



Rappahannock Westminister-Canterbury
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is the 20th of every month by noon.*

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Volume 39, Issue 1

JANUARY 2024

Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING
DECEMBER 29th AT THE LIFE ENRICHMENT CENTER LOBBY.**

NEW NEIGHBORS

Mrs. Linda Thomas moved into Cottage 504. She joins us from Fairfax Station, VA where she has resided for 35 years. Linda was born Van Wert, Ohio, home of the Peony Festival, and graduated from Lima Senior High School. Both of her children live locally, her daughter Lori (former RWC employee in HR) in White Stone and a son, Jeff in Kilmarnock.

Mrs. Thomas is familiar with the Northern Neck which brings her comfort in moving here. Her late husband, Ron was employed at the Pentagon. They were married for 60 years until he passed away in August of 2023. Her hobbies include reading, gardening and travel. She wants to get back into needlepoint again. She has no pets. Linda wants to use the trails for walking and take advantage of some fitness programs. She enjoys her time alone but also enjoys socializing. Linda looks forward to meeting new friends.

THE HISTORY OF NEW YEAR'S RESOLUTIONS

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted. During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor—a place no one wanted to be.

RESIDENT ASSOCIATION BOARD MEETING

Wednesday, January 3—10:00 AM—Auditorium
All are welcome!!

RWC HAPPENINGS: FROM STUART **Wednesday, January 10—10:00 AM—Auditorium**

As I announced in the December Resident Annual Meeting, the weekly CEO update will transition to a new schedule and format in 2024. At that meeting we will talk about the new format which will be fluid as we go through the year. Some meetings will involve other staff members. The sessions will be taped for later broadcast on RWCTV 85. If you have topics of interest or questions, it would be helpful to have those by the Monday before the meeting. You can email or leave a note for me. As always, between the monthly *Happenings* meetings, all our department leaders and I are available for urgent questions or comments. Any pertinent or emergent announcements between meetings will be made on relevant communication platforms.

COMMUNITY MEETING: BUDGET

Thursday, January 25—10:00 AM—Auditorium
Please make plans to attend this informative meeting.

RESIDENT DIRECTORIES WILL BE HERE SOON

The final draft has been sent to the printers, so we hope to have them for you very soon. The front cover photo was taken by Cherry Wildly, Housekeeper.

