



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 38, Issue 10

OCTOBER 2023

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT

BEGINNING SEPTEMBER 29 AT THE LIFE ENRICHMENT CENTER LOBBY.

SHOW YOUR SUPPORT TO THOSE WHO SUPPORT US ALL YEAR LONG!!

The Employee Christmas Fund Committee would like to announce the kick-off on Oct. 1.

Look for your Employee Christmas Fund Booklet in your box October 1.

Oktoberfest*

PLEASE RSVP BY SIGNING UP IN THE LIFE ENRICHMENT CENTER BY OCTOBER 6

Friday, October 13—Dinner served anytime between 4:30 pm– 6:30 pm

(Dinner/Dessert served in Dining areas)

5:30 pm-7:30pm Band begins in Auditorium (Beer/Wine served in Atrium)

Gemischtergruner Salat -(Mixed Greens Salad)

Gurkensalat -(German Cucumber Salad)

Huhn Brochette' with Paprika and Zwiebeln – (Chicken Brochette with Peppers and Onions)

Wurst with Apfel and Sauerkraut (Bratwurst w/ Apples and Sauerkraut)

Frikadellen w/ Kase Stuffed Nocherin – German meatballs w/ Asiago Stuffed Gnocchi

German Rotkohl –(Sweet and Sour Red Cabbage)

Speckbohen – (Green Beans)

Kartoffelsalat –(German Potato Salad)

Bavarian Brown Bread

Apple Strudel

Meal and dessert in dining areas

Riesling Wine and Beer station in Atrium

The Lakeview Grille and Lancaster Dining Room will only be available to those who have RSVP'd for Oktoberfest. There is no assigned seating for this event.

If you are not attending Oktoberfest and need to pick up a "to-go" dinner, you may do so by calling Ext. 4816 prior to October 13 and order a meal. Meals can be picked up in the Main Street Pub at 4:30 pm.

Seating in the dining areas is reserved for those who are attending the event.

