



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

*The deadline to submit articles for
the February 2021 issue is
Tuesday, January 26 by noon.
Contact us: 804-438-4000*

Gazebo Gazette

FROM YOUR ACTIVITIES COMMITTEE

We usually think of 2020 as clear, perfect vision – well this 2020 sure wasn't! We did the Super Bowl, always so much fun. In February – another happening month, Leap Day, and we searched for Leap Frogs! Then we welcomed in the Holy Season with Mardi Gras! Always a delicious and grand evening! Then.... our perfect vision went a little blurred! Kentucky Derby is coming! What – No Kentucky Derby? – But we scavenger hunted for toilet paper – seemed kind of silly at the time! Who knew? Then came the summer of “delivered meals” and we all became a little “shaggy” with no haircuts – some even tried to grow beards! Words like “virtual” and Zoom became everyday! Our Fitness Team became TV personalities. Stuart and Greg joined in on the TV craze – updates and church. Movies, and great plays on channel 85 became popular. Making it so much easier to “stay home”. Then September rolled around – Kentucky Derby in September – well why not? We did a little betting, had some fun, and sweetened the Employee Christmas fund a little. Then Black Friday Craft sale brought many of us together, enriching the Foundation somewhat. As Christmas approached, the decorations went up with lights and cheer it remind us we are heading to a special time of the year. Our Spirit Day was special this year! Yes “virtual” on CH85. But we all waited with anticipation

and watched with joy as our wonderful staff made us laugh and come together. Let's hope that 2021 has a bit more “focus”. Happy New Year to all our residents and staff. Your Resident Life Team along with the Activities Committee are working hard to bring as many activities as possible to you! So please – join in!

ANGEL TREE SURPASSES GOAL!

Thank you for all the donations for the Angel Tree this year! Your generosity is truly unprecedented. As of 11 am on 12/18/20, The Angel Tree Drive collected **\$7,780.00**. We truly appreciate helping us by surpassing our goal from last year of \$4,390. This amount does not include who gave general gifts to the Fellowship Fund. Your fellow residents appreciate the support provided by your commitment. Thank you.

HOLD ON TO WINTER MENU BOOKLET

The new Winter Menu Booklet has been distributed. The winter cycle runs December 20, 2020 through March 20, 2021 Please be sure to keep your booklets in a safe place for you to reference.

Thank you, **Genita Maiden-Shearin CDM/CFPP**

Dining Comments can be sent to:
foodcomments@rw-c.org
Dining Reservations call Ext. 4516
Dining Immediate Assistance call Ext. 4017
Chef Flynn can be reached at Ext. 4019

