



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 36, Issue 1

JANUARY 2022

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

Gazebo Gazette

**RESIDENTS' ASSOCIATION BOARD
MEETING IS JANUARY 5 AT 10:00AM IN
THE AUDITORIUM.
ALL RESIDENTS ARE WELCOME.**

SOLAR FARM INFORMATIONAL MEETING

**Wednesday, January 5—11:00 AM
Auditorium**

On Wednesday, January 5 at 11AM at the conclusion of the Resident Association Board Meeting, representatives from the firm proposing to develop the Sandale solar farm adjacent to RWC property will make a presentation about the project. Hexagon Energy representatives will describe the proposed project in detail, and they will take questions.

WELCOME NEW NEIGHBORS

Mr. William "Bill" Estell, Jr., Cottage 610. Bill is a Cincinnati, Ohio native and has lived in Virginia 33 years. A career Naval Officer, Bill is a graduate of the University of Cincinnati and the U.S. Naval Academy. His graduate studies took him to the Naval Post Graduate School, University of Southern California and Mariemont University in VA.

After his military service, Bill taught high school math and also worked as a part-time bank teller. An active volunteer Bill has served the Northumberland Public Library, the Reedville Fishermen's Museum, was the White Sand Harbor HOA President and Treasurer (19 years). He also tutored and did fund raising for the NPL Friends of the Library.

Bill enjoys golf and reading.

Mr. John Michael "Mike" Zook, Apartment 113. Mike is a 'next door neighbor' from Ring Farm Road, where he has been staying with his son. A Danville, Illinois native, Mike was born and raised on a farm. He has farmed but has also raised stock, ran a canning factory, built houses and bought and sold real estate. Mike graduated from Culver Academy, a private prep school and attended Purdue one year before being drafted into the Army. He served 2 years in tanks in the

Armored service. After the Army, Mike went back to farming and attended Purdue during the winter sessions.

A people person, Mike's favorite activity is visiting his friends - everywhere! He enjoys driving around the U.S. visiting. When he's not visiting Mike enjoys reading and getting to know people.

THANK YOU

Thank you worker elves, residents and staff who helped decorate our beautiful campus!

Activities Committee

APPRECIATION FOR OUR WOOD WORKERS

We are VERY FORTUNATE to have the "Hobby Room" that we have in the Life Enrichment Center. It has most anything a woodworker could want thanks to the generous donations of residents who brought their tools and equipment from their previous homes. We are even more fortunate to have residents with the talent and skill to make use of this space. They volunteer their time to fix items like furniture. These folks are not obligated to do these things for us. They do it from the kindness of their hearts and because they love sharing their gift. Please be mindful of their time and effort for all they do.

Donations can be made to the RWC Foundation to benefit the Hobby Shop.

MONTHLY MEAL PLAN DEADLINE

If you are making any changes to your monthly meal plan it is very important that those changes are made prior to the 25th day of the month. This assures that you are billed correctly and our books are accurate. If you wish to change your meal plan, please go to the Front Desk to fill out a form.

