



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 36, Issue 12

DECEMBER 2021

YOU MAY SIGN UP FOR ANY
PROGRAMS OR EVENT
BEGINNING DECEMBER 1 AT
THE LIFE ENRICHMENT CENTER
LOBBY.

Gazebo Gazette

ALL ARE WELCOME TO ATTEND THE RESIDENTS ASSOCIATION ANNUAL MEETING

Thursday, December 2—10:00 AM

Auditorium (Capacity: 80)

The Nominations, Elections, and By-Laws Committee of the RWC Residents' Association presents the names of the following individuals for the 2022 designated offices to be voted upon at the **Annual Meeting of the membership of the Association on December 2, 2021**. The membership may nominate additional candidates from the floor by notifying the Chairperson of the Nominations, Elections and By-Laws Committee, in writing, a minimum of one week prior to the Annual Meeting.

President: Jane Higgins

Vice-President: Vikki Marek-Young

Secretary: Valda Foulds

Treasurer: Fred Luxton

Directors at Large: Susan Jones, Phil Booth, Jay White and Bolling Williamson

Quality of Life: Don Gilmore (2 year term), Judi Caples (1 year term), and Jane Higgins

Finance: Ben Weimer, Gerald Hoskins, Suzanne Thomas, Ethel Frye, and Brian Bennett

Nominations, Elections, and By-Laws: John Roberts, Cecil Vail Schwartz, Milena Van Sant and Carl Blades.

WELCOME NEW NEIGHBORS

Mr. and Mrs. Henry (Hank) and Sally Little, Apartment 202. Hank and Sally are Irvington neighbors. Born in Westchester and Bryn Mawr, Pennsylvania (respectively), Hank attended Conestoga High School in Berwyn, PA; Sally attended Westchester High School in Westchester, PA.

Hank graduated from Lehigh University and worked in Marketing management. He has volunteered with local rescue squads and is a "Ham" Radio Operator. Sally graduated from Westchester University and taught school. She volunteered at the Lancaster Community Library and enjoys swimming, reading and as a RWC Community Friend used the fitness center prior to moving in.

Mrs. Loretta Horvath, Free Standing House 716.

Loretta is a Detroit, Michigan native who is moving to RWC from Bluffton, South Carolina. A homemaker and mother to two daughters, Loretta married her high school sweetheart Ralph. Ralph, a railroad engineer, and Loretta moved the family as Ralph's job moved. They lived in West Virginia; Rochester, NY; D.C. area; Warrenton, VA, and finally South Carolina. Ralph died in 2013 after 63 years of marriage.

From a young age (6) Loretta enjoyed roller skating, earning championships along the way and skating into the 2000s. A favorite hobby is exercising in all its forms - martial arts, stretching, tap, ballet and jazz group, and bike club (but now walking club), and astronomy. Loretta also enjoys travel and reading, especially non-fiction, romance, and mysteries.

DID YOU KNOW.....

- Resident Association Board Meetings are always open to all resident to attend.
- All resident board committee meetings are always open to all resident to attend.
- Resident Life is always seeking speakers for First Friday Forum, artists for the monthly gallery exhibit and collection for the curio cabinets in the Life Enrichment Center and Atrium.
- RWC has an App called Touchtown as well as a TV Channel 85 that will keep you informed up-to-the minute of the latest new on campus. (Call Amy at 4024 or Regina at 4350 to learn more and get connected.

RESIDENT LED GROUPS AND CLUBS

- RWC Book Group—4th Monday/month
- Chat & Craft— Every Tuesday
- Amateur Radio Club—resumes Jan. 11
- Memory Support Group—1st Monday/month
- Diabetes Support Group—January 19
- Macular Degeneration Support Group—Jan. 27
- NEW!! Grief Support Group—January 12
- NEW!! Military Service Club—January 13
- NEW!! Music Study Club—January 18
- NEW!! Technology Discussion Group—January 12

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

Friday, Wednesday, November 17 by noon.