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

Contact us: 804-438-4000

Like us on
FACEBOOK



Follow us on
TWITTER



Follow us on
YOUTUBE



Subscribe to our

BLOG

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
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	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-Parkinson's Caregiver Support 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 2:30-AR2-Update with Stuart 3:30-AR2-Purple Tie Die Class* 4:30-AUD-Caregiver's Memory Support Group Build Your Own Parfait 9:30 am—12:00 PM Life Enrichment Center	10:00-AR2-Chat & Craft 10:45-FRL-Morning Pontoon Boat Ride* 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 12:45-FRL-Afternoon Pontoon Ride* 1:00-AR2-Watercolor Class 2:15-FCR-Cornhole Tournament Practice	10:00-AR2-Stuffing of the Stockings 2:00-AUD-Movie Matinee: October Sky* 7:00-CGR- Poker Group FLU VACCINE CLINIC 9:00 AM—3:00 PM Chesapeake Game Room	2:00-AR2-Epoxy Tumbler Class* 3:00-RAP-Praying the Rosary	8:30-AUD-First Friday Forum : Betsy Washington from the NN Plant Society* 12:00-Front Portico-Walk to End Alzheimer's 2:15-FCR-Cornhole • WAITED SERVICE DINNER IN LANCASTER ROOM*		
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart	10:00-AR2-Chat & Craft 10:00-AR1-Amateur Radio Club 10:00-LEC-Stuffing of the Stockings 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:15-FCR-Cornhole Tournament Practice	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 2:00-AUD-James Bish: Historian on the Ball Family* 7:00-CGR-Poker Group • RESERVATIONS OPEN FOR FRIDAY NIGHT DINNER OCT. 20 (LIMIT 18) x4016	10:00-LAN-Food Committee Meeting 10:00-FRL-Westmoreland County Historical Courthouse, General Store & Lunch at the Barn* 3:00-RAP-Praying the Rosary NO FITNESS CLASSES TODAY	2:15-FCR-Cornhole 4:30-Oktoberfest*		
	2:00-FRL-Northern Neck Orchestra (Subsc. Holders)* 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 11:00-AR2-Making Homemade Soap* 1:00-CGR-Catch Phrase 2:30-AR2-Update with Stuart	10:00-AR2-Chat & Craft 10:00-FRL-Essex Inn Tour & Lunch* 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 2:15-FCR-Cornhole Tournament Practice	10:00-LEC-Stuffing of the Stockings 1:00-AR2-Stitching Stars Quilting Group and Stuffing of the Stockings 6:30-FRL-Compass Special: Kilmarnock's Own Top Gun* 7:00-CGR-Poker Group	9:00-FRL-Smithfield Isle of Wight Museum, Lunch & Tour of Smithfield Station* 2:00-AUD-Movie Matinee: Ladies in Lavender* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends	11:00-AR2-Making Salt Scrub* 2:15-FCR--Cornhole • Yours Truly Photography 10:00 am—4:00 PM • Deadline for Gazebo Gazette Articles by NOON • WAITED SERVICE DINNER IN LANCASTER ROOM*	6:30-FRL-Rappahannock Concert Association: The Wren Masters (subsc. holders)* Memory Lane Car Show 10:00 AM—2:00 PM Front Parking Lot	
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 2:30-AR2-Update with Stuart	9:00-FRL-Tour of Fulcrum Concepts* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 2:15-FCR-Cornhole Tournament Practice	11:00-AUD-Meet the Mayors* 2:00-AUD-Movie Matinee: Local Color* 7:00-CGR-Poker Group • Last Day to Change Meal Plan • RESERVATIONS OPEN FOR FRIDAY NIGHT DINNER NOV. 3 (LIMIT 18) x4016	1:00-MSP-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary	1:00-AR2-Paper Snowflakes* 2:15-FCR--Cornhole		
	4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 1:00-FRL-Tour of Lancaster County Sheriff's Office & Jail* 2:30-AR2-Update with Stuart	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 2:15-FCR-Cornhole Tournament Practice	OCTOBER 2023				

GREETINGS FROM THE PRESIDENT & CEO

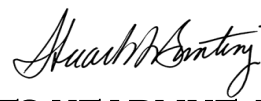
Last month I wrote about preparation and encouraged you to spend some time evaluating what preparations you might need to make, conversations you might need to have and so forth. I hope that was a worthwhile experience for those who did so. Thankfully we have not had to prepare for a hurricane or any tropical weather and hopefully that will remain the case through the rest of the season.

As we turn our attention to fall, we anticipate the satisfaction of cooler, less humid days. Satisfaction is an interesting concept. It is different for each person – what satisfies me might not satisfy someone else and the reciprocal is true. What satisfied a need at one point in our life might not do so at another point in life. Satisfaction has just gone from one of those words you never really thought about to one to which you are giving more thought.

My challenge question this month is – “Do we find satisfaction, or does it find us?” What made me think of that, because admittedly I was not giving it any thought, was this quote from George Lorimer: “You’ve got to get up every morning with determination that you are going to go to bed with satisfaction.” This suggests that satisfaction is an active effort rather than a passive reward.

We have a wonderful community and neighborhood of residents actively engaged. Through active engagement, satisfaction is ripe for harvest. It may come from lifting the spirit of someone who is down; smiling at someone who needs a smile; just being there for someone who needs you; creating something beautiful from raw components; experiencing a new hobby or activity; visiting a new place; making a new friend or renewing an old friendship; writing a note to one who is not expecting the note but really needs it; the list of opportunities is endless – the need is great – what are we waiting for?

We find it, I believe.



RWC RESIDENTS HEADLINE ART SHOW IN OCTOBER

Annual exhibition features watercolors, acrylics

About 13 artists will have their work on display during October at RWC, but these artists are also residents there.

Every October, the RWC watercolor class – taught by Callao resident and local artist Pam Bowers – displays the art they’ve been creating over the previous year. The watercolor, acrylic and alcohol ink artwork shows a wide range of expression through flowers, still life, landscapes and other subject matter.

