



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 36, Issue 10

OCTOBER 2021

Gazebo Gazette

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

WELCOME NEW NEIGHBORS

Mr. and Mrs. William (Bill) and Genet (Sue) Creighton, Cottage 514. Bill and Sue Creighton are neighbors from the Golden Eagle cottages. Bill, Kentucky native, and Sue, Pennsylvania native, met as juniors in high school when both sets of parents relocated to New Orleans for work. The Creightons celebrated 64 years of marriage in May 2021.

A retired, career Armor and Airborne Army soldier, Bill graduated from Texas Western College with a double major in Accounting and Business Administration. He received his MBA in Administration and Finance from Indiana University. His military career included postings at Ft. Knox, Ft. Campbell and Ft. Bragg. He served in Viet Name 1967-1968. His last military job was as with FinCorp at Ft. Bragg. Bill continued in finance as a consultant for an international firm as director of programs and also as CFO for a private contracts firm. Bill enjoyed volunteer work in his church and in youth sports coaching. He still enjoys aviation (holds a commercial pilot's license), travel, and physical fitness training.

Sue is a retired educator and administrator. She taught math and served as administrator in the Fairfax public schools. She also worked in her father's business and construction firm as the bookkeeper. Sue received her B.S. in Math and History from the University of Texas-El Paso, and her M.S. in Math Education from Indiana University. Sue enjoyed volunteering in church activities and with the local Red Cross. An avid reader Sue loves reading everything and travel.

Dr. Ida J. Hill, Cottage 709. Dr. Hill moves to RWC from Chesterfield, VA, and has lived in Virginia all her life. Born in Mecklenburg County Dr. Hill has been passionate about education fostered by her mother and has been active in education all her life. Dr. Hill received

her B.S. in Elementary Education, M.S. in Psychology and PhD. in Technology from UVA. Her career included graduate courses at VCU, Longwood and VSU. After retiring she returned to the VCU School of Education to help develop and produce teacher training courses. Dr. Hill is community minded and is a 30 year member of Altrusa International, a community service organization which focuses on women in business. She enjoys theatrical events, writing poetry, oil painting, and group health enrichment. Joining Dr. Hill at RWC is her puppy, Zora, a Min-Pin who is being trained to be a good neighbor.

FIRST FRIDAY FORUM*

Brig. Gen. Bill Louisell: A Veteran's Homecoming Friday, October 1—8:30 am—Lakeview Grille 30 person limit

Sign up at Front Desk

Gen. Louisell shall talk about "homecomings." Some of his, some of others. A common experience to most veterans; in fact to most of us in our youth. Some sad, some joyous, some triumphant. Breakfast will be offered in the Lakeview Grille line. We will video tape for those who are unable to attend and always rebroadcast the following Saturday and Sunday at 1:00 PM on Channel 85.

ANNUAL EMPLOYEE CHRISTMAS FUND DRIVE STARTS OCT. 1

Please begin thinking/talking about the Employee Christmas Fund. It is especially important this year to show the staff how much they are appreciated for all they are doing during the pandemic and for the personal sacrifices they are making daily to be on the job with their smiles and "can do" attitudes. Remember, the Employee Christmas Fund Campaign runs October 1-December 1. It is the only time during the year you can thank the staff in a more tangible way for all their efforts to make your life enjoyable every day. This year, more than ever, they are our HEROES!!

*The deadline to submit articles for
the November 2021 issue is
Friday, October 22 by noon.*

