



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 35, Issue 2

FEBRUARY 2021

# Gazebo Gazette

## WELCOME NEW NEIGHBORS

### Mr. & Mrs. Robert Holley and Frances Bacon, Apt. 102.

Bob and Frances met in school 30 years ago and moved to RWC from their home in Heathsville. Frances is a second generation resident; her mother, Mrs. Lucille Bacon, lived here during the earlier years of RWC. Both teachers, Bob and Frances also served in the Army and spent most of their professional teaching careers in Prince William County. They both enjoy volunteering at Seconds Unlimited (he's the smiling, masked face that greets you when you drop off donations at the back door). Bob enjoys hiking (completed the APT), long distance biking, and has served in his church, Heathsville Methodist. Frances loves antiques, reading historical non-fiction and is active in her church, St. Francis deSales.

Making the move with Bob and Frances is 9 year old cat Gracie.

### Mr. & Mrs. Norman and Janet Mosher, Cottage 807.

Long time friends of RWC, both Norm and Jan were Irvington neighbors and served on RWC's Boards. They moved to Homer, Alaska 4 years ago to be closer to their grandchildren. Even before leaving the area, they always knew they would live at RWC 'one day'.

Norm is a retired Naval Captain with 26 years of service. After retirement his professional career included professional staff on the U.S. Senate Armed Services subcommittee; consultant company on shipbuilding, propulsion and ocean science. Norm's interests include political analysis, economics, and national security and analysis.

Jan's career focus was in helping others through her insurance company in Long Term Care insurance. Jan enjoys quilting (belonged to the Kachemak Bay Quilters, AK)), piano music, and reading. Past breeders and owners of Portuguese Water Dogs, they enjoy other people's pets now. Both Norm and Jan were previous members of the Unitarian Fellowship in White Stone.

### Mr. and Mrs. Allison (Al) and Gayle Smy, Apt. 110.

Native Pennsylvanians, Al and Gayle move to RWC from Weaverville, NC. Very active people they enjoy outside activities. Al and Gayle are especially proud of their large vegetable garden.

Al served in the U.S. Air Force 4 years and became a business man. His many business ventures came from his personal interests. In addition to gardening, Al also enjoyed hiking, skiing and serving with Habitat for Humanity. Gayle is an RN with Medical/Surgical and ER experience. She also held NC real estate and appraiser licenses. Al and Gayle have been dog owners in the past and will enjoy meeting your dogs in the future.

## MASK MUST BE WORN PROPERLY IN ORDER TO BE AFFECTIVE

It is our duty as RWC residents and staff to make our environment as safe as possible. We have the right to enforce mask wearing. If someone is not following protocol, you will be asked to leave and retrieve a mask or one will be provided to you. Also, if you are not wearing your mask properly, you will be asked to adjust it. Masks should be used as part of a comprehensive strategy of measures to suppress transmission and save lives; the use of a mask alone is not sufficient to provide an adequate level of protection against COVID-19.

If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work. **Do it all!**

**Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal of masks are essential to make them as effective as possible.**

Here are the basics of how to wear a mask:

- Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.
- Make sure it covers both your nose, mouth and chin.
- When you take off a mask, store it in a clean plastic bag, and every day either wash it if it's a fabric mask, or dispose of a medical mask in a trash bin.
- Don't use masks with valves.

