



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING JUNE 1 AT THE FRONT DESK.

WELCOME NEW NEIGHBORS

Mr. & Mrs. Bob & Judy Vogel, Free Standing Home 420. The Vogels were introduced to the Northern Neck by goods friend Helene and Peter Braatz. New Yorkers by birth, Bob and Judy have lived on the Neck for the past 18 years. They have been active in many of RWC's events over the years.

Bob and Judy both graduated from Bergenfield H.S. in Bergenfield, NJ. Bob received his B.S. in Engineering from the U.S. Naval Academy, Class of 1961 and received his MBA from Univ. of Bridgeport in CT. Bob served as a weapons officer from 1961-1968 on the USS Becuna, USS Tuck and USS George Washington. After the Navy his career took him into information technology where he worked for IBM, UPS and Emory Air Freight. Judy received her B.A. from Wilson College with dual majors in Psychology and Education. Her M.S. was completed in School Psychology. She worked as a school psychologist in Connecticut, Georgia, and New Jersey schools before retiring.

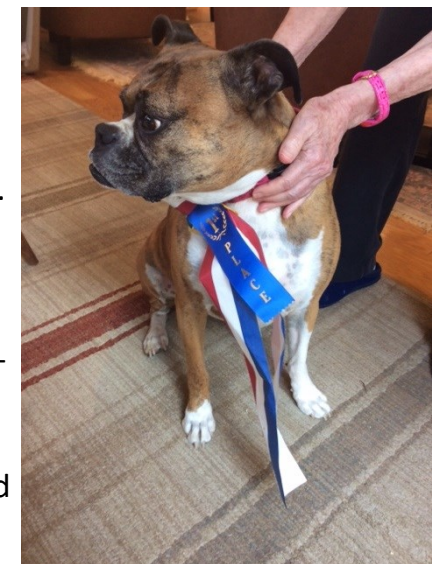
Both volunteer minded, Bob served on the Lancaster Library Board and was a big Brother. Judy served with the Hospice Support Services of the Northern Neck, was a Girl Scout leader, and served on the congregational care team of their church. Bob and Judy currently attend Campbell Presbyterian Church in Weems.

Pet lovers, you will see Bob and Judy on the trails with their large and lovable lab, Buddy.

TWO NEW ASSESSMENT TOOLS AVAILABLE

If you have friends who are still on the fence about making the move to RWC, we've partnered with two different companies who offer online platforms designed to help with decision making based on both timing and from a financial standpoint. To help with the timing question, take this 4-5 minute survey to clarify needs and preferences to make the choice that's right for you and your family. To find out about the affordability of making a move to RWC, you can answer just 7 questions including age, income and assets to get a preliminary assessment. The information is secure and is not shared with any other third parties. Take or share the assessment now!

KAHLOUX WINS BEST IN SHOW AT WESTMINSTER-CANTERBURY'S DOG SHOW & COMPETITION



A large crowd, both young and old, gathered as 8 canine companions competed in several categories. Nick and Jackie Ferriter's dog, Kahloux was awarded Best in Show. Kahloux was received a ribbon, certificate and a large rawhide bone. Other competitors included, Lucy (Susan Hice), Josie (Vikki Marek Young), Happy and Bailey (Herbert & Pamela Smith), Rosie (Jane Hopwood), Corey (Walter & Phyllis TeStrake), Skipper (Ted & Denise Munns).

*The deadline to submit articles for the July 2021 issue is **Tuesday, June 22 by noon.** Contact us: 804-438-4000*