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- 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>JANUARY 2021</h1>		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 WILL HAVE A MAX OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS INCLUDING WEEKLY SHOPPING. An asterisk (*) means a RSVP or sign up is required.			NEW YEAR'S DAY 1:30-AR2-Cornhole 1	2
4:00-CH85-Sunday Worship 3	10:00-AUD-Prespectives: From the Wild West to Jackson Pollock, America in Art 4 10:00-FRL-Shopping* 11:00-MSP-Parkinson's Caregiver Support Group 11:00-AR2-Art with Amy: Faux Stain Glass, Part 1* 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory	10:00-AR2-Chat & Craft 5 11:00-CH85-Annual Residents Association Meeting 11:00AM-AR1-Grocery Pick Up 11:00-AUD-Bible Study 2:00-CH85-Annual Residents Association Meeting 4:00-AUD-Spark Program	EPIPHANY 6 10:30-AUD-Residents Association Board Meeting 11:00AM-AR1-Grocery Pick Up	11:00-AR2-Art with Amy: Faux Stain Glass, Part 2* 7 3:00-RAP-Praying the Rosary	10:00-AUD-RWC Currents with Phil Williams: Camp Wachusett* 8 1:30-AR2-Cornhole	9
4:00-CH85-Sunday Worship 10	10:00-FRL-Shopping* 11 10:00-AUD-Prospectives-Behind Jane Austen (Literary Arts Documentary) 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 12 11:00AM-AR1-Grocery Pick Up 11:00-AUD-Bible Study 4:00-AUD-SPARK Group	10:00-AR2-Activities Committee Meeting 13 11:00AM-AR1-Grocery Pick Up 11:00-AR2-Art with Amy: Soap Making with Dried Flowers, Part 1	10:00-AR2-Food Committee Meeting 14 10:00-AUD-Great Courses* 3:00-RAP-Praying the Rosary	LEE-JACKSON DAY 15 11:00-AR2-Soap Making with Dried Flowers, Part 2* 1:30-AR2-Cornhole	16
4:00-CH85-Sunday Worship 17	DR. MARTIN LUTHER KING, JR. DAY 18 10:00-AUD-Martin Luther King Jr: A Historical Perspective 10:00-FRL-Shopping* 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart	10:00-AR2-Chat & Craft 19 11:00AM-AR1-Grocery Pick Up 11:00-AUD-Bible Study	INUGRUATION DAY 20 11:00AM-AR1-Grocery Pick Up 11:00-AR2-Art with Amy: Repurposing Old Windows, Part 1	10:00-AUD-Great Courses* 21 3:00-RAP-Praying the Rosary	11:00-AR2-Art with Amy: Repurposing Old Windows, Part 2 22 1:30-AR2-Cornhole	7:00-CH85-Saturday Night Movie: The Mountain Between Us 23
4:00-CH85-Sunday Worship 24	10:00-FRL-Shopping* 25 10:00-AUD-Norman Rockwell Documentary 10:30-RAP-RWC Book Group 1:00-FRL-Shopping* 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 26 11:00AM-AR1-Grocery Pick Up 11:00-AUD-Bible Study	11:00AM-AR1-Grocery Pick Up 27 11:00-AR2-Shishiko Class*	10:00-AUD-Great Courses* 28 11:00-AR2-Art with Amy: Vase Art, Part 1* 1:00-CGR-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary	1:30-AR2-Cornhole 29 11:00-AR2-Art with Amy: Vase Art, Part 2*	30
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GREETINGS FROM THE PRESIDENT/CEO

The past year provides an interesting vantage point from which to look into the New Year. Certainly, we all hope and pray that 2021 does not reprise 2020, and likewise we hope to return to those activities we enjoyed before the pandemic.

The approach of 2021 gives us an opportunity to reflect on the new things we learned and the old things we brought forward to endure 2020.

We learned to be flexible and adaptable beyond what we thought possible or beyond what we remembered from earlier in our lives. As kids, I am sure we were all pretty flexible and adaptable. Let us hold on to that flexibility and adaptability as we enter the new year.

We learned how to communicate using new means such as Zoom, FaceTime, and other virtual tools. We also brought back good, old-fashioned letters, notes, and telephone calls to stay in touch with family and friends. Let us continue to stay in touch regularly with family and friends through the new and gently used means as it is important to remain connected. We learned how valuable patience and understanding are. Renewed appreciation for these time-honored traits enabled us to endure constantly changing aspects and precautions of the pandemic. Let us embrace patience and understanding to guide our post-pandemic recovery. Beyond vaccines and resuming cherished activities, we all need time to grieve, heal, and strengthen.

We learned how to innovate and make the best of circumstances. While we all hope we don't have to ply these skills against another pandemic, we build upon our innovation and making-the-best-of-it-skills to get even more out of daily life by learning how to do new things or do old things differently. Variety is the spice of life, and each day is precious.

We learned to appreciate the power of prayer, reflection, and meditation. These practices gave us the grounding, strength and meaning

we need in life. In good times we tend to set these habits aside. Now that we have them at the forefront of our day, let us keep them there to guide us in recovery and rebuilding from this most challenging time.

May God protect and richly bless us each day as we work together as the community of RWC to face all challenges and enjoy all blessings. Happy New Year with wishes for peace, health, and joy.



THE BURDEN BOOK

God stands ready to deliver you from whatever burdens you're carrying – from health struggles to financial problems. But unlike the sudden rescue you may be hoping for, your deliverance may come in the form of a process instead. Yes, God could intervene just once and remove your problems. Often, though, He chooses to walk beside you as you carry your burdens, helping you gradually learn to trust Him enough to give them over to Him.

Here's how you can let go of your burdens: **RWC now has a Burden Book located just outside the Resident Life Office.** Write down on a slip of paper your burdens, anonymously, (as many as you want) and place the paper in the slot in the book. Every quarter we will have a ceremonial burden burning.

Just consider all the things that weigh down our hearts and lives: death, loss, illness, worry, politics, financial hardships, grief, guilt, marital tension, traumatic events. Each a weight that **we carry** on our shoulders.

