



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING  
OCTOBER 30 at NOON AT THE LIFE ENRICHMENT CENTER LOBBY.**

## **2024 RWC RESIDENTS ASSOCIATION BOARD OF DIRECTORS ELECTIONS 10/10/2023**

In accordance with Article IV, Section 4 of the RW-C Residents Association By-Laws:  
***Before November 1, the Nominations/Bylaws Committee shall present to the Secretary the names of one (1) or more members nominated for each elected office, four (4) Directors at Large, and the prerequisite number of members for the standing committees (see paragraph 6, Article 11....), to be filled by the ensuing election. The Secretary shall publish in the Resident Newsletter in November the proposed slate of candidates with the advice that the membership may nominate additional candidates from the floor by notifying the Chairperson of the Nominations/Bylaws Committee, in writing, a minimum of one week prior to the annual meeting.***

Please note that, other than the Quality-of-Life Committee, all other standing committees shall consist of **at least three (3) and not more than five (5) members.** The current Residents Association Nominations/Elections/By-Laws Committee (Milena Van Sant – Chair; Cecelia Barton, Dr. Ida Hill, Susan Read) presents the following list of nominees for Resident Board Officers and Standing Committee positions for 2024:  
President: Vikki Marek-Young  
Vice-President: Susan Jones  
Treasurer: Peter Braatz  
Secretary: Pat Morris

Director at Large: Fred Luxton  
Director at Large: Helen Woolfolk  
Director at Large: Joan Parham  
Director at Large: Jan Glover  
Quality of Life: Ginny Burnette (1-year position)  
Quality of Life: Mary Kay Rotert (2-year position)  
Finance Committee: Jay White  
Finance Committee: Bill Estell

Finance Committee: Joan May  
Finance Committee: Al Smy  
Finance Committee: Bob Calves  
Nom/By-Laws: Cecelia Barton  
Nom/By-Laws: Dr. Ida Hill  
Nom/By-Laws: Susan Read  
Nom/By-Laws: Patti Bozarth  
Respectfully submitted by: Val Foulds, Secretary

## **EMPLOYEE CHRISTMAS FUND**

We're halfway there—deadline is December 1st. If you have contributed already, thank you for your generosity. We have a slower start than in previous years so let's pick up the pace. We never know who contributes or how much each resident contributes unless they share that information with us.

Residents (especially new ones) call and ask how much they should give. We are happy to share guidelines if asked or refer them to the colorful new ECF Guide that was published and distributed in October. Some residents have inquired and added a second check after reconsidering.

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

Let's get those checks in soon and demonstrate to the staff how much we appreciate them. Make checks payable to the RWC Employee Christmas Fund. The mailbox is on the counter at the Front Desk with envelopes for your contribution. Let's get it filled up.