NEW FITNESS CLASS FOR JANUARY! **DANCE AEROBICS WITH KRISTEN**

Every Tuesday from 9:15AM-9:45AM
Beginning on January 2

- 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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div><div><div>↑</div><div>This symbol means that you can sign up on touch-town!</div></div></div></div>	<div>NEW YEARS DAY 1</div> <div>NEW YEARS DAY BRUNCH 11:00 AM—2:00 PM</div> <div>The Grille will be closed for dinner. Boxed dinners will be available for pick-up from 3:00 PM—5:00 PM in the Grille.</div> <div>No Fitness Center Classes</div>	<div>10:00-FRL-Shopping at Walmart & Dollar Tree* 2</div> <div>10:00-AR2-Chat & Craft</div> <div>11:00-AR1-Grocery Pick Up</div> <div>11:00-CGR-Bible Study</div> <div>1:00-AR2-Watercolor Class</div>	<div>10:00-AUD-Residents’ Association Board Meeting 3</div> <div><div>↑</div>2:00-AUD-Movie Matinee: Driving Miss Daisy*</div> <div>7:00-CGR-Poker Group</div>	<div>3:00-RAP-Praying the Rosary 4</div> <div>3:30-AR2-Resin Coated Snow-flakes*</div>	<div><div>↑</div>8:30-AUD-First Friday Forum: Wyatt Portz* 5</div> <div>2:15-FCR-Cornhole</div> <div><div>↑</div>3:00-AUD-Etudes Nutcracker presentation Video*</div>	
<div>4:00-CH85-Sunday Worship 7</div> <div>4:00-RAP-Grace Church Eucharist</div> <div>No Fitness Classes on January 9,10, & 11 due to fitness assessments. Sign up to get yours!</div>	<div>10:00-FRL-Shopping* 8</div> <div>11:00-AUD-Parkinson’s Caregiver Support</div> <div>1:00-CGR-Catch Phrase</div> <div>1:15-AUD-Parkinson’s Support Group</div> <div>4:30-AUD-Caregiver’s Memory Support Group</div>	<div>10:00-AR2-Chat & Craft 9</div> <div>10:00-AR1-Amateur Radio Club</div> <div>11:00-AR1-Grocery Pick Up</div> <div>11:00-CGR-Bible Study</div> <div>1:00-AR2-Watercolor Class</div> <div><div>↑</div>1:30-CGR-Great Courses: The Scientific Wonder of Birds*</div> <div>Fitness Assessments/No Classes</div>	<div>10:00-AUD-RWC Happenings 10</div> <div>11:00-CGR-Grief Support</div> <div><div>↑</div>2:00-AUD-Movie Matinee: You Kill Me*</div> <div>7:00-CGR-Poker Group</div> <div>Fitness Assessments/No Classes</div>	<div>10:00-LAN-Food Committee Meeting 11</div> <div>3:00-RAP-Praying the Rosary</div> <div>4:00-AUD-Phil McKenny’s Good Times*</div> <div>Fitness Assessments/No Classes</div>	<div>11:00-AR2-Step by Step Acrylic Painting* 12</div> <div>2:15-FCR--Cornhole</div> <div>3:30-FCR-Basic Ballroom Dance Class*</div>	
<div>4:00-CH85-Sunday Worship 14</div>	<div>10:00-FRL-Shopping* 15</div> <div>11:00-AR2-Scratch Art*</div> <div>1:00-CGR-Catch Phrase</div>	<div>10:00-AR2-Chat & Craft 16</div> <div>11:00-AR1-Grocery Pick Up</div> <div>11:00-CGR-Bible Study</div> <div>1:00-AR2-Watercolor Class</div> <div>1:30-CGR-Great Courses: The Scientific Wonder of Birds*</div>	<div>10:00 Activities Committee Meeting 17</div> <div>11:00-FCR-Self Defense Safety Tips for Seniors Demonstration*</div> <div>1:00-AR2-Stitching Stars Quilting Group</div> <div><div>↑</div>2:00-AUD-Movie Matinee: Hyde Park on the Hudson*</div> <div>7:00-CGR-Poker Group</div>	<div>2:00-FRL-Trip to Sew Tangle Quilt Shop* 18</div> <div>3:00-RAP-Praying the Rosary</div>	<div>• Deadline for Gazebo Gazette Articles by NOON 19</div> <div>2:15-FCR--Cornhole</div> <div>3:30-FCR-Basic Ballroom Dance Class*</div>	
<div>4:00-CH85-Sunday Worship 21</div>	<div>10:00-FRL-Shopping* 22</div> <div>10:30-RAP-RWC Book Group</div> <div>1:00-CGR-Catch Phrase</div> <div>1:00-RAP-Communion for Rosary Group</div> <div>3:30-AR2-Paint Pour Snowflakes*</div>	<div>10:00-AR2-Chat & Craft 23</div> <div>11:00-AUD-Annual Memorial Service</div> <div>11:00-AR1-Grocery Pick Up</div> <div>1:00-AR2-Watercolor Class</div> <div>1:30-CGR-Great Courses: The Scientific Wonder of Birds*</div>	<div>11:00-AR2-Making a Photo Cube* 24</div> <div><div>↑</div>2:00-AUD-Movie Matinee: Mrs. Brown*</div> <div>7:00-CGR-Poker Group</div>	<div>10:00-AUD-Community Meeting: Budget 25</div> <div>1:00-MSP-Macular Degeneration Support Group</div> <div>3:00-RAP-Praying the Rosary</div>	<div>2:15-FCR--Cornhole 26</div> <div>3:30-FCR-Basic Ballroom Dance Class*</div> <div><div>↑</div>3:30-AUD-Jonathan the Juggler*</div> <div>5:00-LAN-Waited Service Friday Dinner*</div>	
<div>4:00-CH85-Sunday Worship 28</div>	<div>10:00-FRL- Shopping* 29</div> <div><div>↑</div>11:00-AUD-Seminar on Medicinal Mushrooms & Nutrition*</div> <div>1:00-CGR-Catch Phrase</div>	<div>9:00-FRL-Trader Joe’s & Lunch* 30</div> <div>10:00-AR2-Chat & Craft</div> <div>11:00-AR1-Grocery Pick Up</div> <div>11:00-CGR-Bible Study</div> <div>1:00-AR2-Watercolor Class</div> <div>1:30-CGR-Great Courses: The Scientific Wonder of Birds*</div>	<div>4:00-AUD-Bingo-Pizza Party* 31</div> <div>7:00-CGR-Poker Group</div>	<div>JANUARY 2024</div>		

