



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

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

RESIDENT ASSOCIATION BOARD MEETING

Wednesday, July 7—10:00—Auditorium

**WELCOME TO THE NEIGHBORHOOD
Dr. & Mrs. Herbert & Pamela Smith, Cottage 403.**

Col. Herb and Pam moved to RWC from their home on Blackwell Wharf's in Burgess. They chose RWC because Pam's mother, Mrs. Anna Mentlik, lived here for three years. Outgoing and outdoorsy people, they knew they would settle quickly into life at RWC.

Due to his military career and veterinary practice, Col. Herb and Pam lived in a variety of places. They met on post in a military stable when Pam came in as a Saddle Club member and Col. Herb was working in the barn. They married at Fort Bragg and will celebrate their 51st anniversary in December.

Born in Miami FL, Col. Herb graduated from Miami HS, attended Clemson SC and Regent University NY receiving a B.S. with dual majors in Zoology and Inorganic chemistry. Retired as a full Colonel in 1995 after 32 years of service, Col. Herb started his veterinary practice in large animals. A self-described workaholic, he enjoyed beekeeping and oyster growing. His special interests have included scuba diving, flying (he holds a Multi-Engine license), camping, and gold prospecting. While serving as the C.O. of Special Forces in Panama, he was the

President of the Panama Canal Flying Club (1975-1977).

Pam was born in Baltimore MD and graduated from Parkville Sr. High in Parkville MD. A professional military spouse, Pam enjoyed everywhere she lived and always found ways to serve in her community. She enjoys anything outdoors, loves to garden, bird watching and making stained glass. She still volunteers at the Light of Christ thrift shop and has been a past volunteer in the pharmacy at the NN Free Health Clinic.

Col. Herb and Pam enjoy good conversation and good stories. They are active members of Light of Christ Anglican Church and love their beagles, Happy and Bailey.

MEET THE COMPASS CREW*

Monday, July 5—11:00—Auditorium

Would like to know more about the Compass Entertainment Complex between Irvington and Kilmarnock? They have much to offer. The staff from the Compass will be here to tell us. Please join us.

MEN'S COOKING DEMO WITH CHEF TV*

Thursday, July 22—2:00 PM—Art Room 2

LIMIT: 12—Sign up at Front Desk

Are you a single guy or a caretaking husband wanting to add a little spice, flavor and variety to you cooking? Chef TV can help you expand your horizons and open your eyes to a world of easy to fix, tasty meals.