Our sincere thanks,  
the Employee Christmas Fund Committee

***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
<h1>NOVEMBER</h1> <h1>2023</h1>			10:00-AUD-Resident Association Board Meeting <b>1</b> 11:00-1:00-ATR-Stylish Eyes Repair Clinic 2:00-AUD-Movie Matinee: Emperor* 7:00-CGR- Poker Group	3:00-RAP-Praying the Rosary <b>2</b>	8:30-AUD-First Friday Forum : John Seltzer* <b>3</b> 2:15-FCR-Cornhole <ul style="list-style-type: none"> <li>• <b>WAITED SERVICE DINNER IN LANCASTER ROOM*</b></li> </ul>	2:30-FRL-Common Bond Quartet at WSMC* <b>4</b> <ul style="list-style-type: none"> <li>• <b>TURN YOUR CLOCK BACK ONE HOUR</b></li> <li>• <b>BEFORE RETIRING TO BED</b></li> </ul>
<b>DAYLIGHT SAVING TIME ENDS</b> <b>5</b> 1:00-MSP-Sunday Funday NFL Football* 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping at Walmart & Dollar Tree* <b>6</b> 11:00-AUD-Parkinson's Caregiver Support 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 2:30-AR2-Update with Stuart 3:00-AR1-Quilted Christmas Trees* 4:30-AUD-Caregiver's Memory Support Group	10:00-FRL-Bus to Vote* <b>7</b> 10:00-AR2-Chat & Craft 11:00-LAN-Women In Aviation* 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	10:00-LAN-It's all about the Fall Brunch* <b>8</b> 11:00-CGR-Grief Support 4:30-FCR-Sound Healing* 7:00-CGR-Poker Group <ul style="list-style-type: none"> <li>• <b>RESERVATIONS OPEN FOR FRIDAY NIGHT DINNER NOV. 17 (LIMIT 18) x4016</b></li> </ul>	10:00-LAN-Food Committee Meeting <b>9</b> 11:00-AUD-Holiday Happenings Sale until 4:00pm 3:00-RAP-Praying the Rosary	<b>VETERAN'S DAY</b> <b>10</b> 8:30-LAN-Veteran's Breakfast* 10:30-Lakeside-Kilmarnock Bagpipe Band 11:30-ATR-Patriotic Music with David Gussman 1:00-AUD-Movie: The Fighting Sullivans* 2:15-FCR-Cornhole 5:00-AUD-String Crewe Veteran's Concert	6:30-FRL-Rappahannock Concert Association: Bobby Blackhat Band (subscription holders)* <b>11</b>
1:00-MSP-Sunday Funday NFL Football* <b>12</b> 2:30-FRL-Lancaster Players: The Restroom at Rosenblooms* 4:00-CH85-Sunday Worship	<b>WORLD KINDNESS DAY</b> <b>13</b> 10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 1:00-FRL-Bay School Community Arts Center* 2:30-AR2-Update with Stuart	10:00-AR2-Chat & Craft <b>14</b> 10:00-AR1-Amateur Radio Club 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-ATR-Ross's Watch Battery Replacement Clinic 4:00-AUD-Northern Neck Orchestra Presentation*	10:00-AR2-Activities Committee Meeting <b>15</b> 10:00-LEC-Stuff the Stockings 11:00-AR2-Christmas Décor Committee Meeting 1:00-AR2-Stitching Stars Quilting Group and Stuffing of the Stockings (last day) 7:00-CGR-Poker Group	2:00-AR2-Kitty Visits with Garfield's Rescue <b>16</b> 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends	2:15-FCR--Cornhole <b>17</b> 4:00-AUD-Chamber Concert featuring Ibby Roberts* <ul style="list-style-type: none"> <li>• <b>WAITED SERVICE DINNER IN LANCASTER ROOM*</b></li> </ul>	<b>18</b>
1:00-MSP-Sunday Funday NFL Football* <b>19</b> 1:15-FRL-Rappahannock Concert Association: Jae Sinnet Trio (subscription holders)* 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* <b>20</b> 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 3:00-AR1-Beaded Snowflake Ornaments* 2:30-AR2-Update with Stuart <ul style="list-style-type: none"> <li>• <b>Deadline for Gazebo Gazette Articles by NOON</b></li> </ul>	9:00-FRL-Norfolk Zoo* <b>21</b> 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study	2:00-AUD-Movie Matinee: Good Morning Vietnam* <b>22</b> 7:00-CGR-Poker Group <ul style="list-style-type: none"> <li>• <b>RESERVATIONS OPEN FOR FRIDAY NIGHT DINNER Dec. 1 (LIMIT 18) x4016</b></li> </ul>	<b>Thanksgiving Day</b> <b>23</b> <b>Thanksgiving Dinner 11:00 am—2:00 pm Lakeview Grille</b> 3:00-RAP-Praying the Rosary <ul style="list-style-type: none"> <li>• <b>No Fitness Center Classes!</b></li> </ul>	2:15-FCR--Cornhole <b>24</b> <ul style="list-style-type: none"> <li>• <b>No Fitness Center Classes!</b></li> <li>• <b>Last Day to Change Meal Plan</b></li> </ul>	4:30-FRL-Countdown to Christmas* <b>25</b>
1:00-MSP-Sunday Funday NFL Football* <b>26</b> 2:15-FRL-Westmoreland Players: Tilt the Unlit Candle* 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* <b>27</b> 1:00-CGR-Catch Phrase 1:00-FRL-Tour of St. Mary's White Chapel Labyrinth, Historic Graveyard, & Church* 2:30-AR2-Update with Stuart	9:00-FRL-Trader Joe's & Lunch* <b>28</b> 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	10:30-FRL-VA REP: The Silver Belles (subscription holders)* <b>29</b> 2:00-AUD-Movie Matinee: Primal Fear* 7:00-CGR-Poker Group	9:00-FRL-Historic Jamestown & lunch at the Dale House Café* <b>30</b>		
<div style="border: 2px solid black; padding: 5px; display: inline-block;"> <b>CHRISTMAS DECORATING MONDAY, NOV. 27 THROUGH FRIDAY, DEC. 1</b> </div>		Christmas Decorating Week	Christmas Decorating Week	Christmas Decorating Week	Christmas Decorating Week	

- 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

### GREETINGS FROM THE PRESIDENT & CEO

November brings the Thanksgiving season as fall arrives and we gear up for the holidays. It reminds me that every day is Thanksgiving Day. We have so much to be thankful and grateful for each day of the year. Resilient gratitude is a mental muscle worth strengthening, and it is both an individual and team sport.

