



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

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FACEBOOK



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Follow us on
YOUTUBE



*The deadline to submit articles for
the December 2019 issue is
Tuesday, November 19, 2019 by noon.
Contact us: 804-438-4000*

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!

PROPOSED SLATE OF OFFICERS 2020

PREISDENT Gerald Hoskins
VICE PRES. Jane Higgins
TREASURER Fred Luxton
SECRETARY Nancy Ellett
DIRECTORS
AT LARGE Phil Booth, Susan Carter-Hughes, John Hess, Helen Woolfolk
QUALITY OF LIFE Mickey Blandford (2nd of two-year term), Carl Blades (1st of two-year term)
FINANCE COMM. Ben Weimer, Walt Klein, Susan McKenna, Rhea Stone, Kent McCraney

NOMINATIONS/
BY LAWS COMM. Susan Jones, Cecelia Barton, Rosemarie Forcum, Page Henley

Respectfully submitted,
Nominations and By Laws Committee

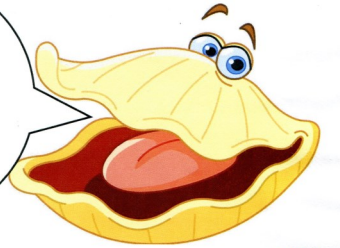
EMPLOYEE CHRISTMAS FUND

Shelley and Crabby say "GO!" GO find your check. GO fill in the blanks. GO drop it in the basket at the Front Desk. The Christmas Fund basket still waits expectantly for your donations at the Front Desk.

As you know, RWC has a strict no-tipping policy. So the Residents' Association established this fund to provide a monetary way for us to show our remarkable staff how much we appreciate their efforts. The

GET REELY READY!

Hey, CRABBY, I SEA you've been REELY good all year!



EMPLOYEE CHRISTMAS FUND

That's right SHELLEY!! I'm REELY ready for a holiday SHELLLEBRATION!




Christmas Fund has been adding joy to employee holidays for many years. It is a long and valued tradition. A tradition we are proud of! Let's keep it going.

Last year employees received checks amounting to a total of \$115,350. It was the most successful fund drive ever!! This year our goal is to meet or beat that amount. Make your checks out to RWC Employee Christmas Fund. THE DEADLINE IS DECEMBER 3, 2019.

Together we can help the hands that help us every day have a happier holiday!
Residents' Association