The deadline to submit articles for the August 2021 issue is Tuesday, July 27 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
JULY 2021	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.			10:00-AUD-Great Courses* 1 11:00-AR2-Art with Amy: Easy 4th of July Jewelry* 3:00-RAP-Praying the Rosary	1:30-AR2-Cornhole 2	3
1:00-CH85-Suzanne & Jim: America the Beautiful Virtual Concert 4 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 5 11:00-AUD-Meet the Compass Crew 11:00-MSP-Parkinson's Caregiver Support Group 1:00-CH85-Suzanne & Jim: America the Beautiful Virtual Concert 1:00-CGR-Catch Phrase 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group UPDATE WITH STUART IS CANCELED TODAY.	10:00-AR2-Chat & Craft 6 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	10:00-AUD-Resident Association Board Meeting 7 11:00-FRL-Lunch Bunch to Something Different in Urbanna* 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Men's Poker Group	10:00-AUD-Great Courses* 8 10:00-AR2-Food Committee Meeting 3:00-RAP-Praying the Rosary	9:00-FRL-Tangier Island Cruise* 9 1:30-AR2-Cornhole	10
4:00-CH85-Sunday Worship 11	10:00-FRL-Shopping* 12 11:00-AUD-Flight of the Butterflies IMAX Video 1:00-CGR-Catch Phrase 2:30-AUD-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 13 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam	10:00-AR2-Activities Committee Meeting 14 11:00-AR2-Art with Amy: Pineapple Painting, Part 1* 7:00-CGR-Men's Poker Group	10:00-AUD-Great Courses* 15 11:00-AR2-Art with Amy: Pineapple Painting, Part 2* 2:00-AUD-Parkinson's Support Group Meeting* 2:00-AR2-Crepe Paper Flower Making Class* 3:00-RAP-Praying the Rosary	10:00-FRL-Trip to Historic Kittiewan* 16 1:30-AR2-Cornhole	17 5:00-FRL-Music by the River: Patsy & the Country Classics*
4:00-CH85-Sunday Worship 18	10:00-FRL-Shopping* 19 10:00-AUD-Grounds & Landscaping Committee Meeting 1:00-CGR-Catch Phrase 2:30-AUD-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 20 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam DEADLINE FOR GAZEBO GAZETTE ARTICLES	11:00-FRL-Lunch Bunch to the Sweet Tooth Cafe & Bakery in Gloucester* 21 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Men's Poker Group	10:00-AUD-Great Courses* 22 2:00-AR2-Men's Cooking Demo with Chef TV* 3:00-RAP-Praying the Rosary	11:00-AR2-Making Denim Pocket Organizers* 23 1:30-AR2-Cornhole	24 7:00-CH85-Saturday Night Movie: Call of the Wild
4:00-CH85-Sunday Worship 25	10:00-FRL-Miniature Golf at the Compass & Lunch* 26 10:30-RAP-RWC Book Group 1:00-FRL-Shopping* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:30-AUD-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 27 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam DEADLINE FOR GAZEBO GAZETTE ARTICLES	9:30—FRL-Trip to Northern Neck Farm Museum* 28 7:00-CGR-Men's Poker Group	10:00-AUD-Great Courses* 29 11:00-AR2-Art with Amy: Step by Step Painting* 1:00-MSP-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary	1:30-AR2-Cornhole 30	31

This spring, residents launched an innovative project to increase the population of Monarch butterflies by providing additional milkweed flowers, their exclusive food source, and nurturing caterpillars as they prepare to become butterflies. The butterflies emerging from the chrysalis is symbolic of our emergence from the pandemic in some respects. Then consider the migration of the butterfly from Canada to Mexico. While any of us could drive or fly that distance in a couple of days. Imagine how long it takes and how dangerous it is for the relatively fragile butterfly. Perhaps they are stronger and more resilient than they seem, and I expect they know they can do it. We are stronger and more resilient than we may seem as well. Perhaps you don't quite feel that way as we spent over a year in relative isolation due to the pandemic precautions. But it is time to emerge, strengthen and energize for the journey. The caterpillar emerges from the chrysalis as a butterfly and seeks the milkweed flower, designed almost exclusively for its long tongue, and recharges for the long fall migration. We are emerging, recharging and readying for each day of our journey here at RWC. As we emerge, recharge, and journey onward, I encourage each of us, including myself, to look around and reflect on what we have learned. The lessons have been hard in many respects, but we have the opportunity individually and as the community of RWC to heal, recharge and press forward. For some this may be easy, and for others hard, but for each of us there is some challenging element. Just as each butterfly makes its way out of its individual chrysalis, each of us has to make our way out of our metaphorical pandemic chrysalis. You creat-

ed the milkweed sanctuary for the butterflies to recharge. Likewise, we need to create the equivalent of the fortifying milkweed sanctuary to recharge ourselves. Fortunately, we are blessed with a wonderful neighborhood of people with amazing and complementary gifts and talents to fortify our bodies and souls as we emerge. May you be blessed as you share to fortify and be fortified. Have a great summer!



TRIP TO THE NORTHERN NECK FARM MUSEUM*

Wednesday, July 28—9:00 AM

Front Lobby

LIMIT: 14—Sign up at Front Desk

Featured Exhibits include farm tractors and equipment, rural electrification and about the wife's role on the farm. Adjacent to the Museum is the Northern Neck Master Gardeners demonstration vegetable garden.

We are attempting to arrange the Master Gardeners to be there to explain their techniques such as composting, drip irrigation, crop rotation, winter cover crops and more. See how they are able to provide over 1000 pounds of produce o the Northern Neck Food Pantry located in Warsaw. Plus—Who doesn't like to visit a nice garden?

