas of persnickety-ness, and Madame Librarian is fussy about a bookend at each side of a shelf of books. And particular about books standing straight and tall on a shelf!

Lois Williams – RWC Residents Association Library Chair

Fit Bits: Manufacturing Muscle

CLASS CANCELATIONS FOR JULY 4

7:30-8:10 FC3 Wake Up Yoga **Canceled**
 8:45-9:45 FC3-Gentle Yoga B **Canceled**
 11:45-12:15 FC3-Tai Chi **Canceled**
 2:00-3:30 POOL-Supervised Swim (3 lanes) **Canceled**
 3:30-4:00 WCR-Moving & Grooving **Canceled**

Fitness Center will be staffed 8:00am to 12:00noon. The pool and fitness center will be available after staffed hours. Please be sure to have a partner if you are using the pool. If you are alone in the fitness center wear one of the emergency pendants hanging on the wall near the fire extinguisher. Have a Happy 4th of July.

ADDITIONAL CLASS CANCELLATIONS AND TIME CHANGES FOR THE MONTH OF JULY

Classes not listed below will be offered as usual.

Friday July 5, 2019

10:00-FC1- Strength & Balance & Core D **Canceled**

Monday July 22, 2019

10:00-FC1- Strength & Balance & Core D **Canceled**
 2:30-FIT-Supervised Exercise **Canceled**

Tuesday July 23, 2019

1:00-FC3-Gentle Yoga B **Time Moved**
 9:00-FC1- Dance Aerobics **Canceled**
 11:45-FC3-Tai Chi **Canceled**

Wednesday July 24, 2019

2:30-FIT-Supervised Exercise **Canceled**

Thursday July 25, 2019

1:00-FC3-Gentle Yoga B **Time Moved**

Friday July 26, 2019

10:00-FC1- Strength & Balance & Core D **Canceled**
 2:30-FIT-Supervised Exercise **Canceled**

DISC GOLF

On Tuesday, July 16, 2019, at 11:00 am we will be playing disc golf. Disc golf is played just like golf but with a disc. Come on out and have some fun. We will meet at Thomas Garden Patio.

Please sign up at the front desk. If you have any questions, please contact Jonathan at 438-4290

ORIENTATION FOR NEW PARTICIPANTS OF THE WELLNESS PROGRAM

The Orientation process starts with following these steps:

- Take a tour of the facility if you have not already done so.
- Go through a health history appraisal.
- Sign a waiver.
- Have a doctor fill out an RWC medical clearance form.
- Complete a fitness assessment.

For more information or an appointment, call Jonathan at 438-4290 or William/Alex at 438-4852

PARKINSON'S SUPPORT GROUP

On Wednesday, July 10, 2019, the Parkinson's Support Group will be meeting at 1:00pm in the auditorium. The group will be having Trey Smith is the DBS Therapy Consultant for Boston Scientific Neuromodulation, who recently released the new Vercise Directional Deep Brain Stimulator. This device works in a slightly different manner than the Medtronic stimulator which has been the primary device for a number of years. During the presentation he will discuss the mechanisms behind Parkinson's Disease, as well as different treatment options - including Deep Brain Stimulation. He will also tell us how this device differs and will field questions. This is an educational presentation.

Flick Picks: Video Lectures, Documentaries and Movies

SATURDAY NIGHT MOVIE

July 27—7:00 pm—Auditorium

Featuring:

Focusing on his powerful two-term tenure as second in command to U.S. President George W. Bush, this biographical drama chronicles the long and controversial political career of Dick Cheney. (2018) 2 hrs, 12 min. Rated R.

THE PADDLE WHEEL BOAT: AN INSPIRATIONAL STORY

More than a hundred years ago, two boys were fishing in a small river. They sat in a heavy flat-bottomed boat, each holding a long, crooked rod in his hands and eagerly waiting for "a bite."

When they wanted to move the boat from one place to another they had to pole it; that is, they pushed against a long pole, the lower end of which reached the bottom of the stream.

"This is slow work, Robert," said the older of the boys as they were poling up the river to a new fishing place. "The old boat creeps over the water no faster than a snail."

"Yes, Christopher, and it is hard work, too," answered Robert. "I think there ought to be some better way of moving a boat."

"Yes, there is a better way, and that is by rowing," said Christopher.

"But we have no oars."

"Well, I can make some oars," said Robert; "but I think there ought to be still another and a better way. I am going to find such a way if I can." The next day Robert's aunt heard a great pounding and sawing in her woodshed. The two boys were there, busily working with hammer and saw. "What are you making, Robert?" she asked.

"Oh, I have a plan for making a boat move without poling it or rowing it," he answered. His aunt laughed and said, "Well, I hope that you will succeed."

After a great deal of tinkering and trying, they did succeed in making two paddle wheels. They were very rough and crude, but strong and serviceable. They fastened each of these wheels to the end of an iron rod which they passed through the boat from side to side. The rod was bent in the middle so that it

could be turned as with a crank. When the work was finished, the old fishing boat looked rather odd, with a paddle wheel on each side which dipped just a few inches into the water. The boys lost no time in trying it.

"She goes ahead all right," said Christopher, "but how shall we guide her?"

"Oh, I have thought of that," said Robert. He took something like an oarlock from his pocket and fastened it to the stern of the boat; then with a paddle which worked in this oarlock one of the boys could guide the boat while the other turned the paddle wheels.

"It is better than poling the boat," said Christopher.

"It is better than rowing, too," said Robert. "See how fast she goes!"

That night when Christopher went home he had a wonderful story to tell. "Bob Fulton planned the whole thing," he said, "and I helped him make the paddles and put them on the boat."

"I wonder why we didn't think of something like that long ago," said his father. "Almost anybody could rig up an old boat like that."

"Yes, I wonder, too," said Christopher. "It looks easy enough, now that Bob has shown how it is done."

When Robert Fulton became a man, he did not forget his experiment with the old fishing boat. He kept on, planning and thinking and working, until at last he succeeded in making a boat with paddle wheels that could be run by steam.

He is now remembered and honored as the inventor of the steamboat. He became famous because he was always thinking and studying and working.

