



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

*The deadline to submit articles for
the February 2020 issue is
Tuesday, January 28, 2020 by noon.
Contact us: 804-438-4000*

Volume 34, Issue 1



Rappahannock
Westminister-Canterbury

January 2020

Gazebo Gazette

WELCOME NEW NEIGHBORS

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



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!

MR./MRS. NICK AND JACKIE FERRITER, Cottage 802

Neighbors on the Northern Neck since 2003, Nick and Jackie originally hail from Portsmouth NH (Nick) and Des Moines IA (Jackie). They met at a dance hosted by the Smithsonian and have been married 30 years. Nick is a USNA graduate with an Engineering degree and post doctoral work in Physics. He served and retired as a CDR in the Navy, Nick's work career spans over 20 years as a defense contractor and included work on the Polaris/Poseidon missiles and in laser weaponry with the Star Wars program. After retirement in 2002, Nick branched into all things nature - VA Native Plant Society, Tidewater Oyster Gardeners Association and fishing.

Jackie is a retired FDA/DOJ lawyer that worked in consumer protection areas. She graduated from Duke with an English degree and received her J.D. from Georgetown Law while working full time and attending night school. Jackie too loves all things nature - member of the NN Master Gardeners and NN Native Plant Society. She also volunteered at the LCL for 16 years and served on the Sundays at Two committee. Jackie still enjoys gardening and reading.


**WELCOME RECEPTION
FOR THE FERRITERS
IS FRIDAY, JANUARY 17
5:00 PM—AUDITORIUM**

MR./MRS. BOLLING AND THERESA WILLIAMSON, Cottage 803

Living on the Northern Neck fulltime since 2000, Bolling and Theresa first met at Camp Lejeune while she was in college and he was a Marine stationed at the Camp. They married after 2 dates, one military cruise and a short engagement.

Bolling, a Richmond native, graduated from VMI with a degree in history and received his MBA from William & Mary. Bolling finished his USMC career after ten years with the rank of Capt. as an Infantry officer. His professional career was in commercial banking as a loan officer. But his passion is history - American, Revolutionary war - reading it, researching it, writing about it. Bolling also enjoys watercolor painting and boating. Theresa is a native of Fayetteville, NC and graduated from East Carolina University with a degree in Business Education. Her career was two-fold: accounting and teaching for employers such as the Richmond Symphony and St. Catherine's School. Theresa enjoyed volunteering and has giving time to Junior League of Richmond (treasurer) and the Clothes Rack at First Presbyterian. She also plays Duplicate bridge, golfs, and reads everything "not gory". Bolling and Theresa are both active members of Grace Church in Kilmarnock. Making the move with the Williamson's is their rescue Border terrier mix Max, a senior dog of 10 -12 years of age.

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
<div> <div>JANUARY 2020</div>  </div> <div> 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> An asterisk (*) means a RSVP or sign up is required. </div>			NEW YEAR'S DAY BRUNCH 11:00 am—2:00 pm Lakeview Grille GRILLE CLOSED FOR DINNER 7:00-CGR-Gentlemen's Poker Club	1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole 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 4:00-WCR-Trivia & Coffee 5:00-MSP-Happy Hour
10:00-MSP-Society of Friends Meeting 4:00-WCR-Worship Service	10:00-COR-Parkinson's Caregiver Support Group 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Tea Party 4:30-AUD-Memory Support Group	10:00-AR2-Chat & Craft 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:00-AUD-Residents Association Board Meeting 1:00-AUD-Parkinson's Support Group 1:30 CGR Bunco Group 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 1:00-CGR-Genealogy Class 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 3:30-AR1-Beading Class* 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-CGR-Apple Seeds Computer Group 2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour
1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service	1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-WCR-Westbury Services Monthly Birthday Party 4:00-CGR-Dart Sharks	10:00 –BLR-Ham Radio Club Meeting 10:00-AR2-Chat & Craft 10:00-COR-Bible Study 1:00-RAP-Duplicate Bridge 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:30-AR2-Crafts for a Cause 1:00-AR1-Caregiver's Memory Support Group 1:30-CGR-Mah Jong* 3:00-WCR-Bible Study with Greg 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 11:00-MSP-Resident Choir Practice 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 2:00-WCDR-ALC Resident Council 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 2:30-WCR-Afternoon Bingo 5:00-AUD-Welcome Reception-Special Occasion Party NO HAPPY HOUR TONIGHT	2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour
10:00-MSP-Society of Friends Meeting 4:00-WCR-Worship Service	1:30-FRL-Walmart Shopping* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 10:00-COR-Bible Study 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 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 12:00-LAN-Solution Seminar: Realtor Panel* 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 3:30-AR1-Beading Class* 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour DEADLINE TO CHANGE MEAL PLAN	2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Burleque
4:00-WCR-Worship Service	10:30-RAP-RWC Book Group 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits DEADLINE FOR GAZEBO GAZETTE ARTICLES	4:45-AUD-Bingo-Pizza Party* 7:00-CGR-Gentlemen's Poker Club	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 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	