The garden area, however, is not suitable for residents with walkers who would not be able to navigate well.

RESIDENT, CHARLES HUCKINS EXHIBIT AT RWC FOR JULY

Stonelight Images – A Quarter-Century Retrospective of the Expressive Documentary Photography of Charles Albert Huckins will be the subject of RW-C's Gallery Hall exhibition for July 2021. Four dozen of Huckins's framed photographs and photographic composites will be on display from Thursday, 1 July through Friday, 30 July 2021. The exhibit will begin with several of Huckins's iconic gelatin silver (black-and-white) prints from the turn of the century and conclude with a number of his more recent, award-winning digital composites. In between will be a number of images from his documentary work with prison art at the former correctional facility in Lorton, Virginia; expressions of mourning at the Pentagon's ephemeral shrine in Arlington, Virginia immediately following the terrorist attack of 9'11; and landscapes of both Europe and North America. Also featured will be Huckins's digital recreations of the famed Japanese artist, Utagawa Hiroshige's woodblock prints from various editions of his world-famous *53 Stations of the Tokaido*. In addition to the framed prints of Huckins's work, an additional four dozen images will be displayed in a continuously-looping digital frame of his novel portraits of RW-C residents and staff at work and play over the last half dozen years. The entire loop for the digital frame is eight minutes in length. Another highlight of the exhibition will be a contest to stimulate the observational skills of viewers. Questionnaires will be available for attendees to complete by 4 pm on Friday, 23 July. Up to five winners will be awarded copies of unmatted prints of their choice (depending on availability) from the

exhibition. Answers to the questionnaire and winners of the contest will be posted during the last week of the exhibition. Also on display will be miscellaneous equipment and materials related to Huckins's photography over the years, as well as a preview copy of his brand new book, *Stonelight Images*, containing more than 400 of his photographs over the past half-century. Huckins's exhibit is gratefully dedicated to the memory of Emily Blake Chowning (1929 – 2021), a lovely lady who, among many other accomplishments, matted and framed many of the pictures in the exhibition.

MINIATURE GOLF & LUNCH AT THE COMPASS ENTERTAINMENT COMPLEX IN KILMARNOCK*

Monday, July 26—10:00 AM—Front Lobby
LIMIT:14—Sign up at Front Desk

Their miniature golf course was designed exclusively for Compass Entertainment Complex with fun-filled landscaping, soothing streams, and a trick shot final hole. Mini golf features a traditional deadrise boat, two local lighthouse replicas, and other Northern Neck Tributes. Equipped with dock-like bridges, our coastal course is handicap accessible and allows for all skill levels to have a boatload of fun — including a retiree golf league! Whether 5 or 95, as long as you can hold a putter, you'll have a great time.

Afterward we will enjoy lunch at the Meridian Bar & Grill which features **new American cuisine** made with only the freshest of ingredients while supporting local fishermen and farmers. From our bar enjoy a wide variety of craft beers and specialty house cocktails.

FIT BITS: MIND AND MUSCLE

GROUP EXERCISE SCHEDULE

Monday, Wednesday, and Friday

9:00-9:40 FC 1, 2&3-S&BC

9:50-10:30 FC 1,2&3- S&B & Core D

10:40-11:20 FC 1,2-3-Fit to Move (residents only)

11:00-11:30 WC ALC

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

1:45-2:15 Pool Water Walking

3:00-3:30 HC dining room HC

Tuesday and Thursdays

9:00-9:30 FC 1,2&3 Dance Aerobics (Only on Tuesdays)

9:50-10:20 Pool Aqua Aerobic Fitness

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

11:00-11:30 WC ALC

2:00-2:30 HC dining room HC

3:10-3:40 Pool Aqua Fitness Aerobics

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 have adjusted our safety measures for our program. We will still be taking precautions as we continue down the road to normal operations of the Wellness Department.**

WALKING CHALLENGE

Come join us in participating in our Walking Challenge. For the Walking Challenge this year we are going to 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. 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!

