



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT
BEGINNING AUGUST 25
AT THE LIFE ENRICHMENT CENTER LOBBY OR ON TOUCHTOWN.**

SPIRIT DAY IS FAST APPROACHING.

The Employee Christmas Fund will be launched soon. Look for updates and more information on Touchtown on what the Employee Christmas Fund is, how you can give, how much you should give, and more. Look for the Guide for Gifts....coming soon!!

RESIDENTS ASSOCIATION BOARD MEETING

Wednesday, September 6—10:00 AM—Auditorium

WELCOME NEW NEIGHBORS:

DENNIS & NORMA “JEANNIE” MCGUIRE

have moved into apartment 111. They are both retired civil servants, having lived most of their lives at various Northern Virginia locations. After retirement, they re-located to the Mt. Holly area and pretended to be farmers. Here, they are looking forward to a small plot in the community garden. Norma & Dennis enjoy traveling, reading & cooking.

FALL PREVENTION AWARENESS WEEK IS SEPTEMBER 18-22!

EMPOWERMENT WORKSHOP: A FOCUS ON FALL PREVENTION*

Hosted by the Fitness Department
Tuesday, September 19—1:00 PM—Auditorium
Sign-up Required.
Participation is encouraged to get the most out of this program. Please wear sturdy shoes.

FALL PREVENTION AWARENESS PRESENTATION: RWC PHYSICAL THERAPY TEAM*

Friday, September 22—11:00 AM—Auditorium
Sign-up Required.

J. ALAN BAILEY: VP BON SECOURS RGH*

Monday, September 25—1:00 PM- Auditorium
Sign-up Required.

Looking ahead to the future. RGH has been going through it's first major update since opening in 1977. "This is a very exciting time for Bon Secours Rappahannock General Hospital," J. Alan Bailey states. "This hospital continues to be a cornerstone of this community, and just like when this community joined forces to work toward the creation of this hospital, they're now banding together to ensure its future. Together, we're all helping to improve health care in this community and provide the good help for which Bon Secours is known."

ARTIST OF THE MONTH

Artist reception will be
Monday, September 11-4:00PM-Atrium/Gallery Hall.
RUTH HALL FISHER is a life-long resident of the Northern Neck who has been capturing the beauty of her beloved hometown as well as Tangier and the Outer Banks in her photography for almost 20 years. She got her start photographing watermen, farmers and landscapes but has since branched out to include wildlife and other genres. For many years, she has published and sold her annual Northern Neck calendar filled with some of her favorite photographs taken throughout the year.