Thank you, the Accounting Team

***The deadline to submit articles for
is the 20th of every month by noon.***

Contact us: 804-438-4000

Like us on
FACEBOOK



Follow us on
TWITTER



Follow us on
YOUTUBE



KEY APT	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	JANUARY 2022						NEW YEAR'S DAY 11:30 to 1:00-LVG-New Years Day Brunch
	1:30-CGR-Campbell Memorial Presbyterian Church Communion (residents only) 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 11:00-MSP-Parkinson's Caregiver Support Group 1:00-CGR-Catch Phrase 2:30-AUD-Update with Stuart 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor Class	10:00-AUD-Resident Association Board Meeting 11:00-AUD-Solar Farm Informational Meeting 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Gentlemen's Poker Group	9:30-FRL-Trip to Stratford Hall and Lunch at Angelo's* 3:00-RAP-Praying the Rosary	Dismantling Christmas Begins 8:30-AUD-First Friday Forum: Jill Sears, NN Boys & Girls Club* 11:00-AR2-Art with Amy: Step by Step Painting* 2:30-FCR-Cornhole	
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AUD-Update with Stuart 4:00-CGR-Darts	10:00-FRL-Shopping in Gloucester & Lunch* 10:00-AR1-Amatuer Radio Club Meeting 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor Class	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support Group 1:30-MSP-Technology Discussion Group 7:00-CGR-Gentlemen's Poker Group	10:00-LAN-Food Committee Meeting 3:00-RAP-Praying the Rosary	10:00-FRL-Linda Matney Gallery & Lunch* 2:30-FCR--Cornhole	
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 11:00-AR2-Art with Amy: Monoprint Quilt* 1:00-CGR-Catch Phrase 2:30-AUD-Update with Stuart 4:00-CGR-Darts	10:00-FRL-Shopping* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor Class 1:00-AUD-Music Study Club	10:00-FRL-Antiquing and Lunch* 1:00-AR2-Stitching Stars Quilting Group 1:00-MSP-Diabetic Support Group 7:00-CGR-Gentlemen's Poker Group	Deadline for Gazebo Gazette Articles	9:00-FRL-Trader Joes & Lunch* 2:30-FCR--Cornhole	7:00-AUD-Saturday Night Movie: Apocalpto*
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-RAP-Communion for Rosary 1:00-CGR-Catch Phrase 4:00-CGR-Darts	Last Day to Change Meal Plan 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor Class	4:45-AUD-Bingo-Pizza Party* 7:00-CGR-Gentlemen's Poker Group	9:00-FRL-Poe Museum & Lunch* 1:00-CGR-Great Decisions Discussion Group 1:00-MSP-Macular Degener- ation Support Group 3:00-RAP-Praying the Rosary	11:00-CGR-Let's Play Pictionary* 2:30-FCR--Cornhole	
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 4:00-CGR-Darts					

GREETING FROM THE PRESIDENT & CEO

“When you believe in a thing, believe in it all the way, implicitly and unquestionable.” - Walt Disney

Believing in things is a very important part of life. We started life believing in Santa Claus and the Tooth Fairy. In our early days those were important things to believe in, and as we journey through life we build an ever-growing list of things we believe (and don’t believe) that are also important. The list of things believed is as endless as it is personal. As we start 2022, I am going to suggest we challenge ourselves to reflect upon what we believe. Note I did not say doubt or question what you believe. I do not mean to suggest that at all. I truly mean reflect. Why? Well, the last two years have given us much to think about and analyze, and during that time, we may have allowed some of that to displace what we believe. I am simply suggesting we take some time, while it is often too cold outside, to reflect on what we believe. I will offer a suggestion to get us started – ***Believe in your power to make a difference every day.*** If we all start each day with the belief that we are going to make a positive difference in someone’s life that day, we will start the day with a worthy mission. If you are concerned about how to make a difference, do not worry; it does not have to be something new or something hard. You can make difference through a smile or a kind word. You can make a difference by just being a listening friend. You can make a difference through a short note to someone you have not seen or spoken to for a time. Share your hobby or talent – you may spark the next artist or help a lonely person find new meaning in life. There are countless ways to make a positive difference every day. If all of us do this for the 365 days of 2022 that is about 182,500 opportunities to make a positive difference. That might help turn things for the better. Believe in your power to make a positive difference every day and in Disney’s words, “believe in it all the way”. May God protect and richly bless us each day as we work together as the community of RWC to face all challenges and enjoy all blessings. Happy New Year with wishes for peace, health, and joy.

March Matney

CAROL

Villagers all, this frosty tide,
Let your doors swing open wide,
Through wind may follow, and snow beside,
Yet draw us in by your fire to bide;
Joy shall be yours in the morning!

Here we stand in the cold and the sleet,
Blowing fingers and stamping feet,
Come from far away you to greet-
You by the fire and we in the street-
Bidding you joy in the morning!

For ere one half of the night was gone,
Sudden a star has led us on,
Raining bliss and benison-
Bliss tomorrow and more anon,
Joy for every morning!

Goodman Joseph toiled through the snow-
Saw the star o’er a stable low;
Mary she might not further go-
Welcome thatch, and litter below!
Joy was hers in the morning!

And then they heard the angels tell
‘Who were the first to cry NOWELL?
Animals all, as it befell,
In the stable where they did dwell!
Joy shall be theirs in the morning!’