Over the years our Wellness Program has been in place, I marvel at the encouragement and support our residents and community fitness members provide for each other in the fitness classes, in the Fitness Center, and in pursuit of wellness goals. The amazing Employee Christmas Fund residents provide each year profoundly encourages and blesses our staff and staff families. Activities such as new art and craft classes and trips to new and interesting places encourage our curiosity and reveal hidden talents. Heart-led care planning by our nursing team enables residents to reach quality of life goals in the face of health challenges.

Tragic events, polarized perspectives, and unexpected outcomes easily displace the blessings of the day requiring us to reset our focus on all for which we are thankful. Resilient and reflective gratitude brings us back to a thankful perspective that has tremendous power and strength. Fortified with gratitude we can embrace the gifts and possibilities of each Thanksgiving Day. Let us accept the challenge to fortify others with our blessings and to allow others to encourage us when challenges encroach.

All of us on the RWC Team wish you and your families blessings and gratitude this Thanksgiving season. We are thankful for you and the privilege and honor to serve and care for you in your home at RWC.

### ELECTRIC VEHICLE CHARGING STATIONS

RWC now has two electric vehicle charging stations available. One station has a Tesla specific connector for Tesla vehicles, and the other station has a J1772 universal connector for other models of electric vehicles. The charging stations are located on a pedestal by two parking spaces on the west side of Lancaster Drive in the vicinity of the Clubroom and the Rehab Department.

Signs noting which parking spaces are reserved for charging are being made. The charging stations provide Level 2 vehicle charges for a fee that covers the cost of the energy, the cost of the charger and installation, and the cost of the software support for the chargers. Those charging vehicles will pay via app for the charges. There are no cash or prepaid features available. Charge times will vary by vehicle and level of charge desired. Those charging are asked to vacate the parking spaces once the vehicle is charged to enable the next vehicle to be charged. We will evaluate the need for additional charger locations after a period using these chargers.

### GALLERY HALL WILL DISPLAY RWC'S VETERANS DURING THE MONTH OF NOVEMBER

RWC is proud to house over 60 veterans with combined service hours of 650+ years! Please take time to enjoy RWC's Wall of Honor during the month of November and find out more about our cherished veterans.

We will celebrate Veteran's Day all day on Friday, November 10th starting with:



**8:30AM-10:00AM** breakfast for the veterans in the Lancaster Room\*,

**10:30AM** a Lakeside performance by the Kilmar-nock Bagpipe Band.

**11:30AM-12:30PM** Patriotic Accordion Concert by David Gussman in the Atrium,

**1:00PM** Movie Matinee: The Fighting Sullivans in the Auditorium\*, The Fighting Sullivans. Based on a true story about five brothers from Waterloo, Iowa, The Fighting Sullivans (1944) resonated with a war-weary nation, a reminder of the homespun values for which American troops were fighting. In November of 1942, the Sullivan brothers were all serving aboard the cruiser U.S.S.

**5:00PM** Veteran's Concert by the String Crew in the Auditorium.

# WELCOME NEW NEIGHBORS!

**Mr. Robert "Bob" Isenhour** moved into free-standing home #814. His sister is resident Katherine Lantz.

Bob was born in Greensboro, NC and grew up in Burlington, NC. He said he had a wonderful childhood with very loving parents. He attended Walter William High School and majored in economics at Davidson College (graduated in 1957). From there he joined the Navy where he worked in Naval Intelligence. Once he finished his service, he began working at R.J. Reynolds Tobacco Company in Winston-Salem. He was given the opportunity to attend graduate school at Stanford University where he majored in finance.

Bob currently lives in Emerald Isle, NC and has lived there for 31 years. His wife died in 2021 (55 years of marriage) and 2 months later his 13-year-old companion Golden Retriever passed away. He has decided to move to RWC because he is lonely and his sister is his only family left. He has no children. He is a huge dog lover, especially German Shepards and Golden Retrievers but does not currently have a pet. He may be interested in getting a dog in the future. Bob likes to stay busy and take care of himself. Enjoys walking and is looking forward working out in the Fitness Center. His sister has gotten Mr. Isenhour reading a lot and he really enjoys it.

