



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT

**BEGINNING OCTOBER 28 AT THE LIFE ENRICHMENT CENTER LOBBY.**

## 2023 RWC RESIDENTS ASSOCIATION BOARD OF DIRECTORS ELECTIONS

Respectfully submitted,  
Val Foulds, Secretary

In accordance with Article IV, Section 4 of the RWC Residents Association By-Laws:

*Before November 1, the Nominations/Bylaws Committee shall present to the Secretary the names of one (1) or more members nominated for each elected office, four (4) Directors at Large, and the prerequisite numbers of members for the standing committees (see paragraph 6, Article II,...), to be filled by the ensuing election. The Secretary shall publish in the Resident Newsletter in November the proposed slate of candidates with the advice that the membership may nominate additional candidates from the floor by notifying the Chairperson of the Nominations/Bylaws Committee, in writing, a minimum of one week prior to the annual meeting.*

Please note that, other than the Quality of Life Committee, all other standing committees shall consist of at least three (3) and not more than five (5) members. The current Residents' Association Nominations/Elections/By-Laws Committee (John Roberts - Chair, Carl Blades, Milena Van Sant, and the late Cecil Vail Schwartz) presents the following list of nominees for Resident Board Officers and Standing Committee positions for 2023.

**President:** Vikki Marek-Young

**Vice-President:** Jan Mosher

**Treasurer:** Peter Braatz

**Secretary:** Val Foulds

**Director At Large:** Fred Luxton, Helen Woolfolk, Joan Parham, Phil Booth

**Quality of Life (1-year position):** Ethel Frye

**Quality of Life (2-year position)** Ginny Burnette

**Finance Committee:** Joan May, Brian Bennett, Gerald Hoskins, Jay White, Bill Estell

**Nom/Elec/By-Laws:** Milena Van Sant, Ida Hill, Susan Read, Cecelia Barton

## EMPLOYEE CHRISTMAS FUND

We're halfway there—deadline is November 30th. If you have contributed already, thank you for your generosity. We have a slower start than in previous years so let's pick up the pace. We never know who contributes or how much each resident contributes unless they share that information with us.

Residents (especially new ones) call and ask how much they should give. We are happy to share guidelines if asked. Some residents have inquired and added a second check after reconsidering.

Please be generous as this is the one time of the year you can show your appreciation to our wonderful employees, many of whom we do not have interaction with on a daily basis but are behind the scenes keeping our community running. Let's make this a great gift for our staff and their families given these hard times we are all having to contend with.

Let's get those checks in soon and demonstrate to the staff how much we appreciate them.

Make checks payable to the RWC Employee Christmas Fund. The mailbox is on the counter at the Front Desk with envelopes for your contribution. Let's get it filled up.

Thanks,  
Fred Luxton (Ext. 4200)  
Ann Wiggins (Ext. 4208)  
Employee Christmas Committee

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

Contact us: 804-438-4000

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**UPDATE WITH STUART  
SCHEDULE CHANGE**

