



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 38, Issue 7

JULY 2023

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT

BEGINNING JUNE 29 AT THE LIFE ENRICHMENT CENTER LOBBY.

RESIDENT ASSOCIATION BOARD MEETING

Wednesday, July 5—10:00 AM—Auditorium

FORMER NEWSPAPER REPORTER PERFORMING AS MARK TWAIN *

Wednesday, July 5—3:00 PM—Auditorium

Sign-up Required

Gary Robertson bears a striking resemblance to the 19th century American writer and humorist

Retired Richmond newspaper reporter Gary Robertson bears a striking resemblance to 19th century American writer and humorist Mark Twain, so it's only natural that he found a fun hobby performing as the character over the last decade – mostly for retirement communities. Sign-up is required, but his talk is free and open to the community.

Mark Twain was once described as the “Lincoln of our literature.” He had little formal schooling. Life was his classroom, and he made the most of it. He was a printer, a newspaper reporter, a miner, a novelist and, foremost in his mind, a steamboat pilot.

And he was full of good advice. For example, he once said:

“Few things are harder to put up with than the annoyance of a good example.”

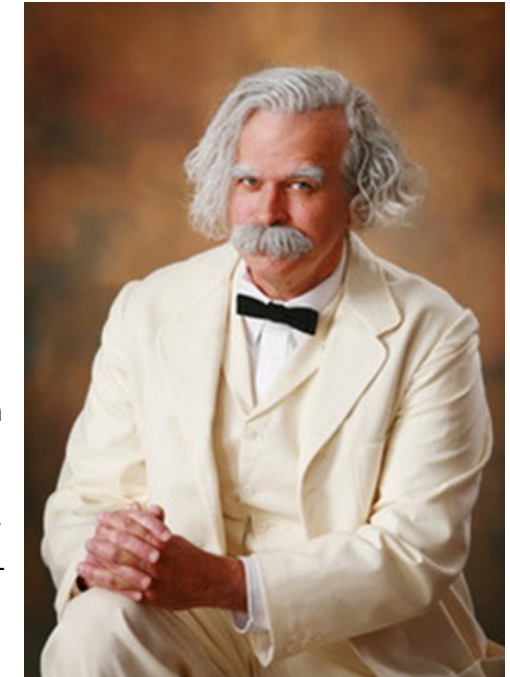
At his zenith, Mark Twain was the best-known American in the world.

Robertson said he has always enjoyed Twain’s widely shared quotations.

“Many years after his death (1910), his quotes and much of his writing still has relevance,” Robertson said. My favorite is, ‘Give every day the chance to be the most beautiful day of your life.’ ”

Robertson says, “I am not a Mark Twain scholar, but I’ve read his most popular books, along with many of his essays, short stories and newspaper accounts.”

Twain was a prolific writer until his death – some would say even after his death.



“He insisted that his last book, his two-volume autobiography, would not be published until 100 years after his death,” Robertson said. “The content is fiery in parts and reveals another side to Twain, but you will have to read it for yourself.”

Robertson has performed in

Virginia, Maryland, North Carolina and Louisiana, including substituting for another Mark Twain impersonator on a luxury riverboat. Cumulatively, those were his largest audiences.

“My favorite story about Mark Twain is that when he was 59 years old (then known as Samuel Clemens), he was broke. Several of his millionaire friends offered to pay off his debts from bad investments, but he insisted on doing that himself. He went on a multi-year speaking tour of the British Empire beginning in 1895, and then wrote a travelogue about it, ‘Following the Equator.’ He paid off his debts with income from the book and the speaking tour, and won wide praise for his efforts, becoming more popular in the U.S. and abroad.”

At Robertson’s RWC performance, residents and guests can expect to see his version of Mark Twain, drawn from his various writings and speeches. Community members can call Tammy Jo at 804-438-4350 to sign up and attend the performance.

