



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480



Rappahannock  
Westminister-Canterbury


# Gazebo Gazette

## WANT TO CHANGE YOUR MEAL PLAN?

In order to change your meal plan please ask for a *Meal Plan Change Agreement* at the Front Desk, fill it out, sign and return it to the Front Desk by the 25th of the preceding month. We cannot change your plan without your signature. Thank you!

**Marilyn Grinnen**  
RWC Business Office  
804-438-4846

Like us on  
**FACEBOOK** 

Follow us on  
**TWITTER** 

Follow us on  
**YOUTUBE** 

As a [RWC You Tube](#) channel subscriber, you will receive notifications as to when new RWC videos are added. It only takes a minute to sign up! You can watch the inspiring RWC videos and see why our residents love living at RWC!

## WELCOME NEW RWC NEIGHBORS!

**Mr. and Mrs. Lee and Giedre "Gee" McCandless, Cottage 710.** Lee and Gee (as they are known) met in grad school and have been married 45 years and are both chemists by education and profession. Lee, born in Pittsburgh, PA, received his B.S. from William & Mary and attended American University for graduate courses. He worked as a Material scientist with a government contractor to help develop new materials for the Space Shuttle program. He later became an Environmental Scientist providing consulting services at an engineering design firm at Dulles Airport. Later his job took him to Reagan National Airport where he retired in 2007. Lee enjoys sailing, boating, fishing (freshwater and salt) and woodworking.

Gee was born in Lithuania and left with her family in 1944 as the German invasion was beginning. She was raised in Massachusetts and received her B.S. from UMASS at Lowell and attended the University of MD for graduate courses. Her job as a chemist took her into chemical manufacturing for global company WR Grace. She moved into research development and became a patent agent. Gee enjoys music, singing (soprano in her church choir), traveling, cooking, gardening and sailing.


**Dr. and Dr. Hanspeter and Renate Muller, Free Standing Home 820.** The Mullers met while on a ski trip vacation during college in 1948. They completed their studies and stayed in touch until they married in 1960. Dr. Hanspeter Muller was born in Basel Switzerland where he earned all degrees, including his PhD in Chemistry. He did his post doc fellowships at MIT and UCLA. His professional career took him and his family around the world as he worked in the pharmaceutical industry establishing manufacturing sites for a global pharma company.

Dr. Renate Muller was born in Tanzania, Africa (father was a banker) and received her M.D. degree from the University of Basel. Her professional career was in experimental pathology and diabetes studies. Her research studies were done at Harvard.

Hanspeter enjoys woodworking and traveling. Renate is a Master Gardener, loves to sew, knows various languages, and traveling. They both enjoyed sailing very much but have sold their boat. They do have an 11-year-old rescue terrier named Lillie who will make the move with them.

*The deadline to submit articles for  
The September 2019 issue is  
**Friday, August 23, 2019 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>AUGUST 2019</b>	<p>Detach the cover of <i>The Gazebo Gazette</i> and place it on your fridge or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV, Channel 85 daily for the latest updates. <b>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></p> <p>An asterisk (*) means a RSVP or sign up is required.</p>				10:00 Cor Food Committee 10:45 WCR Java Time 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-CPL-Rosary	8:30-LAN-ROMEOs & OWLETS* Speaker/Radio 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	9:00-FRL-Irvington Farmers Market* 2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour
10:00 MSP Society of Friends Meeting 4:00-WCR-Worship Service	10:00-COR-Parkinson's Caregiver Support Group 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 10:30-COR-Bible Study 10:45-WCR-Travel Log: 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	1:00 -AR1 Boggle Word Game 1:30-CGR-Bunco Group	10:00-COR-Food Committee Meeting 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary	10:00-FRL-VMFA Trip* 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-CGR-Apple Seeds Computer Group 2:00-WCN-Movie Matinee 4:00-WCR-Talk & Tea 5:00-MSP-Happy Hour	
1:30- FRL- Westmoreland Players <i>Smoke on the Mountain</i> *	10:00-BLR-Residents Health Care Committee Mtg. 10:30-WCN-Resident Council 11:00-AR2 Lecture Video 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 10:00 -LEC-Ham Radio Club Open House 10:30-COR-Bible Study 10:45-WCR-Travel Log: 1:00 -RAP- Duplicate Bridge 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:00-AR2-Activities Committee Meeting 10:30-AR1-Crafts/Cause 11:30 -Parkinson's Group Lunch at Los Patrones 1:30 CGR Bunco Group 7:00-CGR-Gentlemen's Poker Club	9:00-WCR-Men's Breakfast 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 4:00 -CPL -Rosary	10:30-WCN-Coffee & Conversation 11:00-AR2-Floral Painting* 1:00-LIB-Party Bridge 5:00-AUD-Special Occasion Party w/Guitarist Larry Comstock <b>NO HAPPY HOUR TONIGHT</b>	12:00-WCN-Movie Matinee 5:00-MSP-Happy Hour	
10:00-MSP-Society of Friends Meeting 11:00-LVG-Sunday Brunch <b>Grille Closed for Dinner</b> 4:00-WCR-Worship Service	11:00-AR2 Lecture Video 1:30-FRL-Walmart Shopping* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:30 AR1-Crafts for a Cause* 11:00-AR2-T-Shirt Art Class* 1:00-AR2-Caregiver's Memory Support Group 3:00 WCR-Bible Study/Greg 7:00-CGR-Gentlemen's Poker Club	1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour <b>DEADLINE TO CHANGE MEAL PLAN</b>  <b>DEADLINE FOR GAZEBO GAZETTE ARTICLES</b>	2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: <i>Welcome to Marwen</i>	
2:30 FRL Lancaster Players <i>The Birds</i> *	10:30-RAP-RWC Book Group 11:00 -AR2- Lecture Video 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 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 Visit	9:00-FRL- Science Museum Pompeii* 11:00 -TGP-Disc Golf* 7:00-CGR-Gentlemen's Poker Club	10:30 -MSP- Macular Degeneration Support Group* 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour 6:00- AUD -Sock Hop— Look for your Invitation after August 16th	