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

Contact us: 804-438-4000

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BLOG

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>SEPTEMBER 2023</h1>				SIGN UP TO ORDER YOUR FLU VACCINE DOSAGE SEPTEMBER 1 THROUGH SEPTEMBER 15	WEAR PURPLE FRIDAY 8:30-AUD-First Friday Forum : Robert Kelly: Gloucester Historical Museum* 2:30-FCR-Cornhole	4:30-FRL-Groovin' in the Park: Josh Walker Quartet* ²
1:00-CGR-Campbell Memorial Presbyterian Church Communion 4:00-RAP-Grace Church Eucharist 3	LABOR DAY 4 1:00-CGR-Catch Phrase 4:00-CGR-Darts • Update with Stuart is cancelled today • Fitness Classes as usual. • Shopping moved to tomorrow.	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 12:30-FRL-Lunch & Donna's & RAL Labor Day Art Show* 1:00-AR2-Watercolor Class 5	10:00-AUD-Residents Association Board Meeting 10:30-FRL-VA REP: Potus (subsc. holders)* ⬆️ 2:00-AUD-Movie Matinee: She Said* 7:00-CGR- Poker Group 6	11:00-AR2- Epoxy Mugs* 1:00-CGR-The Age of AI Series: Will a robot take my job?* 3:00-RAP-Praying the Rosary 7	WEAR PURPLE FRIDAY 8 12:00-AR2-Lunch & Learn: Kaleidoscopes* 2:15-FCR-Cornhole WAITED SERVICE DINNER IN LANCASTER ROOM*	4:00-FRL-Music by the River: Karen Jonas Band* 9
10	10:00-FRL-Shopping* 11:00-AUD-Parkinson's Caregiver Support 11:00-AR2-Polymer Clay* 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 2:30-AR2-Update with Stuart 4:00-CGR-Darts 4:00-ATR-Artist Reception 4:30-AUD-Caregiver's Memory Support Group 11	10:00-AR2-Chat & Craft 10:30-FRL-Lunch at Tony & Milena's* 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 4:00-AUD- Chesapeake Bank Reception 12	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 2:00-AR2-Ocean Pour* 7:00-CGR-Poker Group RESERVATIONS OPEN FOR FRIDAY NIGHT DINNER SEPT. 22 (LIMIT 18) x4016	10:00-LAN-Food Committee Meeting 10:00-FRL-Pirates Ships of the Yeocomico & Lunch* 1:00-CGR-The Age of AI Series: Saving the world one algorithm at a time* 3:00-RAP-Praying the Rosary 14	WEAR PURPLE FRIDAY 15 2:15-FCR--Cornhole 2:00-FRL-Boys & Girls Club Tour: Heathsville* LAST DAY TO ORDER FLU VACCINE	16
17	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart 4:00-CGR-Darts 18	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study ⬆️ 1:00-AUD-Empowerment Workshop: Focus On Fall Prevention* 19	⬆️ 11:00-AUD-Virginia Marine Police Presentation* 1:00-AR2-Stitching Stars Quilting Group ⬆️ 2:00-AUD-Movie Matinee: Living* 7:00-CGR-Poker Group Deadline for Gazebo Gazette Articles 20	11:00-AR2-Textured Paint* 11:00-FRL- VAHS Virginia Aeronautical Society* 1:00-CGR-The Age of AI Series: How AI is searching for Aliens* ⬆️ 2:00-AUD-Movie Matinee: The Birdcage* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends 21	⬆️ WEAR PURPLE FRIDAY 22 11:00-AUD-Fall Prevention Presentation: RWC Physical Therapy Team* 2:15 FRL-Boys & Girls Club Tour: Kilmarnock* ⬆️ 2:15-FCR--Cornhole ⬆️ 3:30-AUD-David Graham in Concert* WAITED SERVICE DINNER IN LANCASTER ROOM*	6:30-FRL-Rappahannock Concert Association: Peter & Will Anderson Trio (subsc. holders)* 23
24	Last Day to Change Meal Plan 10:00-FRL-Shopping* 10:30-RAP-RWC Book Group ⬆️ 1:00 -AUD-J. Alan Bailey: VP Bons Secours RGH* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:30-AR2-Update with Stuart 4:00-CGR-Darts 25	9:00-FRL-Trader Joe's & Lunch* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 26	⬆️ 2:00-AUD-Movie Matinee: Harris Goes to Paris* 7:00-CGR-Poker Group RESERVATIONS OPEN FOR FRIDAY NIGHT DINNER SEPT. 22 (LIMIT 18) x4016 27	9:30-FRL-Tour Kinsale Museum & Lunch* 1:00-MSP-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary 28	WEAR PURPLE FRIDAY 29 2:15-FCR--Cornhole	30

- 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

NATIONAL FALL PREVENTION WEEK SEPTEMBER 18 THROUGH SEPTEMBER 22

GREETINGS FROM THE PRESIDENT & CEO

September brings us closer to anticipating the slightly cooler and less humid weather that hopefully ushers in a nice, temperate fall. Gardeners are thinking about fall plantings as our Grounds team prepares for grass seeding and fertilization while trying not to think about leaf removal.

It also brings the mid-Atlantic hurricane season into our sights. Right on queue, the eastern Atlantic tropics opened the curtains to roll out at steady stream of tropical waves that blossom into tropical storms and hurricanes. I only delve into this topic to remind us to be prepared for these seasonal storms. Fortunately, we get plenty of notice when a tropical storm is headed our way. Since you are very busy with all of the activities at RWC, do take a few minutes to review your personal preparations. Preparedness is an interesting topic. Objective and subjective at the same time, preparedness is also a personal and a community responsibility. It is easy to prepare for what we know, expect, and predict, yet we may be given to delay those preparations. It is a more challenging subject when we are dealing with some event or decision that is more instantaneous, unexpected, or unanticipated, especially if we have to react quickly without preparation. This extends beyond weather events to most any aspect of life.