*The deadline to submit articles for  
the March 2021 issue is*

***Tuesday, February 23 by noon.***

*Contact us: 804-438-4000*

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Follow us on  
**YOUTUBE**



<div> <div>KEY</div> <div>APT</div> <div>Apartment Lobby</div> <div>AR1</div> <div>Art Room #1</div> <div>AR2</div> <div>Art Room #2</div> <div>ATR</div> <div>Atrium</div> <div>AUD</div> <div>Auditorium</div> <div>BLR</div> <div>Boiler Room</div> <div>CGR</div> <div>Chesapeake Game Room</div> <div>COR</div> <div>Corrotoman Room</div> <div>CPL</div> <div>Chapel</div> <div>DRB</div> <div>Dining Room Breezeway</div> <div>FCR1, 2 or 3</div> <div>Fitness Classroom #</div> <div>FPL</div> <div>Front Parking Lot</div> <div>FRL</div> <div>Front Lobby</div> <div>GAL</div> <div>Gallery Hall</div> <div>HOB</div> <div>Hobby Room</div> <div>KCT</div> <div>King’s Court</div> <div>LAN</div> <div>Lancaster Room</div> <div>LEC</div> <div>Life Enrichment Center</div> <div>LIB</div> <div>Library</div> <div>LVG</div> <div>Lakeview Grille</div> <div>MSP</div> <div>Main Street Pub</div> <div>OTR</div> <div>Outpatient Therapy Room</div> <div>RAP</div> <div>Rappahannock Room</div> <div>RCL</div> <div>Resident Clinic</div> <div>TGP</div> <div>Thomas Garden Patio</div> <div>WCN</div> <div>Westbury Center</div> <div>WCR</div> <div>Westbury Club Room</div> </div>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div> <div>FEBRUARY</div> <div>IS</div> <div>BLACK HISTORY</div> <div>MONTH AND</div> <div>AMERICAN HEART</div> <div>MONTH</div> </div>	<div> <div>10:00-FRL-Shopping*</div> <div>11:00-MSP-Parkinson’s</div> <div>Caregiver Support Group</div> <div>1:00-AR2-Art with Pam</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-CH85-Update with Stuart</div> <div>4:00-CGR-Darts</div> <div>4:30-AUD-Caregiver’s Memory</div> <div>Support Group</div> </div> <div>1</div>	<div> <div>10:00-AR2-Chat &amp; Craft</div> <div>11:00AM-AR1-Grocery Pick</div> <div>Up</div> <div>11:00-AUD-Bible Study</div> <div>4:00-AUD-Spark Program:</div> <div>Word Games and Trivia</div> </div> <div>2</div>	<div> <div>11:00AM-AR1-Grocery</div> <div>Pick Up</div> <div>Vaccination Clinic</div> </div> <div>3</div>	<div> <div>10:00-AUD-Great Courses*</div> <div>11:30-ATR-Super Bowl</div> <div>Betting</div> <div>3:00-RAP-Praying the</div> <div>Rosary</div> </div> <div>4</div>	<div> <div>11:30-ATR-Super Bowl</div> <div>Betting</div> <div>1:30-AR2-Cornhole</div> </div> <div>5</div>	<div>6</div>
	<div> <div>4:00-CH85-Sunday</div> <div>Worship</div> </div> <div>7</div>	<div> <div>10:00-FRL-Shopping*</div> <div>1:00-AR2-Art with Pam</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-CH85-Update with Stu-</div> <div>art</div> <div>4:00-CGR-Darts</div> </div> <div>8</div>	<div> <div>10:00-AR2-Chat &amp; Craft</div> <div>11:00AM-AR1-Grocery Pick</div> <div>Up</div> <div>11:00-AUD-Bible Study</div> <div>1:00-AR2-Let’s Play Boggle</div> </div> <div>9</div>	<div> <div>10:00-AR2-Activities</div> <div>Committee Meeting</div> <div>11:30-AR2-Quitling Meeting</div> <div>11:00AM-AR1-Grocery</div> <div>Pick Up</div> </div> <div>10</div>	<div> <div>10:00-AUD-Great Courses*</div> <div>10:00-AR2-Food</div> <div>Committee Meeting</div> <div>1:00-CGR-Charades*</div> <div>3:00-RAP-Praying the</div> <div>Rosary</div> </div> <div>11</div>	<div> <div>1:30-AR2-Cornhole</div> <div>2:00-Apt. Breezeway–</div> <div>Tunnel of Love Photo Shoot</div> </div> <div>12</div>	<div>13</div>
	<div> <div>Super Bowl 55</div> <div> <div>• <b>Date:</b> Sunday, Feb. 7</div> <div>• <b>Kickoff time:</b> 6:30 p.m. ET (unofficial)</div> <div>• <b>TV network:</b> CBS</div> <div>• <b>Location:</b> Raymond James Stadium, Tampa, Fla.</div> </div> </div>	<div> <div>PRESIDENT’S DAY</div> <div>10:00-FRL-Shopping*</div> <div>1:00-AR2-Art with Pam</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-CH85-Update with Stuart</div> <div>4:00-CGR-Darts</div> </div> <div>15</div>	<div> <div>MARDI GRAS</div> <div>10:00-AR2-Chat &amp; Craft</div> <div>11:00AM-AR1-Grocery Pick</div> <div>Up</div> <div>11:00-AUD-Bible Study</div> </div> <div>16</div>	<div> <div>ASH WEDNESDAY</div> <div>11:00AM-AR1-Grocery</div> <div>Pick Up</div> </div> <div>17</div>	<div> <div>10:00-AUD-Great Courses*</div> <div>1:00-AR2-Pictionary*</div> <div>3:00-RAP-Praying the Rosary</div> </div> <div>18</div>	<div> <div>1:30-AR2-Cornhole</div> </div> <div>19</div>	<div>20</div>
	<div> <div>4:00-CH85-Sunday</div> <div>Worship</div> </div> <div>21</div>	<div> <div>10:00-FRL-Shopping*</div> <div>10:30-RAP-RWC Book Group</div> <div>1:00-AR2-Art with Pam</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-CH85-Update with Stuart</div> <div>4:00-CGR-Darts</div> </div> <div>22</div>	<div> <div>10:00-AR2-Chat &amp; Craft</div> <div>11:00AM-AR1-Grocery Pick</div> <div>Up</div> <div>11:00-AUD-Bible Study</div> <div>1:00-AUD-Wii Bowling</div> <div>Tournament*</div> </div> <div>23</div>	<div> <div>11:00AM-AR1-Grocery</div> <div>Pick Up</div> </div> <div>24</div>	<div> <div>2:00-FRL-Ride to</div> <div>Nowhere*</div> <div>3:00-RAP-Praying the</div> <div>Rosary</div> </div> <div>25</div>	<div> <div>1:30-AR2-Cornhole</div> </div> <div>26</div>	<div> <div>7:00-CH85-Saturday</div> <div>Night Movie: Breakfast at</div> <div>Tiffany’s</div> </div> <div>27</div>
	<div> <div>4:00-CH85-Sunday</div> <div>Worship</div> </div> <div>28</div>	<div> <div>FEBRUARY</div> <div>2021</div> </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 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 re-quired.</div> </div> <div></div>		

