



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING  
NOVEMBER 27 at NOON AT THE LIFE ENRICHMENT CENTER LOBBY.**

**RESIDENT ASSOCIATION  
ANNUAL MEETING & ELECTIONS  
THURSDAY, DECEMBER 7  
10:00 AM—AUDITORIUM**

**EMPLOYEE CHRISTMAS FUND**

The 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

**CHILDHOOD PHOTOS WANTED**

Every year residents and staff always like looking at the childhood photos on the Christmas Tree in the Atrium. The pictures are ever changing as we welcome new neighbors to RWC. If you would like to have your child-

hood photo added, please bring a photo to the Life Enrichment office. We can scan photos quickly and get them back to you.

**RWC'S ANNUAL SPIRIT DAY  
PROGRAM**

**Friday, December 8—2:00 PM—Auditorium**  
You don't want to miss RWC's Annual Spirit Day Program. All residents and staff come together to celebrate the holiday season. Residents will present their gift to the staff and staff will entertain the residents. Come one! Come all!

**ARMY/NAVY GAME\***

**Saturday, December 9—3:00 pm—Auditorium**  
The 124<sup>th</sup> edition of the Army/Navy football game will be played for the first time in New England at Gillette Stadium, Foxborough, Massachusetts. All are invited to view the game here in the RWC auditorium. Snacks will be provided. Bring your own beverages!!

**SWING IN THE NEW YEAR'S EVE  
PARTY\***

**Sunday, December 31—6:30 pm—Auditorium**  
**Sign up to attend**

Dance 2023 away and enjoy champagne, cash bar, and the Sounds of Swing Orchestra. Dinner will be served as usual in the Lakeview Grille from 4:30pm -7:00pm or you may decide to go out to a local restaurant of your choice with friends for dinner. Whatever you choose to do, be sure to come back and enjoy great music and dancing. **Dress is cocktail dressy to formal.**