Contact us: 804-438-4000

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FACEBOOK



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TWITTER



Follow us on
YOUTUBE



KEY
APT
 Apartment Lobby
AR1
 Art Room #1
AR2
 Art Room #2
ATR
 Atrium
AUD
 Auditorium
BLR
 Boiler Room
CGR
 Chesapeake Game Room
COR
 Corrotoman Room
CPL
 Chapel
DRB
 Dining Room Breezeway
FCR1, 2 or 3
 Fitness Classroom #
FPL
 Front Parking Lot
FRL
 Front Lobby
GAL
 Gallery Hall
HOB
 Hobby Room
KCT
 King's Court
LAN
 Lancaster Room
LEC
 Life Enrichment Center
LIB
 Library
LVG
 Lakeview Grille
MSP
 Main Street Pub
OTR
 Outpatient Therapy Room
RAP
 Rappahannock Room
RCL
 Resident Clinic
TGP
 Thomas Garden Patio
WCN
 Westbury Center
WCR
 Westbury Club Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>OCTOBER</div> <div>2021</div>		<div>Are you receiving too many 2022 calendars from different organizations? Don't throw them away. Place them in the bin in front of the Resident Life Office and we will distribute them to staff that can use them. Thank</div>			<div>WEAR PURPLE DAY</div> <div>8:30-LVG-First Friday Forum: Brig. Gen. Bill Louisell presents A Veteran's Homecoming*</div> <div>2:30-FCR-Cornhole</div> <div>6:30-CH85-Our Planet: Coastal Seas</div>	<div>9:30-FPL-Walk to End Alzheimer's*</div> <div>1:00-CH85-Rebroadcast of First Friday Forum</div>
<div>1:00-CH85-Rebroadcast of First Friday Forum</div> <div>1:30-CGR-Campbell Memorial Presbyterian Church Communion (residents only)</div> <div>4:00-CH85-Sunday Worship</div>	<div>UPDATE WITH STUART IS CANCELLED TODAY</div> <div>10:00-FRL-Shopping*</div> <div>11:00-MSP-Parkinson's Caregiver Support Group</div> <div>1:00-CGR-Catch Phrase</div> <div>2:00-FPL-Blessing of the Animals</div> <div>4:00-CGR-Darts</div> <div>4:30-AUD-Caregiver's Memory Support Group</div> <div>7:00-CH85-Laura Ingalls Wilder: Biography & Autobiography</div>	<div>10:00-AR2-Chat & Craft</div> <div>11:00-AR1-Grocery Pick Up</div> <div>11:00-AUD-Bible Study</div> <div>1:00-AR2-Watercolor with Pam</div> <div>4:00-AUD-Spark Program: Trivia & Word Games</div> <div>7:00-CH85-Laura Ingalls Wilder: Biography & Autobiography</div>	<div>1:00-AR2-Stitching Stars Quilting Group</div> <div>7:00-CGR-Gentlemen's Poker Group</div> <div>7:00-CH85-Laura Ingalls Wilder: Biography & Autobiography</div>	<div>10:00-AUD-Great Courses*</div> <div>3:00-RAP-Praying the Rosary</div> <div>7:00-CH85-Laura Ingalls Wilder: Biography & Autobiography</div>	<div>11:00-AR2-Art with Amy: Fluid Pour Christmas Ornaments*</div> <div>2:30-FCR-Cornhole</div> <div>7:00-CH85-Laura Ingalls Wilder: Biography & Autobiography</div>	
<div>3:30-FRP-Strings Crewe Concert*</div> <div>4:00-CH85-Sunday Worship</div>	<div>10:00-FRL-Shopping*</div> <div>10:00-BLR-Resident Health Care Committee Meeting</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-AUD-Update with Stuart</div> <div>4:00-CGR-Darts</div> <div>7:00-CH85-Ernest Hemingway</div>	<div>10:00-AR2-Chat & Craft</div> <div>11:00-AR1-Grocery Pick Up</div> <div>1:00-AR2-Watercolor with Pam</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>7:00-CH85-Ernest Hemingway</div> <div>BIBLE STUDY CANCELLED</div>	<div>10:00-FRL-Trip to VMFA: Ansel Adams-Composition in Nature*</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>7:00-CGR-Gentlemen's Poker Group</div> <div>7:00-CH85-Ernest Hemingway</div>	<div>10:00-AR2-Food Committee Meeting</div> <div>10:00-AUD-Great Courses*</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>3:00-RAP-Praying the Rosary</div> <div>7:00-CH85-Ernest Hemingway</div>	<div>8:00-FPL-Trip to Natural Bridge*</div> <div>11:00-AR2-Art with Amy: Texture & Geometric Painting*</div> <div>2:30-FCR--Cornhole</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>7:00-CH85-Ernest Hemingway</div>	<div>9:00 to 2:00-Hazardous Waste Collection at Lancaster Courthouse</div> <div>6:30-FRL-RCA Concert in Northumberland*</div>
<div>4:00-CH85-Sunday Worship</div>	<div>10:00-FRL-Shopping*</div> <div>11:00-MSP-Diabetes Support Group</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-AUD-Update with Stuart</div> <div>4:00-CGR-Darts</div> <div>7:00-CH85-Emily Dickenson</div>	<div>10:00-AR2-Chat & Craft</div> <div>11:00-AR1-Grocery Pick Up</div> <div>1:00-AR2-Watercolor with Pam</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>7:00-CH85-Emily Dickenson</div> <div>BIBLE STUDY CANCELLED</div>	<div>10:00-AR2-Activities Committee Meeting</div> <div>10:30-FRL-VA Rep. Theatre (subsc. holders)</div> <div>1:00-AR2-Stitching Stars Quilting Group</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>7:00-CGR-Gentlemen's Poker Group</div> <div>7:00-CH85-Emily Dickenson</div>	<div>8:30-FRL-Trip to Virginia Beach Aquarium*</div> <div>10:00-AUD-Great Courses*</div> <div>2:00-AUD-Parkinson's Support Group Meeting*</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>3:00-RAP-Praying the Rosary</div> <div>7:00-CH85-Emily Dickenson</div>	<div>11:00-AR2-Art with Amy: Making Yarn Christmas Trees*</div> <div>2:30-FCR--Cornhole</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>6:45-FRL-RFA On Stage*</div> <div>7:00-CH85-Emily Dickenson</div> <div>DEADLINE FOR GAZEBO GAZETTE ARTICLES</div>	<div>7:00-CH85-Saturday Night Movie: The Magic of Belle Isle</div>
<div>4:00-CH85-Sunday Worship</div>	<div>10:00-FRL-Shopping*</div> <div>10:30-RAP-RWC Book Group</div> <div>1:00-RAP-Communion for Rosary Group</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-AUD-Update with Stuart</div> <div>4:00-CGR-Darts</div>	<div>9:00-FRL-Trip to Trader Joe's & Lunch at NY Deli in Williamsburg*</div> <div>10:00-AR2-Chat & Craft</div> <div>11:00-AR1-Grocery Pick Up</div> <div>11:00-AUD-Bible Study</div> <div>1:00-AR2-Watercolor with Pam</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>7:00-CH85-Ralph Waldo Emerson</div>	<div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>7:00-CGR-Gentlemen's Poker Group</div> <div>7:00-CH85-Ralph Waldo Emerson</div>	<div>1:00-MSP-Macular Degeneration Support Group</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>3:00-RAP-Praying the Rosary</div> <div>4:00-Boots & BBQ Barn Dance (Wait for Invitation)</div> <div>7:00-CH85-Ralph Waldo Emerson</div>	<div>2:30-FCR--Cornhole</div> <div>2:30-CH85-Rebroadcast "Update with Stuart"</div> <div>7:00-CH85-Ralph Waldo Emerson</div>	
<div>4:00-CH85-Sunday Worship</div>	<div>1:00-CGR-Catch Phrase</div> <div>2:30-AUD-Update with Stuart</div> <div>4:00-CGR-Darts</div>					

