



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. Robert Vaughn, Apartment 205. Mr. Vaughn was born in Providence, RI and graduated from Rhode Island State College (now Univ. of RI) with a degree in Mechanical Engineering. He worked as a PE in various offices, before establishing his own practice. He retired after 35 years in engineering management in 2000.

Mr. Vaughn takes great pride in that he built 3 homes and loves all things construction. He is looking forward to enjoying the workshop. He is a duplicate bridge Life Master and was impressed that we host 10 tables of bridge twice a month. He states he needs 80 more points to reach the top tier and he will have 'accomplished something!'

Dr. and Mrs. Howard and Elizabeth (Bets) Montgomery, Apartment 312. Northern Neck neighbors since 2000, Howard and Bets met while studying at Ohio Wesleyan University. Howard is a retired M.D. who after 20 years of an Obstetrics private practice taught at UVA. Bets was an elementary school teacher who taught music to grades 4-6 while in Ohio and all subjects to 4th graders while living in Miami, FL.

Howard is a member of the USCG Auxiliary and enjoyed sailing and golf. Bets has served on the

Charlottesville Junior League and Oratorio Society, directed children's choirs, served on advisory boards, and was involved with the Brownies and Boys Scouts. She enjoys everything music - piano, organ, choir. They are active members of Campbell Church and are looking forward to becoming good neighbors at RWC.

Col. and Mrs. Brook and Susan Read, Apartment 114. The Reads have a long history with RWC as Col. Read's mother, Mrs. Winona Read and his sister, Mrs. Libbie Anderson, both lived here for many years.

Born in Norfolk, VA Col. Read attended Staunton Military Academy where he graduated with Bill Louisell. He received his undergraduate degree from USNA, and MBA in Personnel Administration from GW University. He also was selected to the National War College. Mr. Read served honorably in the USMC and retired as a Colonel after 26 ½ years. After retirement he and Mrs. Read worked as real estate professionals on the NN. Col. Read enjoyed volunteering for Meals on Wheels, in the Reedville Museum, serving as a Senior War-den in his church and was an active member of MOAA.

CONTINUED ON PAGE 8

*The deadline to submit articles for
the October 2019 issue is
Tuesday, September 24, 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	
	10:00-MSP-Society of Friends Meeting 4:00-WCR-Worship Service	LABOR DAY 10:00-COR-Parkinson's Caregiver Support Group 11:00-LVG-Labor Day Lunch 4:00-CGR-Dart Sharks 4:00-WCR-Tea Party GRILLE IS CLOSED FOR DINNER.	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 1:30-FRL-Shopping & Errands* 2:00-ALC-Therapy Dog Visits DINNER SERVED IN AUDITORIUM	10:00-AUD-Residents Association Board Meeting 1:00-AR2-Flower Dip Class* 7:00-CGR-Gentlemen's Poker Club	10:30-MSP-Meet and Greet Stephanie Reeves Reed 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-CPL-Rosary	8:30-LAN-ROMEOs & OWLETS* 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	2:00-WCN-Movie Matinee 3:30-WCR-Trivia & Coffee 5:00-MSP-Happy Hour	
	4:00-WCR-Worship Service	1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party 4:30-ATR-Meet the Artist 4:30-AR2-Memory Support Groups	10:00-AR2-Chat & Craft 10:00-AR1-Ham Radio Club Meeting 10:30-COR-Bible Study 10:30-FRL-Trip to RAL Art Show* 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 11:30-AUD-Parkinson's Support Group 1:30-CGR Bunco Group 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 10:00-CGR-Great Courses* 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:00-CGR-Genealogy Class 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Open Studio	WEAR PURPLE DAY 10:30-WCN-Coffee & Conversation 11:00-ATR-Rock & Roll Cake Walk 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	9:00-FRL-Trader Joe's* 10:30-CGR-Apple Seeds Computer Group 2:00-WCN-Movie Matinee 4:00-WCR-Talk & Tea 5:00-MSP-Happy Hour	
	10:00-MSP-Society of Friends Meeting 11:00-LVG-Sunday Brunch 4:00-WCR-Worship Service GRILLE CLOSED FOR DINNER	10:00-BLR-Grounds & Landscaping Committee Meeting 11:00-AUD-Documentary: The End of Aging 1:30-FRL-Walmart Shopping* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Tea Party	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 4:30-FRL-Ladies Night Out*	10:30-AR1-Crafts for a Cause* 11:00-FRL-Lunch Bunch to Willaby's* 1:00-AR2-Caregiver's Memory Support Group 1:30-CGR-Mah Jong Group 3:00-WCR-Bible Study/Greg 7:00-AUD-Limelights in Concert* 7:00-CGR-Gentlemen's Poker Club	9:00-WCR-Men's Breakfast 10:00-CGR-Great Courses* 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-AUD-Welcome Reception-Special Occasion Party NO HAPPY HOUR TONIGHT	9:00-FRL-Heathsville Farmers Market* 12:00-WCN-Movie Matinee 5:00-MSP-Happy Hour	
	4:00-WCR-Worship Service 6:30-FRL-On Stage with the Sleep Canyon Rangers*	10:30-RAP-RWC Book Group 1:30-FRL-Shopping & Errands* 2:00-AUD-Open Enrollment Seminar* 2:30-AR2-Coffee with Stuart 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 Visits DEADLINE FOR GAZEBO GAZETTE ARTICLES	11:00-TGP-Disc Golf* 7:00-CGR-Gentlemen's Poker Club DEADLINE TO CHANGE MEAL PLAN	10:00-CGR-Great Courses* 10:30-MSP-Macular Degeneration/Low Vision Support Group 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 12:00-FRL-York River Cruise* 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Poms	
	4:00-WCR-Worship Service	10:30-AUD-Harvard Video Lecture: The Art of Aging Well 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks	<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. REMINDER: WE MUST HAVE A MINIMUM OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS WITH THE EXCEPTION OF WEEKLY SHOPPING. <u>WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</u> </p> <p style="text-align: center;">An asterisk (*) means a RSVP or sign up is required.</p>					



