



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 39, Issue 7

JULY 2024

**The (U) indicates that you can sign up through Uniguest (formerly Touchtown) using your computer or the mobile app.**

# Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING JUNE 26 AT THE LIFE ENRICHMENT CENTER LOBBY.**

**WELCOME NEW NEIGHBORS**

**Mr. & Mrs. Alex and Rachel Jackson** have moved into Free-standing Home 838 (Magnolia Circle).

The Jacksons are interesting people with diverse backgrounds. They first learned of the Northern Neck from Alex's father and later a Navy friend who lived on The Green in Weems. Alex and Rachel have many friends already living at RWC.

Mr. and Mrs. Jackson have been married for 51 years. Both have been active members of Grace Church since 1998. They have two cats .

Alex Jackson, born in Long Beach, CA, graduated from Gulf Coast Military Academy and was awarded a Navy scholarship to attend Tulane University. He received B.S. In Psychology while minoring in Physics & Math. He entered naval service as an Ensign, served active and reserves for 35 years. Alex was a Flight Officer and retired in 1986 as a Rear Admiral, with Legion of Merit medal. His professional career was with government contracting in satellite communications with various firms. He was involved in research and development, quality assurance and strategic planning and retired as President of Aerospace Division with the Barnes Group. He shared his talents by serving on the Board of ICYCC, Habitat for Humanity, the Grace Church Finance Committee, and Mary Ball Historical Society. Alex enjoys model ship building, wood working and furniture building. Previously he enjoyed tennis, golf, and sailing.

Rachel Jackson, born in Joplin, MO, graduated from Cleveland H.S. and received her B.S. in Business from Delta State University, MS. She worked as an administrative assistant in the marketing office of Philco-Ford when she met Alex. After moving to Ann Arbor, MI, she became the office manager for a small advertising firm and was part of the team that developed the Domino's Pizza logo. Of this job she says, "it was the most fun!" Her last job was as a Consumer Affairs Advisor for Kirby Vacuum Cleaner company. Rachel has

served on the scholarship foundation at Univ. of MI; volunteered with Child & Family services, CT; Animal welfare league; Grace Church yard sale and coffee hour; and various committees at ICYCC. She enjoys photography, golf (plays with the Thursday group that includes Joan May and Nancy Monroe), sailing, gardening, is an avid reader (of everything), and enjoys cooking.

**Mr. & Mrs. Bill and Loretta Warren** have moved into Free-standing Home 436 (Denegre Drive).

The Warren's have been married for 41 years. Bill and Loretta have one son who lives in Northern Virginia (two grandchildren).

Loretta's mother, Ann Heln, lived in the HC at RWC. They love this area and want to stay in the Northern Neck. Their family and friends are very supportive of the move.

Mr. Warren was born in Kingston, NC. He lived with his grandparents and mother in Rocky Mount, NC. His father was gone for four years in the military war (Pacific) so Bill did not meet his father until he was almost four years old. Bill had a hard time adjusting when his father came back from the war because he had adopted his grandfather as his father. Soon after that, his family moved to Chase City, VA. and lived there through the 9<sup>th</sup> grade and then moved to Richmond and graduated from Hermitage High School. He then attended Mercer University in Macon, GA. with hopes of playing in a division 1 basketball team but that was not the case.

**CONTINUED ON PAGE 8**

**RESIDENTS' ASSOCIATION BOARD MEETING AND UPDATE WITH STUART**

**Wednesday, July 3—10:00 AM—Auditorium**

All residents are invited to attend. This meeting will also include "Happenings with Stuart".