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

Contact us: 804-438-4000

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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JULY 2023

						1							
1:00-CGR-Campbell Memorial Presbyterian Church Communion 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	2	10:15-FRL-Irvington 4th of July Parade* 10:30-AUD-Caregiver's Parkinson's Support Group 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 2:00-FRL-Shopping at Walmart & Dollar Tree* 4:00-CGR-Darts	3	FOURTH OF JULY 4th of July Brunch 11:00 AM—2:00 PM GRILLE CLOSED FOR DINNER 10:00-AR2-Chat & Craft	4	10:00-AUD-Resident Association Board Meeting 11:00-AR1-Grocery Pick Up 3:00-AUD-An Afternoon with Mark Twain* 7:00-CGR-Poker Group	5	1:00-AR2-How to Decoupage & Weatherproof Terra cotta Pots, Part 1* 3:00-RAP-Praying the Rosary	6	8:30-LAN-First Friday Forum: John Sites Talks About Artificial Intelligence* 1:00-AR2-How to Decoupage & Weatherproof Terra cotta Pot, Part 2* 2:30-FCR--Cornhole	7	5:00-FRL-Music by the River*	8
4:00-CH85-Sunday Worship	9	9:30-FRL-Pontoon Boat Ride* 1:00-CGR-Catch Phrase 1:30-FRL-Pontoon Boat Ride* 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group	10	10:00-AR2-Chat & Craft 10:00-FRL-Shopping* 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-FCR-Having a Ball Exercise Class 1:00-AR2-Watercolor Class 1:00-FRL-8 Shires Coloniale Distillery*	11	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support Group 1:00-AR2-Craft: Making Coffee Filter Tiny Dancers* 7:00-CGR-Poker Group	12	10:00-LAN-Food Committee Meeting 1:30-FRL-Tour of Historic Christ Church* 3:00-RAP-Praying the Rosary	13	2:00-AUD-Movie Matinee: The Bookshop* 2:30-FCR--Cornhole	14		15
4:00-CH85-Sunday Worship	16	10:00-FRL-Shopping* 11:00-AR2-Creating a Clay Face Mask Wall hanging, Part 1* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	17	10:00-FRL-Narrated Norfolk Naval Boat Cruise* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	18	10:45-FRL-Shakti Ariel Yoga 1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Poker Group	19	DEADLINE FOR GAZEBO GAZETTE ARTICLE 10:00-FRL-Virginia Institute of Marine Science Trip* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends	20	11:00-AR2-Creating a Clay Face Mask Wall hanging, Part 2* 2:00-AUD-Movie Matinee: The Father* 2:30-FCR--Cornhole	21		22
4:00-CH85-Sunday Worship	23	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Grp 2:30-AR2-Update with Stuart 2:15-FRL-Trip to Level Up Dog Sports & Dinner* 4:00-CGR-Darts	24	LAST DAY TO CHANGE MEAL PLANS 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-FCR-Having a Ball Exercise Class 1:00-AR2-Watercolor Class	25	12:00-FRL-Wagsters Magic Theatre* 7:00-CGR-Poker Group	26	1:00-MSP-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary	27	10:00-FRL-Gem & Fossil Mining Adventure in Lively, VA* 2:00-AUD-Movie Matinee: Everything Everywhere, All at Once* 2:30-FCR--Cornhole	28		29
4:00-CH85-Sunday Worship	30	10:00-FRL-Shopping* 11:00-AUD-Lecture with Jonathan Edlow: Lyme Disease* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	31										

- KEY**
APT
Apartment Lobby
AR1
Art Room #1
AR2
Art Room #2
ATR
Atrium
AUD
Auditorium
BLR
Boiler Room
CGR
Chesapeake Game Room
COR
Corrotoman Room
CPL
Chapel
DRB
Dining Room Breezeway
FCR1, 2 or 3
Fitness Classroom #
FPL
Front Parking Lot
FRL
Front Lobby
GAL
Gallery Hall
HOB
Hobby Room
KCT
King's Court
LAN
Lancaster Room
LEC
Life Enrichment Center
LIB
Library
LVG
Lakeview Grille
MSP
Main Street Pub
OTR
Outpatient Therapy Room
RAP
Rappahannock Room
RCL
Resident Clinic
TGP
Thomas Garden Patio
WCN
Westbury Center
WCR
Westbury Club Room

GREETING FROM THE PRESIDENT & CEO

We approach mid-year having enjoyed a rather unusual spring weather-wise for Virginia. Temperate weather and a creative Life Enrichment team bring a calendar full of trips and excursions to interesting places and new dining venues. I enjoy traveling vicariously with you through the wonderful pictures that arrive after each trip. There is new programming to enjoy in the Life Enrichment Center on both the arts/crafts and hobby side as well as the Fitness side.