GREETING FROM THE PRESIDENT & CEO

Can we do this?

How many times have you asked this of yourself or about something? Countless times no doubt. Over the last 20 months, this refrain has been playing in our heads. And it can be overwhelming.

Is the answer, "Yes we can," or "I don't know"? Or, you might say I need to know what "this" is to answer the question. It is easy to answer "I don't know," especially if "this" is something we have never done or experienced. We met more "this" than we care to remember on the pandemic journey, and before that journey ends there will be more challenges and opportunities that beg the question – Can we do this?

Remember Rosie the Riveter said, "We Can Do This," as she encouraged women to enter factories to make whatever was needed during World War II. Bob the Builder encouraged my children and your great grandchildren to explore building and fixing things that seemed almost impossible in his theme song "Can We Fix It? – Yes We Can!" (ask your great grandchildren who this is). And, the Apostle Paul wrote to the Philippians, "I can do all things through Christ who strengthens me." (Phil. 4:13) as he embraced challenges we cannot understand over two thousand years ago.

We draw upon our collective resilience strengthened by our journey thus far to set the sails for each new direction of wind. Blessings and challenges, joy and sadness, solace and grief, peace and conflict, to be sure will be part of those days, but never more than we can handle working together. Calm seas do not make skilled sailors. Belinda O'Neill writes in Be Inspired to Be, "When at times it feels overwhelming, reflect on all you have already come through; no matter what lies ahead in the distance, the power to overcome is deep-set within you." Can we do this? Yes, We Can! I wish you a pleasant October as we welcome fall to RWC.