A NOTE FROM STUART:

As we prepare for 2024, one thing we can be assured of is that it will be different from 2023. We do not know exactly how the year will unfold, but we do know a few things. We will welcome several new residents, and we will say goodbye to some old friends. We will begin the Chesapeake Center interior renovations. That certainly will keep us in a state of change as we navigate around the renovations on our daily walk. We will install and commission a new generator with expanded coverage in the Chesapeake Center. We will try innovative programs and activities while enjoying old favorites like Bingo with pizza and beer. Our fitness classes will overflow in January with New Year's resolutions to work off our holiday treats – hopefully, they will stay full as we see the benefits – I may have to join one as well. While this is not an exhaustive or complete list of what 2024 will look like at RWC, it is a nice sample. And there will be some things that we cannot even imagine or anticipate at this point, and that keeps things interesting.

The following prayer by Cookie Cranston spoke to me as fitting for the RWC Community as we enter the next year together: ***“Thank you Heavenly Father, for helping us find joy and acceptance in the changes in our lives and for reminding us that Your grace never changes.”*** (Courtesy of Guideposts Dec/Jan 2024).

I look forward to the new year with you and all the blessings it will bring.

Maureen Cranston

ANGEL TREE

Thank you for the support of the Angel Tree Drive this year. We received \$5,028 towards the Fellowship Fund which will help residents whose funds are depleted and can no longer afford residency through no fault of their own! Your generosity is truly appreciated.

Have a Happy New Year!
Denise Kenner

THE HISTORY OF 'APRONS'

I don't think most kids today know what an apron is. The principal use of Mom's or Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids..

And when the weather was cold, she wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, she walked out onto the porch, and waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

Send this to those who would know (and love) the story about aprons.

REMEMBER:

Mom's and Grandma's used to set hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron - but love.

APRON DISPLAY-JANUARY 2024

If you have an apron you would like to add to the display case for January please bring it to the LEC.

FIRST FRIDAY FORUM: FITNESS SPECIALIST, WYATT PORTZ*

Friday, January 5—8:30 am—Auditorium
Sign up Required LIMIT: 50

ETUDE'S NUTCRACKER PRESENTATION VIDEO

Friday, January 5—3:00 PM—Auditorium

If you missed the live performance or the scenes from the Nutcracker in December, here is your chance to see it in its entirety on video.



Phil McKenney's Good Times!

PHIL MCKENNEY'S GOOD TIMES*

Thursday, January 11—4:00 PM—Auditorium
Sign up Required

Phil McKenney is back with another performance of music, original art and stories.

SELF DEFENSE SAFETY TIPS FOR SENIORS DEMONSTRATION*

Wednesday, January 17—11:00 AM
Fitness Classrooms Sign up Required

Deputy Anthony Darby will be here from the Lancaster County Sheriff's Department to demonstrate several defense tactics that anyone can use.

BUS TO SEWTANGLE QUILT SHOP*

Thursday, January 18— 2:00 AM—Front Lobby
Sign Up Required. Limit 13

Attention quilters, sewers and lovers of fabric. Sign up now to browse SewTangle in White Stone.

JONATHAN THE JUGGLER*

Friday, January 26-3:30PM-Auditorium
Sign-up Required

Jonathan orchestrates close-up magic with his outgoing, personable nature to create a highly entertaining and always fresh performance. Completely solid gadgets and everyday objects disappear, reemerge and/or slice through each other; coins multiply (who doesn't like that?) and Jacks turn to Queens for an unforgettable metaphysical theater of fun and entertainment you will talk about long after the performance is over.

