



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT
BEGINNING AUGUST 26 AT THE LIFE ENRICHMENT CENTER LOBBY.**

RESIDENTS ASSOCIATION BOARD MEETING

Wednesday, September 7—10:00 AM—Auditorium

WELCOME NEW NEIGHBORS

William “Dan” McGlasson and Grace “Margie” Beane will be moving in to Cottage 402 (Oak Drive) and will be settled in by September 1.

Dan and Margie have lived in Heathsville for 20 years. Dan and Margie met through a magazine ad placed in a magazine by Margie’s friend. He wrote to Margie and the ‘rest is history’. Although not married they have been together for 43 years. Neither have children. Making the move with them will be their 2 cats, Cocoa and Raleigh, who are 16 years old.

Born in Glendale, CA. Dan had worked on government contracts for NASA in building prototypes for parts that would be on rockets and other space travel elements. He enjoys online jigsaw puzzles, photography, and music. He graduated from Falls Church VA High School and Richard Bland College in Petersburg.

Margie was born in Richmond but raised in Montross. She graduated from Washington and Lee High School. She received her B.S. in Psychology and Biology from Mary Washington College (now University), her M.S. in Environmental Science from University of Wisconsin, and her MBA from UNC. Her professional career was as an environmental writer and administrator. Margie worked at the Smithsonian, the League of Women Voters, and other non-profit organizations. The scope of her work covered areas in development and interfacing research and citizen input with policy makers. Margie is a NN Master Gardener and loves to grow flowers and vegetables. She and Dan are hikers who have enjoyed hiking in the national parks around the USA. She also enjoys cooking and reading. Margie states she will continue volunteering with the NNMG, as well as continue training at VIMS and doing shoreline evaluations

at private homes.

Mrs. Helen L. Cobb has reserved Apartment 101 and will moving in September.

Mrs. Cobb is very familiar with RWC. For many years, she, and her husband Lewis, enjoyed being part of the Retired Clergy group that met for lunch at RWC. Although Rev. Cobb died in 2011, Mrs. Cobb continued joining the group.

Mrs. Cobb has four children, 10 grands, and 10 greats. Georgia in Charlottesville; Lewis (Lou) in Norfolk; Elizabeth in Ithaca, NY; and Christopher in Greenville, OH. Helen’s church affiliation is Episcopalian and she is a long time member of St. Mary’s Whitechapel in Lively. Making the move with Helen is her 13 year old Jack Russell terrier, Rosy who is a ‘very good dog’ according to Rosy’s vet.

Born in Melbourne, FL, Mrs. Cobb graduated from Dreher High School in SC. She met her future husband while visiting family in Melbourne when she was 15. They married when she was 17 and the next 24 years were spent in and out of naval bases. Her favorite base was in Albuquerque, NM where Mr. Cobb was training as a nuclear weapons officer. She says she loved the area, ‘it was so different than home’. After retirement they returned to VA where Mr. Cobb entered seminary. They settled in Lancaster County 40 years ago. When Rev. Cobb died in 2011, they had been married 65 years. Helen was always active in communities where they lived and volunteered in many areas. She started a parish bookstore on the Eastern Shore, served in the NN Free Health Clinic, participated in the Meals on Wheels program, and organized the Precinct 1 Democratic Party. Helen enjoys singing, reading (history, biographies, and novels), and grandmothering. She is not active anymore in her community services, but still enjoys happy hour with her neighbors and taking Rosy on walks.