Many of these **burdens** are inevitable and entirely outside our realm of control.

We hope residents and staff will take advantage of using the Burden Book to help lift spirits.

Amy Lewis

DEFINE WHAT WELL-BEING MEANS TO YOU

Website: StrongWell.org

4 Ways for Older Adults to Improve Well-Being and Enjoy an Active, Vibrant Lifestyle

As people age, they tend to become more aware of their own mortality. By middle age, many people have lost family members or friends to an illness or tragic accident, or they may simply become increasingly aware of the signs of aging such as wrinkles, aches and pains. While the fountain of youth and its promise of immortality have yet to be discovered, there are many strategies you can use to improve your health and well-being as you grow older.

Define What Well-Being Means to You

To most people, being healthy and well means maintaining both physical and mental health, living a life of relative ease without overwhelming stressors and insurmountable challenges. It's worth taking the time to define, in detail, precisely what your ideal lifestyle looks like. Create a vision board or write a letter to your future self-describing your daily life.

Are you still working later in life? Do you live in the same town and the same home, or have you moved to an exciting new location in your retirement? Have you started the business you've always wanted to start? Are you spending quality time with your grandchildren? Get specific about what your ideal future looks like, and write it down or visualize it through images.

Commit to an Active Lifestyle

You may not dream of becoming the next 80-year-old to run a marathon, but staying active is the key to a long and healthy life. Experiment with different forms of exercise to find something that feeds your soul.

Exercise isn't limited to the activities happening at your local fitness center. Whether it's golf or yoga, swimming or gardening, fishing or kayaking, there are myriad ways to adopt a more active lifestyle. Even getting a pet can help you get out of the house and walk, while also providing companionship. Finding an activity that you truly enjoy will help you stay on track to meet your activity goals and promote both physical and mental health.

Let Go of Mundane Tasks That Cause You Stress

Do you despise grocery shopping? Hate cleaning the house? Don't do it. That doesn't mean allowing the pantry to become empty or the house to become a disaster; it means outsourcing the tasks that you don't have to do yourself. There are plenty of options for finding local help for house cleaning, running errands, grocery shopping, lawn care, and even handyman services to fix that leaky dishwasher that's been on the fritz for months. There's no rule saying that you have to handle all these time-consuming tasks yourself, so let go of the things that don't bring you joy and the stress that comes with managing chores that frustrate you.

Get Regular Health Checkups

The idea that prevention is the best medicine has been around for decades, and it rings truer today than ever before. Most people dread going to the doctor, but that annual checkup might just save your life by identifying early-stage disease or illness that can be better managed now than if it hadn't been identified until it had progressed further.

Continued on Page 4

FIT BITS: MIND AND MUSCLE

HAPPY NEW YEAR

We look forward to the new year ahead of us in the wellness department. As we have had many challenges this past year, we are beginning to see light at the end of the tunnel. Once we reach the end of the tunnel, the wellness department is ready to bring back our services that we usually provide. Please, until we reach the end of the tunnel, continue to be vigilant and take precautions.

WELLNESS DEPARTMENT WILL BE CLOSED ON NEW YEAR'S DAY 1/1/2021.

UPDATE TO THE WEEKLY CLASS GROUP EXERCISE SCHEDULE

(Please sign-up for your classes weekly by calling 4290 or using our link. If you need our link please call Jonathan for more information)

MONDAY, WEDNESDAY, AND FRIDAY

9:00am to 9:30am Strength and Balance C (Ch 85)

9:45am to 10:15 Strength and Balance C

10:30am to 11:00am Strength and Balance D

11:00am to 11:30am Westbury Club Room

11:15am to 11:45 Fit to Move (Ch 85)

1:30pm to 2:00pm Strength and Balance B (Ch 85)

1:45pm to 2:15pm Water Walking

3:00pm to 3:30pm Westbury Club Room

TUESDAY AND THURSDAY

Dance Aerobics 9:00am to 9:30am Tuesday

Dance Aerobics Thursday on (Ch 85)

Chair Yoga 10:00am to 10:30am (Ch 85)

Chair Yoga 10:45am to 11:15am

11:00am to 11:30am Westbury Club Room

2:00pm to 2:30pm Strength and Balance A (ALC/HC only)

ORIENTATION FOR THE WELLNESS DEPARTMENT

Our orientation process is to help you understand how the Wellness Department works and for us to learn how we can help create the best exercise prescription for you. Orientation Process Includes:

Taking a tour of the facility if you have not already done so

Medical clearance form filled out by your doctor

Health history appraisal

Interests and goal appraisal

Sign a waiver form

Fitness Assessment (usually done in a separate appointment)

Exercise Prescription (usually done in a separate appointment)

As you get involved in our program, if you have any changes in the appraisal or need a change in your exercise prescription, please let us know. We will update and take care of your exercise needs.