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

Contact us: 804-438-4000

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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>KEY</b> <b>APT</b> Apartment Lobby <b>AR1</b> Art Room #1 <b>AR2</b> Art Room #2 <b>ATR</b> Atrium <b>AUD</b> Auditorium <b>BLR</b> Boiler Room <b>CGR</b> Chesapeake Game Room <b>COR</b> Corrotoman Room <b>CPL</b> Chapel <b>DRB</b> Dining Room Breezeway <b>FCR1, 2 or 3</b> Fitness Classroom # <b>FPL</b> Front Parking Lot <b>FRL</b> Front Lobby <b>GAL</b> Gallery Hall <b>HOB</b> Hobby Room <b>KCT</b> King's Court <b>LAN</b> Lancaster Room <b>LEC</b> Life Enrichment Center <b>LIB</b> Library <b>LVG</b> Lakeview Grille <b>MSP</b> Main Street Pub <b>OTR</b> Outpatient Therapy Room <b>RAP</b> Rappahannock Room <b>RCL</b> Resident Clinic <b>TGP</b> Thomas Garden Patio <b>WCN</b> Westbury Center <b>WCR</b> Westbury Club Room	<h1>JULY 2024</h1>	10:00-FRL-Shopping at Walmart & Dollar Tree <b>(U)*</b> 1:00-CGR-Catch Phrase 3:00-AR2-Making Epoxy Resin Tumblers* 4:30-AUD-Caregiver's Memory Support Group <b>1</b>	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 11:30-FRL- Nacho Average Lunch* 1:00-AR2-Watercolor Class 2:00-MSP-Men Singing Group <b>2</b>	10:00-AUD-Resident's Association Board Meeting 2:15-AUD-Movie Matinee: Paper Moon <b>(U)*</b> 7:00-CGR-Poker Group <b>Women's walking Group begins today-Every Wed morning at 8am 3</b>	<b>INDEPENDENCE DAY 4th of July Picnic 11:00-2:00</b> <b>GRILLE CLOSED FOR DINNER</b> 2:00-AUD-Liberty Dolls in Concert <b>(U)*</b> 3:00-RAP-Praying the Rosary 3:00-5:00-Boxed Dinner Pick-up <b>4</b>	8:30-LAN-First Friday Forum: July- Craig Hazzard, NN Healthy Harvest Food Pantry <b>(U)*</b> 2:15-FCR-Cornhole <b>5</b>	<b>6</b>
	3:15-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist <b>7</b>	10:00-FRL-Shopping <b>(U)*</b> 11:00-AR2-Soap Making Class <b>(U)*</b> 1:00-CGR-Catch Phrase 2:15-AUD-Documentary: The Blue Angels <b>(U)* 8</b>	10:00-AR1-Chat & Craft 10:00-AR2-Amateur Radio Club 10:30-FRL-Tour of NN Healthy Harvest Pantry* 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 11:00-CPL-Christ Church Resident Members 1:00-AR2-Watercolor Class 2:00-MSP-Men Singing Group <b>9</b>	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 12:00-AR2-Lunch & Learn with Kim Deberadinis: Historyland Community Workshop <b>(U)*</b> 2:15-AUD-Movie Matinee: Weekend At Bernies <b>(U)* 10</b> 7:00-CGR-Poker Group <b>10</b>	8:15-FRL-Walk on the Wild Side at Belle Isle State Park <b>(U)*</b> 9:30-FRL-Thrifty Thursdays (Gloucester) & Lunch* 10:00-LAN-Food Committee Meeting 3:00-RAP-Praying the Rosary <b>11</b>	11:30-CGR-Lunch & Learn-Shepherding the Full Experience: Transforming the Wool from Our Sheep to Fiber Arts Education <b>(U)*</b> 2:00-CGR-Online Class: Stories for Climate Change: How to have dialogues about taking climate action <b>(U)*</b> 2:15-FCR-Cornhole <b>12</b>	<b>13</b>
	3:15-MSP-RWC Community Worship Service <b>14</b>	10:00-FRL-Shopping <b>(U)*</b> 1:00-AR2-Online Class: Stitch a Flower Pin Cushion <b>(U)*</b> 1:00-CGR-Catch Phrase <b>15</b>	9:30-FRL-Valentine Museum-Turning Points: Richmond in the 1890s* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Men Singing Group <b>16</b>	<b>HEALTHY-FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS 9:00AM-12:00PM</b> <b>LIFE ENRICHMENT CENTER LOBBY</b> 10:00-FRL-Shop Local in Irvington & Lunch* 1:00-AR1-Stitching Stars Quilt Group 1:00-AR2-Online Lesson: Felt on a Bar of Soap <b>(U)*</b> 2:15-AUD-Movie Matinee: Little Big Man <b>(U)*</b> 7:00-CGR-Poker Group <b>17</b>	11:00-AR2-Online Class: Intro to Watercolor <b>(U)*</b> 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship <b>18</b>	10:00-ATR-Paparazzi Jewelry Sale 2:00-AUD-Spotlight Studio Performance <b>(U)*</b> 2:15-FCR--Cornhole <b>• Deadline for Gazebo Gazette Articles by NOON</b> <b>19</b>	<b>20</b>
	3:15-MSP-RWC Community Worship Service <b>21</b>	10:00-FRL-Shopping <b>(U)*</b> 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary 3:00-AR2-Making Cat Toys <b>(U)* 22</b>	9:00-FRL-Tour of James Monroe Birthplace Park and Museum* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Men Singing Group <b>23</b>	11:00-AUD-Lucia Schoelwer : Yard Sales and Stories <b>(U)*</b> 2:15-AUD-Movie Matinee: Gorillas in the Mist <b>(U)*</b> 7:00-CGR-Poker Group <b>24</b>	10:30-FRL-Deltaville Museum and Picnic Lunch* 11:00-AR2-Online Class: Wheat Straw: Harvest Time Weaving <b>(U)*</b> 1:00-MSP-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary <b>25</b>	10:00-Front Portico-Opening Ceremony Torch Walk 2:15-FCR--Cornhole 3:00-AUD-Olympic Ceremony Watch Party <b>(U)* 26</b>	<b>27</b>
	3:15-MSP-RWC Community Worship Service <b>28</b>	10:00-FRL-Shopping <b>(U)*</b> 1:00-CGR-Catch Phrase <b>OLYMPIC GAMES TODAY 2:30PM—3:30 PM 29</b>	9:00-FRL-Trader Joe's* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Men Singing Group <b>30</b>	2:15-AUD-Movie Matinee: It's Complicated <b>(U)*</b> 7:00-CGR-Poker Group <b>OLYMPIC GAMES TODAY 2:30PM—3:30 PM 31</b>	<b>The (U) indicates that you can sign up through Uniguest (formerly Touchtown) using your computer or the mobile app.</b>		

