



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 37, Issue 8

AUGUST 2022

Gazebo Gazette

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

WELCOME NEW NEIGHBORS

Mr. Robert Street will be moving into Cottage 515 on Laurel Drive this month.

Robert has one daughter, Kimberly Mannis (Colorado) and 2 grandchildren.

A native Washington 'DCer', Mr. Steet has lived most of his life in Northern Virginia. He graduated from Washington & Lee H.S. in Arlington, received his B.S. in Industrial Engineering and Systems from VA Tech. He also did graduate work at VA Tech. After graduation Robert initially worked in an engineering firm but found he didn't like office work. He bought into a building company with friends; they built commercial buildings in the Tyson/Reston area. Eventually Robert went out on his own and continued commercial construction. In 2002 he built his home at Coles Point (Westmoreland Co.) where he and his wife Pat enjoyed a few years of retirement living before her death.

Robert stays busy with construction jobs and home improvement projects. He enjoys wood-working and furniture making in his shop, as well as design and building projects. Besides restoring/renovating homes Robert restores antique cars and currently owns 2 Model A's. Robert served in the USAF as an NCO at a weapons release maintenance facility.

Making the move with Robert will be his 34 year old African Grey parrot, Moses. He and Pat adopted Moses when he was a very young bird.

Mr. Gerald "Jay" Walker will be moving into Apartment 303 this month. Jay says that his friend, Bill Estell, said to him, to "move sooner rather than later."

An engaging man, Jay's professional career as a journalist took him around the world. After receiving his B.A. from Columbia College (now university), he went to work writing for trade journals; these included purchasing, aerospace, and electronics. Jay also worked at McGraw Hill as an editor for the Medical World News. The most memorable career was with World Broadcast news. This took him around the world and covering events such as the Olympics and World Cup. He retired with a retainer in 1993. Jay says the company didn't want him to go to the competition so 'kept him on payroll!'

During the draft for WWII, Jay volunteered to serve in the Navy thinking he would again travel the world. He says he got as far as Miami to serve on a cargo ship! But he served proudly as a LT. JG and honored his sister who also served as WAVE. Jay moved to the Northern Neck in 2003, after selling their apartment in Manhattan and house in Long Island. They wanted to get away to a small, rural community...and found Callao. Both he and Earline became involved in community service. Jay volunteered at GW Birthplace, Friends of Northumberland Library, and Rice's Hughlett Tavern. He also served the NN Land Conservancy, NAPS, and the Native Plant Society.

Because he loves to read, he co-founded with Earline, the NN Readers Club; a book club that drew readers from almost all the NN counties. Jay also enjoys classical music and jazz.

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

Contact us: 804-438-4000

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BLOG

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		10:00-FRL-Shopping* 10:30-AUD-Parkinson's Caregiver Support Group 12:00-ATR-Quilt Raffle Drawing 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:30-Caregiver's Memory Support Group	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Choir Rehearsal	7:00-CGR-Gentlemen's Poker Group	2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	8:30-AUD-First Friday Forum 11:00-CGR-Great Courses* 2:30-FCR-Cornhole	1:00-FRL-Trip to Gwynn's Island Museum*
	1:00-CGR-Campbell Memorial Presbyterian Church Communion 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping* 11:00-AR2-Art Class; Artfoil Scratch Art* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	9:00-FRL-Virginia Air & Space Museum & Lunch* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support Group 7:00-CGR-Gentlemen's Poker Group	10:00-LAN-Food Committee Meeting 11:00-FRL-Wine Tasting at Wind Vineyards* 2:00-FCR-Shuffleboard 2:00-CGR-Parkinson's Support Group 3:00-RAP-Praying the Rosary	11:00-CGR-Great Courses* 2:30-FCR-Cornhole	
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 11:00-AR2-Art Class: Step by Step Acrylic Painting* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 2:00-MSP-Choir Rehearsal	1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Gentlemen's Poker Group	2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary 4:00-CGR-Friends & Fellowship of Grace Episcopal Church	11:00-CGR-Great Courses* 2:30-FCR--Cornhole	5:15-FRL-Belle Isle Music by the River: Southern Grace (Country Gospel)*
	1:45-FRL-Westmoreland Players: Lost in Yonkers* 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts Deadline for Gazebo Gazette Articles	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	9:00-FRL-Tour of the Branch Museum of Architecture & Design * 2:00-AR2-Art Class: Modge Podge Vases* 7:00-CGR-Gentlemen's Poker Group	1:00-MSP-Macular Degeneration Support Group 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary Last Day to Change Meal Plan	10:30-FRL-Reedville Fisherman's Museum & Lunch at Horn Harbor* 11:00-CGR-Great Courses* 2:30-FCR--Cornhole	7:00-AUD-Saturday Night Movie: The Duke
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 11:00-AR2-Art Class: Sliced Pine Wreaths* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 10:00-Trip to Watermen's Museum in Yorktown & Lunch* 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Choir Rehearsal	1:00-AR2-Quilt Show & Tell with Mary Ellen Huennekens: Seahorse Quilts* 7:00-CGR-Gentlemen's Poker Group	AUGUST 2022		

