



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT


BEGINNING JULY 28 AT THE LIFE ENRICHMENT CENTER LOBBY.

**SIGNING UP ON TOUCHTOWN:  
NOW AVAILABLE FOR SELECTED  
CLASSES, PROGRAMS AND EVENTS**

As we continue to take baby steps into the future, together, we will now offer sign ups through Touchtown



for selected programs. Look for the symbol. This will give you the option to sign up or cancel through the Touchtown app on your computer or mobile phone or if you are technically challenged continue to sign up in the book in the Life Enrichment Center.

 **THE AGE OF AI, 8 PART SERIES\***  
EVERY Thursday beginning August 3  
1:00 PM—Chesapeake Game Room

**Sign up Required**  
Robert Downey Jr. hosts The Age of A.I. Discover the most innovative and leading technologies that will change the world forever.

- ◆ How Far is Too Far? – 34:40
- ◆ Healed through A.I. - 39:55
- ◆ Using A.I. to build a better human - 44:27
- ◆ Love, art and stories: decoded - 38:57
- ◆ The 'Space Architects' of Mars - 30:11
- ◆ Will a robot take my job? - 36:14
- ◆ Saving the world one algorithm at a time - 46:37
- ◆ How A.I. is searching for Aliens - 36:12

 **INTERGENERATIONAL LUNCH & CRAFT\***

Tuesday, August 8  
10:30 AM to 12:30 pm—Art Room 2  
**Sign up Required**  
Before the children head back to school, we are offering a chance to sit and enjoy lunch and a craft with children age 8-13.

**PERRIN CREEK CUSTOM COWBOY  
BOOTS IN GLOUCESTER & LUNCH\***

Tuesday, August 15—9:30 AM—Front Lobby  
**Sign up Required LIMIT: 13**  
**Cost: Lunch**  
Steve Cristo started making cowboy boots for himself and his family in 2013 while still working at The Thomas Jefferson National Accelerator Facility as technologist designing and building nuclear charged particle detectors and cryogenic targets. Steve devoted himself to learn the craft in earnest and in 2015 his wife and Steve took a course in boot making with renowned boot makers Carl Chappell and Mike Karnes in St. Joe, Texas. The shop is a timberframe structure that he designed himself using milled wood from 330 logs. “ I was retired and making boots again and having a ball. It's a great space to work in and I hope you'll come to experience it for yourself,” says Steve.

**STYLISH EYES EYE GLASS REPAIR  
CLINIC**

Wednesday, August 2— 11:00AM to 1:00 pm—Atrium  
Do you have a screw loose? Did your lens fall out? Do you need your glasses thoroughly cleaned? Stylish Eyes can help.

**PAPARAZZI JEWELRY SALE**

Friday, August 11—10:00 AM to 3:00 pm—Atrium  
Enjoy a wide selection of jewelry at a great price.

**TRADER JOE'S & LUNCH\***

Tuesday, August 29—9:00 AM—Front Lobby  
**Sign-up Required LIMIT: 13**  
**Cost: Grocery and Lunch**