VETERANS AND SURVIVING SPOUSE – SAVE THE DATE FOR VETERANS DAY! MONDAY, NOVEMBER 11, LOOK FOR YOUR INVITATION TO LUNCH

- 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>NOVEMBER 2019</h1> 		<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. WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</p> <p>An asterisk (*) means a RSVP or sign up is required.</p>			<p>8:30-LAN-ROMEOs & OWLETS* 1</p> <p>10:30-WCN-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>1:30-AUD-Farewell Reception for Penny Smith</p> <p>5:00-MSP-Happy Hour</p>	<p>2:00-WCN-Movie Matinee 2</p> <p>4:00-WCR-Trivia & Coffee</p> <p>5:00-MSP-Happy Hour</p> <p>DAYLIGHT SAVING TIME ENDS—SET CLOCK BACK ONE HOUR BEFORE RETIRING TO BED</p>
<p>DAYLIGHT SAVING TIME ENDS—SET CLOCK BACK ONE HOUR 3</p> <p>10:00-MSP-Society of Friends Meeting</p> <p>4:00-WCR-Worship Service</p>	<p>10:00-COR-Parkinson's Caregiver Support Group 4</p> <p>10:00-AR2-Video Forum: Capitalizing on the Longevity Economy</p> <p>1:30-FRL-Shopping & Errands*</p> <p>2:30-AR2-Coffee with Stuart</p> <p>4:00-CGR-Dart Sharks</p> <p>4:30-AUD-Memory Support Groups</p>	<p>9:00-FRL-Bus to Voting Poll* 5</p> <p>10:00-FRL-Bus to Voting Poll*</p> <p>10:00-AR2-Chat & Craft</p> <p>10:30-COR-Bible Study</p> <p>10:45-WCR-Travel Log</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>2:00-ALC-Therapy Dog Visits</p>	<p>10:00-AUD-Resident Association Board Meeting 6</p> <p>1:00-AR2-Step by Step Painting with Amy*</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-CGR-Great Courses* 7</p> <p>1:00-LIB-Party Bridge</p> <p>1:30-FCR2-Cornhole Game</p> <p>3:30-AR1-Beading Holiday Bracelets Class*</p> <p>4:00-CPL-Rosary</p>	<p>LAST CHANCE FLU SHOT DAY—12:30pm-4:30 pm in Art Room 1* 8</p> <p>10:00-AR2-A Conversation with Bill Gates from Harvard</p> <p>10:30-WCN-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>5:00-MSP-Happy Hour</p>	<p>10:30-CGR-Apple Seeds Computer Group 9</p> <p>2:00-WCN-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p>
<p>2:30-FRL-Lancaster Players: Motherhood the Musical* 10</p> <p>4:00-WCR-Worship Service</p>	<p>VETERANS DAY 11</p> <p>10:00-AR2-Video Forum: Global Economy in Transition</p> <p>1:30-FRL-Shopping & Errands*</p> <p>2:30-AR2-Coffee with Stuart</p> <p>4:00-CGR-Dart Sharks</p> <p>4:00-WCR-Westbury Services Monthly Birthday Party</p> <p>4:00-WCR-Tea Party</p>	<p>10:00-AR2-Chat & Craft 12</p> <p>10:00-AR1-Ham Radio Club Meeting</p> <p>10:30-COR-Bible Study</p> <p>10:45-WCR-Travel Log</p> <p>11:00-AUD-Documentary: Maiden</p> <p>1:00-RAP-Duplicate Bridge</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>2:00-ALC-Therapy Dog Visits</p> <p>4:00-AUD-Annual Memorial Service</p>	<p>10:00-AR2-Activities Committee Meeting 13</p> <p>1:00-AUD-Parkinson's Support Group</p> <p>1:30 CGR Bunco Group</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-CGR-Great Courses* 14</p> <p>10:00-COR-Food Committee Meeting</p> <p>10:45-WCR-Java Time</p> <p>11:00-MSP-Resident Choir Practice</p> <p>1:00-LIB-Party Bridge</p> <p>1:00-CGR-Genealogy Class</p> <p>1:30-FCR2-Corn Hole Game</p> <p>3:30-AR1-Beading Holiday Bracelets Class*</p> <p>4:00-CPL-Rosary</p>	<p>10:00-AR2-Video: Will Self-Taught A.I. Powered Robots Be the End of Us? 15</p> <p>10:30-WCN-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>2:30-WCR-Afternoon Bingo</p> <p>5:00-AUD-Welcome Reception-Special Occasion Party</p> <p>6:30-FRL-NN Orchestra Concert*</p>	<p>12:00-WCN-Movie Matinee 16</p> <p>5:00-MSP-Happy Hour</p>
<p>10:00-MSP-Society of Friends Meeting 17</p> <p>4:00-WCR-Worship Service</p>	<p>10:00-BLR-Grounds & Landscaping Committee Meeting 18</p> <p>1:30-FRL-Walmart Shopping*</p> <p>2:30-AR2-Coffee with Stuart</p> <p>4:00-CGR-Dart Sharks</p>	<p>10:00-AR2-Chat & Craft 19</p> <p>11:00-AUD-Annual Thanksgiving Service/Blessing of Food</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>2:00-ALC-Therapy Dog Visits</p> <p>DEADLINE FOR GAZEBO GAZETTE ARTICLES</p>	<p>10:30 AR1-KITTY VISITS: Crafts for a Cause* 20</p> <p>1:00-AR2-Caregiver's Memory Support Group</p> <p>1:30-CGR-Mah Jong Group</p> <p>3:00 WCR-Bible Study/Greg</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>9:00-WCR-Men's Breakfast 21</p> <p>10:00-CGR-Great Courses*</p> <p>1:00-LIB-Party Bridge</p> <p>1:30-FCR2-Corn Hole Game</p> <p>4:00-CPL-Rosary</p>	<p>10:30-WCN-Coffee & Conversation 22</p> <p>1:00-LIB-Party Bridge</p> <p>5:00-MSP-Happy Hour</p>	<p>2:00-WCN-Movie Matinee 23</p> <p>5:00-MSP-Happy Hour</p> <p>7:00-AUD-Saturday Night Movie: The Hundred-Foot Journey</p> <p>7:00-FRL-On Stage: Philadelphia String Quartet*</p>
<p>4:00-WCR-Worship Service 24</p>	<p>10:30-RAP-RWC Book Group 25</p> <p>1:30-FRL-Shopping & Errands*</p> <p>2:30-AR2-Coffee with Stuart</p> <p>4:00-CGR-Dart Sharks</p> <p>DEADLINE TO CHANGE MEAL PLAN</p>	<p>10:00-AR2-Chat & Craft 26</p> <p>10:30-COR-Bible Study</p> <p>10:45-WCR-Travel Log</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>1:00-RAP-Duplicate Bridge</p> <p>2:00-ALC-Therapy Dog Visits</p>	<p>7:00-CGR-Gentlemen's Poker Club 27</p>	<p>1:00-LIB-Party Bridge 28</p> <p>1:30-FCR2-Corn Hole Game</p> <p>4:00-CPL-Rosary</p> <p>THANKSGIVING DAY MEAL 11:00 am—2:00 pm GRILLE CLOSED FOR DINNER</p>	<p>10:30-WCN-Coffee & Conversation 29</p> <p>1:00-LIB-Party Bridge</p> <p>5:00-MSP-Happy Hour</p>	<p>2:00-WCN-Movie Matinee 30</p> <p>5:00-MSP-Happy Hour</p>