Thinking about the preparations we need to make at RWC for the tropical storm season also steered my thoughts to preparations for other aspects of life. As you are making your personal preparations for fall and storm season, I invite you to take some quiet time to reflect on decisions you need to make, conversations you need to have, and areas of interest you wish to explore.

Welcome to September at RWC!



CHESAPEAKE BANK ANNIVERSARY RECEPTION

Tuesday, September 12
4:00 to 6:00PM in the Auditorium
All residents are invited.
NO SIGN UP REQUIRED!!

MEAL PLAN CHANGES

Meal Plan Change must be made by the 25th of each month. You can make these changes by filling out a form at the Front Desk.

If you are changing meal plans for you and your spouse, be sure to include both names on one form.

If you and your spouse's meal plan are different, you'll need to fill out 1 separate form for each of you.

YOUR CONTINUING CARE COMMUNITY

All of us have chosen to live in this beautiful area and trust our future to our caring staff providing peace of mind for ourselves, our families and friends. All of us will need some measure of physical and mental care during our journey here. Our health and well being will be increasingly in the hands of this devoted staff —many of whom live in the Northern Neck.

The local public school system and Rappahannock Community College offer courses and programs to individuals interested in healthcare careers. RW-C's Healthcare Endowed Scholarship was created to encourage and assist new and current health care personnel to continue their education. For more details, please pick up a brochure from Denise Kenner in the Development Office. We hope you will consider making a financial gift to the Fund. For residents who have done so, bless you! Additional gifts are welcome as building an endowment is a several years process.

Another way you can support our healthcare employees continuing education is by browsing at the upcoming November 9 fund raiser/sale. Every dollar in sales goes directly to the Healthcare Education Scholarship Fund.

~Healthcare Scholarship Team

GROOVIN' IN THE PARK: JOSH WALKER QUARTET WITH CARLA JACKSON: STANDARDS IN DELTAVILLE*

Saturday, September 2—4:30 PM—Front Lobby
Concert begins at 6:00 PM —8:00 PM

Bring your own folding chair

We will provide dinners and assorted beverages to those who are riding the bus.

Sign Up Required. LIMIT: 13

Cost = \$10 charged to your account.

FIRST SHOPPING TRIP OF THE MONTH: WALMART & DOLLAR TREE*

DATE CHANGE!!—Tuesday, September 5
10:00 AM—Front Lobby

Sign-up Required. Limit: 13

RAL LABOR DAY ART SHOW & LUNCH AT DONNA'S*

Tuesday, September 5—12:30 pm—Front Lobby

Sign-up Required LIMIT: 13

Cost=\$ for Lunch

LUNCH & LEARN: KALEIDOSCOPES WITH JANET HEMMING*

Friday, September 8- 12:00AM—Art Room 2

Sign-up Required. Lunch will be provided.

MUSIC BY THE RIVER AT BELL ISLE: KAREN JONAS BAND*

Saturday, September 9—4:00 PM—Front Lobby
Concert begins at 5:00 PM

Bring your own folding chair

We will provide dinners and assorted beverages to those who are riding the bus.

Sign up Required. LIMIT: 13

Karen Jonas entertains with original music in the best Americana and Alt-Country style as she makes her debut on the Music by the River stage!

LUNCH AT TONY & MILENA'S PIZZERIA IN HAGUE, VA*

Tuesday, September 12—10:30 AM—Front Lobby
Signup Required. Limit: 13

Cost= lunch \$

NO LUGGAGE.... NO PASSPORTS.... NO TRAVEL AGENTS.... "All you need is an appetite" Enjoy a brief trip to Italy with Italian country cooking and warm hospitality. Buon Appetito - The Fiorello Family

PIRATE SHIPS OF THE YEOCOMICO RIVER & LUNCH*

Thursday, September 14—10:00 AM

Front Lobby

Sign-up required. Limit: 13. Cost = Lunch

Here is your chance to see multiple pirate ships on the river. The pirate ships are created by a Northern Neck man named Dan Corder. He's a retired firefighter captain who has dedicated his time to restoring old boats into functioning pirate ships — with nothing but talent and scraps.