SEPTEMBER 2019

GREETINGS FROM STUART BUNTING, RWC PRESIDENT AND CEO

Sometimes we cannot see that which is right in front us, right? Now you are wondering what that is all about. Well it is about the uniquely wonderful, dynamic, engaging, interesting, fascinating, and fabulous PERSONALITY of our neighborhood. I was reminded about that myself in a recent conversation with several residents who will remain nameless, to protect the innocent. Have you thought about the PERSONALITY of our neighborhood lately? If you haven't maybe this will remind you and encourage you, as it did me, to take the time to realize, reflect upon, and reconnect with the unique attributes that form this PERSONALITY.

Think about the amazing talent among our residents and staff. From handcraft to gardening, we have a host of talented artists and artisans. Think about the educational, training and career experiences throughout our community. From technical specialists to academic masters, clergy to scientists, engineers to clinicians, lawyers to teachers, military to civilian, we have most all forms of education and training you can imagine. Some of us are high-tech, and some are no-tech, and others are in between. And we have a wide variety of interests in pets, books, music, politics, philosophies, hobbies, society, spirituality, indoor/outdoor activities, sports, cards, darts, bridge, cornhole, and ham radio, to name but a few (sorry if I left any out).

So, what makes this the uniquely wonderful, dynamic, engaging, interesting, fascinating, and fabulous PERSONALITY of our neighborhood? Each one of us! Each person, resident and staff alike, contributes to the PERSONALITY of our neighborhood as a whole. These individual lights shine together in our neighborhood creating the PERSONALITY unique and special to Rappahannock Westminster-Canterbury. All fit together nicely with no one light outshining another, and no light hid under a bushel. This harmonious illumination resoundingly identifies our neighborhood. Enjoy September at RWC!




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.

CONTINUED FROM COVER PAGE-WELCOME NEIGHBORS

Mrs. Read was born in American Samoa, graduated from Tustin Union HS in Tustin, CA, earned her BA in Education from UC Berkeley and her M.Ed. from UVA. She taught in elementary school, as well as working as a real estate agent with her husband. Susan was also an active volunteer with the Reedville Museum, Smith Point Sea Rescue, reading partners, Meals on Wheels, her church and was an active bible study leader. She still enjoys sewing and gardening.