Resident gardens are in full swing, and our campus looks beautiful with tolerable weather offering more time to enjoy the trails and the Lake. We are blessed with an expansive campus to enjoy in so many ways. When you think about it, we are blessed in so many ways at RWC. I am sure you could fill several pages with blessings. Surely, we are not free from challenges and trials, but we are strengthened for those journeys through the power of the blessings and opportunities we experience. I wish all a great summer season at RWC as you make the most of each day.

**SCHEDULE CHANGES/
CANCELLATIONS DUE TO JULY 4TH
HOLIDAY**

**MONDAY, JULY 3—SHOPPING AT
WALMART & DOLLAR TREE WILL
DEPART AT 2:00 PM**

**UPDATE WITH STUART JULY 3 IS
CANCELLED**

**ALL AFTERNOON FITNESS CLASSES ON
JULY 4 ARE CANCELLED.**

**COUNTRY STORE GROCERY ORDERS WILL
BE READY FOR PICK-UP WEDNESDAY,
JULY 5**

**SHOPPING ON MONDAY, JUNE 10 HAS
BEEN MOVED TO TUESDAY, JUNE 11**

**FIRST FRIDAY FORUM : JOHN SITES
TALKS ABOUT ARTIFICIAL GENERAL
INTELLIGENCE**

Friday, July 7 —8:30 AM—Lancaster Room

Sign up Required—LIMIT 50

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

AGI — short for artificial general intelligence — refers to technology that can perform intelligent tasks such as learning, reasoning and adapting to new situations in the way that humans do. John will talk about the types of AGI and the latest uses for it.

TELL YOUR FRIENDS!

RWC has several Birch Deluxe cottages available now, so please share this information with your friends! Each one is unique. Some have already been renovated and some are ready for updates. Some have one bath; some 1.5. Some of the cottages have extra storage space and some feature a screened-in porch. Perhaps it's more important to be closer to the main building or to have parking right outside. There is something for everyone in these Birch Deluxe cottages.

Special features include:

- Expanded living area
- 1,093 square feet
- Backyard patio
- All new appliances
- Covered walkway to the main building

Contact Lauren White at 804-438-4010 or lwhite@rw-c.org to schedule an exclusive tour. To find out more about the resident referral program, see the marketing team for more information.



MOVIE MATINEE: THE BOOKSHOP*

Friday, July 14—2:00 PM—Auditorium

Sign-up Required

England, 1959. Free-spirited widow Florence Green follows her lifelong dream by opening a bookshop in a conservative coastal town. While bringing about a cultural awakening through works by Ray Bradbury and Vladimir Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support of a reclusive, book-loving widower. As Florence's obstacles amass, she reminds herself that a town without a bookshop is no town at all.

1 hour, 57 minutes, Rated PG

MOVIE MATINEE: THE FATHER*

Friday, July 21—2:00 PM—Auditorium

Sign-up Required

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind, and even the fabric of his reality. 1 hour, 37 minutes, PG-13

**MOVIE MATINEE: EVERYTHING,
EVERYWHERE, ALL AT ONCE***

Friday, July 28—2:00 PM—Auditorium

Sign-up Required

Evelyn Wang, a flustered immigrant mother, is contacted from a parallel universe and told that only she can save the world. The unlikely hero must learn to channel her newfound powers and fight through the splintering timelines of the multiverse to save her home, her family, and herself in this big-hearted and irreverent adventure. Rated R, 2 hours, 12 minutes

**HOW TO DECOUPAGE &
WEATHERPROOF TERRA COTTA
POTS***

Thursday, July 6, PART 1

Friday, July 7, PART 2

1:00 pm—Art Room 2

Sign-up required LIMIT: 8

Must be able to attend both classes

**2 CHANCES TO TAKE A FREE
PONTOON BOAT RIDE***

Monday, July 10

9:30 AM—Front Lobby and

1:30 PM—Front Lobby

Sign-up Required LIMIT: 9

Shaun Thaxter, a member of the Rappahannock River Yacht Club is offering 2 opportunities for residents to take an easy cruise. The boat is partially shaded.

**TOUR OF HISTORIC CHRIST
CHURCH***

Thursday, July 13—1:30 PM—Front Lobby

Sign-up Required LIMIT: 13

COST:\$10.00

Historic Christ Church & Museum has been called a hidden gem. This extraordinary museum features artifacts, documents, displays, and exhibits that tell the story of Christ Church, its builders, and the Church of England in colonial Virginia within the context of early American settlement and the trans-Atlantic world.