TRIP TO KITTIEWAN*

Friday, July 16—9:00-Front Lobby

LIMIT: 14—Sign up at Front Desk

Historic Kittiewan became the home of the Archeological Society of Virginia (ASV) in 2007 due to a generous final bequest from William Cropper, long-time resident of Charles City County. Cropper and his wife, Wilma, wanted to ensure that the property would remain a working farm and historic site. The ASV manages Kittiewan's 720+ acres, which include wooded areas, cultivated fields, and cleared domestic spaces that border Kittiewan and Mapsico creeks. The property encompasses Kittiewan's historic Manor House, and a modern Visitors' Center, as well as two historic cemeteries, military earthworks, and terrestrial and underwater archeological sites. Housed at the Visitors' Center are the ASV's library and archives, as well as regional archeological collections and the massive collection that the Croppers acquired as the basis for their planned "Museum of Americana."

LUNCH BUNCH TO SOMETHING DIFFERENT IN URBANNA*

Wednesday, July 7—11:00 AM

Front Lobby

LIMIT: 14—Sign up at Front Desk

Specializing in fine Neanderthal cuisine, Something Different is guaranteed to serve just that. Fresh, quality foods all made from scratch. From homemade buns and subs, to in-house roasted coffees and peanuts, all of which are prepared daily and made to order. Offering a variety of pit smoked meats, specialty sandwiches, and sides there are hearty options for almost everyone. We use beef tallow to ensure the best "fry" possible so alternatives are limited to simple green

salads in three different sizes for vegetarians.

Remember to try the fresh hand squeezed lemon and limeades or grab a drink from the bar. Something Different has its own house made sour mix and signature Bloody Mary mix. There are 11 craft beer selections as well as Prosecco on tap.

Be sure to save room for desserts, as there are over 12 different freshly baked, made from scratch items that pair perfectly with the selections of homemade premium ice creams. There are even "adult" ice cream flavors that contain alcohol.

MUSIC BY THE RIVER: PATSY & THE COUNTRY CLASSICS*

Saturday, July 17—5:00—Front Lobby

LIMIT: 14—Sign up at Front Desk

Patsy and The Country Classics was formed in 2012. Made up of seasoned musicians, who love playing country music, the band has filled a niche in the traditional country music genre. **Bring your lawn chairs and boxed dinners will be provided.**

LUNCH BUNCH TO THE SWEET TOOTH CAFÉ & BAKERY IN GLOUCESTER*

Wednesday, July 21—11:00-Front Lobby

LIMIT: 14—Sign up at Front Desk

The café menu includes items such as seasonal soups, sandwiches, quiche and customizable salads, all made from scratch. Sweet Tooth's array of "made from scratch" desserts including warm cinnamon rolls, specialty cheesecakes, our signature banana pudding, cakes and cupcakes, all with natural, gourmet ingredients. All of Sweet Tooth's products are baked from scratch with no added preservatives and no artificial flavors.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

From what I'm seeing and hearing in the news lately, after a year of putting plans on hold Americans appear to be very much ready to travel again. I'm reading about soaring prices, packed flights, bustling airports... and also flaring tempers including unruly and sometimes violent passenger altercations. It seems there's a lot of pent-up frustration in addition to pent-up demand! In a word, people are ready to "get away." People are ready to break out of separation and many-faceted limitation. Truth is, apart from the unusual (to say the least) circumstances of this past year, there's always been the need for and proper place of getting away, be it from the rush and push of pressing demands or, if nothing else, as a break from the routine. Getting away can surely do the soul some good. Herein is found at least some of the wisdom of many if not most religious traditions, and for that matter, of non-religions and non-traditions alike. A walk in the woods, a sunrise on the beach (or sunset if you tend to be a late riser), the exhilaration of a panoramic mountain top view, times of quiet, reflection, meditation and/or prayer. Getting away can be a very helpful, healthful thing. Just one example, from the New Testament: *"The news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to solitary places and prayed."* (Luke 5: 15-16) It appears this is simply a part of how we were made. RWC has several on-campus venues for this very kind of thing. Our **chapel** is available to all for individual use at almost any time. The same is true of our **labyrinth**. And this is not to

mention the **nature trails** across the lake. Take advantage from time to time of these tranquil places. Doing so may just prove to be a soothing balm for your soul.