NOTE: Update with Stuart will be cancelled on Monday, October 4

MANDATORY DIALING CHANGES FROM VERIZON

Beginning **October 24, 2021**, you must dial the area code + telephone number (or 1 + the area code + telephone number as applicable) for all local calls. On and after this date, local calls dialed with only 7 digits may not be completed, and a recording may inform you that your call cannot be completed as dialed. If you get this recording, you must hang up and dial again using the area code and the 7-digit number.



WALK TO END ALZHEIMER'S*

Saturday, October 2—9:30 AM

Front Parking Lot

We will be Walking to End Alzheimer's on October 2nd around RWC campus. Meet in the front parking lot at 9:30am. We will take a short walk down Denegre Drive. We will meet back in the Auditorium around 10:30am for smoothies and reflections. Stop by to look at Rebecca Smiley's decorated bench on Laurel Drive. Maria Ferrand will lead the walk on campus.

BLACK FRIDAY PLANNING

Looking for good quality crafted items homemade by **YOU** to fill the Auditorium for RWC's Black Friday Sale on Friday, November 26 from 10:00 am to 3:00 pm.

Looking for a handmade crafts for a Christmas gift this year? Want to skip the lines and avoid the crowds? You can shop right here within the safety of RWC. We will also offer online ordering through Amazon for those who are not tech savvy. We still need resident and staff crafters to donate their goods. Please, no used items or food.

LAURA INGALLS WILDER: BIOGRAPHY & AUTOBIOGRAPHY

Monday, October 4 through Friday, October 8 7:00 PM—Channel 85

Pamela Smith Hill is the **editor of Laura Ingalls Wilder's Pioneer Girl: The Annotated Autobiography**, a New York Times bestseller, and the author of *Laura Ingalls Wilder: A Writer's Life*. She is also the author of three award-winning young adult novels.

ERNEST HEMINGWAY: WRESTLING WITH MYSELF DOCUMENTARY

Monday, October 11 through Friday, October 15 7:00 PM—Channel 85

The great American writer, and the brilliant, charismatic and complicated man behind the myth.

EMILY DICKENSON DOCUMENTARY

Monday, October 18 through Friday, October 22 7:00 PM—Channel 85

Emily Dickinson is one of the greatest American poets. Here is her story...

RALPH WALDO EMERSON: THE IDEAL IN AMERICA

Monday, October 25 through Friday, October 29—7:00 PM—Channel 85

"Emerson: The Ideal in America" is a video biography of the man who is still America's most quoted author. Spanning most of the turbulent 19th century, Emerson's life took him from a financially poor but intellectually rich childhood through an education at Harvard to early success as pastor of a prominent Boston Unitarian Church. But personal tragedy and his own doubts about organized religion set him on a journey of discovery that took him to Europe and deep into the philosophical traditions of the East as well as the West. Through his writings and lectures, he became one of the most influential figures of his time, inspiring presidents, other philosophers, and writers such as Henry David Thoreau, Margaret Fuller, and Walt Whitman. His central message of "the infinitude of the private man" opened the eyes of the men and women who read and heard him to their own unlimited potential. The film includes interviews with Emerson experts: Richard G. Geldard, author of *God in Concord: Emerson's Awakening to the Infinite Rob-*

ert D. Richardson Jr., author of *Emerson: The Mind on Fire* Richard Grossman, psychotherapist and author of "A Year with Emerson," Barbara Solowey, teacher and lecturer, Sarah Ann Wider, Professor at Colgate University, President of the Emerson Society Readings of Emerson's words by Stephen Newman.

SATURDAY NIGHT MOVIE: THE MAGIC OF BELLE ISLE

Saturday, October 23—7:00 PM Channel 85

A warmly funny drama from the director and star of *THE BUCKET LIST*. Morgan Freeman plays an author whose drinking has sapped his will to write, until a beautiful single mother helps him find his muse again. Rated PG, 1 hour, 49 minutes.