TOURS OF THE LOCAL BOYS & GIRLS CLUB BUILDINGS*

Heathsville: Friday, September 15—2:00 PM

Kilmarnock: Friday, September 22—2:15 PM

Front Lobby-Sign Up Required. Limit :13

VAHS VIRGINIA AERONAUTICAL HISTORICAL SOCIETY & LUNCH*

Thursday, September 21—11:00 AM

Front Lobby

Sign up Required. Limit 13 LIMIT:13

Cost= Lunch at the Pilot House Restaurant.

All are invited to enjoy lunch and learn about aviation history, military and civilian. Different speaker presents every month.

KINSALE MUSEUM TOUR & LUNCH*

Thursday, September 28—9:30 AM—Front Lobby

Sign up Required. Limit: 13

Cost = Lunch & Museum Donation

Don't miss the priceless, educational opportunity that awaits you when visiting the Kinsale Museum. It is one of those "you just have to be there" experiences. The buildings are rather small, but there is so much to see. Every little nook and cranny have a story about the people and history of Kinsale, Virginia. As the saying goes, "Great things come in small packages." You are destined to find great things in Kinsale at the Kinsale Museum.

FIRST FRIDAY FORUM

PRESENTS: W. ROBERT KELLY, JR. *

What's new at the Gloucester Museum of History. Gloucester County Museums Coordinator will speak about new exhibits, programs, and partnership opportunities at the Gloucester Museum of History. Come and learn about what is going on at your local county museum!

Friday, September 1-8:30AM-Auditorium

Sign-up Required-LIMIT: 50

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

PRESENTATION: VIRGINIA MARINE POLICE*

Wednesday, September 20—11:00 AM

Auditorium

Sign-up Required.

The primary functions of the Virginia Marine Police, as the front-line defenders of Virginia's tidal natural resources, remain consistent with its establishment as Virginia's Oyster Navy in 1864. The uniform patrol section's main duties include enforcement of commercial and saltwater recreational fisheries, boating safety enforcement, boat accident investigation, search and rescue, and counter-terrorism patrols and protection of Virginia's high-value maritime assets.

DAVID GRAHAM IN CONCERT*

Friday, September 22—3:30 PM—Auditorium

Sign-up Required.

The piano program will include selections from classical, popular, Broadway, and religious music.

THE AGE OF AI SERIES*

Continues EVERY Thursday at 1:00pm through September 21-Chesapeake Game Room.

Sign up Required. Hosted by Robert Downey Jr.

Discover the most innovative and leading technologies that will change the world forever. Topics for September include:

- ◆ 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

TRADER JOE'S & LUNCH*

Tuesday, September 26—9:00 AM—Front Lobby

Sign-up Required Limit 13

Cost: Grocery and Lunch \$

SUBSCRIPTION HOLDER OPTIONS :

- ◆ RAPPAHANNOCK CONCERT ASSOCIATION
- ◆ NORTHERN NECK ORCHESTRA
- ◆ VIRGINIA REP THEATRE

If you are interested in bus transportation to any of these please let us know by calling ext. 4011 or 4024.

VIRGINIA REP THEATRE: POTUS & LUNCH (SUBSC. HOLDERS ONLY)*

Wednesday, September 6—10:30 AM—Front Lobby

Sign-up Required.

This season brings an exciting mix of humor, music, and thought-provoking productions. It kicks off with *POTUS: Or, Behind Every Great Dumbass are Seven Women Trying to Keep Him Alive*— hot off its Tony Award-nominated Broadway Debut. It is a riotous comedy about the women in charge of the man in charge of the free world.

RAPPAHANNOCK CONCERT ASSOCIATION: PETER & WILL ANDERSON TRIO (SUBSC. HOLDERS ONLY)*

Saturday, September 23—6:30 PM—Front Lobby

Concert Begins at 7:30PM

Sign-up Required.

Peter and Will Anderson are identical twin American jazz saxophonists and clarinetists, composers, and arrangers. For their RCA performance the trio includes a guitar.