## GREETINGS FROM STUART BUNTING, RWC PRESIDENT AND CEO

In 2017, a new resident, Mr. Jeff Walker, brought his lifelong hobby of amateur radio to RWC. He asked if there would be interest in forming an amateur radio club for residents and community members. From that conversation the path to the Rappahannock Westminster-Canterbury Amateur Radio Club was set. An exploratory meeting of those interested was held October 10, 2017, and it was agreed that there was sufficient interest to ask the Federal Communications Commission (FCC) for recognition and licensure as an amateur radio club. On October 24, 2017, the RWC Amateur Radio Club was officially licensed by the FCC. Subsequently the Club applied for a special call sign, N4RWC, which was granted. The Club, which includes resident and community members, meets monthly. Largely through donations of equipment and funds, the Club has obtained radio equipment and antennas to outfit a functional "radio shack" in the Life Enrichment Center. There is good reason to believe we have the first amateur radio club based in a community such as ours in Virginia. A presentation at the ROMEOs/OWLETs breakfast, displays, and an Open House will highlight the world of amateur radio at RWC and beyond during August. Enjoy each day in August and all RWC has to offer!

*Stuart Bunting*



**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.

## BROADBAND SURVEY FACT SHEET



Lancaster County  
Broadband Authority

[www.lancova-broadband.org](http://www.lancova-broadband.org)

Extending the availability of broadband internet service is essential for Lancaster County. With broadband, we advance our economic interests, expand educational opportunity for our students, and improve the quality of life for everyone. Last summer a group of citizens became concerned by the lack of progress in getting broadband to the less densely populated areas of the County. So the Board to Supervisors formed a Broadband Authority. The Board agreed and appointed five volunteers to begin securing reliable, affordable, high-quality broadband internet connections for you.

The Authority is taking steps to get this big job underway. We recently obtained a Telecommunications Planning Grant from the Virginia Department of Housing and Community Development. Following the procedures outlined in this grant will show that we are organized and capable. The first thing the grant requires is to conduct a survey which will allow us to find out exactly what and where our needs are. It will also prove that Lancaster County qualifies for the extra funds available in places where low-and middle-income persons need service and where the population is spread out.

This survey is the first step in reaching our goals. If you have internet already, please send your survey response. You can access the survey at the county website, by clicking on the Broadband Authority. If you don't have internet at home you can take the survey at the Lancaster Community Library or the Northern Neck YMCA. You can also send us back the paper copy you received in the mail.

Thank you for your help!