Please contact Jonathan at 4290 or Alex/Demetrick at 4852.



PERSPECTIVES- FROM THE WILD WEST TO JACKSON POLLOCK, AMERICA IN ART

Monday, January 4—10:00 AM

Auditorium

Series looking at American art. The first episode is set in the Wild West and begins with the sublime art of the Hudson River School, whose 19th-century evocations of the vastness of America did so much to fuel the myth of the promised land. Another huge influence was the mysterious rock art of Native Americans, which set a stirring precedent for non-naturalistic painting. The film culminates in a celebration of Jackson Pollock, born in Cody, Wyoming, who arrived in New York wearing a Stetson and cowboy boots, and whose famous drip paintings were influenced heavily by both the moods of the American west and the example of Native American artists. Presented by Waldemar Januszczak.

ANNUAL RESIDENTS ASSOCIATION MEETING WILL AIR ON CHANNEL 85 ON TUESDAY, JANUARY 5 AT 10:00 AM AND 2:00 PM.

RWC CURRENTS WITH PHIL WILLIAMS: OWNING CAMP WACHUSETTS

Friday, January 8—10:00 AM—Auditorium

Limit 30 people

Founded in 1903 as one of New England's first camps for boys, Camp Wachusett provides a rich and varied program in a gorgeous Vermont setting.

Camp Wachusett generates a spirit of fun, excitement, and adventure as it strives to realize its broader purpose of personal and

social growth for each camper.

It promotes a boy's independence and self-confidence as well as his sense of himself as part of a group. Camp Wachusett recognizes that a relatively small environment maximizes the opportunity to individually care for each boy and to devote the necessary time and energy to provide the best possible summer experience each camper deserves

PROSPECTIVE- BEHIND JANE AUSTEN (LITERARY ARTS DOCUMENTARY)

Monday, January 11—10:00 AM

Auditorium

Lucy Worsley explores the different houses in which Jane Austen lived and stayed, to discover just how much they shaped Jane's life and novels. On a journey that takes her across England, Lucy visits properties that still exist, from grand stately homes to seaside holiday apartments, and brings to life those that have disappeared. The result is a revealing insight into one of the world's best-loved authors. Perspective is YouTube's home for the arts. Come here to get your fill of great music, theatre, art and much, much more!

DR. MARTIN LUTHER KING JR: A HISTORICAL PERSPECTIVE

Monday, January 18—10:00 AM

Auditorium

This documentary program focuses on the Civil Rights leader's many groundbreaking accomplishments. Footage covers Dr. King's war on poverty and his staunch opposition to the Vietnam War. Also included is his stirring "I Have a Dream" speech.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

"If you want to go quickly, go alone. If you want to go far, go together." African proverb
This quote reminds me of the time my wife and I spent a summer on a mission trip in East Africa. Our indigenous friends were always talking about the concept of "harambe": a Swahili word which literally means "coming together." It conveys the idea of unity, of community, of working together for a common good. We were struck by how everything in the culture seemed to center around groups and gatherings: very much the concept of "the village." It all just seemed so "human." Indeed, we all have been created to be in community with others. And yet, this has been difficult, has it not, over the course of these past ten months? The feeling of isolation can be real. If ever we needed one another, this is the time!

An important part of my work as Chaplain is what I think of as a ministry of presence, of "being with," that is to say "being with you!" In fact, fortunately, that is my favorite part. Being with, reminding us of and helping us toward community, one of the very things that makes us whole. And of course, most importantly of all: there's reminding us of God's presence, his "being with us." The message of the Christmas season is this very thing: *"In the beginning was the word, and the word was with God, and the word was God...The word became flesh and lived among us."* John 1:1,14 And now, as we begin another New Year, come (or not) what may, we have this same certain promise: *"Do not fear, for I am with you; be not anxious, for I am your God. I will strengthen you; I will help you; I will uphold you with my righteous right*

hand." Isaiah 41:10 And so my New Years wish, my prayer for you, for us all, is a quiet, faith-filled peace in and through all things.
Chaplain Greg Houck

THANKSGIVING OFFERING

Once again we continued our tradition of receiving an offering in conjunction with our Annual Service of Thanksgiving. This year's offering was designated for the Healthy Harvest Food Bank and was in the amount of **\$3,964.00!** Many, many thanks to all for your visionary generosity. We truly are stronger, and better together!!