ART WITH AMY CLASSES FOR OCTOBER

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

FLUID POUR CHRISTMAS ORNAMENTS*

Friday, October 8—11:00 AM—Art Room 2

TEXTURE & GEOMETRIC PAINTING*

Friday, October 15—11:00 AM—Art Room 2

MAKING YARN CHRISTMAS TREES*

Friday, October 22—11:00 AM—Art Room 2



FIT BITS: MIND AND MUSCLE



The wellness department would like to introduce our new part time group exercise instructor Tara Gill. So, let’s give her a warm RWC welcome when she is teaching your favorite classes.

REMINDER ABOUT RE-

SERVING A SLOT FOR CLASSES, FITNESS

CENTER AND THE SWIMMING POOL

How can we reserve a spot?

- 1. Call Wellness Staff. (4290)
- 2. Reserve on the sign-up link. (If you need the link, Jonathan can send it to you or it is on Touch Town)
- 3. Drop by and have a staff member reserve a spot.

When can I reserve a spot?

Fitness Center / Swimming pool

Monday you can reserve a spot for Tuesday and Wednesday.

Wednesday you can reserve a spot for Thursday, Friday, and Monday

Group exercise classes

Thursday you can start reserving for the following week’s classes. You can let our staff know that day to get you set up for the following week.

We ask that you reserve a slot ahead of time but if you find yourself during the day wanting to come, please call or drop by to check if we have an opening. If you do not reserve a time ahead, you may have to wait or miss that exercise time all together. The reason for reserving exercise slots is to continue to protect against the spread of Covid-19. If you have any questions please contact Jonathan (4290).

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 (Parkinson’s residents only)
- 11:00-11:30 *WC Strength & Movement (Canceled Fridays for now)
- 1:30 -2:00 FC 1,2&3-S&B B
- 2:05-2:35 Pool Water Walking
- 3:05-3:35 #HC dining room Moving & Grooving

Tuesday and Thursday

- 9:00-9:30 FC 1,2&3 Dance Aerobics (Only on Tuesday)
- 9:50-10:20 Pool Aqua Aerobic Fitness
- 10:45-11:15 FC1,2&3 Chair Yoga B
- 11:00-11:30 *WC Strength & Movement (Canceled Thursdays for now)
- 2:00-2:30 #HCDR Moving & Grooving
- 3:10-3:40 Pool Aqua Fitness Aerobics
- *Westbury Clubroom in Assisted Living
- #Health Center Dining room

WALKING CHALLENGE AND ATHLETIC SEASON

The 2020-2021 sports and walking season will be ending on October 31, 2021. You will have all of October to collect and turn in popsicle sticks from each station. The 2021- 2022 sports season will start on November 1, 2021.

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.

CANCELLATION POLICY

Any fees or trip charges are non-refundable. Cancellations must be made 48 hours in advance or by the due date indicated in the Gazette article. For questions or comments, please see Resident Life.

THE STRING CREWE CONCERT

Sunday, October 10—3:30 PM

Front Portico

The Strings Crewe, named after benefactor Carolyn Crewe Gray, began one-on-one Suzuki Method lessons in September 2018. Sixteen Northern Neck elementary students are charter members. Mei-Li Beane and Rebecca Young are instructors. The Mason Violin Shop in Fredericksburg, through its “Strings without Borders” program, provided 12 violins and 4 cellos, sized to fit. RCA is grateful for the partnership of Peninsula YMCA in Kilmarnock and Heathsville, and also to Campbell Presbyterian Church in Weems for providing after-school space for lessons. In addition to funding from RCA, the Strings Crewe is supported by River Counties Community Foundation, The Servetus Endowment, Virginia Commission for the Arts “Artist in Education” program, and the Northern Neck Orchestra. Seating will be limited. The concert will last 30 minutes.

OVERNIGHT TRIP PLANNED: NATURAL BRIDGE*

Friday, October 15—Saturday, October 16

Leave Front Lobby at 8:00 AM

Your reservation is non-refundable after October 10 and will be charged to your account. For details watch Channel 85 or call Amy at Ext. 4024.

CALL AMY AT EXT. 4024 TO MAKE YOUR RESERVATION

This is a perfect little get away for a couple or you and a friend. (All rooms are 2 Double Beds, 2 person per room). Enjoy the fall foliage!! COST: \$100 per person includes:

- Overnight accommodations at The Natural Bridge Hotel (Breakfast included)
- Admission to Natural Bridge Safari Park
- Natural Bridge State Park

TRIP TO THE VIRGINIA MUSEUM OF FINE ARTS , ANSEL ADAMS: COMPOSITION IN NATURE *

Wednesday, October 13—10:00 AM

Front Lobby

Sign up at Front Desk by Friday, October 8

Please indicate if you are a member. Tickets will be purchased in advance and your account will be charged. Tickets are \$8.00 and members are free. Behold the drama and splendor of the American landscape as seen through the lens of photographer Ansel Adams. More than 70 photographs spanning over five decades present the breathtaking vistas, beguiling details, and inimitable style that define this most beloved and influential photographer.