**A NOTE FROM STUART:**

When we feel like there is a shortage of good, we are reminded in the Bible that the light (good) always overcomes the darkness (not good) which seeks to quench it. Always, not sometimes. When I look around RWC life, I see doing good, much good in fact. It comes in small and large packages. And I am sure that there is a great deal of doing good that you and I do not see. That does not mean we are perfect, because we are not. We make mistakes. When we do, we own them, apologize, and fix them. People help people through good days and bad. We celebrate good times and grieve loss – together. I see us encouraging the discouraged, being willing resources when needed and grateful recipients when assisted and sharing gifts and talents to Do Good in countless ways.

May we each be both the bearer and the beneficiary of Doing Good.


**NEW NEIGHBORS, CONTINUED FROM COVER.....**

After a couple of years there, he came back to Richmond and graduated from the University of Richmond with a major in Physics and Math. He went on to work for Goddard Space Light Center for NASA in DC. He attended graduate school at Johns Hopkins. Bill has been instrumental in many local fundraising campaigns. He enjoys fishing, sports (basketball/white water kayaking) and reading.

Mrs. Warren was born Danbury, CT. Loretta's mom was born in Germany and came to America when she was 3 years old with her parents. Her dad was first generation American but his parents were Italian. Loretta grew up in northern Westchester country right on the CT border. Loretta attended Ithica College in NY as a music and English major and then moved to DC where she went to graduate school to get a masters in Library Science. She ended up working in a special library with a corporation. It was a high pressure, time sensitive job. She studied piano and voice. She participates in Chesapeake Chorale and Nouvelet Women's Choir. She has served on the Lancaster Community Library Board as well as the RFA Board. Loretta enjoys reading, singing, music,

Mahjong, traveling and volunteers at the Animal Welfare League.

The Warren's have one dog (Chelsea) and two indoor cats (Calvin & Nellie).

**Dr. Tom Doyle** moved into Cottage 625 (Holly Drive). He has lived at his home in Mathews (Cobbs Creek) for the past 18 years.

Mr. Doyle was born in New York City (Queens) in 1938. He is 86 years old. Tom has been completely deaf since the age of eight due to meningitis. He reads lips, uses an app on his phone and uses English sign language (completely different from American Sign Language) to communicate. The basic signs for words are the same; however, with Signed English (SE) a sign is executed for every word in a sentence whereas American Sign Language seeks to convey a concept He learned English signing at 40 years old.