Mr. and Mrs. Dick and Marty Wilson, Cottage 502. The Wilsons have a long-standing relationship with RWC as supporters and friends of many past and current residents. Born in Richmond, Dick's first trip to the NN was with his grandfather on a fishing trip and he has loved the area since. He and Marty met in Charlottesville at a school conference and have been married for 53 years.

Both well educated, Dick received a BA in English from UVA and after serving in the Navy for three years, worked in Financial Planning at Wheat First Securities. An active community volunteer, Dick served on the Vestry at Grace Church, Board member of RCCF, and still serves as President of the Steamboat Era Museum and the Board of HCC. Dick enjoys reading and community services. Marty received her BA in History, with a minor in French, from Salem College and her M.Ed. in Counseling from VCU. She worked as an elementary school guidance counselor for 20 years in the Henrico County school system. Marty is also an active community volunteer and has served in Junior League RIC, Maymont Foundation, The Woman's Club RIC, and church vestry. She has enjoyed gardening and fishing and still enjoys reading, Mah Jong, party bridge, Scrabble, traveling, history and meeting new people.

CULTURE CLUB: MUSIC, THEATRE AND SPEAKERS

ROMEOS & OWLETS*

Friday, September 6, 8:30 am,

Join local author and Southside Sentinel columnist Larry Chowning as he shares stories from his books about 19th and 20th century Chesapeake history and lore. Books will be available for sale (\$20-\$35).

Sign up at the Front Desk to attend.

MAH JONG – MONTHLY OPEN PLAY 3rd Wednesday of the month

Chesapeake Game Room

Starts September 18, 2019

Calling all Mah Jong players! If you are interested in joining an Open Play Mah Jong group once a month on the third (3rd) Wednesday of the month, 1:30 – 3:30 pm at RWC, **contact Donna Hoskins, ext. 4315 or Pat Kirby, ext. 4842.** First play will be September 18, 2019.

97-YEAR-OLD RWC RESIDENT TO DISPLAY PORTRAITS IN ESTEEMED SHOW

**Margaret Feil will showcase surreal art at RAL's
58th Annual Labor Day Art Show**

If you see 97-year-old Rappahannock Westminister-Canterbury (RWC) resident Margaret Feil's artwork in the Rappahannock Art League's (RAL's) 58th Annual Labor Day Art Show and think it's a bit strange, don't worry. She does too!

Born and raised in Dinwiddie County and then living in Petersburg for most of her adult life, Feil moved to RWC with her second husband in 1999. She has been an artist for as long as her son, Dana Smith, can remember.

"She's always painted and dabbled in every medium out there," he said. "She started with oils, then encaustics (dry pigments mixed with hot wax), she settled into acrylics and then, in the 1990s she got into watercolors and collage." Feil stopped painting and creating when she moved into assisted living but started again when the well-equipped art studios opened in RWC's new Life Enrichment Center in 2017, and with encouragement from Amy Lewis, RWC's Coordinator

of Resident Program Development.

"She started with crayons and paintbrushes, but found it frustrating," Smith said. "Amy found watercolor pens with a brush on the tip and my mother loves them. She's been creating these bizarre faces. She totally focuses on doing a face. You can hear her laughing while she's working on them; she's in her own little zone. The staff compliments her work, then six minutes later she'll say, 'Who did this?' When we tell her she did, she says, 'No. I would never do anything this ugly.' She has no memory of doing any of this."

Feil has been working on her faces since last fall, and Smith and his personal aide Punky Brooks, have been saving them all. Lewis suggested they enter them in RAL's Labor Day art show. They found a frame with plexiglass that fit the artwork perfectly and submitted it to the show.

"When I see these faces, I think, 'Where is this coming from in her head?' he said. "My mother never did portraits except maybe two in the 1960s and 70s. She focused on still life and landscapes. These are very mysterious, very other-worldly."

Feil's work, along with that of several other local artists, will be on display at RAL for the month-long show Aug. 28-Sept. 28. It is widely recognized as one of the longest-standing visual arts shows in Virginia.

AWARD-WINNING ARTIST RETURNS TO RWC IN SEPTEMBER

**Jacquie Colligan traveled around the world solo
at 16 years old**

Local artist and world traveler Jacquie Colligan will bring her unique artwork and handcrafted jewelry to exhibit as the featured artist at Rappahannock Westminister-Canterbury again this fall. Her avant-garde works incorporate two new techniques she has learned and is now teaching. Her jewelry is made of semi-precious stones, metal and beads acquired in her worldwide travels with her husband

**MEET THE ARTIST ON MONDAY, SEPTEMBER 9
AT 4:30 PM IN THE ATRIUM.**

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 September: Paul Sciacchitano. White Stone Church of the Nazarene.