TUESDAY BIBLE STUDY GROUP

The group meets on Tuesdays at 11:00AM. in the Auditorium. Our topic is the *Book of Psalms*. Chaplain Houck will be leading the study for the time being until our current outside visitation policy is revised. We hope to see you there!

IN MEMORIAM

Mr. George Urban, Jr.	November 30, 2020
Mr. James Nelson	November 30, 2020
Mrs. Betsy Heller	December 2, 2020
Mrs. Faye Hannum	December 9, 2020
Mrs. Doris Hazard	December 18, 2020

Arts & Crafts this Month

ART WITH AMY: FAUX STAINED GLASS PART 1 & 2

MONDAY, JANUARY 4 AND THURSDAY, JANUARY 7 11:00 AM—ART ROOM 2

Faux Stained glass outline - 1 part Black Acrylic Paint, 4 Parts Elmer's Glue All Glass Color - Clear School Glue, 1 to 8 drips Alcohol Inks . It's so easy anyone can do it!! Please sign up for both classes. Class limit is 8.

WATERCOLOR WITH PAM EVERY MONDAY—1:00 PM ART ROOM 2

Are you new to watercolor? Have you done watercolor and want to brush up on your skills. This class is for you. Anyone can join the group. No need to sign up, just come.

CHAT & CRAFTS

Every Tuesday—10:00 AM—Art Room 2

Whatever craft or project you are working on, if you need help with a project or if you just want to come chat with the group, please join us.

ART WITH AMY: MAKING SOAP WITH DRIED FLOWERS, PART 1 & 2*

Wednesday, January 13 and Friday, January 15—11:00 AM—Art Room 2

These lovely handmade soaps will make you feel like spring is in full bloom—even when it's not. Pick your favorite flower (crushed rose petals, lavender buds, or bluebonnets all work well) and try our easy melt-and-pour technique. Please sign up for both classes. Class limit is 8.

ART WITH AMY: REPURPOSING OLD WINDOWS, PART 1 & 2*

Wednesday, January 20 and Friday, January 22—11:00 AM—Art Room 2

Budget-friendly ideas and inspirations for your decor indoors or outdoors, try this project reusing old windows. Please sign up for both classes. Class limit is 4.

SHASHIKO CLASS WITH DENISE MUNNS*

Wednesday, January 27—11:00 AM—Art Room 2

Sashiko is a type of traditional Japanese embroidery or stitching used for the decorative and/or functional reinforcement of cloth and clothing. Owing to the relatively cheap nature of white cotton thread and the abundant nature of cheap, indigo-dyed blue cloth in historical Japan, *sashiko* has a distinctive appearance of white-on-blue embroidery, though some decorative pieces may also use **red** thread.

SATURDAY NIGHT MOVIE

January 23 —7:00 PM—Channel 85 Feature: The Mountain Between Us

Kate Winslet and Idris Elba star in this sweeping, suspenseful drama based on Charles Martin's novel. When a plane they've chartered to beat a storm crashes in a remote mountain area, two strangers must trust each other in order to survive the extreme elements. With little hope of rescue, they begin a perilous journey that will shape the course of their lives.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

RECYCLING NOTE

The white styro-foam containers unfortunately are not recyclable please place them in the black trash cans and save the recycle volunteers extra work thanks for your cooperation .

MEMORY SUPPORT GROUP

Monday, January 4—4:30 pm—Auditorium
Caregiver Memory Support group- The first Monday of every month at 4:30pm. Residents of RWC will meet in the Auditorium for support and education. A zoom link will be provided for residents that do not want to attend in person or for community members.

PARKINSON'S CAREGIVER SUPPORT GROUP

Monday, January 4—11:00 AM
Main Street Pub

This group meets monthly to share concerns of living with and care for those with Parkinson's disease. This is a resident led group. All are welcome.

