



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

*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



Subscribe to our

BLOG

Volume 37, Issue 10

OCTOBER 2022

Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT
BEGINNING SEPTEMBER 27 AT THE LIFE ENRICHMENT CENTER LOBBY.**

OKTOBERFEST*

**(PLEASE RSVP BY SIGNING UP IN THE
LIFE ENRICHMENT CENTER BY
SEPTEMBER 30)**

**Friday, October 14—Dinner served anytime between
4:30 pm– 6:30 pm (Dinner/Dessert served in Dining
areas)**

**5:30 pm-7:30pm Band begins in Auditorium (Beer/
Wine served in Atrium)**

Gemischtergruner Salat -(Mixed Greens Salad)

Gurkensalat -(German Cucumber Salad)

Huhn Brochette' with Paprika and Zwiebeln – (Chicken
Brochette with Peppers and Onions)

Wurst with Apfel and Sauerkraut (Bratwurst w/ Apples
and Sauerkraut)

German Rotkohl –(Sweet and Sour Red Cabbage)

Speckbohen – (Green Beans)

Kartoffelsalat –(German Potato Salad)

Bavarian Brown Bread

Schwarzwaldertorte -(Black Forest Cake)

Butterkuchen –(Butter Coffee Cake)

Meal and dessert in dining area's

Riesling Wine and Beer station in Atrium

**The Lakeview Grille and Lancaster Dining Room will
only be available to those who have RSVP'd for Ok-
toberfest. There is no assigned seating for this event.
If you are not attending Oktoberfest and need to pick
up a "to-go" dinner, you may do so by calling Ext.
4516 prior to October 14 and order a meal. Meals can
be picked up in the Main Street Pub at 4:30 pm.
Seating in the dining areas is reserved for those who
are attending the event.**

**PFIZER BIVALENT COVID 19 BOOSTER
SHOT CLINIC FOR INDEPENDENT
LIVING RESIDENTS***

Tuesday, October 18

10:00 AM—4:00 PM—Auditorium

Sign up in the Life Enrichment Lobby

- Sign up-2 residents every five minutes
- The clinic will run from 10 am – 4 pm
- Residents should fill out their consent form.
(Available on the table near sign up sheet)
- Residents should bring their COVID19 Vaccination
card with them to the Auditorium on Oct. 18.
- Residents will need to stay in the Auditorium for 15
minutes after the shot for an observation period.
- Residents DO NOT need to bring their insurance
cards.

**LUNCH & LECTURE: AWARD WINNING
AUTHOR AND SPEAKER,
ROBIN WILLIAMS**

Thursday, October 20—12:00 PM—Auditorium

Sign-up Required—LIMIT: 40

Robin Williams is a humor writer and speaker.
She earned an M.A. from the prestigious creative The
manuscript for *The Key to the Quarter Pole* received
the sixth biennial Best Unpublished Novel award spon-
sored by Richmond Magazine and James River Writers.
Chapters from that book and from the forthcoming
The Last Romantic War have received various literary
awards.

The Last Romantic War, a bio-memoir of her family in
World War II, will be published in 2019.
Robin will have all four of her books at the event, and
they are available at "author's event" discount prices
(see below). She accepts cash, checks, Zelle, Venmo
and PayPal. She will sign and personalize any copies
purchased at the event. All four books make good gifts.
The two collections of essays take a humorous look at
the ridiculousness of everyday life, like Dave Barry or
Erma Bombeck, with short chapters.
The books are also available online from various places
including my website, the publisher, Amazon, etc. The
price varies at each of those outlets and also includes
tax and shipping.

