



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



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./Mrs. Frank and Rita Lewis, Apartment 210. Born on opposite sides of the country – Frank in Washington, D.C., Rita in Port Angeles, WA – they met briefly in Fairfax County during their middle school years, while Rita’s father was posted to the area. They reconnected later in Seattle while Frank was serving in the Army. They married in June of 1960 and celebrated their 58th anniversary in 2018.

Frank is a graduate of GWU with an undergraduate degree in Foreign Affairs, and Master’s in Economics. His career was in federal government management. He was a budget analyst, economist, and policy analyst in the OMB and Dept. of Labor. Frank was heavily involved in the committee for Technology Innovation for Lancaster County. He enjoys golf, fishing, reading and political analysis.

Rita attended Centralia College and University of WA before finishing her studies at the Catherine Gibb Secretarial School in NYC. She worked for the Simpson Timber Company, Senator Jackson in D.C., The Washington Post, and in the President’s office at GMU. Rita enjoys serving in her church and spending time with her friends.

Mr./Mrs. Alvin and Marie Carstensen, Free Standing House 422. Alvin and Marie have been on the Northern Neck for 20 years.

Born in Minnesota, Alvin attended the University of Minnesota before joining the US Air Force. After completing his enlistment, Alvin was hired by Eastern Airlines as a pilot and retired in 1996. Alvin enjoys reading and all things aero. After retirement he continued to fly private airplanes and instruct.


Marie is a Washington DC native where she attended the Immaculate Conception Academy. She worked in real estate for 24 years as well as for Senator George Smathers, both in his Senate office and law firm. Marie is active in her church in various ministry fields and enjoys reading, gardening, and playing Mah Jong. The Carstensens are active members of Light of Christ Anglican Church.

Mr./Mrs. Michael and Ersel Buckley-Sharp, Cottage 512. Michael and Ersel move to RWC from Weems. Originally from London, England and Roanoke, VA respectively, they have lived in either the UK or the U.S. all of their married and professional lives. Michael received a degree in Organic Chemistry from Cambridge University (Cambridge, England) and his law degree from University of Central London. A company owner,