**Miss Mary Stewart** is moving into Apartment 106/108. Mary has resided at Hills Quarters for 20 years. She was born in Washington, D.C. and at 6 months old, her parents moved to the "Big Apple". This is where Mary spent her educational years. She graduated from Connecticut College for Women with a degree in business administration. From there her career was spent in financial management and computer support. Mary came to the Northern Neck kicking and screaming because her sister, Maggie and brother-in-law, Fred, along with their mother, were looking for a new area to retire to. After exploring along the eastern shore of the bay, they settled on moving to the western side. Mary reluctantly followed along. (That's the short story). Mary quickly settled into the town of Irvington, purchasing the

"Blue Captain's House." She moved to Hills Quarter in 2003.

Mary has been very active in the community. She has volunteered for the American Red Cross, YMCA, Lancaster Players, Northern Neck Computers Group (Appleseeds), and the NN Genealogy Group. She is familiar with RWC as a couple of the groups she has been involved in met here on a regular basis. She is a member of St. Andrews Presbyterian Church. Mary has 2 cats. Mary still enjoys researching her genealogical roots and helping beginners to start their genealogical journey. She is somewhat arts and crafty and is looking forward to trying new things. She enjoys the adult architectural Lego sets. She is also wanting to join the fitness classes.

**Mrs. Maria Carter** is moving into Apartment 201. She comes to us from Midlothian.

Mrs. Carter was born in Lisbon, Portugal. Her father was in the foreign service. She started school in Norway and graduated from Mount St. Vincent Academy in Halifax, Nova Scotia. She worked as a translator for a British export/import company while living in Portugal and manager at the Royal Bank of Canada.

Maria lost her first husband in 1963 to cancer and was remarried in 1994 to Charles Carter. They were married for almost 29 years until he died on July 6, 2023. She has 2 children, Beth, a daughter that lives in Heathsville and a son, Andy, who lives in Dallas, TX.

She has decided to make the move because she is 92 and has great genes (Her mother lived to be 101) and also to make it easier on her children. She is looking forward being closer to her daughter.

Maria enjoys playing bridge, reading, walking and loves people. She is interested in the Fitness Center and social gatherings. She belongs to the Women's Club in her current location. She is an outgoing person, and loves making friends. She speaks 5 languages; English, Portuguese, Spanish, French, and Norwegian. She is affiliated with the Methodist church.



**MOVIE MATINEE: EMPEROR\***

Wednesday, November 1—2:00 PM—Auditorium  
2012 PG-13 1h 45m

As World War II ends, Gen. MacArthur oversees Japan's surrender, an act that dispels the nation's centuries-old beliefs about its emperor. With the eyes of the world -- and history -- upon them, MacArthur and his protégé will change Japan forever.

**CORN HOLE TOURNAMENT: WC ON THE CHESAPEAKE BAY\***

Postponed until after the holidays.

**FIRST FRIDAY FORUM PRESENTS: JOHN SELTZER WITH TOYS FOR TOTS\***

Friday, November 3—8:30AM-Auditorium

Sign-up Required-LIMIT 50

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

**MISSION:** The basic mission of the Marine Toys for Tots Program is to collect new unwrapped toys and distribute those toys to less fortunate children at Christmas. **GOAL:** The primary goal of Marine Toys for Tots is, through the gift of a new toy, help bring the joy of Christmas and send a message of hope to America's less fortunate children.

**COMMON BOND QUARTET AT WSMC\***

Saturday, November 4—2:30 PM—Front Lobby  
Sign up Required. Limit 13.

During a concert, Common Bond Quartet will be sure to have you not only smiling, tapping your toes and clapping your hands; but you will also be challenged and encouraged in your walk with Christ. Worship led by Common Bond Quartet will be an experience that we're sure will be a blessing long after the last note is sung.

**NO SEW QUILTED CHRISTMAS TREES\***

Monday, November 6 -3:00 PM-Art Room 1

Sign Up Required. Limit 6.

**BUS TO VOTE IN IRVINGTON\***

Tuesday, November 7 -10:00 AM - Front Lobby

Sign up Required.

**WOMEN IN AVIATION\***

Tuesday, November 7—11:00 AM—Lancaster Room  
Sign Up Required. Limit 80.

Speaker Mary Bush Shipko of Gloucester Point was one of the first women in the U.S. to become a pilot for a major airline. After growing up in the airline industry, she earned a number of commercial pilot licenses before finally achieving the ultimate certification that allowed her to fly commercial passengers. One of fewer than a dozen female pilots in the nation.

**RAPPAHANNOCK CONCERT ASSOCIATION: THE BOBBY BLACKHAT BAND (SUBSC. HOLDERS)\***

Saturday, November 11—6:30 PM—Front Lobby

Combine the influences of Chicago, Memphis, Piedmont, and Delta style blues, along with a little gospel, and you get the Toe Tappin', Finger Poppin', Hip Shakin' Blues experience of Bobby BlackHat. You never know what's gonna' happen at a Bobby BlackHat show!