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

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>SEPTEMBER</h1>			<h1>2022</h1>			
				2:30-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	1 8:30-AUD-First Friday Forum : Woody Holton* 11:00-CGR-Great Courses* 2:30-FCR-Cornhole	2 5:15-FRL-Belle Isle Music by the River: Patsy & The Country Classic (Classic Country)*
1:00-CGR-Campbell Memorial Presbyterian Church Communion 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	4 LABOR DAY 10:30-AUD-Parkinson's Caregiver Support Group 1:00-CGR-Catch Phrase 4:00-CGR-Darts Update with Stuart is Cancelled Today	5 10:00-FRL-Shopping at Walmart & Dollar Tree* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	6 10:00-AUD-Residents Association Board Meeting 7:00-CGR-Gentlemen's Poker Group	7 9:00-FRL-Tour of Taylor Made Chocolate Factory & Lunch* 10:00-LAN-Food Committee Meeting 2:30-FCR-Shuffleboard 2:00-CGR-Parkinson's Support Group 3:00-RAP-Praying the Rosary	8 10:00 to 4:00-ATR-Alzheimer's Pirate Raffle Day 11:00-CGR-Great Courses* 1:00-AR2-Making Home-made Body Scrub* 2:30-FCR-Cornhole	9 2:00-AUD-Northern Neck Chamber Concert 7:00-FRL-Rappahannock Foundation for the Arts: Larry Carlton (subsc. holders)
4:00-CH85-Sunday Worship	11 10:00-FRL-Shopping* 11:00-AR2-Sliced Pine Wreaths* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:30-Caregiver's Memory Support Group	12 10:00-FRL-The Silver Hand Meadery & Lunch* 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	13 10:00-AR2-Activities Committee Meeting 11:00-Lunch at Donna's on Main & Rapp Art League Labor Day Art Show* 11:00-CGR-Grief Support Group 7:00-CGR-Gentlemen's Poker Group	14 9:00-FRL-Keystone Truck & Tractor Museum & Lunch* 2:30-FCR-Shuffleboard 3:00-RAP-Praying the Rosary 4:00-CGR-Friends & Fellowship of Grace Episcopal Church	15 11:00-CGR-Great Courses* 2:30-FCR--Cornhole	16 6:30-FRL-Rappahannock Concert Association: Brass 5 (subsc. holders)
4:00-CH85-Sunday Worship	18 10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 1:00-AR2-Faux Stained Glass* 2:30-AR2-Update with Stuart 4:00-CGR-Darts	19 9:00-FRL-A. Bowman Distillery Tour and Tasting & Lunch at the Alpine Chef* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study Deadline for Gazebo Gazette Articles	20 9:00-FRL-Tangier Island Cruise* 11:00-LAB-Labyrinth Walk 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Gentlemen's Poker Group	21 1:00-AUD-Cello Recital - String Orchestra for Northern Neck Youth Students* 1:00-MSP-Macular Degeneration Support Group 2:30-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	22 11:00-CGR-Great Courses* 1:00-AUD-Alzheimer's WAGALZ Doggie Fashion Show 2:30-FCR--Cornhole Last Day to Change Meal Plan	23 24
4:00-CH85-Sunday Worship	25 10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 11:00-AR2-Making Beaded Christmas Trees* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:30-AR2-Update with Stuart 4:00-CGR-Darts	26 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	27 2:00-AR2-Making Beaded Lanyards* 4:00-AUD-Masquerade Quartet 7:00-CGR-Gentlemen's Poker Group	28 2:30-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	29 11:00-CGR-Great Courses* 11:00-AUD-Alzheimer's: Kiss the Goat Winner Announced 11:30-FRP-Walk to End Alzheimers 2:30-FCR--Cornhole	30

- 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

We spent the better part of August resurrecting the various electronic systems that were significantly damaged in a lightning event on July 29. As we near the completing of this "project" with the installation of a new emergency call system, I looked back to see what I/we learned in this experience. Losing large parts of the telephone system, fire alarm system, and emergency call system in a second reminds me of the reliance we place on electronics. In the natural course of innovation and invention, there simply are more electric or electronic systems that are part of everyday life. Despite significant measures to protect against lightning or other damaging surge events, they can happen, and they can be impactful as we have experienced.

So, the second lesson or reaffirmation is to have a backup plan, especially when it comes to communications and safety. We are blessed with a strong spirit of community at RWC which worked well when we could not communicate as easily as we are accustomed. Good old-fashioned checking on your neighbor and keeping an eye out for anyone in need can be implemented in the blink of an eye so to speak. I am grateful for everyone who did this as we worked to repair and replace the damaged electronic systems.