SEMINAR: MEDICINAL MUSHROOMS & NUTRITION SEMINAR*

Monday, January 29—11:00 AM—Auditorium

Melissa Burke of Grow NNC in Kilmarnock and Chef TV will team up to present this seminar. Nowadays, mushrooms are popular valuable foods because they are low in calories, carbohydrates, fat, and sodium: also, they are cholesterol-free. Besides, mushrooms provide important nutrients, including selenium, potassium, riboflavin, niacin, vitamin D, proteins, and fiber. All together with a long history as food source, mushrooms are important for their healing capacities and properties in traditional medicine. It has reported beneficial effects for health and treatment of some diseases. Many nutraceutical properties are described in mushrooms, such as prevention or treatment of Parkinson, Alzheimer's, hypertension, and high risk of stroke. They are also utilized to reduce the likelihood of cancer invasion and metastasis due to antitumoral attributes. Mushrooms act as antibacterial, immune system enhancer and cholesterol lowering agents; additionally, they are an important sources of bioactive compounds.

TRADER JOE'S & LUNCH*

Tuesday, January 30—9:00 AM—Front Lobby
Sign up Required LIMIT: 10

BINGO PIZZA PARTY *

Wednesday, January 31— 4:00 PM—Auditorium
Sign up Required. Fill out Pizza Form.
\$3.00 per card. Please bring cash. NO CHARGES.

MOVIE MATINEE: DRIVING MISS DAISY*

PG 1989 comedy drama 1hour 39minutes
Wednesday, January 3— 2:00 PM—Auditorium
Sign up Required

The story defines Daisy and her point of view through a network of relationships and emotions by focusing on her home life, synagogue, friends, family, fears, and concerns over a twenty-five-year period.

MOVIE MATINEE: YOU KILL ME *

R 2007 crime comedy 1hour 32 minutes
Wednesday, January 10— 2:00 PM—Auditorium
Sign up Required

Frank Falenczyk is a hit man for his Polish mob family in Buffalo, New York. He has a drinking problem, as a result of which he messes up a critical assignment. As this has put the family business in peril, Frank's uncle, head of the family, sends him to get on AA. If he doesn't, he will no longer work for the family.

MOVIE MATINEE: HYDE PARK ON THE HUDSON *

R 2012 historical comedy drama 1hour 35minutes
Wednesday, January 17— 2:00 PM—Auditorium
Sign up Required

The film stars Bill Murray as Franklin D. Roosevelt, Olivia Colman as Queen Elizabeth and Laura Linney as Margaret "Daisy" Suckley, a cousin and childhood friend of the President. It was based on Suckley's private journals and diaries, discovered after her death and fictionally dramatizes her close relationship with Roosevelt and the 1939 visit of King George VI and Queen Elizabeth to Roosevelt's country estate.

MOVIE MATINEE: MRS. BROWN *

PG 1997 British drama film 1hour 36minutes
Wednesday, January 24— 2:00 PM—Auditorium
Sign up Required

The film shows the story of a recently widowed Queen Victoria and her relationship with a Scottish servant, John Brown, a trusted servant of her deceased husband, and the subsequent uproar it provoked. Brown had served Victoria's Prince Consort, Prince Albert; Victoria's household thought Brown might help the Queen who had remained in mourning since the Prince Consort's death in 1861.

RESIN COATED SNOWFLAKES*

Thursday, January 4—3:30 PM—Art Room 2
Sign up Required LIMIT: 8

Discover a way to make resin-coated coffee filter snowflakes that are a beautiful addition to any Christmas tree or winter decor. The resin makes the cut paper snowflakes nearly transparent giving them a stunning, crystal quality.

STEP BY STEP ACRYLIC PAINTING*

Friday, January 12—11:00AM—Art Room 2
Sign up Required. Limit: 8

So you have never tried to paint? Try something new for the New Year. This is a beginner's class working with acrylic paints. Acrylic paints are fun, fast drying and very forgiving.



SCRATCH ART*

Monday, January 15—11:00 AM—Art Room 2

Sign up Required. LIMIT: 8

Scratchboard art, also known as scratch art, is a type of artwork made by cutting or incising into a surface covered in a dark ink to reveal a lighter colored layer underneath. The light-colored lines created by scratching into the dark material define the image the artist creates.

MAKING PAINT POUR SNOWFLAKES*

Monday, January 22—3:30 PM—Art Room 2
Sign up Required. LIMIT: 8

This method is so satisfying when you paint it. You'll enjoy it and it will inspire you to create your own beautiful art.

MAKING A PHOTO CUBE*

Wednesday, January 24-11:00AM-Art Room 2
Sign up Required. Limit : 8

BRING YOUR OWN photos (6 photos).