## GREETINGS FROM THE PRESIDENT/CEO

Welcome to February 2021 at RWC. We are a month closer to spring. We will complete most of our vaccinations this month. And, of course Valentine's Day and Mardi Gras come our way. A few weeks ago I received a very big surprise in a telephone call from the Chamber of Commerce. Expecting to be asked to help with something, they informed me of the honor of Business Person of the Year for 2020. This is quite an honor considering the many wonderful business leaders in Lancaster County. I want thank you, the residents and staff of RWC, for your gracious nomination letters and for the many notes and cards you sent since the award was announced. I share this award with all of you because we all work together each day to make RWC the amazing community it is. I also want to recognize our many local business partners, vendors, and benefactors who support us in so many ways! I am humbled by your honor! It is exciting to see our Memory Support Small House come out of the ground. Rain after rain confounded the efforts to clear the building site and excavate the foundation, but through perseverance and a weather window, the foundation was poured on January 20<sup>th</sup>. Soon the framing will begin, and the House will take shape. We are working through details of the electrical service and the low-voltage systems in the House. This will be a wonderful addition to our care options later this year.

We still have a bit to go before we reach "Journey's End" on the pandemic journey. We are all anxious to get out of this tunnel and into the greater light. That day will come, and while we wait, we need to continue to maintain hope and the resilience and fortitude that God has blessed us with to see our community successfully through this together.

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.