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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
JUNE 2021		10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam 4:00-AUD-Spark Program: Trivia & Word Games	1 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Men's Poker Group	2 10:00-AUD-Great Courses* 11:00-AR2-Easy Batik Dyeing, Part 1* 3:00-LAN-Praying the Rosary	3 11:00-AR2-Easy Batik Dyeing, Part 2* 1:30-AR2-Cornhole	4 5
4:00-CH85-Sunday Worship	6 10:00-FRL-Shopping* 11:00-MSP-Parkinson's Caregiver Support Group 11:00-AUD-Doug Tallamy: Nature's Best Hope 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	7 8 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 11:00-(til 1pm)-Garden Plot Open House 1:00-AR2-Watercolor with Pam	9 10:00-AR2-Activities Committee Meeting 1:00-AR2-Art with Amy: Step by Step Painting* 7:00-CGR-Men's Poker Group	10 10:00-AUD-Great Courses* 11:00-FRL-Lunch Bunch to The Steamboat Restaurant* 3:00-LAN-Praying the Rosary	11 1:30-AR2-Cornhole	12
4:00-CH85-Sunday Worship	13 10:00-FRL-Shopping* 11:00-AUD-Doug Tallamy: Restoring Little Things that Run the World 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	14 15 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 11:00-AR2-Art with Amy: Resin/Epoxy Jewelry & Paperweights, Part 1* 1:00-AR2-Watercolor with Pam	16 11:00-AR2-Art with Amy: Resin/Epoxy Jewelry & Paperweights, Part 2* 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Men's Poker Group	17 10:00-FRL-Trip to Middlesex Historical Museum & Lunch at Debbie's* 10:00-AUD-Great Courses* 10:00-AR2-Food Committee Meeting 3:00-LAN-Praying the Rosary	18 The Longest Day Play Day	19 5:00-FRL-Music by the River: Rappahannock Crossing*
4:00-CH85-Sunday Worship	20 21 10:00-FRL-Shopping* 11:00-AUD-Doug Tallamy: Biodiversity 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	22 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam 1:00—FRL-Trip to Moraticco Waterfront Museum*	23 10:30-AR2-Making Crepe Paper Flowers with Maria* 1:00-AR2-Art with Amy: Simple Suminagashi* 7:00-CGR-Men's Poker Group	24 10:00-AUD-Great Courses* 11:00-AR2-Art with Amy: Vase Design, Part 1* 2:00-AUD-Parkinson's Support Group Meeting* 3:00-LAN-Praying the Rosary	25 11:00-AR2-Art with Amy: Vase Design, Part 2* 1:30-AR2-Cornhole	26 7:00-CH85-Saturday Night Movie: Picnic
4:00-CH85-Sunday Worship	27 28 10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	29 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam	30 10:00-LAB-Ceremonial Burning of the Burdens 11:00-FRL-Lunch Bunch to Leadbelly's in Reedville* 7:00-CGR-Men's Poker Group	<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 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.</p>		

GREETINGS FROM THE PRESIDENT/CEO

I am writing June's note on the day of the Labyrinth Walk to capture my experience. Chaplain Greg organizes a Labyrinth walk in the Spring and Fall for anyone wishing to participate. This walk was the first opportunity I had in some time to traverse the Labyrinth. You may be wondering – "What Labyrinth?" Whether you are new or not-so-new to RWC, you may not know that we have a Meditation Labyrinth. It is located between the Apartment Building and Wood Duck Lake on the north end of the Apartment Building. You can check the campus map in your telephone directory to see the location.

Guarded by a *Viburnum* hedge, the Labyrinth provides a peaceful, quiet pathway to traverse while praying, contemplating, meditating, reflecting, or thinking in whatever manner you choose. The brick outline is interspersed with special bricks honoring or memorializing special friends, family members, and pets, and bricks that have reflective reminders.

I was reminded today of how beneficial a Labyrinth walk can be. For me today it was a reflective walk reminding me of many past residents whom I have had the privilege of knowing and serving and special relationships. On another day, it may have reminded me of the important aspects of care and quality of life provided at RWC. Another day, it might challenge me to look to the future and those we will serve many years from now. Greg quotes The Reverend Torrence Harmon, whom many of you know, saying, "A labyrinth is designed to help you find your way." We all likely need a bit of wayfinding, particularly in these times. So

while the weather is mild, I challenge you to find and journey the Labyrinth. I can promise you will have an individual experience that will be thoughtful and meaningful, and it may become a regular part of your quiet time.