Do you remember having one of those old school photo cubes, the kind where you can see an image from every side, slipping the photo under the plastic frame. We will make ours from a wooden cube.

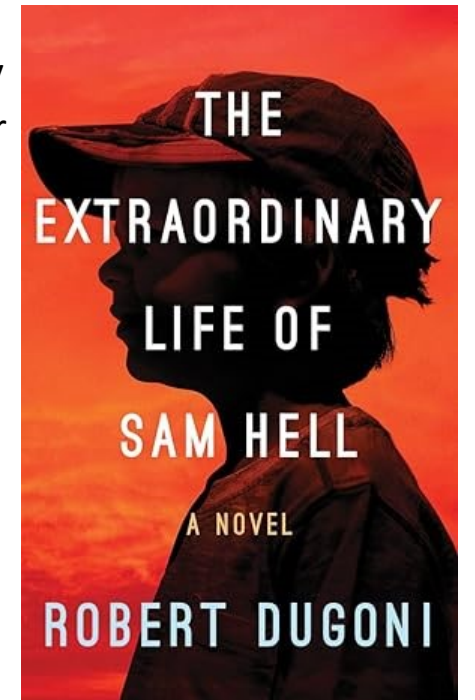
HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

RW-C Book Club

Sam's mother promised he would live an extraordinary life. It's time he finds out for himself. The selection for January is **"The Extraordinary Life of Sam Hell"** by Robert Dugoni.

Readers are welcome to join the discussion. We will meet on the 4th Monday of the month, January 22 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 Maxine Luxton 4200.



BOOKS NEW TO THE LIBRARY IN DECEMBER

Fiction: **"A Blaze of Glory"** by Jeff Shaara donated by Phyllis TeStrake; **"Coming into the Country"** by John McPhee donated by Phyllis TeStrake; **"Inside Seal Team Six"** by Don Mann donated by Phyllis TeStrake; **"When All the Men Are Gone"** by Ronald G. Capalaces donated by Phyllis TeStrake; **"The Loop"** by Nickolas Evans donated by Phyllis TeStrake; **"Kat the Dog"** by Alyson Sheldrake.

Mystery: **"Desert Star"** by Michael Connelly donated by Elaine Lowrey.

History: **"September 11" A Testimony** by Reuters.

Biography: **"The Accidental President" Harry S. Truman** by A.J. Baime donated by Phyllis TeStrake.

Misc: Politics: **"The First Congress"** by Fergus M. Bordewich donated by Phyllis TeStrake.

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 January. Sue Slate Donaldson is a native of White Stone. 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!

RWC'S ANNUAL MEMORIAL SERVICE

Tuesday, January 23—11:00 AM—Auditorium

The death of a loved one is a powerful and deeply meaningful occurrence. As with any important events, we humans feel the urge to remember and observe them annually.

An annual memorial service is the perfect way to do that.

We invite residents, staff, close friends and family members to an annual observance where we can collectively remember and celebrate the life of our beloved, sharing memories and stories and enjoying a time of solidarity in your individual grief journeys.

HISTORY OF EPIPHANY

Interestingly, the bible doesn't mention how many wise men there were - just that three gifts were given and that they came from the east.

The common consensus is that there were between two and twenty wise men. They were likely to have been Zoroastrian Priests. It wasn't until about 500AD that three was accepted to be the standard number of wise men - the reasoning simply due to the number of gifts.

To further complicate matters, the wise men may not even have been men or wise. In 2004, a report by the general synod of the church of England concluded that 'magi' gives no indication as to number, or gender, or even to the level of wisdom.

The distinct lack of Biblical detail hasn't stopped the Magi being counted, coronated, and christened - the traditional names of the three kings are Melchior, Caspar and Balthazar, who are said to represent Europe, Arabia, and Africa respectively.

Epiphany is derived from the Greek word '*epiphaneia*' and means *manifestation*. In religious use, the term means the appearance of an invisible divine being in a visible form.

The celebration of the Epiphany began in the Eastern Church and included a celebration of Christ's birth. However, by the 4th century AD, the various calendar reforms had moved the birth of Christ to December 25th and the church in Rome began celebrating January 6th as Epiphany. Armenian Orthodox Christians still celebrate the birth of Christ on January 6th as their Church was established before Rome made the date change.