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

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>AUGUST 2023</h1>		10:00-AR2-Chat & Craft 11:00-COR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 1:30-FRL-Movie at Compass: Oppenheimer*	11:00-AR2-Epoxy Wine Glasses* 11:00-ATR-Stylish Eyes Repair Clinic 7:00-CGR-Poker Group  <b>RESERVATIONS OPEN FOR FRIDAY NIGHT DINNER AUG. 11 (LIMIT: 18)</b>	1:00-CGR-The Age of AI Series: How Far Is Too Far?*	8:30-LAN-First Friday Forum: Karen Hart – resources and information on the Lancaster Historical Society* 11:00-AR2-Working with Polymer Clay* 2:30-FCR--Cornhole	
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* 11:00-AUD-Caregiver's Parkinson's Support Group 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group	10:00-AR2-Chat & Craft 10:30-AR2-Intergenerational Lunch & 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 2:00-AUD-Movie Matinee: The Whale* 7:00-CGR-Poker Group	10:00-LAN-Food Committee Meeting 1:00-CGR-The Age of AI Series: Healed Through AI* 3:00-RAP-Praying the Rosary	10:00-FRL-Tour of Copper Fox Distillery & Lunch* 10:00-ATR-Paparazzi Jewelry Sale* 2:30-FCR--Cornhole  <b>WAITED SERVICE DINNER IN LANCASTER ROOM*</b>	
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 3:30-AR2-Making Lanyards* 4:00-CGR-Darts	9:30-FRL-Perrin Creek Custom Cowboy Boots in Gloucester & Lunch* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	1:00-AR2-Stitching Stars Quilting Group 7:00-CGR-Poker Group  <b>RESERVATIONS OPEN FOR FRIDAY NIGHT DINNER AUG. 25 (LIMIT: 18) CALL 4016</b>	9:30-FRL-Lancaster Community Library Triad Lecture & Lunch* 11:30-FRL-Trip to Virginia Aeronautical Society* 1:00-CGR-The Age of AI Series: Using AI To Build A Better Human* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends	10:00-FRL-My Little Town Dollhouse & Mini Museum Showplace & Lunch* 2:30-FCR--Cornhole 6:00-AUD-Karaoke and Cocktails*	5:00-FRL-Music by the River: Southern Grace*
4:00-CH85-Sunday Worship	<b>DEADLINE FOR GAZEBO GAZETTE ARTICLE</b> 10:00-FRL-Shopping* 11:00-AR2-Working with Textured Paint* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 10:30-FRL-Top Golf Play & Lunch in Richmond* 11:00-AR1-Grocery Pick Up 11:00-COR-Bible Study 1:00-AR2-Watercolor Class	11:00-AR2-Epoxy Resin Pens and Bookmarks* 2:00-FRL-Movie Matinee: Women Talking* 7:00-CGR-Poker Group	9:00-FRL-Guided Tour of Robert Thomas Carriage House Museum & Historic Tavern & Lunch* (Blackstone, VA) 1:00-CGR-The Age of AI Series: Love, Art, and Stories Decoded* 1:00-AUD-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary	<b>LAST DAY TO CHANGE MEAL PLANS</b> 11:00-AR2-Fizzy Paint Art* 2:30-FCR--Cornhole  <b>WAITED SERVICE DINNER IN LANCASTER ROOM*</b>	
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:30-AR2-Update with Stuart 4:00-CGR-Darts	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	11:00-AR2-Epoxy Mugs* 2:00-AUD-Movie Matinee: Till 7:00-CGR-Poker Group  <b>RESERVATIONS OPEN FOR FRIDAY NIGHT DINNER SEPT. 8 (LIMIT: 18)</b>	1:00-CGR-The Age of AI Series: The Space Architects From Mars* 3:00-RAP-Praying the Rosary	<b>SEPTEMBER 1</b> 8:30 – AUD - First Friday Forum: Robert Kelly: Gloucester Historical Museum* 2:30-FCR-Cornhole	<b>SEPTEMBER 2</b> 4:30-FRL-Groovin' in the Park: Josh Walker Quartet* (Deltaville)

- 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

For almost seven years, my neighboring Gazette columnist has been Chaplain Greg Houck. I always turn to Greg's column first when I get my copy of the Gazette as I am eager to see what he is led to share with us each month. Spoken or written, I know Greg's words will be encouraging, inspiring, thoughtful and thought-provoking, and most importantly given from his heart and counsel with God.

In his columns, sermons, reflections, memorials, visits, prayers, counseling moments, and other ministry opportunities, Chaplain Greg brings hours of prayer and spiritual study, years of experience, and training in ministry and clinical pastoral counseling. Most importantly he brings deep and genuine love, concern, and care for the congregation of the RWC resident and staff community. Greg gets to know each person he is ministering to and meets them where they are in their life and spiritually and prayerfully and respectfully enables them on their journey.

We are blessed to experience Greg's pastoral care and spiritual shepherding, and we will miss him as he cycles into the next chapters God has for him at the end of August (he cycles for wellness). We are grateful that Chaplain Greg answered our call and faithfully ministered to us for this appointed season. May God's blessings, guidance, wisdom, and grace be with and upon him with our profound gratitude and very best wishes for peace, joy, and happiness in the days ahead.