QUESTION OF THE DAY

With the holidays here and gone and pounds gained, how many calories do you have to burn to lose a pound of fat?

It takes about 3,500 calories to gain or lose a pound of fat. To give you an idea of how much energy it takes to “burn” a calorie, here are a few activities with the number of calories they burn per minute, per pound of body weight: fast ax chopping (or cross-country skiing uphill), 0.135; forking straw bales (or playing basketball), 0.063; window cleaning (or playing croquet), 0.026. So a 150-pound person forking straw bales burns 9.45 calories per minute, which means he or she must fork bales for six hours to lose one pound. (Though not listed, the one exercise guaranteed to burn calories is pushing one’s chair away from the table!)

Source: Almanac.com

ART WITH AMY CLASSES FOR JANUARY*

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
Friday, January 7—11:00 AM

Group Project: Monoprint Quilt
Monday, January 17—11:00 AM

Heart Art
Thursday, January 20—11:00 AM

LET’S PLAY Pictionary
Friday, January 28—11:00 AM—Chesapeake Game Room

Pictionary is a charades-inspired word-guessing game. The players trying to identify specific words through drawing. No need to be able to draw. That’s what makes it even more fun.

TRIPS FOR JANUARY
STRATFORD HALL AND LUNCH AT ANGELO’S PIZZA*
Thursday, January 6—9:30 AM—Front Lobby
Cost—\$14.00 + lunch (Ticket price will be charged to your account)

A National Historic Landmark, Stratford Hall preserves the legacy of the Lee family and its surrounding community, inspires an appreciation of America’s past, and encourages commitment to the ideals of leadership, honor, independent thought, and civic responsibility.

TRIP TO LINDA MATNEY GALLERY & LUNCH*
Friday, January 14—10:00 AM—Front Lobby
Sign –up in LEC Lobby

John Lee Matney is dedicated to developing exhibitions with innovative emerging and mid-career artists, as well as advancing the work of more established national and international artists, including works of painting, installation, video, photography, sculpture, and performance. The primary concern of Matney Gallery is to exhibit the work and ideas of the most significant artists of our

time." John Lee Matney and Paul Thomas, 2010

Named after Linda Matney, who lost her battle with cancer in 2001, John Lee Matney and the Matney Family have established a research-based contemporary gallery that develops thematic group shows and collaborative art projects with international and American artists in Virginia and elsewhere. The gallery is located in Williamsburg. We will have lunch at Oceans & Ale. Oceans & Ale is a classic seafood and steakhouse that prides itself on the highest food quality and guest service. We look to challenge the depths of flavor with seasonal menus and our combination of local and world renowned brews.

SHOPPING IN GLOUCESTER & LUNCH*
Tuesday, January 11—10:00 AM—Front Lobby
Sign up in LEC Lobby—Limit 12
Enjoy some post-Christmas shopping at TJ Maxx, Petco, Rack Room, Ulta, Kay Jewelers, and more. We will enjoy lunch at the Sweet Tooth Café.

ART & ANTIQUING AND LUNCH*
Wednesday, January 19—10:00 AM—Front Lobby
Sign up at LEC Lobby—Limit 12
Urbanna Harbor Gallery & Art Services and lunch at Something Different in Urbanna.

TRADER JOE’S & LUNCH*
Friday, January 21—9:00 AM—Front Lobby
Sign up at LEC Lobby—Limit 12
Take advantage of stocking up at Trader Joes and a delicious lunch.

POE MUSEUM AND LUNCH AT MILLIES DINER*
Thursday, January 27—9:00 AM—Front Lobby
Sign up at LEC Lobby—Limit 12
Cost- \$7.00 + lunch (Ticket price will be charged to your account)
Masks are mandatory in museum

The Poe Museum began over a century ago when an Edgar Allan Poe collector and researcher named James Howard Whitty and a group of literary enthusiasts met in Poe’s hometown of Richmond, Virginia to create the state’s first monument to a writer.