[www.lancova-broadband.org](http://www.lancova-broadband.org)

## CULTURE CLUB: MUSIC, THEATRE AND SPEAKERS

### HAROLD BURNLEY, ALTRIA RETIREE, SHOWCASES PHOTOGRAPHY IN RWC'S AUGUST 2019 ART EXHIBITION



#### *Harold Burnley's work features Southwest Virginia Landscapes*

Harold Burnley Jr.'s work took him all over the globe, giving him a great appreciation for the world's beauty and different cultures. As the VP of Research, Development and Engineering, and VP of Strategic Planning at Altria, he rarely had time to capture images from his travels. Now he does, and is RWC's featured artist for August, 2019.

After his retirement in 2004, however, Burnley soon began making up for lost time, now roaming around in his car whenever he has time and stopping to capture photos of anything that inspires him. Burnley is an exhibiting artist at RAL Art Center in Kilmarnock and serves as their President of the Board of Directors.

Burnley later served as a photographer/photo editor for student publications at Virginia Tech and was elected to Pi Delta Epsilon, the Collegiate Journalism Fraternity. He also was employed as a *Roanoke-Times* and *World News* photographer on the VT campus and for other assignments.

He is a chemical engineering graduate of Virginia Tech and a graduate of the Darden School at UVA as well as a licensed professional engineer in

Virginia. He enjoyed a long professional career, including his time at Altria, but is happy to get back to his creative side. His primary focus is landscape and wildlife photography.

#### **ROMEOS & OWLETs\***

**Friday, August 2, 8:30 am**, Lancaster Room  
Learn all about the RWC Ham Radio Club with a presentation by Mr. Jeff Walker. **Sign up at the Front Desk to attend.**

#### **IN CONCERT**

**Saturday, August 17, 1-4 p.m., Play It Forward**  
Concert, by the Strings Crewe and U.S. Air Force Strings, will be at Campbell Memorial Presbyterian Church in the Sanctuary. Refreshments will be served and Love Offerings will be accepted.

*Sponsored by the Rappahannock Concert Assoc.*

#### **LECTURE VIDEO – ARTIFICIAL INTELLIGENCE: HISTORY & FUTURE WITH CHRIS BISHOP**

**Monday, August 26 – 11:00 am – Art Room 2**

Chris Bishop discusses the progress and opportunities of artificial intelligence research. The last five years have witnessed a dramatic resurgence of excitement in the goal of creating intelligent machines. Technology companies are now investing billions of dollars in this field, new research laboratories are springing up around the globe, and competition for talent has become intense. In this Discourse Chris Bishop describes some of the recent technology breakthroughs which underpin this enthusiasm, and explores some of the many exciting opportunities which artificial intelligence offers. Chris Bishop is the Laboratory Director at Microsoft Research Cambridge and is a professor of computer science at the University of Edinburgh. He has extensive expertise in artificial intelligence and machine learning.

## 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, 10 am – Noon, in the Main Street Pub.

### BIBLE STUDIES:

**Tuesdays at 10:30 am, Corrotoman Rm**  
All residents are welcome to this Bible Study taught each month by different local church leaders invited by the group.  
For August: Rev. Richard Cory.  
Wednesday, August 21 at 3 pm in the Westbury Clubroom. Leader: Chaplain Houck.  
All residents are welcome to join together for a 30-minute lesson.

### FROM CHAPLAIN GREG HOUCK

During the course of past month of July, I found myself thinking about the price that has been paid to found and safeguard our country. Certain defining principles, powerfully formulated infamous words, came to mind. For example: *“Four score and seven years ago our fathers brought forth, upon this continent, a new nation, conceived in liberty, and dedicated to the proposition that “all men are created equal.”* We know those ever-so-familiar opening words of the Gettysburg Address. We also know the closing

words: *“We here highly resolve these dead shall not have died in vain; that the nation shall have a new birth of freedom, and that government of the people by the people for the people shall not perish from the earth.”*

Since I’ve been thinking of these things during July, there are the famous and well-known words, from the four score and seven years earlier: *“When in the course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth the separate and equal station to which the laws of nature and of nature’s God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.”*

All for what reason? So they might gain their freedom. And toward what goal? So they might attain to a better life. This was the firm belief that independence would make a better life. We can probably relate to that conviction on several levels. But how about the last sentence of this document, which we may not know quite so well: *“And for the support of this declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes and our sacred honor.”*

I find it striking, this independence, this better life, would come through depending on God and on one another. Imagine **independence through dependence**. I think it’s worth thinking about again on several levels.

In light of the freedom born that July so many years ago have a great August.