GREETINGS FROM STUART BUNTING, RWC PRESIDENT AND CEO

Naturally as we enter the fall season approaching the holiday, it is fitting to focus on another very apparent attribute of our neighborhood – GENEROSITY. Throughout the year examples of GENEROSITY are visible at RWC. However, that attribute takes on a more central focus as we enter the Thanksgiving and Christmas season. It's too early to think about Christmas (64 shopping days left as I write this), but it is never too early to be Thankful for the GENEROSITY of our neighborhood.

Soon you will receive the Foundation's Annual Report which will highlight, recognize and thank the many benefactors and supporters of the Foundation and RWC. The flagship example of GENEROSITY is the faithful support of the Foundation Fellowship Fund which enables residents to live at RWC even when their financial resources are depleted. This hallmark attribute of the Westminster-Canterbury communities is possible only through the generous donations of residents, families, staff, vendors, grantors, and friends.

We celebrate Veterans' Day in November to honor those who have served our country in the armed forces with a display of our resident veterans' service. This display demonstrates the GENEROSITY of residents and staff who gave of themselves at the risk of losing their lives to protect and preserve the freedoms we hold dear.

As we approach Thanksgiving our annual drive to provide food for those facing challenges in life will reflect the GENEROSITY of our neighborhood toward our greater community. The annual Resident Employee Christmas Fund is an amazing example of GENEROSITY toward our staff. Each year, residents and clients provide an extraordinarily meaningful gift to each of our staff members in gratitude for care, services, and concern provided during the year. For many of our staff, this generous gift makes Christmas possible for their families and loved ones. Having grown year over year, the Employee Christmas Gift is a profound statement of GENEROSITY and outpouring of love for our staff. Through staff and resident GENEROSITY, the Employee Emergency Fund is

there for staff members who experience unexpected challenges and needs. Examples of GENEROSITY abound on so many levels throughout our wonderful neighborhood it is impossible to list each one; however, this sample gives you a sense of how we make a positive difference each day in so many lives. I am thankful for and inspired by the GENEROSITY of all. May you have a blessed Thanksgiving season!




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.

WELCOME NEW NEIGHBORS

Mr./Mrs. Larry Hammond and Joan Parham, Cottage 506. Larry and Joan are a young married couple who have known about RWC through her uncle Rev. Barton; she is a first cousin to Cecelia Barton. Larry graduated from St. Andrews Presbyterian College with a B.Mus. and an MS from Radford University. He retired as a Licensed Professional Counselor with his last job in the Dept. of Corrections in a therapeutic community. Joan's professional career was varied; she worked in the life insurance field serving as an administrative assistant and office manager for 20+ years, and later with non-profits including the Diocese of Olympia (WA).

Larry has one passion – bagpipe playing. He is 86% Scottish and enjoys playing every opportunity. He owns several sets, both large and small pipes, as well as a digital set. Joan also loves music; she plays piano and sings. She will be bringing her piano. A knitter, Joan expressed an interest in continuing a shawl ministry. Both from Roanoke, VA, they look forward to reconnecting with family and making new friends.