“The residents love to see this exhibit every year,” said Bowers, who’s taught art at RWC for 19 years. “They know the artists, so they have a special connection, and they get to see what their friends are capable of doing.

“It’s so much fun for the students to see their work in a mat and a frame. And when it’s hung, there is something special about that. I hear students say, ‘Is that my painting? I did that?’”

Bowers uses group demonstrations to show various painting techniques, but then works with the students on an individual basis throughout each class. Students of all skill levels are welcome. The class is focused on enjoyment and technique and allowing each student to find their own style and inspiration. “I think art is good for everyone. It is naturally therapeutic,” said Bowers, who has a background in art therapy. “Everyone has creativity inside them whether they recognize it or not. It’s just a matter of getting it to come out.”

RWC understands the importance of art, which is why it offers classes and why every month its Gallery Hall features the work of another artist or group of artists.

MEET THE MAYORS*

Wednesday, October 25—11:00 AM—Auditorium Sign up Required

Come and meet the Mayor Shaun Donahue of Kilmarnock, Mayor William Hubbard of White Stone and Mayor Julie Harris of Irvington.

They will be sharing updates, improvements, future plans to our surrounding towns.

If you have a question for our panel, please submit them in writing to Amy Lewis one week prior to the program. **NOTE: This is not a political and/or financial discussion.**

WELCOME NEW NEIGHBORS!

Mr. & Mrs. Bob & Betsy Woods moved into Free-Standing Home 419 (Pine Cone Dr.) Bob and Betsy Woods have been living in the Northern Neck for 25 years—first as weekenders and later as full-time residents. They have a daughter, a son and 4 grandchildren. They met while Bob was an engineering student at Virginia Tech and Betsy was a history and political science major at Radford University. Bob took a position with the Navy in Norfolk after graduation. While in Norfolk, Betsy finished her degree at ODU, Bob finished an MBA at George Washington University and their children were born. Next came a move to DC, when Bob changed jobs to work for the FAA. In 1979, they moved to Boston for a year while Bob attended a mid-career Master’s degree program at Harvard University. Bob retired from the General Services Administration (GSA) as a Commissioner in 1998 and then headed to private industry. Betsy received a Master’s degree from Catholic University. She worked for the Smithsonian Institution and later managed the Technical Information Center at the Missile Defense Agency. They just celebrated their 55th wedding anniversary.

Mr. Philip Cross moved in to Cottage 626 (Lancaster Drive).

Philip was born and raised in Newport News, VA. He attended Cople High School in Westmoreland County which no longer exists. He then attended Randolph-Macon College.

Mr. Cross has lived in Irvington a little more than 60 years. His wife, Rebecca, was originally from Irvington and they were married for 58 years until she passed in October of 2020. He and his wife built a house in Irvington in 1972 but eventually moved into Hills Quarters and have lived there for the past 9 years.

He served in the Army for 2 years. He then went to work at Windmill Point Yacht Club in the 1964 as the Manager when it was a popular resort destination. He worked there for 22 years until it was sold 1976-77. He then was employed at Indian Creek Yacht & Country Club as assistant Manager for 15

years until he retired. (Carl Blades was his boss). Becoming restless in retirement and wanting something to do Mr. Cross was hired as the Maître d at the Tides Inn. He only intended on working a couple of more years but ended up staying for 15 years. Mr. Cross is very active. He volunteers for Meals on Wheels, KVF D Carnival and Kilmarnock Museum. He likes to read, cycle and fix things. He is a member and usher at Irvington Baptist Church. He has great energy and is looking forward to learning about the woodshop (Hobby Room), the Fitness Program and using the RWC Library.

Mrs. Harriet Dawson moved into Apartment 104. She is already pretty involved with many friends here. She teaches adult education and consulting. She loves to travel and is hoping for a safe home base that would allow her to travel and know her home is safe and cared for when she is gone. She also is looking forward to a garden here. Harriet is interested in joining in the lecture series and a book study group. She admits that she will need some pushing to join in on the exercising opportunities, but she really wants to. She likes the fact that she can choose to participate or not.

