



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 38, Issue 1

JANUARY 2023

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT

BEGINNING DECEMBER 24 AT THE LIFE ENRICHMENT CENTER LOBBY.

THE RWC STAFF THANKS ALL RESIDENTS FOR THE GENEROUS CHRISTMAS GIFT!!

WELCOME NEW NEIGHBORS!



Helen Cobb moved into Apartment 101. Born in Melbourne, FL, Mrs. Cobb graduated from Dreher High School in SC. She met her 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. 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. 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.



Doug Monroe moved into Cottage 403 in late November. Doug was born in Norfolk, VA but his parents moved him north to Lawrenceville, NJ in pursuit of a better education. He attended Washington & Lee University and graduated from Purdue University with a Master's in Economics. He also served 8 years in the Navy reserve as a Lieutenant. Mr. Monroe has lived in Irvington for the past 25+ years and is well known in the local banking community and as a philanthropist. His wife passed away in April of 2014. Mr. Monroe still goes to work everyday at Chesapeake Financial Shares in Kilmar-nock, VA. "Once you stop using your mind and moving, everything else falls apart." claims Doug. He loves to play golf but can no longer participate. Mr. Monroe is probably more familiar with RWC than anyone as he is the co-founder along with his old friend and previous neighbor Tom Denegre. The choice was clear as to where he would retire to when the time came. Doug is also co-founder of Chesapeake Academy, Northern Neck YMCA, past Chairman of Rappahannock General Hospital as well as a list of many others. He is still active in the community. He has many friends and acquaintances at RWC. Mr. Monroe has a huge family. He has 5 children (all married), 16 grandchildren and 18 great-grandchildren. He admits he can't keep them all straight. Although he is a member of Campbell Memorial Presbyterian Church, he has attended the Christian Science Society for some time.

**MORE NEW NEIGHBORS ON
PAGE 1**

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

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BLOG

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1:00-CGR-Campbell Memorial Presbyterian Church Communion 4:00-CH85-Sunday Worship <i>NEW YEAR'S DAY BRUNCH 11:00 AM—1:30 PM GILLE CLOSED FOR DINNER BOXED DINNERS AVAIABLE UPON REQUEST</i>	10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 4:00-CGR-Darts 4:30-LAN-Caregiver's Memory Support Group	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	10:00-AUD-Resident Association Board Meeting 11:00-CPL-Christ Church Resident Member Meeting 2:00-AR2-Snowman Door Hangers* 7:00-CGR-Poker Group	2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	8:30-AUD-First Friday Forum : Dr. Tracey Gendron* 1:00-AR2-Making Snowflakes* 2:30-FCR-Cornhole	
	4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist ATTENTION CHRISTMAS CAPTAINS Dismantling Christmas Décor Jan. 9-13	10:00-FRL-Shopping* 10:00-BLR-Resident Health Care Committee Meeting 10:30-AUD-Caregiver's Parkinson's Support Group 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-AR1-Amateur Radio Club Meeting 10:00-AR2-Chat & Craft 11:00-COR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support Group 3:00-FCR-Sound Bath & Sound Healing 7:00-CGR-Poker Group	10:00-LAN-Food Committee Meeting 1:00-FRL-Williamsburg Salt Spa & Cave* 2:00-FCR-Shuffleboard 2:00-CGR-Parkinson's Support Group 3:00-RAP-Praying the Rosary	2:00-AUD-Movie Matinee: Being There* 2:30-FCR-Cornhole	
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 12:00-FRL-William & Mary Herbarium & Greenhouse Tour* 1:00-AR2-Watercolor Class	11:00-AUD- Health Seminar with Dr. Brian Scott: Neuropathy & Falls* 7:00-CGR-Poker Group	2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary 4:00-AUD-Entertainer Phil McKenny brought to us by Grace Church Friends & Fellowship	11:00-AR2-Art with Amy: Step by Step Acrylic Painting for Beginners* 2:30-FCR--Cornhole Deadline for Gazebo Gazette Articles	
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	10:30-FRL- Gabriel Archer Tavern and Williamsburg Winery* 1:00-AR2-Stitching Stars Quilting Group 4:00-AUD-Bingo-Pizza Party* 7:00-CGR-Poker Group Last Day to Change Meal Plan	10:00-AUD-Community Meeting: Budget 1:00-AR2-Art with Amy: Dutch Acrylic Pour* 2:00-FCR-Shuffleboard 3:00-RAP-Praying the Rosary	9:00-FRL-Mariner's Museum Newport News & Lunch* 2:00-AUD-Movie Matinee: Cry Macho* 2:30-FCR--Cornhole	
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:30-AR2-Update with Stuart 4:00-CGR-Darts	9:00-FRL-Shopping at Trader Joes & Lunch at Old City BBQ* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Harvard Lecture Series: Justice with Michael Sandel* 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	JANUARY 2023			