The Last Romantic War (publisher's price \$27.00 plus
tax and shipping) — event price \$25 - all inclusive
The Key to the Quarter Pole (publisher's price \$16.00
plus tax and shipping) — event price \$15 - all inclusive
Bush Hogs and Other Swine (publisher's price \$16 plus
tax and shipping) — event price \$10 all inclusive.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	<div>OCTOBER</div> <div>2022</div>				LOOK FOR “POP-UP” CRAFT AND ART CLASSES THIS MONTH AS WE PREPARE FOR THE CHRISTMAS SALE ON NOVEMBER 9.		<div>1</div> <div>Lancaster County’s Fall 2022 Hazardous —E-Waste Collection Day (See article on Page 2)</div>
	1:00-CGR-Campbell Memorial Presbyterian Church Communion 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist <div>2</div>	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:30-AUD-Parkinson’s Caregiver Support Group 11:00-FRP-Blessing of the Animals 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:30-Caregiver’s Memory Support Group <div>3</div>	10:00-Small House Tour* 10:00-AR2-Chat & Craft 10:00-FRL-Wellness Walk* 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class <div>4</div>	<div>RESIDENT FLU CLINIC DAY 9:00 AM—4:00 PM CHESAPEAKE GAME ROOM</div> <div>5</div> 10:30-FRL-Virginia Rep. Theatre (subsc. holders) 7:00-CGR-Gentlemen’s Poker Group	10:00-Small House Tour* 11:00-CGR-Great Courses 2:00-Small House Tour* 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary <div>6</div>	8:30-AUD-First Friday Forum : Terrell Green* 2:30-FCR-Cornhole <div>7</div>	<div>8</div>
	4:00-CH85-Sunday Worship <div>9</div>	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 3:00-AR2-Making Leaf Clay Dishes* 4:00-CGR-Darts <div>10</div> <div>UPDATE WITH STUART IS CANCELLED TODAY</div>	<div>RESIDENT FLU CLINIC DAY 11:00 AM—3:00 PM CHESAPEAKE GAME ROOM</div> <div>11</div> 10:00-Small House Tour* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 2:00-AUD-Choir Rehearsal WATERCOLOR CLASS CANCELLED	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support Group 11:30-FRL-Jamestown Discovery Boat Tour* 7:00-CGR-Gentlemen’s Poker Group <div>12</div>	10:00-Small House Tour* 10:00-LAN-Food Committee Meeting 11:00-CGR-Great Courses 2:00-Small House Tour* 2:00-FCR-Shuffleboard 2:00-CGR-Parkinson’s Support Group 3:00-RAP-Praying the Rosary <div>13</div>	2:30-FCR--Cornhole <div>14</div> <div>Oktoberfest* Come anytime between 4:30 pm-6:30 pm for dinner. Band plays from 5:30 pm—7:30 pm.</div>	7:00-FRL-Northern Neck Orchestra (subsc. holders) <div>15</div>
	9:45-FRL-Boat Tour with Dr. Lewis & Lunch* 4:00-CH85-Sunday Worship <div>16</div>	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:00-TGP-Disc Golf* 2:30-AR2-Update with Stuart 4:00-CGR-Darts <div>17</div>	<div>COVID BOOSTER SHOT CLINIC*</div> <div>18</div> 10:00-Small House Tour* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 2:00-MSP-Choir Rehearsal 2:00-FRL-Moratico Bus & Museum Tour with Carol Ashburn*	10:30-FRL-Men’s Day Out* 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Gentlemen’s Poker Group <div>19</div>	10:00-Small House Tour* 11:00-CGR-Great Courses 2:00-FCR-Shuffleboard 2:00-Small House Tour* 2:00-AUD-Lunch & Lecture* 3:00-RAP-Praying the Rosary 4:00-CGR-Friends & Fellowship of Grace Episcopal Church <div>20</div>	10:00-FRL-Shopping Gloucester & Lunch* 2:30-FCR--Cornhole 4:00-AUD-Suzanne & Jim: Good News Concert <div>21</div>	7:30-FRL-Rappahannock Foundation for the Arts Concert: Whiskey Rebellion (subsc. holders) <div>22</div>
	4:00-CH85-Sunday Worship <div>23</div>	<div>PUMKIN JUDGING CONTEST BEGINS—ATRIUM</div> 10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:30-AR2-Update with Stuart 4:00-CGR-Darts <div>24</div>	10:00-FRL-VMFA: Raoul Dufy: Drawn to Royal Ascot* 10:00-Small House Tour* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class 2:00-AUD-Choir Rehearsal <div>25</div> <div>Last Day to Change Meal Plan</div>	9:00-FRL-American Revolution Museum at Yorktown* 7:00-CGR-Gentlemen’s Poker Group <div>26</div>	10:00-Small House Tour* 11:00-CGR-Great Courses 1:00-MSP-Macular Degeneration Support Group 1:00-AR2-Scented Pine Cones* 2:00-Small House Tour* 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary <div>27</div>	12:30-FCR--Cornhole 2:00-ATR-Staff Costume Parade <div>28</div>	6:30-FRL-Rappahannock Concert Association Concert: John Bullard & Friends (subsc. holders) <div>29</div>
	4:00-CH85-Sunday Worship <div>30</div>	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts <div>31</div>					