*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
<h1>DECEMBER</h1> <h2>2023</h2> <h3>UPDATE WITH STUART IS CANCELLED THIS MONTH</h3>						8:30-AUD-First Friday Forum : Samantha Ravich* <sup>1</sup> 1:00-FRL-Steamboat Era Museum Holiday Marketplace* 2:15-FCR-Cornhole
2:00-FRL-Chesapeake Chorale Concert* <sup>3</sup> 4:00-CH85-Sunday Worship 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping at Walmart & Dollar Tree* <sup>4</sup> 11:00-AUD-Parkinson's Caregiver Support 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 4:30-AUD-Caregiver's Memory Support Group	10:00-AR2-Chat & Craft 11:00-AUD-Red Cross Blood Drive 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 3:00-FRL-Gardenfest of Lights* 5:00-ATR-Artist Reception for LMS Artists	2:00-AUD-Movie Matinee: Woman in Gold* <sup>6</sup> 7:00-CGR-Poker Group	10:00-AUD-Annual Resident Association Meeting & Elections 3:00-RAP-Praying the Rosary 4:30-FRL-Celebration in Lights & Dinner at Olivia's* <sup>7</sup>	2:00-AUD-Spirit Day* <sup>8</sup> 6:00-FRL-Kilmarnock Christmas Parade* <p style="text-align: center;"><b>CORNHOLE CANCELLED TODAY</b></p>	3:00-AUD-Army-Navy Game* <sup>9</sup> 7:00-FRL-Rappahannock Foundation of the Arts: BeauSoleil- A Cajun Christmas (Subsc. Holders)
1:00-FRL-The Nutcracker* <sup>10</sup> 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* <sup>11</sup> 1:00-CGR-Catch Phrase 3:00-AR2-Paper Angel Ornaments*	10:00-AR2-Chat & Craft 10:00-AR1-Amateur Radio Club 10:30-FRL-Ditchley historic home tour, cider tasting, & lunch* <sup>12</sup> 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 4:30:AUD-Scenes from The Nutcracker*	11:00-CGR-Grief Support 10:00-LAN-Lecture: Capt. Sandy Sanders* <sup>13</sup> 7:00-CGR-Poker Group 5:00-AUD-Resident & Board of Trustees Christmas Reception*	10:00-LAN-Food Committee Meeting 3:00-RAP-Praying the Rosary 14	9:00-FRL-Christmas Shopping at Jefferson Commons 10:00-ATR-Paprazzi Jewelry Sale 2:00-AUD-Movie Matinee: An Angelic Christmas* <sup>15</sup> 2:15-FCR--Cornhole 6:00-ATR-James Trout: Classic Guitar & Holiday Music	6:30-FRL-Northern Neck Orchestra Concert* <sup>16</sup>
4:00-CH85-Sunday Worship 17	10:00-FRL-Shopping* <sup>18</sup> 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 3:00-AR2-Cinnamon Dough Ornaments*	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Christmas Worship Services <p style="text-align: center;"><b>BIBLE STUDY CANCELLED TODAY</b></p> 19	10:00-AR2-Activities Committee Meeting 1:00-AR2-Stitching Stars Quilting Group Committee Meeting 3:00-AUD-Christmas Concert with Mary Mikels* <sup>20</sup> 7:00-CGR-Poker Group <ul style="list-style-type: none"> <li>Deadline for Gazebo Gazette Articles by NOON</li> </ul>	9:30-FRL-Shop Local* <sup>21</sup> 2:00-AUD-Movie Matinee: The Christmas Chronicles* 3:00-RAP-Praying the Rosary	<p style="text-align: center;"><b>11:00 to 2:00-LVG</b></p> <p style="text-align: center;"><b>The Brunch Before Christmas with Santa</b></p> 2:15-FCR--Cornhole 3:30-AUD-Grace Celtic Musicians* <ul style="list-style-type: none"> <li>Lakeview Grille will be closed for dinner, boxed meals available</li> </ul> 22	23
4:00-CH85-Sunday Worship 24	<p style="text-align: center;"><b>CHRISTMAS</b></p> <p style="text-align: center;"><b>Christmas Day Dinner</b></p> <p style="text-align: center;"><b>11:00 am—2:00 pm</b></p> <p style="text-align: center;"><b>Lakeview Grille</b></p> <p style="text-align: center;"><b>GRILLE CLOSED FOR DINNER</b></p> <p style="text-align: center;"><b>No weekly shopping trip this week.</b></p> <p style="text-align: center;"><b>No Fitness Classes</b></p> 25	9:00-FRL-Trader Joe's & Lunch* <sup>26</sup> 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class	7:00-CGR-Poker Group 27	3:00-RAP-Praying the Rosary 28	2:15-FCR--Cornhole 29	30
4:00-CH85-Sunday Worship 31	6:30-AUD-Swing in the New Year's Eve Party*	11:00-CGR-Bible Study	11:00-CGR-Bible Study	11:00-CGR-Bible Study	11:00-CGR-Bible Study	11:00-CGR-Bible Study

- 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

The Christmas season will be in full blossom by the time you read this article. I hope we can all take a few moments to reflect upon the meaning of Christmas, fond memories of Christmases past, the blessings of the past year, and the possibilities for the new year.

Earlier today I saw a picture of a Christmas ornament my late grandmother gave my wife and I for our first Christmas. It was in the shape of the state of Virginia (home) since we lived in North Carolina at the time. It was a simple ornament made of wood, and she wrote our names and the year on the back. She knew we missed home. She was a most thoughtful person.

Seeing that picture reminded me how important it is to think about whom and what we think about, especially this time of year and especially with all that is happening in the world. Centering our thoughts on the meaning of Christmas may encourage us to be thoughtful and prayerful for the blessings that so many desperately need – things easily taken for granted – peace, security, joy, and freedom.

We wish you a blessed Christmas.