Wednesday, September 18 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

Here we are, September already. Where has summer gone? Is it just me or does it seem like time is flying by faster all the time?! There are these times when I find myself thinking about time. I'm quite certain I'm not the only one who does this. For example: "The present time has one advantage over every other — it is our own." (*Charles Colton*) "Whether it's the best of times or the worst of times, it's the only time we've got." (*Art Buchwald*) "The only reason for time is so that everything doesn't happen at once." (*Albert Einstein*) Less seriously: "Time flies like an arrow; fruit flies like a banana." (*Groucho Marx*) "I've been on a calendar, but never on time." (*Marilyn Monroe*) And more seriously: "The future has a way of arriving unannounced." (*George Will*) "Too often too late comes too soon." (*Sun Wolf*)

I humbly offer a few brief reflections. There's a right time (and a wrong time) for everything under the sun. We know our days are numbered; we don't know the number of our days. Ultimately, when all is said and done, we will have the time we need to do what we need to do with our lives. If we're still present, then our presence still has a purpose. Our life is like a coin: we can spend it on anything we want, but we can only spend it once.

And now I return to further thoughts so wisely stated by others (in former times): "The whole future lies in uncertainty: live immediately." (*Seneca*) "Someone is sitting in the shade today because someone planted a tree a long time ago." (*Warren Buffett*) "The best time to plant a tree was 20 years ago. The second best time is now." (*Chinese Proverb*) "The right time is any time that one is still so fortunate to have." (*Henry James*) "Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin." (*Mother Teresa*)

No matter how you think about it, or even if you don't think about it at all, time has its way of relentlessly marching on. In the end, we can be both encouraged and positively challenged by these realities. So long as we are still here on this earth, time is a gift that is ours to enjoy as well as invest. I consider it a privilege to invest mine in partnership with you in this great adventure of the time of our lives.

Chaplain Greg Houck

IN MEMORIAM

Dr. Ronald K. Davis

August 3, 2019

RWC RAIN GAUGE INFO MOVED

The RWC rain gauge is read every morning by either Pete Epps or Dean Loudy and is recorded on a calendar that is now located in the Atrium in front of the mail boxes above the daily menus. The amount of rain each day is totaled at the end of the month and the monthly total is recorded and the running amount of rain for the year is calculated.

TRIPS AND MORE

TRIP TO RAL ART SHOW IN KILMARNOCK*

Tuesday, September 10

Leave Front Lobby at 10:30 am

Enjoy a short trip to Kilmarnock to see one of Virginia's finest displays of quality art by local artists. Please sign up at the Front Desk.

TRADER JOE'S SHOPPING, WILLIAMSBURG*

Saturday, September 14

Leave Front Lobby at 9:00 am

Pack your reusable shopping bags and ride to Trader Joe's: a neighborhood grocery store with amazing food and drink from around the globe and around the corner. Great quality at great prices. Please sign up at the Front Desk.

LADIES NIGHT OUT*

Tuesday, September 17

Leave Front Lobby at 4:30 pm

Join your friends and staff for a fun-filled outing to another wonderful restaurant. Where are we going?? We'll let you know when you board the bus! Please sign up at the Front Desk. If we have at least six (6) persons on the wait list, we'll take another bus

LUNCH BUNCH TO WILLABY'S*

Wednesday, September 18

Leave Front Lobby at 11:00 am

Willaby's in White Stone offers a wide variety of lunch choices. Enjoy a delicious lunch overlooking the Rappahannock River and Robert O. Norris Bridge. Sign up at the Front Desk to attend.

HEATHSVILLE FARMER'S MARKET*

Saturday, September 21

Leave the Front Lobby at 9:00 am

Step back in time this month. Local Historical Enactment Groups will be setting up a "Living History" encampment. A display of Historical Flags will also be erected.