—Chaplain Greg Houck

### IN MEMORIAM

Col. Dorothy Jones, June 29, 2019

## RWC AUGUST 2019 TRIPS



**AWAKEN: A TIBETAN  
BUDDHIST JOURNEY  
TOWARD ENLIGHTENMENT  
AT THE VIRGINIA MUSEUM  
OF FINE ARTS\***

Friday, August 9, 10:00am, Front Lobby

Power down, unplug, and join a voyage into the visionary art of Tibetan Buddhism. The journey from clamor to contemplation unfolds as you progress through a series of immersive spaces, engaging with spectacular art along the way.

Visitors are given the opportunity to view spectacular Buddhist art from the 9th century to 2016. They may also take part in the narrative it presents of a quest for enlightenment. For participants and viewers alike, the exhibition offers a pause from the ordinary noise of daily living and a chance to contemplate and reflect.

If you wish to go, \$15.00 will be charged to your account. VMFA members are free. **Please sign up at the Front Desk to attend and indicate if you are a VMFA member.** Lunch will be at the museum.

**LANCASTER PLAYERS READER’S  
THEATRE: THE BIRDS\***

Sunday, August 25, 2:30pm, Front Lobby  
(Curtain at 3:00 pm)

Conor McPherson's *The Birds* is a loose adaptation of Daphne du Maurier's short story ... as was Hitchcock's film. In the play, huge flocks of birds have attacked and destroyed the world as we know it. Two strangers take refuge in an isolated, abandoned house by the sea. With no outside communication and a scarcity of food, the tension is palpable and hope wanes. The arrival of a mysterious young woman ruffles feathers in the house and threatens to destroy their imagined sanctuary. To attend, \$25 will be charged to your account. **Please sign up at the Front Desk.**

**POMPEII: THE  
IMMORTAL CITY,  
AT THE SCIENCE  
MUSEUM OF VIRGINIA\***



Wednesday, August 28, 9:00am, Front Lobby

Making its North American debut at the Science Museum of Virginia, and on display for only the second time since its creation, *Pompeii: The Immortal City* plunges guests into the heart of the drama and the ruins of the ancient city.

The volcanic eruption that destroyed Pompeii was a catastrophe for its inhabitants. It ended their lives, but also preserved Pompeii’s living environment making it possible for us to explore what life was like nearly 2,000 years ago in a bustling Roman city. Guests will step back in time to discover a vibrant and remarkable civilization that pushed the envelope of innovation.

Spectacular immersive moments using multimedia techniques allow guests to experience the destruction of the city and to identify with the inhabitants of that time, immobilized by the volcano’s ashes.

Over 100 archaeological items from Pompeii, including a large number being exhibited for the first time in the U.S., demonstrate the knowledge the Romans had about nature as well as their scientific and technical know-how at the moment when Vesuvius erupted in 79 A.D. The unearthed objects confirm the extraordinary heights attained by the Pompeians, and their inclusion in the exhibition celebrates their scientific accomplishments. Told through the lens of STEM, guests will discover the impact science has had on our lives for thousands of years.

If you wish to go, \$25.00 will be charged to your account. We will have lunch at the museum. **Please sign up at the Front Desk.**

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### MEMORY SUPPORT GROUPS

Monday, August 5, 4:30 pm, Art Room 2

ALL PARTICIPANTS ATTENDING THE PERSONS WITH DEMENTIA GROUP MUST BE SCREENED PRIOR TO ATTENDING.

Please contact Mary Arthur, 438-4856 or Amy Lewis, 438-4024.

### Caregivers Support Group

(Mary Arthur, facilitator)

Persons with Early/Mid Stage Dementia (Amy Lewis, facilitator)

Persons with Mid/Late Stage Dementia (Sara Bishop, facilitator).



### RWC HAM AMATEUR RADIO CLUB N4RWC NEWS

During the month of August RWC's Amateur Ham Radio Club will display radio equipment and memorabilia in the Life Enrichment Center lobby and Curio Cabinet in the front lobby of the Chesapeake Center.

### HAM RADIO OPEN HOUSE LIFE ENRICHMENT CENTER LOBBY

Tuesday, August 13, 10:00 am-12 Noon and 1:00-3:00 p.m.

The RWC Ham Radio Club members will be available to answer questions and discuss the various radio equipment on display.

*The RWC Amateur Radio Club (N4RWC) meets monthly on the second Tuesday, 10:00 am in the RWC Boiler Room. 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.*

### MACULAR DEGENERATION SUPPORT GROUP\*

Thursday, August 29, 10:30 am, Main Street Pub

Joining a Macular Degeneration or Low Vision Support Group is a great way to find ways others are adjusting to their vision loss. Learn from recommendations of visual aids or low vision services that have been helpful to others.