*Maureen Santony*



Angel

# Tree 2023

The end of the year is quickly approaching. It is time to start thinking about the holiday season. Each year the RWC Foundation holds an Angel Tree drive to support those residents who can no longer afford residency through no fault of their own. On December 1<sup>st</sup> through 7<sup>th</sup> you may purchase an angel in honor or in memory of someone you deeply cherish during the lunch (11:a.m. to 1 p.m.) and dinner hours (5 p.m. to 7 p.m.) near the Dining Room Breezeway.

Please take this opportunity to support fellow residents this Christmas season by donating any amount to the Angel Tree. Thank you for your generosity!

### DO YOU HAVE A DAF (DONOR-ADVISED FUND)?

If so, consider making a donation to the Nursing Education Endowment Fund at RWC. A donor-advised fund, or DAF, is like a charitable investment account for the sole purpose of supporting charitable organizations you care about. When you contribute cash, securities, or other assets to a DAF, you are generally eligible to take an immediate tax deduction. Then those funds can be invested for tax-free growth until you decide what organization to gift them to. Please consult your financial advisor for more information.

If you already have a DAF, please consider one of the great charitable funds at RWC. The Nursing Education Endowment Fund is currently fundraising for a dedicated RWC nursing scholarship endowment to ensure that our nursing staff are highly trained to provide the best care when you need it.. We are approximately \$90,000 toward a goal of \$500,000. Also please consider our fellowship fund which provides fellow residents with financial assistance in meeting their life-care needs. And, of course, RWC is a non-profit organization. Any donation you make goes to meeting our mission of providing the highest quality living experience for discerning senior adults. Thank you in advance for your generous donations!!

### RED CROSS BLOOD DRIVE

**Tuesday, December 5—11:00 AM to 4:00 PM Auditorium**

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood.

### FIRST FRIDAY FORUM : SAMANTHA RAVICH\*

**Friday, December 1—8:30 am—Auditorium Sign up Required LIMIT: 50**

Dr. Samantha Ravich is the chair of Foundation Defense of Democracies Center on Cyber and Technology Innovation and serves on the advisory boards of FDD’s Center on Economic and Financial Power and Center on Military and Political Power. She is a distinguished advisor to CSC 2.0, having previously served as a commissioner on the congressionally mandated Cyberspace Solarium Commission, and is also a member of the U.S. Secret Service’s Cyber Investigation Advisory Board. Samantha served as deputy national security advisor for Vice President Cheney, focusing on Asian and Middle Eastern affairs as well as on counterterrorism and counter-proliferation. Following her time at the White House, Samantha was the Republican co-chair of the congressionally mandated National Commission for Review of Research and Development Programs in the United States Intelligence Community. Most recently, she served as vice chair of the President’s Intelligence Advisory Board and co-chair of the Artificial Intelligence Working Group of the Secretary of Energy Advisory Board. She serves as an advisor on cyber and geopolitical threats and trends for numerous technology, manufacturing, and services companies; as a managing partner of A2P, a social data analytics firm; and on the board of directors for International Game Technology (NYSE: IGT).

### STEAMBOAT ERA MUSEUM HOLIDAY MARKETPLACE\*

**Friday, December 1—1:00 PM—Front Lobby Sign up Required LIMIT: 13**

The Steamboat Era Museum's marketplace has become a family tradition. The Tenth Annual Marketplace will open the Friday after Thanksgiving. Attendees will have an opportunity to buy unique gifts for family and friends while supporting the museum. More than 20 artisans will once again present unique work. Jewelry, books, cards, ceramics, baskets and more will make one-of-a-kind gifts. Many

favorite former vendors will be back in 2023 including mixed metal ornaments and wall decor artist Yan Dong Wang of Yan's Art Studio, Victoria Gardiner of Wooden Hook will offer knitted hats and gloves and oyster ornaments by Barb Archer of Summer Breeze Lane will be available. New to the 2023 marketplace are digital artist Andre O. Smith, Larry MacIlwee of Mac Craft Wood with his handcrafted wood utensils, rolling pins, cutting boards and clay earrings by Irvington artist Allyson Childress of Daily Magic. Hand painted glassware, and tiles by Verlane Mack of Munchy. Unique Batiks, oyster shell wreaths and home decor by local crafter Cindy Rayner and jewelry by Andrea Swinney of Blueberry Skye round out the new vendors.