Shop all your favorite vendors, selling local produce, gourmet peanuts & eggs, flowers and nursery plants, baked goods, fresh oysters, and locally-made handcrafts. We'll also have many new vendors. Sign up the Front Desk to attend.

YORK RIVER CRUISE*

Friday, September 27, 2019

Leave RWC at 12:00 noon for a 2:00 PM departure

\$37 pp + \$3.00 bus fee = \$40.00

Tickets will be charged to resident's account on 9/23

2-hour Daytime Sightseeing Cruise on the York River.

Set Sail aboard Yorktown's Schooner Alliance! Lend a hand at setting sail, take the helm and steer the ship, or look for dolphins & osprey as you cruise past the Victory Monument & Battlefield where our country won its independence! Must be able to step up and into ship. Wear sturdy, non-skid shoes and bring a hat/jacket with you. Drinks and snacks on board for sale. Call Maria, 4011, for more information. Dinner (on own) after the cruise. Please sign up at the Front Desk.

MEOW NEWS!

Do you have a pet cat or have you had one in the past and miss them? Would you want to help with a community project? Spend one hour a month joining Crafts for a Cause making soft cushions for kittens. All you need to do is tie knots in fleece strips. It's very easy! The cushions are given to the Animal Welfare League which sends one home with each adopted feline. In return, AWL brings kittens to RWC for socialization and a petting session which is much enjoyed by all residents.

Come help the group on Wednesday, September 18 in Art Room 2 at 10:30 am.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

RWC HAM AMATEUR RADIO CLUB N4RWC NEWS

The RWC Amateur Radio Club (N4RWC) meets monthly on the **second Tuesday, 10:00 am** in the **Art Room 1 in the Life Enrichment Center**. 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.

RECYCLING NEWS

Many thanks to Ginny Burnette for collecting beer and wine bottles after RWC events such as Bingo parties. The staff including Regina, Chester, Amy and Maria, help with this collection. Ginny places a tall gray plastic container to collect **empty** bottles and cans at these events. Between January and July Ginny collected 296 glass bottles and personally took them to the Recycling Center on White Pine Dr. off of Rt. 200 opposite Hills Quarter. In addition she collected 72 aluminum cans and donated them to the Boys & Girls Club. The Club receives a small remittance for them. Every Monday morning a couple of members of the resident recycling committee collect cardboard, newspapers, and other clean paper such as junk mail at the 5 trash collection areas around campus. An RWC truck and driver accompany them and take the materials to White Pine Drive to unload. If you want to be part of the recycling team, contact John Roberts at #4238. Generally this would require only one hour per month! Fred Luxton collects metals in green trash bins in each of the 5 trash collection areas. The can is marked for CLEAN cans and has a small hole in the top. Fred takes them to Urbanna for recycling. The money he receives is donated to the RW-C Foundation. Many of us are able to take our personal recycling to White Pine Drive. Thanks to all involved in these recycling efforts!

RECIPE IDEAS

Culinary Services invites residents to submit ideas and recommendations for soups, salads, entrees or main dishes, side items, and desserts to be considered for future menus. If you have recipes for your ideas and recommendations, **please** submit those as well. Please submit via email to Genita Maiden-Shearin (gmaiden@rw-c.org) or leave at the Front Desk addressed to Genita. Thank you.

RWC QUALITY OF LIFE COMMITTEE

On Wednesday, July 30, your Quality of Life Committee met for the first time in some months. Having new members on the committee, the question was asked, "What does Quality of Life mean and what does this committee do?" This is a fair question and after some discussion, we thought it would be a good idea to let everyone else know as well.

The Quality of Life Committee is made up of residents, board members, staff members and the CEO. The purpose of this group is to help foster and maintain a spirit of partnership and trust among residents, staff and trustees. The focus of our discussion is on 'big-picture' ideas that will enhance the living and working experience of residents and staff. The focus is not on smaller issues that are addressed in other forums such as the Resident Association, Community meetings, Coffee with Stuart or the many other communication mechanisms already in place. Rather, the discussion revolves around larger issues that may not have been addressed in one of the many other forums. The exchange of information in this group is a process that provides respect and enhances continuing care while furthering communication, which includes input from respective Resident Association committees.