Please join us for our first meeting in the Main Street Pub. At that time we will discuss the structure and development of the support group. Call Amy if you have any questions at ext.4024. **Please sign up at the Front Desk to attend.**

### TRANSPORT VOLUNTEERS NEEDED

**The Volunteer Transport program has begun!**

This volunteer program has created many new friendships among the residents at RWC.

Independent Living Transport Volunteers are needed to transport Assisted Living Residents to the Fitness Center. Please contact Amy Lewis at Ext. 4024. Amy can answer any questions you may have. Lifting is not required. Volunteer today and make a new friend in the process!



## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN



*The Lies Beneath* by Ann Eichenmuller is brand-new book by a Kilmarnock author. This, her third Mystery with a local setting, takes the heroine from her boat slip in Irvington into the Intracoastal Waterway, where, off Norfolk, there's a dead body and an unfolding mystery of "bioterrorism, political intrigue, and human greed." **It's the RWC Book Group's August selection, and, as a special treat, the author will join us for the discussion. We'll meet Monday, August 26, at 10:30 a.m. in the Rappahannock Room.**

**YEAH for the July 2019 RWC Library Book Lists** with 545 Large Print books and 2083 regular print books! Since the January 2019 Book List, we've discarded 786 books and added 251.

**Nostalgia for a Simpler Time:** *Lark Rise to Candleford* and *A Country Calendar* by Flora Thompson form the basis of the four-season British TV series, *Lark Rise to Candleford*, set in the late 1800s. The Amazon review says, "Lark Rise, a small hamlet gently holding onto the past, and Candleford, a neighboring market town bustling into the future." The books are a donation from Charles and Til Huckins. Warning, the print is small!

*Country of the Pointed Firs* by Sarah Orne Jewett, set in Downeast Maine in the 1890s.

*The Bookish Life of Nina Hill* is a new book that may resonate with some of our readers!

**Favorite Authors:** Betty Hamilton likes Michael Connelly's Harry Bosch books; Phil Booth likes Donna Leone; and Bill Williams (RWC Night Security) has read all of the Library's nine Daniel Silva books! Donations with an "It's a great book" endorsement from the donor:

- *Lost Roses* by Martha Hall Kelly – a 2019 Large Print from RoseMarie Forcum.
- *The Brightest Sun* by Adrienne Benson – 2018 novel from Wanda Wallin (RWC Human Resources).

### Other Donations:

- Tom Teeples gave us the rest of the Thomas Perry mysteries, with a **whimsical description** – PERRY PLACES PULCHRITUDINOUS PROTAGONIST IN PERPETUAL PERIL. And Tom's blunt note with *Evergreen*, the 2019 Willie Black mystery by Howard Owen, said, "It's not his best."
- From Jay White – Peter May's *Man With No Face*, a 2018 reissue of a 1980 book, and John Sanford's 2019 *Neon Prey*, his 29<sup>th</sup> "Prey" title.
- Some Fiction Paperbacks from Jane Hopwood and RoseMarie Forcum
- Anonymous donations to the **Religion section** – "Secrets of Wayfarer's Inn," a Guidepost Series of four books, AND a six-book series of "A thousand Paths . . ." – to Tranquility, to Happiness, to Love, to Wisdom, to Generosity, and to A Peaceful Life.
- In Virginia, *Marching Through Culpepper* by Virginia Beard Morton, said by the Amazon review to be "authentic wartime history blended with a compelling romance."

—Lois Williams

RW-C Residents Association Library Chair

## FIT BITS: MIND AND MUSCLE / CREATIVE FUN: ARTS, CRAFTS

### ORIENTATION FOR NEW PARTICIPANTS OF THE WELLNESS PROGRAM

To begin orientation, follow these steps:

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

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

### PARKINSON'S SUPPORT GROUP Wednesday, August 14, 11:30pm

The Parkinson's Support Group will meet for Lunch at 11:30am at Los Patrones Mexican Restaurant, 652 N. Main St. in Kilmarnock. RSVP to Rita DePew by August 12. 804-435-9553

### DISC GOLF\*

Wednesday, August 28, 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 Patio. Hopefully the weather will not be too hot to play! If you have any questions, contact Jonathan, 438-4290.

Please sign up at the front desk.