YOURS TRULY PHOTOGRAPHY WILL BE HERE OCTOBER 20 FROM 10:00 AM—4:00 PM TO TAKE UPDATED RESIDENT PHOTOS FOR THE NEXT DIRECTORY. IF YOU’D LIKE TO GET YOUR PICTURE TAKEN, PLEASE STOP BY THE

IMPORTANT!!!!!! FLU VACCINES CLINIC WEDNESDAY, OCTOBER 4 9:00 AM—3:00 PM CHESAPEAKE GAME ROOM PLEASE SEE THE CLINIC FOR YOUR SCHEDULED TIME.

PURPLE TIE DYE SHIRTS

Monday, October 2—3:30 PM—Art Room 2
Sign-up Required LIMIT: 10
Cost: \$10 donation

PONTOON BOAT RIDES WITH PHIL WILLIAMS AS YOUR TOUR GUIDE*

Tuesday, October 3
Morning Ride-10:45 AM—FRL
Afternoon Ride—12:45 PM—FRL
Sign up Required LIMIT: 8

MOVIE MATINEE: OCTOBER SKY*

Wednesday, October 4—2:00 PM—Auditorium
As the Soviet satellite Sputnik streaks across the heavens in October 1957, it's a source of inspiration for 17-year-old Homer Hickam. Drafting a few friends to help, Homer crafts a rocket to compete for a science fair scholarship. 1999 PG 1h 48m

EPOXY TUMBLERS CLASS*

Thursday, October 5—2:00 PM—Art Room 2
Sign up Required LIMIT: 4

FIRST FRIDAY FORUM PRESENTS: BETSY WASHINGTON FROM THE NN NATIVE PLANT SOCIETY*

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

WALK TO END ALZHEIMER'S

Friday, October 6—12:00 PM—Front Portico

JOHN BISH: HISTORIAN OF THE BALL FAMILY*

Wednesday, October 11—2:00 PM—Auditorium
Sign up Required

WESTMORELAND COUNTY HISTORICAL COURTHOUSE, GENERAL STORE & LUNCH AT THE BARN*

Thursday, October 12— 10:00 AM—Front Lobby
Sign up Required LIMIT: 13
Cost: Lunch

NORTHERN NECK ORCHESTRA (SUBSC. HOLDERS)*

Sunday, October 15—2:00 PM—Front Lobby
Sign up for transportation LIMIT: 14

MAKING HOMEMADE SOAP*

Monday, October 16—11:00 AM—Art Room 2
Sign up Required LIMIT 6

ESSEX INN TOUR & LUNCH*

Tuesday, October 17—10:00 AM—Front Lobby
Sign up Required LIMIT: 13

COMPASS SPECIAL: KILMARNOCK'S OWN TOP GUN*

Wednesday, October 18—6:15 PM—Front Lobby
Sign up Required LIMIT: 13
30 minute movie FREE

SMITHFIELD ISLE OF WIGHT MUSEUM, LUNCH & TOUR OF SMITHFIELD STATION*

Thursday, October 19—9:00—Front Lobby
Sign up Required LIMIT: 13
Cost: \$12.00 + Lunch

MOVIE MATINEE: LADIES IN LAVENDER*

Thursday, October 19—2:00 PM—Auditorium
Aging spinster sisters Ursula (Judi Dench) and Janet (Maggie Smith) discover a young man (Daniel Brühl) near death on the beach by their home in a small Cornish fishing village. Taking him in, they discover that he is Andrea, a violinist from Krakow, Poland, who had been swept off an ocean liner on which he was sailing to a fresh start in America. Although Ursula feels an unfamiliar spark of infatuation for the handsome young musician, propriety suggests the attraction must remain unspoken.