*Maureen Montgomery*

## TO MY RWC FAMILY AND FRIENDS,

I want to thank you all for your kind words, thoughts, prayers and cards after the death of my Mami, Cathy Rivera. Even though we did not have a very close relationship, it was still very difficult to hear of her death long distance. During the time I was away, I was able to (and still am) realize how grateful to have a wonderful example of a working mom and to know that you all truly care about me. My heart is in God's hands and you are my angels.

Big hugs, Maria

## THANK YOU FOR YOUR PRAYERS AND STRENGTH

On December 28, 2020 I had a hunting accident in White Stone and shot myself in the left foot with buck shot. I was told by doctors that I shouldn't have a foot left. Luckily only 2 or 3 pellets went into my forefoot towards my toes. After 4 surgeries my foot did survive, minus a few toes, and I am recovering. In addition, while I was in the hospital, I got news that one of my dearest friends of 30 years had suddenly passed away. A very tough time to say the least.

I wanted to publicly say thank you for your prayers, your positive thoughts and acts of kindness. The love and support I have received has been breathtaking and beyond my expectations. This experience has reinforced my practice of gratitude-and I just have so much to be grateful for.

I hope to be back to RWC very soon. I intend to connect with each of you who have sent prayers, messages of support and love—as those prayers have impacted me so profoundly and promoted my ongoing and rapid healing.

Blessings, Amy Lewis

## SUPPORT THE BUTTERFLY HUGS MINISTRY

**Make a butterfly... bring Hope to those that are struggling!**

Christian Radio Station WPER in Fredericksburg is collecting butterflies made out of anything you would like – construction paper, fabric, pipe cleaners, coffee filters... let your imagination soar! Your butterfly will be paired with an encouraging note and given to one of our friends and neighbors who are in need of Hope and Encouragement. It's a very special project called Butterfly Hugs®!

**There is no deadline!** We will be collecting butterflies indefinitely. **Smaller butterflies that can fit inside greeting card envelopes are especially needed (6"x8")**. Your greeting card-sized masterpieces will be mailed to those friends who are too far away to receive a hand-delivered Butterfly Hug®.

Bring your butterfly creation to the Resident Life office or call Mary Arthur at ext., 4856.

**Note: Please do not include candy or food items in your butterfly creations.**

## FREE CROCHET BUTTERFLY PATTERN

Here is what you will need:

- worsted weight yarn, scraps will work great
- US H8/5 mm crochet hook, or another comfortable sized hook
- tapestry needle, scissors.

Resources and tutorials you may find helpful in following this pattern: [Crochet Abbreviations](#), [US to UK Crochet Conversion Chart](#). Find links to stitches on the "[Tutorial](#)" menu: [Getting Started](#) will show basic stitches used in many patterns and [Crochet Stitch Dictionary](#) shows our growing collection of crochet stitch tutorials.

BUTTERFLY:

With color 1, chain 6 and join to form a ring.

Row 1: Work the following in the loop: Ch 3 (counts as 1st dc), 2dc, ch 2, \*3 dc, ch 2\*, repeat \* to \* 6 more times (8 clusters). Join with sl st to top

of starting ch 3. Fasten off color 1.

Row 2: Attach color 2 in any space. [ Ch 3, 2dc, ch 2, 3 dc] in same space as joining, \*in next space work [3dc, ch 2, 3 dc]\*, repeat \* to \* 6 more times. Join with sl st to top of starting ch 3. Fasten off color 2.

Row 3: Attach color 3 in any ch-2 space. In same space as joining, work [ch3, 5 dc, ch 3, sl st to 1st ch (picot formed), 6 dc], sl st in next space, \*in next ch-2 space, work [6dc, ch 3, sl st to 1st ch (picot formed), 6 dc], sl st in next space\*, repeat \* to \* 6 more times. Join with sl st to top of starting ch 3. Do NOT finish off.

Carefully fold butterfly in half. Chain 15 or enough chain stitches to wrap around the fold for a firm fit. Do sew down just yet. Fasten off, leaving a long strand for sewing.