We will eat lunch at the museum.

TRIP TO VIRGINIA BEACH AQUARIUM*

Thursday, October 21—8:30AM—Front Lobby

Sign up at Front Desk by Monday, October 18

Tickets will be purchased in advance and your account will be charged. Tickets are \$23.00.

Discover the amazing underwater world of the Aquarium. Travel on an aquatic journey from the shore to the depths of the Atlantic Ocean and experience coastal habitats from around the world. Thousands of animals representing over 300 species, displayed in entertaining and educational exhibits, are ready to enchant and inspire you! Located in the Main Building next to the Nature Trail entrance, the newly opened Osprey Café offers a wide variety of dining options for everyone. Whether you need a refreshing beverage or something more substantial, there are options for every appetite

TRADER JOES AND NY DELI*

Tuesday, October 26—9:00 AM

Front Lobby—Sign up at Front Desk

Get your shopping list ready.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

"Praise the Lord! Praise the Lord from the heavens, praise him in the heights! Praise the Lord from the earth, you sea monsters and all deeps, fire and hail, snow and frost, stormy wind fulfilling his command! Mountains and all hills, fruit trees and all cedars! Beasts and all cattle, creeping things and flying birds!" (Psalm 148)

Really? Wow! Our world is a place where "the heavens declare," "fields exalt," "flowers rejoice," "rivers and trees clap their hands," "mountains sing," and even "rocks cry out." All wonderful reminders of the Creator and all proclaiming a message of beauty and goodness and promise and hope.

Something like this happens each year at the RWC Blessing of the Animals. A little background on this event: In October of each year, people all over the world celebrate the feast day of the Patron Saint of Animals, Saint Francis of Assisi. Francis was known for his simplicity of life, his care for the poor and sick, and his love for all of God's creation. He so loved animals that he not only blessed them but also at times even preached sermons to them! It's customary that in remembrance of his love for all creatures, animals are led to places of worship and other community places for a special ceremony called "The Blessing of the Animals."

And so once again, here at RWC, we will hold this special annual event. Yes, we will bless our pets, but while we do we'll be reminded of just how much they bless us.

*"All things bright and beautiful, All creatures great and small,
All things wise and wonderful, The Lord God made them all."*

ANNUAL RWC BLESSING OF THE ANIMALS

Monday, October 4, - 2:00 PM—Flagpole

"The animals of God's creation inhabit the skies, the earth and the sea. and have a part in human life. We, therefore, invoke God's blessing on these animals. over all the creatures of the earth."

A great opportunity to be in community out of doors!

ONGOING OPPORTUNITY:

TUESDAY BIBLE STUDY GROUP continues to meet on Tuesdays at 11:00AM. in the Auditorium. We continue our study of the Book of Psalms. Chaplain Houck is leading the study until our current outside visitation policy is revised. We hope to see you there! **Please Note Schedule Adjustment**—The Group will not be meeting on October 12th and 19th but will resume on October 26th.

SUNDAY WORSHIP

An in-person service of worship in the Westbury Clubroom has resumed. **Please note:** due to continuing Covid regulations in Health Services, for the time being this service is limited to residents of the Health Center and Assisted Living. I do so very much look forward to the time when we can all once again join together for worship, in-person!

Until that time, we will continue to provide our virtual Service of Worship on Sundays at 4:00PM on RWC TV Channel 85.

IN MEMORIAM: MRS. PATRICIA KING SEPTEMBER 15, 2021



NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

THERE'S A SUPPORT GROUP FOR THAT!!

PARKINSON'S CARE PARTNERS

Monday, October 4— 11:00

Main Street Pub

CAREGIVER'S MEMORY SUPPORT GROUP

Monday, October 4—4:30 PM

Auditorium

DIABETES SUPPORT GROUP (NEW)

Monday, October 18—11:00 AM—Main

Street Pub

PARKINSON'S SUPPORT GROUP

Thursday, October 21—2:00 PM

Main Street Pub

Please RSVP Rita Depew by Monday, October 13. rita.depew@kaballero.com or Ext. 4838.