**VIRGINIA INSTITUTE OF MARINE
SCIENCE IN GLOUCESTER &
LUNCH* (THIS TRIP IS FULL)**

Tuesday, July 20—10:00 AM—Front Lobby

Sign-up Required LIMIT: 13

Cost: \$ for Lunch

We will visit two labs, tour the Fish Collection as well as our Acuff Center for Aquaculture!

**CREATING A CLAY FACE MASK
WALL HANGING, PART 1 & 2***

Monday, July 17—11:00 AM—Art Room 2

Friday, July 21—11:00 AM—Art Room 2

Sign-up Required LIMIT 8

Must be able to attend both classes.

I will show you how to make clay portrait step by step. This is one of my favorite high school clay lessons because it gives so much creative freedom while covering a wide variety of sculpting techniques. Don't let being a beginner stop you from trying to make your own expressive clay portrait!

TIPS TO LOOK AFTER YOUR HUSBAND (EXTRACT FROM 1950 HOME ECONOMICS BOOK)

Have dinner ready early. Plan ahead, the night before, to have a delicious meal on time. This is the way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home and the prospects of a good meal are part of the warm welcome needed.

Prepare yourself. Take 15 minutes to rest so you will be refreshed when he arrives. Touch-up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work weary people. Be a little gay and a little more interesting. His boring day may need a lift.

Clear away clutter. Make one last trip through the main part of the home just before your husband arrives, gathering up school books, toys, paper, etc.. Then run a dust cloth over the tables. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too.

Prepare the children. Take a few minutes to wash the children's hands and faces (if they are small), comb their hair, and if necessary, change their clothes. They are little treasures and he would like to see them playing the part.

Minimize all noise. At the time of his arrival, eliminate all noise of washer, drier, dishwasher or vacuum. Try to encourage the children to be quiet. Be happy to see him. Greet him with a warm smile and be glad to see him.

Some don'ts. Don't greet him with problems or complaints. Don't complain if he is late for dinner. Count this as minor compared with what he might have gone through that day.

Make him comfortable. Have him lean back in a comfortable chair or suggest he lie down in the bedroom. Have a cool or warm drink ready for him. Arrange his pillow and offer to take off his shoes. Speak in a low, soft, soothing and pleasant voice. Allow him to relax-unwind.

Listen to him. You may have a list of things to tell him, but the moment of his arrival is not the time. Let him talk first.

Make the evening his. Never complain if he does not take you out to dinner or to other places of entertainment. Instead, try to understand his world of strain and pressure, his need to come home and relax.

The goal. Try to make your home a place of peace and order where your husband can renew himself in body and spirit.

MUSIC BY THE RIVER CONCERT SERIES AT BELLE ISLE STATE PARK*

Saturday, July 8—5:00 PM—Front Lobby

Sign-up Required Limit: 14

Bring own chair or blanket

Boxed dinners will be provided.

The Friends of Belle Isle State Park recently announced the 2023 Music by the River schedule. The family-friendly outdoor concerts are staged in the waterfront picnic area at Belle Isle State Park.

July 8, the Magnolia Blues Jazz Band of the 41st Army Band will visit—all the way from Mississippi. The program could include early 20th century, funk, bebop and modern jazz.

The shows are approximately two hours long. Picnics are welcome. A limited number of picnic tables will be available. Bring lawn chairs or blankets.

TRIP TO LEVEL UP DOG SPORTS & DINNER AT CHARRED HANOVER*

Monday, July 24—2:15 PM—Front Lobby

Sign up Required LIMIT: 13

Cost: \$ for dinner

Waiver must be signed by all residents who attend.

Level Up Dog Sports is Virginia's premier dog training facility with 18,000 square feet of dog-approved fun! Safe, top of the line equipment and footing ensure that their dogs stay happy, comfortable, and safe. They have a 65'x40' matted ring available for obedience, rally, and foundation agility classes. Remember, these dogs are working dogs in training and can not be petted without prior permission. Level Up is wheelchair accessible.

CRAFT: MAKING COFFEE FILTER TINY DANCERS*

Wednesday, July 12—1:00 PM—Art Room 2

Sign-up Required LIMIT: 10

These coffee filter dancers are SO PRETTY! And all we will use are markers, coffee filters and pipe cleaners. This is such a great coffee filter craft. Watching the science magic that happens when the colors bleed together. You won't believe you can make something so beautiful from coffee filters!