ANTENNAE:

Chain 14. Fasten off and tie a knot on each end of chain. Pull yarn tight and cut close to the knot.

ASSEMBLY:

Wrap body chain up and around the body, catching the antennae under the chain at the top. Sew down firmly.

And it is done! A crochet butterfly pattern that is fast and free. What could be better than that?!

[Crochet Butterfly Pattern - Crochet 365 Knit Too](#) – Here is the website link!

**KNITTING PATTERN AVAILABLE ON PAGE 7.**

## SATURDAY NIGHT MOVIE

**February 27 —7:00 PM—Channel 85**

**Feature: Breakfast at Tiffany's**

Oct 06, 1961 · Directed by Blake Edwards. With Audrey Hepburn, George Peppard, Patricia Neal, Buddy Ebsen. A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.

## FIT BITS: MIND AND MUSCLE

### 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)

#### Mondays, Wednesdays & Fridays

9:00-9:30 FC 1, 2&3-S&BC & Channel 85

9:45-10:15 FC 1,2&3-S&B C

10:30-11:00 FC 1,2&3- S&B & Core D

10:30-11:00 HC/ALC Ch 85 for now

11:15-11:45 FC 1,2-3-Fit to Move Independent

Living residents only and Channel 85

1:30 -2:00 FC 1,2&3-S&B B Channel 85

1:45-2:15 Pool Water Walking

3:30-4:00 HC/ALC Ch 85 for now

#### Tuesday and Thursdays

9:00-9:30 Dance Aerobics

10:00-10:30 FC1, 2&3 Chair Yoga B & Channel

85 10:45-11:15 FC1,2&3 Chair Yoga B

11:00-11:30 HC/ALC Ch 85 for now

2:00-2:30 HC/ALC Ch 85 for now

The wellness team would like to invite you to take advantage of your favorite in-person exercise activities if you have not already done so. We are continuing our safety measures to protect you while you exercise. If you would like to participate but have questions about our safety measures or sign-up process, please contact Jonathan at 438-4290. As we continue with these safety measures, we are thankful that we are seeing the light at the end of the tunnel with access to the vaccine. The wellness team will be ready when we reach the end of the tunnel to bring back services we usually offer. As we continue to the end of the tunnel, we ask that you remain vigilant and take precautions.

### 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 goals 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.

### DANCE AEROBICS

We will be adding an extra slot to the class. Instead of 8 participants, we will have 9 participants plus 1 instructor.

We will be adding a dance aerobics class on Thursdays. This class will start on Thursday, February 4, 2021 at 9:00am.