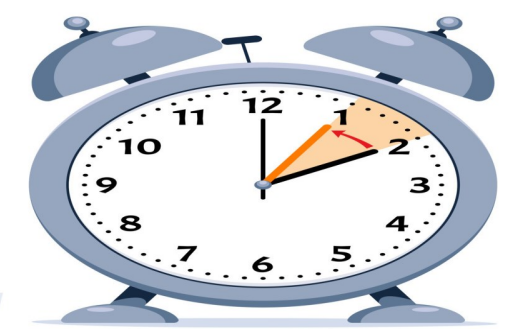
**2:30 PM—Art Room 2**

**NEXT MEETING NOVEMBER 14**

**NO MEETING IN DECEMBER.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>NOVEMBER 2022</b>						
		<b>HEALTHY HARVEST OFFERING BEGINS</b> 10:00-FRL-Historical West Point Museum, town tour, & lunch* 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	10:00-AUD-Residents Association Board Meeting 7:00-CGR-Poker Group	11:00-CGR-Great Courses 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary 4:00-AUD-Concert: Pianist Hunter Stephen O'Neil	8:30-AUD-First Friday Forum : Caroll Lee Ashburn* 1:00-AR2-Making Christmas Chocolates*	<b>REMEMBER TO SET CLOCKS BACK ONE HOUR BEFORE RETIRING TO BED</b>
<b>DAYLIGHT SAVING TIME ENDS</b> 1:00-CGR-Campbell Memorial Presbyterian Church Communion 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:30-AUD-Parkinson's Caregiver Support Group 1:00-CGR-Catch Phrase 4:00-CGR-Darts 4:30-Caregiver's Memory Support Group	9:00-FRL-Bus to Voting Poll* 10:00-AR1-Amateur Radio Club Meeting 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	11:00-AUD-Countdown to Christmas Sale 11:00-CGR-Grief Support Group 7:00-CGR-Poker Group	10:00-LAN-Food Committee Meeting 11:00-CGR-Great Courses 2:00-FCR-Shuffleboard 2:00-CGR-Parkinson's Support Group 3:00-RAP-Praying the Rosary 4:00-AUD-Annual Memorial Service	1:00-AUD-Veteran's Day Program 2:30-FCR-Cornhole	6:30-FRL-Rappahannock Concert Association: The Jeff Little Trio (subsc. holders)
<b>WORLD KINDNESS DAY</b> 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-FRL-Let's Go to the Library* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-FRL-Guided Tour of the Hermitage Museum* 10:00-AR2-Chat & Craft 11:00-COR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class	9:00-FRL-Chrysler Museum Trip & lunch* 7:00-CGR-Poker Group	11:00-CGR-Great Courses 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	1:00-AR2-Christmas Decorating Committee 2:30-FCR--Cornhole	7:00-FRL-Rappahannock Foundation for the Arts: Broadways Musical Hits (subsc. holders)
1:45-FRL-Westmoreland Players: Deathtrap* 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 4:00-CGR-Darts  <b>Deadline for Gazebo Gazette Articles</b>	10:00-AR2-Chat & Craft 11:00-AUD-Annual Thanksgiving Service 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class  <b>BIBLE STUDY CANCELLED TODAY</b>	1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Poker Group	<b>THANKSGIVING DAY</b> 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary 4:00-CGR-Friends & Fellowship of Grace Episcopal Church	2:30-FCR--Cornhole  <b>Last Day to Change Meal Plan</b>	
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-FRL-Let's Go to the Library* 1:00-RAP-Communion for Rosary Group 4:00-CGR-Darts	9:00-FRL-Trader Joe's & Lunch* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	<b>HEALTHY HARVEST OFFERING ENDS</b> <b>DEADLINE FOR EMPLOYEE CHRISTMAS FUND</b> 10:30-FRL- Virginia Repertory Theatre: Miss Bennett: Christmas at Pemberley (subsc. holders) 7:00-CGR-Poker Group	<b>Daylight Saving Time Ends</b> <b>2022</b> <b>6th November</b>		
<b>CHRISTMAS DECORATING MONDAY, NOV. 28 THROUGH THURSDAY, DEC. 8</b>						

- 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

As we enter the season of Thanksgiving, let us all take time to reflect upon the many blessings bestowed upon us in the past year. Some blessings are of the first-order, that is they are clearly blessings in their own right. Some of our blessings are of the second or even third order meaning that they arrive only after we endure or persevere through some challenge or issue. Often those blessings are much harder to see and even appreciate at first because of what we had to go through, but those blessings are almost always more profound and powerful. Someone has said, "we delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." Similarly, we can reflect and be thankful for the opportunities we have had over the past year to be a blessing to someone else. These too may be readily apparent, and some we may not even realize. Perhaps we should consider each day and each encounter an opportunity to be a blessing, which in turn blesses. How powerful that cycle could be if unleashed – consider that as you prepare for Thanksgiving.

***"Now may the God who gives endurance and who supplies encouragement grant that you be of the same mind with one another according to Christ Jesus..." Romans 15:5 (AMP)***

A Blessed and Happy Thanksgiving from the Staff of RWC!