We are taking this lesson a step further and implementing Block Captains in Independent Living. This will be explained in detail in another Gazette article, so I will not go into that here. The Block Captain volunteers will give us a communication method that is not dependent on electricity or electronics if we need to communicate with or check on each other in any given situation. When the call went out, residents eagerly stepped up to provide this important service to fellow residents. That speaks to the supportive and caring nature of our community that makes me so proud. Thank you!
Have a Great September! *Maureen Montgomery*

PARKINSON'S CARE PARTNERS

Monday, September 5—10:30 AM

Auditorium

PARKINSON'S SUPPORT GROUP

Thursday, September 8—2:00 PM

Chesapeake Game Room

CHARLIE MILLER WOULD LIKE TO THANK ALL OF HIS RWC FAMILY FOR THE WELL WISHES FOR HIS 100TH BIRTHDAY!!

GRIEF SUPPORT GROUP MEETING

Wednesday, September 14—11:00AM

Chesapeake Game Room.

Speaker: Chaplain Greg Houck,

Topic: "How To Help A Hurting Friend"

MACULAR DEGENERATION SUPPORT GROUP

Thursday, Thursday, September 22

1:00 PM—Main Street Pub

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.

LABOR DAY MENU 2022

Cole Slaw, Macaroni Salad, Potato Salad

Sliced Watermelon

Sweet Chili Glazed Salmon

Hamburgers w/ Lettuce, Tomatoes, Onions

Hot Dogs w/ Relish & Diced Sweet Onions

Baked Beans, Corn on the Cob, Broccoli

Key Lime Pie

Ice Cream Novelties

BOX DINNER

GRILL WILL BE CLOSED FOR DINNER

Boxed Dinner's can be ordered by calling Ext. 4516 by 3pm. Please pick up in Grill by 5:00 pm.

Fruit Cup

Cucumber, Cherry Tomato and Feta Salad w/ Fresh

Mint

California Turkey Club Wrap

(turkey, cheddar cheese, bacon, avocado, lettuce, tomato, dijonaise)

Chips and Cookie

MUSIC BY THE RIVER: PATSY & THE COUNTRY CLASSIC (CLASSIC COUNTRY)*

Saturday, September 3—5:15 PM—Front Lobby

Concert begins at 6:00 PM to 8:00 PM

Bring your own folding chair

We will provide dinners and assorted beverages to those who are riding the bus.

If you are going to the concert and driving on your own and want a boxed dinner, YOU MUST CALL CULINARY SERVICES AT LEAST 2 DAYS PRIOR. YOU WILL BE RESPONSIBLE FOR PICKING UP YOUR DINNER.

Sign up Required. LIMIT: 13

Patsy and The Country Classics was formed in 2012. Made up of seasoned musicians, who love playing country music, the band has filled a niche in the traditional country music genre. From their first outing, they have received an overwhelming positive response. Patsy has also written a script of Patsy Cline's life that interweaves other female country artists influenced by Patsy and the first time the show was played to a full house they received a standing ovation.

TOUR OF TAYLOR MADE CHOCOLATE FACTORY & LUNCH AT RIVER'S BEND GRILLE* (CHESTER, VA)

Sign up required. LIMIT: 13

Cost of Tour is \$12.00 + Lunch

Thursday, September 8—9:00 AM—Front Lobby

Come tour the chocolate factory. Tours last 30 – 45 minutes for smaller groups.

The tour includes a tasting of chocolates produced from cocoa beans grown in different parts of the world. They share a video showing the history of chocolate as well as how farmers harvest, ferment, and dry cacao beans. They take you on a tour of their factory to show how they make chocolate from cocoa beans. The cost of their tour includes your choice of one of their best chocolate bars produced in our factory.

RAPPAHANNOCK FOUNDATION FOR THE ARTS: LARRY CARLTON (SUBSC. HOLDERS ONLY)

Saturday, September 10—7:00 PM—Front Lobby

Larry Carlton's own musical story began in Southern California. He picked up his first guitar when he was only six years old. He was introduced to jazz in junior high school after hearing The Gerald Wilson Big Band album, Moment of Truth, with guitarist Joe Pass. Larry then became interested in Barney Kessel, Wes Montgomery and the legendary blues guitarist B.B. King. Saxophonist John Coltrane was also a major influence on Carlton, beginning with Coltrane's 1962 classic Ballads.