GREETING FROM THE PRESIDENT & CEO

I started to write about seeing the potential in every situation, but I want to amend that to seeing the *positive* potential in every situation. It is easy in today's world with the vast influence of social and digital media around-the-clock, to focus on the negative of most any situation. I believe someone could come up with something negative to say about resident efforts to increase the monarch butterfly population in our little contribution to protecting nature. But it takes some effort in these times to even see or acknowledge, much less focus on, the positive potential in every situation. I admit that for myself.

The recent death of Queen Elizabeth II reminds me of seeing the positive potential in every situation. First, it called to mind what I have read of Sir Winston Churchill's hopefulness in the travails of World War II when England was relentlessly bombarded at night by German aircraft. Then Prime Minister, he believed in and led with the power of hope to get his country through the war – he saw the positive that would come from the victory through strength and perseverance rather than focusing on the negativity of the nightly destructive onslaught that the RAF struggled to abate. The late Queen Elizabeth clearly focused on the positive as she dealt with seven decades of challenges starting with the untimely death of her father and her ascendance to the throne at an early age. We all know the challenges she faced, and whether we agree with how she faced them or not, I think we can all see that she did so with hope and a clear eye toward the positive potential in every situation.

As we prepare for the fresh and drier air of fall to arrive, let us invest in seeing the positive potential in every situation. It may take some effort, but effort invested in seeing the positive will reap larger dividends than the alternative. We and our community will be better, stronger, wiser, and more peaceful as a result.

Have a wonderful fall season at RWC.



PARKINSON'S CARE PARTNERS
Monday, October 3 - 10:30 AM - Auditorium

GRIEF SUPPORT GROUP MEETING

Wednesday, October 12—11:00AM

Chesapeake Game Room.

Speaker: Chaplain Greg Houck,

Topic: "How To Help A Hurting Friend"

PARKINSON'S SUPPORT GROUP

Thursday, October 13 - 2:00 PM

Chesapeake Game Room

MACULAR DEGENERATION SUPPORT GROUP

Thursday, Thursday, October 27

1:00 PM—Main Street Pub

NORTHERN NECK ORCHESTRA CONCERT (SUBSC. HOLDERS)

Saturday, October 15—7:00 PM—Front Lobby

Venue: Lancaster Middle School

Curtain is at 7:30 PM. Compositions by Mozart, Bizet and Virginia composer Adolphus Hallstork.

Transportation to Lancaster Middle School is provided to subscription holders who have requested bus service for the season. If you need transportation and are NOT a subscription holder, please call Amy at Ext. 4024 in advance.

RAPPAHANNOCK FOUNDATION FOR THE ARTS CONCERT: WHISKEY REBELLION (SUBSC. HOLDERS)

Saturday, October 22—7:00 PM—Front Lobby

Venue: Lancaster Middle School

Curtain is at 7:30 PM. Transportation to Lancaster Middle School is provided to subscription holders who have requested bus service for the season. If you need transportation and are NOT a subscription holder, please call Amy at Ext. 4024 in advance.