## THE SMALL HOUSE NAME CHANGE!

The newest addition to RWC's continuum of care, our memory care unit, has had a name

change! The Small House will now be called the Birdsong House in honor of Mr. and Mrs. Thomas Birdsong, III, and the Birdsong Peanuts Charitable Foundation. The Birdsong House is a direct result of the generosity of the Birdsongs. The Birdsong House contains 8 individual rooms with private baths of which three are still available for those who are experiencing mild to moderate Dementia. Current residents who have loved ones living in the Birdsong House are reassured by the wonderful care that their loved one receives. If you feel your loved one could qualify for this wonderful engaging environment, please contact Lauren White at 4010 or Sara Amiss 4346.

## AUGUST IS MAKE A WILL MONTH

August is a good time to think about updating all your legal documents that pertain to your future. It is important to provide peace of mind to your loved ones and give them your personal instructions to carry out your desires when you are no longer able.

## TELL YOUR FRIENDS ABOUT RWC; GET \$1,000

Invite prospective residents considering a move to a retirement community to come for lunch and take a tour of RWC. Earn a \$1,000 reward if they move in!

It's as easy as 1,2,3:

Contact your family, friends and acquaintances who may be considering retirement communities and tell them about RWC. If they express interest, complete the "Resident Referral Form," (ask marketing for the form) and return to the Marketing Office so we can be on the lookout for your referral. Follow-up with a phone call to your prospective resident and invite them to come for lunch and a tour.

You will receive \$1,000 if they move in!

## VIRGINIA AERONAUTICAL HISTORICAL SOCIETY\*

Thursday, August 17—11:30 AM—Front Lobby

Sign up Required LIMIT: 13

Cost: Lunch at Pilot House Restaurant

This group meets every 3rd Thursday of the month in Topping. All are invited to enjoy lunch and enjoy learning about aviation history, military and civilian. Different speaker present every month.

## MY LITTLE TOWN DOLLHOUSE & MINI MUSEUM SHOWPLACE & LUNCH\*

Friday, August 18—10:00 AM—Front Lobby

Sign up Required LIMIT: 13

Cost: Lunch

Little Town Dollhouse specializes in adopting, refurbishing, teaching, and providing supplies for dollhouse miniature projects. One of their biggest goals is to present the history and relevance of miniatures in many areas of our entertainment and work lives. Their showplace has an ever evolving array of examples.



## KARAOKE AND COCKTAILS\*

Friday, August 18—6:00 PM

Auditorium

Sign up Required

It's back! Come and enjoy an evening of fun, singing and drinking. Anyone can be a star!! Many residents really enjoyed themselves when Scott Colston, D.J. Extraordinaire came a few months ago. If you missed it, here is your chance!!

## MUSIC BY THE RIVER: SOUTHERN GRACE\*

Saturday, August 19—5:00 PM—Front Lobby

Sign up Required LIMIT:13

BRING YOUR OWN CHAIR

## BOXED DINNERS PROVIDED

Join Belle Isle State Park in welcoming Southern Grace back for their 16th year at Music by the River. This dynamic group combines the soulful sounds of country music and the joyful harmonies of gospel, traditional hymns, and contemporary Christian music with an upbeat tempo. There's nothing sweeter than Shenandoah Valley harmony, and this group knows how to deliver. The Music by the River concert series is made possible by the sponsorship of many local businesses and by the Friends of Belle Isle State Park.

## GUIDED TOUR OF ROBERT THOMAS CARRIAGE HOUSE MUSEUM & HISTORIC TAVERN & LUNCH\* (BLACKSTONE, VA)

Thursday, August 24—9:00 AM

Front Lobby

Cost: Museum Donation and Lunch

LIMIT: 13

The Carriage Museum has a collection of 30 restored carriages and is the 2<sup>nd</sup> largest public display of horse drawn vehicles in Virginia. Many of the vehicles would have been used by the average person. The collection includes a Rockaway, Victorian, various runabouts, Mail buggy, surreys and 2 Thornhill wagons. They also house a large display case of artifacts that were from the Old Blackstone College that later became the Virginia United Methodist Assembly Center. Schwartz Tavern is a 1790's restored tavern and furnished with period pieces. It is the oldest building in Blackstone. The tavern houses artifacts about the history of Blackstone's development.