In 1968 he recorded his first LP, With A Little Help From My Friends (Uni). The enthusiastic industry response garnered him a place among jingle singers The Going Thing, recording on camera and radio commercials for Ford. Mid-season in his second year, he segued to Musical Director for Mrs. Alphabet, an Emmy-nominated children's show on the same network. It was here that Carlton showcased his acting skills, performing as the show's co-star, "Larry Guitar."

THE SILVER HAND MEADERY & LUNCH AT AMIRAJ*

Tuesday, September 13—10:00 AM—Front Lobby

Sign up required. LIMIT: 13

Cost: \$12.00 + Lunch

Rediscover and Reimagine the World's Most Ancient Fermented Beverage. Mead is one of the most historic fermented drinks found on Earth. It has the creativity of craft beer and the elegance of wine, but is in a category all its own. Mead is created by fermenting sugars found in honey, with additional herbs, spices, and fruits added to create unique flavors. Our meads typically have an alcohol content of 11% to 14%, and range from dry to sweet, with beautiful clarity and color.

We will go to lunch and enjoy authentic Indian food at Amiraj. They offer traditional meat-based & vegetarian options in a modern Indian restaurant with cocktails & desserts.

LUNCH AT DONNA'S ON MAIN & RAL LABOR DAY SHOW*

Wednesday, September 14—11:00 AM—Front Lobby
Sign up required. LIMIT: 13

Enjoy lunch at a local favorite. Then we will take a short stroll to see the 61st Annual Labor Day Art Show.

RAPPAHANNOCK CONCERT ASSOCIATION: BRASS 5 (SUBSC. HOLDERS ONLY)

Saturday, September 17—6:30 PM -Front Lobby
Curtain at 7:30 pm Northumberland High School

Brass 5, one of America's most successful ensembles, has been an active part of the Mid-Atlantic arts scene for over 35 years. With trumpets, tuba, trombone, and percussion, the "5" offer a vast repertoire from Renaissance, Classical, Dixieland, Swing, Jazz, Rock to Country and more. They easily have something for everyone, young and old alike. BRASS 5 performances have been featured on numerous television and Public Radio and TV programs and have been broadcast live on National Public Radio. Eager to create exciting music, Brass 5 has been featured in concerts throughout Europe and the Mid-Atlantic area.

This performance is supported by the Virginia Commission for the Arts and the National Endowment for the Arts.

BOWMAN DISTILLERY TOUR AND TASTING & LUNCH AT THE ALPINE CHEF*

Tuesday, September 20—9:00 AM—Front Lobby
Sign up required. LIMIT: 13
Climbing stairs is required.

Located in Fredericksburg, VA, the Distillery is excited to host you for a complimentary tour, tasting, or visit to our gift shop. Here, you get to witness the attention to detail that goes into making our award-winning spirits — and the same effort goes into your experience at Virginia's oldest and most award-winning Distillery!

Take a stroll through time at their working Distillery and learn all about their distilling, barreling, and bottling process, followed by a delicious guided tasting of our award-winning bourbons and other spirits. Explore their well-stocked, on-site Distillery gift shop. Browse their large selection of spirits, drinkware, ap-

parel, home goods, and sauces today!

We will eat lunch at the Alpine Chef., a longtime eatery set in a historic train station that serves German staples amid Bavarian decor.

TANGIER CRUISE & LUNCH*

9:00 AM—Front Lobby

Wednesday, September 21

Sign up required—LIMIT 13

Cost: \$32.00 + Lunch (Cost of cruise is non-refundable and will be charged to your account)

Must be able to walk around the island.

Golf Cart rentals are available (pay on your own)

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

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

Itinerary

- Depart RWC at 9:00 a.m. Sharp!
- Depart Reedville at 10 a.m.
- Arrive Tangier at 11:30 a.m.
- Depart Tangier at 2:15 p.m.
- Arrive Reedville at 4:15 p.m.
- Arrive RWC 5:00 p.m.