CONTINUED ON PAGE 8

The deadline to submit articles for the October 2019 issue is
Tuesday, October 22, 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
OCTOBER 2019		10:00-AR2-Chat & Craft 1 10:30-COR-Bible Study 10:45-WCR-Travel Log: Guam & N. Marianas 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits 4:00-WCR-Name That Spice	2 10:00-AR2-Activities Committee Meeting 10:00-WCN-Chair Cha Cha 10:30-FRL-Virginia Rep. Theatre (subsc. holders) 11:00-WCN-Sing Along 1:30-AR1-Boggle Word Game 3:00-ATR-Employee of Month Celebration 7:00-CGR-Gentlemen's Poker Club	3 10:00-CGR-Great Courses* 10:45-WCR-Java Time 1:00-COR-Food Committee Meeting 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 2:00-FPL-Blessing of the Pets 4:00-CPL-Rosary	4 8:30-LAN-ROMEOs & OWLETS* 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 2:30-WCR-Music by Dirk 5:00-MSP-Happy Hour	5 8:45-FRL-Walk to End Alzheimer's* 11:00-WCN-Noodle Ball 2:00-WCN-Movie Matinee 4:00-WCR-Trivia & Coffee 5:00-MSP-Happy Hour
6 10:00 MSP Society of Friends Meeting 4:00-WCR-Worship Service	7 10:00-COR-Parkinson's Caregiver Support Group 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:30-AUD-Memory Support Groups (Talbot Presentation)	8 10:00-AR2-Chat & Craft 10:00-AR1-Ham Radio Club Meeting 10:30-COR-Bible Study 10:45-WCR-Travel Log: Guatemala 1:00-RAP-Duplicate Bridge 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits 5:00-ATR-Meet the Artists	9 10:45-WCR-Bingo 1:30-AUD-Parkinson's Support Group 1:30 CGR Bunco Group 7:00-CGR-Gentlemen's Poker Club	10 10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary	11 9:30-FRL-Trip to Stratford Hall* 10:30-WCN-Coffee & Conversation 11:00-ATR-Paprazzi Jewelry Sale 1:00-LIB-Party Bridge 4:00-WCR-Word Scramble 5:00-MSP-Happy Hour	12 10:30-CGR-Apple Seeds Computer Group 2:00-WCN-Movie Matinee 4:00-WCR-Talk & Tea 5:00-AUD-Oktoberfest* NO HAPPY HOUR TONIGHT LANCASTER COUNTY HAZERDOUS WASTE COLLECTION DAY
13 11:00-WCN-Hymn Sing 4:00-WCR-Worship Service	14 10:00-BLR-Res. Health Care Committee Meeting 10:30-WCN-Resident Council 1:30-FRL-Shopping & Errands* 1:30-AUD-Talent Show Rehearsal 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	15 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 10:45-WCR-Travel Log: Guinea & Guinea Bissau 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	16 10:30 AR1-Crafts for a Cause* 11:00-TGP-Disc Golf* 1:00-AR2-Caregiver's Memory Support Group 1:30-CGR-Mah Jong Group 3:00 WCR-Bible Study/Greg 5:00-FRL-Price is Right: LIVE!* 7:00-CGR-Gentlemen's Poker Club	17 9:00-WCR-Men's Breakfast 10:00-ATR-Election Information Table 10:00-CGR-Great Courses* 10:45-WCR-Java Time 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 2:00-WCR-ALC Council 4:00-CPL-Rosary	18 10:30-WCN-Coffee & Conversation 11:00-AUD-Documentary: The Biggest Little Farm 1:00-LIB-Party Bridge 3:00-ALC-Courtyard Camping Social Happy Hour 5:00-AUD-Special Occasion Party	19 12:00-WCN-Movie Matinee 4:00-AUD-Suzanne & Jim: Harvest Home Concert* 5:00-MSP-Happy Hour
20 10:00-MSP-Society of Friends Meeting 11:00-LVG-Sunday Brunch GRILLE CLOSED FOR DINNER 3:00-AUD-Afternoon Conversations: Author, Tim Boyce* 4:00-WCR-Worship Service	21 1:30-FRL-Walmart Shopping* 2:00-AUD-Taxes in Retirement Seminar* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Residents Rights Month Celebration	22 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits DEADLINE FOR GAZEBO GAZETTE ARTICLES	23 10:00-FRL-American Civil War Museum* 11:00-AUD-Talent Show Rehearsal 4:00-WCR-Canvas Painting 6:30-AR2-Wine Down Wednesday Paint Party* 7:00-CGR-Gentlemen's Poker Club	24 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 1:30-AUD-Show Dress Rehearsal 3:30-AR1-Beading Open Studio 4:00-CPL-Rosary 4:30-FRL-Ladies Night Out*	25 10:30-WCN-Coffee & Conversation 1:00-AUD-RWC's Got Talent Show 1:00-LIB-Party Bridge 3:30-WCR-Afternoon Bingo 5:00-MSP-Happy Hour	26 2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: THE UPSIDE NATIONAL PRESCRIPTION DROP-OFF DAY
27 11:00-WCN-Drum Circle 4:00-WCR-Worship Service	28 10:30-RAP-RWC Book Group 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks	29 10:00-AR2-Chat & Craft 10:30-COR-Bible Study 10:45-WCR-Travel Log: Guyana 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits	30 11:00-AR2-Art with Amy* (Mystery Class) 7:00-CGR-Gentlemen's Poker Club	31 10:00-CGR-Great Courses* 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 4:00-CPL-Rosary	<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 style="text-align: center;">An asterisk (*) means a RSVP or sign up is required.</p>	

GREETINGS FROM STUART BUNTING, RWC PRESIDENT AND CEO

As I continue to reflect on the amazing aspects of our neighborhood, I realize the wonderful opportunity we have to experience but a small part of the lives of those we encounter. There are remarkable similarities and interesting contrasts among a wealth of life experiences. In most cases we are only experiencing merely a bit of vast, full lives.

For example, you may experience the lives of your neighbors since moving to RWC directly. Through dinner conversations, cocktail party discussions, talent shows, and other engagements you get to learn about lives that may have unknowingly been very close, if not crossing many years earlier. Alumna or alumni of the same school, college or university, corporate or government workplace, branch of military service, or other affinity affiliation surprise many with the relative smallness of the world. And sometimes, we experience life at the celebration of a life well-lived.