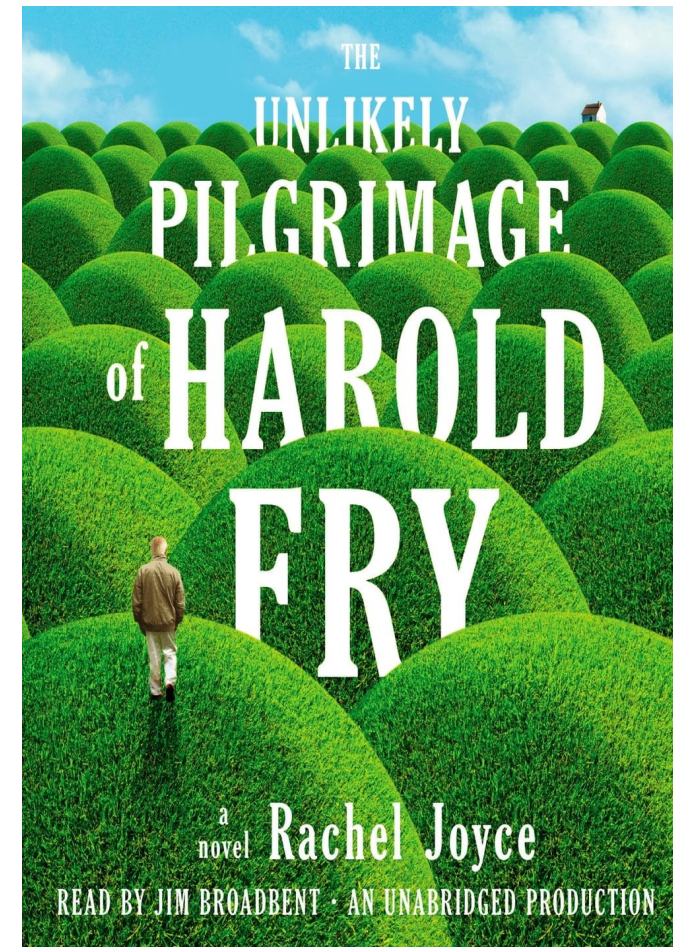
HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

COMPUTER PERSON OPPORTUNITY

If you like to be around **books**, read **books**, and know Excel **Workbooks**, you might join the RWC Library computer team.

Join Michelle Blank and Kerley LeBoeuf to be the third member of the team and cover the function every third month. What's involved? Entering new books in the Excel Workbook, printing labels, and backing up a few times during your month. (As a note, 208 new books were added to our collection in the first 5 months of 2023.)

Call Kerley (4171) for more information.



RW-C BOOK CLUB

We meet the 4th Monday of each month at 10:30 in the Rappahannock Room. Two copies of the selected book are available on the Book Club shelf at the back of the library. Take a copy, read and return in order to share with other members.

Our July selection is **"The Unlikely Pilgrimage of Harold Fry"** by Rachel Joyce.

A novel of unsentimental charm, humor and a profound insight into the thoughts and feelings we all bury deep within our hearts. A great read! Come join us. If you have questions please call Maxine Luxton Ext. 4200.

BOOKS NEW TO THE LIBRARY IN JUNE

Fiction: **"Simple Genius"** by David Baldacci donated by Meredith Townes; **"The Magnificent Lives of Marjorie Post"** by Allison Pataki; **"The Winter People"** by Jennifer McMahon.

Mystery: **"Storm Front"** By John Sanford; **"Righteous Prey"** by John Sanford donated by Tom Teeples; **"Distant Thunder"** by Stuart Woods donated by Tom Teeples; **"Escape"** by James Patterson.

History: **"World War II Map by Map"** by Smithsonian donated by Bill Lewisell; **"No Stopping Us Now"** by

Gail Collins; **"What Did You Do in the War Sister"** By Dennis J. Turner donated by Fred Luxton;

Biography: **"Lacocca"** by Lee Lacocca and William Novack donated by Claudia Holmes; **"Thomas Cranmer"** by Diarmaid Maculloch; **"Start, Stay or Leave"** by Trey Gowdy donated by Susan Hice.