## MILITARY VETERANS HONORED WITH RWC NOVEMBER SHOW & PERFORMANCE

**Friday, November 11—1:00 PM—Auditorium**

Like many members of the Greatest Generation and the Silent Generation, RWC residents are reluctant to be in the spotlight when it comes to the sacrifices they made for their country as they served in the U.S. military.

One 100-year-old veteran served in the U.S. Marine Corps Reserves during World War II and the Korean War, but insists that he has nothing to brag about and wishes to remain anonymous.

Likewise, even though U.S. Army Col. (Ret.) Neil Smart served two tours during the Vietnam War, he

says, "Most memories are positive. We were doing what we were told to do. In the moments when things went south and when times were not pleasant, we got over them and moved on with life."

Smart is one of the nearly 60 RWC residents who served in the military and whose photos and stories will be displayed as part of RWC's Veterans Wall of Honor exhibit, held each November in RWC's Gallery Hall. Collectively, these vets have given nearly 400 years of service to their country.

At 18 years old, Smart entered the U.S. Naval Academy and later was commissioned into the U.S. Army Corps of Engineers. During his first tour, (1967-68) he commanded a combat engineer company of the 9th Infantry Division in Vietnam's Delta – which included the TET Offensive. His division was awarded the Presidential Unit Citation for their work in that action.

He commanded the 221st Aviation Company "Shotguns" whose mission was Forward Air Control in his second Vietnam deployment (1971-72). In total, he served 30 years in the Far East, Europe and all over the U.S. in engineering and aviation assignments with army units working with locks, dams and flood control in the Corps of Engineers.

"I most enjoyed my assignments that involved commanding troops," Smart said. "I had the opportunity to command five different units from the company level to a Corps of Engineer District. The chance to command troops and get them to do their jobs was very rewarding."

In addition to sharing his military portrait and story as part of the annual November art exhibition, Smart also will accompany the Westminster choir on piano at the 2022 Veterans Day event at 1:00 p.m. Nov. 11. They will perform about a dozen songs — representative of Armistice Day — such as, "You're a Grand Old Flag" and "The Yankee Doodle Boy," to a medley of music representing the various branches of service.

The exhibition is open to residents and staff only throughout November.

## SWAMP MILKWEED ORDERS

Orders for fall Swamp Milkweed has been postponed until Spring due to a shipment of less-than-desirable quality of plant. We hope for better luck when the warm weather returns.

## RESIDENT LIFE REMINDERS:

- **Daylight Saving Time will end on Sunday, November 6.** As you walk in the mornings or afternoons make sure you are visible to drivers. Light colored or reflective clothing is helpful to avoid potential problems.
- **With deer mating season here, RWC cautions drivers of deer-vehicle crashes.**

Please be on high alert for deer crossing roadways, particularly at dawn and dusk. The deer breeding season (known as the "rut") is currently underway and will continue through November and much of December.

Deer tend to move around far more frequently during this time, and November is typically the peak period for collisions with motor vehicles.

To avoid hitting a deer, use these defensive driving tips:

- Be especially attentive during peak deer hours. From sunset to midnight and during the hours shortly before and after sunrise are the highest risk times for deer-vehicle collisions.
- Use extra caution when driving through deer-crossing zones. Scan the shoulders of the road in front of you; deer may dash out from the shoulder or wooded areas adjacent to the road. Also be especially careful in places known to have a large deer population and in areas where roads divide agricultural fields from forestland.
- Know that deer seldom run alone. If you see one deer, others may be nearby.
- Use high beam headlights if driving at night when there is no oncoming traffic. The higher light will better illuminate the eyes of deer on or near the roadway.
- Follow the speed limit. Keeping your speed down will give you more time to respond to unexpected wildlife movements.
- Slow down and blow your horn with one long blast to frighten the deer away.
- Brake firmly but stay in your lane when you notice a deer in or near your path. Many serious crashes occur when drivers swerve to avoid a deer and hit another vehicle or lose control of their cars.
- Always wear your seat belt. Most people injured in car-deer crashes were not wearing their seat belt.
- Do not rely on deer-detering devices. Deer whistles, deer fences, and reflectors have not been prov-

en to reduce deer-vehicle collisions.