### CHANNEL 85 CLASSES FOR HEALTH CENTER AND ASSISTED LIVING RESIDENTS

Monday, Wednesday, and Friday

10:30am

3:30 pm

Tuesday and Thursday

11:00am

2:00pm

### Butterfly Hugs

Continued from Page 1

### BUTTERFLY KNITTING PATTERN

#### Butterfly Knitting Pattern Step-by-Step

#### Knitted Butterfly Embellishment Materials

Yarn - 42 yards of Worsted Weight in any fiber and colors of your choice

#### Tools

- Knitting Needles - Size 7 US straight needles
- Tapestry Needle

Scissors

#### Instructions

##### Cast On 8 Stitches

1. **Row 1:** K1, KFB, K4, KFB, Slip 1 (10 Sts)
2. **Row 2:** K1, KFB, K6, KFB, Slip 1 (12 Sts)
3. **Row 3:** K1, KFB, K8, KFB, Slip 1 (14 Sts)
4. **Row 4:** K1, KFB, K10, KFB, Slip 1 (16 Sts) \_\_\_\_\_
5. **Row 5:** K1, SSK, K10, K2Tog, Slip 1 (14 Sts)
6. **Row 6:** K1, SSK, K8, K2Tog, Slip 1 (12 Sts)
7. **Row 7:** K1, SSK, K6, K2Tog, Slip 1 (10 Sts) \_\_\_\_\_
8. **Row 8:** BO 3, K5, Slip 1 (7 Sts)
9. **Row 9:** BO 3, K3, CCO 5 (9 Sts)
10. **Row 10:** K9, CCO 5 (14 Sts) \_\_\_\_\_
11. **Row 11:** K1, KFB, K10, KFB, Slip 1 (16 Sts)
12. **Row 12:** K1, KFB, K12, KFB, Slip 1 (18 Sts)
13. **Row 13:** K1, KFB, K14, KFB, Slip 1 (20 Sts) \_\_\_\_\_
14. **Row 14:** K19, Slip 1 (20 Sts)
15. **Row 15:** K19, Slip 1 (20 Sts) \_\_\_\_\_
16. **Row 16:** K1, SSK, K14, K2Tog, Slip 1 (18 Sts)
17. **Row 17:** K1, SSK, K12, K2Tog, Slip 1 (16 Sts)
18. **Row 18:** K6, K2Tog, K2Tog, K5, Slip 1 (14 Sts)
- Row 19:** K5, K2Tog, K2Tog, K4, Slip 1 (12 Sts)
- BO:** All 12 Stitches

#### ABDOMEN

CO: 14 Stitches

BO: 14 Stitches

#### ANTENNA

Braid 3 strands of yarn, knotting them to secure on either side until your braid is approximately 2" in length.

### FINISHING

Slightly fold bottom portion of wings overlapping top portion, tack with yarn to secure. Tack abdomen over the center of wings, add an antenna, weave in ends. Fly away!

#### Notes

**Butterfly Size:** Approximately 3.25" wide x 2.5" tall with size 7US needles and worsted yarn. Using smaller or larger materials will alter the size of your finished butterfly accordingly.

#### Knitting Techniques

- Slip Knot
- CO = Cast On Long Tail Method
- CCO = Cable Cast On (Increase)
- K = Knit Stitch
- K2Tog = Knit Two Together (Decrease)
- KFB = Knit Front and Back (Increase)
- Slip 1 = Slip One Stitch Purlwise
- SSK = Slip, Slip, Knit (Decrease)
- BO = Bind Off

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## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### FROM THE CHAPLAIN

Over the holidays I acquired a new gadget. I love gadgets, tools, implements, machinery, as I love to putter around the house and especially out in the yard. This was a heating device that attaches to the top of a propane tank. My wife Pam and I enjoy sitting out on our deck in the evenings, but when it gets cold it's not quite so pleasurable, so this would provide the solution. I mention this because the assembly process was instructive. The last step, which should have been the easiest, unexpectedly became the hardest. Try as I may, the connection wouldn't take. Until I realized "Oh, this thing threads on backwards." ("Righty tighty, lefty loosey" didn't apply!) Things aren't always what you expect, things aren't always as they should be or for that matter as they've always been for all your life. Things change, and some of the change can catch you off-guard. But it doesn't matter if something isn't what it should be: what matters is "how am I going to deal with it?" "How am I going to respond?" As we begin a new year these questions will be important for us all, and so they will be as we enter the season of Lent: things change, and so can we. Lent is only partly about "giving something up." Perhaps more importantly it's about "becoming something new." That's my prayer for us in the days to come: that we adjust our lives and even our hearts, that we learn, that we consider our ways and grow. May abundant blessings be yours in the season to come.

Chaplain Greg Houck

"Every branch that bears fruit he prunes to make it bear more fruit." (John 15:2)

"God wants to prune me. A pruned vine does

not look beautiful, but during harvest time it produces much fruit. The great challenge is to continue to recognize God's pruning hand in my life. Then I can avoid resentment and depression and become even more grateful that I am called upon to bear even more fruit than I thought I could." (Henri Nouwen, *Jesus: A Gospel*, p. 91)

### LENTEN DEVOTIONAL GUIDE BOOKS

Lenten Devotional Guide books will once again be made available for all residents and staff alike. They will be found the week of Ash Wednesday on tables by the chapel and in the atrium.