## ART CLASSES AND HOLIDAY HAPPENINGS SALE IN NOVEMBER

As we get closer to the holiday sale in November, many of the items we create in selected art classes will be geared towards the sale. We need your help to make a variety of unique items. Also, if you quilt, sew, knit, croquet or enjoy needlepoint and would like to contribute to the sale, we will accept those items as well. There will be other opportunities in the future for you to keep what you make if you wish. If you have never tried one of our art classes before, we urge you to give it a try. We discover blossoming artists every week and it is thrilling to see.

### EPOXY WINE GLASSES\*

Wednesday, August 2—11:00 AM

Art Room 2

Sign up Required LIMIT: 8

Easy, fail free class. You will get addicted quickly to this fun craft.

### WORKING WITH POLYMER CLAY\*

Friday, August 4—11:00 AM—Art Room 2

Sign up Required LIMIT: 8

Polymer Clay (sometimes accidentally spelled polimer clay) is an art medium that is known for its versatility, pliability and simplicity to work with. It is an oven bake modeling material composed of polymers, resins, coloring agents and fillers. Not a natural clay, it is man-made from a plastic, polyvinyl chloride (PVC) base. Easy to mold, you can make pendants, earrings and much more.

### MAKING BEADED LANYARDS\*

Monday, August 14—3:30 PM—Art Room 2

Sign up Required LIMIT: 8

A lanyard is a cord or strap made from polyester, plastic, or cotton. It is worn around the neck and has a clip or attachment at the bottom that's designed to hold keys, ID badges, and other small items like USB drives

and flashlights. Almost everyone has an ID or car keys they need to carry around, which makes lanyards useful across the board!

### WORKING WITH TEXTURED PAINT\*

Monday, August 21—11:00 AM—Art Room 2  
Sign up Required LIMIT: 8

Matte finishes are on trend, especially for plant pots, vases and other home décor. **Baking soda will turn any acrylic paint into a textured paint** that will transform an everyday mason jar, thrift store glass vase, or ordinary bottle into a chic, elegant showpiece. We will be working on canvas for this class.

### FIZZY PAINT ART\*

Friday, August 25—11:00 AM—Art Room 2

Sign up Required  
LIMIT: 8

When we combine two chemicals, like baking soda and vinegar, we get a fizzy chemical reaction that turns into carbon dioxide. Carbon dioxide is a gas, which is why it becomes bubbly in this experiment. By adding beautiful colors, we have two things – a chemistry experiment and a painting.

### EPOXY RESIN PENS AND BOOKMARKS\*

Wednesday, August 23—11:00 AM—Art Room 2

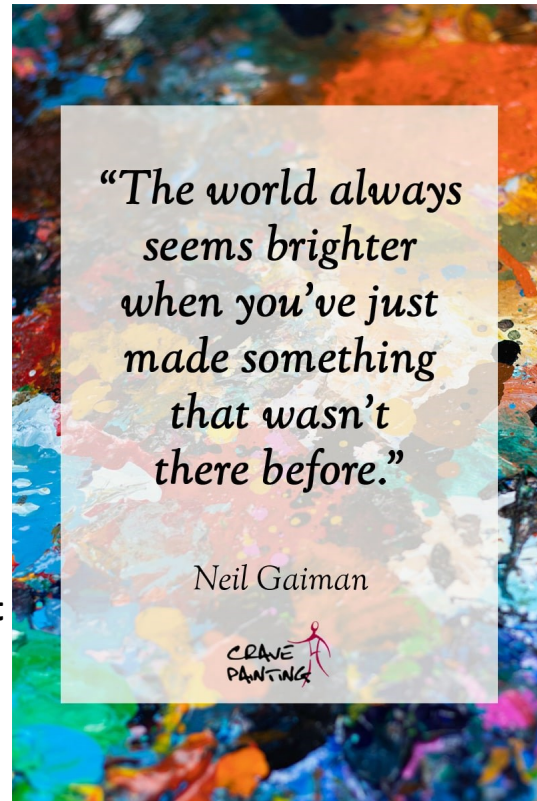
Sign up Required LIMIT: 8

Another addictive class for fans of epoxy resin. We will use glitter and pressed flowers to create these eye-catching items.

### EPOXY MUGS\*

Wednesday, August 30—11:00 AM—Art Room 2

Sign up Required LIMIT: 8



## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Welcome Joan Parham as the newest member of our Library Team. Joan will join Kerley LeBoeuf and Michelle Blank as the third member of the special team that enters new books into the collection, prints the labels for each book and backs up the entries a few times during the month. We are glad to have her aboard.