SPARK PROGRAM

Tuesday, January 5—4:00 pm—Auditorium
Spark program- the first Tuesday of every month at 4:00pm in the Auditorium. Learn new ways to challenge the brain and keep the brain sharp. Word games, trivia, sensory stimulation and more

MACULAR DEGENERATION SUPPORT GROUP

Thursday, January 28—1:00 pm
Chesapeake Game Room

Joining a low vision *support group* has many benefits to the person who has low vision as well as for the caregiver. Both are welcome to come and learn about ways to adjust to vision

loss, ask questions, or get recommendations.

This is a resident led support group.

NORMAN ROCKWELL

DOCUMENTARY

Monday, January 25—10:00 AM

Auditorium

Norman Perceval Rockwell (February 3, 1894 – November 8, 1978) was a 20th-century American author, painter and illustrator. His works enjoy a broad popular appeal in the United States for its reflection of American culture. Rockwell is most famous for the cover illustrations of everyday life he created for The Saturday Evening Post magazine over nearly five decades.

Defining Well Being Continued from Pg. 1

Many types of cancer, for instance, have much higher cure rates when identified in the early stages, and identifying health concerns such as prediabetes allow you to make lifestyle changes and potentially avoid the development of related health complications. Ask your doctor to perform any health tests and screenings recommended for your age. If you are prescribed medication, be sure to talk to your doctor about the potential for addiction. No matter your age, taking steps to preserve your health and well-being today is the best way to promote lifelong health and well-being. Even if you're genetically blessed and have few health risk factors, staying active, reducing stress, and getting regular health screenings are never wasted effort.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

The RWC Book Group's January selection is *Shuggie Bain* by Douglas Stuart, "a story of addiction, sexuality and love" that won the 2020 Booker Prize AND tops this week's Paperback Best Seller List. We'll meet Monday, January 25, at 10:30.

Two big donations of coffee table books—from Betsy Heller's family and from new Residents, Gayle and Allison Smy. A few have been added to our Art collection. Most of the coffee table books are now Public Books, soon to be seen in one or another of the RW-C lobbies. Sit, browse and discover new worlds!

Recently Published: *28 Summers* by Elin Hildebrand and *The Star-Crossed Sisters of Tuscany* by Lori Nelson Spielman (Fiction); *House of Glass: The Story and Secrets of a Twentieth-Century Jewish Family* by Hadley Freeman (Biography), all 2020, and *This Tender Land* by William Kent Kreuger (2019), also on the Paperback Best Seller List. And, donated by Mildred Loudy, *2020 Christmas With Southern Living*.

2020 Large Print Books: *Choppy Water* by Stuart Woods and *Thick As Thieves* by Sandra Brown, both from Elaine Lowrey, and *A Time For Mercy* by John Grisham.

Other recent Fiction: *The Secret Diary of Hendrik Groen, 83 1/4 Years Old* by Peter de Smet (2017) (Paperback Fiction), *Victoria* by Daisy Goodwin (an historical novel, 2017), and, from Jay White, *A Bitter Feast* by Deborah Crombie (2019).

New-to-the-Library Biographies, mostly from the Smys: Samuel Johnson, Katharine Graham, Carl Sandburg, Winslow Homer, W. Somerset Maugham, Lady Margaret Douglass and Mary Chestnut.

The book, *100 Things Virginia Tech Fans Should Know and Do Before They Die* was donated by Fred Luxton. It has been shelved in Virginia, along with other books about Virginia's colleges and universities.

New in Miscellaneous: *Grasping the Grape*, donated by Peter Bennett; *Women's Worth: Finding Your Financial Competence*, and two Alaska books. And new in Non-Fiction Paperback, Erik Larson's *In the Garden of the Beast*.

What Madame Librarian has been reading: *Nothing To See Here* by Kevin Wilson (2019, Fiction Paperback), frivolous but heart-warming, and *Conjure Women* by Afia Atakora (2020), serious and heart-wrenching.

New Library décor: A magnificent ship model, a palm tree from Betsy Heller's family, and the 2021 Ruth Fisher calendar, featuring the local photography of our beloved front-desk receptionist!

Books come in and books go out (donated to Disabled American Veterans or to Paperbacks for Veterans), and some books have been moved from here to there. The Art books and India books are now at the far end of the Non-Fiction side of the Library, making room at the "front" of the Library for Special Features. Coming up: British Mystery Writers and John McPhee books!

Lois Williams – RWC Residents Association Library Chair