This past week, I learned again about the wonderful relationship a husband had with his beloved wife; the nurturing and parental relationship a father had with his treasured daughters; and the fun-loving and teaching relationship a grandfather had with his admiring and accomplished grandsons. I only knew this person for a very short time; however, through this celebration of life, I was introduced to the other aspects of a life of lessons shared, experiences created, Godly-service, and deposits to the hearts and lives of others. I am grateful for the family members who healed their broken hearts by sharing with us the life they experienced so poignantly that it felt as if we were in their memories. I found myself thinking back over my grandfather's life and the impact he had on his daughter, my daughters, and me. I imagine many in the service found themselves reflecting similarly and fondly. I knew James, but I now know Jimmy and Bebo, and I am a better person because of him (and so many others).

We are blessed to experience a small part of other's lives and to learn about their "dash". Our neighborhood lends itself to those relationships

and those opportunities. Learning and experiencing through new friends and neighbors is an intangible benefit of our neighborhood that is "priceless." The impact your "dash" makes is ageless - may your dash make a positive difference each day.



Stuart Bunting

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

Michael also worked as an accountant, corporate secretary, and served on the board of directors. He has volunteered at Historic Christ Church, is a Grace Church usher and parish visitor. Michael was a competitive sailor, enjoys party bridge, and discussing foreign affairs as part of Great Decisions.

Ersel attended the Norfolk Division of William & Mary, as well as ODU. Her graduate work was done at the University of New York Law School. She enjoyed an advertising career in New York and London. Like Michael, Ersel also volunteered at Historic Christ Church, served in the Rappahannock Foundation for the Arts, the Northern Neck Orchestra, and is active in Grace Church. She enjoys the opera, theatre, playing party bridge and discussing foreign affairs. They are looking forward to connecting with many friends who have already made the move to RWC.

TAXES IN RETIREMENT SOLUTIONS SEMINAR

Monday, October 21—2:00PM - Auditorium

Presented by Mr. Dwight Clarke, CPA

Join us to learn more about medical deductions, charitable contributions and estate taxes. What impact will taxes have on your retirement income? Have you thought about a retirement tax strategy? **RSVP by Thursday, October 17, 2019**

Call: 804-438-4877 or Email: dkenner@rw-c.org

CULTURE CLUB: MUSIC, THEATRE AND SPEAKERS

ROMEOS & OWLETS*

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

Sign up at the Front Desk to attend.

Resident and Senior Olympian, Tonya Bohlke will be our presenter.

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

Chesapeake Game Room

Starts October 16, 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.

RWC RESIDENTS HEADLINE ART SHOW IN OCTOBER

Watercolors are king in annual exhibition

Watercolors are the star in the October art exhibition featuring works by Rappahannock Westminster-Canterbury residents this year. The annual show displays work they completed over the past year in long-time teacher Pam Bowers' art classes at RWC.

Many residents have been taking Bowers' classes for the 15 years she's been teaching, but there are some new faces as well.

"Marilyn Riggs just joined the class this year,"

Bowers said. "She loves to paint animals. Her raccoon image is very popular and will be in the show."

Residents Pat Morris, Cecelia Barton, Brandon Louisell and Helen Woolfolk are regulars. Maxine Luxton, Sylvia Prince and Richard Brautigam also joined in the fun within the last year.

"A lot of these residents are very talented," Bowers said. "Pat Morris paints, but she also plays the piano, quilts and more! Much of her artwork is landscapes, but she wants to explore other media, too."

Although this is a watercolor class, Bowers encourages students to explore other materials of

interest.

Every student picks their own subject matter and works at their own pace. Bowers works with the students on an individual basis, although with new students she teaches a few techniques and encourages them to start finding their own ideas and style.

"I love the way everyone is now fairly independent in developing their styles and in choosing their own subject matter," Bowers said. "We use photos, still life, demos, etc. Sometimes we work with the same image, but most of the time, students are choosing their subject matter, style and composition."