- 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

GREETING FROM THE PRESIDENT & CEO

“One life’s journey is really about the people who touch us.” ~Stuart Scott

The people who touch our lives are incredible when you think about it. On 165 acres about 260 residents and about as many staff form the community of RWC. Think about the life experiences of 550 people. That alone is almost impossible to fathom. Nor can I adequately write about it. But I don’t think that is my point anyway.

Stuart Scott’s quote reminds us of two things – the journey and the people on the journey. I encourage you to reflect on your journey and the people who have impacted your life AND the impact you have made on the lives of those you encountered on your journey.

Stay cool,



TOUR OF THE BRANCH MUSEUM OF ARCHITECTURE & DESIGN*

**Wednesday, August 24—9:00 AM—Front Lobby
Cost \$5.00 plus lunch**

**Requires climbing steps/uneven walkways.
Steady feet.**

Sign up Required

We will stop for lunch on our way back to RWC.

Architect John Russell Pope’s Tudor-Revival design for prominent financier John Kerr Branch resulted in a 27,000-square-foot residence featuring eleven levels; a chapel-like studio; and fireproofing by means of concrete floors and masonry walls. With



its long gallery, great hall, commodious library and dining room on the main floor, the house, completed

in 1919, provided ample space for displaying the Branch’s extensive collection of European tapestries, textiles, and furnishings.

Pope also designed the Thomas Jefferson Memorial, the National Archives, and the West Wing of the

National Gallery of Art in Washington, D.C., as well as Richmond’s Broad Street Station (now the Science Museum of Virginia). His residence for the Branch family is the only individual Monument Avenue building listed on the National Register of Historic Places and awarded landmark status by the Commonwealth of Virginia and the City of Richmond.

Designed in 1916 and constructed 1917-1919, the Branch House is an excellent example of an urban residence planned in the Tudor/Jacobean Revival style. Perhaps its greatest distinction architectural-ly is that it is the only residence of this type by Pope in which the original interiors have survived intact, and it is one of the earliest examples of this style of architecture in Virginia, preceding the reconstruction of Agecroft Hall in Richmond. As an artifact of American cultural history, the house design is a manifestation of this country’s adamant displays of Anglo-philial in the first decades of the 20th century. Pope appropriated the traditions of English domestic architecture as a way of asserting a noble lineage for his clients.

The exquisite interiors as a whole are notably the finest features of the house, for while the house had all modern conveniences, 16th century design elements are seen in most of the public rooms created as a backdrop for the Branch’s antiquities. This included Tudor, Elizabethan, and Jacobean styles seen in the massive ornamental plaster ceilings, stonework, leaded glass windows, and decorative woodwork. The private spaces were no less academically correct employing 18th century Georgian and the Adam style, with carved paneling in the former and delicate plaster Adam ornamentation in the later.