FIT BITS: MIND AND MUSCLE

DECEMBER 31, 2021 NEW YEAR'S EVE CLASSES CANCELLED

If you have any questions, please contact Jonathan at 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)

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

2:10-2:40 Pool Water Walking

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

2:00-2:30 Moving &Grooving (starting on January 11)

3:10-3:40 Pool Aqua Fitness Aerobics

DART SEASON 2020 - 2021

Highest average Score

1.Dean Loudy - 403 average

2.Ann Wiggins – 388 average

3.Bob Longshore – 384 average

3.Carl Blades – 384 average

Most Bullseyes

1.Bob Longshore– 6 Bullseyes

2.Ann Wiggins– 5 Bullseyes

3.Dean Loudy– 4 Bullseyes

Most wins

Bob Longshore– 16 games won

Ann Wiggins– 15 games won

Dean Loudy– 10 games won

New players are always welcome!!!

HAPPY NEW YEAR 2022

We look forward to the new year ahead of us in the Wellness department. We are excited to bring you all your favorite classes and new programing in the New Year. Stay tuned as we continue through the New Year.

SWIPE CARDS

Fitness Center and Swimming Pool available with a swipe card. If you do not have a swipe card and want to work out on the weekends, please let us know.

ORIENTATION

If you are new to our program, please schedule an orientation time with Jonathan.

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, 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.

FIRST FRIDAY FORUM: JILL SEARS, BOYS & GIRLS CLUB OF THE NORTHERN NECK

Friday, January 7—8:30 AM—Auditorium

Sign up at LEC Lobby-Limited to 50

Jill Sears, Resource Development Director will be joining us to give us an update on what is happening at the Boys & Girls Club, their new building, new programs and more.

AMATEUR HAM RADIO CLUB (N4RWC) MEETING

Tuesday, January 11- - 10:00 AM—Art Room 1

Amateur Radio (ham radio) is a popular hobby and service that brings people, electronics and communication together. People use ham radio to talk across town, around the world, or even into space, all without the Internet or cell phones. It's fun, social, educational, and can be a lifeline during times of need. The club has been on hold since the pandemic, but will start meeting again this month. Anyone who is interested in or learning about Ham Radio is welcome to attend.

TECHNOLOGY DISCUSSION GROUP

Wednesday, January 12—1:30 PM

Main Street Pub

This is a resident led group. Items for discussion would be of interest to residents with any technical background or knowledge so they could understand and participate, concentrating on practical matters in the news including background development, but avoid the very detailed science of physics, chemistry, molecular science, etc. behind the discussion topic. Initial topics might include (depending on the desires of the participants): Improving the electrical distribution grid, ideas to more quickly phase out fossil fuels, thoughts on making more affordable low cost housing, warfare in space, and more. If this group develops, we will schedule a monthly or bi-monthly meeting according to what the group wants. Everyone is welcome.

MILITARY SERVICES CLUB

Thursday, January 20—1:00 PM—Main Street Pub

We hope to develop this club into a resident led group to serve as a place where those who have served in the military can share experiences and stories, and/or where members meet regularly to perform charitable works either by direct hands-on efforts or by raising money for other organizations.

BINGO-PIZZA PARTY*

Wednesday, January 26—4:45 PM—Auditorium

Sign up at LEC Lobby—Limit 60

Join us for a fun evening of food, fun and prizes. Fill out a pizza form located next to the sign in book and drop in box. Bingo cards are \$2.00 each. Please be sure to bring your money and appetite.

GREAT DECISIONS DISCUSSION GROUP

Occurs every Thursday effective 1/27/2022 until 3/24/2022 from 1:00 PM to 3:00 PM

Chesapeake Game Room

The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, non-partisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. Questions, call Maria at Ext. 4011.

MACULAR DEGENERATION SUPPORT GROUP

Thursday, January 27—1:00 PM—Main Street Pub

If you have macular degeneration or low vision, have you considered joining a support group? Why belong to a support group?

Connect with Others

It is a great way to connect with others who have some of the same struggles you do with your vision and loss of independence. Many people with low vision often give up hobbies they love like sewing, crafts, woodwork, or playing bridge which leads to more isolation. By joining a low vision support group, you'll find understanding and perhaps make new friends.