FIRST MONDAYS OF THE MONTH: WALMART & DOLLAR TREE

Starting in September we will be reserving the first Monday of every month for shopping at Walmart and Dollar Tree. Please be sure to sign up.

CHESAPEAKE CHORALE

The Chesapeake Chorale will rehearse and perform this season. Rehearsals begin Monday, September 12 from 7:30 PM-9:00 PM at Grace Episcopal Church in Kilmarnock. Please consider joining. Contact Mary Bennett (Box 414) for transportation information.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Where The Crawdads Sing by Delia Owens is the September selection for the RWC Book Group—we'll talk about the book and the movie! Two copies of the book are on top of the desk in the back of the library. New-to-the-Book Group people are welcome! Join us in the Rappahannock Room on the fourth Monday, September 26, at 10:30 a.m.

New in Virginia—*The Great Plantation: A Profile of Berkeley Hundred and Plantation Virginia* by Clifford Dowdy (Madame Librarian loved this book published 65 years ago!), *The Last Will and Testament of Robert Carter of Corotoman*, and *Virginia Genealogies*, first published in 1891, all donated by Sue Rogers. Other new Virginia includes *A Guide to Virginia's Historical Markers* and the 2021 *Northern Neck Historical Magazine*.

New in Mystery—*Arsenic and Adobo* by Mia P. Manansala (2021), from Tanya Bohlke, and *The Finisher* by Peter Lovesey and *To Kill a Troubadour* by Martin Walker (2022), both donated by Jay White.

New in Large Print—*Suspects* by Danielle Steel (2022) and *The Jailhouse Lawyer* by James Patterson (2021), both donated by Elaine Lowrey

New in Miscellaneous—*The Threat: How the FBI Protects America in the Age of Terror and Trump* by Andrew G. McCabe, donated by John Hess.

New in Religion—*A Little History of the English Country Church*, donated by Sue Rogers, and *Jesus Calling: Enjoying Peace in His Presence*, donated by Susan Jones.

New in Fiction—*Portrait Of An Unknown Woman* by Daniel Silva (2022), donated by Jay White; *Breakers* by Amy McCulloch (2022) and *A Good Enough Mother* by Bev Thomas, both donated by Tanya Bohlke; *Remarkably Bright Creatures* by Shelby Van Pelt (2022), recommended by Linda Stemple; *Kill List and The Cobra*, both by Frederick Forsyth, donated by Lawrence Treadwell; and three World War II books—*Eternal* by Lisa Scottoline, *The Paris Architect* by Charles Belfoure, and *The Lost Girls of Paris* by Pam Jenoff, all donated by Claudia Holmes.

New in Fiction Paperback—*Glory Over Everything* by Kathleen Grisson and *The Villa* by Nora Roberts, both donated by Susan Jones; *Klara and the Sun* (2021) and *The Remains of the Day* (1988), both by Kazuo Ishiguro; *The Collected Stories of Eudora Welty*, donated by Sue Rogers; and *Kydd* by Julian Stockwin, *The God of Small Things* by Arundhati Roy, and *Ten Days In Paradise* by Linda Abbott.

New in Non- Fiction Paperback—*The Zimmerman Telegram: America Enters the War, 1917-1918* by Barbara Tuchman, donated by Lawrence Treadwell; *Writing Out Loud* by Beth Fink, donated by the RWC Life Enrichment Office; and *Just Mercy* by Bryan Stevenson, a 2015 "Best Book of the Year."

For those who buy books, Walt Klein tells us that Barnes and Nobel is offering 50 percent off for books purchased in its book stores!