### RW-C Book Club

Do you love to read and chat about the books you have read? If so then the RWC Book club is where you want to be. We meet the 4<sup>th</sup> Monday of the month at 10:30 AM in the Rappahannock Room. Two copies of the book are available. Look for them at the Book Club shelf at the back of the Library.

Take a copy, read and return in order to share with other readers.

Our August selection is *"Klara and the Sun"* by Kazuo Ishiguro. A novel of deeply moving meditation on the meaning of humanity and technologies limits. A great read! Come and join us.

If you have questions please call Maxine Luxton at 4200.

### BOOKS NEW TO THE LIBRARY IN JULY

**Fiction:** *"The Unlikely Pilgrimage of Harold Fry"* by Rachel Joyce; *"Simply Lies"* by David Baldacci donated by Jay White; *"The Daughter's Tale"* by Armando Lucas Correa; *"Dangerous Ground"* by Larry Bond; *"Clive Cussler's Hell Burner"* by Mike Mader.

**Mystery:** *"Four to Score"* by Janet Evanovich; *"The Lake House"* by Kate Morton donated by Diane Smart.

**History:** *"Arms and Equipment of the Civil War"* by Jack Coggins donated by Ethel Frye; *"1491"* by Charles C. Mann; *"The Illustrated History of the Civil War"* donated by Ethel Frye.

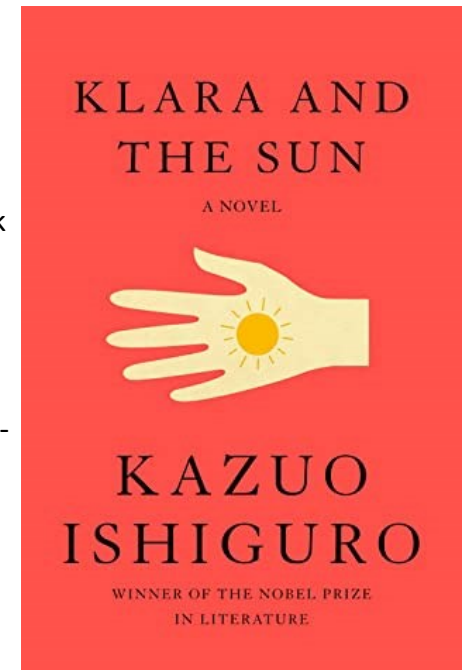
**Biography:** *"Unbroken"* by Laura Hillenbrand donated by Diane Smart.

*"Mamie Eisenhower"* by Susan Eisenhower.

**Miscellaneous:** *"A Man and His Car"* by Matt Hrauekdonded donated by John Hess.

A reminder, the checkout period for our books is three weeks. Please return your books promptly in order for other residents to be able to read them.

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



## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### SOME (FINAL) THOUGHTS FROM THE CHAPLAIN

And so, here we are, my last article for the Gazebo Gazette. It's hard to believe. It got me to thinking about the concept of "last words," or for that matter "well-known" or even "famous" last words. Here's a small sampling of what I found:

"I must go in; the fog is rising." (Emily Dickinson)

"It is very beautiful over there." (Thomas Edison)

"Oh wow. Oh wow. Oh wow." (Steve Jobs)

"Money can't buy life." (Bob Marley)

"Either that wallpaper goes, or I do." *He did.* (Oscar Wilde)

"I never should have switched from Scotch to Martinis." (Humphrey Bogart)

Of course you'd have to be famous to speak famous last words, and actually aspiring to do so might be presumptuous if not preposterous. So here are a few simple, final words from me to you. First, and perhaps foremost: **Thank You.** Thank you all for the privilege it has been to serve as your Chaplain and for all the goodness I have known by being a part of the RWC family. Thank you for the blessing it has been to be a part of your life, and for you to be a part of mine. I will cherish that, which is to say I will cherish **you**, forever. You are amazing and I will so very truly miss you all.

And, since this is about final words, how about these: live and love fully; smile, struggle; grieve, believe; hope, trust; doubt, discover, rejoice; laugh from the soul and cry from the heart; ask, seek, find; give thanks; keep on learning and actively truly caring; stay humble, be happy; and yes, there is this: continue to be amazed! And so, on that note, a poem:

**Mysteries, Yes** by Mary Oliver

Truly, we live with mysteries too marvelous to be understood.