Contact us: 804-438-4000

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FACEBOOK



Follow us on
TWITTER



Follow us on
YOUTUBE



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>KEY</div> <div>APT</div> <div>Apartment Lobby</div> <div>AR1</div> <div>Art Room #1</div> <div>AR2</div> <div>Art Room #2</div> <div>ATR</div> <div>Atrium</div> <div>AUD</div> <div>Auditorium</div> <div>BLR</div> <div>Boiler Room</div> <div>CGR</div> <div>Chesapeake Game Room</div> <div>COR</div> <div>Corrotoman Room</div> <div>CPL</div> <div>Chapel</div> <div>DRB</div> <div>Dining Room Breezeway</div> <div>FCR1, 2 or 3</div> <div>Fitness Classroom #</div> <div>FPL</div> <div>Front Parking Lot</div> <div>FRL</div> <div>Front Lobby</div> <div>GAL</div> <div>Gallery Hall</div> <div>HOB</div> <div>Hobby Room</div> <div>KCT</div> <div>King's Court</div> <div>LAN</div> <div>Lancaster Room</div> <div>LEC</div> <div>Life Enrichment Center</div> <div>LIB</div> <div>Library</div> <div>LVG</div> <div>Lakeview Grille</div> <div>MSP</div> <div>Main Street Pub</div> <div>OTR</div> <div>Outpatient Therapy Room</div> <div>RAP</div> <div>Rappahannock Room</div> <div>RCL</div> <div>Resident Clinic</div> <div>TGP</div> <div>Thomas Garden Patio</div> <div>WCN</div> <div>Westbury Center</div> <div>WCR</div> <div>Westbury Club Room</div>	<div>DECEMBER</div> <div>2021</div>	<div> <div> <div>Angel Tree-DEC. 1-10 (11:30 am-1:00 pm & 5:00 pm-7:00 pm) in the Atrium</div> <div>Christmas Decorating—Dec. 1-3</div> </div> </div>		<div>1:00-AR2-Stitching Stars Quilting Group</div> <div>2:30-CH85-Rebroadcast “Update with Stuart”</div> <div>4:00-FRL-Celebration in Lights in Newport News & Dinner*</div> <div>7:00-CGR-Gentlemen’s Poker Group</div> <div>DEADLINE FOR EMPLOYEE CHRISTMAS FUND</div>	<div>10:00-AUD-Annual Residents’ Association Meeting & Elections</div> <div>11:00-FRP-CASA Wreath Pick -Up</div> <div>2:30-CH85-Rebroadcast “Update with Stuart”</div> <div>3:00-RAP-Praying the Rosary</div>	<div>11:00-AR2-Art with Amy: Step by Step Painting with Acrylics*</div> <div>2:30-FCR-Cornhole</div>	<div>11:00-AUD-Celtic Christmas Trio*</div> <div>2:00-AUD-Celtic Christmas Trio*</div>
	<div>1:30-CGR-Campbell Memorial Presbyterian Church Communion (residents only)</div> <div>4:00-CH85-Sunday Worship</div> <div>5</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>2:30-AUD-Update with Stuart</div> <div>4:00-CGR-Darts</div> <div>4:30-AUD-Caregiver’s Memory Support Group</div> <div>6</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</div>	<div>10:00-AR2-Activities Committee Meeting</div> <div>10:30-FRL-Virginia Rep. Theatre (subsc. holders)</div> <div>2:30-CH85-Rebroadcast “Update with Stuart”</div> <div>7:00-CGR-Gentlemen’s Poker Group</div> <div>8</div>	<div>10:00-LAN-Food Committee Meeting</div> <div>11:00-AR2-Art with Amy: Crafting Christmas Cards*</div> <div>2:30-CH85-Rebroadcast “Update with Stuart”</div> <div>3:00-RAP-Praying the Rosary</div> <div>4:30-FRL-Deltaville Lights & Dinner at the Table*</div> <div>9</div>	<div>8:30-LVG-First Friday Forum: Mattie Fitzgerald*</div> <div>1:00-CH85-Spirit Day</div> <div>2:30-CH85-Rebroadcast “Update with Stuart”</div> <div>2:30-FCR-Cornhole</div> <div>10</div>	<div>1:00-CH85-Rebroadcast of First Friday Forum</div> <div>11</div>