**NORTHERN NECK ORCHESTRA PRESENTATION\***

Tuesday, November 14—4:00 PM—Auditorium

Sign up Required

NNO will be here to talk about their upcoming season.

**LANCASTER PLAYERS: THE RESTROOM AT ROSENBLOOMS\***

Sunday, November 12-2:30PM-Front Lobby

Call Amy at ext. 4024 to reserve.

This contemporary comedy reveals the hopes, dreams, and fears of three older ladies who meet daily in the rest room lounge of an outdated downtown department store. When a steady stream of bizarre events impose on their plans, the ladies are determined to triumph over those who would threaten their freedom. Cost = \$30

**BAY SCHOOL COMMUNITY ARTS CENTER IN MATTHEWS\***

Monday, November 13-1:00PM-Front Lobby

Sign up Required. Limit 13

Shop or just enjoy the variety of artwork on display.

**HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN****RW-C Book Club**

Take a trip back to Florence, Italy in the year 1550. **"The Marriage Portrait"** by author Maggie O'Farrell brings the world of Renaissance Italy and the young duchess Lucrezia de' Medici to jewel bright life. It offers an unforgettable portrait of a resilient young woman's battle for her very survival. A great read!

All readers are welcome to join the discussion. We meet on the 4<sup>th</sup> Monday of each month at 10:30AM in the Rappahannock Room. Two copies of the selected book are available. Look for them at the Book Group shelf at the back of the library. Sign out the copy on the sign out sheet, read and return in order to share with other readers.

If you have questions please call me. Maxine Luxton 4200.

**BOOKS NEW TO THE LIBRARY IN OCTOBER**

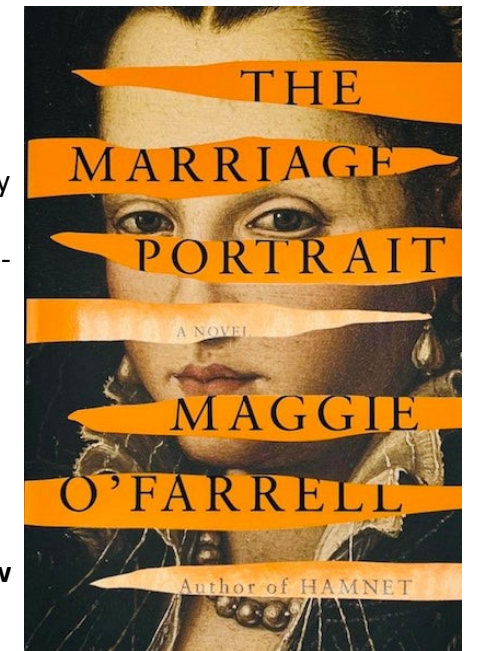
**Fiction:** **"Cuba Libre"** by Elmore Leonara donated by Tom Teeples; **"How to be a Politician"** by Rory Stewart donated by Jay White; **"Lady Tan's Circle of Women"** by Lisa See; **"Klara and the Sun"** by Kazuo Ishiguro; **"The Glass Kingdom"** by Lawrence Osborne; **"A Chateau Under Siege"** by Martin Walker donated by Jay White; **"Tom Lake"** by Ann Patchett; **"Holly"** by Stephen King; **"Fadaway Joe"** by Hugh Lessig donated by Jay White; **"The Pigeon Tunnel"** John LeCarre; **"The Armor of Light"** by Ken Follett donated by Jay White; **"The Covennat of Water"** by Abraham Verghese; **"The High Club"** by Mary Kay Andrewa; **"Family Money"** by Chad Zunker; **"The Wedding of the Season"** by Lauren Edmonson; **The Flight Girls** by Noelle Salazar; **"The Silent Patient"** by Alex Michaelides;

**Mystery:** **"Old Black Magic"** by Ace Atkins donated by Tom Teeples; **"The Silkworm"** by Robert Galbraith; **"Angel Eyes"** Ace Atkins donated by Tom Teeples; **"The Twist of a Knife"** by Anthony Horowitz; **"I Will Find You"** by Harlan Coben; **"The House of Wolves"** by James Patterson and Mike Lupica; **"Count Down"** by James Patterson; **"No Plan B"** by Lee Child and Andrew Child;

**Biography:** **"Elon Musk"** by Walter Isaacson donated by Jay White; **"A Private Spy"** The Letters of John LeCarre edited by Tim Cornwell.