Chaplain Greg Houck

ONGOING OPPORTUNITY

Tuesday Bible Study Group continues to meet on Tuesdays at 11:00AM. in the Auditorium. Our topic is the Book of Psalms. We continue our discussion of the "Songs of Ascents" this month. *Wonder what those are? Come and see!* Chaplain Houck is leading the study until our current outside visitation policy is revised. We hope to see you there!

IN MEMORIAM MRS. EDYTHE SIMMONS JUNE 14, 2021

SATURDAY NIGHT MOVIE:

THE CALL OF THE WILD

Saturday, July 24—7:00 PM

Channel 85

(2020) 1 hour, 40 minutes, Rated PG

A blend of live action and digital animation bring to life Jack London's classic tale of a canine who's stolen from his California home and ends up as a sled dog in Alaska, where he becomes prospector John Thornton's steadfast companion. Starring Harrison Ford.

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 JULY
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 4TH OF JULY JEWELRY*

Thursday, July 1—11:00 AM

Add a little bling to your 4th of July outfit this year. Easy beading kits are lots of fun.

PINEAPPLE PAINTING, PART 1 & 2*

Part 1—Wednesday, July 14—11:00 AM

Part 2—Thursday, July 15—11:00 AM

Create a beautiful pineapple painting using masking tape and acrylic paints. It's easy and fun!!

MAKING DENIM POCKET ORGANIZERS*

Friday, July 23—11:00 AM

Do you need a little more storage or organization in your craft or sewing room or even a laundry room. This is an easy way to get organized and make it easy to find things you need.

STEP BY STEP PAINTING*

Thursday, July 29—11:00 AM

Anyone is capable of creating beautiful art no matter what you think your skill set is. I want to show you how to paint because

painting is a wonderful, stress relieving medium and I believe that anyone can learn how to paint. I want to make painting accessible to anyone that wants to learn.

CREPE PAPER FLOWERS WITH MARIA*

Thursday, July 15—2:00 PM—Art Room 2

LIMIT: 8—Sign up at the Front Desk

SUZANNE & JIM: AMERICA THE BEAUTIFUL VIRTUAL CONCERT

Sunday, July 4 and Monday, July 5

1:00 PM—Channel 85

As part of their continuing studies into the music of our collective American consciousness Suzanne and Jim have assembled a full length virtual concert of traditional patriotic music. Whether they be hymns, national anthems, military airs, or popular songs from entertainment media these songs are an intimate part of our national heritage and spirit. America the Beautiful is a program of songs and stories on the idea of patriotism

FLIGHT OF THE BUTTERFLIES IMAX VIDEO

Monday, July 12—11:00 AM—Auditorium

It's a natural history epic. It's a compelling detective story. It's scientific adventure at its best.

Flight of the Butterflies is an interconnected scientific adventure story that spans not only thousands of miles, but generations. It's about the remarkable Monarch butterfly migration, the most incredible migration on Earth, and the determined scientist who spent 40 years trying to discover exactly where the butterflies mysteriously disappeared when they flew south for winter.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

PD CARE PARTNERS

Monday, July 5—11:00 AM—Main Street Pub

PARKINSON'S SUPPORT GROUP

Thursday, July 15—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.

Mary Arthur, Dementia Coordinator, will be our guest speaker focusing on dementia related Parkinson's Disease.

Please RSVP to Rita DePew by Thursday, July 12 at 438-4838.

REMINDER ABOUT RESERVATIONS FOR HOLIDAY MEALS

Reservations for all special holiday brunch meals can be made by contacting Betty Polk at 4016. This includes New Years, Easter, Mother's Day, Father's Day, Thanksgiving, and Christmas.

Memorial Day, Independence Day and Labor Day do not need a reservation as it is a casual cook-out- picnic style lunch.