- 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

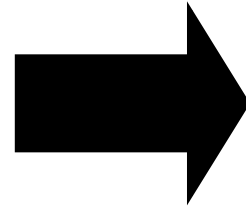
In 2023 at RWC, we will be focused on the four aspects of life at RWC as I shared at the Resident Annual meeting recently. These four areas include resident life and experiences; staff and processes; facilities, equipment and infrastructure; and business and financial management systems and processes.

Soon, the Quality of Life committee and senior leadership will be reviewing the Resident Engagement Survey results from the survey this fall. That will provide insights and suggestions as to how we can better engage and improve upon the resident experience. We will continue to focus on retention and recruiting staff members to provide the care and services necessary. We plan to begin a phased approach to the interior renovations in the Chesapeake Center in 2023, and we are evaluating generators to replace and upgrade emergency power for the Chesapeake Center complex. Having retired over 40% of our outstanding long-term debt, we enter 2023 with lower interest expense. This will help counteract some of the continuing inflation we expect to be with us through 2023.

In January we will hold a Community Meeting on Thursday, January 26 at 10:00 AM in the Auditorium to review the budget for the coming fiscal year. We have been actively engaged with the Resident Finance committee on this already as is our custom.

I had planned to hold Updates with Stuart on a bi-weekly basis in the coming year; however, after considering that further, I will plan to at least start the year holding the Updates on a weekly basis at the usual time – Monday at 2:30 p.m., in Art Room 2. The first Update will be January 9th (no Update on January 2).

I was reminded today by a thought that the key to happiness is not necessarily having the best situation, but making the best of the situation (*adapted from Marie Forleo*). May that be our encouragement and inspiration for the new year.



**COMMUNITY MEETING:
ANNUAL BUDGET
THURSDAY, JANUARY 26
10:00 AM—AUDITORIUM**

VOTE FOR RWC AS BEST RETIREMENT COMMUNITY

Be sure to vote for Rappahannock Westminster-Canterbury as the best retirement community in the eastern region in the Best of Virginia Readers' Survey at <https://www.virginialiving.com/vote2023/> Jan.2 through **Jan. 31!** You can vote in just one category or all 104. The best retirement category is No. 86. Be sure to vote in the Eastern Region! If you do not click "**Submit,**" your votes will not be counted. Limit **one** ballot per person. Encourage your friends and family to vote too!

HERITAGE SOCIETY

Tax season is quickly approaching and it is a good time to think about updating all of your legal documents like wills, trusts, advance directives, and so on.

As you think about tax benefits this season, consider making a planned gift to RWC through the Foundation Heritage Society. The Heritage Society is a group of individuals who have decided to recognize RWC as a beneficiary of their will, trust, or estate planning vehicle. It is an important opportunity to create a legacy and continue supporting RWC in the future. A Heritage Society gift ensures support for future generations.

Did you know that you can make a Qualified Charitable Donation to RWC? If you will need to make Required Minimum Distribution from your IRA plan, maximize your tax benefits from year to year by making RWC a beneficiary. Talk to your financial advisor as you consider RWC in your charitable endeavors.

ANGEL TREE DRIVE

Thank you to everyone who participated In the Angel Tree Drive this year! As of 12/19/22, the Foundation has raised over \$4,555 toward the Fellowship Fund. Your funds will help assist residents like you who need a financial helping hand. Your generosity is greatly appreciated.

NEW NEIGHBORS....CONTINUED FROM COVER PAGE.