Since completing their degrees at The Juilliard School, Peter and Will have led performances at the Blue Note Jazz Club, the Kennedy Center, the New Orleans Jazz Festive, Seattle's Triple Door, and DC's Blues Alley. In 2016, Jazz at Lincoln Center selected the brothers to be featured performers in a concert honoring the music and life of clarinetist Benny Goodman.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

RWC BOOK CLUB

Calling all readers. Do you like to read and chat about the books you have read with others? If so then the RWC Book Club is where you want to be. Everyone is welcome! The Book Club meets on the 4th Monday of the month at 10:30 in the Rappahannock Room. Two copies of the selected 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 September selection is *"The Music of Bees"* by Eileen Garvin. This is a beautifully moving, warm and uplifting story about the power of finding courage to start over when things don't turn out the way we expect. A great read! Come join us. If you have questions please call me. Maxine Luxton 4200.

BOOKS NEW TO THE LIBRARY

Fiction: *"Interpreting Guilt"* by Peter Kirkland donated by Jay White; *"The Collector"* by Daniel Silva donated by Jay White; *"The Last Kingdom"* by Bernard Cornwall; *"Weapons of Opportunity"* by Dale Brown; *"Skeleton Coast"* by Clive Cussler; *"Outliers"* by Malcolm Gladwell donated by Tom Teeples.

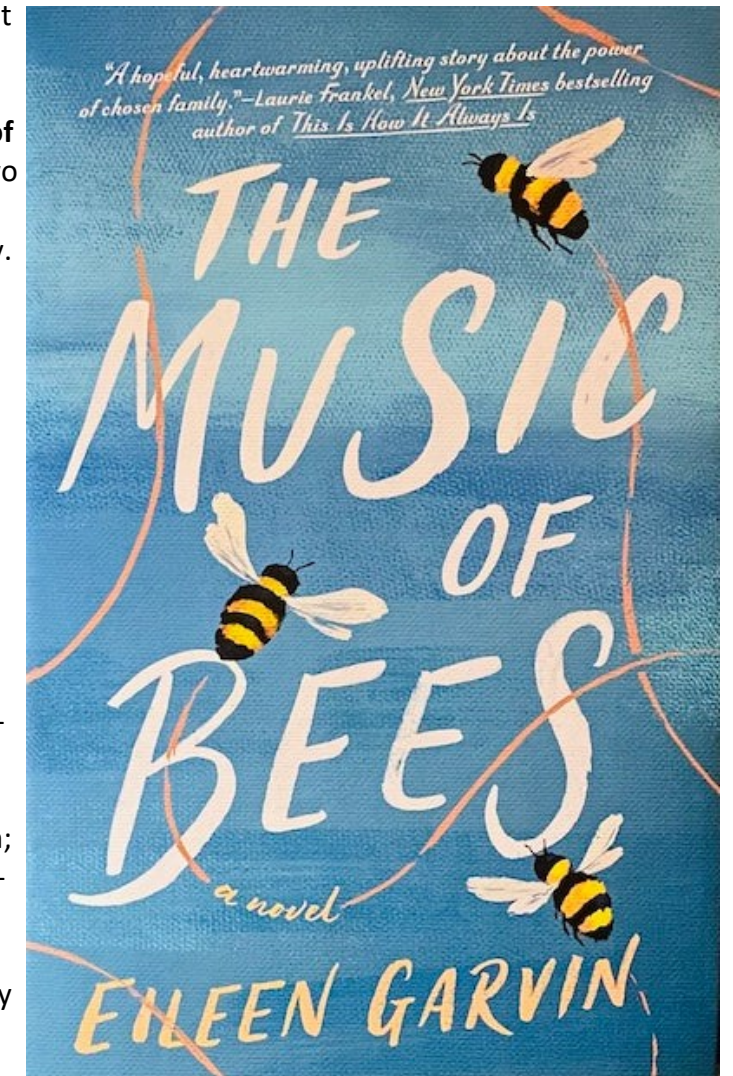
Mystery: *"Harbor Street"* by Ann Cleeves donated by Jay White; *"The Moth Catcher"* by Ann Cleeves donated by Jay White; *"Telling Tales"* by Ann Cleeves donated by Jay White; *"The Glass Room"* by Ann Cleeves donated by Jay White; *"The Crow Trap"* by Ann Cleeves donated by Jay White; *"Silent Voices"* by Ann Cleeves donated by Jay White; *"Hidden Voices"* by Ann Cleeves donated by Jay White; *"Dark Angel"* by John Sanford donated by Tom Teeples; *"The Investigator"* by John Sanford donated by Tom Teeples; *"The Match"* by Harlan Coben; *"Out of Nowhere"* by Susan Brown; *"Desert Star"* by Michael Connelly; donated by Tom Teeples; *"Blow Back"* by James Patterson; *"The Wrong Side of Goodbye"* by Michael Connelly donated by Tom Teeples; *"Dark Sacred Night"* by Michael Connelly donated by Tom Teeples; *"The Crossing"* by Michael Connelly donated by Tom Teeples;