MACULAR DEGENERATION SUPPORT GROUP

Thursday, October 28—1:00 PM—Main Street

Pub

FITNESS INFO, CON'TD FROM PAGE 2

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, or update of interests and goals, we welcome you to make an appointment to do so. This would help us better help you succeed in your program.

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

***We have adjusted the safety measures for our programs. We will still be taking precautions as**

we continue down the road to normal operations of the Wellness Department.

HOUSEHOLD HAZARDOUS WASTE AND ELECTRONICS WASTE COLLECTION

Saturday, October 16—9:00 am—2:00 PM

Lancaster County sets aside two days each year for the collection of household hazardous wastes and electronics waste. The next collection day will be Saturday, October 16, 2021. The event will be held in the parking at the Lancaster Courthouse, 8265 Mary Ball Road, Lancaster between the hours of 9:00 AM and 2:00 PM.

Hazardous materials accepted include fluorescent bulbs, pesticides, antifreeze, rechargeable batteries, cleaners, non-latex paint, old/contaminated fuels and household chemicals.

Latex paint (non-hazardous), alkaline batteries (non-hazardous), tires, car batteries, radioactive materials, smoke detectors, medical waste and ammo/explosives will not be accepted.

Citizens will also be able to recycle old electronic devices such as computers, monitors, printers, copiers, fax machines, rechargeable batteries, telephones, cell phones, televisions, banking and financial equipment, rechargeable batteries, electronic circuit boards and components, stereo equipment, games and PDAs. There is no charge to residents for electronics recycling.

For more information, contact the Northern Neck Soil & Water Conservation District at (804) 313-9102 ext. 105 or the Lancaster Extension Office at (804) 462-5780.

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

RWC LIBRARY "CENTERFOLD" ADDITION

The RWC Book Group's October selection is ***Things You Should Save in a Fire*** by Katherine Center, a 2020 book that is lighter fare than our recent selections! It's a romance as well as a treatise on modern firefighter skills, and comes recommended by Tanya Bohlke. Join us for the discussion on Monday, October 25 at 10:30 in the Rappahannock Room.

2021 Fiction: ***The Nature of Fragile Things*** by Susan Meissner, donated by Mildred Loudy, is set in 1906 in San Francisco at the time of the earthquake. ***The President is Missing*** by Bill Clinton & James Patterson is from Bob Barlowe, and ***Basil's War*** by Stephen is a "WWII spy thriller" from Jay White. Louise Penny's 17th book, ***The Madness of Crowds***, is a book only a die-hard Louise Penny fan could love, as Armand and John-Guy try out one scenario after another to figure out what the crime was and who did it.

Large Print: ***Sooley*** by John Griffith, ***The Noise*** by James Patterson & J. D. Barker, and ***Complications*** by Danielle Steel are 2021 books from Elaine Lowrey. A 2020 book of inspirational thoughts, ***Fearless and Free*** by Victoria Osteen, is from Irene Buchholtz.

Mystery: ***An Empty Grave*** by Andrew Welsh-Huggins + ***Driving Heat*** by Richard Castle + ***The Vanishing Museum at the Rue Mistral*** by M. L. Longworth are all from Jay White.

Non-Fiction:

The Devil and Karl Marx: Communism's Long March of Death, Deception, and Infiltration by Paul Kengor (2020) comes with a strong recommendation by Fred Luxton—"A 'Must Read!' Send a copy to children and grandchildren."

Uncomfortable Conversations With A Black Man by Emmanuel Acho (2020), a book about systemic racism and racist behavior.

Broken Glass, Ludwig Mies van der Rohe, Edith Farnsworth, and the Building of a Modernist Masterpiece (2020). ***The Killing of Crazy Horse*** and ***The Killing of the Mob***, both by Bill O'Reilly.

Magic Mike: The Real Story of Richmond's Legendary Defense Attorney Michael Morchower.

Virginia: First in Wine and History, a "public spaces book" from Irene Buhholtz.

Lois Williams – RW-C Residents Association Library Chair



The Stitching Stars presented the Library Committee with a library quilt.



Come On Up And Check Us Out