### CHESAPEAKE CHORALE CONCERT\*

**Sunday, December 3—2:00 PM—Front Lobby Sign up Required LIMIT: 13**

The Chesapeake Chorale has been providing quality musical performances for Virginia audiences since 1996. Tickets for our 2023 Christmas holiday concert are \$10 and now available for purchase from residents Mary Bennett (ext. 4308) or Bob Street (ext. 4187). Curtain is at 3 pm at St. Clare Walker Middle School in Middlesex.

### GARDENFEST OF LIGHTS\*

**Tuesday, December 5—3:00 PM—Front Lobby Sign up Required LIMIT: 13**

**Cost: \$17 + Dinner**

A favorite tradition featuring millions of lights, botanical decorations, model trains, festive dinners, warming fire, hot chocolate and s’mores, and more!

### ARTIST RECEPTION FOR LMS STUDENTS

**Tuesday, December 5—5:00 PM—Atrium/Gallery Hall**

Come and show your support to the young artists of Lancaster Middle School. Enjoy Cookies and more.



**MOVIE MATINEE: WOMAN IN GOLD\***

Wednesday, December-6— 2:00 PM—Auditorium

**Sign up Required**

Sixty years after fleeing Vienna, Maria Altmann (Helen Mirren), an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis.

Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer I." With the help of young lawyer Randy Schoenberg (Ryan Reynolds), Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures.

**CELEBRATION IN LIGHTS & DINNER AT OLIVIA'S\***

Thursday, December 7—4:30-Front Lobby

**Sign up Required LIMIT: 13****Cost: Dinner**

Now in its 31st season, this lightshow event offers a fanciful variety of holiday scenes created with over one million lights. New this year, a salute to the USS Newport News (CA-148), a ship named after our hometown and built by Newport News Shipbuilding! This impressive lighting installation presents a beautiful silhouette of the "Top Gun" awarded ship and stands 36 feet tall. Other new installations include the new City of Newport News logo, furry friends, sea life and more! Travel through the seasons and end up at your favorite time of the year along this picturesque two-mile display set inside Newport News Park.

Olivia's in the Village is on Gloucester's historic Main Street. Offering Pasta, Steaks & Seafood, enjoy Great Family Dining! Come visit and receive a family welcome while dining on fabulous food - timeless recipes that have been passed down through generations.

**KILMARNOCK CHRISTMAS PARADE\***

Friday, December 8—6:00 PM—Front Lobby

**Sign up Required LIMIT: 13**

We are looking for passengers to ride the RWC bus in the 44th Annual Kilmarnock Lighted Christmas Parade! This year, we're setting sail on a heartwarming journey "A Nautical Christmas" theme, celebrating our town's coastal heritage. Our small town parade embodies the magic of a Hallmark movie come to life. Join us as we light up the night with twinkling lights, enchanting floats, and the warmest community spirit you'll find on

the East Coast.

**RAPPAHANNOCK FOUNDATION OF THE ARTS: BEAUSOLEIL- A CAJUN CHRISTMAS (SUBSC. HOLDERS)\***

Saturday, December 9—7:00 PM—Front Lobby

Backed by members of his Grammy-winning band BeauSoleil, fiddle player/vocalist Michael Doucet will open the 2023-24 On Stage season of the Rappahannock Foundation for the Arts at Lancaster Elementary School.

BeauSoleil's sound derives from the gumbo of New Orleans jazz, blues rock, folk, swamp pop, Zydeco, country and bluegrass, captivating listeners from the Jazz and Heritage Festival in New Orleans, to Carnegie Hall, to Richard Thompson's Meltdown Festival in England.

This acoustic show, which includes selections from their rich catalog alongside bayou-flavored versions of classic holiday tunes, begins at 7:30 p.m. Doors open at 7.