**Virginia:** **"The Chesapeake Watershed"** by Ned Tillman

**Religion:** **"Live in Grace-Walk in Love"** by Bob Goff donated by Virginia Maloney;



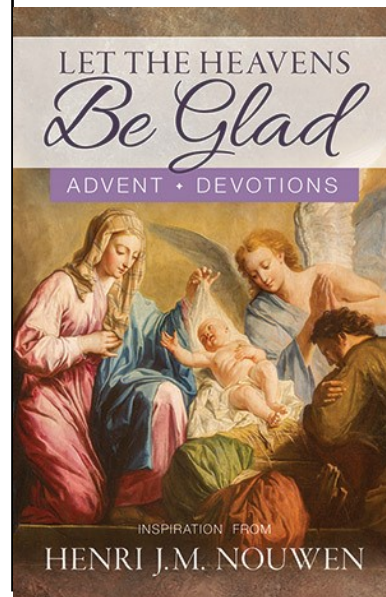
## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### ONGOING OPPORTUNITIES:

**Bible Study Group:** Tuesdays at 11:00AM in the Chesapeake Game Room.

**Sue Donaldson will be our Bible Study leader for the month of November.** Sue Slate Donaldson is a native White Stone girl. She worked in the public school system in three different districts for 30 years. Teaching high school history and as a guidance counselor at middle and high school levels. She has taught adult Bible study in Sunday School at White Stone Baptist for 43 years.

**Grief Support:** The RWC Grief Support Group meets on the second Wednesday of each month at **11:00AM** in the Chesapeake Game Room. 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. RWC resident Nancy Ellett leads the group together with resident Sherry Mann, in conjunction with the Office of the Chaplain. However, 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!



### ADVENT BOOKLETS ARE ON THE WAY

We with all of heaven are gladdened by the good news of the coming Christ Child to save us. And, we are blessed to be able to share that joy with those around us this Advent season. Excerpts of Nouwen's writings, as well as Scripture passages and original reflections and prayers, inspire and

encourage readers to live a life of rejoicing in the precious gift of the Savior.

### GIVING THANKS MEANS THANKING GOD WITH A JOYFUL HEART.

We've all heard said, "God loves a cheerful giver" (2 Cor. 9:7). But we rarely quote all of what Paul originally wrote to the Corinthian church, "Each one of you must make up your mind, not reluctantly or under compulsion, for God loves a cheerful giver." We too are compelled to make up our minds to offer what we have with joyful heart. If we thank God out of bitterness or conceit we are not thanking God. We thank God out of the sheer joy of having received abundantly.

Our God is an abundant God offering abundant life to all. Remember how Jesus said, "I have come that you might have abundant life" (John 10:10). We need only open our eyes, our hearts to hear his invitation to receive that abundant life. When we have accepted God's gracious offer of life everlasting, we know the joy that comes from deep within and bubbles up as thanksgiving. Give thanks then with a joyful heart now and always.

### SERENITY BLOSSOM POINSETTIAS FOR THE HOLIDAYS

**Order by December 1st by calling 804-436-3114**

6 1/2" pots \$16.50 (3/4 blooms)

8" pots \$32.00 (10+ blooms)

10" pots \$42.00 (14+ blooms)

Available in red, white, jinglebell and pink. Pick up at shop at 5243 Jessie Dupont Mem Hwy or have delivered (\$12.00 delivery fee).

6" Paperwhites \$14.50

6" Amaryllis \$21.50

All come with green hats and bows.

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### CONGRATULATIONS RWC WALKING TEAM "YES2YEARS"

YOU RAISED \$2,248.75 TO END ALZHEIMERS!!!

Thank you to Co-Captains, Denise Munns and Bonny Magerko

### "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!

Haven't adopted a Toys for Tots Christmas Stocking? **There are 3 left!** Stockings are hung in the LEC Lobby.

Come by and write your name and phone number on the PAPER TAG.

DO NOT take the stocking. Do take the instruction sheet inside the stocking. ~Denise Munns

Stocking filling dates for November are:

Nov. 1, 10-11, LEC Lobby;

Nov. 15, 10-11, LEC Lobby and 1-2 Art2 during Stitching Stars.

November 15th is the LAST Day!

### ACTIVITY COMMITTEE NOTES

We are just days away from the "Holiday Happenings" sale on November 9<sup>th</sup>. Special Staff only shopping 10:00 – 11:00 a.m. - Residents, family and friends from 11:00 – 4:00 p.m.

LEC staff and Residents participated in classes and workshops during the summer and fall. Many answered the call to donate beautiful, practical, new and gently used items for others to cherish.