How grass can be nourishing in the mouths of the lambs.

How rivers and stones are forever

in allegiance with gravity while we ourselves dream of rising.

How two hands touch and the bonds will never be broken.

How people come, from delight or the scars of damage,

to the comfort of a poem.

Let me keep my distance, always, from those who think they have all the answers.

Let me keep company always with those who say "Look!" and laugh in astonishment, and bow their heads.

### 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 **August 9<sup>th</sup>**. 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!

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### FIRST FRIDAY FORUM PRESENTS KAREN HART: RESOURCES AND INFORMATION ON THE LANCASTER HISTORICAL SOCIETY\*

Friday, August 4 —8:30 AM—Auditorium

Sign up Required—LIMIT 50

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

The mission of the Lancaster Virginia Historical Society (LVHS) is to discover, collect, preserve, understand and interpret the history of Lancaster and surrounding counties of the Commonwealth of Virginia for the enjoyment and educational benefit of all residents, succeeding generations, and visitors, and for the vitality of the area, fulfilled through exhibits, programs, research and collaborative activities.

Since the founding of our Museum and Library in 1958, the organization has continued to be an important and relevant resource for historical and genealogical research and educational outreach about the people, places, stories, and events of Lancaster's past, and our region's role in the history of Virginia and our nation.

### A LOOK INSIDE CULINARY SERVICES

Culinary does about 350 meals a day, 10,500 for a month, which does not include daily catering, marketing events, staff functions, outside group catering, or guests. When the Grille or Formal dining is closed for sit down meals on Holidays, the kitchen is still open providing meals for the Health Services, Assistant Living and Memory Care residents. Over 90% of the food items are from a recipe in house. RWC Culinary department is very fortunate to have multiple vendors to allow for price comparison. This allows us to

shop around. There is a bread and seafood vendor as well. When possible, we are able to buy in bulk. Fresh produce, when available, comes from Garners and Dug-in-Farms. This past Father's Day we were able to source Gourmet ice cream sandwiches from "Nightingales" in Richmond and because the residents enjoyed them so well, they were featured also on July 4th. Culinary is planning to have some kitchen tours in the very near future.

### ACTIVITIES NOTES

Someone once said, "The only constant in life is CHANGE". By definition, change is to make or become different. While change is difficult and challenging it may also lead to new and positive attitudes and ventures! Consider being a co-chair of the 2024-2025 Residents' Activity Committee. Two heads are better than one so pick a partner and have some fun!

As the end of the year closes in, we look forward to "Holiday Happenings" on November 9<sup>th</sup>. Save the date! We need everyone's input and help for this fundraising event. Details of how you can participate will follow in a flyer in your mailbox.

Thank you. Helene and Mary



## WELCOME TO THE LIFE ENRICHMENT PAGE

### AUGUST TIP:

The heat of the Summer is a very good time to read a book. Reading can be very relaxing and gives your mind a break from the business of life. Even though reading is relaxing it is still a great way to exercise your brain and keep your memory working. Reading right before you go to bed can be a wonderful way to help you fall asleep. Sit down, get comfortable and enjoy the journey of a great book.

### TOP GOLF PLAY & LUNCH IN RICHMOND\*

**Tuesday, August 22—10:30 AM—Front Lobby**

**Sign up Required LIMIT: 12**

**Cost: Lunch**

Join Rajaa from the Fitness Team for a trip to TopGolf. So what is Topgolf? In short, it is a sports entertainment complex that features an inclusive, high-tech golf game that everyone can enjoy. Paired with an outstanding food and beverage menu, climate-controlled hitting bays and music, every Topgolf has an energetic hum that you can feel right when you walk through the door.

### PARKINSON'S CAREGIVER'S SUPPORT GROUP

**Monday, August 7—11:00 AM—Auditorium**

### PARKINSON'S SUPPORT GROUP

**Monday August 7—1:15 PM –Auditorium**

### CAREGIVER'S MEMORY SUPPORT GROUP

**Monday, August 7—4:30 PM—Auditorium**

### MACULAR DEGENERATION SUPPORT GROUP HIGHLIGHTS NEW DOCUMENTARY-LOSING SIGHT, FINDING HOPE: LIVING WITH MACULAR DEGENERATION

**Thursday, August 24—1:00 PM—Auditorium**

From macular degeneration diagnosis, to losing sight, to new ways of living and hope for the future - five patients share their stories, their vulnerabilities, and the

wisdom they've gained through their journey living with vision loss from macular degeneration. Expert guests shed light on what we know about macular degeneration, and provide hope for what can be done now, and what's coming in the future.