Constance "Connie" Fullerton moved into Apartment 103. Connie was born in Norfolk, VA and attended high school at Norview High School. Her family

moved to Matthews, VA. She then attended Tappahannock Community College. She didn't graduate from college but put applications in to the state department and the CIA. She was accepted by both. "I flipped a coin and went with the CIA." She loved her job and learned so much. Connie met her husband while working at the CIA. He worked there for 42 years. She has lived in Kilmarnock since 2003. Prior to living in Kilmarnock, she and her husband lived in Northern Virginia where she worked for the government for 25 years. They were married for 30 years. Connie has 2 biological children, 4 step-children, 10 grandchildren and 5 great-grand. Her children live in Matthews and Farnham, VA. Her step-children live in northern Virginia and North Carolina. Connie was a caregiver for her husband a very long time. It exhausted her, but she reached out to support groups that helped her tremendously. "My exercise class has been the best influence for me," Connie said. She likes to sew, working outdoors, refinishing furniture, reading, and walking. She loves to fish. She looks forward to reinventing herself and finding purpose. She is familiar with RWC's Fit to Move program and looks forward to coming to that class three times a week. She also is very anxious to start water exercise. She has one cat named Jesse James who is 7 years old. She is a member of Bayshore Baptist Church in Burgess, VA. and attends regularly.

FIRST FRIDAY FORUM :DR. TRACEY GENDRON, CHAIR AND ASSOCIATE PROFESSOR, DEPARTMENT OF GERONTOLOGY AND EXECUTIVE DIRECTOR, VIRGINIA CENTER ON AGING

Friday, January 6—8:30 AM—Auditorium Sign up Required—LIMIT 50 Special Dietary Needs, please call Ext. 4017 24 in advance.

Dr. Tracey Gendron serves as Chair for the Virginia Commonwealth University Department of Gerontology, as Director for the Virginia Center on Aging and is the author of Ageism Unmasked: Exploring Age Bias and How to End It. With over 25 years of experience as a grant-funded researcher and nationally recognized speaker, Tracey is dedicated to raising awareness and ending ageism through education. Tracey has a Master's degree in Gerontology, a Master's degree in Psychology, and a Ph.D. in Developmental Psychology.

HEALTH SEMINAR WITH DR. BRIAN SCOTT: NEUROPATHY & FALLS*

Wednesday, January 18—11:00 AM—Auditorium Sign-up Required LIMIT: 60

The Surprising Cause of Poor Balance and Loss of Independence! Don't let a bad fall take away your independence! Join Dr. Brian W. Scott, D.C., BCN, CFMP to learn how to strengthen the connection between your brain and your feet and uncover the cause of unexpected falls. Find out if you are wired for a fall and what you can do to reduce your risk.

Learn about the Brain/Feet Connection • Why 1 out of 4 Seniors Will Fall This Year • Medications May Not Be Your Answer • Learn What Commonly Causes Falls • Why Balance Class May Not Prevent A Fall • Hear Real Solutions to Help You Stay On Your Feet!

WILLIAMSBURG SALT SPA & CAVE***Thursday, January 12—1:00 PM—Front Lobby****Sign-up Required, LIMIT 8****Cost: \$20.00 for a 45 minute session****Our session is private.**

Salt cave/salt therapy sessions help with Allergies, Asthma, chronic or temporary respiratory tract inflammations, COPD, Sinusitis, Bronchitis, Cystic Fibrosis, Depression and Weakened immune system.

The History of Salt Therapy: In 1843 doctor Felix Boczkowski theorized that the air in the salt mine in Wieliczka, Poland caused healing effects on people with pulmonary and respiratory problems. Today the Wieliczka Salt Mine located in Poland operates as the largest Underground Rehabilitation and Treatment Center. They are the world leader in providing treatment of respiratory diseases by combining both the natural microclimate of the underground salt excavations and the best practices of contemporary medicine. Using the Wieliczka model, the Williamsburg Salt Spa has imported over 15 tons of therapeutic salt from Poland and the Himalayas region. The appearance and structure of the mine excavation has been reproduced with extraordinary care, including temperature, humidity, and the unique microclimate that prevails in the mine. During your 45 min therapeutic session you will improve your health by relaxing in comfortable recliners, listening to the soothing sounds of music, and breathing air that is saturated with these beneficial minerals.