	<div>1:00-CH85-Rebroadcast of First Friday Forum</div> <div>4:00-CH85-Sunday Worship</div> <div>12</div>	<div>10:00-BLR-Resident Healthcare Committee Meeting</div> <div>10:30-RAP-RWC Book Group</div> <div>10:00-FRL-Shopping*</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-AUD-Update with Stuart</div> <div>4:00-CGR-Darts</div> <div>13</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>14</div>	<div>1:00-AR2-Stitching Stars Quilting Group</div> <div>2:00-CH85-Christmas in Berlin</div> <div>2:00-FRL-Richmond Tacky Light Tour & Dinner*</div> <div>7:00-CGR-Gentlemen’s Poker Group</div> <div>15</div>	<div>11:00-AR2-Easy Giant 3D Snowflakes*</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>16</div>	<div>1:00-CH85-Spirit Day Rebroadcast</div> <div>2:30-FCR--Cornhole</div> <div>2:30-CH85-Rebroadcast “Update with Stuart”</div> <div>DEADLINE FOR GAZEBO GAZETTE ARTICLES</div> <div>17</div>	<div>6:45-FRL-RFA “On Stage” (subscribers)</div> <div>7:00-AUD-Saturday Night Movie: Nutcracker Ballet: Russian State Ballet & Opera House*</div> <div>18</div>
	<div>4:00-CH85-Sunday Worship</div> <div>19</div>	<div>9:00-FRL-Christmas Shopping at Short Pump Towne Centre*</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-AUD-Update with Stuart</div> <div>3:00-ATR-Carolling Rehearsal</div> <div>4:00-CGR-Darts</div> <div>4:30-ATR-Carolling to ALC/HC</div> <div>20</div>	<div>FIRST DAY OF WINTER</div> <div>10:00-FRL-Shopping*</div> <div>10:00-AR2-Chat & Craft</div> <div>11:00-AR2-Art with Amy: Monoprints*</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>21</div>	<div>2:30-CH85-Rebroadcast “Update with Stuart”</div> <div>3:30-Caroling at the 500 Block Triangle</div> <div>7:00-CGR-Gentlemen’s Poker Group</div> <div>22</div>	<div>2:30-CH85-Rebroadcast “Update with Stuart”</div> <div>3:00-RAP-Praying the Rosary</div> <div>3:30-Carolling at Birdsong Park (Apt. Circle Parking)</div> <div>23</div>	<div>1:00-CH85-Spirit Day Rebroadcast</div> <div>2:30-FCR--Cornhole</div> <div>2:30-CH85-Rebroadcast “Update with Stuart”</div> <div>4:00-CH85-Annual Christmas Lessons & Carols</div> <div>24</div>	<div>CHRISTMAS DAY</div> <div>12:00-CH85-Handel’s Messiah</div> <div>4:00-CH85-Annual Christmas Lessons & Carols</div> <div>25</div>
	<div>4:00-CH85-Annual Christmas Lessons & Carols</div> <div>26</div>	<div>10:00-FRL-Shopping*</div> <div>1:00-RAP-Communion for Rosary Group</div> <div>1:00-CGR-Catch Phrase</div> <div>4:00-CGR-Darts</div> <div>27</div>	<div>9:00-FRL-Trader Joes & Lunch*</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>28</div>	<div>7:00-CGR-Gentlemen’s Poker Group</div> <div>29</div>	<div>3:00-RAP-Praying the Rosary</div> <div>30</div>	<div>2:30-FCR--Cornhole</div> <div>31</div>	