Art work on display in October will feature flowers, animals, still life, landscapes and other subject matter.

AFTERNOON CONVERSATIONS*: TIMOTHY BOYCE, AUTHOR "FROM DAY TO DAY"

Sunday, October 20, 2019

3:00 pm in the RWC Auditorium

Book sale and light reception to follow.

Hailed by *The New Yorker* as "among the most compelling documents to come out of the war," *From Day to Day* is a World War II concentration camp diary—one of only a handful ever translated into English—secretly written by Odd Nansen, a Norwegian. After having been out of print for over 60 years, Timothy Boyce rescued the diary from oblivion.

Through selected readings, Tim will explain who Nansen was, why he was arrested, why he wrote the diary, how he preserved it, and why this diary is as important today as it was when first written. Boyce's books will be available for purchase and Tim will be available to sign them. Timothy Boyce practiced law for many years, most recently serving as the Managing Partner of the Charlotte, NC office of Dechert LLP. He retired in 2014 to devote full time to writing. Please sign up at the Front Desk. There will be limited seating, so you are encouraged to sign up early.

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 October: Rev. Jim Johnson, Kilmarnock Baptist Church.

Wednesday, October 16 at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck.

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

BLESSING OF THE ANIMALS

Thursday, October 3, 2:00PM. Meeting at the flagpole. See you there!

FALL CAMP

The Tri-Diocesan Council on Aging of the Episcopal Church has once again put together this opportunity for members of the three Virginia dioceses to participate in Fall Camp at the Shrine Mont Conference Center in Orkney Springs, VA, October 28-31, 2018. For more information contact Susan Summerlin at: 757-831-9969.

FROM THE CHAPLAIN

Fall, my favorite season. Always has been for as long as I can remember; I'm not sure why. Maybe because it's the end of the sticky hot summer and the beginning of refreshingly cool, crisp autumn air. Maybe it's apple orchards and pumpkin

patches, or apple or pumpkin pies. Maybe it's the beginning of football season, or the prospect of the World Series. Maybe it's the ideal temperature for hiking and biking. And of course there are the fall colors along with the raking of leaves. Yes, I actually love that too!

"There is a harmony in autumn, and a luster in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been." (*Jim Bishop*) "Autumn is a second spring when every leaf is a flower." (*Friedrich Nietzsche*) "Autumn carries more gold in its pocket than all the other seasons." (*Shira Tamir*) "Notice how autumn is more the season of the soul than of nature." (*John Burroughs*) I am reminded, oddly, of words from the Book of Common Prayer: "O Lord, support us all the day long, until the shadows lengthen, and the evening comes, and the busy work is hushed, and the fever of life is over, and our work is done. Then in your mercy, grant us safe lodging, and a holy rest, and peace at the last. Amen."

Peace. A slowing down, a resting, even a ceasing. I would not want to miss the mystery, the spiritual beauty of any of the seasons, and of how they each in their different ways speak of the seasons of life, and the changes of life. "How beautiful the leaves grow old. How full of light and color are their last days." (*Percy Shelley*) "Autumn shows us how beautiful it is to let things go." (*Unknown*) To let things go. To let change be. To not only face but also embrace, and then see the goodness in how things are different just for what they are. Here to help with finding beauty, hope and yes, even joy in all the seasons of life.

Chaplain Greg Houck

IN MEMORIAM

Mr. James Stone	September 1, 2019
Mrs. Betsy Heepe	September 14, 2019
Mrs. Grace Rice	September 17, 2019

TRIPS AND MORE

WALK TO END ALZHEIMER'S*

Saturday, October 5—8:45 am—Front Lobby

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

When you participate in the Walk, your fundraising dollars fuel our mission, and your participation in the event helps to change the level of Alzheimer's awareness in your community. There is no fee to register; we encourage participants to help support the **RWC YES2YEARS Walking Team** in order to contribute to the cause and raise awareness.

Join us and lead the way to Alzheimer's first survivor. Together, we can end Alzheimer's disease!

We will offer bus transportation to the event in Gloucester. You do not have to walk to participate. Just come, show your support and have fun!!!