WILLIAM & MARY HERBARIUM & GREENHOUSE TOUR***Tuesday, January 17—12:00 PM—Front Lobby****Sign up Required, LIMIT 13****Cost: FREE****Please eat an early lunch before departure.**

The herbarium of William & Mary (WILLI) was formally organized in 1968, and has since grown to over 81,500 accessioned specimens representing most of our regional vascular plant species. About one half of our collection has been

generated by faculty and student research which includes the production of 29 floras and a diversity of other projects. The remainder of the collection has been generated by exchanges with other herbaria, and gifts from individuals and agencies such as the Virginia Natural Heritage. Our focus is on the southeast U.S., with special emphasis on Virginia's Coastal Plain Physiographic Province.

LUNCH AT GABRIEL ARCHER TAVERN AND WILLIAMSBURG WINERY***Wednesday, January 25—10:30 AM—Front Lobby****Sign up Required, LIMIT: 13**

Your unforgettable culinary experience awaits at Gabriel Archer Tavern, our European-inspired, full-service dining establishment that offers a true farm-to-table experience.

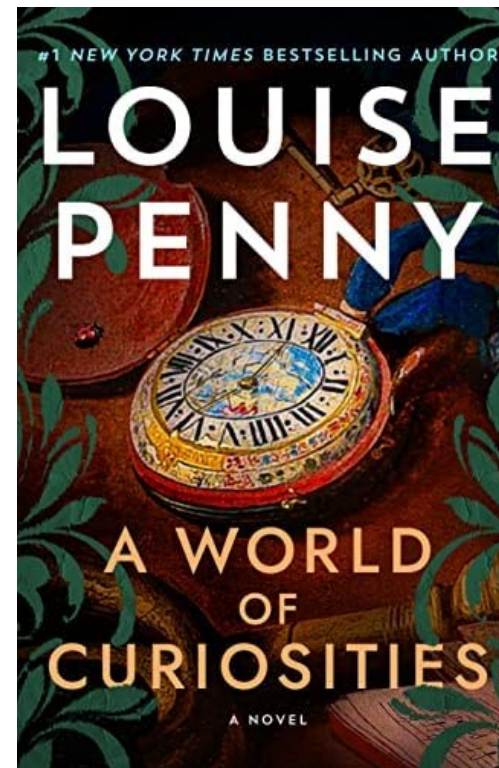
Pull up a chair to celebrate the flavors that define Coastal Virginia while simultaneously showcasing the world-class bounty found throughout the Commonwealth.

MARINER'S MUSEUM NEWPORT NEWS & LUNCH AT AAGO INDIAN/NEPALESE RESTAURANT & BAR***Friday, January 27—9:00 AM—Front Lobby****Sign-up Required, LIMIT: 13****Cost: \$6.00 + Lunch**

Explore the Museum!! The Mariners' Museum is a place to explore, learn, have fun, and above all else—connect to the world's waters and to one another. We will have a docent guided 2 hour tour. We will dine at Aago Indian/ Nepalese Restaurant & Bar. A comfortable restaurant serving familiar India and Himalayan fare such as fish curry & biriyani.

SHOPPING AT TRADER JONES & LUNCH AT OLD CITY BBQ***Tuesday, January 31—9:00 AM—Front Lobby****Sign-up Required, LIMIT: 13**

Old City Barbeque is a laid-back restaurant offering nose-to-tail BBQ, sandwiches & platters, plus hearty sides.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Louise Penny's 18th book, *A World of Curiosities*, is the RWC Library Book Group's January selection.

Two copies of the book are on top of the desk at the back of the library for Book Group readers. Read the book, return it quickly, and join us to talk about this strange book on **January 23, 2023 at 10:30 a.m. in the Rappahannock Room.**

Meet our Library personnel—Shelvers, who take the returned books and put them back on the shelves, are Kerley LeBoeuf, Susan McKenna, Rosemarie Forcum, Bill Estell and Katherine Lantz. Sally LeBoeuf and Ann Wiggins help the Assisted Living readers with securing and returning books, Al Smyth puts out fresh books in public spaces, and Ann sends boxes of Paperbacks to Troops.

When new books arrive, Kent McCraney, Michelle Blank, and Kerley enter the data in the computer, which prints labels. Katherine puts labels on library cards and in each book. Our computer has been on its last legs for some time, and RWC's John Sites and Nick Cayton helped bring the new-to-us replacement computer on-line.