WELCOME RECEPTION

**Friday, November 15—5:00 pm
Auditorium**

Meet and greet Dick & Marty Wilson

CULTURE CLUB: MUSIC, THEATRE AND SPEAKERS

ROMEOS & OWLETS*

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

Speaker: Gwen Keane, author

Gwen Keane was born and raised in the Northern Neck of Virginia. As a child, growing up in the small community of Ditchley, she explored the surrounding nature and wildlife. Although she left her rural lifestyle in 1967, she returned regularly. She is a graduate of Trinity University in Washington, DC and Georgetown University. In 2003, she retired from federal service and returned to the Northern Neck, where she lives with her husband and pets. She and her Maltese, Isadora, who kayak together, enjoy their close connection to nature and local wildlife. Sign up at the Front Desk to attend.

STEP BY STEP PAINTING WITH AMY*

Wednesday, November 6—1:00 pm—Art Room 2

Let your inner artist emerge. If you've never painted before, if you just enjoy moving colors on the canvas, this class is for you. Class is limited to 8 people. Please sign up at the Front Desk.

BEADING HOLIDAY BRACELETS CLASS*

**Thursday, November 7 and
November 14—3:30 pm—Art Room 1**

Learn to make a Christmas themed bracelet or holiday colors bracelet. Taught by Susan Carter-Hughes, this class will be taught on the first two (2) Thursdays in November, 11/7 and 11/14. Susan will provide pre-sorted and packaged materials, along with her expert advice. Cost is \$10.00 per bracelet. Whether for a gift or a special piece for your jewelry box, join us as we create beautiful bracelets. Please sign up at the Front Desk and indicate how many bracelets you'd like to make. Class size is limited to 10, with a wait list.

LANCASTER PLAYERS:

MOTHERHOOD THE MUSICAL*

Sunday, November 10—2:30 pm—Front Lobby

In Motherhood The Musical, four women share their insights, challenges and pleasures at a baby shower. In 90 minutes of fun, you'll get a peek into the powerful friendship of Amy, a soon-to-be first-time mom; Brooke, a hard-working lawyer; Barb, a stressed-out mother of five; and Tina, a single mom seeking to balance work, her family and her divorce. Please sign up at the Front Desk to attend. Tickets are \$25 and will be charged to your account.

NORTHERN NECK ORCHESTRA CONCERT*

Friday, November 15— 6:30 pm—Front Lobby

7:15 p.m. pre-concert talk by the orchestra's Music Director Michael Repper, 8:00 pm concert. Featuring George Frideric Handel's exuberant Music for the Royal Fireworks, Florence Price's joyful Suite of Dances and Modest Musorgsky's grand Pictures at an Exhibition. Please sign up at the Front Desk for bus transportation. Tickets may be purchased online at northernneck-orchestra.org for \$36.00.

MAH JONG — MONTHLY OPEN PLAY

Monthly open play will meet on Wednesday, November 20, in the Chesapeake Game room from 1:30 - 3:30 pm. Sign up at the Front Desk to participate.

ON STAGE: PHILADELPHIA STRING QUARTET*

Saturday, November 23—7:00 pm—Front Lobby

"Think Outside the Bach's." Everything you love about Classical music with a twist – the influence of the modern music world! Curtain at 7:30 pm.

DART SHARKS NEEDS YOU

We are looking for dart throwers for the "Dart Sharks". Meet at the game room on Mondays at 4 PM.

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 November: Rev. Sandy McKelway: Retired Presbyterian Minister and RWC Resident.

Please Note: The group will not be meeting on Tuesday, November 19th, the day of our Annual Thanksgiving Service.

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

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

THIS MONTH

ANNUAL MEMORIAL SERVICE

Tuesday, November 12—4:00pm—Auditorium

All are welcome to this very special time in the life of our community as we remember and honor those from among us who have died in the past year.

ANNUAL SERVICE OF THANKSGIVING

Tuesday, November 19—11:00am—Auditorium

"Praise God from whom all blessings flow, praise Him all creatures here below!"

Please join us in this annual celebration and sharing of your abundant blessings.

LOOKING AHEAD

The Season of **Advent** begins on Sunday, December 1st. Advent Devotional Guidebooks will once again be made available to all during the last week of November.