TRIP TO WATERMEN’S MUSEUM IN YORKTOWN & LUNCH*

**Tuesday, August 30—10:00 AM—Front Lobby
Cost \$4.00 + Lunch**

Sign-up Required

First, you’ll enjoy a tasty lunch at Waterside Grille and then off to the museum.

The Watermen’s Museum is a museum in Yorktown, Virginia. It documents the history of Chesapeake Bay ‘watermen’, from pre-colonial to modern times.

VIRGINIA AIR & SPACE MUSEUM*

**Tuesday, August 9—9:00 AM—Front Lobby
Tickets \$20.50 Includes Imax film.**

Lunch at the Cosmic Café

Sign up Required

Come check out the new Space Explorer Gallery! The new gallery offers dozens of interactive displays, showcases artifacts in innovative and exciting ways, and brings cutting edge exhibits to Hampton Roads. The IMAX Theatre is newly renovated too! The LARGEST screen in Hampton Roads!

Enjoy a tasty meal and delicious beverage at the Cosmic Cafe. Outer space never tasted so good with their selection of light entrees, sweet or savory snacks, and a variety of IMAX concessions.

WINE TASTING AT WIND VINEYARD*

**Thursday, August 11—11:00 AM—Front Lobby
Wine Tasting Cost per person \$14.00**

Boxed Lunches will be provided by RWC.

Sign up Required

Wind Vineyards is a picturesque 700-acre farm nestled just outside of Tappahannock, Virginia. Locally owned by the Wind family, the winery welcomes guests to their tasting room year-round. Offering a variety of wines to satisfy any taste.

MUSIC BY THE RIVER: SOUTHERN GRACE (COUNTRY GOSPEL)

**Saturday, August 20—5:15 PM—Front Lobby
Concert begins at 6:00 PM to 8:00 PM**

Bring your own folding chair

Boxed Dinners and Assorted Beverages will be provided.

Sign-up Required

Join Belle Isle State Park in welcoming Southern Grace back for their 15th year at Music by the River. This dynamic group combines the soulful sounds of country music and the joyful harmonies of gospel, traditional hymns, and contemporary Christian music with an upbeat tempo.

WESTMORELAND PLAYERS: LOST IN YONKERS*

**Sunday, August 21—1:45 PM—Front Lobby
Cost is \$25.00**

Sign up Required

A humorous family drama, Lost in Yonkers is a coming-of-age story set in Yonkers, New York. Simon’s Tony and Pulitzer Prize-winning play centers around two brothers, Arty and Jay, who live with their grandmother and their mentally challenged Aunt Bella, while their father travels, desperately trying to scrape enough money together while working as a salesman to pay off his debts to a loan shark, and their mother has died of cancer.

TRIP TO GWYNN’S ISLAND MUSEUM*

**Saturday, August 6—1:00 PM—Front Lobby
Requires climbing steps**

Sign up Required

Located in Mathews County on historic Gwynn’s Island, the Gwynn’s Island Museum was established in 1991 as a community project to preserve the rich history of Gwynn’s Island and Mathews County. A 100-year-old building, originally serving as the Odd Fellows Lodge and later the Island’s first public school, was donated in 1992 and restored by dedicated volunteers to what you see today. Two floors of exhibit space include Gwynn’s Island School memorabilia, prehistoric fossils, Indian and Colonial artifacts, antique dresses, gowns, quilts and extensive military and Merchant Marine displays from the Civil War to the present.

TRIP TO REEDVILLE FISHERMAN’S MUSEUM AND LUNCH AT HORN HARBOR*

**Friday, August 26—10:30 AM—Front Lobby
Cost \$5.00 + Lunch**

Sign-up Required

Learn about the history of the fishing village of Reedville and enjoy lunch at one of the Northern Neck’s favorite restaurants.

**MORE TRIP OFFERINGS ON
PAGE 8**

ART CLASSES IN AUGUST ARTFOIL SCRATCHBOARD*

Monday, August 8—11:00 AM—Art Room 2

Sign-up Required—LIMIT 8

Back by popular demand. Create a beautiful picture by using a scratch tool on a board that is covered with a black ink layer.