**THE NUTCRACKER\***

Sunday, December 10—1:00 PM—Front Lobby

**Sign up Required LIMIT: 13****Cost: \$23.00 charged to your account.****Non-refundable.**

Etudes Ballet School was established in 2016 with the purpose of bringing quality performing arts instruction to the Northern Neck. We believe that dance is joy, and that everyone needs some in their lives! They will be performing The Nutcracker at the Northumberland Auditorium.

**PAPER ANGEL ORNAMENTS\***

Monday, December 11-3:00 PM—Art Room 2

**Sign up Required LIMIT: 8****SCENES FROM THE NUTCRACKER\***

Tuesday, December 12—4:30 PM—Auditorium

**Sign up Required**

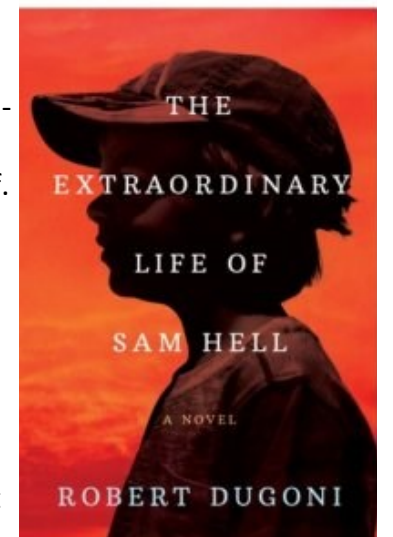
Etude Ballet bring scenes from The Nutcracker performance.

**HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN****RWC BOOK CLUB**

The Book Club will not meet in December while we all celebrate Christmas. However, the selection for January will be available during December and January. **"The Extraordinary Life of Sam Hell"** by Robert Dugoni. Sam's mother promised he would live an extraordinary life. It's time he finds out for himself. Enjoy!!

Readers are welcome to join the discussion. **We meet on the 4<sup>th</sup> Monday of the month at 10:30 in the Rappahannock Room.** Two copies of the selected book are available on the Book Shelf at the back of the Library. Sign out a copy on the sign out sheet, read and return in order to share with others. If you have questions please call me. Maxine Luxton 4200.

After Thanksgiving a survey will be sent to all Residents to see if they are interested in joining the Book Club. If so, there are categories to indicate what you might enjoy. File out the form and return to #612.

**BOOKS NEW TO THE LIBRARY IN NOVEMBER**

**Fiction:** **"Independence Square"** by Martin Cruz Smith donated by Jay White; **"Demon Copperhead"** by Barbara Kingsolver; **"The Red Tent"** by Anita Diamant donated by Carol Hardy; **"A Traitors Gate"** by Jeffrey Archer; **"The Exchange"** by John Grisham; **"The Secret Hours"** by Mick Herron; **"Raging Storm"** by Ann Cleeves; **"Sting of The Wasp"** by Tom Clancy; **"Pawley's Island"** by Dorothea Benton Frank donated by Bob Barlowe; **"You Have to be Careful in the Land of the Free"** by James Kelman donated by Bob Barlowe; **"The Music of Bees"** by Eileen Garvid; **"The Flame Bearer"** by Bernard Cornwell donated by Jay White; **"The Pagan Lord"** by Bernard Cornwall donated by Jay White; **"Warriors of the Storm"** by Bernard Cornwall donated by Jay White; **"The Empty Throne"** by Bernard Cornwall donated by Jay White; **"Sword of Kings"** by Bernard Cornwall donated by Jay White; **War of the wolk"** by Bernard Cornwall donated by Jay White; **"True Devotion"** by Dee Henderson donated by Phyllis Testrake; **"Vanishing Acts"** by Jodi Picoult donated by Phyllis Testrake; **"A Sundog Moment"** by Sharon Baldacci donated by Phyllis Testrake; **"Dominion"** by Randy Alcorn donated by Phyllis Testrake.