Come see and find the perfect items to enjoy or give as a gift just in time for fall, Thanksgiving and Christmas. There's something for everyone. It's holiday and family time. CELEBRATE!

Once again the proceeds of the sale will benefit the RW-C Endowed Healthcare Scholarship Fund – an investment in your care at RWC.

### SUNDAY FUNDAY FOOTBALL

**Every Sunday from 1:00 – 7:00PM-Main Street Pub**

Catch the NFL games with your friends and neighbors!! Get together at the Main Street Pub to watch the football broadcasts at 1pm and 4:25pm (times may fluctuate). Residents will decide what game to watch. We'll provide the popcorn and pretzels. We'll provide a cooler of ice. You bring your own beverages.

### LOOKING FOR CHRISTMAS DECORATING COMMITTEE VOLUNTEERS

**Wednesday, November 15—11:00 AM-Art Room 2**

It's that time again as we start to divide up areas around RWC to decorate. Think about different themes and how you'd like to decorate your assigned area. We hope you will join us as it takes many helping hands.

### STYLISH EYES REPAIR CLINIC

**Wednesday, November 1—11:00 AM—1:00 PM Atrium**

### PARKINSON'S CAREGIVER'S SUPPORT GROUP

**Monday, November 6—11:00 AM—Auditorium**

### PARKINSON'S SUPPORT GROUP

**Monday, November 6—1:15 PM—Auditorium**

### CAREGIVER'S MEMORY SUPPORT

**Monday, November 6—4:30 PM—Auditorium**

### MACULAR DEGENERATION SUPPORT GROUP

**Will not meet in November or December**

### ROSS'S RINGS & THINGS WATCH BATTERY REPLACEMENT CLINIC

**Tuesday, November 14—1:00 –3:00PM-Atrium**



## FITNESS AND RESIDENT LIFE

**Fitness Center Closed Thursday, November 23 and Friday, November 24**

All classes will be cancelled on Thanksgiving and the following day. If you have access to use the fitness center or swimming pool, it will be available. Remind-er that you must have a buddy if you are going to use the swimming pool.

## NOVEMBER'S HEALTHY TIP:

Add a new physically active tradition to your family's celebration. When the Thanksgiving feast is over, adding a walk to your family tradition can be a great way to close out the holiday.

## CHAMBER CONCERT: FEATURING IBBY ROBERTS\*

**Friday, November 17— 4:00 PM—Auditorium  
Sign up Required**

Bassoonist Elizabeth Roberts, daughter of John and Edna Roberts, is pleased to perform at RWC. She will be joined by pianist Shelby Sender. They both serve on the faculty in the music department at UVA. The concert features a collection of songs and dances for the bassoon by composers from the Baroque Era through the 21st Century. While the composers' names – Boddecker, Boismortier, Busser, Clyne, Jacob, Miroshnikov, Still and Waterson - may not be very recognizable, the pieces are sure to please!

## RAPPAHANNOCK CONCERT ASSOCIATION: JAE SINNET TRIO (SUBSC. HOLDERS)\*

**Sunday, November 19—1:15 PM—Front Lobby  
Tickets for the original Sept. 23 show will be honored.**

## BEADED SNOWFLAKE ORNAMENTS\*

**Monday, November 20th-3:00PM-Art Room 1  
Sign Up Required. Limit 8.**

## VISIT THE NORFOLK ZOO\*

**Tuesday, November 21-9:00AM-Front Lobby  
Sign up Required. Limit 13.  
Cost = \$20 (includes admission and a ride on the train)  
+ Lunch \$ at the Zoo**

The Virginia Zoo (known then as the Lafayette Zoological Park) began acquiring animals in 1900, so the Zoo is

more than 120 years old! Zoo residents from around the world include more than 700 animals, ranging from mega-vertebrates, like rhinos and giraffes, to primates and alpacas. With the addition of our new World of Reptiles and Friends exhibit in June 2018, we've added several exotic species including crocodiles, venomous snakes, rare frogs and monkeys.

## MOVIE MATINEE: GOOD MORNING VIETNAM\* Wednesday, November 22-2:00PM-Auditorium 1987 R-Rated 1h 59m

Good Morning, Vietnam is a 1987 American war comedy film written by Mitch Markowitz and directed by Barry Levinson. Set in Saigon in 1965, during the Vietnam War, the film stars Robin Williams as a radio DJ on Armed Forces Radio Service, who proves hugely popular with the troops, but infuriates his superiors with what they call his "irreverent tendency". The story is loosely based on the experiences of AFRS radio DJ Adrian Cronauer.