GREETING FROM THE PRESIDENT & CEO

Pursue Peace With All People (Hebrews 12:14)
We leave the season of gratitude and prepare to enter the season of peace. In my lifetime, and perhaps yours, there has never been such a time as this when we need to emphatically pursue peace with all people. It has to start somewhere, sometime, and with someone. It could start in our community, right now, by any one person. Can we get this started?
The holidays have both challenging and wonderful elements often at the same time within the same family. The 2020 holiday season was unprecedented for modern times. Most families were apart as we anticipated vaccines, and the journey that was to end in early 2021 took an unexpected detour and another lap around the track. The state of being in our country is anything but peaceful. What can we do about this? Nothing or something? Wait or engage? Later or now? The late President John F. Kennedy reminds us: *“Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures.”*
Decide that peace is more powerful than the alternative. Reconnect with a distant friend or estranged family member. Forgive a past wrong. Apologize for an offense. Understand a different perspective. Listen intentionally; respond thoughtfully. Offer comfort in a time of need. Write a note. Complain respectfully. Appreciate enthusiastically. Encourage meaningfully. Empathize sincerely. These are just a few ideas of how we can Pursue Peace with All People.
“There is a LIGHT in this world. A healing spirit more powerful than any darkness we may encounter. We sometime lose sight of this force when there is suffering, and too much pain. Then suddenly, the spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways.” ~ Richard Attenborough
May it start with each of us, take deep root and grow bountifully as we enter the season of peace. I close with deep appreciation for the generous Employee Christmas Gift you provide for our staff members. Residents, clients, and families provide this meaningful gift each year, and again this year it will bring immeasurable blessings to our staff who

have worked so very hard to provide care and services during this unprecedented time. I am so very grateful for this expression of gratitude to our staff, and I celebrate you for your concern for our staff and their families.
With warmest regards and best wishes for a peaceful, healthy, and joyous Christmas season!



CHRISTMAS IN BERLIN

Wednesday, December 15—2:00 PM—Channel 85
Christmas is a very special time in Berlin. The smell of roasted almonds and mulled wine is everywhere. Christmas markets and festively decorated shop windows invite you to stroll through the city.

SATURDAY NIGHT MOVIE: NUTCRACKER BALLET: RUSSIAN STATE BALLET & OPERA HOUSE

Saturday, December 18—7:00 PM—Auditorium
Sign up at LEC Lobby
Capacity: 80
The Russian State Ballet and Opera House presents The Nutcracker ballet performed by National Opera and Ballet Theatre of Mari El. Music by Pyotr Tchaikovsky. Snow flurries, sweets, princes, magic and love are just some of the elements that will be brought together by this renowned Russian company. A highly accessible ballet, full of familiar music such as the Waltz of the Flowers and the Dance of the Sugar Plum Fairy. This ballet continues to capture the hearts and imaginations of all generations across the world. It is a truly captivating piece of theatre, a wonderful introduction to ballet whilst retaining its appeal for anyone who is familiar with it. Popcorn and beverages will be provided.
(2014) 1 hour, 32 minutes.

HANDEL’S MESSIAH

Saturday, December 25—12:00 PM—Channel 85
Watch a 600-strong Sydney Philharmonia Choirs sing Handel's masterpiece, Messiah, live from the Sydney Opera House. Performed by Celeste Lazarenko (soprano), Nicholas Tolputt (countertenor), Andrew Goodwin (tenor), Christopher Richardson (bass-baritone), Sydney Philharmonia Choirs and Christmas Choir, Sydney Philharmonia Orchestra, Brett Weymark (conductor) (2019) 2 hours, 30 minutes.

CELEBRATION IN LIGHTS & DINNER IN NEWPORT NEWS*

Wednesday, December 1—4:00 PM—Front Lobby
Sign up at LEC Lobby
Limit: 12
Newport News Park will be transformed by over a million individual lights, creating animated holiday and fanciful scenes. We will eat at Craft 60 Tap-house & Grille.

CELTIC CHRISTMAS TRIO: 2 PERFORMANCES*

Saturday, December 4—11:00 AM and 2:00 PM
Auditorium
Sign up at LEC Lobby
Limit: 80
Enjoy Celtic Christmas music Featuring piano, cello, flute and hammer dulcimer.

DELTAVILLE LIGHTS & DINNER AT THE TABLE*

Thursday, December 9—4:30 PM—Front Lobby
Sign up at LEC Lobby
Limit: 12
Come see the lights! The light display is a gift to the community - There is no admission charge to visit the display! If you have never eaten at the Table, this is the trip for you!!!

FIRST FRIDAY FORUM* MATTIE FITZGERALD: THE VIRGINIA VOICE

Friday, December 10—8:30 am—Auditorium
40 person limit
Sign up at LEC Lobby
Breakfast will be pre-plated and served. We will video tape for those who are unable to attend in person and always rebroadcast the following Saturday and Sunday at 1:00 PM on Channel 85.