**Mystery:** **"Dirt Creek"** by Hayley Scived donate by Jay White; **"The Secret"** by Lee Child donated by Jay White; **"Storm Watch"** by C.J. Box donated by Jay White; **"Someone to Watch Over Me"** by Ace Atkins; **"Cold Hit"** by Linda Fairstein donated by Bob Barlowe; **"No Plan B"** by Lee Child and Andrew Child; **"Truth or Die"** by James Patterson donated by Bolling Williamson; **"Resurrection Walk"** by Michael Connelly donated by Jay White.

**History:** **"Just Cause"** by Malcolm McConnell donated by Claudia Holmes; **"A Distant Mirrow"** by Barbara W. Tuchman; **"Israel on the Appomattox"** by Melvin Patrick Ely; **"Sudden Sea"** by R.A. Scotti donated by Peter Braatz.

**Biography:** **"How Not to Be a Politician"** by Rory Stewart; **"Frank Sinatra"** by James Kaplan donated by Bob Barlowe; **"A Reporter's Life"** by Walter Cronkite donated by Bob Barlowe; **"Of Permanent Value"** Story of Warren Buffett by Andrew Kilpatrick donated by Bob Barlowe; **"An Hour Before Daylight"** by Jimmy Carter donated by Bob Barlowe; **"Millie's Book"** by Barbara Bush donated by Bob Barlowe; **"Enough"** by Cassidy Hutchinson.

**Miscellaneous:** **"Birds of America"** by Frank Shaw donated by Mary Anne Campbell; **"Ten Tomatoes That Changed the World"** by William Alexander donated by Ted Munns; **"The Premonition"** by Michael Lewis; **"100 Things Tech Fans Should do Before They Die"** by Andy Bitter donated by Fred Luxton.

**Virginia:** **"Virginia the English Hertiage inAmerica"** by Park Rouse, Jr.



**SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY**



**ANNUAL CHRISTMAS SERVICE**

**Tuesday, December 19, 11:00AM in the Auditorium.**

*“Unto us a child is born, unto us a son is given, and the government will be upon his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.” Isaiah 9:6*

**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 December.** 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. 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!

**UPCOMING OPPORTUNITIES**

**Advent Devotional Guides:** “The Light of Grace: Welcoming God’s Amazing Gift of Christ”, are available to all and can be found on tables in the Atrium and by the chapel.

**IN MEMORIAM**  
**MR. CLOYDE WILEY**  
**MRS. MARY ANNE CAMPBELL**  
**MRS. BARBARA LOVELL**



**NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY**

**THE CULINARY TEAM WOULD LIKE TO WISH ALL OUR RESIDENTS A JOYFUL AND BLESS HOLIDAY.**

The Lakeview Grill, Lancaster Room and Corroto-man Room will be open for the residents and their guests (they can invite family members to come dine with them) for Christmas Brunch on December 25, 2023. Dinner from 11AM to 2PM. Go through the Grille- line. There will be no waited service. No reservations are necessary, we are asking that your tables be no larger than 6 people.

**CHRISTMAS BRUNCH MENU 2023**

- Shrimp Bisque
- Cranberry Fluff Salad
- Beef Tenderloin Medallions w/ Red Wine Button Mushrooms
- Crabmeat Crusted Rockfish w/ Chive Cream Sauce
- Maple Glazed Acorn Squash
- Green Beans w/ Honey Butter & Candied Pecans
- Mashed Potato Bar w/ Asst. Toppings
- Cranberry Orange Bread
- Chocolate Peppermint Cheesecake
- Spiced Eggnog Cake
- Peppermint Ice-Cream

**Grill will be closed for the evening meal, and you may pick up a box dinner by 5:30 PM in the Grille.**

**Box Dinners**

- Turkey and Cheese Wrap with Cranberry Mayo
- Marinated Vegetables
- Brownies

**“AND THE STOCKINGS WERE HUNG...”**

A huge thank you to all the residents, staff, and even kids of staff that stuffed all 16 stockings. They have been delivered to SewTangle Quilt shop in White Stone to be picked up by Toys for Tots. Again, thanks go out to: Patti Bozarth, Harriet Dawson, Mary Park Dillard, Nancy Ellett, Janet Hemming, Denise Munns, Sylvia Prince, Mary Stone, Judy Tulis, Helen Woolfolk, Macey Augst, Amy Lewis, Aubry Carrier and Kaylee Smith. And a big thanks to the Stitching Stars group for making all the stockings.