Biography: *"Me"* by Katherine Hepburn; *"The Immortal Life of Henrietta Lacks"* by Rebecca Skloot donated by Tom Teeples.

A closing note. As you can see we are very fortunate to have excellent books donated to our Library. That is the main source of new books to our inventory.

Special thanks to Jay White and Tom Teeples for their continued support to our Library and readers.

Bill Estell, Library Chair



SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

ONGOING OPPORTUNITIES:

Bible Study Group: Tuesdays at 11:00AM in the Chesapeake Game Room. Amy Lewis will facilitate the video series. We hope to see you there!

September 5-The River And The Tree - The final chapter of Revelation contains descriptions from inside the New Jerusalem, instructions for how we are to live now in light of the certainty of Heaven, and a call to be ready for the return of Christ.

September 12-The Old And The New - The judgments are past, the plagues have ended, and earth as we know it has passed away. Now, in these final chapters of Revelation, John presents a thrilling vision of a new Heaven and a new earth, as he provides a detailed description of the new Jerusalem in all its brilliance and beauty. But, the best news of John's vision is that – as citizens of Heaven – we will have direct and continual access to God and Jesus for all eternity.

September 19-The Scroll And The Lamb - Following the letters to the seven churches of Asia, the focus shifts to scenes of Heaven that constitute the rest of Revelation. In the Spirit, the Apostle John is carried into Heaven, where he views a heavenly court scene. The scene is dominated by worship and praise of God the Father, and of His Son Jesus, the glorified Lamb of God. During this heavenly visit, the sovereign purposes of God are unveiled before our eyes.

September 26-What He Provides - God has given us everything we need to live a consistent Christian life. When we come to the realization that we have been liberated from sin by the grace of the Lord Jesus Christ, we will want to live for Him. And that means that everything we do – as we walk, live, work, serve, and relate to others – will be done for God and for His glory.

October 3-What We Need - Left to ourselves, we are completely unable to do anything to please God or to achieve salvation. That is why it is at the Cross that we see God's love in all its fullness. Through the sacrificial death of God's Son, Jesus, we have been given an opportunity to receive a changed heart and to experience God's plan and purpose for our lives.

October 10-Who Christ Is - Both fully human and fully divine, Christ alone is Lord over all things.

Therefore, life change occurs when we take our eyes

off ourselves and begin to focus on the complete sufficiency of the person and work of Christ. He has this world under control and we can walk in faith and hope in every area of our lives.

October 17-Who We Are - How reluctant we are to acknowledge our sin nature, and how prone we are to run from the truth about ourselves! Let's face it: Apart from the grace of God in Christ, the condition of man is not a very pretty picture. But when we recognize our true nature and open ourselves to the grace of God, we are ready to change our focus from the bad news of our sin and guilt to the Good News of salvation through Jesus Christ.

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 **September 13th**. 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. However, for the next 6 weeks these two capable residents will be at the helm until our new chaplain arrives. 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:

TIL HUCKINS—AUGUST 2, 2023

JIM RAY—AUGUST 3, 2023

REBECCA FORD—AUGUST 18, 2023

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

IMPORTANT!!!!!! FLU VACCINES

We will need to get count of how many Flu Vaccines to order this year. We are asking residents who are interested in receiving a dose to sign up between September 1 and September 15. This way we can get an accurate count. The Flu vaccines will be administered at a later

POKER GROUP

RWC gentlemen and ladies who like to play poker gather in the Game Room (across from the RWC Receptionist) every Wednesday night from 7:00 p.m. to 9:30 p.m.