TRIP TO STRATFORD HALL*

Friday, October 11—9:30 am—Front Lobby*

Travel time approx. 1 hour. \$30.00 per person includes House tour, Grounds Pass and bus fee. Tickets charged to your account on 10/07/19 Stratford Hall is a historic house museum near Lerty in Westmoreland County, Virginia. It was the plantation house of four generations of the Lee family of Virginia (later with descendants expanding to Maryland and other states). It was the boyhood home of two signers of the Declaration of Independence, Richard Henry Lee (1732-1794), and Francis Lightfoot Lee (1734-1797), and it was the birthplace of Robert Edward Lee (1807-1870). A guided tour will be provided. The Great House is accessible in the lower level, but you must be able to climb the large outside stairs to enjoy the main part of the house. After our visit which includes the Visitors Center and Gift Shop, we will enjoy a late lunch at Angelo's in Montross. Please sign up at the Front

Desk.

AMERICAN CIVIL WAR MUSEUM TRIP*

Wednesday, October 23—10:00 am—Front Lobby

Historic Tredegar is located on downtown Richmond's riverfront near Brown's Island and Belle Isle. The Museum shares the 8.9 acre site with the Richmond National Battlefield Park Visitor Center. Our new Museum features two new exhibits: The first is our core, permanent exhibit, *A People's Contest: Struggles for Nation and Freedom in Civil War America*, on the main floor. The other, *Greenback America*, is temporary and resides on our second floor. **Cost is \$15 and will be charged to your account. Please sign up at the Front Desk to attend.**

MAIN STREET PHARMACY: FLU SHOTS FOR INDEPENDENT LIVING RESIDENTS*

Flu shots will be administered on Tuesday, October 8th between 9:00 a.m. and 2:00 p.m. She on Wednesday, October 9th between 10:00 a.m. and 3:00 p.m. in the Main Street Pub.

Residents may sign up at the Front Desk. .

You will need to bring the following:

- Medicare Card or
- Medicare Advantage card or
- If you have Tri Care bring their social security card.

A consent form **MUST** be filled out and brought with you when you get your shot. Forms can be found in the Resident Clinic.

PAPARAZZI JEWELRY SALE

Friday, October 11—10:00 am—Atrium

Everything is \$5.00!! Come check out the BLING!!

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

GROUNDS & LANDSCAPE COMMITTEE

Weather wise, this has been a crazy summer for our trees, shrubs, and flowering plants at RWC. We have alternated between rain downpours and drought much of the summer, and now we are going into fall with some of our flowers, shrubs and trees struggling.

However the situation would be far worse had it not been for a hardy plant watering crew of ten men and women who regularly watered our hanging baskets and potted plants purchased by RW-C to brighten the entrances to the Chesapeake Center and the Life Enrichment Center. For the last three years **Linda Hildebrand** has taken charge of rounding up volunteers to keep these beautiful creations alive and well by putting up a sign up sheet in the parlor in late spring asking for watering help. This year we can thank **Linda Hildebrand, Pete Epps, Edna Roberts, Donna Hoskins, Gerald Hoskins, May Ann Campbell, Claudia Holmes, Bob Barlow, Jerry Hamm,** and **Susan Jones** for putting their names on that sheet and following up with regular watering where assigned. Also residents who frequent the Westlake Apartment Building have enjoyed the display of potted plants on **Nancy May's** back patio at 109 which Nancy placed to be seen from the walkway from the apartments to the main building area. Thank you all, from the Grounds and Landscaping Committee and for all who came in and out our doors this summer. Future volunteers welcome. Talk to Linda or sign up next spring when the volunteer sheet appears.

In general, the entire campus has been exceptionally cheerful and well tended this summer. For that we thank our Grounds and Landscaping Team under the direction of Damon Chowning.

HOME AND COTTAGE RESIDENTS CAN HELP WITH GARDENING ISSUES

If you have been a gardener in your previous life, the Landscaping and Grounds staff wants you to continue this activity at RW-C. Having favorite plants near will increase your pleasure with your

new home. On page 17 of your Resident Handbook you will find specific guidelines regarding private gardens, their boundaries, and maintenance issues.