MAKING SALT SCRUB*

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

RAPPAHANNOCK CONCERT ASSOCIATION: THE WREN MASTERS (SUBSC. HOLDERS)*

Saturday, October 21—6:30 PM—Front Lobby

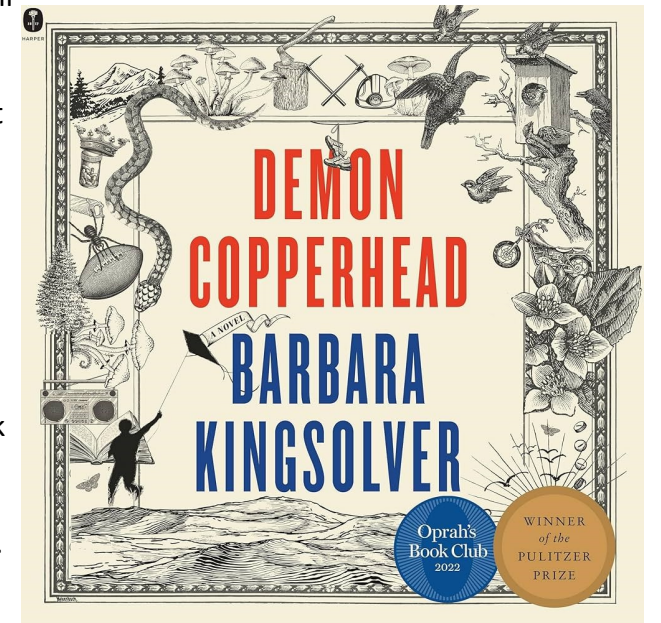
HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN**RW-C Book Club**

Whether you are a fan of Barbara Kingsolver or not you will love her latest novel!

Demon Copperhead is the October RW-C book club selection. Set in Virginia's Lee County, it will capture your heart as it tells of a young hero's journey to maturity in the mountains of southern Appalachia. Winner of the Pulitzer Prize and on the Wall Street Journal Best seller list for weeks it will be a story you won't soon forget.

All readers are welcome to join the discussion! We meet on the 4th 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 Club shelf at the back of the library. Sign out 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 SEPTEMBER**

Fiction: "Blowback" by Miles Taylor; "Zero Days" by Ruth Ware; "Death of Kings" by Bernard Cornwell donated by Jay White; "The Last Kingdom" by Bernard Cornwell donated by Jay White; "The Lords of the North" by Bernard Cornwell donated by Jay White; "The Pale Horseman" by Bernard Cornwell donated by Jay White; "The Burning Land" by Bernard Cornwell donated by Jay White; "Rising Son" by Charles L. Scott; "Lies and the Liars Who Tell Them" by Al Franken.

Mystery: "The Bright Way" by Patrick F. McManus; "13 Short Mystery Novels" edited by Bill Pronzini and Martin H. Greenberg.

Biography: "Barbara Bush Reflections" by Barbara Bush; "Madame Secretary" by Madeleine Albright; "Eisenhower – A Soldier's Life" by Carlo D'Veste; "Eisenhower" by Geoffrey Perret; "The Lone Star Rising, Lyndon Johnson and His Time 1908-1960" by Robert Dallek.

History: "This Land is Their Land" by David J. Silverman donated by Bill Estell; "The Cold War" by John Lewis Gaddis donated by Fred Luxton.

Miscellaneous: "Cosmos" by Carl Sagan donated by Til and Charlie Huckins; "The Sibley Guide to Bird Life and Behavior" by David Allen Sibley; "The First Eden – The Mediterranean and Man" by David Attenborough; "America's National Parks" by National Geographic; "The Classic Gardens of China" by Yang Hongxun donated by Til and Charlie Huckins; "The Hidden Life of Trees" by Peter Wohlleben donated by Til and Charlie Huckins; "Global Investing, The Templeton Way" by Norman Berryessa and Eric Kirzner; "Internal Securities, Futures, and Options Markets" by William E. and Susan W. Nix donated by Til and Charlie Huckins; "Wildflowers of Tidewater Virginia" by Oscar W. Gupton and Fred C. Swope donated by Til and Charlie Huckins; "Butterflies" by Jean Pierre Vesco donated by Til and Charlie Huckins.