Current members of this group include Mickey Blandford, Mary Lu Dorsey, Gerald Hoskins, Rev. Megan Limburg, Dr. Merthia Haynie, Nancy O'Shaughnessy, Shanee Jones, and Stuart Bunting. The committee meets bi-monthly. Please feel free to be in touch with any of these committee members as needed.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Where the Crawdads Sing by Delia Owens – A book reminiscent of *Girl of the Limberlost*, published in 1909 – both stories of a girl who spends her childhood immersed in the natural world and becomes a recognized authority as an adult. In this 2018 book, Kya, derisively called Marsh Girl by the locals, grows up without family or schooling, and the story toggles between Kya's youth among the marsh creatures and the discovery of a body. RWC readers rave about the book! It's the RWC Book Group's September selection – we'll meet Monday, September 23, at 10:30 a.m. in the Rappahannock Room.

Lots of Non-Fiction News!

Lancaster County's **Mary Ball Washington** is the subject of two new biographies. The RW-C Library already has *The Widow Washington* by Matha Saxton, published in June, and we'll have Craig Shirley's book, subtitled *The Untold Story of George Washington's Mother*, when it is published in December. The Lancaster Virginia Historical Society (LVHS) and Lancaster Community Library (LCL) are co-sponsoring a talk by each author at LCL – Dr. Martha Saxton on November 17 and Craig Shirley on December 15.

Three other biographies – Admiral William H. McRaven and Oliver Wendell Holmes (both 2019 and both from Jay White) and Eleanor Roosevelt (her 1961 autobiography).

Two new Histories – *The Pioneers: The Heroic Pioneers Who Brought the American Idea West* by David McCullough (from Jay White) and *The British Are Coming: The War for America: Lexington to Princeton* by Rick Atkinson (an RW-C Library purchase).

Also, some **Public Spaces** books from Betsy Heller; the "Best Business Book of 2018," *Bad Blood: Secrets and Lies in a Silicon Valley Start-up*; and two **non-fiction books** from Elaine Lowrey – a 2019 book about the island of Capri and *The Day the World Came to Town: 9/11 in Gander, Newfoundland*.

Plenty of Fiction News, as well.

Look for three **Mini-Collections** on the New Books shelves – Mysteries & Recipes, donated by Rosemarie Forcum; Condensed Books, an anonymous donation; and, in response to a request, a four-book set of Mitch Albom books.

From Don Stebbins, a **new-to-us** Tom Clancy, Ken Follett and Robert Harris; from Peter Bennett, two **Mystery "oldies"**; and from Bill Williams, some **Fiction "oldies"**. And from Jay White, a couple of 2019 "thrillers."

Recent purchases include *Beneath a Scarlet Sky* by Mark Sullivan (Jerry Hamm's recommendation has made it a popular book) and *The Witch Elm* by Tana French (long but gripping). And we have two books just made into movies – *Where'd You Go, Bernadette?* and *The Art of Racing in the Rain*. On August 27 (its release date), we'll have Louise Penny's latest Chief Inspector Gamache novel, *A Better Man*.

Lois Williams – RWC Residents Association Library Chair

FIT BITS: MIND AND MUSCLE

Supervised Swim 3 lanes open: 8:00am-9:00am

Supervised Swim 3 lanes open: 9:00am-10:00am

Strength and Balance C: 9:00 am-9:45am

Fit to Move: 10:00am-11:00am

Strength, Balance and Core D: 10:00am-10:45am

Strength and Balance A: 11:05-11:35am

Supervised Exercise: 11:00am-11:45am

Water walking: 1:00pm to 1:45 pm **Canceled**

Strength and Balance B: 1:30-2:15am **Canceled**

Supervised Swim 3 lanes open: 2:00pm-2:45pm

(But if you have a partner you can come swim)

Pool closed for cleaning 3:00pm to 6:00pm

Supervised Exercise: 2:30am- 3:15pm

WELCOME FITNESS SPECIALIST DEMETRICK LEE

Demetrick is a graduate of James Madison University with a Bachelor of Science in Health Sciences. He also has his Personal Training certification from National Strength and Conditioning Association.

LABOR DAY—SEPTEMBER 2, 2019

Tai Chi Class

Tuesday and Thursday 11:45 to 12:15

If you are interested in taking Tai Chi, 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 Alex at 438-4852

PARKINSON'S SUPPORT GROUP

On Wednesday, September 11, 2019, at 1:00 pm in the Auditorium the Parkinson's Support Group will be having an open forum, so bring your thoughts, ideas, helpful hints and questions. This will be a great time to connect as a group, so we hope to see you there.