FROM THE CHAPLAIN

I'm having difficulty believing that it's already November. On the one hand I find myself thinking "Where did this past year go?" and on the other, "November means the holidays are approaching!" Thanksgiving and Christmas. In that order. I practically have to remind myself of that because I've noticed that Christmas decorations went up in some stores the day after Labor Day! It feels like record-early to me. Okay, got it: Thanksgiving. Yes, that's next.

Thanksgiving: full of meaningful customs and traditions, which run deep...and take time. "Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Halftimes take 12 minutes. This is not a coincidence." (Erma Bombeck)

Well-said. But of course, there's so much more.

There's this very beautiful, truly deeply spiritual aspect as well: pause, reflect, count blessings, give thanks. "In everything give thanks." (I Thes 5:18) In everything? Always? Not always easy. Thus the spirituality. "*Eucharisteo* - thanksgiving, always precedes the miracle." (Ann Voskamp, *One Thousand Gifts: Dare to Live Fully Right Where You Are*). Just maybe thanksgiving not only *precedes*, but in a sense, and especially in some circumstances, *is* the miracle.

"Thankfulness creates gratitude which generates contentment that causes peace." (Todd Stoker)

Right here, right now, in this moment, what can I be thankful for? Despite any given present trouble, what nevertheless is beautiful? In the midst of it? Even because of it? In everything, at all times, give thanks. Sometimes that seems radical. At all times it's peaceful. Pause, reflect, give thanks, know peace. Happy Thanksgiving to All!

Chaplain Greg Houck

IN MEMORIAM

Mr. James Willis September 24, 2019

Mr. Robert E. Grady September 28, 2019

Mrs. Irene Wyatt October 20, 2019

TRIPS AND MORE

BUS TRANSPORTATION TO VOTING POLL*

Tuesday, November 5—9:00 am & 10:00 am—Front Lobby

Please sign up at the Front Desk if you need transportation to Irvington Baptist Church to cast your vote. Two trips are offered.

THE KITTIES ARE COMING!! THE KITTIES ARE COMING!!!

SOFT SPOTS FOR KITTENS

November 20—10:30 am - Art Room 2

Please come and visit us in the Life Enrichment Center. We plan to have many little 4-legged visitors that day. The Animal Welfare League have many available and they love to come visiting. Please come by and help us make the soft resting spots for the kittens at AWL in Kilmarnock and enjoy the visiting kittens.

MILITARY VETERANS ARE THE STARS IN RWC NOVEMBER SHOW

Get to know RWC residents who served in U.S.

Armed Forces

In typical Silent Generation fashion, the men and women at RWC who served in the U.S. Armed Forces are very humble and low key. They don't talk about serving in the military without being asked first. However, walk through RWC's Gallery Hall during November and you will see increased foot traffic among veterans and their family and friends who are proud of their service.

Nearly 60 military veterans live at Rappahannock Westminster-Canterbury and their photos and stories will be on display as part of an annual Veterans Wall of Honor exhibit, held each November. Collectively, these vets have given nearly 500 years of service to their country.

RWC residents who served in World War II, Korea, Vietnam and/or the Cold War will be featured.

Each display includes a photo of the resident in uniform, when available, along with a current photo and short biography including branch of service,

years served, special engagements and commendations.

"The new residents who are veterans mostly served in Korea or Vietnam," said Maria Ferrand, coordinator of Resident Life Services. "However, we still have 16 vets who served in World War II! Our youngest World War II vet is 90 and the oldest is 98."

Navy Capt. (Ret.) Larry Treadwell, 91, just missed World War II, enlisting in 1945. He got an appointment to the Naval Academy and graduated in 1951. He married Ellen, who he says was a "Norfolk girl," a week after graduation. They settled in Mathews County and were married for 40 years before her unexpected death.

Capt. Treadwell served on the Battleship Missouri in the Korean War, as well as on several destroyers, commanded a gasoline tanker in the Mediterranean as a lieutenant for two years, and was commander of a repair ship in Vietnam. He later spent 10 years at the Pentagon and retired in 1980 with 30 years of service. After his first wife's death, he married Elsie Ernst from Mathews. They moved to RWC in 2003 and were married for 19 years until her death.

Curating the exhibition every year is a labor of love for Ferrand.

The exhibition will open Nov. 1, and residents and community members are invited to view the Veterans Wall of Honor 9 a.m. – 5 p.m. daily throughout November in Rappahannock Westminster-Canterbury's Gallery Hall.