A closing note: A new and updated index for the Resident's Association Bylaws in the Resident Handbook, prepared by Dr. Ida Hill of the Bylaws Committee, is available in the Library on the information book cart at the front of the library.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

ONGOING OPPORTUNITIES:

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

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 **October 11th with guest speaker Reverend Megam Limbaugh**. 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!

IN MEMORIAM:
MR. DOUGLAS MONROE
AUGUST 30, 2023

MRS. ELIZABETH "BETTY"
FAYE LEWIS
SEPTEMBER 28, 2023

10 TIPS FOR STUDYING THE BIBLE

The Bible has so much to teach each of us. Here are a few tips and strategies to help you get the most out of its teachings.

1 Begin your study with prayer

No matter when or where you study, it is always a good idea to begin your study with sincere prayer. Start by addressing God. Then ask Him for wisdom and understanding as you read. Ask for specific guidance to your life. **2 You don't have to start at the beginning**

The Bible is a very long book, but you can start nearly anywhere. For example, if you want to learn about Jesus, you can start with the gospels—Matthew, Mark, Luke, and John—found in the New Testament.

3 Choose a topic relevant to you

Is there a topic you're curious about? Grace, repentance, forgiveness, or strength during trials? Look up specific verses on any topic you choose and study each of them.

4 Get to know a character

Choose a character or group of people in the Bible and read every verse you can find about them. Try to understand the context of each verse. Ask yourself questions to help you get to know them better, such as: How does this person know Jesus? What is their relationship? What do I have in common with this person? What can I learn from their life?

5 Write down what you learn

Don't forget the things you've learned from the Bible or the things that the Holy Spirit teaches you through your study. Use a journal or notebook to keep track of the insights you pick up as you read.

6 Listen to the Bible online

Sometimes we all need a change of pace to help us see (or hear) from a different perspective. Consider listening to the Bible as you drive, exercise, or do chores around your home.

7 Read or share with someone else

Family members and friends can enhance your study. We identify different meanings as we read the Bible from our unique point of view. When you have questions, you can discuss together.

8 Look up what you don't understand

Chances are that as you study the Bible, you'll come across terms that are confusing or that you simply don't understand. Don't hesitate to search the meaning of a particular word or phrase, or even a whole parable.

9 Pause and listen

It is important to search and study the word of God, but it is equally important to slow down, quiet your mind, and listen. When we give ourselves time to meditate after studying the Bible, God can enlighten our minds through His Holy Spirit.

10 Don't get discouraged

Learning from the Bible is a lifelong pursuit. God is pleased with any effort we put forth to learn from His words, no matter how much we understand (or don't understand) as we read. Greater understanding will come with time and consistent study.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

ACTIVITY COMMITTEE NOTES

COMING SOON to our Auditorium is the "Holiday Happenings" fundraiser! The Activities Committee is excited about the donations of artisan handworks and crafts received so far. More is needed and there will be pop up sessions scheduled in October. Please help and attend these craft classes to make more beautiful items for this sale.

Many thanks to Amy Lewis, Bonny Magerko and Tammy Jo Arsenault for organizing and planning these classes and workshops. Come join in! Participants learn new craft techniques. There will be scrubs, soaps, sachets, tumblers, mugs, ornaments, cards, hand knitted and quilted items as well as autumn and holiday décor. You're sure to find wonderful things for holiday gift giving. Small, gently used items and jewelry have been donated by residents for the "Trinkets and Treasures" sale.

Please consider inviting a friend from church or a club or organization you belong to. Let's make this sale a success!

The RW-C Healthcare Scholarship Fund will be the designated recipient of all Holiday Happenings proceeds.

Save the date now and plan to shop on Thursday, November 9th with staff only shopping hours from 10:00 a.m. – 11:00 a.m. Residents and friends are welcome from 11:00 – 4:00 p.m.

QUILT RAFFLE FOR ALZHEIMER'S

"Exploding Heart" tickets 1 for \$5.00 or

5 for \$20.00. Measures ~72"x72"

Come to the Resident Life Office to purchase tickets and look for raffle ticket sales announcements.