RW-C MONARCH SANCTUARY UP AND RUNNING

Milkweed guru Nick Ferriter has been examining the leaves and inside areas of our very healthy Common Milkweed growing in the meadows near the gardens. Lo and behold he actually photographed a Monarch caterpillar inside one. Hoorah! May such miracles continue. Damon has agreed to increase the area where milkweed is showing up so it doesn't get mowed over Memorial Day Weekend. Nick and Jane Henley and some hardy gardeners have planted Swamp Milkweed in the opposite end of the meadow near a swampy area or their own gardens. Problem is no rain for 10 days!

A second miracle has occurred. Wellness coordinator Jonathan Smith's wife Bethany has experience raising Monarchs caterpillars from eggs to butterflies. She and their children watch them grow inside their house, so we now count Bethany as our advisor. Latest word is that Damon has agreed to have his mowers allow a thirty foot buffer around the areas we have already marked so we can catch even more egg laying butterflies. Advice to those residents who purchased Swamp Milkweed babies is to please keep them well watered wherever you have planted them. The Milkweed team thanks all residents who have encouraged us to continue this endeavor. Nick and Jane will post good news as it occurs.

VIDEO SEMINARS FOR JUNE

All videos will be shown in the Auditorium. Please sign up at the Front Desk to attend.

DOUG TALLAMY SERIES

Douglas W. Tallamy is an entomologist and author. He has written and co-authored several books as well as many papers.

He teaches in the Department of Entomology and Wildlife Ecology at the University of Delaware. Tallamy advocates for home gardens that bridge the gaps between parks and preserves in providing habitat for native species. He has spoken on the connections between plants and insects and how those relations are important to birds. He has called for smaller lawns. He was interviewed about the need to plant more native plants by Utah Public Radio.

Tallamy has overseen rigorous field-studies that examine native versus introduced flora as caterpillar hosts and chickadee habitat.

Doug Tallamy: Nature's Best Hope
Monday, June 7—11:00 AM

Doug Tallamy: Restoring Little Things That Run the World

Monday, June 14—11:00 AM

Doug Tallamy: Biodiversity

Monday, June 21—11:00 AM

TRIPS FOR JUNE

All trips will leave from the Front Lobby.

Sign up at Front Desk to attend.

LIMIT: 14 for all trips

Lunch Bunch to The Steamboat Restaurant
Thursday, June 10—11:00 AM

Located on the beautiful Piankatank River Golf Club the Steamboat Restaurant is the best kept secret in the Gloucester, Mathews, Hartfield, and Kilmarnock area. Whether in search of casual dining, family dining, or fine dining, we can definitely accommodate your desire for great service and delicious culinary masterpieces.

Middlesex Historical Museum & Lunch at Debbie's Family Restaurant
Thursday, June 17—10:00 AM

The Middlesex County Museum & Historical Society is a journey through everyday life going back through the 19th century — and beyond. Get up close with artifacts that include prehistoric whale bones and shark teeth and Native American arrow points. Celebrate the county's military heritage with exhibits featuring soldiers going back to the Civil War as well as Lt. Gen. Chesty Puller, the most decorated Marine in Corps history.

Music By the River: Rappahannock Crossing

Saturday, June 19—5:00 PM

Family-friendly outdoor concerts are staged in the waterfront picnic area at Belle Isle State Park. Boxed dinners will be provided. Please bring your own folding chair.

Morattico Waterfront Museum
Tuesday, June 22—1:00 PM

The Morattico Waterfront Museum honors life on the river in this place and those who lived it before us by preserving for public knowledge the cultural history and traditions of a watermen's village on the Rappahannock River, and by maintaining a center for community activities in the museum building.

The Morattico Waterfront Museum is situated in the heart of the watermen's village on the north shore of the Rappahannock River with commanding views of the river, Lancaster Creek, and Mulberry Bay.

Lunch Bunch to Leadbelly's in Reedville
Wednesday, June 30—11:00 AM

Reedville Virginia, sometimes it feels like time has just stood still for years, heck decades. One of the cool classic places to hang, is "Leadbelly's" Restaurant at the Fairport Marina right across from the Stack. It's a very nice and friendly place to park your old boat and grab an old school crab cake and timeless suds. The staff is very nice and the decor, well, lets just say it's PERFECT!