RAPPAHANNOCK CONCERT ASSOCIATION: JOHN BULLARD & FRIENDS (SUBSC. HOLDERS)

Saturday, October 29,—6:30 AM—Front Lobby

Venue: Northumberland High School

Curtain is at 7:30 PM. Transportation is provided to subscription holders who have requested bus service for the season. If you need transportation and are NOT a subscription holder, please call Amy at Ext. 4024 in advance.

JAMESTOWN DISCOVERY BOAT TOUR*

Wednesday, October 12—11:30 AM

Front Lobby

Sign-up Required—LIMIT: 13

Cost is \$26.00 non-refundable and will be charged to your account.

Discover the natural beauty and amazing history of the James River aboard the Jamestown Discovery Tour Boat! The only river based tour boat on the James River in Williamsburg, Virginia ...Enjoy the sights & sounds along the river and learn more about our beautiful area. Our Spacious U.S.C.G. Certified pontoon boat is able to accommodate up to 28 passengers comfortably and provides guests with an amazing view from the vessel. Our tour boat also has a restroom on board that is also handicap accessible. The boat tour is 1 hour. Please have lunch before we leave.

BOAT TOUR AND LUNCH WITH DR. LEWIS*

Sunday, October 16—9:45 AM—Front Lobby

Sign-up Required—LIMIT 12

Suggested Donation—\$15.00

Wear sturdy shoes

Take a 2 hour tour around Reedville and beyond. We will enjoy lunch at the Crazy Crab. Although Dr. Lewis does not charge for his boat tours, we suggest a donation of \$15.00 for each passenger to show our gratitude to Dr. Lewis.

MORATICCO BUS AND MUSEUM TOUR WITH CAROLL ASHBURN*

Tuesday, October 18—2:00 PM—Front Lobby

Sign-up Required—LIMIT: 12

Stairs to get to 2nd FL of museum

Morattico, a riverside village in the Northern Neck of Virginia has depended since the 17th Century for its sustenance and identity on the Rappahannock River.

MEN'S DAY OUT

Wednesday, October 19—10:30 AM

Front Lobby

Sign-up Required—LIMIT: 13

Need something from Lowes and/or Home Depot and Tractor Supply? We will have lunch at Scoots BBQ.

SHOPPING IN GLOUCESTER*

Friday, October 21— 10:00 AM—Front Lobby

Sign –up Required—LIMIT 13

Shopping at Ollies, Big Lots, TJ Maxx, and more. We will enjoy lunch at Ruby Tuesdays.

VMFA: RAOUL DUFY: DRAWN TO ROYAL ASCOT*

Tuesday, October, October 25— 10:00 AM

Front Lobby

Sign-up Required—LIMIT: 13

Admission is Free + cost of lunch in museum cafe
Featuring more than two dozen works on paper by the important Fauvist painter and quintessential artist of vibrant outdoor social events, this delightful assembly of drawings by Raoul Dufy charmingly conveys the pomp and elegance of the golden era of British horse racing.

TRIP TO THE AMERICAN REVOLUTION MUSEUM IN YORKTOWN*

Wednesday, October 26—9:00 AM—Front Lobby

Sign-up Required—LIMIT: 13

Cost: \$18.00 non-refundable and charge to account + Lunch

Take in the Revolution through dynamic gallery exhibits, films and outdoor living history. The American Revolution Museum at Yorktown tells the story of the nation's founding, from the twilight of the colonial period to the dawn of the Constitution and beyond. Exciting indoor galleries feature period artifacts, immersive environments and films, including "The Siege of Yorktown," with a 180-degree surround screen and dramatic special effects. Jamestown Settlement Café, offers a varied menu that includes breakfast foods, freshly prepared salads and sandwiches, freshly grilled foods, pizza, soups, beverages and desserts at self-serve and short-order stations.