Others in the group can provide their recommendations for a retina specialist or a low vision op-

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

A very basic internet search quickly shows something very simple: different people think very differently about the New Year:

“It wouldn’t be New Year’s if I didn’t have regrets.” — *William Thomas*

“Good resolutions are simply checks that men draw on a bank where they have no account.” — *Oscar Wilde*

“I would say happy New Year but it's not happy; it's exactly the same as last year except colder.” — *Robert Clark*

Some people look back with regrets. Others look forward with fear. There must be a better way. Perhaps that better way can be found in the word “new” itself.

How about some definitions:

“**New**” – adjective – “not existing before; produced, introduced, or discovered recently or now for the first time.”

Is it just possible that the New Year will be for us one of meeting fascinating new people, of discovering and learning, of contributing by means of personal creating? Life doesn't need to be “same ol’ same ol’.” Push yourself; get out of the rut if you're in one. Become some something new; do something new for someone other than you.

“**New**” – adjective – “already existing but seen, experienced, or acquired recently or now for the first time.”

Wow, now there's a fascinating perspective: a “new” that includes something already in existence! Seize the opportunity to see the world around you, including the people, in a new and better way. Signs of God and goodness pervade the universe, including the person right in front of you. The question is: will you have “eyes to see?” So, here’s a New Year’s challenge: “See, I am doing a new thing! Now it springs up; do you not perceive it?” (*Isaiah 43:19*) Here’s a New Year’s prayer: “I pray that the eyes of your heart may be enlightened...” (*Ephesians 1:18*) And lastly, here’s a New Year’s hope: “We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Oppor-

tunity and its first chapter is New Year's Day.” — *Edith Lovejoy Pierce*

Here’s to a New Year full of newness that includes much goodness, personal and otherwise, for us all! Chaplain Greg Houck

UPCOMING OPPORTUNITY:

Grief Support Group: A Grief Support Group will begin meeting on January 12th at 11:00AM in the Chesapeake Game Room. Grief comes to us in different ways and grieving can be a difficult and painful process. And so it is our hope that this new group here at RWC will be a help to us all as we navigate the troubled waters of personal loss. Together with the Chaplain, the group will be guided by residents Nancy Ellett and Sherry Mann. We hope to see you there.

ONGOING OPPORTUNITIES:

Tuesday Bible Study Group: continues to meet on Tuesdays at 11:00AM. in the Auditorium. We’ve just recently begun a new study of the Book of Philippians, famously known as the “Book of Joy”! 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.

A WORD OF THANKS:

Many thanks to the RWC community for your generosity in giving this year to the Annual Thanksgiving Offering. **\$4,007.41** was given to the Healthy Harvest Food Bank. What a beautiful thing to be able to care in such a practical way for neighbors in need right here in the Northern Neck!

IN MEMORIAM:

MRS. NAOMI URBAN-NOVEMBER 24, 2021

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

NEW YEAR’S DAY MENU 2022

Butternut Squash Soup
Crunchy Carrot, Raisin and Toasted Walnut Salad
Baked Ham with Orange-Honey Glaze
Baked Local Rockfish in Lemon Butter Sauce
Challah Bread French Toast with Warm Maple Syrup and Strawberries
Collard Greens
Black eyed Peas
Parslied New Potatoes
Assorted Desserts

The Grille will be closed for dinner. Boxed dinners will be available. Please pick up by 5:30PM.

PAPER BAGS NEEDED FOR RECYCLING STATIONS ON CAMPUS

Paper bags can be recycled with other paper items, making them as easy to recycle as tossing them in the bin or taking them to a collection center. The Recycling Team is in need of grocery bags (preferably with handles, like the bags at TriStar, but not necessary). If you have some to spare, please drop them off at any of the trash rooms located around campus.

FLOATING AN IDEA:

But first, how many Monarch Butterflies can you count in this picture?



The idea: Creating a Nature Club that would capture the Monarch Butterfly Sanctuary and related activities. This could include Walks, Talks, input to

the information kiosk, and efforts to improve the RWC trail system by growing native plants from seed in the new RWC greenhouse and planting them along the trails, as well as anything else of interest to Club members.

The answer to the count question is, of course, none, as those are caterpillars. But if you recognized them as Monarch Caterpillars then you belong in this Club. If you are interested, please contact Nick Ferriter or Jane Henley. If you counted 10 or more caterpillars then you are a nominee for Club president.