FIT BITS: MIND AND MUSCLE

WELLNESS DEPARTMENT

The wellness department is here for your wellness and fitness needs. If you are feeling you need a change in program or just some help to get started, please reach out to us. We have the staff to make your exercise program personalized and goals attainable. If you are new to our program, please follow the below orientation process.

ORIENTATION

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)

If you are a current participant that needs to tweak your program, the fitness assessment, update of health history, update of interests and goals would all help us better help you succeed in your program.

If you have any questions, please contact Jonathan at 4290 or Alex/Demetrick at 4852.

*We are looking at adjusting our program covid-19 safety measures in June. We will still be taking precautions as we continue down the road to normal operations of the Wellness Department. We will have more information to come.

WALKING CHALLENGE

Come join us in participating in our Walking Challenge. For the Walking Challenge this year we have popsicle sticks to pick-up instead of passports with hole punches. There will be 5 different walking "trails". Each trail will have 3 to 4 popsicle stick pick-up locations with each trail having different colored and numbered popsicle sticks. There will be hand sanitizer at each pick-up location. We have maps available that will show you each of the pick-up locations. The walker will collect a popsicle stick from each location and return them back to the Life Enrichment desk. You will then put your name on a piece of paper and wrap a rubber band around the bundle of popsicle sticks. We look forward to seeing you out walking!

CROQUET

We have started King's Court which you can get from Jonathan or call him to sign-up for a slot. In the slot, you will put the names of the 4 participants that will be playing at that time. King's court will be available Monday through Sunday. You will need to check out a mallet and ball each time you want to play which will be available at the LEC front desk.

If you are playing after 3:30 pm during the week, please check out your mallet and ball before then. If you are planning on playing on the weekend, please check out a mallet and ball before 4:00pm on Friday. You can either return the mallet and ball back to the LEC front desk or leave it down in the deck boxes at King's Court. We will clean the equipment so it's ready for the next person to use. Below are the schedule times for the King's Court.

Monday-Sunday

8:30am-9:30am
9:30am-10:30am
10:30am-11:30am
11:30am-12:30pm
12:30am-1:30pm
1:30pm-2:30pm
2:30pm-3:30pm
3:30pm-4:30pm
4:30pm-5:30pm

RWC STAFF MEMBER TO SHOWCASE ART IN JUNE

First artist to display works at retirement community since March 2020

Amy Lewis, RWC coordinator of resident life program development, was a late bloomer of sorts when it came to art. But she's making up for lost time. Lewis started painting in 2017, entered her first art show, won 3rd place and sold the painting for \$800. She was hooked. Not a day goes by that she doesn't have paint on her hands, under her fingernails or somewhere on her clothes. Now, she teaches art to residents as well.

Lewis will be the first artist to display artwork for public viewing in RWC's Gallery Hall since the COVID pandemic. (RWC staff displayed photos in November 2020 to honor resident military veterans in their annual Veteran's Day art show.)

"It is a privilege to come to work every day and teach art classes to our residents," Lewis said. "I know I have done my job when I see the tips of their tongues sticking out as they concentrate on their work. They lose themselves in it. It's an escape from reality."

Lewis started her own art journey with acrylics, then branched out to all sorts of media.

"I'm always looking for materials for art," she said.

"It is not beyond me to dumpster dive, pick up something interesting along the road or at a flea market or thrift shop. I love architectural junk! I found an old folding dressing privacy screen, like the movie stars use, and turned it into a chicken run for my new chicks on the farm. It works perfectly."

Lewis still works with acrylics but also with watercolor, alcohol inks and yupo (a synthetic plastic paper), faux stained glass, clay, batik, soap making, resin and epoxy jewelry making, diamond painting, suminagashi (Japanese marbling) on silk or paper and furniture repurposing.

"I usually donate a piece to the Chesapeake Academy auction every year," Lewis said. "Last year was a Texas Hold 'Em game storage table or saloon liquor cabinet. I also enjoy shashiko, (traditional Japanese embroidery), which I learned from a resident. I am now trying to learn how to quilt with guidance from residents who are master quilters."

Lewis' artwork, including paintings, painted furni-

ture, stained glass pieces and more, will be on display daily throughout June in Gallery Hall.