We are seeking new players to join us. We do not play for big bucks but seek adventurous types who are willing to try something new. If you would like to observe us playing before joining, please drop by between 7 and 7:30 p.m. We are open to teaching beginners the renditions of the game. There is also a written explanation provided new players. Everyone purchases five dollars in chips, which is usually an adequate investment for the evening. You may win a few dollars or lose a few, but where can you go and receive an evening's entertainment for five bucks? Bingo, maybe. ~Bill Wright

GARDEN CHATTER

The RWC Community Gardens are flourishing! Tomatoes, peppers, melons and most every kind of vegetable you can imagine are bolting to ripeness. Sunflowers, zinnias and marigolds are blooming in perfusion. The garden plots are tended by residents who love to garden and in many cases love to share their harvest with others. This has been a very successful summer and fall planting will soon begin. If you have not visited the garden plots take a stroll and check them out.

About the end of January each year plots are assigned to those interested in having a hand in the fun of gardening. At this time all of the plots have been claimed, however, it is not unusual for some to become available as residents give them up. A waiting list is kept and new gardeners are added as plots become available. The rules of the garden are simple. Be a good neighbor. Keep your space free of weeds and harvest produce as it ripens to avoid critters from invading the garden. For further details contact Maxine Luxton at 4200.

THE RWC MONARCH SANCTUARY NEEDS MORE MILKWEED!



The RWC Foundation has ordered 300 Milkweed plants to GIVE to those willing to plant and care for them.

Delivery is tentatively scheduled for the end of September. There will be 100 Butterfly Weed, 100 Common Milkweed, and 100 Swamp Milkweed. You are encouraged to take a minimum of 5 plants as fewer plants have been found to be insufficient to satisfy hungry caterpillars.

Please contact Jane Henley or Nick Ferriter to arrange pickup.

Also, be sure to check out the butterfly enclosure! There is a lot of constantly changing action inside from caterpillars, to chrysalises, to butterflies!

DOGGIE DOS & DON'TS

Please let you doggies enjoy walking on campus but remember to pick up after your pooches. It's no fun to accidentally step into you know what! Please refer to the pet policy and remind any dog walkers to help keep our campus clean and poo-free!

A NOTE FROM THE ACTIVITIES COMMITTEE

Thanks to those who have attended workshops for the November 9th fundraiser. Please sign up and attend these workshops as we need your "artisan" items!

General guidelines for donated items are gently used/nearly new home goods and jewelry. Please, no clothing or large items.

Unsold items will be in our "After Sale" thru December and then donated. If you do not wish to donate unsold items please label them and arrange to pick them up by January 5th! If you have any questions contact Helene x4248 or Mary x4308 - Thanks!

WELCOME TO THE LIFE ENRICHMENT PAGE

“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”

**HAVE A GREAT LABOR DAY—
MONDAY, SEPTEMBER 4**

We WILL have exercises classes on Monday, September 4. The wellness staff will be running the normal schedule all day.

PARKINSON’S CAREGIVER’S SUPPORT GROUP

Monday, September 11—11:00 AM—Auditorium

PARKINSON’S SUPPORT GROUP

Monday, September 11—1:15 PM—Auditorium

CAREGIVER’S MEMORY SUPPORT

Monday, September 11—4:30 PM—Auditorium

MACULAR DEGENERATION SUPPORT GROUP

Thursday, September 28—1:00 PM—Main Street Pub

**ANGIE’S SEPTEMBER HEALTH TIP:
AN APPLE A DAY MAY NOT KEEP THE
DOCTOR AWAY BUT.....**

Apples provide antioxidants (which keep your cells healthy), fiber and vitamin C.

Different studies have shown that apple consumption was linked to reduced risk of some cancers, stroke, high blood pressure and reduced inflammation associated with heart disease. Not only do apples provide all of these benefits but they are also very low in calories. This apple season is a great time to add this little gem to your daily health regime.