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

There's a famous Zen Buddhist story about a band of samurai who ride through the countryside causing destruction and terror. As they approach a monastery, all the monks scatter in fear, except for the abbot, a man who has completely mastered the fear of his own death. The samurai enter to find him sitting in the lotus position in perfect equanimity. Drawing his sword, the leader snarls, "Don't you see that I am the sort of man who could run you through without batting an eye?" The master responds, "Don't you see that I am a man who could be run through without batting an eye?" (Arthur C. Brooks, *"From Strength to Strength"*)

Recently I came across a reference to something called "Stein's Law," named after the economist Herbert Stein from the 70s: "If something cannot go on forever it will stop." Completely obvious? Well, it probably is, which makes it all the more ironic how people completely ignore it all the time, whether it be with respect to the inevitable decline of our careers, of our influence, of our power, of our skills and ultimately of our life itself. An example: when asked in 2009 what "being old" means, the most popular response among Americans was "turning eighty-five." So the average American (who lives to seventy-nine) dies six years before entering old age? Is that maybe just a little bit of denial? This may explain, at least in part, how some people, in their '80s and sometimes even '90s, will say they "don't really like being around 'old people'!?" But this can truly be a struggle, especially for folks who over the course of their lives have been reasonably if not notably successful. How does one successfully transition from "all of that" toward an entirely different "kind of life?"

"In his book *The Road to Character*, the writer David Brooks distinguishes between "résumé virtues" and "eulogy virtues." Résumé virtues are professional and oriented toward earthly success. They require comparison with others. Eulogy virtues are ethical and spiritual and require no comparison." (A. Brooks, p.102) Your eulogy virtues are about the kind of person you would want to be remembered as, for example: "He was a caring and self-giving man." vs. "He had a lot of frequent flier miles." Here's the point, and it is good news: as we age, which is to say as our "resume virtues" are diminished, our "eulogy virtues" can become stronger, even prominent. "Practiced properly, old people have an edge over younger people in this, because they have more experience at life and relationships." (Brooks, p. 103)

Oddly, yet encouragingly, growing older provides an opportunity to live more fully in the light of our increasing

awareness of our mortality. Novelist E.M. Forster put it this way: "Death destroys a man; the idea of Death saves him." Rather than a growing fear there can be an ever-increasing sense of fulfillment, peace and reward. It's a matter of what we're still living for. We can be consciously, fearlessly about the new business of passing on the goodness of our lives...and that's a beautiful thing.

"Teach us to number our days, that we might gain a heart of wisdom." Psalm 90:12

Here to help you think it through....

Chaplain Greg Houck

UPCOMING OPPORTUNITIES

Group Labyrinth Walk: September 21, 11:00AM. Meeting at the labyrinth.

Please contact Chaplain Houck for more information.

"A maze is designed to make you lose your way. A labyrinth is designed to help you find your way." Torrence Harman

Annual RWC Blessing of the Animals: Monday, October 3, 2:00PM. Meeting at the flagpole. A great opportunity to be in community out of doors!

ONGOING OPPORTUNITIES

Bible Study Group: Tuesdays at 11:00AM in the Corroto-man 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. 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, and so our next meeting will be held on September 14th. Chaplain Greg Houck will be sharing with us on the topic of *"How to Help a Hurting Friend."* Please come and join us for another great meeting. All are welcome!

IN MEMORIAM:
MRS. CECILIA SCHWARTZ
AUGUST 2, 2022
MRS. JACQUELINE JENSEN
AUGUST 7, 2022

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

"CHRISTMAS IN JULY" QUILT RAFFLE: WINNERS BOB & JUDY VOGEL

Together the quilt raffle and sales of handmade items made the "Christmas In July" sale a success! Thanks to resident shoppers, volunteers, and staff efforts the day was fun for all.

Looking forward, the Activities Committee is planning a "Countdown to Christmas" sale mid-week in early November. Craft classes and pop up workshops will be announced in September and October to make attractive items for that sale. Please join in as your talents create treasures!

Once again, proceeds from the November sale will be donated and designated to the RWC Foundation Healthcare Education & Support Endowed Scholarship Fund.

On behalf of the residents working to raise awareness for the above Scholarship Fund, I thank all those who crafted the sale items, volunteered, and those who shopped. The RWC Endowed Scholarship Fund benefited to the tune of \$2,800. **Well done!** *Ginny Burnette*

THANK YOU

Thank you Jane Henley for working so hard on your Pine Cone corner butterfly weed garden!