STEP BY STEP ACRYLIC PAINTING*

Monday, August 15—11:00 AM—Art Room 2

Sign-up Required—LIMIT 8

Perfect class for a beginner. No experience necessary.

MODGE PODGE VASES*

Wednesday, August 24—2:00 PM—Art Room 2

Sign-up Required—LIMIT 8

Make beautiful home decor – decorate a vase using various supplies like paint and Mod Podge.

SLICED PINE WREATHS*

Monday, August 29—11:00 AM—Art Room 2

Sign up Required—LIMIT 8

These wreaths are great for fall and winter. Easy and fun to make.

HOW ART BENEFITS US ALL, AS HUMANS

From the earliest markings upon cave walls, to the rhythmic beating of drums, cultural dance or even the creation of written language, people have been driven to express themselves through art since the earliest days of our species. It can even be said it is one of the unique qualities that make us human.

Yet most people, if asked, would deny being an artist. We assume that to be an artist, we must be a virtuoso or have created a masterpiece, but this is simply not true. The truth is that everybody has the capacity to express themselves through art, and perhaps more surprisingly, we can all benefit from doing so.

Here are a few ways even us "non-artists" can benefit from art:

1. Stress Relief

Research has shown that engaging in just 45 minutes of art-making significantly reduced the levels of cortisol (aka "the stress hormone") across 75% of participants. Why? Well, it turns out, creating art is akin to meditation. It forces the mind to slow down, to focus

on the details, and it helps to block out the mind's distractions, resulting in people feeling noticeably calmer and less anxious.

2. Confidence Boost

Remember being a kid, and the feeling of pride you would feel when your mom hung your artwork up on the fridge or wall for all the world to see? It turns out, that feeling doesn't go away as an adult. Seeing a completed work of art that you have created stimulates the release of dopamine—the feel-good hormone—into our bodies, which lowers feelings of depression and increases feelings of confidence. In other words, creating art makes you feel better about yourself. Even if it's just a stick figure.

3. Problem-Solving

That's right, creating art can help us become better problem solvers. There are two reasons for this. One is that the practice of creating is inherently without boundaries or parameters. It forces you to use your imagination, to think through how you are going to convey your image or message through art. And the habit of thinking creatively helps you to learn new, resourceful ways of solving problems in your art, but also in life.

But secondly, the process of turning our problems into narratives can help us to work through them. By organizing our problems into the framework of a narrative—be it through writing, song or visual art—it helps to bring a sense of order to the chaos that is represented in the problem. This, in turn, "gives individuals a sense of predictability and control over their lives."

4. Improves quality of life for those with illness

Not only does art-making help to reduce symptoms of anxiety and depression that are commonly experienced by those suffering from chronic illness, but research is also showing that it can be quite beneficial to older adults, particularly those suffering from Alzheimer's or Parkinson's disease. This is because making art can improve cognitive functions by strengthening, or even creating new neural pathways in the brain, helping the brain to adapt and stay healthier. In fact, the earlier we can start using our creative brain regularly, and the longer we continue to do so, can help the brain stay fit and healthy as we age.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

History Not Yet Passed by Nan Harvey is the August selection for the RW-C Book Group. It's a work of historical fiction based on the true story of an early clergyman who came to the Northern Neck's Dividing Creek area. The author will be with us. Book Group participants take turns reading the library's two copies of the book, displayed on top of the desk in the back of the library. Join us on the fourth Monday, August 22, at 10:30 a.m.

New in Mystery—*Predator* by Patricia Cornwall, donated by Bolling Williamson; *Blood Shot* by Sara Paren-sky; and *Sea of Stone* by Michael Redpath; *The French Widow* by Mark Pryor (2020), *Blind Tiger* by Sandra Brown (2021), and three published in 2022: *Shadows' Reel* by C. J. Box, *Give Unto Others* by Donna Leon, and *A Change of Circumstances* by Susan Hill, all from Jay White.