In addition to being featured in the exhibit, RWC's veterans will be honored at a lunch on Nov. 11 – Veterans Day. "We moved from holding a breakfast to a lunch," Ferrand said. "These military vets let us know that they have done their time with morning reveille and don't want to get up at zero dark 30 for breakfast anymore!"

Ferrand's father served in the U.S. Army for 25 years, and she curates this annual exhibition in his memory. Her son graduated from Army basic training last year and now works in military intelligence on the East Coast.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

DAYLIGHT SAVING TIME ENDS SUNDAY, NOVEMBER 3 AT 2:00 AM. SET CLOCKS BACK ONE HOUR BEFORE RETIRING TO BED SATURDAY NIGHT.

RECOGNIZING RWC EMPLOYEES

Each month a RWC employee is chosen as our Employee of the Month. Employees are nominated for demonstrating excellence, compassion, commitment, integrity, innovation and/or respect. You can make nominations! Forms are available at the front desk. We also encourage you to come out each month when the Employee of the Month is announced. This is always a surprise to the person being honored and your support along with that of their peers is most appreciated. The date, time and location will be sent via email and posted on Channel 85. Hope you'll participate in this employee recognition process!

DINING ROOM SCHEDULE FOR THE HOLIDAYS

The Thanksgiving meal will be served from 11am-2:00pm. As in the past, reservations may be made for the Lancaster Room where you order from the menu and are served. . "Would you like to join others at a table?" Start making plans with other residents soon and gather a group. Or, tell Dining Services you would like to join a half-full table." The Grille is on a first come and first serve basis and we have second seating's, they might have to wait in the breeze way. The Grille is wait-ed service as well.

If you know the friends you wish to dine with, ONE person should be responsible for calling in the reservation and making any last minute changes. Dial 4016 with the number of people in the group and the time of dining. Since the dining room fills up quickly, reservations will be accepted on a first-come, first-served basis.

If your preference is the Grille, no reservation is necessary. The delicious dishes are the same in both venues. As always, carry out is available.

Want to invite non-residents? Dinner is \$28.50,

children under 12, \$11.00 and children over 12 \$15.00. This includes wine and tax. It is the best bargain in town.

To-go deli-boxed dinners will be available for residents that want to have a meal that evening. These boxed meals **need to be ordered by 5:00 pm the day before the holiday.** Call the hostess extension 4516 to place the order, and pick up in the Grille between 3:00 pm and 5:00 pm the day of the holiday.

Normal meal service will be provided in the Health Center and Assisted Living.

RWC HAM AMATEUR RADIO CLUB N4RWC NEWS

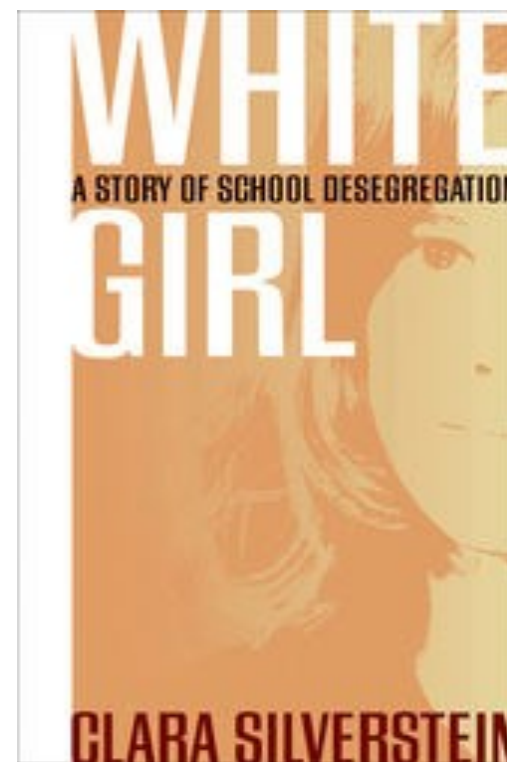
The RWC Amateur Radio Club (N4RWC) meets monthly on the **second Tuesday, 10:00 am** in the **Art Room 1 in the Life Enrichment Center.** All are welcome. You do not have to be a licensed amateur operator to participate – all that is needed is an interest in radio, technology, and a bit of fun and fellowship. Each meeting has a business element followed by time exploring a topic of interest or a piece of radio or test gear. 73