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

Host mobile # 804-567-0008

TANGIER ISLAND CRUISE*

Friday, July 9—9:00 AM—Front Lobby

Cruise Through Beautiful Chesapeake Bay on This Scenic Island Journey.

Visit the remote Tangier Island in the middle of the Chesapeake Bay for a day of family fun! The island is in Virginia waters and is part of Accomack County. Your cruise leaves from Historic Reedville, VA, the center of the largest fishing industry in the United States. Our ship, the Chesapeake Breeze, is comfortable, and the views from the upper deck can't be beaten.

The ship often passes fishing boats working their nets or large ocean freighters traveling between Baltimore and Norfolk or points beyond. You also see Tangier Island watermen making their living on the bay. Walk around this quaint island or take a tour on a mini-bus. Either way, you are sure to remember your trip to Tangier Island for a long time to come.

Itinerary

- Depart Reedville at 10 a.m.
- Arrive Tangier at 11:30 a.m.
- Depart Tangier at 2:15 p.m.
- Arrive Reedville at 4:15 p.m.

Local Restaurants

Whether you're craving crab cakes or a soft-shelled crab sandwich, Tangier Island has some of the freshest seafood from the Chesapeake Bay.

Fisherman's Corner

Four Brother's Crab House

Lorraine's Snack Bar

Spanky's Ice Cream Parlour

The RWC bus is full at this point but we still have openings for those who would like to drive on their own. Please call the Resident Life Team for details.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

The RWC Book Group's July's selection is *American Dirt* by Janine Cumming—about Mexicans and Central Americans traveling north on the Mexican railroads to get into the United States. Gripping! Join us for the discussion on Monday, July 26 at 10:30 in the Rappahannock Room. We welcome new Book Group participants.

More 2021 books – *Jordan's Branch* by Howard Owen, “the latest of the Willie Black series,” donated by Tom Teeples. Other “latest in the series” books include Jeffrey Archer's *Turn a Blind Eye* (the Longmire Series) and Craig Johnson's *Next to the Last Stand* (William Warwick series) from Jay White, who is also into the Swedish mystery series by Helene Tursten.

Some new-to-us books – Two in Fiction Paperback, *The Essex Serpent* by Sarah Perry, coming soon as a TV mini-series, and *Island of the Sea Women* by the popular Lisa See. And in Non-Fiction Paperback, *The Private War of William Styron* by Mary Wakefield Buxton.

And some Golden Oldies – *The Quest* by Nelson DeMille, 1975, in Fiction Paperback, and *Travels With Charley in Search of America*, John Steinbeck, 1961, in Non-Fiction Paperback. In Miscellaneous, *From the Captain to the Colonel: An Informal History of Eastern Airlines*, 1980. And in Biography, *Why Freud Was Wrong: Sin, Science and Psychoanalysis*, 1995, was donated by Joe Starlings. Harking back to an earlier age in literature, we have *Pride, Prejudice & Poison*, a Jane Austen Society Mystery.

From the eclectic library of Ed Davis comes four big new-to-us Non-Fiction Paperbacks – *Plagues and Peoples* by William H. McNeill, *Lone Survivors: How We Came To Be the Only Humans on Earth* by Chris Stringer, *The Emperor of All Maladies* by Siddhartha Mukherjee, and *Solo: A Memoir of Hope*, by Hope Solo. Also, in History, *Braddock's Defeat*.

The photographs of Charles Huckins will hang in RWC's own “art gallery” during the month of July. The exhibit is timed to coincide with the publication of *Stonelight* — a massive coffee table book of his photographs and his words about the places and people he has photographed. A copy of the book will be in the RWC Library, on the bottom shelf of the New Books section. Take time to read through it and reflect on the photos and on what Charles is saying. Note particularly his embellished portraits of RWC's people!

Lois Williams – RWC Residents Association Library Chair

Ever since Gutenberg, a library has been a place of printed words on paper, the medium by which this Library Page brings news of what's new in the RWC Library. Thanks to Kerley LeBoeuf, we're moving into the modern age by bringing news of what's new in the RWC Library through pictures on TouchTown!