New in Fiction—*Sparing Partners* by John Grisham (2022), donated by Carl Blades; *Another Kind of Eden* by James Lee Burke (2021), donated by Jay White; *The Caves of Perigord* by Martin Walker, donated by Sue Burrage; and *The English Spy* by Daniel Silva, donated by Lawrence Treadwell.

New in Large Print—*Better Off Dead* by Lee Child (2021), donated by Elaine Lowrey; *Lincoln Highway* by Amor Towles (2021), donated by Jean Gilmore; and *The Man Who Died Twice* by Richard Osmund (2021).

New in Miscellaneous—*The Real Anthony Fauci: Bill Gates, Big Pharmacy, and the Global War on Democracy and Public Health* by Robert F. Kennedy, Jr. (2021).

New in Virginia and in History—*Northern Neck Fishing Steamers Go To War* by Richard W. Covington (2022); *Maus: A Survivor's Tale* by Art Spiegelman, first published in 1973; and two books in a series, *The Untold Stories of the World War II Generation—Voices of the Pacific Theater*, and *The War in the Air*.

New in Non-Fiction Paperback—*In the Land of Israel* by Amos Oz and *Look Me In The Eye: My Life With Asperger's* by John Elder Robinson, both donated by Lawrence Treadwell.

New in Fiction Paperback—*Never* by Ken Follett (2021), donated by Jay White; *The Templars' Last Stand* by Martin Walker, donated by Sue Burrage; *Death of Mrs. Westaway* by Ruth Ware, donated by Carl Blades; *The Only Woman in the Room* by Marie Benedict and *The Old Devils* by Kingsley Amis.

Get Ready for the First Friday Forum on September 2: Our guest will be Woody Holton, and his books in the RWC Library include *Abigail Adams; Forced Founders: Indians, Debtors, Slaves & the Making of the American Revolution in Virginia*; and his newest, *Liberty is Sweet: The Hidden History of the American Revolution* (2021).

Madam Librarian chatted with a friend whom she had not seen since pre-Covid days. Friend said, "I read books on a Kindle, so I never come to the Library, but I read the Library Page to see what's new and interesting!"

Lois Williams, Library Chair

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

"While it's difficult today to see beyond the sorrow, may looking back in memory help comfort you tomorrow." - *Author unknown*

"The risk of love is loss, and the price of loss is grief - But the pain of grief is only a shadow when compared with the pain of never risking love." - *Hillary Stanton Zunin*

"Give sorrow words; the grief that does not speak knits up the o-er wrought heart and bids it break." - *William Shakespeare*

"No one ever told me that grief felt so much like fear." - *C.S Lewis*

The RWC Grief Support Group meets on the second Wednesday of each month at 11:00AM in the Chesapeake Game Room. Grief comes to us in different ways and grieving can be a difficult and painful process. Our vision is that this group will be a help to us all as we navigate the troubled waters of personal loss. We are a safe space where we support one another by careful listening and truly caring. All is held in the strictest confidence. We occasionally supplement our conversations with knowledgeable guest speakers who help to deepen our understanding of ourselves and of one another. We also often use as a point of reflection and discussion the book "Healing After Loss" by Martha Hickman. Copies of the book are made available at each meeting, as are other helpful resources. RWC resident Nancy Ellett leads the group together with resident Sherry Mann, in conjunction with the Office of the Chaplain. Please feel free to contact Nancy (804-438-4237) with any questions you might have.

I mentioned above that "Grief comes to us in different ways..." This may be truer than we've realized. For example, we typically think that grief comes as the result of losing a loved one, and this of course is completely true. But we also grieve other losses, including the loss of our own abilities. Experiencing such changes within ourselves can be difficult and at times discouraging. How to cope? We'll continue to help one another with this at our upcoming Grief Support meeting.

Chaplain Greg Houck

ONGOING OPPORTUNITIES

Bible Study Group: Tuesdays at 11:00AM in the Corrotoman Room. Topic: "The Minor Prophets of the Old Testament." Chaplain Houck is leading the study. 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. We all 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.