LADIES NIGHT OUT: TACKY LIGHT TOUR*

Wednesday, December 15—2:00 PM
Front Lobby
Reserve your spot by calling Regina at ext. 4350. Your account will be charge for limo ride, no refunds for cancellations.

RSVP by December 9.
Are you ready to have some REAL fun?
3:30 PM – Early dinner at Bonefish Grill in Short Pump (Richmond)
5:00 PM - Limo picks us up at restaurant for Tacky Light Tour
8:00 PM – Return to restaurant
9:30 PM – Return back to RWC
Cost per person - \$35.00 plus cost of dinner. (BYOB for limo ride)
Relax with friends in an elegant SUV Limousine while taking in the views of thousands of twinkling lights and stunning holiday displays. Holiday Light Tours are 3 hours in length.
Dinner at The Bonefish Grill in Short Pump offering a seafood-centric menu, plus steaks & cocktails
We will ride in style in a SUV Limo that will pick us up from the restaurant at 5:00 pm. The limo is meticulously maintained and is designed with every convenience in mind to always ensure a pleasurable experience.

ART WITH AMY CLASSES FOR DECEMBER*

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

Step by Step Painting with Acrylics
Friday, December 3—11:00 AM

Crafting Christmas Cards
Thursday, December 9 –11:00 AM

Easy Giant 3D Snowflakes
Thursday, December 16—11:00 AM
Learn how to turn simple white cardstock or paper bags into huge 3D snowflakes in mesmerizing shapes! If you're looking for some fun decorations for your home , you're going to love this giant snowflake project. This is so fun and easy, and they can decorate a room FAST!

Monoprints
Tuesday, December 21—11:00 AM

What is acrylic monoprint? A 'monoprint' is a one-time image painted or rolled onto a surface and then transferred (printed) onto paper using acrylic paints.

FIT BITS: MIND AND MUSCLE

HOLIDAY AND WEEKEND REGULATIONS (UNSUPERVISED BY FITNESS STAFF) FOR FITNESS CENTER

The Life Enrichment Team is pleased to open the Fitness Center and Pool for unsupervised work outs. You may use these areas on a first come, first serve basis. ID tags should work for those who have been through orientation. If you have any problems accessing this area, please call the Front Desk and they will alert Security to let you in. Any infraction of the regulations may result in the center and pool being closed when not supervised by Fitness staff (and we wouldn't want that, would we?). Be smart. Be safe.

FITNESS CENTER

- If you are sick or have any covid-like symptoms – **stay** home and contact the Clinic.
- Please sign in on clip board (name, date, time in/out)
- No more than **6** people in center at a time. We prefer you have a “buddy” to workout with.
- Outside guests and family members are not permitted in the Fitness Center.
- Please wipe down equipment before and after use.
- If center is at capacity, please wait in lobby area or come back at another time.
- Have a pendant with you in the fitness center. The area is monitored, but do not rely on that as your safety plan.
- The Fitness Center area is monitored by camera, but do not rely on this as your safety plan or for your buddy.

POOL

- If you are sick or have any covid-like symptoms – **stay** home and contact the Clinic.
- Please sign on clip board (name, date, time in/out)
- No more than **8** people in pool area at a time. Must have a “buddy” to swim.
- Outside guests and family members are not permitted in the Pool.
- Please shower before entering pool.
- If pool area is at capacity, please wait in lobby

area or come back at another time. The pool area is monitored by camera, but do not rely on this as your safety plan or for your buddy.