**ALWAYS STAY TUNED TO TOUCHTOWN TV
(CHANNEL 85) FOR THE LATEST
INFORMATION**

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

THOUGHTS FROM THE CHAPLAIN

The time: early this recent May. The occasion: my younger son Chris's 35th birthday. We were following family tradition, or "precedent," in that for our older son's 35th birthday we planned a special outing, a long weekend, essentially of his choosing. Ben, our older, had wanted to do a long weekend golf outing with me and Chris. Three days, three rounds, with a lot of good food sprinkled throughout. Now, two years later, Chris chose to do something similar: two rounds, with a hike in the Blue Ridge on the day in between. He wanted to repeat a hike we had done together 15 years earlier: Old Rag Mountain. Remembering this hike from the past raised some ability concerns for me, concerns which were compounded by a sprained foot I'd recently been nursing. How exactly would that work? I calculated that this hike would involve approximately 30,000 steps. (I'm sure my math's not perfect, but you get the idea.) Could I realistically maintain such focus so as not to have one single misstep on a rock or root or slope the entire way? But on the other hand, all of that aside, how could I possibly say 'no'?

The Old Rag trail quickly ascends a couple thousand feet over the first couple miles, followed by a two-mile scramble across, over, under and through a boulder field, with plenty of climbing, crawling, jumping and outright sliding involved. Sound like fun? The intimidation factor though is the Park website which is full of disclaimers including warnings about requisite fitness and the ever-looming possibility of injury. They include a section on how they don't want to have to rescue you off the mountain because rescues are difficult, time consuming and costly. (If you ask, which Ben did, they'll tell you how many rescues they have to do every year.) Long story short and needless to say: more than surviving, and beyond truly challenging, I found it all downright exhilarating! In addition to some good stories to share, I came away with several lessons for life. Here's one of them:

Some of my fears were well-founded, some were not. The ascent was easier than I remembered, the rock scramble was longer, the descent was harder. But here's one of the main things I noticed: 15 years ago, though challenging, we basically just did it. Now,

15 years later (and older) I found myself at several points in the rocks asking for help: "Can you give me a hand? Could you give me a push?" At one point on the ascent, I said "Guys, I think maybe we should slow down a little." We did. Life changes. We change. We may slow down a bit; we'll all at different points need some help along the way. That's okay. Life goes on; we live in the present; we do what we can. We embrace and celebrate every step on the path of this beautiful, mystical and sacred journey called life.

Chaplain Greg Houck

ONGOING OPPORTUNITIES:

Bible Study Group: Tuesdays at **11:00AM in the Corrotoman Room.** We've begun a new study in "*The Gospel of John*." Chaplain Houck is leading the study. We hope to see you there!

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 **July 12th**. Grief comes to us in different ways and grieving can be a difficult and painful process. Our vision is that this group will be a help to us all as we navigate the troubled waters of personal loss. We are a safe space where we support one another by careful listening and genuine caring. All is held in the strictest confidence. We occasionally supplement our conversations with knowledgeable guest speakers who help to deepen our understanding of ourselves and of one another. We also often use as a point of reflection and discussion the book "Healing After Loss" by Martha Hickman. Copies of the book are made available at each meeting, as are other helpful resources. RWC resident Nancy Ellett leads the group together with resident Sherry Mann, in conjunction with the Office of the Chaplain. Please feel free to contact Nancy (804-438-4237) with any questions you might have. Come and join us for another great meeting. All are welcome!

IN MEMORIAM:

MRS. ANNE SCHUMACHER

JUNE 15, 2023

MRS. MARY TROTTER

JUNE 17, 2023

MR. ALLAN YOUNG

JUNE 22, 2023

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

In its continuing support of RWC residents, Culinary Services is affording us the opportunity to entertain friends and neighbors without any of the headaches of planning the meal, cleaning our home, or cooking and washing up afterwards. Culinary Services takes reservations for every other Friday evening in the Lancaster Room, our formal dining room. If you come at 5:00, you can then have plenty of time for conversation over a glass of wine and for a leisurely meal.

On Friday, June 16, eleven residents of the 700-block of connected cottages got together at two tables. It is the first time we have been together as a group since before the Pandemic and there are new members of the group who have moved in during that time. We are all from different backgrounds, different religious affiliations, careers, and interests. We knew each other, but didn't know each other. Would you believe that two of us grew up in the same town of 600 in Virginia, went to the same church, and did not know it until dinner that night!