GREETINGS FROM STUART BUNTING, RWC PRESIDENT AND CEO

Yesterday is history; tomorrow is a mystery; and today is a gift. We have or soon will turn the page on 2019 welcoming 2020 and yester-year will be history. At this point 2020 is a mystery to us, but God's blessings will unfold in due time, as each day brings us its gifts. Shortly we will make history of a Christmas season filled with enthusiastic joy, spirit-filled programs and celebrations, generous gifts, and inspired decorations. Some of our mysteries this year will include work on the Small House Project, interior renovations in the Chesapeake Center and a new luxurious bus for excursions. I am certain there are other mysteries to be revealed to us as the year takes shape. For certain, each day is a gift. The gifts may come in the front door and be readily apparent. Others may be subtle, less apparent, and come in the form of lessons learned. Regardless, each day is a gift to be anticipated, received and celebrated. I am delighted to begin the journey toward our 35th year of service to residents, clients, friends, and the greater community with you.

May the Peace of God which surpasses all understanding be with each of us and the RWC family. Happy New Year! Stuart and the RWC Team.



SOLUTION SEMINAR: PREPARING TO MOVE, PART 1*

Thursday, January 23—12:00 pm—Lancaster Room

RSVP by Monday, January 20 to Denise Kenner at ext. 4877 or email dkenner@rw-c.org

Join us in a discussion about preparing your home for sale, how to select a realtor and the current state of the housing market.

A light lunch is included.

WHAT DO YOUR RESIDENT ASSOCIATION DUES DO?

As approved at the Residents Association, annual dues will be \$20.00 for each Independent Living resident.

The Residents Association and the dues you pay help to support: the RWC Foundation Fellowship Fund, the annual Golf Tournament, a major fundraiser for the fellowship fund, our Library, Memorial Roses, fabulous parties such as Super Bowl, Kentucky Derby and more.

All this for just **\$20.00 per person** helps to make these things happen at RWC.

Forms will be placed in boxes January 6. Please submit your 2020 dues of \$20.00 per resident by February 3, 2020. It can be placed in my Box 612. Checks should be made out to Residents Association of RWC. You will receive a receipt in your box if dues are paid in cash. **Pay your Resident Association fees by February 1 and you will be entered for a chance to win 4 Guest Meal tickets!!**

If you have any questions, please give me a call at 4200.

Thank you, Fred Luxton



With Stuart

Every Monday, 2:30 PM, Art Room 2

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

CULTURE CLUB: MUSIC, THEATRE AND SPEAKERS

ROMEOs & OWLETs*

Friday, January 3—8:30am

Lancaster Room

Join Roger & Bette Gruben, local Master Naturalists, to hear their story of building a guest house 'off the grid'. Learn about how local business and schools are utilizing renewable energy sources to save money and the environment.

Please sign up at Front Desk to attend.

JLYN HENDERSON 'FACES OFF' AT RWC'S JANUARY SHOW

Deltaville artist focuses her mixed media work on women with attitude

With a life-long interest in doodling, drawing and painting women's faces, Deltaville artist Jlyn Henderson recently retired as an interior designer to direct her full-time attention to painting.

Her sources of inspiration today are as diverse as her artwork. Henderson painted as a form of self-expression throughout her childhood. She has a love of painting women's faces in particular.

"The women I paint have these attitudes," she said. "You can see from the expression on their faces things women are thinking, but don't say."

Henderson is a self-taught artist, but she had the opportunity while living in California to attend several art retreats under the direction of Edward and Maxine Runci, famous portrait artists.

"This is an experience I treasure to this day," she said. "Ed Runci is best known for his pin up girls, which he would be mortified to know is how he's best remembered. They were master artists at their

very best, but the pin ups paid the bills." Henderson described some of her newer work as "women who are too tall for the garden."