**IN MEMORIAM
MR. WALTER TESTRAKE
NOVEMBER 28, 2023**

**AUGUSTA BUNTING
DECEMBER 8, 2023**

**JOHN HESS
DECEMBER 12, 2023**

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

ACTIVITIES COMMITTEE

From the 2024 Activities Committee!

Happy New Year! Looks like 2024 is off to a great start with activities for residents.

The Life Enrichment Staff has already planned some great movies, craft classes and guests coming in to entertain us all. Looks like something fun for everyone.

Since January is always iffy for trips, no big trips are planned.. but who knows.. could be a pop up somewhere.

And hope you all get to January 31st activity. It's back. BINGO! Pizza Party!

A big thanks to Mary Bennett and Helene Braatz, co-chairs for the past two years, for a great job! First major activity for 2024 is the February 11th Super Bowl Party!

Again, Happy New Year from the 2024 Activities Committee.

NEW YEAR BRUNCH

11:00-2:00 Lakeview Grille

Black-eye Pea Soup

Salad Bar

Fried Chicken Thighs

Coffee Rubbed Roast Pork Loin

Lobster, Crabmeat and Ricotta Pie

Stewed Tomatoes

Roasted Brussel Sprouts w/ Cranberries

Baked Rosemary Fingerling Potatoes

Dutch Apple Pie w/ Egg Nog Ice-cream

Dinner Roll

New Years Day Box Dinner— Grille Closed

Fruit Cup

Chicken Salad & Tuna Salad Slider on King's

Hawaiian Buns

Cole Slaw

Cookies



BASIC BALLROOM DANCE FOR SENIORS*

EVERY Friday beginning January 12

3:30pm-Fitness Classroom

12 WEEK SESSION Sign up Required

COST: \$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.

COMING IN FEBRUARY

GREAT DECISIONS*

EVERY Thursday at 2:00 PM in the

Chesapeake Game Room

FIT NOTES

There will be no fitness classes on **January 1st**. The fitness center and swimming pool will be operating by weekend policies.

ASSESSMENT REMINDER

Sign up for annual fitness assessments in the LEC sign up book. Appointments will take no longer than 20 minutes to complete. Everyone who completes an assessment will be entered for a chance to win a prize each day.
NOTE: The fitness center and swimming pool will be operating under weekend policies while staff conduct assessments.

HEALTHY TIP:

As we wrap up the holidays and come "marching" into the new year, you may be wondering the best way to squeeze your exercise routine back into your daily regimen. Setting yourself up for success is how to accomplish this. The first step is finding movement that is enjoyable for you—of course, when we enjoy an activity, we are much more willing to participate. The second step for success is starting small—2 times a week sounds a lot less daunting than 5. As you get back into the swing of things, increasing your frequency will get easier. The third step is asking yourself why you enjoy participating. Social interaction? Mental clarity? Maybe those sit to stands? Asking yourself these questions while contemplating your priority list will provide you with the clarity you need for encouragement. The fourth key for success is grace. Give yourself grace in the season that you may be in or overcoming. The fitness team is looking forward to a happy and healthy year with you! Movement is medicine!

NEW YEAR CHALLENGE:

Gather your boots, jackets, and walking sticks for our winter challenge by hiking 4,489 feet to the top of the Allegheny Mountains at Snowshoe Resort! Mileage will be tracked by attendance in land/pool classes, fitness center workouts, and lap swimming/individual pool workouts. Participating in a new activity and/or completing your fitness assessment will give you an extra push up the mountain for bonus mileage. A milestone tracker board will be located in the hallway of the LEC. First person to the top wins!

WHY ARE FITNESS ASSESSMENTS IMPORTANT?

- They serve as a baseline measurement that a personal trainer or health specialist can use to compare results over a period of time.
- Serves as a source for a health specialist to build an exercise and/or nutrition program around.
- Evaluates strength, endurance, cardiovascular health, flexibility, and body composition that may shed light on how you can best reduce the risk for injury.
- Can increase motivation for a client to participate in an exercise program.

Build trust between a client and health specialist that can cultivate great relationships.

3 WAYS YOU CAN BENEFIT FROM A FITNESS ASSESSMENT:

- Fitness Assessments Give You More Information Than a Scale.
- The Assessment Will Help You Set Goals.
- The Assessment Will Help Keep You Safe.