- If your vehicle strikes a deer, do not touch the animal. A frightened and wounded deer can hurt you or further injure itself. The best procedure is to get your car off the road, if possible, and call the police.

**PIANIST: HUNTER STEPHEN O'NEIL**  
Thursday, November 3—4:00 PM—Auditorium

**MAKING CHRISTMAS CHOCOLATES\***  
Friday, November 4—1:00 PM—Art Room 2  
Sign-up Required—LIMIT 8

**BUS TO VOTING POLL OFFERED\***  
Tuesday, November 8—9:00 AM— Front Lobby  
Sign up Required  
See insert of ballot.

**RAPPAHANNOCK CONCERT ASSOCIATION: THE JEFF LITTLE TRIO (SUBSC. HOLDERS)**

**Saturday, November 12,—6:30 PM—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, OR you need to cancel please call Amy at Ext. 4024 in advance.

**RAPPAHANNOCK FOUNDATION FOR THE ARTS CONCERT: BROADWAYS MUSICAL HITS (SUBSC. HOLDERS)**

**Saturday, November 19—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, OR you need to cancel please call Amy at Ext. 4024 in advance.

**TRIP TO TRADER JOE'S & LUNCH AT ANATOLIA\***

**Tuesday, November 29—9:00 AM—Front Lobby**  
Authentic Armenian, Turkish, & Mediterranean Cuisine for lunch.

**PARKINSON'S CARE PARTNERS**  
Monday, November 7, 10:30 AM -Auditorium

**PARKINSON'S SUPPORT GROUP**  
Thursday, November 10, 2:00 PM  
Chesapeake Game Room  
Lisa Thomas will discuss Swallowing

**GRIEF SUPPORT GROUP MEETING**  
November 9th—11:00 AM—Chesapeake Game Room  
Topic: "Complicated Grief"  
Speaker: Chris Collins, DNP

**MACULAR DEGENERATION  
SUPPORT GROUP**  
CANCELLED FOR NOVEMBER

**ACTIVITIES COMMITTEE: "COME ONE,  
COME ALL"**

Plans for the "Countdown to Christmas" sale are well underway. Here are the details and how you can help. Craft classes, workshops and pop up sessions are scheduled if you are so inclined. Residents are working at home on their specialties to donate to the sale beforehand.

Save the date – Wednesday, November 9<sup>th</sup> in the Auditorium from 11:00 a.m. – 5:00 p.m. Set up will be Tuesday, November 8<sup>th</sup>. A special invitation is given for all staff, Assisted Living and Healthcare Residents to attend the sale from 10 – 11:00 a.m. on Wednesday. The Auditorium will be sanitized and 4 Resident volunteers will be masked to assist those shopping. This is an hour reserved for all Assisted Living, Healthcare and Staff to shop the sale. At 11:00 the sale is open and ongoing for everyone else to come and shop.

All merchandise for this sale was made and donated by RWC Residents and Activities Committee members. There really is something for everyone! Check out the showcase at the LEC for a preview of items for sale. Proceeds from the sale are designated for the RWC Healthcare Education & Support Endowed Scholarship Fund. Help to sustain quality healthcare at RWC for your future care!

**LOOKING FOR CHRISTMAS  
DECORATING COMMITTEE  
VOLUNTEERS**

Friday, November 18—1:00 PM—Art Room 2  
It's that time again as we start to divide up areas around RWC to decorate. Think about different themes and how you'd like to decorate your assigned area. We hope you will join us as it takes many helping hands.

**OUR POKER CLUB**

In case you didn't notice the word "Gentlemen" is no longer used to identify membership in RWC's Poker Club. We now encourage ladies who may have restricted their card playing to mahjong and Bridge to broaden their interests and challenge the mentally weaker sex to a game of skill which probably dates back to the Stone Age.

Variations on the game are ridiculously easy to learn, otherwise we wouldn't be playing them. And should you lose occasionally, the membership has been known to join hands and sing words of abject sympathy so that you will return the following Wednesday. (We really don't do that, but it's a nice thought, anyway).

We acknowledge exceptional play with awards that are, at best, suitable for hanging in one's closet or utility room, but the occasion for such recognition over the years has been so rare that only five have been present to date.