Grief Support: The RWC Grief Support Group meets on the second Wednesday of each month at 11:00AM in the Chesapeake Game Room. The July 13th meeting had such an enthusiastic response on the topic of "Grieving the Loss of Our Abilities and Skills" that the Group will have a Part 2 at the August 10th meeting. Please come and join us for another great meeting. All are welcome!"



**IN MEMORIAM:
REV. WILLIAM ERNEST HOGGE
JUNE 24, 2022**

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

QUILT RAFFLE DRAWING. WHO WILL THE LUCKY WINNER BE!!!

Monday, August 1—12:00 PM—Atrium

The Activities Committee would like to say a huge well deserved thank you to all the Residents and Staff for their efforts to make "Christmas In July" happen.

Wonderful and festive handmade items were created and donated to make the sale successful. The proceeds from the quilt raffle and day of sale have been donated to the RWC Foundation Healthcare Education & Support Endowed Scholarship Fund. Check this month's columns for a variety of classes and trips that are planned for your enjoyment and participation. As always, sign ups for your reservation are necessary.

PARKINSON'S CARE PARTNERS

Monday, August 1—10:30 AM—Auditorium

PARKINSON'S SUPPORT GROUP

**Thursday, August 11—2:00 PM
Chesapeake Game Room**

MACULAR DEGENERATION SUPPORT GROUP

**Thursday, August 25—1:00 PM
Main Street Pub**

DID YOU KNOW.....?

In 2022, We have really upped our blog game! We have great resources to provide relevant content in a blog format that is easy to read and scannable on topics such as estate planning, long-term care and downsizing! Go to the News/Events page on rw-c.org and provide your email address if you'd like to get our latest blogs in your inbox.

MEAL PLAN CHANGES

Meal Plan Change must be made by the 25th of each month. You can make these changes by filling out a form at the Front Desk. If you are changing meal plans for you and your spouse, be sure to include both names on one form.

If you and your spouse's meal plan are different, you'll need to fill out 1 separate form for each of you.

TRIP OFFERINGS IN AUGUST ACTIVITY AND TRIP INFORMATION

By signing up for a trip or an activity you agree to:

1. Commit to participate in the event or trip.
2. Pay the disclosed charge, and
3. Understand that charges are applied at the time of sign-up and are non-refundable.
4. The charge being passed through your RWC account
5. Notify staff by phone or in person, of any cancellation.
6. If RWC cancels the trip, you will either not be charged, or a refund will be issued.
7. Residents may find someone else to take their place if unable to attend. All money transactions are the responsibility of the resident.

WELCOME TO THE LIFE ENRICHMENT PAGE

“Your life is enriched with meaning when allow yourself to become inspired, set goals, and charge after them with passion.”

The Fitness Center is open and supervised by staff Monday – Thursday: 8:00am-4:30pm and Friday: 7:30am – 4:00pm.

We urge you to have an exercise buddy during unsupervised hours.

Residents are required to have an orientation and fitness assessment before participating in any fitness programs.

Do you have a spouse or loved one that needs some specialized attention? One-on-one personal fitness appointments are available as well. You may schedule an appointment with any of our Fitness Team members.

Jonathan Smith (Email jsmith@rw-c.org), Ext. 4290,

Angie Jackson (Email: ajackson@rw-c.org),

Jordon Smith (Email: fit1@rw-c.org) and/or

Macey Augst (Email: fit2@rw-c.org),

All at Ext. 4852.

SHUFFLEBOARD*

**EVERY Thursday Beginning August 4—2:00 PM
Fitness Class Room**

Shuffleboard is a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area. We invite anyone who already knows how to play to come and teach the others that do not. We will have a brief tutorial and then let the game begin.

NATIONAL INSTITUTE ON AGING LITERATURE: NOW AVAILABLE

The Life Enrichment Fitness Team offers booklets/brochures for you published by the NIH.