GENTLEMEN'S POKER GROUP

RWC gentlemen who like to play poker gather in the Game Room (across from the RWC Receptionist) every Wednesday night from 7:00 p.m. to 9:30 p.m. We're open to having new players join us. We do not play for big bucks but seek the enjoyment of other gentlemen who may be interested in joining us. If you would like to observe us playing before joining, please drop by between 7 and 7:30 p.m. We "carry-on" with conversation and kidding each other. If interested, contact John Roberts x4238 or Kent McCraney x4168 for more info.

ATTENTION WALKERS & NATURE LOVERS

This RWC campus looks different each month. Right now it looks bit withered from the hot days past. However, cooler weather will come in September, and our late summer and fall flowers will refresh us.

Many of you have become aware of the dire conditions Monarch Butterflies are having to combat during their long journeys across our country during the spring, summer, and fall seasons going from south of the border to Canada and back each year. During the butterfly count in the Northern Neck in June only three Monarchs were sighted, and they were right on RWC land. Two were seen "flirting" over the native butterfly weed in our meadow near our own gardens.

Many have planted Butterfly Weed this year in hopes it will attract the Monarchs and other butterflies. If you have not seen any at your garden, remember that they will need to come back through our area on the way south this autumn. The message here is to notify either Jane Henley, Nick Ferriter, or Ted Munns if you see an orange Monarch any time. Also, you may be interested in keeping track of other types of butterflies.

Brian Bennett has ordered some outstanding nature posters for those who walk and garden. The Native Plant Kiosk built by Damon Chowning to help us educate such folks is now featuring the Butterfly Poster. You can even take a picture of the poster so you can remember the names and descriptions. If you have not found this facility on campus, you will find it near the Dog Park and path across the Lake. Please find time to check out this facility to get better educated about our wonderful natural elements at Rappahannock Westminster Canterbury.

WELCOME TO THE LIFE ENRICHMENT PAGE

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

HAVE A GREAT LABOR DAY— MONDAY, SEPTEMBER 5

We will not have exercise classes on Monday, September 5. The wellness staff will be taking the day off. You may still use the Fitness Center and Pool if you have completed orientation. We urge everyone to exercise with a buddy!!

NEW FITNESS SCHEDULE STARTING SOON

The fitness Team will be distributing a new exercise schedule that will begin **Wednesday, September 13**. Look for it in your box at the Front Desk!!

SHUFFLEBOARD* TIME CHANGE!! EVERY Thursday — 2:30 PM Fitness Class Room

TAI CHI

Starting September 13th on Tuesday and Thursday at 9:45-10:15

Tai Chi originated in China and can be done almost anywhere. We practice the Sun style of Tai Chi. Sun style was created in the 20th century by Lu-tang. You may be asking how will Tai chi help my health? Below are some Health benefits.

Balance, Flexibility, Better posture, Increase in fitness level, Integration of body, mind and spirit, and improved flow of Qi (life energy). Please call Jonathan at ext. 4290 to sign-up for the Tai Chi class.

LOOK FOR MORE SEASONAL CLASS OFFERINGS COMING SOON...LIKE CHAIR ZUMBA!!

THIS MONTH'S FEATURED FITNESS EQUIPMENT: TREADMILL.

Benefits of Treadmills for Seniors

Some of the many benefits of using a treadmill for seniors can include:

Treadmills can Emulate Your Outdoor Workouts

If you are someone who prefers to walk, jog, or run

outdoors, it can be safer to do so on a treadmill indoors, especially as a senior. Exercising outdoors can become dangerous if the conditions aren't ideal. Icy roads, wet conditions, and inconsistent terrain can lead to falls and injury if you aren't careful.

Easier to Access

When we say that treadmills are easier to access, we don't mean they are easier machines to find.

What we do mean is that treadmills are easier to hop on and use compared to most ellipticals.

The pedals or platforms of an elliptical are generally placed at a higher height than a treadmill, and both pedals may move as you attempt to step on. This can make the treadmill more ideal for someone who isn't as mobile and is looking for a comfortable walk.