CULINARY SERVICES: IMPORTANT MESSAGE

If you have any of the Culinary Services Silverware, steak knives, napkins or green to go boxes could you please return them back to Culinary Services

We at Culinary Services would like to serve our residents and guest to the fullest; if you need any assistance in carrying your trays or removal of trays once you get to your table please feel free to get the attention of one of our staff and they can remove it. If you prefer to take care of it yourself please return used trays to the counter located near the fireplace. We are asking that you do not return used trays where the clean trays are located at the entrance into the Lakeview Grille area.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN



White Girl: A Story of School Desegregation by Clara Silverstein (2004) is the RWC Book Group's November selection. Clara entered junior high school in 1971, the first year of busing in Richmond. We'll meet Monday, November 25, at 10:30 a.m. in the Rappahannock Room. Our guest is Carolyn Cook of Topping, VA, who was Clara's homeroom teacher at Richmond's Open High School.

Look in the Atrium lobby for Book II of the **Children of Weihsie – 1943-1945**, a recently-published follow-up to Book I, written 50 years ago. Sylvia Prince was one of the prisoners in the Japanese concentration camp during World War II in China, and Sylvia has earlier shared Book I with us.

The October 20th "Afternoon Conversation" speaker, Tim Boyce, donated **One Man's Diary of Survival in Nazi Concentrations Camps** by Odd Nansen.

November's Romeos and Owlets speaker will be Gwen Keane.

Gwen will be introduced by Dean Loudy, who, long ago, crowned her Miss Texaco, and later Miss Teen-Aged Lancaster County! The RWC Library has her book, **Local Color**, about growing up at Ditchley, near Kilmarnock.

"Anonymous" has been generous of late – bringing us a novel, **Carnegie's Maid** by Marie Benedict (teaser: "For Downton Abbey fans"); paperback fiction by Ernest Hemingway, Kurt Vonnegut, P. D. James and Sara Gruen; non-fiction paperbacks on Iraq and the Caribbean; a Janet Evanovich and a Carol Higgins Clark in Mystery, and the Michelle Obama autobiography. Peter Bennett has given us a Penny Vincenzi novel and Jay White a John Sanford mystery.

Madame Librarian's recent reading:

The Garden of Evening Mists by Tan Twan Eng centers on a Japanese garden in Malaysia, and jumps back and forth from 1948 to 1965 to 1985. The movie is coming out in January.

Two medical mysteries by local author Richard P. Wenzel (**Labyrinth of Terror** and **Dreams of Troy**) – the first about a staph infection in a London hospital and the second about a failure of implanted medical devices in Madrid.

The Overstory by Richard Powers is an environmental novel, introducing nine characters that come together to save trees. It's powerful book, and won the 2019 Pulitzer Prize for Fiction.

The River of Doubt: Theodore Roosevelt's Darkest Hour by Candace Millard, a not-so-new book about the 1914 Roosevelt-Rondon Scientific Expedition to explore an Amazon tributary not yet on maps. Roosevelt was casual about preparation, the expedition ill-equipped, and Roosevelt nearly died.

Lois Williams – RWC Residents Association Library Chair

FIT BITS: MIND AND MUSCLE

THANKSGIVING DAY CANCELLATIONS

For Thanksgiving, the group exercise classes will be canceled. The Fitness Center and Pool will be available to use but unstaffed.

REMINDERS

You must always have at least one person with you to swim. If you have guests for the Holidays, please have them sign the waiver form located in the Fitness Center before using the Fitness Center or Swimming Pool.

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, November 13, 2019 at 1:00pm in the auditorium, the group will be having a game day. You can bring your favorite game for 4 or more players. Let's have fun playing games and enjoying each other's company.

TAI CHI CLASS

Tuesday and Thursday 11:45 am to 12:15 pm. If you are interested in maybe taking Tai Chi, please contact Jonathan at 438-4290

GENTLE YOGA

Tuesday and Thursday 8:45am to 9:45am. If you are interested in maybe taking gentle yoga, please contact Alex at 438-4852

AWARDS BANQUET

The awards banquet will be on Thursday, November 14, 2019 at 12:00noon. We will be sending out invitations after we finalize all the awards. I hope everyone has had fun participating in this year's programs.