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

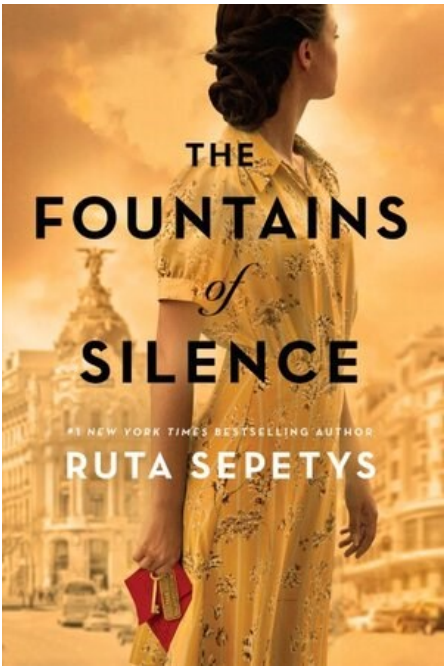
Tuesday and Thursday

- 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

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. **Stop by the Life Enrichment Center desk to schedule your orientation.**

Touchtown App Challenge: Who is the only resident to visit all 50 states? Go to the Resident Directory on your Touchtown App



The RWC Book Group's December selection is *The Fountains of Silence* by Ruta Sepetys, a 2020 historical fiction set in Franco's Spain—about a handsome Texas youth, a Spanish hotel maid, and Spain's adoption practices. Join us for the discussion on Monday, December 20th at 10:30 a.m.

Fiction: *Isaac's Beach* by David L. Robbins, *Yellow Wife* by Sadequa Johnson, and *Miss Austen: A Novel of the Austin Sisters* by Gill Hornby (about Jane Austin's sister, Casandra), all 2021 historical fiction. Also 2021, *The Judge's Lie* by John Grisham, donated by Tom Teeple, and *The Lincoln Highway* by Amos Towles. Two Shari Lapena books were donated by Tanya Bohlke and a boxed set of Penelope Fitzgerald books was donated by Jay White.

Mystery: *Better Off Dead* is a new Lee Child mystery (2021). Tim O'Mara is a new-to-us mystery author, with four books about a former cop who is now a school teacher. *The Dark Lake* by Sarah Bailey is the first in the Gemma Woodstock series. And from Jay White we have two more of the nine M. L. Longworth mysteries set in Aix-en-Provence, each with descriptions of French locations, food and wine.

Large Print Mystery: *Blind Tiger* by Sandra Brown and *Ocean Prey* by John Sanford are both 2021 and both from Elaine Lowrey.

Miscellaneous: *I'll Take Your Questions Now* by Stephanie Gresham and *Landslide: The Final Days of the Trump Presidency* by Michael Wolfe are both 2021 books.

Books for Serious Readers include *Signatures In Time: A Living History of Middlesex County, Virginia* by Larry Chowning, donated by Robert Calves and in Virginiana. *The Viking Heart: How the Scandinavians Conquered the World* by Arthur Herman (2021) and *The House of Government: A Saga of the Russian Revolution* by Yuri Slezkina, donated by Richard Lillquist are both in History. A biography of Wolfgang Mozart and a biography of Richard Wagner were donated by Rosemarie Forcum. *A Wilderness So Immense: The Louisiana Purchase and the Destiny of America* by Jon Kukla is in Non-Fiction Paperback. New is Miscellaneous are *Indonesia, Etc: Exploring the Improbable Nation* by Elizabeth Pisani (2021) and *Into the Deep: A Memoir From the Man Who Found Titanic* by Robert D. Ballard (2021), donated by Bill and Brandon Louisell, a very readable description of deep sea exploration.

Public Spaces Books: *World Guide to Dolls, Apples of Gold,* and *Daybook of Comfort.*

Christmas Books: Each year on the day after Thanksgiving, the Library's Christmas books that have been sequestered for eleven months are brought out for reading and maybe rereading during the Christmas season. This year there are a couple of new-to-us Christmas books—*How Mrs. Claus Saved Christmas* and *The Great Santa Search*, both donated by Rebecca Mahoney.