DISC GOLF*

On Wednesday, September 25, 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 Patio.

Please sign up at the Front Desk.

If you have any questions, please contact Jonathan at 438-4290.

MEET & GREET STEPHANIE REEVES REED, MASSAGE THERAPIST

Thursday, September 5 at 10:30 am in Main Street Pub

RWC is pleased to announce that Stephanie Reeves Reed will be joining us as our new Licensed Massage Therapist. She has over 15 years experience in the massage field and 20 years in counseling.

Each massage is customized to meet your needs, ranging from relaxation to deep tissue and pain management. **She will be in the RWC Spa on Thursdays and will be scheduling her own appointments and can be reached by phone or text at 804-436-6555.** She is also available for bedside services if needed.

Her fees are as follows;

30 minutes—\$45.00

60 minutes—\$75.00

90 minutes—\$110.00

MEMORY SUPPORT GROUPS

Monday, September 9, 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).

FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

GREAT COURSES*

“NATIVE PEOPLES OF NORTH AMERICA”

Thursdays, September 12 – November 21, 2019

10:00 am - 11:30 am

Chesapeake Game Room

24 Lectures in a Twelve (12) weeks course.

Native Peoples of North America, pairs the unmatched resources and expertise of the Smithsonian's National Museum of the American Indian with the unparalleled knowledge of Professor Daniel M. Cobb of the University of North Carolina at Chapel Hill to provide a multidisciplinary view of American history, revealing new perspectives on the historical and contemporary experiences of Indigenous peoples, and their significant impact on the history of our country.

Daniel Cobb is an Associate Professor of American Studies at The University of North Carolina, Chapel Hill. He achieved a B.A. in History with a Sociology minor from Messiah College, where he graduated *cum laude*; a M.A. in History from the University of Wyoming; and a Ph.D. in History from the University of Oklahoma. Please sign up at the Front Desk.

VIRGINIA ELECTIONS INFORMATION

The next election is Tuesday, November 5, 2019.

This is for General and Special Elections.

Important deadlines to remember:

Register/Update Address by: *Tuesday, October 15, 2019*

Request Absentee Ballot by mail by: *5:00 p.m. Tuesday, October 29, 2019.*

Request Absentee Ballot by appearing in person by: *5:00 p.m. Saturday, November 2, 2019*

Save the Date: Thursday, October 17, 2019, 10 am – 2 pm

Resident Life will help with absentee ballot applications, annual absentee ballot applications, registration information and other electoral information. The table will be in the Atrium and will include a Sample Ballot for viewing.

SATURDAY

NIGHT MOVIE

Saturday, September 28, 7:00 pm, Auditorium

Featuring: Poms

In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad. (2019) PG-13, 1 hour, 31 minutes.

MEDICARE AND INSURANCE COVERAGE SEMINAR*

Monday, September 23 at 2:00 pm in the Auditorium

The 2019 Medicare Open Enrollment period runs from October 15 until December 7, 2019. During this time period you can make changes to all types of Medicare Coverage – traditional Medicare (Part A and B), Medicare Advantage plans (Part C) and prescription drug coverage (Part D). The options available with Medicare can be confusing. Please join us on Monday, September 23, at 2:00PM in the Auditorium for a program regarding Medicare coverage presented by Lisa Walker, Vice President of Advocacy Resources with Bay Aging. Lisa will explain the different types of Medicare coverage, the benefits of each type of coverage and tips to help you determine what choice is best for you. Following the open enrollment presentation Penny Smith, CFO, of Rappahannock Westminster-Canterbury will be speaking on Long Term Care Insurance. Penny will explain how long term care insurance can work with the different options offered at RWC.

RSVP by Wednesday, September 18, 2019

Call 804-438-4877

Email dkenner@rw-c.org

MACULAR DEGENERATION/ LOW VISION SUPPORT GROUP MEET EVERY MONTH THE LAST THURSDAY OF THE MONTH!!

This months meeting is Thursday, September 26 at 10:30 am in the Main Street Pub. Info, tips, tricks and more to help you cope