Henderson paints for herself and never thinks about how she might sell a piece. She works in her favorite colors and makes sure she loves it, so if it comes back home with her after an exhibition, she's happy to have it in her house."

"I feel very blessed that my work sells," she said. "My inspiration comes from inside my head. The women in my paintings have wild hair and always hair over one eye."



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. This month Communion will be observed on the second Sunday, January 12th.
- **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 January - Rev. Bryan McClain: White Stone United Methodist Church. Wednesday, January 15 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

Yes, it's a New Year! And being new, it's by definition different. And different means it will have changed. The world is always changing. Always has been, always will. Take world population, urbanization, energy consumption, the radical transformation of medicine, transportation and communication. On and on it goes. But the real question is: will the change be for the good? And, how will I fit into all of this? Yes I, me, us, you? Which is to say, it's not all just about "the world" and "everybody else." Here's a constructive and

challenging thought: "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." *Jalal Rumi* Change myself? How? I'm thinking here of a quote from a recent RWC "Thought for the Day": "Your thinking drives and directs your life. Put your energy and intention into doing it well." This kind of thinking about new thinking is actually nothing new. I'm thinking for example of the Christmas story, which has recently been retold: "Mary **pondered** all of these things..." Or these familiar words: "**Consider** the lilies of the field..." Or these less familiar ones: "**Consider your ways...**" And then there's this positive, practical advice: "Whatever is true, whatever is noble, whatever is right; whatever is pure, whatever is lovely, whatever is admirable; if anything is excellent or praiseworthy, **think about such things.**"

Albert Einstein once said: "The world as we have created it is a product of our thinking. It cannot be changed without changing our thinking." Change cannot and will not be stopped. Nor need it be. The key is the "we," that is, each of us playing our part in making it change for the good. "You can't stop the future. You can't rewind the past. The only way to learn the secret is to press play." *Jay Asher* Or, in the words of Mother Teresa, "Yesterday's gone. Tomorrow's not yet come. We only have today. Let us begin." And so a Happy New Year to all! And yes, this too: a Happy New You. Chaplain Greg Houck

IN MEMORIAM

Col. Brooke French Read, Jr.
November 27, 2019

TRIPS AND MORE

LANCASTER COMMUNITY LIBRARY'S SUNDAYS AT TWO*

Allison Burns: "Vine to Glass: An Exploration of the Modern Wine Trade"
Sunday, January 12—1:15pm
Front Lobby

Wine is a drink that lets consumers travel around the world with every glass. However, deciding which wine to buy can be overwhelming. For the past 300 years, each century has ushered a new scientific understanding in wine production that changed wine from a local drink to a globally traded commodity. The modernization of wine produced new wine-growing regions, established what we now know as classic styles, and ultimately affected the price. In this talk, she will examine factors that influence wine prices, demystify wine labels, and encourage consumers to explore the world of wine with confidence. Please sign up at the Front Desk for transportation.

WHAT CAN RWC AT HOME DO FOR YOU?

RWC is evermore working on ways to make life easier, giving you more time for the things you want to do, and less time spent on the have-tos.

At Home with RWC offers an array of tasks that our staff can complete for you. With a week's notice, we are able to schedule services and have a caregiver at your doorstep ready and willing to help with any of the following:

Trash removal
Linen changes
Laundry

Errands (meal pick up, pharmacy, groceries, mail, etc.)

Pet care (walk, feed, clean up)

Meal preparation

Dishes/kitchen clean up

Organization/packing/unpacking

Seasonal clothing swap

Transportation

Other tasks upon request, and per approval by At Home with RWC

Should you have any questions or would like to arrange services, please call the At Home with RWC office at ext. 4022. We look forward to serving you.

Sincerely, The *At Home with RWC* Team

COMING IN FEBRUARY

LCL SUNDAY'S AT TWO*

Sunday, February 2—1:15pm—Front Lobby
Glenn Birch & Friends: "Stories and Songs" Their captivating songs and compelling stories will feature original songs on historical themes with strong Virginia connections. Songs about devastating hurricanes, battles and shipwrecks as well as songs about making quilts will be included in their entertaining folk music and stories program.