## COUNTDOWN TO CHRISTMAS AT KILMARNOCK TOWN PARK\* Saturday, November 25-4:30PM-Front Lobby Sign up required for transportation.

Join in the fun! It's the countdown to Christmas with the annual community tree lighting. A special guest will join the festivities. He will stop by to greet the merry-makers before he quickly heads back to the North Pole. This is a FREE event for the community.

## WESTMORELAND PLAYERS: TILT THE UNLIT CANDLE\*

**Sunday, November 26 – 2:15PM-Front Lobby  
Call Amy at Ext. 4024 to reserve.**

In this quirky grownup holiday story, eight revelers with little in common converge on a small church for a Christmas Eve service. Laugh and cry with these good-hearted souls as they struggle not only to cope with the stress of the holiday but to find real meaning in it too. (Mature themes.) Cost = \$30

## VA REP: THE SILVER BELLES (SUBSC. HOLDERS)\*

**Wednesday, November 29-10:30am-Front Lobby  
Cost = lunch \$**

A heartfelt holiday hoedown with humor and a heap- ing helping of well-known Christmas songs and clever new country and western ditties. It's "Designing Women" meets "Golden Girls" when Oralene, the longtime director of small town Sylva Ridge's Christmas Pageant, suddenly passes away, and the Silver Belles must come to the rescue! With the spirit of Oralene looking on, the sterling-hued vixens band together, uncover their talents, and pull out all the stops to keep the town's beloved pageant alive.

## TRADER JONES & LUNCH\*

**Tuesday, November 28-9:00AM-Front Lobby  
Sign up Required. Limit 10  
Cost =shopping + lunch \$**

## MOVIE MATINEE: PRIMAL FEAR\* Wednesday, November 29—2:00 PM—Auditorium 1996 R 2h 10m

When a blood-spattered altar boy is found running from a murder scene, his conviction seems certain. But when an arrogant defense attorney steps in, the issue of the boy's possible guilt may be less important than winning the case.

## VISIT HISTORIC JAMESTOWN \*

**Thursday, November 30—9:00 AM—Front Lobby  
Sign up Required LIMIT 13.  
Cost = \$30 = lunch at the Dale House Café**

See the site where on May 14, 1607, the Virginia Company settlers landed on Jamestown Island to establish an English colony 60 miles from the mouth of the Chesapeake Bay. Discovery of the exact location of the first fort indicates its site was in a secure place, where Spanish ships could not fire point blank into the fort. Within days of landing, the colonists were attacked by Powhatan Indians. The newcomers spent the next few weeks working to "beare and plant palisades" for a wooden fort. It was inside this fort that England's first permanent colony in North America took hold and the seeds for the United States of America grew. And today you can learn from the experts who are adding vibrant details to the Jamestown story with their archaeological research.

## "IT'S ALL ABOUT THE FALL" POP-UP BRUNCH (Last one for the year) \*

Wednesday November 8<sup>th</sup> Lancaster Room  
Call Amy at Ext. 4024 to make your reservation.

### MENU:

**"PUMPKIN SPICE STUFFED FRENCH TOAST" w/ PEPPER BACON & FRESH STRAWBERRIES  
"CHEDDAR BUTTERNUT SQUASH CLAFONTIS" w/ SUNNY SIDE EGGS & SAGE SAUSAGE PATTY  
"KIMCHI FRIED RICE BOWL" w/ SEARED SALMON & POACHED EGG & KOREAN BBQ BEEF EGGROLL on the side  
"BOURBON HOT TODDY w/ CHARRED ORANGE" (one complimentary drink w/ meal)  
"GRAPEFRUIT, HONEY & ROSEMARY VODKA SMASH" (one complimentary drink w/ meal)  
Limited 48 people- no tables larger than six.  
Will count as a meal.**

## THANKSGIVING DINNER

The Lakeview Grill, Lancaster Room and Corrotoman Room will be open for the residents and their guests (they can invite family members to come dine with them) for Thanksgiving. Dinner from 11AM to 2PM. We will offer a buffet. There will be no waited service. No reservation is necessary, we are asking that your tables be no larger than 6 people. The meal will be a sampler except for those with special diet needs and wine will be served with the meal.

Salad Bar  
Crab Bisque Soup  
Turkey/Stuffing & Gravy and Ham  
Candied Yams and Green Bean Casserole  
Dinner Rolls  
Desserts:  
Rustic Gingerbread Cake and Pumpkin Molten Cake

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

**Box dinner  
Chicken Salad on Croissant  
Potato Chips  
Fresh Fruit  
Cookies**