Contact Angie Jackson at 438-4852 or email at ajackson@rw-c.org to RSVP

FLU VACCINE & IMMUNIZATION REMINDER: LAST CHANCE NOV. 8

This is a friendly reminder to get your flu vaccine this season if you have not already done so. Main Street Pharmacy administered 82 flu vaccines to our IL residents earlier this month at RWC. We have arranged for one final opportunity for IL residents to get the flu vaccine on **November 8th in Art Room 1 from 12:30 pm – 4:30 pm.** You will need to sign up at the Front Desk by the end of the day on November 6th to ensure that the pharmacist will have a vaccine for you. Please pick up a form from the clinic and fill it out. Bring the form and your insurance card with you on November 8th. You may also get the flu vaccine at any of the drug stores and at most of your primary care provider's offices. It takes about two weeks for the vaccine to give full protection potential so now that the flu season has started, the sooner you get it the better.

In addition, it is very important that you see your primary care provider annually. Your provider will evaluate your need for all immunizations and make appropriate recommendations. There are multiple factors to take into consideration when making recommendations for different vaccinations and your provider is the most appropriate person to do this. It is very important to get these immunizations, especially for seniors. You can also ask about your immunizations during any scheduled visits with your primary care provider. Don't forget to notify the clinic when you get an immunization so that we can keep your records up to date.

Wishing you a happy, healthy flu and winter season this year!!

The Resident Clinic

FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

VIDEO FORUM: CAPITALIZING ON THE LONGEVITY ECONOMY

Monday, November 4—10:00 am—Art Room 2

With 10,000 baby boomers turning 65 every day in the United States, investors and business leaders are recognizing the extraordinary potential of the longevity economy. From North America and Europe to Asia and Latin America, lower birth rates and longer life spans are changing the way we live. This massive demographic shift means new markets for innovative products and services. From health technologies and autonomous cars to financial services and fashion, the emerging population of older consumers will reward the inventive. What are the big ideas for business? Who will be the winners - and who will lose? This panel of thought leaders will reveal the possibilities for older adults - and for those savvy enough to appreciate the opportunity they represent.

A CONVERSATION WITH BILL GATES FROM HARVARD

Friday, November 8—10:00 am—Art Room 2

Join Bill for a wide-ranging student Q&A hosted by Provost Alan Garber and Dean Frank Doyle. Bill will take questions from the audience about various areas of his work – global health and development, technology, clean energy innovation, Alzheimer's research, philanthropy, and education – as well as current events, his favorite books, and why he loves coming back to Harvard four decades after he dropped out.

VIDEO FORUM: GLOBAL ECONOMY IN TRANSITION

Monday, November 11—10:00 am—Art Room 2

Economic cooperation is essential for our future prosperity, environmental sustainability and global security. How can we shape a more equitable and collaborative global architecture? Speakers: · Kristalina Georgieva, Chief Executive Officer, World Bank, Washington DC. · Lesetja Kganyago, Governor of the South African Reserve Bank (SARB). · Haruhiko Kuroda, Governor of the Bank of Japan. · Mariana Mazzucato, Professor of Economics of Innovation

and Public Value; Founder and Director, Institute for Innovation and Public Purpose, University College London (UCL), United Kingdom. Chaired by: · Christine Lagarde, Managing Director, International Monetary Fund (IMF), Washington DC.

DOCUMENTARY: MAIDEN

Wednesday, November 12—11:00 am—Auditorium

In 1989, an all-female crew captained by 27-year-old Tracy Edwards entered the Whitbread Round the World Race on the yacht "Maiden." By finishing second, the distaff sailors permanently transformed the all-male province of deep-water yacht racing. 2019 PG 1h 37m DVD

VIDEO: WILL SELF-TAUGHT A.I. POWERED ROBOTS BE THE END OF US?

Friday, November 15—10:00 am—Art Room 2

"Success in creating effective A.I.," said the late Stephen Hawking, "could be the biggest event in the history of our civilization. Or the worst. We just don't know." Are we creating the instruments of our own destruction or exciting tools for our future survival? Once we teach a machine to learn on its own—as the programmers behind AlphaGo have done, to wondrous results—where do we draw moral and computational lines? In this program, leading specialists in A.I., neuroscience, and philosophy tackle the very questions that may define the future of humanity.

SATURDAY NIGHT MOVIE

Saturday, November 23, 7:00 pm, Auditorium

Featuring: The Hundred-Foot Journey

Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries. 2014 PG 2h 2m