Before starting an exercise program, a fitness assessment can be really beneficial in measuring the 5 components of fitness: muscular strength, muscular endurance, cardiovascular health, flexibility, and body composition. The results from the assessment will also help a health fitness specialist design your individualized fitness program. Many benefits come from these assessments and can help uncover more about your body and how to keep it safe and live a healthier life.

The Fitness Team has a schedule that they have to adhere to in order to make the most of their time and be able to serve the residents who use the fitness equipment and take classes.

Personal Training and Workouts for those who need assistance criteria:

- You MUST make an appointment a day in advance.
- Be timely. Minutes late will come off your training/workout session. Members who need to be dropped off and picked up must be retrieved in a timely fashion.

Fitness Classes

- Please be on time to class.
- Thank you for your consideration.

HOLIDAY/JANUARY DATE CHANGES
January 1st– No fitness classes

THERE WILL BE NO FITNESS CLASSES DUE TO FITNESS ASSESSMENTS
Days: January 9th, 10th, and 11th

SHOPPING AT WALMART & DOLLAR TREE
Tuesday, January 2nd-10:00am-Front Lobby

PARKINSON’S CAREGIVER’S SUPPORT GROUP
Monday, January 8—11:00 AM—Auditorium

PARKINSON’S SUPPORT GROUP
Monday, January 8—1:15 PM—Auditorium

CAREGIVER’S MEMORY SUPPORT
Monday, January 8—4:30 PM—Auditorium

MACULAR DEGENERATION SUPPORT GROUP RETURNS!
Thursday, January 25-1:00PM-Main Street Pub

GREAT COURSES: THE SCIENTIFIC WONDER OF BIRDS*

EVERY Tuesday beginning January 9—1:30 PM
Chesapeake Game Room

6 week course. Sign up Required.
Discover the remarkable science of bird life-taught by a biologist and expert birder-and grasp the astonishing features of avian physiology, biology, intelligence, and behavior across the globe.

WEEK 1-January 9
Birds and Dinosaurs: The Origin of Flight
Begin by contemplating the integral connections between birds and dinosaurs. 32 min
Birds and Boeings: The Magic of Flight
Delve into the fascinating aerodynamics of bird flight. Grasp how a bird’s wings operate as an airfoil; study the forces of lift, weight, thrust, and drag, and how birds take off, land, and glide. 29 min

WEEK 2-January 16
Burning Bright: Avian Adaptations for Flight
Discover the remarkable physiological features of birds that undergird flight. First, note how and why feathers evolved. Then, investigate the high metabolism of birds—they must burn energy at an astounding rate. 29 min
Orientation, Navigation, Migration: Bird Road Trips
Take account of the miraculous feats of navigation

performed by birds, as they migrate huge distances with amazing accuracy. 26 min

WEEK 3—January 23
Bird Brains: Tool Wielders and Snack Stealers
Humans have tended to underestimate the intelligence of birds. Examine the structure of the avian brain and the extraordinary forms of intelligence birds show, such as memory, complex spatial mapping, and ingenious strategies in food foraging. 26 min
Birds of a Feather: Flocking and Foraging
Track the intriguing behavior of birds when they form flocks or colonies. Grasp the diverse benefits of group foraging, and how birds form mixed-species foraging flocks. 29 min

WEEK 4—January 30
Avian Turf Wars: Defending a Territory
Witness the complex nature of competition among birds. Study “display” behavior, which sends a message regarding territory, courtship, or perceived threats. 25 min
Bird Songs and Calls: Music with a Message
Explore the multifaceted phenomenon of birdsong, distinguishing between birds’ songs and calls. 26 min

WEEK 5—February 6
Avian Mating: Lady’s Choice
Compare models which may explain female birds’ choice of mates. Observe how females “test” potential mates and how males provide a basis for choice, through courtship displays or offering prime territory. 25 min
Avian Mating: Singles Bars and Bachelor Pads
Investigate three forms of avian polygyny, where one male mates with several females, and the factors that make it a useful adaptation. 24 min

WEEK 6—February 13
Nests and Eggs: A Home in the Sticks
Learn how birds mate; then examine the structure of bird eggs, how they are laid, and how laid eggs develop. 28 min
Parental Care: Bird Family and Friends
Close with a look at the hatching process and the contrasting conditions for *altricial* chicks (born naked and helpless) versus *precocial* chicks (born ready to leave the nest). 29 min