Kerley, who gave us the memorable tag-line, "Come On Up And Check Us Out," photographs the books and partners with RWC's Amy Lewis to see that all of RWC knows about our new books.

Pat Kirby and Katherine Lantz are our Inventory Persons, identifying books to be discarded. With the help of Tom and Larry of RWC Maintenance, Katherine takes discarded books to the Annapolis Rotary's over-seas books project. Pat Kirby is also the one who identifies those with an Overdue Book, and it is Madame Librarian who sends out Over-Due Book notices.

What's special about the RWC Library? For all the aging eyes among us, 25 percent of our Fiction and Mystery books are Large Print! And, in 2022, 33 of the library's new-to-us books were published in 2022!

The Library welcomes the New Year with Ruth Fisher's 2023 Calendar of photographs of the Northern Neck and surroundings!

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." — Edith Lovejoy Pierce

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

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves." — Bill Vaughn

"It wouldn't be New Year's if I didn't have regrets." — William Thomas

"Life has no remote, so wake up and change it." — Sushil Singh

One thing becomes clear from this simple sampling of quotes: there can be vastly different perspectives on the New Year. But it seems to me that all the different ways of thinking about the year to come fall into two categories: hope and fear.

Hope: that I can learn and grow as a person, that I can expand my impact and develop my legacy, that things can be better, that the world can become a better place. Even serious challenges can fall into this category because of the hope that I will somehow rise to them. And then there's fear: that on the one hand the New Year will bring more of the same. How will I possibly deal with that? How can I continue on? Or, on the other hand, fear that things will not continue on but will change, and perhaps drastically so. How will I possibly deal with that?! Change, of any kind, can be stressful. Hope and fear: very different ways of looking at the same thing. But even hope itself can bring with it the fear that my hopes might not be realized. There must be a better way. I'm thinking of a third category which can stand completely on its own. It is the category of promise: that in the difficulty of any and all sameness, God will be with you. And in the face of any and all change, God will be with you. Promise: "Do not fear, for I am with you; be not anxious, for I am your God. I will strengthen you; I will help you; I will uphold you with my righteous right hand...Do not be afraid; do not be dismayed, for the LORD your God will be with you wherever you go." (Isaiah 41:10; Joshua

1:9) So here's my wish, my prayer for you in the New Year to come: "The Lord be with you." Its fulfillment is surely as certain as the blessing itself.

Chaplain Greg Houck

A NOTE OF THANKS

Many thanks to all for your generous contributions to our Annual Thanksgiving Offering.

Gifts of \$2727.00 were received!! This will make such a difference in the lives of many in our area who are in need. What a blessing it is to be a blessing to others!

ONGOING OPPORTUNITIES

Bible Study Group: Tuesdays at 11:00AM in the Corotoman Room. Topic: "The Minor Prophets of the Old Testament." Chaplain Houck is leading the study. We hope to see you there!

Sunday Worship: meeting 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 January 11th. Come and join us for another great meeting. All are welcome!

IN MEMORIAM:

MR. WILLIAM MCGLASSON
DECEMBER 7, 2022

MRS. VIRGINIA HOLTON
DECEMBER 16, 2022

MRS. HELEN WITHERS
DECEMBER 22, 2022

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

RESIDENT ASSOCIATION BOARD MEETING

WEDNESDAY, JANUARY 4
10:00 AM—AUDITORIUM
ALL ARE WELCOME!!!

NEW YEAR DAY BRUNCH

11:00 AM—1:30 PM

No reservations required

Salad Bar

Black Eye-Pea Soup

Smoked Salmon Eggs Benedict w/ Pepper Bacon-or Chicken and Belgium Waffles w/ Maple Syrup

Rosemary Roasted Rib Roast w/ Burgundy Button Mushrooms

Roasted Brussel Sprouts w/ Cranberries

Broccolini w/ Lemon Zest Butter

Tri-Colored Potato Hash

Asst. Desserts

Champagne

Dinner Roll

NEW YEAR'S DAY BOXED TO-GO DINNERS

Order by 3:00 pm

Pick-up by 5:00 pm

Call Ext. 4516 to order

Triple Scoop Salad (Tuna, Chicken and Egg Salad)

Fresh Fruit

Muffin

Crackers

Brownie

HAPPY NEW YEAR!