Discover your own unknowns! Call Betty Polk at ext. **4016**. Check with her for specifics. Make a reservation for 2, 4, 6, or more. Maximum seating at a table is 6, but your group can be larger, seated at multiple tables. The 700's hope to see you there on July 14th. **We'll be back!**

CULINARY SERVICES

4TH OF JULY PICNIC

(THIS WILL BE A CHARGED MEAL)

Tuesday, July 4—11:00 am to 2:00 pm

Iceberg Lettuce Wedge Salad

Watermelon Wedge Salad

Grilled T-Bone Steak w/ Onion Straws

Grilled Knockwurst w/ Spicy Mustard and Sauteed Peppers or Sauerkraut on a Roll

Southern Fried Catfish Nuggets w/ Cajun Remoulade Sauce

Steamed Broccoli

Fresh Corn

Roasted Rosemary Potatoes

Nightingale Ice-Cream Sandwiches

Cold Brew

The Grille will be **CLOSED** for dinner July 4. "To-go" dinner boxes can be order by calling **Ext. 4816**.

Meals must be ordered by 3pm and picked up by 5:00 pm in the Grille.

Roasted Turkey, Swiss Cheese, and Cranberry Mayo on a Croissant Roll
Marinated Vegetable Salad
Fresh Strawberries
Chocolate Chunk Cookie

ACTIVITIES COMMITTEE

Please see featured the many events planned by Resident Life this month. Sign-up sheets are in the LEC so be sure to take note if interested in participating. Recently, the trips have been popular with a column set aside to be wait listed. You are promised excursions with details outlined in the Gazette, on Touchtown and with Amy's narratives on Youtube.

This month there will be exhibits in the Atrium curio cabinet by the mailboxes as well as in the LEC display showcases. These items are contributed by Residents and Staff either from their collections or from the many art classes offered to you by signing up. Many Residents, Staff and Visitors have noticed and given positive feedback for these efforts.

CULINARY REMINDERS

Leave of absences Meal Credits—To receive a meal credit you must be on a 30 or more meal a month plan and be absent at least 7 days.

Meal Plan Changes - 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

Green Containers—There is a serious shortage of green containers. Please be sure rinse and return any green containers to the grille.

WELCOME TO THE LIFE ENRICHMENT PAGE

MEET NEW FITNESS SPECIALIST RAJAA SHABAZZ



Rajaa joins the Fitness Team after working with the ALC Activities team. She has an extensive background and passion for physical fitness. And is currently pursuing her Master's Degree in health management. She is a certified Parkinson's Instructor, Silver Sneakers instructor and has experience in physical therapy.

ANGIE'S JULY HEALTH TIP:

As we head into the heat of the summer and are remembering the importance of staying hydrated, we need to keep in mind that we should try to limit sugary drinks. The number one source of added sugar in the American Diet comes from sugary drinks. This added sugar can increase our risk of Heart Disease and Type 2 Diabetes. So, when you are reaching for a drink this summer, grab a glass of water! Enjoy and stay cool.

CLASS SCHEDULE-TUESDAY JULY 4

9:00-9:30 FC 1,2&3 Dance Aerobics
10:00-10:45 Pool Aqua Aerobic Fitness
10:45-11:30 FC1,2&3 Chair Yoga B
1:30-2:00 Tai Chi is **CANCELLED**
3:00-3:30 Moving & Grooving is **CANCELLED**

EXERCISE

Exercise is a planned or unplanned activity that helps improve health. What is in an exercise program? You want to begin with a warm-up. A warm-up is 5 to 10 minutes in length. This will help get your blood flowing and your body temperature up. This helps keep you from getting injured and will help you perform better. After you have completed the warm-up, you will begin your exercise program. This program depends on what your goals are and how to obtain them. This could include strength training, cardiovascular exercise, balance and core exercises. After you finish these exercises, you should do a cool down. This would include a slow walk and stretching. When you are done with these exercises you are done.

SHAKTI AERIAL YOGA*

Wednesday, July 19—10:45 AM—Front Lobby
Sign-up Required LIMIT: 13

Take a tour of the newest trend in yoga. We also get a demonstration of ariel yoga. Shakti Aerial Yoga, located in the heart of Northern Neck, Kilmarnock, is a sacred sanctuary; a place to be fully present with your mind, body and soul through aerial yoga, meditation, and movement practices.

HAVING A BALL CLASS CONTINUES INTO JULY*

Tuesday, July 11 —1:00 PM—Fitness Class Room
Tuesday, July 25-1:00 PM—Fitness Classroom

This class can be done seated or standing. Great for balance, building core and arm strength and hand-eye coordination. We never sit on the therapy balls. No sign up required.