THE LONGEST DAY

The Longest Day is the day with the most light — the summer solstice. On June 20, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association. We will be having a Play Day at RWC and urge you to join us. We will come together on June 18th, since the 20th falls on Father's Day. We will have a cornhole tournament with residents and staff. There will be bridge, mahjong, and scrabble games throughout the day. We will have some special games like name that tune and name that theme song. Hot dogs, chips, and drinks will be available from 11am-1pm. Please join us in bringing light to a horrible disease. There will be festivities from 10am-5pm with sign up sheets across campus. Don't forget to wear your purple!

SATURDAY NIGHT MOVIE: PICNIC

Saturday, June 25—7:00 PM—Channel 85 (1956), 1 hour, 53 minutes, Rated PG

Set in a sleepy Kansas town one warm Labor Day weekend, PICNIC focuses on the impact of muscle flexing vagrant (William Holden) whose presence causes emotional havoc among the local women, including town beauty (Kim Novak) who must decide whether or not to run away with her handsome new beau.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

Virtual: 1.) in effect or essence imitated or simulated.

2.) almost or nearly, but not exactly or completely.

“Virtual” has become a common part of our vocabulary over the course of this past year. We’ve come to know about virtual gatherings and virtual seminars and virtual updates and even virtual exercise. But have all these things really merely been “virtual?” The fact is they really all did actually happen! There is then, it seems to me, a big and important difference between “virtually doing something” and “doing something virtually.” For example: virtually paying for something (almost or nearly but not exactly paying) is one thing but actually paying (virtually) is another. And when we “virtually exercised” we really felt it! So we didn’t actually virtually exercise but truly did exercise, virtually. Semantics are important, and I must admit I don’t always get this right myself.

In a recent report to the RW-C Residents Association I included among other things a reference to our worship services being held on channel 85. We might refer to these as “virtual worship services” but what we mean is that we are in fact worshipping, virtually. We really, truly do worship! Virtual here does not mean “not real.” It means rather “not in person.” And that doesn’t mean “not personal.” I continue to try to make these services as real and personal as possible. We’re just not together in the same room. But even not being together in the same room at the same time doesn’t mean we’re “not together.” We are absolutely together in spirit! I very much have sensed this, and perhaps even more so in these times when worshipping virtually might just mean more people from more faith traditions participating. We are one in Christ and that’s the main thing.

It might just be that I long for us to be together in person in the same place at the same time worship as much as anyone. Take heart: the day will come; surely we’re getting closer. But in the meantime, I’ve been more than grateful for and blessed by the sense in our worshipping community of the “unity of the spirit and the bond of peace.”

Chaplain Greg Houck

UPCOMING:

BURDEN BOOK CEREMONY

Wednesday, June 30th - 10:00PM - Meeting at the Labyrinth.

There is so much weight and heaviness we carry with us on a daily basis — the weight of burdens. The process of letting it all go, moving forward, and healing old wounds isn’t an easy one, but it is available to us all.

At the beginning of the 2021 Resident Life created the Burden book located outside of their office and it has since been filled with burdens written on slips of paper and placed in the book.

It is time to release the burdens in this special ceremony. Join us.

ONGOING OPPORTUNITY: TUESDAY BIBLE STUDY GROUP

We continue to meet on Tuesdays at 11:00AM. in the Auditorium. Our topic is the *Book of Psalms*. We’ll be considering the “Songs of Ascents” this month. Wonder what that means? Come and see! Chaplain Houck is leading the study until our current outside visitation policy is revised. We hope to see you there!

MEMORIAL SERVICE: CRONERS

A Memorial Service will be held for Bill & Jan Croner on Saturday, June 19, 2021 at 2:00 PM at Kilmarnock United Methodist Church. RWC will not be providing transportation to the service.

CELTIC SPIRITUALITY.....COME TO SHRINE MONT AND HEAR JOHN PHILIP NEWELL IN PERSON

John Philip Newell, the renowned author and teacher of Celtic Spirituality, returns to Virginia and will be teaching 2 workshops at Shrine Mont. The School of Earth & Soul (formerly the School of Celtic Consciousness) will take place October 5-7 and October 12-14, 2021.