Often residents wish specific shrubs or trees to be planted near their home but outside the six feet allowance suggested for private gardens. Before taking on this task yourself, you must consult with Damon Chowning at 4040. He will be happy to talk to you about your request and suggest plants that he knows will survive in the soil and weather of this coastal area. However, the Grounds and Landscaping Committee reminds our residents that the survival of new plantings will depend on regular maintenance, especially watering. When contemplating new additions to your landscaping, please also consider taking responsibility yourselves for the watering needs of your selection. This is particularly true in this time of climate unpredictability. We cannot count on past patterns of rain and sun giving our plants their needed nourishment without our help. Also, when our house or cottage passes on to a new resident, we must consider that the maintenance will pass back to the Grounds and Landscaping staff. We ask that you consider these factors when making your requests. And if you can help us get that new tree or bush off to a good start, most likely we will find a way to make it happen.

The Grounds and Landscaping Committee,
Jane Henley, Chairman

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

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Educated: A Memoir by Tara Westover (2017) is the RWC Book Group's October selection – we'll meet Monday, October 28, at 10:30 a.m. in the Rappahannock Room. Tara is the youngest child in a large Mormon family in remote Idaho. Her father doesn't believe in schooling, doctors and hospitals, or the federal government. And her mother won't oppose him. Powerful.

All three of the 2019 Fiction books and three of the six 2019 Non-Fiction books mentioned in the September Library Page were in circulation on September 1!

Our Large Print readers are short-changed in this world of newly published books – LP books with a 2017, 2018 or 2019 label are scarce as hen's teeth. We do have a few – *Lost Roses*, *Where the Crawdads Sing*, and *Eleanor Oliphant is Completely Fine*, and, in Non-Fiction, *Educated*, and Jon Meacham's *The Soul of America*. We've just purchased *Murder in the One Percent*, a mystery, and *Kincaid's Hope*, a "Virginia Country Roads book" with really big print. The Library featured Newly Published Large Print Books on the check-out-and-display table for a week in September, and many of the books were checked out.

We pay attention to Recommendations –

As a result, we've purchased the fanciful *Time after Time*, as recommended by our book group's August author; *My Dear Mr. Hamilton*, an historical novel recommended by Tish King; and the non-fiction *Women Rowing North: Navigating Life's Currents and Flourishing As We Age* (great subtitle!), as recommended by Nancy Ellett (tell her what you think of it!).

Among the RWC Book Group, Gloria Wallace liked *The Traveling Cat Chronicles*, Jewel Ray liked *Recession* by James Michener, Mildred Loudy liked *Where'd You Go, Bernadette?* and Tanya Bohlke liked *The Overstory* by Richard Powers and *An Available Man*.

Madame Librarian has read and added to the library a non-fiction book recommended by her granddaughter, *Bad Blood: Secrets and Lies in a Silicon Valley Startup* by John Carreyrou, a 2018 book about Theranos, a blood testing company.

More 2019 Fiction – *The Bitterroots* by C. J. Box, *Coffin Road* by Peter May and *A Dangerous Man* by Robert Crais, all from Jay White. And the Non-Fiction *Talking To Strangers* by Malcolm Gladwell, from Tom Teeple.

Look for the September issue *The Bay Journal* on the Library's Magazine Table. The article on page 11 tells about the White Stone Oyster Co.'s oysters in Antipoin Creek!

"Anonymous" donated two bags of amazing books for serious readers – five Biographies; five for the History shelves, including *Overthrow*, described as "America's toppling of 14 foreign governments," and the 827-page *The Collected What If: Eminent Historians Imagine What Might Have Been*; and two Fiction, *The Boat*, described as "A novel about life on a German submarine," and Iris Johansen's *Final Target*, described as "A woman's novel for men."

Lois Williams – RWC Residents Association Library Chair

FIT BITS: MIND AND MUSCLE

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, October 9, 2019, the Parkinson's Support Group at 1:00pm will be hearing from the group that will be attending the APDA annual Virginia Education Day Conference for people and families living with Parkinson's disease. Come learn more about what topics were presented at the Conference.

SPORTS AND WALKING SEASON

The 2018-2019 sports and walking season will be ending on October 31, 2019. You will have all of October to turn in your walking passports and then we will be closing out another walking season. The 2019- 2020 sports season will start on November 1, 2019.