**GREEN APPLE SALAD RECIPE
INGREDIENTS:**

- 1 Tablespoon minced shallots
- 2 Tablespoons Dijon mustard
- 1/4 cup freshly squeezed lemon juice
- 1 Tablespoon honey
- 1/4 cup olive oil
- 3 cups arugula

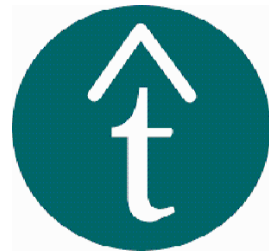
- 1 large Granny Smith apple
- 1/3 cup shredded Parmesan cheese

MAKE THE SALAD:

In a medium bowl, whisk together the shallots, mustard, lemon juice, honey and olive oil. Season the dressing with salt and pepper to taste. Set the dressing aside.

Slice the apple into thin matchsticks, then add the apple, arugula and Parmesan cheese to a large bowl and toss with the prepared dressing.

**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.

STITCHING STARS

Wednesday, September 20-1:00 PM-Art Room2

“And the stockings were hung....”

RWC Stitching Stars group is helping SewTangle quilt shop in White Stone to make Christmas stockings for Toys for Tots.

Toys for Tots is an annual campaign by the US Marines and Marine Reserves to distribute toys to local children.

Stitching Stars is making stockings and we will be asking Residents and Staff to “adopt” a stocking. Fill it with NEW, unwrapped small toys, books, markers.. and we will deliver to SewTangle for pick up by the Marines for distribution to local kids!

Sew... more to come.. look for an example of the stocking and what YOU might want to get to fill one in the LEC soon! ~Denise Munns

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 toward the sale. We need your help to make a variety of unique items. Also, if you quilt, sew, knit, crochet 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.

MAKING EPOXY MUGS*

Thursday, September 7-11:00 AM—Art Room 2

Sign up required. LIMIT: 4

Have an old mug that needs a new look? Bring it in for this fun & fast class! Wait list from last month will have first spots.

OCEAN PAINT POUR *

Wednesday, September 13-2:00 PM—Art Room 2

Sign up required. LIMIT: 8

Design beautiful oyster shells with a combination of paints poured inside. These can be used as ornaments or jewelry dishes.

POLYMER CLAY *

Monday, September 11—11:00 AM—Art Room 2

Sign up required. LIMIT: 8

Polymer clay is known for its versatility, pliability and simplicity to work with. It is an oven bake modeling material that can be used to make jewelry, pins, buttons, or other decorative items.

TEXTURED PAINT *

Thursday, September 21—11:00 AM—Art Room 2

Sign up required. LIMIT: 8

Baking soda will turn any acrylic paint into a textured paint! We will dive a little deeper into what can be accomplished with this technique.

MOVIE MATINEE: SHE SAID*

Wednesday, September 6-2:00 PM-Auditorium

2022 R 2h 8m

Based on the bombshell New York Times investigation of Harvey Weinstein, reporters Megan Twohey and Jodi Kantor went from underdogs to inspirations by shattering the silence surrounding sexual assault in Hollywood. Determined to expose the truth many fear to tell, Megan and Jodi's partnership shakes up the system, empowering courageous women to re-take their strength through stories of survival.

MOVIE MATINEE: LIVING*

Wednesday, September 20-2:00 PM-Auditorium

2022 PG-13 1h 42m

In this remake of Akira Kurosawa's "Ikiru," Williams is a 1950's London civil servant who struggles to maintain order under mountains of paperwork. Overwhelmed at work and lonely at home, his life takes a heartbreaking turn when a medical diagnosis tells him time is short. Influenced by a local decadent and the vibrant Margaret, Williams continues to search for meaning until a simple revelation gives him the purpose to create a legacy for the next generation.

MOVIE MATINEE: THE BIRDCAGE*

Thursday, September 21-2:00 PM-Auditorium

1996 R 1h 59m

Longtime lovers Armand and Albert own a Miami drag club, but when Armand's son announces his intent to marry the daughter of a stuffy U.S. senator, the gay couple feels compelled to pass themselves off as a "normal" family in this wild farce.

**MOVIE MATINEE:
HARRIS GOES TO PARIS***

Wednesday, September 27-2:00 PM-Auditorium

2022 PG 1h 55m

London housecleaner Ada Harris thinks her lonely life might turn around if she can become the owner of a Christian Dior gown. Saying goodbye to friends like Archie won't be easy, and neither will be winning over elite people in Paris from Madame Colbert to idealistic accountant André. But Ada's irrepressible charm just might end up saving the whole House of Dior.