"AND THE STOCKINGS WERE HUNG..."

Haven't adopted a Toys for Tots Christmas Stocking? 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.

Stocking filling dates for October are:
October 4th, 10-11, LEC lobby;
Oct 18th 10-11, LEC lobby and 1-2 Art2 during Stitching Stars.
November dates:
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!

HANGING FLOWER BASKETS

The season for the hanging flower baskets is coming to an end. Thanks to the caregivers/waterers for their diligent help. (Al Smy, Barbara Touchette, Pete Epps, Edna Roberts, Fran Bacon, Bob Holly, Gerald Hoskins, Donna Hoskins) A special thanks to Fran Bacon and Bob Holly who took it upon themselves to water and save the large pots near the front entrance when they became wilted and dying.

TASTE OF THE BAY RAFFLE

RWC Foundation is raffling away two sets of two tickets to the annual Taste By the Bay event at the Tide's Inn! In its tenth year, Taste by the Bay is the event of the year on the Northern Neck. Sample wines from Virginia wineries, food from local restaurants and food vendors and craft beers from Virginia breweries. Spend time shopping in pop-up shops featuring local artists. Enjoy live music on the patio and on the pool deck at the beautiful Tides Inn Resort overlooking Carters Creek. Revel in the beauty that's the Northern Neck.

Saturday, November 18, 2023. 11:00AM-4:00PM at the Tides Inn.

Tickets are \$10 a piece. Two winners will be selected on 11/1/2023. Each winner will receive two tickets to the event (\$100 value).

Please contact Denise Kenner at 804-438-4877 or dkenner@rw-c.org to get your raffle ticket for a chance to attend this sold-out event!

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.”

BUILD YOUR OWN PARFAIT BAR

Monday, October 2—9:30 AM to 12:00 PM

Life Enrichment Lobby

Come participate in our strength & balance classes and build your own parfait in the lobby of the LEC to kick start Active Aging Week! The parfait bar will be available from 9:30am-12:00PM.

FITNESS AND RESIDENT LIFE WORK DAY—OCTOBER 12

Both the Resident Life and Fitness Teams will be having a work day preparing for upcoming events and programs. This allows us to focus on improving our offerings, customer service, and communications. October 12th all **fitness classes will be cancelled** for a Fitness Team and Resident Life work day. The Fitness Center and Pool will be open per normal operating hours.

OCTOBER'S HEALTHY TIP:

As we celebrate Active Aging Week October 2nd-8th, we encourage you to be active in all realms of our wellness wheel. Being "active" does not always have to include the word exercise—involve yourself in an art class, an outing with our Life Enrichment staff, or choosing a new book to read. Challenge your mind with crossword puzzles or sudoku, asking a friend to have coffee, or learning a new skill. As you go through the week, the Fitness staff challenges you to self-reflect and focus on a new aspect of the wellness wheel.

PARKINSON'S CAREGIVER'S SUPPORT GROUP

Monday, October 2—11:00 AM—Auditorium

PARKINSON'S SUPPORT GROUP

Monday, October 2—1:15 PM—Auditorium

CAREGIVER'S MEMORY SUPPORT

Monday, October 2—4:30 PM—Auditorium

MACULAR DEGENERATION SUPPORT GROUP

Thursday, October 26—1:00 PM—Main Street Pub

THE POWER OF CONSCIOUS BREATHING

There is a common link among the ancient exercise disciplines of yoga, tai chi, and chi gong, and that common link is conscious deep abdominal breathing. Most people think yoga is about calisthenics and touching toes. This concept is not entirely incorrect or wrong, but it's not on the mark, either.

Many people think tai chi is about executing complicated choreographed dance moves in graceful slo-mo. Again, yes, but not on the mark.

And what about chi gong? Chi WHAT?? Most people have never heard of that one. Yikes!