Thank you to all Residents and Staff for your support of the events of 2022 sponsored by the Activities Committee.

Your suggestions, ideas and comments are always welcome as plans will be made for

the coming year. That way the committee knows what is important and desired.

Please submit to Mary Bennett (414) or Helene Braatz (828) for evaluation and inclusion.

MEAL DELIVERY

If you are unable to walk up to get your meals, or you have a change in your health condition, then a nurse in the clinic may offer free meal delivery. The meal does come off your meal plan; however, the delivery fee is waived. Please be aware that this service is only for a limited period of time and depends on the reason for the exception. If you have any doubt about the length of duration, please ask the nurse at the time. Once the length of time has passed, the delivery fee will be reinstated at the standard charge of \$3.75 for 1 person or \$5.00 for a couple.

MEAL PLAN CHANGES

Meal Plan Change must be made by the 25th 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.

BINGO-PIZZA PARTY*

Wednesday, January 25—4:00 PM

Auditorium

Sign-up Required LIMIT: 70

Cards are \$3.00 each.

WELCOME TO THE LIFE ENRICHMENT PAGE

UPDATED FITNESS AND CLASS HOLIDAY SCHEDULE

MONDAY, DECEMBER 26—CLOSED

FRIDAY, DECEMBER 30—OPEN REGULAR HOURS

MONDAY, JANUARY 2—OPEN REGULAR HOURS

CREAMY CHICKEN NOODLE SOUP WITH ROTISSERIE CHICKEN HEALTHY

Ingredient Checklist

- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 2 cups chopped yellow onion (from 1 large onion)
- 1 cup chopped carrots (from 2 medium carrots)
- 1 cup chopped celery (from 2 large stalks)
- 1 ¾ teaspoons kosher salt
- 3 tablespoons all-purpose flour
- 4 cups unsalted chicken stock
- 4 cups whole milk
- 4 ounces uncooked whole-wheat egg noodles
- 3 cups coarsely chopped rotisserie chicken breast (from 2 rotisserie chickens)
- 1 cup frozen green peas

Directions

Melt butter with olive oil in a large Dutch oven over medium-high heat. Add onion, carrots, celery and salt and cook, stirring often, until vegetables are slightly softened, 6 to 8 minutes. Add flour and stir to coat. Stir in broth and milk and let mixture come to a boil. Add uncooked noodles to boiling mixture. Cover and cook until noodles are al dente, about 8 minutes. Stir in chicken and peas and cook until pasta reaches desired doneness and chicken and peas are warmed through, about 1 to 2 more minutes. Serve immediately.

Nutrition Facts

Serving Size:

1 1/4 cups

Per Serving:

258 calories; protein 23g; carbohydrates 24g; dietary fiber 4g; sugars 7g; fat 9g; saturated fat 4g; calcium 101mg; potassium 422mg; sodium 730mg.

<https://www.eatingwell.com/recipe/275923/creamy-chicken-noodle-soup-with-rotisserie-chicken/>

JANUARY HEALTH TIP:

After all of the running around and business of the Holiday Season, January is a great month to think about stopping to take a deep breath.

Taking time to do some deep breathing is good for you

Wellness Staff members

Jonathan Smith: email jsmith@rw-c.org ext. 4290

Jordan Smith: email fit1@rw-c.org ext. 4852

Macey Augst: email fit2@rw-c.org ext. 4852

Angie Jackson: email ajackson@rw-c.org ext. 4852

in so many ways. It makes your heart stronger, strengthens your immune system, releases toxins, destresses you and makes you happy!

4 easy steps to practice healthy breathing:

1. Get comfortable ...either lying down or seated
2. Put your hand on your stomach so you can feel the expansion and contraction.
3. Inhale deeply through your nose, expanding your abdomen and filling your lungs with air. Count to 5 slowly as you inhale.
4. Hold this breath for 2-3 seconds.

Exhale slowly through your mouth and empty your lungs completely. Count to 5 slowly as you exhale.

Start this exercise for a few minutes once or twice a day....you can work your way up to 10-15 minutes
Happy Breathing!! Angie

FEATURED EQUIPMENT: ARM BIKE

The arm bike is a versatile machine in the fitness center that provides a full-body workout.

You can choose whether you want to use your arms only, your legs only, or both your arms and legs at the same time.