For more information, go directly to Shrine Mont’s website <https://shrinemont.com/> and register there.

BACK TO TUESDAYS: WATERCOLOR WITH PAM

EVERY TUESDAY—1:00 PM—Art Room 2

Pam Bowers is a professional watercolorist and art therapist. No matter what your level or even if you have never painted before, Pam will be able to teach you how to watercolor. She has been teaching for over 15 years at RWC. Join us.

ART WITH AMY CLASSES FOR JUNE

All classes are limited to 8 participants and will be held in Art Room 2. Please sign up at the Front Desk to attend.

Easy Batik Dyeing, Part 1 & 2*

Thursday, June 3 and Friday, June 4—11:00 AM

Batik is traditionally a technique of hand-dyeing fabrics by using wax as a dye repellent to cover parts of a design, dyeing the uncovered fabric with a color or colors, and dissolving the wax in boiling water. the fabric so decorated. We will create Batik in an easy way that anyone can do.

Step by Step Acrylic Painting

Wednesday, June 9—1:00 PM

We will be creating a new masterpiece together.

Resin/Epoxy Jewelry & Paperweights, Part 1 & 2

Tuesday, June 15 & Wednesday, June 16

11:00 AM—Art Room 2

You don’t need fancy expensive tools and materials to get started learning how to do resin jewelry craft. All the basic resin jewelry supplies, tools and even includes a crystal clear epoxy resin to get you started right away will be supplied. Epoxy Resin is the perfect material for crafting jewelry because it is the easiest and most forgiving of mistakes material to work with. Epoxy resin gives you enough time to get your resin mixed and cast before it starts to gel!

Simple Suminagashi

Wednesday, June 23—1:00 PM

In the 19th century, the Kyoto-based Japanese *suminagashi* master Tokutaro Yagi

developed an alternative method for paper marbling that employed a split piece of bamboo to gently stir the colors, resulting in concentric spiral designs. A sheet of *washi* paper is then carefully laid onto the water surface to capture the floating design. The paper, which is often made of *kozo* (paper mulberry), must be unsized and strong enough to withstand being immersed in water without tearing. WE will try this technique in this class.

Vase Design, Part 1 & 2

Thursday, June 24 & Friday, June 25

11:00 AM

This Vase Art will enhance the look of any corner and space of your home. Some vases are very attractive and alluring and if we could just add some colorful and sparkling touch, it can do wonders as an artifact. It is very easy and simple to follow, perfect for beginners, explained step by step. I hope you will love this craft.

MAKING CREPE PAPER FLOWERS WITH MARIA*

Wednesday, June 23—10:30 AM—Art Room 2

LIMIT: 8—SIGN UP AT FRONT DESK

Learn to make beautiful flowers from crepe paper. Easy to make, all supplies provided.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

WATERERS NEEDED

We are looking for volunteers to help water the plants in the front of the Chesapeake Center. Adopt a plant to water today. Sign up on the bulletin board next to the resident mail boxes.

GARDEN OPEN HOUSE

Come one, come all to the Gardens for a party with refreshments on June 8, 11 AM to 1 PM. Gardeners will be available to answer questions and talk about their plants. **Transportation provided for those who need it from the Front Lobby. Please call Regina at ext. 4350 to arrange transportation in advance.** If it is raining, a second date will be scheduled.

SMALL HOUSE PROJECT DONATIONS

The RWC Foundation appreciates all of the donations towards the Small House Project through the Mother's Day Quilt Raffle. Mrs. Mary Thompson won the raffle and is enjoying the quilt, gift certificates for a pedicure and a trip to Shear Pleasure! We raised \$660 that will aid those with Dementia with a person centered care home like environment. Thank you for all that you do to support the Foundation.

FATHER'S DAY REMEMBRANCE

Please remember to bring in a picture and/or memory of your father for this Father's Day to Denise Kenner. These memories will be displayed on the Administration hall and in a video, June 14th -18th.