3-D VIRTUAL TOURS

We've just added 10 new interactive 3-D virtual tours of our homes and facilities to the RWC website. Check them out at rw-c.org/photo-gallery when you get the chance, and share them with your friends who may be thinking of making the move to our community!

TOURS OF SMALL HOUSE OFFERED Sign –up Required. LIMIT 12

During the month of October , marketing will offer tours of the Memory Care Small House. Please sign up in the LEC Lobby for a tour time. Groups are limited to 12 people. Tours are scheduled EVERY TUESDAY at 10:00 AM and EVERY THURSDAY at 10:00 AM and 2:00 PM.

YOU REQUESTED AND WE SCHEDULED

The Activities Committee in coordination with Amy, Tammy and Bonny of Life Enrichment sponsor many outings and events listed in the Gazette. Sign up sheets located in a notebook at the Life Enrichment Center Lobby fill up quickly, so take a look at your calendar, plan ahead, and come as you can. If you are “new” to RWC, there will always be a seasoned resident to partner with. It's a natural to join in casual conversation at classes, and on the bus rides to excursions as well as the lunches out! Venture out as there are many “one of a kind” experiences planned just for you this fall in Virginia!

Mark your calendar for “The Countdown to Christmas” sale Wednesday, November 9th from 11:00 – 5:00 in the Auditorium. Fall and Christmas items will be featured. Craft classes and pop up workshops to make handmade items for that sale will be announced in the Gazette as well as on Touchtown . Sign up to attend as group size is limited. If you choose to make an item from home, please let Mary Bennett (4308) or Helene Braatz (4828) know.

The Activities Committee has designated all proceeds to be donated to the RWC Foundation Healthcare Education and Support Endowed Scholarship Fund. Your participation counts toward that goal.

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.

RWC's GOT TALENT!

Artistic talent! Residents who are enrolled in the Watercolor Class taught by Pam Bowers are exhibiting their year's work in the hall during the month of October. Walk down the hall to see what they have done. When you see the resident artists around campus give them some encouragement for their work! Show includes works from resident student artists that have taken Pam's classes for many years as well as beginner painters.

LANCASTER COUNTY'S FALL 2022 HAZARDOUS & E-WASTE COLLECTION Saturday, October 1

Please join us for Lancaster County's Fall 2022 Hazardous and E-Waste Collection event on **Saturday, October 1, 2022, between 9:00 a.m. and 2:00 p.m.** at the Lancaster County Courthouse parking lot at 8265 Mary Ball Road.

PLEASE BRING spent fluorescent bulbs, unwanted pesticides, antifreeze, rechargeable batteries, cleaners, oil-based paint/stains, old/contaminated fuels/petroleum products, household chemicals, etc.

PLEASE ALSO BRING computers-CPUs & laptops, mainframes, peripherals; monitors-CRTs & flatscreens; telephones, cell phones, and telephone systems; fax machines, printers, and copiers; TVs; banking and financial equipment; rechargeable batteries; electronic circuit boards and components; stereo equipment; games; PDAs and vape pen batteries.

PLEASE DO NOT BRING latex Paint (non-hazardous), car batteries, radioactive items, smoke detectors, medical waste, medications, ammo/explosives, or household electronics other than those listed above. For your safety, please stay inside your vehicle, and event staff will handle unloading for you.

Fred Luxton is more than happy to take your electronic items to be recycled. Please drop them off in the 600 Block trash room or call Fred at Ext. 4200 prior to October 1 and he will come pick your items up.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Black Cake by Charmaine Wilkerson is the October selection for the RWC Library Book Group. A mother's death in California brings forth stories of her years growing up in the Caribbean—and an unexpected sibling. Two copies of the book are on top of the desk at the back of the library. Join us in the Rappahannock Room on the fourth Monday, October 24.

Fiction: *The Clockmakers' Daughter* by Kate Morton is long, complex, confusing and memorable! ***The Mirror and the Light*** by Hillary Mantel, donated by Jean Gilmore, is the third in the Thomas Cromwell trilogy; the first two books are in Fiction Paperback.