**ACTIVITIES COMMITTEE**

Thank you to ALL who donated their time, talent and treasure to make the “Holiday Happenings” sale in November a success. Staff members showed their support beginning at 10:00 a.m. with a line out the door! Residents. Family and Friends came at 11:00 and steadily throughout the day. There were lines at the checkout table, smiling faces and gifts for all to buy. If you missed the event or have second thoughts about that special item, please visit the “After Sale” in the LEC lobby. Quilts, hand designed towels, jewelry, soaps, scrubs, tumblers, glassware, pens, bookmarks, holiday décor and much more are offered on a small table and in the lighted showcase. Everything has a price tag. Envelopes are in a small basket on the table for your payment in cash or check (to the RWC Foundation – Healthcare Scholarship Fund) using the honor system. Monies will be collected regularly. Happy Shopping!

**\*\*COMING IN JANUARY\*\***

**GREAT DECISIONS 2024\***

**EVERY Thursday beginning January 4  
 2:00 PM—Chesapeake Game Room.  
 8 WEEK SESSION Sign up Required  
 COST: \$35.00 for class book LIMIT: 20**

**BASIC BALLROOM DANCE FOR SENIORS\***

**EVERY Friday beginning January 8  
 3:30pm-Fitness Classroom  
 12 WEEK SESSION Sign up Required  
 COAST: \$120.00**

The Basic 12 week class will include 3-5 steps in 7 different dances: Waltz, 4-count Hustle (Nightclub-style Merengue), Rumba, East Coast Swing, Foxtrot’ Cha-Cha, and Tango. This class is progressive...each week builds on the previous week, so attendance is important. The focus is on having fun, building confidence to get on the dance floor, and giving the participants enough variety to be able to dance to any song that comes on at a dance.

**SIGN UP FOR BOTH BEFORE DECEMBER 15**



## FIT NOTES

Starting in January 2024, the Fitness Center staff will be requiring annual fitness assessments for all residents who regularly attend group exercise classes, utilize the fitness center or swimming pool. During this time, medical history forms will be updated as well. There will be a sign-up sheet in the LEC binder to select a time slot. Appointments should take no longer than 20 minutes. **NOTE:** The fitness center and swimming pool will be operating under weekend policies while staff conduct assessments.

### THERE WILL BE NO CLASSES

Days: January 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup>

There will be no group exercise classes on December 25<sup>th</sup>. The fitness center and swimming pool will be open per weekend policies.

### PARKINSON'S CAREGIVER'S SUPPORT GROUP

Monday, December 4—11:00 AM—Auditorium

### PARKINSON'S SUPPORT GROUP

Monday, December 4—1:15 PM—Auditorium

### CAREGIVER'S MEMORY SUPPORT

Monday, December 4—4:30 PM—Auditorium

### MACULAR DEGENERATION SUPPORT GROUP

Will not meet in December

### CHRISTMAS CONCERT WITH MARY MIKELS\*

Wednesday, December 20—3:00 PM—Auditorium

Sign up Required

Join us for a joyous celebration and immerse yourself in the enchanting holiday spirit as the talented Mary Mikels, a gifted soprano singer, takes the stage! You won't want to miss her spectacular "Christmas Concert & More". Prepare to be transported to a winter wonderland filled with timeless holiday melodies that will warm your heart and light up the season.

### SHOP LOCAL AND LUNCH\*

Thursday, December 21—9:30 AM—Front Lobby

Sign up Required LIMIT: 13

Get your last minute shopping done on Main Street in downtown Kilmarnock.

### MOVIE MATINEE: THE CHRISTMAS CHRONICLES\*

Thursday, December 21—2:00 PM—Auditorium

Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Claus on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late.