### TUESDAY BIBLE STUDY GROUP

The group continues to meet 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

**CLARK SCHUMACHER 01/27/21**  
**SIBYL BAYNE 01/28/21**

### TUNNEL OF LOVE PHOTO SHOOT

**Friday, February 12—2:00 pm until 4:00 pm**  
**Apartment Breezeway**

Take a stroll through RWC's version of the Tunnel of Love located in the Apartment Breezeway. Photo opportunities will be offered for couples and singles as well.

### SPARK PROGRAM : WORD GAMES AND TRIVIA

**Tuesday, February 2—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.

### SUPER BOWL BETTING

**February 4 & 5**

**(Thursday and Friday)**

**11:30 am to 1:00 pm—Atrium**

Even with a few coronavirus breakouts reaching NFL squads throughout the year, the league navigated pretty tough waters and is gearing up for what should be a dazzling finale pitting well-aged Tom Brady and the Buccaneers vs. the Chiefs and Patrick Mahomes.

Place your bets for the most exciting football game of the year.

### LET'S PLAY BOGGLE

**Tuesday, February 9—1: 00 pm**

**Art Room 2**

Boggle is a fun word game. The game is played using a plastic grid of lettered dice, in which players attempt to find words in sequences of adjacent letters. Please sign up at the Front Desk. Limit: 8 people.

### RWC QUILT GROUP

**Wednesday, February 10—11:30 am**

**Art Room 2**

Is one of your hobbies quilting? Or maybe you would like to learn the art of quilting. If you are an experienced quilter or beginner, have quilted in the past and want to start again, or just learn from some of your neigh-

bors that are quilters, please come to AR2 on Wednesday, February 10, at 11:30 to chat about starting an RWC Quilt Group. Hope to see you there!

### GAME DAY: CHARADES\*

**Thursday, February 11—1:00 pm**

**Chesapeake Game Room**

Please sign up at the Front Desk to play. Limit: 8 people.

### GAME DAY: Pictionary\*

**Thursday, February 18—1:00 pm**

**Art Room 2**

Pictionary is a charades-inspired word-guessing game. The game is played in teams with players trying to identify specific words from their teammates. Please sign up at the Front Desk. Limit: 8 people.

### GAME DAY: WII BOWLING TOURNAMENT\*

**Tuesday, February 23—1:00 pm**

**Auditorium and**

**Friday, February 26—3:00 pm**

**Auditorium**

Wii Sports bowling is similar to normal bowling. The player attempts to knock down 10 pins with a ball. The player has 10 attempts with 2 bowls in each frame. Please sign up at the Front Desk. Limit: 16 people.

### RIDE TO NOWHERE\*

**Thursday, February 25—2:00 pm**

**Front Lobby**

Who knows where we will end up. Please sign up at the Front Desk. Limit: 8 people.



## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### GARDENING NEWS

If you are new to RWC Gardening and are interested in working a plot in the community garden, now is the time to sign up. Please call Maxine Luxton at extension 4200.

Plot assignments are being made to accommodate all that love to plant, weed, harvest and make the gardens bountiful and beautiful.

Dining Comments can be sent to:  
[foodcomments@rw-c.org](mailto:foodcomments@rw-c.org)

Dining Reservations call Ext. 4516

Dining Immediate Assistance call Ext. 4017  
 Chef Flynn can be reached at Ext. 4019

### ACTIVITIES COMMITTEE

Wednesday, February 10—10:00 am

#### Art Room 2

The Activities Committee is looking for new members. We meet monthly on the second Wednesday of the month in AR2 at 10:00am. We work hand in hand with the Resident Life Team to plan big and small get togethers, movies, and a host of other activities. If you are interested please join us on Wednesday, February 10<sup>th</sup> at 10:00am in AR2.