DISC GOLF*

On Wednesday, October 16, 2019, at 11:00 am we will be playing disc golf. Disc golf is played just like golf but with a disc. Come on out and have some fun. We will meet at Thomas Patio. Please sign up at the Front Desk. If you have any questions, please contact Jonathan at 438-4290

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

SPECIAL MEMORY SUPPORT GROUPS: OPEN TO ALL, JOIN US FOR AN EXCITING PRESENTATION FROM DON AND CHRISTY TALBOTT

October 7th at 4:30pm in the Auditorium
Don Talbott was diagnosed with Alzheimer's disease at the age of 41. He and his wife, Christy, have spent over a decade advocating for Alzheimer's research and support for families touched by this horrible disease.

In July of 2019, their son Kyle published Don's story in a book called ALZHEIMER'S: Don's Faithful Journey. Don and Christy will be here to discuss Alzheimer's, their fight, what they've learned and Don's book/poems.

If possible, please read this wonderful book prior to their visit. See Mary Arthur or Amy Lewis to purchase your paperback book for \$15. The book is also available everywhere online in all formats at Barnes & Noble and Amazon, etc. This will allow a more in-depth interaction with Don and Christy Talbott. We will still offer the dinner to our support group members only.

A TYME 4 ME MASSAGE, STEPHANIE REEVES REED. CALL OR TEXT (804) 436-6555 FOR APPOINTMENT.

MACULAR DEGENERATION/ LOW VISION SUPPORT GROUP MEET EVERY MONTH THE LAST THURSDAY OF THE MONTH!!
This month's meeting is Thursday, October 24 at 10:30 am in the Main Street Pub. Info, tips, tricks and more to help you cope.

FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

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, October 26, 7:00 pm, Auditorium
Featuring: THE UPSIDE

A recently paroled ex-convict, Dell, strikes up an unusual and unlikely friendship with a quadriplegic billionaire, Philip Lacasse. From worlds apart, Dell and Philip form an unlikely bond, bridging their differences and gaining invaluable wisdom in the process, giving each man a renewed sense of passion for all of life's possibilities.

Cast: Kevin Hart, Bryan Cranston, Nicole Kidman, (2019), 2 Hrs, 6 min, Rated PG-13. Based on a true story.

DOCUMENTARY: THE BIGGEST LITTLE FARM

Friday, October 18—11:00am—Auditorium

The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature.

Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination. (2019),

1 hr, 31 min. PG-13.

CONCERT AT CAMPBELL MEMORIAL PRESBYTERIAN CHURCH

The fourth concert at Campbell is Saturday, October 5—2:00 pm - 5:30 p.m.

This concert will be Bluegrass and Gospel. Food Trucks or bring picnic and your chairs. Love Offering will be taken. **RWC will not be providing transportation.**

SOFT SPOTS IN LIFE ENRICHMENT CENTER

October 16—10:30 AM to 11:30 AM—Art Room 2
Please come and join the group making pillows for the kittens at The Animal Welfare League.

LANCASTER COUNTY HAZARDOUS WASTE COLLECTION DAY

Saturday, October 12—9:00 am—2:00 pm

Drop off is at Lancaster County Courthouse at 8265 Mary Ball Road. They will accept spent fluorescent bulbs, unwanted pesticides, antifreeze, rechargeable batteries, cleaners, oil-based paint/stain, old contaminated fuels/petroleum products, household chemicals, computers/Laptops, cell phones, TV's, etc.

DO NOT BRING: Latex Paint, Car Batteries, Radioactive, smoke detectors, Medical Waste, Medications, Ammo/explosives.

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

Saturday, October 26—9:00 am—2:00 pm at Lancaster County Sheriff's Office.

This event happens bi-annually to provide a safe, convenient, and responsible means of disposing of prescription drugs.

- **Lancaster County Sheriff's Office**—Accepts pill and capules 24/7
- **Northumberland County Sheriff's Office**—accepts pills and capsules 24/7
- **Main Street Pharmacy**—Drop box inside the store—No Syringes, No Needles, No Sprays, No Batteries, No Hazardous Medications. They accept liquids less than 4oz.