SUPER BOWL PARTY*

Sunday, February 2

5:00 pm—Auditorium

Look for more details in the February issue of the Gazebo Gazette. **Please sign up at the Front Desk to attend by Thursday, January 28. THE GRILLE WILL BE CLOSED FOR DINNER. YOU MAY ORDER A BOXED DINNER**

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

HELP STOP SPREADING GERMS!

Please do not visit the Health Center or Assisted Living if you have had any symptoms of influenza-like illness within the last 24 hours, including: fever or feeling 'feverish', sore throat, or cough. Please return for a visit to HC/ALC only after you have been healthy and fever-free for at least 24 hours (without using fever reducing medicine). If you choose to visit at this time, please use alcohol based hand sanitizer that is provided (or soap and water) to clean your hands before and after the visit. Visit only the resident you have come to see and then leave after your visit is over. Wear a mask if the resident you are visiting is sick with influenza-like illness. Practice good respiratory etiquette. Always use a tissue or your sleeve when you sneeze or cough.

FROM THE RECYCLING COMMITTEE

With one week to go in the 2019, your Recycling Committee had kept over 22,900-lbs of newspapers, junk mail, magazines, and cardboard boxes out of the County landfill. If you see any of the following residents, thank them for their efforts: Kent McCraney, Don Gilmore, Pete Epps, Fred Luxton, Gene Mapes, Phil Booth, John Roberts, Jay White, Walter Klein, and Jeff Walker. A few of the team have retired, so the Committee make up for 2020 will be Don Gilmore, Pete Epps, Walter Klein, Fred Luxton, Howard Montgomery, Kent McCraney, Jeff Walker, and John Roberts. Also be sure to thank resident Ginny Burnette who, on her own, recycles glass and plastic containers after functions such as Bingo, Special Events Parties, and other group gatherings on campus.

MEMORY SUPPORT GROUPS

Monday, January 6—4:30 pm—Auditorium

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

tator) and persons with **Mid/Late Stage** Dementia (Sara Bishop, facilitator).

RWC HAM AMATEUR RADIO CLUB N4RWC NEWS

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

DONATIONS TO RESIDENT LIFE

Please do not leave unwanted items in the Art Rooms or Resident Life office. We are not accepting any donations of any kind at this time without prior authorization from Amy or Maria. There are many thrift shops in our area that collect good unwanted items. Resident Life can provide you with a list of those stores.

NEW YEAR'S DAY LUNCH MENU

Black Eye Pea Soup
Baby Arugula Salad w/ Dried Cherries, Feta, Pine Nuts and Balsamic Vinaigrette
Southern Fried Chicken Thighs w/ Country Sausage Dressing and Creamed Leeks
Crabmeat Crusted Local Rockfish w/ Lemon Chive Cream Sauce
Stewed Tomatoes
Collard Greens
Squash Medley
Sweet Potato Casserole
Assorted Desserts
Champagne Punch

The Grille will be closed for dinner. Box meals will be available. You may place your order by calling the Hostess Desk at ext. 4516 before 3pm on New Year's Day. Boxed meals need to be picked up in the Grille by 5:00 pm.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

The Guardians by John Grisham is the RWC Book Group's January selection – a brand new, well-reviewed suspense novel! As a bonus, one of our four copies of the book is a Large Print. This is Grisham's 40th novel "without noticeable diminishment of ingenuity or literary quality!" We'll meet Monday, January 27, at 10:30 a.m. in the Rappahannock Room. Come prepared to name a favorite John Grisham book!

Apologies to Book Group people who searched for a Clive Cussler book on the "C" authors shelf. Madame, herself, is at fault – she opted for a shelf long enough to hold all 22 books, which turned about to be among the "G" authors. She's guilty of breaking the cardinal rule of librarians everywhere – shelve in alphabetical order!

Have you noticed the 2020 Calendar hanging in the Library? It's by RW-C Receptionist Ruth Fisher, who has been doing calendars since 2005, usually photographing fields, barns and boats. This year's calendar features abandoned buildings in Northumberland and Lancaster Counties.

Come January 1, our Library Elves will inventory the collection, discarding books not read in five years (except for Virginiana, a research collection for people serious about Virginia history). By the end of the month, the Computer Trio will produce an up-to-date Book List.

Look for *The Book of Books* on the Display Table – a 2008 book that lists the best books in interesting categories like- Baseball, Seafaring, Satirical Novels and Broadway Books. Maxine Luxton said, "I liked checking off how many I read and how many I missed," and RW-C readers will enjoy doing that.