SATURDAY NIGHT MOVIE: APOCALYPTO*

January 22—7:00 PM—Auditorium

Rated R (2006) Action/Adventure, 2 hrs, 18m.

The Mayan kingdom is at the height of its opulence and power but the foundations of the empire are beginning to crumble. The leaders believe they must build more temples and sacrifice more people or their crops and citizens will die. Jaguar Paw (Rudy Youngblood), a peaceful hunter in a remote tribe, is captured along with his entire village in a raid. He is scheduled for a ritual sacrifice until he makes a daring escape and tries to make it back to his pregnant wife and son. Directed by Mel Gibson.



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

TOUCHTOWN IMPROVES THE RESIDENT EXPERIENCE

Touchtown is the most effective way to stay connected to each other and our community.

It allows instant access to:

Up-to the minute Announcements, Activities, Menus, Library Catalogue, Campus Maps, Trails and Floor Plans, Resident and Employee Directory, Resident Association Board Meeting Minutes, Resident Handbook, Atlantic Broadband Channel Guide, Spiritual Wellness and Worship Services, Fitness Schedules, Ancillary Price List

Please contact Amy Lewis at Ext. 4024 or Regina Ward at Ext. 4350 if you have questions, need a tutorial or assistance getting connected.

Connection Made Easy COMMUNITY APPS

Have independence through an interactive experience.

Touchtown Community Apps encourages independence. The interactive platform is easily accessible via the web on a computer or through a mobile app on a smartphone or tablet. Use the app to see everything going on in the community from one convenient location.

Search dining menus for their favorite foods

Connect easily to neighbors with similar hobbies, interests, and backgrounds

Access floor plans to help residents get acclimated to their new home

Log In to Community Apps

Below are instructions for logging in **on your computer** or via the **app on your tablet or smartphone.**

On Your Computer

Open your computer browser (such as Chrome, Firefox, or Safari) and enter the following website into the browser URL bar: www.communityapps.com

Save this page as a favorite within your browser for easy navigation:

For Chrome Users: Click on the star to the right of the website URL.

For Firefox Users: Click on the star to the right of the website URL.

For Edge Users: Click on the star to the right of the website URL and click on Add to Favorites.

For Safari Users: Click on the plus sign to the left of

the website URL.

Enter your login credentials in the Username and Password fields and click **Login**.

*You can check off **Keep me signed in** to stay signed in on your computer in that browser.*

USERNAME: rwc, first name, last name (EXAMPLE: **rwcjohndoe**)

PASSWORD: Birth month, birth day (EXAMPLE: **0611**) for June 11

On Your Smartphone or Tablet

1. Open the **App store** (Google Play or Apple App store) on your device.

Download and Install **Community Apps** from the app store on your phone or tablet.

Search for "Touchtown" and choose Community Apps. The icon looks like this:

Click Install.

3. Open **Community Apps** by touching the icon. Enter your username and password and click **Login**.

ALEXA INTEGRATION

Let Amazon Alexa be the voice assistant of your community.

Integrate your Touchtown suite with Amazon Alexa to enable users to "ask my community" what is going on each day. The integration fits into the workflow of residents who are already using Alexa devices at home. In addition, visually impaired residents no longer need to rely on reading from a screen to stay engaged and informed.

Activities – "Meet in the Lobby for Visit to Town Square from 8am – 11am."

Dining – "The First Street Bistro is serving honey glazed chicken and rice."