So please drop by the Chesapeake Game Room at 7:00 PM on Wednesdays to watch us play. We'll be perfectly honest with you; we desperately need your presence to add some class to the club, the lack of which has been obvious since inception.

I suppose the best argument for joining our group is that we are reasonably clean, and with possibly one or two exceptions, the kinds of guys you would take home to meet your mother.

Bill Wright, Resident/Poker Player

**MEAL PLAN CHANGES**

Meal Plan Change must be made by the 25<sup>th</sup> of each month. To make meal plan changes 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.

**HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN**

*Beartown* by Fredrik Bachman is the November selection for the RWC Library Book Group—about a kids' ice hockey team in a small town in Sweden and the family life of its coach. 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, November 28.

**More Fredrik Bachman:** Looking ahead to long winter nights of reading, *Beartown* at 432 pages is followed by *Us Against You* at 434 pages and *The Winners* at 670 pages—each with tender moments of family reflections.

**More Fiction:** *Natural History* by Andrea Barrett (2022) is a series of linked stories. *The Turnout* by Megan Abbott (2021), a ballet novel, is described as "strange, twisted, and demonic." *Long Shadows* by David Baldacci (2022) is his 44<sup>th</sup> novel!

**Large Print Mystery:** *Naked Greed, Indecent Exposure, Black Dog, Desperate Measures, and Insatiable Appetites*, all by Stuart Woods and all from Tom Teeple, who is searching out Large Print copies of the 97 books by Stuart Woods.

**Other Large Print:** *The Pioneers* by David McCullough, donated by Barbara Brautigan and *The Lincoln Highway* by Amor Towles, donated by Jean Gilmore.

**Biography:** *Long Walk to Freedom* by Nelson Mandela, donated by Helen Cobb, and *America: A Redemption Story*, a biography of Senator Tim Scott, donated by Fred Luxton.

**Miscellaneous:** *When McKinsey Comes to Town* by Walt Bogdanich and Michael Forsythe (2022), donated by Jay White. *The Second Half: Forty Women Reveal Life After Fifty* (2022), donated by Amy Lewis. *The Great A&P* by Marc Levinson, donated by Sue and Walter Rogers.

**History:** *The Generals: American Military Command from World War II Until Today, America's War for the Greater Middle East, Rogue Heroes, and A Game of Birds and Wolves: The Secret Game That Won the War*, all from Lawrence Treadwell.

**Mystery:** *Righteous Prey* by John Sanford (2022), donated by Jay White, *The Reversal* by Michael Connelly and *Robert B. Parker's Fallout* by Mike Lupica (2022).

**Non-Fiction Paperback:** *Portrait of a Town: Cape Charles 1940-1960* by Patricia Joyce Parson, donated by Sue Rogers.

**Fiction Paperback:** *Anxious People* by Frederick Backman; *The Home Wreckers* by Mary Kay Andrews (2022), donated by Virginia Pales; *The Senator* by Ken Fite, donated by Fred Luxton; *Dating Dr. Dill* by Nisha Sharma (2021); *Digging Up History* (a Museum Mystery) by Sheila Connolly; *Dear Life* by Alice Munro; *Hello, Summer* by Mary Kay Andrews; *A Great Deliverance* by Elizabeth George; and *The Old Devils* by Kingsley Amis. Also, two books by Robin T. Williams, speaker at the October 20<sup>th</sup> RWC Author's Luncheon, *The Key to the Quarter Pole* and *Chivalry Thy Name is Bubba*.

Madame Librarian has just read the 1,012-page Robert Galbraith book, *The Ink Black Heart*, another "long winter nights" book.

Ann Wiggins sends Paperbacks to Troops. Donate in the Library box, but "No Romances, please!"

## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### SINCERE THANKS

For all the thoughtful cards, phone calls, visits and flowers, the Family of Dick Brautigam thank you. Please accept our sincere appreciation for all your loving outreach. We can never praise the staff enough for their care of Dick during his three years in the Healthcare Center. Their professional and loving care was spectacular. And yes they made sure the glass of wine arrived about 4 o'clock each day, much to his liking. The six children and I thank you for your support. You made our sadness less painful. Thank goodness Dick and I moved to RWC 16 years ago. Barbara Brautigam

### FROM THE CHAPLAIN

Turkey and stuffing, mashed potatoes, green bean casserole, pumpkin pie: that's Thanksgiving. Family gatherings, raking leaves, football games: that's Thanksgiving. "Give thanks to the Lord for he is good, his love endures forever." *Psalm 136:1* That's giving thanks. Give thanks for creation; give thanks for provision; give thanks for redemption. Give thanks for the newness of life, the goodness of life and the fullness of life. Praise God from whom all blessings flow. "If you wish to make an apple pie from scratch, you must first invent the universe." *Carl Sagan: Cosmos* When you think about the blessings of God, remember one child's description of an elevator: "I got into this little room and the upstairs came down." The blessings pour down from above. It all just sort of happens; it's so automatic it's hardly noticed, unless...

There's an imaginative story told of a day when the sun did not rise. Six o'clock came and there was no sign of dawn. At seven, there was still no ray of light. At noon, it was as black as starless midnight. No birds sang and only the hoot of an owl broke the silence. Then came the long dark hours of the afternoon. Finally evening arrived, but no one slept that night. Some wept, some wrung their hands in anguish. Every church was packed with people on their knees. Thus they remained the whole night through. After that long night of terror and agony, millions of eager, tear-streaked faces turned toward the east. When the sky began to grow red and the sun rose, there was a loud shout of joy. Millions of lips said, "Bless the Lord, O my soul!" because the sun had risen, after one day of darkness.

The very consistency of God's blessings sometimes dulls gratitude. But the wonderful thing about the mercies of God is that they're fresh every morning and they're new every evening.

And so, on this coming Thanksgiving Day, and for that

matter any day, "Give thanks to the Lord for he is good, his love endures forever." A blessed and happy Thanksgiving to all!  
Chaplain Greg Houck

### UPCOMING OPPORTUNITIES

**Annual Memorial Service:** Thursday, November 10, 4:00PM, in the RWC Auditorium.

A beautiful and moving service of remembering and honoring those from our community who have died during the past year.

**Annual Thanksgiving Service:** Tuesday, November 22, 11:00AM, in the RWC Auditorium.

A time of uniting our hearts in thanksgiving for our many, many blessings!

The **offering** will again be received for the **Healthy Harvest Food Bank**. More information to come soon. Thanks to all in advance for your generous, practical, compassionate and visionary giving toward this incredibly worthy cause right here in our neighboring area!

### 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!

**Please Note: The class will not be meeting on Tuesday, November 22, when we will be having our annual community Thanksgiving Service.**

**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 November 9<sup>th</sup>. Please come and join us for another great meeting. All are welcome!

**IN MEMORIAM**  
**MR. ROBERT LONGSHORE**  
**OCTOBER 8, 2022**

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### THANKSGIVING DINNER

The Lakeview Grill, Lancaster Room and Corroto-man Room will be open for the residents and their guests (they can invite family members to come dine with them) for Thanksgiving. Dinner from 11AM to 2PM. We will offer a buffet. There will be no waited service. No reservation is necessary, we are asking that your tables be no larger than 6 people, we cannot accommodate larger tables. The meal will be a sampler except for those with special diet needs and wine will be served with the meal. Salad Bar

Crab Bisque Soup

Turkey/Stuffing & Gravy and Ham

Candied Yams and Green Bean Casserole

Dinner Rolls

Desserts:

Sweet Potato Cheesecake and Pumpkin Pie

**Grill will be closed for the evening meal and you can pick up a box dinner by 5:30 PM**

**Box dinner**

**Chicken Salad on Croissant**

**Potato Chips**

**Fresh Fruit**

**Cookies**

### WORLD KINDNESS DAY

Every day is an opportunity to show kindness to someone. November 13<sup>th</sup> has been designated as World Kindness Day. Please take this date to make a difference to one of your fellow residents who may be having financial difficulty. The RWC Fellowship Fund promises to aid those who no longer can afford residency through no fault of their own. This year has been difficult for everyone, so please consider being kind through your generosity. Please contact Denise Kenner at 4877 for more details. Checks are made to the RWC Foundation. Thank you for your support!