### THE BRUNCH BEFORE CHRISTMAS WITH SANTA

Friday, December 22—11:00 AM to 2:00 PM

Lakeview Grille

A tasty brunch menu to celebrate the holidays with a surprise or two.

### GRACE CELTIC MUSICIANS\*

Friday, December 22—3:30 PM—Auditorium

Grace Celtic Musicians are presenting the Celtic Christmas by Candlelight Concert again this year. Come and listen to the flute, cello and piano.

### TRADER JOE'S & LUNCH\*

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

Sign up Required LIMIT: 10



### DITCHLEY CIDER WORKS TOUR, TASTING, & LUNCH\*

Tuesday, December 12—10:30 AM—Front Lobby

Cost: \$40.00 non refundable and will be charged to your account.

Sign-up Required, LIMIT: 13

Ditchley Cider Works (DCW) is located on ~162 acres in the Northern Neck of VA, 3 miles northeast of Kilmarnock. Located between Dividing Creek and Prentice Creek, the history of the property dates to the mid-1600s.

Opened for business in the fall of 2018, the property consists of a mix of orchards, grass pastures, wooded areas, and has 2.5 miles of natural shoreline - including a modest-sized sand beach. Major structures on the property include a newly restored Manor House (c.1752); a 1930s caretaker/servants quarters which has been renovated into our "Cider House"; and a 1950s "kit house" located on the water.

All of our cider is produced from apples grown on the Ditchley property. In 2015 and 2016 we planted more than 50 varieties of cider apples. Why so many varieties? We're still "experimenting" to determine which varieties are best acclimated to life on the Chesapeake Bay! We grow, pick, crush, squeeze all of our apples, and bottle all of our cider, on-site. Price includes wine tasting, lunch and a tour of the Manor House.

### LECTURE: CAPT. SANDY SANDERS

Wednesday, December 13—10:00 AM

Lancaster Room

Sign up Required

He grew up in Ottoman, VA and became a fighter pilot on to a COO of three major airlines. Come and hear his story.

### CHRISTMAS SHOPPING AT JEFFERSON COMMONS\*

Friday, December 15—9:00 AM—Front Lobby

Sign up Required LIMIT: 13

Cost: Shopping and Lunch

This 385,000 square foot destination features some of the best of your hometown retail favorites: swimwear to golf wear, home furnishings, to gourmet wines, jewelry, skincare, gifts, and shoes, shoes, shoes! At Jefferson Commons, you'll find dozens of national retailers including Golf Galaxy, Kohl's, Off Broadway

Shoe Warehouse, PETCO, Pier 1 Imports, Ross Dress for Less, Shoe Carnival, T. J. Maxx, Trader Joe's, and Ulta.

### PAPARAZZI JEWELRY SALE

Friday, December 15—10:00AM to 3:00 PM—Atrium

Last minute shopping deals! Don't miss it.

### MOVIE MATINEE: AN ANGELIC CHRISTMAS\*

Friday, December 15—2:00 PM—Auditorium

Sign up Required

Miracles come in small packages. The angel Celeste enlists two sisters in her quest to earn her angel wings. In a race to Christmas Eve, they attempt to bring faith and forgiveness to their town this year.

### JAMES TROUT: CLASSIC GUITAR & HOLIDAY MUSIC

Friday, December 15—6:00 PM—Atrium

Do you strum what I strum? Local guitarist, James Trout will be performing many traditional and holiday songs in the RWC Atrium.

Audience members are invited to sing along or simply enjoy instrumental interpretations of their favorites.

### NORTHERN NECK ORCHESTRA CONCERT\*

Saturday, December 16—6:30 PM—Front Lobby

NNO brings you a "Holiday Concert" at the Lancaster Elementary School Theater in Kilmarnock. Pre-concert talk at 6:45 p.m. Concert at 7:30 p.m. **If you need transportation please sign up.**

### CINNAMON DOUGH ORNAMENTS\*

Monday, December 18—3:00 PM—Art Room 2