CROQUET

If you are interested in playing croquet, the court is ready for play. Please call Jonathan at 4290 and let him know who your partner will be. We will make a list of teams and make it available to everyone.

ORIENTATION

Our orientation process is to help you understand how the Wellness Department works and for us to learn how we can help create the best exercise prescription for you.

If you have any questions, please contact Jonathan at ext.4290 or Macey and Angie at ext. 4852

PARKINSON'S CAREGIVER'S SUPPORT GROUP

Monday, July 3—10:30 AM—Auditorium

PARKINSON'S SUPPORT GROUP

Monday July 3—1:15 PM —Auditorium

CAREGIVER'S MEMORY SUPPORT GROUP

Monday, July 10—4:30 PM—Auditorium

MACULAR DEGENERATION SUPPORT GROUP

Thursday, July 27—1:00 PM—Main Street Pub

ANNUAL INDEPENDENCE DAY PARADE IN IRVINGTON*

Monday, July 3—10:15 AM—Front Lobby

SIGN –up Required LIMIT: 13

BRING YOUR OWN FOLDING CHAIR

RWC WILL PROVIDE DRINKS

Irvington celebrates the 4th of July each year with its traditional "Hometown Parade". One can describe this event as both a scene from Norman Rockwell and sophistication not often seen in such a small town in America. The parade route winds down scenic King Carter Drive with happy onlookers lining the street. We have secured a prime observation spot along the route. Start time is 11 a.m.

8 SHIRES COLONIALE DISTILLERY*

Tuesday, July 11—1:00 PM—Front Lobby

Sign-up Required LIMIT: 13

8 Shires Distillery is a small craft distillery in the Historic Triangle of Williamsburg. 8 Shires Coloniale Distillery's mission is to research, preserve, teach, and present the history of distillation from the Colonial American Period, the years 1578 – 1797.

Their spirits are hand-crafted using historic recipes and ingredients of the 17th and 18th century. Tours are accompanied with a FREE splash tasting of any of our clear spirits:

James City Shire Genever Gin

Warwick River Shire Silver Rum

Charles City Smythe's Original White Whiskey

Each 8 Shire's tour provides a quality education on the colonial distillation process and how distillation has played a role throughout history. Each guest will be able to experience a spirit tasting and tour, free of charge.

NARRATED NORFOLK NAVAL BOAT CRUISE* (THIS TRIP IS FULL)

Tuesday, July 18—10:00 AM—Front Lobby
THIS TRIP IS FULL!!

Cost: \$29.00 non-refundable + Lunch

Ship is accessible for standard sized non electric wheelchairs. They cannot accommodate electric wheelchairs or mobility scooters on board. If you have an electric wheelchair or a scooter you can take

it down to the dock where they can lock it up for you. You can then transfer to their manual wheelchair for boarding.

TRADER JOE'S & LUNCH*

Tuesday, July 25—9:00 AM—Front Lobby

Sign-up Required LIMIT: 13

We will offer a trip to Trader Joe's EVERY month now starting in July!!

WAGSTER'S MAGIC THEATRE*

Wednesday, July 26—12:00 PM—Front Lobby

Please sign up by July 7

Sign-up Required LIMIT: 13

Cost: \$30.00 (non-refundable)

Sit back and relax for 75 action packed minutes of spectacular grand illusions, breath taking sleight of hand, incredible mind reading, and daring escapes. Year-round venue offers you the opportunity to experience a real magic show in a unique way. With only 67 seats you are only feet away from the action.

GEM & FOSSIL MINING ADVENTURE IN LIVELY, VA*

Friday, July 28—10:00 AM—Front Lobby

Sign-up Required LIMIT: 13

A passion of gem mining and designing jewelry that has been passed down for generations. This gem and jewelry store is full of life and love that will help you design the perfect piece of jewelry that will become a family treasure.

LECTURE WITH JONATHAN EDLOW: LYME DISEASE AND OTHER TICKBORNE ILLNESSES*

Monday, July 31—11:00 AM—Auditorium

Sign-up Required

A Professor of Medicine and Emergency Medicine at Harvard Medical School, Dr. Edlow had written a book about the history of Lyme Disease entitled "Bull's Eye: Unraveling the Medical Mystery of Lyme Disease." He will present an overview of Lyme and other tickborne illnesses, when to suspect them, how to treat them and how to prevent them. The presentation will have many images of ticks and rashes.