### VIRTUAL TOURS

Check out the 10 new Virtual Tours of apartments and cottages, and the monarch butterfly transformation we've added to the RWC YouTube channel. You can find it by going to our rw-c.org website and clicking on the YouTube icon on the left. Subscribe

to the channel so you get alerts when new videos are added!

### CATHI'S GARDENS POINSETTIAS FOR THE HOLIDAYS

**Please order by December 5 by calling 804-577-0450**

5" pots—\$13.75

6 1/2" pots \$15.75 (5/6 blooms)

7 1/2" pots \$26.00 (10+ blooms)

10" pots \$38.00 (14+ blooms)

Available in red, white and pink. Pick up at shop on Irvington Road in Irvington or have delivered (\$10.00 delivery fee).

6" Paperwhites \$13.25

7" Amaryllis \$21.00

All come with green hats and bows.

### LET'S GO TO THE LIBRARY\*

**2nd & 4th Monday of EVERY MONTH (November 14 and 28)**

**1:00 PM—Front Lobby**

**Sign-up Required**

I'm sure Madame Librarian would encourage everyone to visit any library, even if it's not RWCs. Therefore we thought we'd try offering a trip to Lancaster Community Library twice a month on trial basis and see if we get enough participation.

### RESERVE NOW!! VIENNA BOYS CHOIR COMES TO WILLIAMSBURG

**Tuesday, December 13—6:00 PM—Front Lobby**

**CALL AMY TO RESERVE AT EXT. 4024**

**LIMITED SEATING**

COST: \$25.00-Non-refundable and charged to account. Please eat dinner before we leave.

There's no more gratifying sound than that of children singing. And there's no more polished ensemble of children's voices than the Vienna Boys Choir. The musical tradition of the Vienna Boys Choir dates back to the 15th century, with a rich history of performances for royalty and audiences around the world. Now you can hear this peerless choir in a program of holiday classics sure to brighten your holiday.

## WELCOME TO THE LIFE ENRICHMENT PAGE

### Fitness Center Closed Thursday, November 24 and Friday, November 25

All classes will be cancelled on Thanksgiving and the following day. If you have access to use the fitness center or swimming pool, it will be available. Reminder that you must have a buddy if you are going to use the swimming pool. If you have any questions, please contact Jonathan at 4290

**\*Thanksgiving is coming soon. We would like to thank you for participating and making our program a success. If you are not a participant in our program, please give a call or email to one of our staff members. We will help you find something that will interest you.**

### TAI CHI

Tai Chi will be moved to 1:30pm to 2:00pm on Tuesday and Thursday. This will start on November 1, 2022

### CONGRATULATIONS RWC WALKING TEAM "YES2YEARS"

YOU RAISED \$2368.00 TO END ALZHEIMERS!!!  
Thank you to Co-Captains, Denise Munns and Bonny Magerko

### GRATITUDE IS GOOD FOR YOU!

Being grateful is good for your physical as well as your emotional health.

Studies by the NIH have shown that being grateful can:

Lower your Blood Pressure

Improve your Immune Function

Reduce pain

Lower inflammation

Help you sleep better

Gratitude can also give you the emotional strength you need in dealing with stress, loss, grief or trauma.

Every Morning while you are brushing your tongue or drinking your water.....think of something that you are

### Wellness Staff members

**Jonathan Smith:** email [jsmith@rw-c.org](mailto:jsmith@rw-c.org) ext. 4290

**Jordan Smith:** Jordan Smith: email [fit1@rw-c.org](mailto:fit1@rw-c.org) ext. 4852

**Macey Augst:** email [fit2@rw-c.org](mailto:fit2@rw-c.org) ext. 4852

**Angie Jackson:** email [ajackson@rw-c.org](mailto:ajackson@rw-c.org) ext. 4852

grateful for .....

It's a great idea to do this before you fall asleep at night as well.

God Bless you and Happy Thanksgiving!

Angie

### EXERCISE EQUIPMENT OF THE MONTH:

The elliptical is a great machine for a full-body cardiovascular workout.