Large Print: Jean Gilmore also donated ***The 6:20 Man*** by David Baldacci (2022) and ***The Firm*** by John Grisham, giving the RWC Library a total of 18 Large Print Baldacci books and 19 Large Print Grisham books! Tom Teeple donated two Large Print Mystery books by Robert Parker, ***High Profile and Split Image***, and three Large Print Mystery books by Stuart Woods, ***Strategic Moves, Unintended Consequences and Insatiable Appetites***.

Biography: *On The House: A Washington Memoir*, a biography of John Boehner (2021), was donated by Ethel Frye. ***Susan, Linda, Nina & Cokie: The Founding Mothers of NPR*** was donated by Page Henley. ***Douglas Fairbanks, Jr.***, was donated by Lawrence Treadwell.

Miscellaneous: We have an old book—***The Fascinating World of Early Tools, Trades & Technology***. Note especially the chapters on rafting lumber on the Delaware River and nail making in early Virginia. And we have a new book—***Raising Lazarus: Hope, Justice, and the Future of America's Overdose Crisis*** by Beth Macy (2022), discussing treatments for oxycontin victims and the settlement with the Sacklers, a follow-up to Beth Macy's *Dopesick*.

History: *The Burning Shore: How Hitler's U-Boats Brought WWII to America's Shore* by Ed Offlay, with a number of pages about Virginia Beach, donated by Rosemarie Forcum. ***"The Late Affair Has Almost Broke My Heart": The American Revolution in the South, 1780-1781*** by Lucien Agniel, donated by Walter and Sue Rogers.

Mystery: Two by Peter Lovesey, ***Lethal Defense*** by Michael Stagg, and ***Ink Black Heart*** by Robert Galbraith, a book published August 30, 2022 that's 1,012 pages long—all four donated by Jay White.

Public Spaces Books: *Remarkable Trees of Virginia* and ***The Face of Virginia*** by Aubrey Bodine, both donated by Walter and Sue Rogers

Non-Fiction Paperback: *Code Name: Lise* by Larry Loftus and ***The House of Peril: The First Time They Tried to Kill Lincoln***, both donated by Marilyn Hess; ***Over the Bar***, an account of leaving a law practice for sailing, ***The Autobiography of Benjamin Franklin, Just Mercy*** by Brian Stevenson, and ***Writing Out Loud***, a book about a memoir writing group.

Fiction Paperback: *When the Forest Meets the Stars* by Gladys Vanderah, ***Dear John*** by Nicholas Sparks, ***All The Little Live Things*** by Wallace Stegner, and ***Tom Brown's School Days***.

Lois Williams, Chair, Library Committee

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

Fall, my favorite season. Always has been for as long as I can remember; I'm not sure why. Maybe because it's the end of the sticky hot summer and the beginning of refreshingly cool, crisp autumn air. Maybe it's apple orchards and pumpkin patches, or apple or pumpkin pies. Maybe it's the beginning of football season, or the prospect of the World Series. Maybe it's the ideal temperature for hiking and biking. And of course there are the fall colors along with the raking of leaves. Yes, I actually love that too! "There is a harmony in autumn, and a luster in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been." (*Jim Bishop*) "Autumn is a second spring when every leaf is a flower." (*Friedrich Nietzsche*) "Autumn carries more gold in its pocket than all the other seasons." (*Shira Tamir*) "Notice how autumn is more the season of the soul than of nature." (*John Burroughs*) I am reminded, oddly, of words from the Book of Common Prayer: "O Lord, support us all the day long, until the shadows lengthen, and the evening comes, and the busy work is hushed, and the fever of life is over, and our work is done. Then in your mercy, grant us safe lodging, and a holy rest, and peace at the last. Amen."