All three of these exercise activities have one commonality: conscious, deep, abdominal breathing. All three seek to unify movement with deep, conscious breathing. Yoga, for example, is a Sanskrit word that literally means union, and posits that the link between the body and the mind is the breath, and what happens to any one of the three affects the other two. If your mind is running at a hundred miles an hour, then your body and breath will start racing also; the response of the body will be an automatic release of stress hormones and a feeling of anxiety. Breath will be shallow and rapid. Welcome to the unwelcome fight or flight response of the mind/body/breath triad.

If, on the other hand, the body slows down, then the mind and the breath slow down also. Think of the body at rest, or even asleep, and the breath becomes soft, mental activity is minimal.

Tai chi has many physical benefits, but the movements are united with a deep, conscious breathing that slows the mind, creates a peaceful, mindful focus, and as by-products ameliorates and helps prevent arthritis, improves balance, and increases well-being.

Chi gong is the sister companion to tai chi. Movement and breath are used consciously to increase awareness of the way energy flows through the body.

Wyatt Portz combines techniques from all three of these disciplines to create an enjoyable and energizing forty-five-minute class. He will give a short talk and demonstration at the Life Enrichment Center on Tuesday, October 3rd, at 1:30 in the afternoon. See you there!

STITCHING STARS

Wednesday, October 18-1:00 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! ~Denise Munns

MEMORY LANE CAR SHOW

Saturday, October 21—10:00 AM—2:00 PM

Front Parking Lot

TRADER JOE'S & LUNCH*

Tuesday, October 31—9:00 AM—Front Lobby

Sign-up Required Limit 10

Cost: Grocery and Lunch \$

TOUR OF FULCRUM CONCEPTS*

Tuesday, October 24—9:00 AM—Front Lobby

COST: Lunch

Fulcrum designs, builds, and manufactures innovative products designed to provide its customers with a definitive mission advantage. The broad range of solutions developed by the Fulcrum team speak to the company's ability to find the optimal, custom, unique solution for each customer's specific needs.

MOVIE MATINEE: LOCAL COLOR*

Wednesday, October 25—2:00 PM—Auditorium

A struggling 18-year-old art student meets a well-known painter many years his senior whose life has been consumed by alcoholism, and the two forge a friendship that helps both of them to overcome their pain and look toward their dreams. The young man really wants to learn to approach his painting like the master, and the old master wants just as much to be able to revisit the world through the rose-colored lenses of youth. 2006 R 1h 47m

PAPER SNOWFLAKES*

Friday, October 27—1:00 PM—Art Room 2

Sign up Required LIMIT: 10

TOUR OF LANCASTER COUNTY SHERIFF'S OFFICE & JAIL*

Monday, October 30—1:00 PM—Front Lobby

Sign up Required LIMIT: 13

WEAR YOUR SAFETY PENDANTS: IT'S BETTER TO WEAR IT AND NOT NEED IT THAN TO NOT WEAR IT AND NEED IT!!! IT COULD SAVE YOUR LIFE!!

- The Code Alert System is personal emergency notification pendant and provide communications for smoke detectors in the cottages to the Front Desk and Nurses Station.
- The system is a network of repeaters across the campus and throughout all the campus buildings. This will enable a resident to signal for help virtually anywhere on campus. **Each resident is assigned their own pendant (couples can initial the pendant to know which pendant belongs to whom).**
- Be aware that we have used best efforts to ensure coverage, but there may be some remote spots that cannot be detected. We always encourage carrying a secondary method of communication such as a mobile phone or hand-held radio from the Front Desk if you plan to hike the trails.
- The Front Desk monitors all Independent Living pendants during the day and evening and the nursing staff monitor them during night shift.
- Pendants are activated by pushing and holding the button until the pendant vibrates and flashed red. Pendants are reset by a magnet or a cadence of 3 quick pushes— a brief pause—and 3 more quick pushes—the reset pendedant will flash a blue light. Pendants flashing a yellow light require battery replacement.
- PENDANT LIGHTS:
 - Flashing RED: has been activated
 - BLUE light: has been successfully reset
 - YELLOW: needs a new battery, call maintenance.