Lois Williams—RW-C Residents Association Library Chair

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

"The people walking in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned." Isaiah 9:2

Years ago, when I was a young child growing up in Ohio, I went on a day outing with my family to an area state park, and part of the outing included a hike. The part of the hike I most remember was this section along a ridge that had various places where there were crevices, almost little caves off to one side of the trail. This was all very fascinating to an inquisitive little boy...until I came out of one of the caves only to discover that I had become separated from my family. I couldn't see them anywhere. I was lost! After following the trail for a time and still not being able to find them, I retraced my steps back to the beginning of the trail by the park entrance. I figured they had to come by this way eventually... and so they did. Looking back I realize this solution to the problem was pretty resourceful for a little kid. But what stuck with me wasn't so much the craftiness but rather by far the scariness! It's never a good feeling to be lost... or alone. A reasonable paraphrase of Genesis 2:18 would be this: "It's not a good thing to be all alone." So true: we need to be in community, in connection with others, and in connection with God. Ironically, the Christmas season itself can in ways be a lonely time even as it reminds us of "the Presence," that there's a "Way" out of lostness and fear, that ultimately we're never alone. These thoughts remind me of an illustration I heard years ago. It goes like this:

"Here's an Advent illustration for kids — and those of us who used to be kids and remember what it was like. Suppose you and your mom get separated in the grocery store, and you start to get scared and panic and don't know which way to go, and you run to the end of an aisle, and just before you start to cry, you see a shadow on the floor at the end of the aisle that looks just like your mom. It makes you really happy and you feel hope. But which is better? The happiness of seeing the shadow, or having your mom step around the corner and it's really her? That's what Christmas is. Christmas is the replacement of shadows with the real thing." — John Piper

And now to each of us, children of God, with all our many troubles and fears: may this season bring, in different and perhaps unexpected ways, light, and life, and hope in place of the shadows.

Chaplain Greg Houck

UPCOMING OPPORTUNITIES:

Advent Devotional Guides: "The Fullness of Time," featuring Henri J.M. Nouwen, are available to all and can be found on tables in the Atrium and by the Chapel.

Annual Christmas Service of "Lessons and Carols:" Once again this service will be in virtual format and will be available for viewing on Ch. 85 starting on Christmas Eve, December 24, at 4:00 PM.

ONGOING OPPORTUNITIES:

Tuesday Bible Study Group: continues to meet on Tuesdays at 11:00AM in the Auditorium. Chaplain Houck is leading the study until our current outside visitation policy is revised. We hope to see you there!

Sunday Worship: meets in the Westbury Clubroom on Sundays at 2:00PM. 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 continue to provide our virtual Service of Worship on Sundays at 4:00PM on RWC TV Channel 85.

IN MEMORIAM:

MR. CHARLES MCKERNS
OCTOBER 15, 2021

GOV. A. LINWOOD HOLTON, JR.
OCTOBER 28, 2021

MRS. CORNELIA HUGER
NOVEMBER 7, 2021

MRS. DOROTHY KEY
NOVEMBER 14, 2021

MR. JOHN "JAY" DEPEW
NOVEMBER 21, 2021

MRS. FLORINE KEATLEY
NOVEMBER 23, 2021

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

FLOATING AN IDEA: BENEFITS OF A RETIREMENT COMMUNITY WITH A GREENHOUSE

Urban agriculture, farming and gardening have been popular trends over the last few years. Our residents have fully embraced this trend by participating as active gardeners. A greenhouse can provide gardening year-round. Some of the many benefits our residents receive from gardening include:

- **Staying active:** Mixing soil, filling pots and watering plants are all valuable ways to strengthen your hands, while working the muscles in your upper and lower body.
- **Implementing a healthier diet:** Vegetable gardening is a great way to incorporate healthier options into your diet. Sharing the produce you grow with those around you will also improve their dietary habits as well.
- **Improving mental acuity and immune system function:** Research has shown that gardening improves brain and mental health. Exposure to sunlight will provide vitamin D, which boosts both your mind's and immune system's abilities to function.
- **Enjoying a Stress-Free Environment:** Being surrounded by nature reduces stress and provides



a relaxing hobby to indulge in.

- **Adapting activities as needed:** If you have specific limitations or needs when it comes to caring for plants or participating in gardening, you can easily tailor your desired activity to your ability level.
- **Making friends through community involvement:** Participating in a gardening group is the

perfect way to stay involved and meet new friends, while continuously reaping health and wellness benefits.

What are your ideas or thoughts of having a Greenhouse at RWC? Call Fred Luxton at ext. 4200 or email him at 612traveller@gmail.com.