"RWC has a TIP TOP LIBRARY," president Gerald Hoskins told the RW-C Residents Association, and the people who make it happen – the Library Elves, the Computer Trio, the Reshelters, the Book Mobilers, the Book Preparation People, and the Public Spaces Person – metaphorically, all stood up and took a bow!

Donations News!

From Ed Davis, 25 books, now on a shelf labeled "Intriguing Non-Fiction New to RWC Library."

From Elaine Lowrey, *Redemption* by David Baldacci, a 2019 book in Large Print!

From Page Henley, a brand new biography, *Mary Ball Washington*, by Craig Shirley.

From Nancy Miller, a LaVerne Spencer and a Large Print Fern Michaels.

From Jay White, *The Night Woman* by Sara Bladel, *Bloody Returns* by John Sanford, *Nothing Ventured* by Jeffrey Archer, an M. J. Arlidge mystery, and the non-fiction *The Borgias: Power and Fortune* by Paul Strathner – all 2019 Books.

From Stuart Bunting, *Twenty Three Years: Childhood, War, Escape* by Eve Monk, a local author "recounting her experience as a young person escaping Nazi Germany."

From Madame Librarian's daughter, the three newest in The No. 1 Ladies' Detective Agency series – our Mystery Books Numbering Specialist will affix an 18, a 19 and a 20.

Lois Williams – RW-C Residents Association Library Chair

FIT BITS: MIND AND MUSCLE

We look forward to helping you with all your Wellness needs in 2020! Our staff would also like to take the time to thank you for all your support. Without your support we would not be the program we are today.

NEW YEAR'S DAY WEDNESDAY

New Year's Day, the group exercise classes will be canceled.

REMINDERS

The Fitness Center and Swimming Pool will be available for use, but unstaffed.

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 or Demetrick at 438-4852

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

GENTLE YOGA

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

PARKINSON'S SUPPORT GROUP

On Wednesday, January 8, 2020 at 1:00pm the group will have Teresa Jackson speaking about her story of hope and she is an Certified Integrative Wellness Coach. She was diagnosed with PD in Feb. 2019. Her journey to educate people with PD led her to seek opportunities to share her experience. Since her initial diagnosis, she partnered with a Movement Disorder specialist and is doing remarkably well. In fact, Teresa will compete for Mrs. Virginia in April 2020 with a platform of Parkinson's Awareness and the need for education for the newly diagnosed patients. She feels it is her duty to use her talents to raise awareness for those who are diagnosed with PD and the need for education.

FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

GREAT COURSES* "THE OPERAS OF MOZART"

Thursdays, January 16 – April 2, 2020

10:00 am - 11:30 am

Chesapeake Game Room

24 Lectures in a Twelve (12) weeks course.

By December 1791, Wolfgang Amadeus Mozart had written the defining compositions in every available musical genre of his time: symphony, chamber music, masses, and—above all—opera. Opera was the prestige genre of the time, and Mozart loved it dearly and counted on it heavily for personal, professional, artistic, and financial reasons. Just the thought of opera, as Mozart wrote, made him "beside myself at once." The world of the operatic stage spoke deeply to his primal instinct for play, his taste for fantasy, and his restless creative imagination. Mozart's operas vie with each other to be considered among the greatest achievements of human artistic striving: *Idomeneo*, *The Abduction from the Harem*, *The Marriage of Figaro*, *Così fan tutte*, *Don Giovanni*, *The Magic Flute*. On September 30, 1791, the last of his masterpieces, *The Magic Flute*, had premiered in Vienna. Ten weeks later, on December 5, 1791, at the age of 35—when most of us are still hoping for one great accomplishment in our lives—Mozart was dead.

In this course with Professor Robert Greenberg, we are summoned to understand more fully the height of Mozart's operatic achievement by analyzing two masterpieces closely. The course also invites us to fathom the enigma of Mozart's meteoric genius by studying his career and development. Please sign up at the Front Desk.

SATURDAY NIGHT MOVIE

Saturday, January 25, 7:00 pm, Auditorium

Featuring: Burlesque

After leaving Iowa with stars in her eyes, Ali arrives at a Los Angeles burlesque lounge with dreams of taking the stage with her soaring voice. Club owner Tess is about to lose the place and thinks Ali may help business. (2010) 1 hour 40 min. Rated PG-13. Cast Cher, Christina Aguilera.