### EASY CHEESY VEGETABLE QUESADILLAS

Prep Time: 15 minutes

Cook Time: 15 minutes

Calories: 173

Ingredients: 8

# of Servings: 12

1 tablespoon plus 2 teaspoons olive oil, divided

1 large red bell pepper, cut into thin strips

1 large onion, thinly sliced

1 small zucchini, coarsely chopped

1 cup sliced mushrooms

1 tablespoon McCormick salt free vegetable seasoning

8 flour tortillas

1-1/2 cups shredded Monterey jack cheese

Instructions

Preheat oven to 350 degrees. Heat 1 tablespoon of the oil in large skillet on medium-high heat. Add bell pepper, onion and zucchini; cook and stir 4 minutes or until tender-crisp. Add mushrooms and seasoning; cook and stir 2 minutes longer.

Place 4 of the tortillas on ungreased baking sheet. Spread ¼ of the vegetable mixture and cheese evenly on each tortilla. Top with remaining tortillas. Lightly brush with remaining 2 teaspoons oil. Sprinkle lightly with additional seasoning, if desired.

Bake for 10 minutes or just until cheese is melted.

Cut into 3-inch wedges. Serve warm.

### 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.



### MOVIE MATINEES: THE WHALE

**Wednesday, August 9—2:00 pm—**

**Auditorium**

**Sign up Required**

Racked with guilt over abandoning his family and grieving the loss of the gay lover he left them for, Charlie is eating himself to death. But the now-600-pound English professor may yet find redemption when he reconnects with his teenage daughter. 2022 R 1h 57m



### MOVIE MATINEE: WOMEN TALKING\*

**Wednesday, August 23—2:00 pm—**

**Auditorium**

In 2010, the women of an isolated Mennonite religious community grapple with reconciling their reality with their faith when some of the local men are accused of rape and sexual assault. 2022 PG-13 1h 44m



### MOVIE MATINEE: TILL\*

**Wednesday, August 30—2:00 PM—**

**Auditorium**

When Mamie Till-Mobley's 14-year-old son Emmett is lynched in Mississippi, she insists he have an open-casket funeral. Her pursuit of justice became a galvanizing moment that helped lead to the creation of the civil rights movement. 2022 PG-13 2h 10m

### MOVIE AT THE COMPASS:

#### OPPENHEIMER\*

**Tuesday, August 1—1:30 PM—Front Lobby**

**Sign up Required LIMIT: 13**

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of his-

tory. Rated R for some sexuality, nudity and language. Run time is 3 hours.

### TOUR OF COPPER FOX DISTILLERY & LUNCH\*

**Friday, August 11—10:00 AM—Front Lobby**

**Sign up Required LIMIT: 13**

**Cost: \$10.00 tour and Lunch**

The story of Copper Fox Distillery begins many years ago with how much the owner Rick Wassmund loved the smell of burning wood, his discovery that he wanted something that did not exist, and the revelation that he could make a great American Single Malt Whisky!! The distillery tour includes a walking tour through the property for a behind-the-scenes glimpse of the production areas where guests will learn about distillery production, how they make great whisky and the history of their unique property in Williamsburg.

### LANCASTER COMMUNITY LIBRARY TRIAD LECTURE & LUNCH AT DONNAS ON MAIN\*

**Thursday, August 17—9:30 AM—Front Lobby**

**Sign up Required LIMIT 10**

**Cost: Lunch**

The presenter will be Jason Zickefoose, the Assistant Vice President and Information Security Officer for Chesapeake Bank. He has 20+ years experience in Payment Systems and Information Technology, with a specific focus in I.T. and Infosec. His certifications include Security+, Certified Banking Security Manager, and CISSP. He and his team are diligent in protecting the bank's network and sensitive information, monitoring security and fraud trends, educating staff, and keeping all systems, certifications, and information up-to-date.