### THE CULINARY MAGICIANS OF RWC

They lure us with enticing scents,  
 At the appointed hours,  
 Though our elderly stomachs are  
 Most eager to receive the manna  
 Before any crankiness can triumph.  
 They bestow their friendliness and  
 Laughter and blessings upon us as  
 We line up, appropriately Covid-  
 Distanced, and boost our flagging  
 Spirit tangibly and deliberately.  
 They carefully pack up our meals  
 And deliver them if the need arises.  
 Under the accomplished guidance of  
 Chef TV, the Magicians will compose  
 From what is dealt to them, which  
 Is not always what they had  
 Initially ordered, so they must ever  
 Remain doubly hard working and  
 Prepared to re-imagine in the moment  
 To satisfy us and to bring relief in  
 These temporarily difficult times.  
 Food delivered or picked up, our  
 Stomachs will be content and the  
 Soul will feel lighter with gratitude for  
 Our Daily Bread, so enhanced.

Milena Van Sant

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

The RWC Book Group's February selection is *Miss Benson's Beetle* by Rachel Joyce (2020). The book, characterized as "zany and unforgettable" by one reviewer, takes place in 1950 in Britain and the island of New Caledonia. We'll meet Monday, February 22, at 10:30. Look for the Book Group book at a new library location and wait until the Book Group people have finished reading it before taking it out.

The RWC Library is honored to have been gifted *A Question of Freedom: The Families Who Challenged Slavery from the Nation's Founding to the Civil War* by William G. Thomas III, son of Suzanne Thomas and the late William G. Thomas, Jr., and just published in November.

An amazing ten 2020 books came into the Library last month – *A Time For Mercy* by John Grisham, donated by Mildred Loudy; *Pretty Little Wife* by Darby Kane, donated by Tanya Bohlke; *All Our Summers* by Holly Chamberlin; and a new Fanny Flagg, *The Wonder Boy of Whistle Stop*. Also, all from Jay White, *Near Dark* by Brad Thor, *A Private Cathedral* by James Lee Burke, *The Dirty South* by John Connelly, *Troubled Blood* by Robert Galbraith, and the latest Jeffrey Archer and Michael Connelly.

Large Print had three more 2020s – *Universe of Two* by Stephen P. Kiernan, donated by Robert Barlow; and *The Sentinel* by Lee Child and *Outfox* by Sandra Brown, donated by Elaine Lowrey. A new-to-Large Print, *Light from Heaven* by Jan Karon, was donated by Jim Ray, and another, *The Handmaid's Tale* by Margaret Atwood, was donated by Jean Gilmore.

Three new-to-us biographies – *Leonardo da Vinci* by Walter Isaacson from Suzanne Thomas, *Evel Knievel* from Fred Luxton, and *The Wright Brothers* by David McCullough, from Jim Ray.

Other new-to-us books – *Ask Again, Yes* by Mary Beth Keen and *A Time For Mercy* by John Grisham, from Mildred Loudy; *My Southern Journey: True Stories from the Heart of the South* by Rick Bragg from Nina Walls; *Beneath A Scarlet Sky* by Mark Sullivan, from Jim Ray (Paperback Fiction), a couple of Henning Mankell mysteries from Pat Kirby, and *Code Name Verity* by Elizabeth Wein, a World War II book from Jay White.

Bunches of Books: From Carl Blades, *The Mitford Bedside Companion Stories* by Jan Karon, *Digging to America* by Anne Tyler (Fiction), and *House Girl* by Tara Conklin and *The Lemoncholy Life of Annie Aster* by Scot Wilbanks (both Fiction Paperback). From Robert Barlow, *Chaplain: WWII Letters from an Army Air Corps Chaplain* (Religion), *The Body: A Guide for Occupants* by Bill Bryson (MISC: Health), *America: The Last Best Hope* by William J. Bennett (History), and *Then She Was Gone* by Lisa Jewel (Fiction Paperback). And from Jim Ray, *Old Time Grain Elevators* (Public Books).

A RWC Resident of four years confessed to Madame Librarian that she "has never stepped foot in the Library." However, for many of us at RWC, the Library is a Readers Paradise! This month Madame Librarian has read *A Time For Mercy*, *Shuggie Bain*, *Miss Benson's Beetle* and *A Question of Freedom* – all published in 2020!

Lois Williams – RWC Residents Association Library Chair