### CORN HOLE GAME EVERY THURSDAY, 1:30 pm, Fitness 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.

### IRVINGTONTON SUMMER FARMERS MARKET\*

Saturday, August 3, 9:00 am, Front Lobby

Please sign up at the Front Desk.

### BEADING OPEN STUDIO\*

Thursday, August 8 & 22, 3:30 pm, Art Rm 1

Join Susan Carter-Hughes to learn how to bead or help you with your beading projects.

Please sign up at the Front Desk.

### ART CLASSES FOR AUGUST\*

Class Limit: 8 (Each class)

All classes are in Art Room 2

Please sign up at the Front Desk

### EVERY TUESDAY AT 1:00 PM, WATERCOLOR CLASS WITH PAM

(sign up is not required for this class).

### SIMPLE FLORAL ABSTRACT PAINTING USING FAN BRUSH\*

Friday, August 16, 11:00 am, Art Room 2

Learn to paint a simple floral abstract painting on canvas using fan brush and acrylic paints.

Please sign up at the Front Desk.

### T-SHIRT ART CLASS\*

Wednesday, August 21, 11:00 am, Art Room 2

Using Puffy Paint and Sharpie Marker. Please indicate T-shirt size when signing up at the Front Desk.

### CRAFTS FOR A CAUSE: SOFT SPOTS

Wednesday, August 21, 10:30 am, Art Room 1

Join us in the Life Enrichment Center! We will be working on the *Soft Spots cushions for kittens*. The Animal Welfare League in Kilmarnock gratefully receives them to send home with each adopted kitten or cat.

## FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

### WESTMORLAND PLAYERS PRESENTS, *SMOKE ON THE MOUNTAIN\**

Sunday, August 11, 1:30pm, Front Lobby

At a country church in North Carolina's Smoky Mountains, the young minister has enlisted the Sanders Family to perform in front of the congregation. Between songs, each family member tells a story about an important event in their life. They may seem a perfect and inspiring family, but each Sander provides enough humanity by revealing their weaknesses and allowing us to share in their triumphs. Gospel songs and down-to-earth characters propel *Smoke on the Mountain* to a joyous celebration of life.

### LECTURE VIDEO—THE SCIENCE OF SLEEP, Melatonin to Neural Pathways

Monday, August 12, 11:00 am, Art Room 2

Russell Foster, Debra Skene and Stafford Lightman discuss the science of sleep. Why do we need sleep and what are the physiological processes driving our circadian rhythm? How does our circadian affect our health? Cognitive neuroscientist Vincent Walsh chairs the debate. The science behind sleeplessness can help us understand our rhythms so we can live better and healthier lives. While hormones, such a melatonin, play a role in driving our circadian clock, the amount of sleep we get and our sleep cycles. Produced by The Royal Institution.

### LECTURE VIDEO -A FLAWED GENIUS: EINSTEIN'S GREATEST MISTAKE with David Bodarius

Monday, August 19, 11:00 am, Art Room 2

Albert Einstein is widely considered to be the greatest genius of all time. But in the final decades of his life, he was mostly ignored by his colleagues. Writer David Bodanis explores the genius

and hubris of the titan of modern science. Widely considered the greatest genius of all time, Albert Einstein revolutionized our understanding of the cosmos with his general theory of relativity and helped to lead us into the atomic age. Yet in the final decades of his life he was also ignored by most working scientists, his ideas opposed by even his closest friends. Bestselling author, David Bodanis, discusses Einstein's Greatest Mistake, a brisk, accessible biography of Albert Einstein that reveals the genius and hubris of the titan of modern science. David Bodanis was born in Chicago, lived in France for a decade, and makes his home in London. He studied mathematics, physics and history at the University of Chicago, and for many years taught the "Intellectual Tool-Kit" course at Oxford University. He is fascinated by story-telling and the power of ideas.



### SATURDAY NIGHT MOVIE

Featuring:

"Welcome to Marwen"  
Saturday, August 24, 7:00 pm, RWC Auditorium

When a devastating attack shatters Mark Hogancamp (Steve Carell) and wipes away all memories, no one expected recovery. Putting together pieces from his old and new life, Mark meticulously creates a wondrous town where he can heal and be heroic. As he builds an astonishing art installation—a testament to the most powerful women he knows—through his fantasy world, he draws strength to triumph in the real one. In a bold, wondrous and timely film, *Welcome to Marwen* shows that when your only weapon is your imagination... you'll find courage in the most unexpected places.