It helps strengthen your heart, lungs, and muscles as you use your arms, legs, and core to power the machine.

The elliptical is a great option for a low impact workout as it decreases the stress placed on your joints.

Using the elliptical can help you improve your balance as you use your core to keep yourself upright.

Lastly, several settings on the elliptical allow you to control the intensity of your workout.

Don't let the look of this machine scare you! Come see the Fitness Specialists at the Life Enrichment Center and we will help you get started on the elliptical!



**Remember...You are welcome to come and observe any class before you try it.**

### HISTORICAL WEST POINT MUSEUM, TOWN TOUR, & LUNCH

Tuesday, November 1—10:00 AM—Front Lobby  
Sign up Required—LIMIT: 13

The Museum has over 2000 artifacts that reflect the military, social, artistic and cultural history of West Point and the surrounding area.

There is also a library of local and other history books as well as a bound collection of local newspapers from 1890 to present.

We will eat at the Blue Crab.

### FIRST FRIDAY FORUM: CAROLL LEE ASHBURN: LOCAL HISTORIAN\*

Friday, November 4—8:30 AM—Auditorium  
Sign up Required—LIMIT 50

Special Dietary Needs, please call Ext. 4017  
24 in advance.

### LET'S GO TO THE LIBRARY\*

EVERY 2nd & 4th Monday of the Month—1:00 PM  
Front Lobby (November 14 & 28)

Sign up Required—LIMIT 10

We will be offering transportation to Lancaster Community Library twice a month during the winter months depending on interest.

### GUIDED TOUR OF HERMITAGE MUSEUM IN NORFOLK\*

Tuesday, November 15—10:00 AM—Front Lobby

Sign-up Required—LIMIT: 13

COST: \$8.00 non-refundable and charged to your account +Lunch

The Hermitage, a 42-room Arts and Crafts mansion constructed between 1908 and 1936, is home to the Sloane Collection, an assemblage of fine and decorative art which rivals the house itself in both scope and inventiveness. With over 5,000 objects, the collection spans 5,000 years of art history and represents over 30 countries.

The Sloane Collection is unique in that it was assembled over a fifty year period by one woman, Florence K. Sloane, and remains in its original building almost entirely intact. The Hermitage was designed to serve as both Mrs. Sloane's home and as a public museum where visitors could come to learn about art, music, religion, and culture. Mrs. Sloane believed that

museums were the most important component of civilized society, and as a result she filled the Hermitage and the Norfolk Museum of Arts and Sciences (now the Chrysler Museum) with thousands of objects from all over the globe. Mrs. Sloane worked tirelessly to build a cultural life for the people of Norfolk until her death in 1953, and her legacy persists at the Hermitage.

The first floor of the Hermitage Museum is wheelchair accessible. Wheelchair accessibility is limited in some areas, including the upstairs galleries and some areas of the gardens.

### TOUR OF CHRYSLER MUSEUM, GLASS BLOWING DEMONSTRATION AND LUNCH\*

Wednesday, November 16—9:00 AM—Front Lobby  
Sign-up Required—LIMIT 13

FREE+Lunch

Boasting fresh seafood, a **made-from-scratch menu** and waterfront views, Stripers Waterside serves award-winning dining options to downtown Norfolk. In the **Waterside District** of the Elizabeth River, Stripers Waterside offers a diverse lunch and dinner menu consisting of seafood, pasta, steak, sandwiches and more.

### WESTMORELAND PLAYERS : DEATHTRAP

Sunday, November 20—1:45 PM—Front Lobby  
Sign-up Required—LIMIT: 10

COST:\$25.00 non-refundable and charged to your account.

WARNING: Deathtrap includes mature themes and simulated violence, including gunfire.

Sidney Bruhl, a washed-up playwright who has been living off his wife's money, receives a sure-fire hit script in the mail from a former student, Clifford Anderson, and immediately begins ruminating about killing Clifford and passing the play off as his own. The plan is disrupted when Sidney's neighbor, the Dutch psychic and minor celebrity Helga ten Dorp, arrives without warning to announce that she senses great danger and mortal pain in the Bruhl cottage.