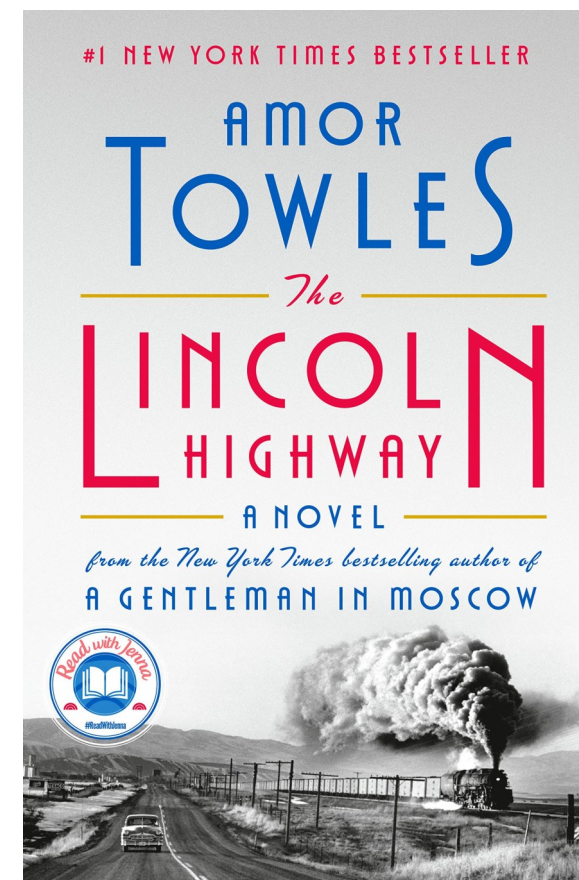
Announcements – "The mail is in! Make sure to pick yours up at the Front Desk."

TOUCHTOWN TV ON CHANNEL 85

Help plan your day with Touchtown TV.

Simply flip on the TV and be met with all the information you need to have a great day.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN



The RWC Book Group's January selection is ***The Lincoln Highway*** by Amor Towles, a 2021 book about a road trip in the wrong direction, with a "didn't see it coming" ending! Join us for the discussion on Monday, January 24th at 10:30 a.m.

2021: Non-fiction includes *The Premonition*, a "non-fiction thriller" about the pandemic by Michael Lewis, donated by Gene Mapes; a history, ***The Bomber Mafia: A Dream, a Temptation, And The Longest Night of the Second World War*** by Malcolm Gladwell, and two biographies, ***Elizabeth and Margaret: The Intimate World of the Windsor Sisters*** from Jean Gilmore, and ***The Great Dissenter: The Story of John Marshall Harlan, America's Judicial Hero***. In Fiction: ***Over My Dead Body*** by Jeffrey Archer, from Carl Blades; two in Mystery from Jay White, ***Win*** by Harlen Coben and ***The Case of the Missing Faces*** by Michael Leese. and two Large Print from Elaine Lowrey, ***The Red Book*** by James Patterson and ***Royal: A Novel*** by Danielle Steel.

Other New-To-Us Non-Fiction: Two in History from John Hess, ***The Ghost Army of World War II: How One Top-Secret Unit Deceived the Enemy with Inflatable Tanks, Sound***

Effects, and Other Audacious Fakery by Rick Beyer and Elizabeth Sayles and ***D-Day*** by Stephen Ambrose; a History, ***The Bomber Mafia: A Dream, a Temptation, And The Longest Night of the Second World War*** by Malcolm Gladwell; and a fictionalized biography of Robert Carter III, in Non-Fiction Paperback, ***Never Pleasing to the World: A Man and His Slaves***.

Other New-To-Us Fiction: Two books by Colleen Coble, ***The View from Rainshadow Bay*** and ***The House at Saltwater Cove*** from Rosemarie Forcum; ***Grist Mill Road*** by Christopher J. Yates from Tanya Bohlke; ***Going Underground*** by Michael Leese, ***Daylight*** by David Baldacci, and a Mystery, ***A Serpent's Tooth*** by Craig Johnson from Jay White. Also a Rosamunde Pilcher "three novels in one" book and a Mary Kay Andrews "two novels in one book" book.

Resident Author Books: ***The Whirligig and the Two Stars*** contains Milena Van Sant's writings about growing up during World War II in Germany, Austria and the former Czechoslovakia. Milena spoke about this topic at a Romeos' Breakfast in 2011, and says, "Our RW-C community inspires and offers time and opportunity to bring our earlier lives into sharper focus." Also, ***Two Centuries of Slavery in Lancaster County, Virginia*** by Lois Williams.

For Browsing In the Library: Sit for a time and look through the new collection donated by Barbara Shultz—Children's Books Of Our Childhood!

Book Mobile: Assisted Living and Health Care people who need a book should call Sally LeBoeuf at 4171 or Ann Wiggins at 4208.

Ruth Fisher's 2022 Calendar hangs in the Library for all to enjoy!

Lois Williams – RW-C Residents Association Library Chair