Peace. A slowing down, a resting, even a ceasing. I would not want to miss the mystery, the spiritual beauty of any of the seasons, or how they each, in their different ways, speak of the seasons of life, and the changes of life. "How beautiful the leaves grow old. How full of light and color are their last days." (*Percy Shelley*) "Autumn shows us how beautiful it is to let things go." (*Unknown*) To let things go. To let change be. To not only face but also embrace, and then see the goodness in how things are different just for what they are. Here to help with finding beauty, hope and yes, even joy in all the seasons of life.

Chaplain Greg Houck

UPCOMING OPPORTUNITIES

Annual RWC Blessing of the Animals: Monday, October 3, 11:00AM. Meeting at the flagpole. A great opportunity to be in community out of doors! *"All things bright and beautiful, All creatures great and small, All things wise and wonderful, The Lord God made them all."*

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!
Please Note: The group will not be meeting on: October 11 and 18.

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. Our next meeting will be held on October 12th. Please come and join us for another great meeting. All are welcome!

IN MEMORIAM
MRS. TANYA BOHLKE
AUGUST 24, 2022

MR. RICHARD BRAUTIGAM
SEPTEMBER 18, 2022

MRS. BARBARA JONES
SEPTEMBER 22, 2022

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY



RWC partners with Rappahannock Community College to host student nurse candidates for clinical observations. Nurse aide applicants Michelle, Dashanti and Kaitlin, received encouragement at a reception September 14 with RWC retired nurse residents (Mary Bennett, Mary Kay Rotert, and Jane Birdsong) and endowed scholarship team members who are committed to fostering pathways to increase the pool of healthcare professionals in the Northern Neck.

LANDSCAPING & GROUNDS COMMITTEE NOTES

At the September 19 Grounds and Landscaping Meeting the committee members discussed fall issues with Damon Chowning and Phil Williams after contacting the residents to check on their needs. The committee members were glad to find out that many requests were going to

Work Orders (Maintenance and Landscaping) Office at workorder@rw-c.org. This procedure is exactly what the committee prefers and we assume the reason we are not having many responses to our bi-monthly notifications. Thank you for following this procedure as the requests go straight to either Phil or Damon and action should be coming soon. We do want to mention that the committee member who has been connecting with you bi-monthly will still be happy to hear from you and help you get what you need. However, we stress that checking with the Work Orders office is best in most cases. Fall planting, weeding, and cleanup is a busy time, so be patient with our excellent staff.

IT'S BETTER TO TOSS SCRAPS INTO A PROPER TRASH CAN

Please do not discard any food items onto your patio, porches, yards or balconies.

- **Animals are attracted to food waste.**

Animals have a stupendously advanced sense of smell compared to us. That means that when you throw food out, it's basically a neon light to all sorts of animals. This includes seemingly innocuous scraps such as orange peels or a few nuts.

Because all human food, even in small amounts, can attract animals, it can cause issues for both people and wildlife.

This can then cause attraction behavior, which refers to human actions that cause animals to overcome their natural wariness of people.

Once animals develop these food attraction behaviors, it's hard to get rid of them. That's because wildlife are opportunistic—once they obtain human food they will consistently return for more.

That could lead to anything from small rodents and coyotes wandering on campus. It doesn't have to start with large quantities of food, either.

- **Human Food can make animals sick.** The food itself can also make animals sick and even kill them. Most of what people leave outdoors—peels, cores, and trail mix, to name a few—is almost never food that's part of animals' normal diet.
- **Attraction can mean aggression.** Habituation becomes worse when an animal becomes food-conditioned and equates humans with a free meal.

So please, do the animals a favor as well as your neighbors and only offer birdseed and nectar to wildlife.

RWC's campus provides plenty of food for wild animals naturally. Aren't we lucky for that?

PUMPKIN JUDGING CONTEST

Monday, October 24-October 28—Atrium

RWC staff will be creating the most unusual and creative pumpkins for residents to vote on. Be sure to cast your vote.

STAFF COSTUME PARADE

Friday, October 28—2:00 PM—Atrium

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.”

SHUFFLEBOARD* TIME CHANGE!!