Booklets include; *What's on Your Plate: Heathy Food for Aging*, and *Get Fit For Life: Exercise & Physical Activity for Healthy Aging*.

AgePage brochures include; *Taking Care of Your Teeth and Mouth*, *Healthy Eating After 50*, and *Exercise and Physical Activity: Getting Fit for Life*. **All are FREE for you to take, so take one.**

WATCH CHANNEL 85 (TOUCHTOWN)

Moving & Grooving with Angie at 11:00 AM
EVERYDAY

Moving & Grooving with Jonathan at 3:00 PM
EVERYDAY

THIS MONTHS FEATURED FITNESS EQUIPMENT: NUSTEP

What is the NuStep machine good for? It helps strengthen the muscles around joints, builds bone strength, increases range of motion, improves flexibility, and helps control weight – all of which reduce pain and stiffness.

We've found that the low impact, high intensity workout that the NuStep provides, also comes with many multiple health benefits such as neural coupling, blood pressure regulation, and more strength and mobility. The seat swivels and moves forward and back to make it easy to get in and out of. Come by the Fitness Center and take one for a test drive.

Want to know more? Call any Fitness Team member and they will be happy to help you.



FIRST FRIDAY FORUM: CHARLES & SUSAN SPRINGETT: SAILING ADVENTURES

Friday, August 5—8:30 AM—Auditorium
Sign up Required-Limited to 50

Special Dietary Needs, please call Ext. 4017

Charles learned to sail as a teenager in England on small wooden sloops off the East Coast. He moved to the US in 1971 and has sailed in California, the East Coast, the Bahamas and the Caribbean. More than a thousand years ago the Norse (Vikings) sailed open wooden boats from Norway to Scotland, Faroe Islands, Iceland, Greenland and eventually to North America in the year 1,000 reaching at least as far south as Connecticut. They established permanent settlements along the way although the ones in North America were never permanent. Both Charles and Susan have always been intrigued and impressed by the Norse and in 2015 they both sailed to Europe retracing their path but in the reverse direction. Their adventure on Ariel, our 41 foot Bristol sloop, is the subject of the talk.

GREAT COURSES: WHY INSECTS MATTER*

EVERY FRIDAY
through Friday, September 23
11:00 AM—Chesapeake Game Room

SATURDAY NIGHT MOVIE: THE DUKE

August 27—7:00 PM—Auditorium
In this fact-based dramedy, 60-year-old Kempton Bunton pinches Francisco Goya's portrait of the Duke of Wellington from London's National Gallery in an attempt to get the government to provide free TV licenses for the elderly. 2021 R 1h 36m

QUILT SHOW & TELL WITH MARY ELLEN HUENNEKENS: SEAHORSE QUILTS*

Wednesday, August 31—1:00 PM—Art Room 2
Sign-up Required

Mary Ellen is an accomplished quilter out of Saluda. She invites other quilters to bring their creations for a show and tell and to share. Even if you are not a quilter, feel free to come and look. Wine & cheese will be served.

THINKING ABOUT SHOPPING? HERE ARE SOME OPTIONS.

We have a variety of shopping options on and off campus. Including:

Assisted Living Online Shopping- Activities can assist with ordering items, charging them to your RWC account, and having them delivered here. Call Ext.4071 for more info.

The Country Store Order forms are available in the Clubroom, Assisted Living, or Life Enrichment Center and are due to be returned to the LEC staff by 10:00am on Mondays and items are picked up Tuesdays after 11:00 am. Please stick to the items that are on the list. Call Amy at Ext. 4024 for more info.

RWC's At Home Department has staff that can do the shopping for you if you provide a list they can purchase items or assist with taking you to the store as well as a variety of other services. They charge by the hour. Contact Andrea Hathaway at Ext. 4020 or Angela Kelley at Ext. 4057 for more info.

Independent Living Shopping Bus—ride the bus to the store on Mondays and do your own shopping. The bus leaves Mondays at 10:00am from the Front Lobby—sign up is required or call Ext. 4024