If you'd like to FLOAT AN IDEA, please contact Amy in the Resident Life Office (ext. 4024 or alewis@rw-c.org).

NEW OFFERING FROM CULINARY SERVICES: COCKTAIL NIBBLES

Having a couple of guests over for cocktails before dinner or, just feeling like a little snack yourself with a friend?

Beginning November 5 Culinary Services will offer, on a trial offer to assess demand, small plates of cocktail nibbles that will serve 2-4 people. The plate will include: A choice of either Boursin Cheese or Cheddar Cheese (5oz.), "Dot's" Pimento Cheese (5oz.), Strawberries (1/2 lbs.), Grapes (1/2 lbs.), Crackers (16-20).

The cost of each plate is \$10.00. Please do not request substitutions. Offerings will vary from time to time, depending on availability, however you will be notified in advance.

To order:

- Call at least 2 days ahead to place your order.
- Call Betty Polk at Ext. 4016 or Chef/Manager on Duty at Ext. 4017. You will get a confirmation.
- When you call, please provide your name, quantity of Cocktail Nibble Plates you wish, and if it you'd like to charge to your account or pay by check.
- Pick up your order in the Lakeview Grille between 3:00 PM—4:00 PM.

It's as easy and delicious as that!! If this proves to be a welcome addition to life at RWC, Culinary Services will continue to provide the service. ENJOY!!!!

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

RESIDENT CAROLING OPPORTUNITY

Come one, come all - still time to sign up for the RWC caroling event; wheelchairs and walkers welcome. All familiar carols - songbooks, words only. Plan to sing for all or part of the scheduled sessions. Check your email and Touchtown for last minute changes due to weather. Dress warmly and "Make A Joyful Noise!"

Rehearsal – Mon. Dec. 20 - 3PM Atrium

Caroling - Mon. Dec. 20 - 3:30-4:30 - Assisted Living & Healthcare (Sing outside Clubroom windows, Dining Room windows, Suite Windows, and Courtyard)

Caroling - Wed. Dec. 22 - 3:30-4:30 - 500 Block triangle

Caroling - Thurs. Dec 23 - 3:30-4:30 - Birdsong Park, apartment building parking lot

Bad weather forecast - can sing Tues. Dec. 21 / Fri. 24

Questions - Box 414



RESIDENT CHRISTMAS DOOR DECORATING CONTEST

Tis the Season to Decorate ... and we are having a Christmas Door Decoration Party and Contest!

All residents are encouraged to participate – Independent Living, HC/ALC!

Here are the rules...

Only DOOR will be judged – you may have other decorations on your porch if in a house or cluster cottage, or hallway - **but only the Door will be Judged.**

Apartments, HC/ALC – do not block the hallway!

Houses – Front Door – may use real or artificial

Cluster Cottages – Door to Walkway – May use real or artificial

Apartments – Hallway Door – MUST be artificial

HC/ALC - must be artificial

For judging the categories are: Most Traditional, Most Whimsical, and Best Overall

Judging will take place the week of Christmas so be ready!

If you are in Independent Living – please sign up at the LEC Lobby. HC/ALC – you do not need to sign up.

ANGEL TREE

Another year has flown by and Christmas time is upon us once again! This is the time of year to remember your loved one(s) and friends. Consider supporting the Angel Tree. The Angel Tree is a drive which benefits the Fellowship Fund that supports those who can no longer afford residency through no fault of their own. This year, you may also use this time to purchase a Labyrinth Brick as a permanent memorial to your loved one or friend.

Remember those who are near and dear to you. Support the Angel Tree. Angels will be sale December 1, 2021 to December 10, 2021 in the Atrium. Please contact Denise Kenner in the Development office or call 804-438-4877 for more information. Angels will be placed on the tree each day. Thank you in advance for your generosity! Merry Christmas!

HOLIDAY COLLECTION DISPLAY

Do you have a treasured Holiday/Christmas collection you would like to share with your fellow residents? The shelves in the display cabinet in the Life Enrichment Center are there for you.

A Resident may ask for one or two shelves – and there are 8 shelves – so sign up early. Call Resident Life office or stop by to claim a shelf. First come – and they are going fast!