EVERY Thursday —2:00 PM

Fitness Class Room

WELLNESS WALK*

Tuesday, October 4—10:00 AM

Thomas Garden Patio

Sign-up Required

On Tuesday, October 4, 2022, at 10:00am we will be taking a walk around the Old Tree trail on RWC campus. This trail has some of the biggest trees in Virginia. Some of the trees are the willow oak, mockernut hickory and southern red oak. Let’s have fun looking at history and have a relaxing walk.

If you have any questions please contact Jonathan at 438-4290

DISC GOLF*

Monday, October 17—2:00 PM

Thomas Garden Patio

Sign-up Required

On Monday, October 17, 2022, at 2:00 pm we will be playing disc golf. Disc golf is played just like golf but with a disc. Come on out and have some fun. We will meet at Thomas Garden Patio.

If you have any questions please contact Jonathan at 438-4290

TAI CHI

EVERY 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.

EXERCISE EQUIPMENT OF THE MONTH: RECUMBENT BIKE

The recumbent bike is a great machine for a comfortable, customizable, and safe cardiovascular workout. This machine helps increase cardiovascular fitness and promotes lower body muscular strength.

The back of the seat provides support for the low back, which creates a more comfortable ride.

On the recumbent bike, you can customize resistance, which allows you to make a workout easier or harder. The reclined position of the recumbent bike puts less stress on the joints, but still gets in a cardiovascular workout.

Come see us in the fitness center and we will get you set up on the recumbent bike!



Remember...You are welcome to come and observe any class before you try it. Look for October’s Fitness Challenge in this issue.

FIRST FRIDAY FORUM: TERRY GREENE: RAMBLIN, REFLECTIONS OF LIFE, LOVE AND WAR*

Friday, October 7—8:30 AM—Auditorium

Sign up Required-Limited to 50

Special Dietary Needs, please call Ext. 4017

Ramblin', Reflections on Life, Love and War, is a commentary by author Terry Greene on life in general and on topics of current interest. Written in an easy, conversational style with sparks of humor, most chapters are like casual talk among friends. Topics range from musings on walks in a rural neighborhood, to causes and significance of declining birth rates, to memories aroused by strains of music. Three war stories are based on original documents. One is the heroic account of a young woman and her two children trying to escape the Russian Army as it rolled across Germany and savaged the population. It is based on handwritten notes by the mother. Other war stories tell about ingenious counters by the RAF to German air defenses, and first-hand observations on successes and errors in air warfare by a seasoned air commander. The book ends with three short tales.

GREAT COURSES

Museum Masterpieces: The Louvre

(6 week, 12 lecture series)

EVERY Thursday beginning October 6 through

November 10—11:00 AM—Chesapeake Game Room

Take a dazzling virtual tour through the Louvre's remarkable collection of European paintings from the late medieval period through the early 19th century.

MAKING LEAF CLAY DISHES*

Monday, October 10—3:00 PM—Art Room 2

Sign-up Required—LIMIT: 8

Fall is the perfect time to do crafts with leaves and nature. It would make a beautiful gift they can personalize for a birthday or Christmas. It’s a gorgeous piece that can be used as a ring dish or simply to hold items like keys and coins. You can even turn it into a leaf bowl by using different leaves!

MAKING SCENTED PINE CONES*

Thursday, October 27—1:00 PM—Art Room 2

Sign-up Required—LIMIT: 8

Enjoy that warm cinnamon aroma that just makes fall and holidays come alive by making your own DIY scented pinecones for your home.

Suzanne and Jim

info@suzanneandjim.com

www.suzanneandjim.com



Not just
GOOD news but
GREAT,
FANTASTIC,
INSPIRING even...
We have made it
through more than
two years among
the “chronically
unemployed” and
we’re back
LIVE — IN PERSON



Suzanne and Jim Americana Roots Music
concerts feature duet singing, 5 String
Banjo, Guitar, Flute, Autoharp, and Stories
of our people and the
music that draws us together.

Friday, October 21—4:00 PM
Auditorium