BRICKS FOR THE LABYRINTH

Did you know that you can donate a Labyrinth Brick in honor or in memory of your loved one? Chaplain Houck holds a Labyrinth walk twice a year. The name of your loved one or

idea that you want to be remembered can be memorialized for years to come in our Labyrinth. The Labyrinth was designed as a spiritual place where you can pray, meditate, find communion and a sense of being centered with God and yourself. Take a moment and enjoy beauty and peace in this sacred place. Please see Denise Kenner for more details on making a memorial brick to your loved one.

PD CARE PARTNERS

Monday, June 7—11:00 AM—Main Street Pub

PARKINSON'S SUPPORT GROUP

Thursday, June 17—2:00 PM— Auditorium

Do you have gait and balance problems

caused by Parkinson's Disease?

Volunteers with walking and balance problems are invited to participate in a study testing the effects of vibration therapy, which may improve walking and balance.

On June 17th Gina Blackwell and Dr. Leslie Cloud at the Parkinson's Movement and Disorders Center will join us virtually to discuss the study.

Please RSVP to Rita DePew by Thursday, June 17 at 438-4838.

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

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

The RWC Book Group's June selection is a two-some—*Olive Kitteridge*, winner of the 2009 Pulitzer Prize for Fiction, and the ten-years-later follow-up, *Olive, Again*, by Elizabeth Strout. Both are a series of stories about Olive, called in one review, "a blunt busybody and a gossip." "Read either or read both," says Tanya Bohlke, who will lead the discussion on Monday, June 28, at 10:30 in the Rappahannock Room.

Best Library news is a couple of 2021 books by two of the RW-C readers' favorite authors – John Grisham's *Sooley*, donated by Tom Teeples, and David Baldacci's *A Gambling Man*. Also 2021, *Dark Sky* by C. J. Box, the 21st Joe Pickett mystery, and, in Biography, *The Code Breaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race*, both donated by Jay White.

Four new books in Miscellaneous: *Code Name: Lise: The True Story of the Woman Who Became WWII's Most Highly Decorated Spy* (2019), called "a WOW of a book!" by the anonymous donor; *The Spymasters: How the CIA Directors Shape History and the Future* (2020); and *The FBI Way* by Frank Figliuzzi (2021) donated by John Hess. In a different mode, the scrumptious book, *Mark Hampton On Decorating*, is from the Janice Shanks estate.

New Large Print Fiction includes *Shelter In Place* by Nora Roberts and *Spy* by Danielle Steel, both 2021, and *The Queen's Secret* by Karen Harper, all donated by Elaine Lowrey. *Hero of the Empire*, about Winston Churchill during the Boer War, is a Large Print Non-Fiction by Candice Millard, donated by Jean Gilmore.

Eight new Fiction Paperbacks just came in from Tish King, who also donated a hard-back, *Furious Hours: Murder, Fraud, and the last Trial of Harper Lee*, a true crime story that's also a Biography.

RWC's big new bus is going places of local interest and bringing back books for the Virginia section of the RWC Library. Already mentioned is the T. C. Walker biography from the Gloucester Museum trip in March. We have a history of Gwynn's Island from the April trip to the Gwynn's Island Museum. From the April trip to the Deltaville Maritime Museum, we have *Chesapeake Oysters* and *Becoming Sylvia: Life On Our Farm During the Great Depression*.

Remember Amy's Library Week Poster with its question, "What Is Your Favorite Book?" Here are the RWC Readers' responses: Angelo, *I Know Why the Caged Bird Sings*; Child, "Anything by Lee Child;" Connelly, "All the Harry Bosch books;" Conroy, "All books by Pat Conroy;" Dickens, *Great Expectations*; Follett, *Pillars of the Earth*; Grisham, *Camino Island*; Gurr, *Why Men Rebel*; Lee, *To Kill a Mocking Bird*; Michener, *Chesapeake* and *Alaska* and *Recessional* and *The Source*; Owens, *Where the Crawdads Sing*; and Sendak, *Where the Wild Things Are*. And, of course, the Bible.

Also for Library Week, Amy presented the RWC Library with a stunning book that speaks to us about how libraries are important, *The Public Library*, a photographic essay by Robert Dawson.

Lois Williams – RWC Residents Association Library Chair