This provides you with a full-body workout that is great for cardiovascular fitness.

Additionally, this is a great machine to use for a cardiovascular workout without using your legs.

This machine is a great option if you are looking for a low impact workout that decreases stress on your joints.

The seat provides support for the low back and can recline for a comfortable and customizable ride.

See us in the fitness center and we will get you set up on the arm bike!



MAKING SNOWMAN DOOR HANGERS*

Wednesday, January 4—2:00 PM—Art Room 2
Sign-up Required LIMIT: 8

MAKING SNOWFLAKES*

Friday, January 6—1:00 PM—Art Room 2
Sign-up Required LIMIT: 8

ART WITH AMY: STEP BY STEP ACRYLIC PAINTING FOR BEGINNERS*

Friday, January 20—11:00 AM—Art Room 2
Sign-up Required LIMIT: 8

ART WITH AMY: DUTCH ACRYLIC POUR*

Thursday, January 26—1:00 PM—Art Room 2
Sign-up Required LIMIT: 8

SOUND BATH & SOUND HEALING*

Wednesday, January 11—3:00 PM
Fitness Class Room

Sign-up Required LIMIT: 13

Enjoy a sound meditation as you relax with Tibetan Singing Bowls, Crystal Singing Bowls, an Angel Harp, a Rain Stick, Drums, etc. You may relax on a yoga mat with a blanket and pillow or you may sit in a chair. Please arrive 10 minutes early.

MOVIE MATINEE: BEING THERE*

Friday, January 13—2:00 PM—Auditorium
Sign-up Required

1979 PG 2h 10m

The uncomplicated life of simple-minded Chance is changed after a run-in with wealthy Eve, and soon his "wisdom" -- mostly garden related -- has Washington's political elite hailing him as brilliant.

Cast: Peter Sellers, Shirley MacLaine, Melvyn Douglas, Jack Warden, Richard Dysart, Richard Basehart, David Clennon

ENTERTAINER PHIL MCKENNY BROUGHT TO US BY GRACE CHURCH FRIENDS & FELLOWSHIP

Thursday, January 19—4:00 PM—Auditorium

Grace Episcopal Church invites you to enjoy entertainer, singer and artist Phil McKenny.

HARVARD LECTURE SERIES: JUSTICE WITH MICHAEL SANDEL*

EVERY Tuesday, January 24 through April 11
11:00 AM—Chesapeake Game Room

Sign-up Required

Justice: What's The Right Thing To Do? Episode 01
"THE MORAL SIDE OF MURDER"

Justice: What's The Right Thing To Do? Episode 02:
"PUTTING A PRICE TAG ON LIFE"

Justice: What's The Right Thing To Do? Episode 03:
"FREE TO CHOOSE"

Justice: What's The Right Thing To Do? Episode 04:
"THIS LAND IS MY LAND"

Justice: What's The Right Thing To Do? Episode 05:
"HIRED GUNS"

Justice: What's The Right Thing To Do? Episode 06:
"MIND YOUR MOTIVE"

Justice: What's The Right Thing To Do? Episode 07:
"A LESSON IN LYING"

Justice: What's The Right Thing To Do? Episode 08:
"WHAT'S A FAIR START?"

Justice: What's The Right Thing To Do? Episode 09:
"ARGUING AFFIRMATIVE ACTION"

Justice: What's The Right Thing To Do? Episode 10:
"THE GOOD CITIZEN"

Justice: What's The Right Thing To Do? Episode 11:
"THE CLAIMS OF COMMUNITY"

Justice: What's The Right Thing To Do? Episode 12:
"DEBATING SAME-SEX MARRIAGE"

MOVIE MATINEE: CRY MACHO*

Friday, January 27—2:00 PM—Auditorium
Sign-up Required

2021 PG-13 1h 44m

In 1978, a one-time rodeo star and washed up horse breeder takes a job from an ex-boss to bring the man's young son home and away from his alcoholic mom. Crossing rural Mexico on their way back to Texas, the unlikely pair faces an unexpectedly challenging journey, during which the world-weary horseman may find his own sense of redemption through teaching the boy what it means to be a good man.

Cast: Clint Eastwood, Eduardo Minetti, Natalia Traven, Dwight Yoakam, Fernanda Urrejola, Horacio Garcia-Rojas