Improve Your Heart and Blood Vessel Health

Treadmills provide a great source of aerobic exercise, which in turn, can improve your heart and blood vessel health. However, as previously mentioned, it is ideal to combine your treadmill workouts with the use of a heart-rate monitor.

Fight Off Age-Related Loss of Muscle Mass

Even if you are younger, or older, your fitness levels can vary. Thankfully with the use of a quality treadmill, you are in control of your workouts. Gradually increasing your speeds and incline can actually help fight off age-related loss of muscle mass.

**JOIN THE FITNESS WHEEL OF FUN
CHALLENGE DURING THE MONTH OF
SEPTEMBER!
GREAT INCENTIVES FOR GETTING FIT,
OBSERVING CLASSES BEFORE TAKING
THEM AND PRIZES!!
GET YOUR COPY OF THE FITNESS
WHEEL OF FUN CHALLENGE
FROM ANY FITNESS TEAM
MEMBER TODAY!!!!**



FIRST FRIDAY FORUM: WOODY HOLTON Friday, September 2—8:30 AM—Auditorium Sign up Required-Limited to 50 Special Dietary Needs, please call Ext. 4017

Our guest will be Woody Holton, and his books in the RW-C 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).

NORTHERN NECK CHAMBER CONCERT

Saturday, September 10—2:00 PM—Auditorium

CELLO RECITAL - STRING ORCHESTRA FOR NORTHERN NECK YOUTH STUDENTS*

Thursday, September 22—1:00 PM—Auditorium

In July 2021, ten students began studying junior string repertory to form the String Orchestra for Northern Neck Youth (SONNY). They have completed elementary lessons with the Strings Crewe, a program to teach violin, viola and cello to 6-12 year old students. The Rappahannock Concert Association (RCA) sponsors both the Strings Crewe and SONNY. Lessons and instruments are free thanks to generous support from individuals and state and local foundations: “Strings without Borders” managed by the Mason Violin Shop in Fredericksburg; River Counties Community Foundation; Gloucester Community Foundation; Servetus Endowment Fund; Virginia Commission for the Arts/NEA; Cole Charitable Trust; Campbell Memorial Presbyterian Agape Fund; Northern Neck Orchestra; Rappahannock Music Study Club; and Classics for Kids Foundation.

MASQUERADE QUARTET

Wednesday, September 28—4:00 PM—Auditorium
Masquerade, originally formed in April 2002, as a local area quartet comprised of Paul Hutnyan (lead), Roy Foster (tenor), Bill Grosskopf (bass), and Rick Cox (baritone), three like-minded guys

who love to sing and are motivated to improve as a quartet and to entertain the audience. They have quite a long history, 70 years collectively, of barbershop quartet and chorus singing experience. They have performed in a number of area churches, private functions, the Virginians Spring and Christmas shows, and have delivered many of their ever-popular Singing Valentines!

MAKING HOMEMADE BODY SCRUB*

Friday, September 9—1:00 PM—Art Room 2

Sign up required. LIMIT: 8

Body scrubs with Epsom salt, coconut oil, and essential oils. Also a great item for the “Countdown to Christmas” Sale.

SLICED PINE WREATHS*

Monday, September 12—11:00 AM—Art Room 2

Sign up Required—LIMIT 8

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

FAUX STAINED GLASS*

Monday, September 19—1:00 PM—Art Room 2

Sign up required. LIMIT: 8

Transparency paper, sharpies, and highlighter sharpies, cardstock frames

MAKING BEADED CHRISTMAS TREES*

Monday, September 26—11:00 AM—Art Room 2

Sign up required. LIMIT: 4

You may have seen the beautiful beaded Christmas trees that were for sale in July. Now you can make your own.

MAKING BEADED LANYARD'S (FOR NAMETAGS)*

Wednesday, September 28—2:00 PM—Art Room 2

Sign up required. LIMIT: 8

Learn how to make a beautiful beaded lanyard. Also a great item for the “Countdown to Christmas” Sale.