All four of Mr. Doyle's grandparents were born in Ireland. His paternal grandparents immigrated to American and settled in Brooklyn, NY where his father was born. His mother's parents settled in Bridgeport, CT, where she was born. His mother was raised in the convent. Tom is the middle of 3 brothers. His mother expected all her boys to become priests. However, it did not turn out that way. His older brother passed away and his younger brother lives in Pennsylvania.

Tom attended Catholic school and the school for the deaf in the Bronx. Tom went on to attend Fordham University where he earned B.S. in chemistry. He then went to George Washington University and earned his PhD in chemistry and studied at MIT. Dr. Doyle had a career with the FDA for 36 years as a Supervisory Research Chemist.

Tom has 4 children, 2 boys and 2 girls. The oldest daughter (Gwynn's Island) and his two sons reside in Mathews and his youngest daughter lives in Tampa, Florida. She is deaf as well.

Mr. Doyle is an avid duplicate bridge player and very much looks forward to teaching and playing the game at RWC. He also loves to fish, play chess and scrabble. He used to love to garden and run marathons, but no longer does that. He admits that he is very competitive and is a perfectionist. He knows several residents that live at RWC. He is interested in the fitness program .

Tom has a miniature poodle, Oliver.

**ROAD TRIP****NACHO AVERAGE LUNCH\***

Tuesday, July 2-11:30AM-Front Lobby

Sign up required. Limit = 13 COST = Lunch\$

Enjoy lunch at Nacho Average Brew Pub in Kilmar-nock followed by some juggling and magic by Jonathan Austin.

**TOUR OF NORTHERN NECK HEALTHY HARVEST PANTRY\***

Tuesday, July 9-10:30AM-Front Lobby

Sign up Required LIMIT: 13 COST: Lunch \$

We will travel to the food bank's warehouse in Warsaw for a guided tour and have lunch.

**THRIFTY THURSDAYS (GLOUCESTER) & LUNCH (MOBJACK TAVERN)\***

Thursday, July 11-9:30 AM-Front Lobby

Sign up Required LIMIT: 13

COST: Shopping \$ + Lunch \$

Join us for shopping fun. We will visit the DAV (Disabled American Veteran's) Thrift Store, The Helping Homeless Thrift Store, Thrift Miss and S&J Thrift Store and lunch at Mobjack Tavern.

**MUSIC BY THE RIVER: FARON HAMBLIN\***

Saturday, July 13-5:15PM-Front Lobby

Sign up Required LIMIT: 13

BRING YOUR OWN CHAIR COST: FREE

BOXED DINNERS PROVIDED BY RWC.

Hailing from the Northern Neck of Virginia, Faron was raised in a musical family. His parents were in popular bands during the 70's and 80's. His father taught him a few chords on the guitar. He would spend hours crafting his own music from influences he discovered on the radio.

**VALENTINE MUSEUM-TURNING POINTS: RICHMOND IN THE 1890s\***

Tuesday, July 16-9:30AM-Front Lobby

Sign up Required LIMIT: 13

COST: \$8.00 + Lunch \$

Thirty years after the Civil War, a new generation took over Richmond's segregated economic, municipal, social, and cultural institutions. Turning Points: Richmond in the 1890s details the tensions that arose

during this tumultuous decade and its lasting effects on Richmond today.

**SHOP LOCAL IN IRVINGTON & LUNCH\***

Wednesday, July 17-10:00 AM-Front Lobby

Sign up required. Limit = 13. COST= shop/lunch\$

Come explore some of the little shops of Irvington including the Dandelion & enjoy lunch at The Office.

**TOUR OF JAMES MONROE BIRTHPLACE PARK AND MUSEUM AND LUNCH AT HIGH TIDES ON THE POTOMAC\***

Tuesday, July 23-9:00AM-Front Lobby

Sign up Required LIMIT: 13

COST: Lunch \$

The James Monroe Birthplace Park & Museum is a +70-year project of the James Monroe Memorial Foundation, which was established by the descendants of President James Monroe. Through the charitable contributions and generous donations of everyday people both here and abroad, we are now beginning to see the culmination of this project with the establishment of the Visitors Center and the completion of the Birthplace Home with the park's various activity trails. On behalf of the Foundation, we wish to thank every person who, of their own accord, continues to perpetuate the legacy of this great man, James Monroe.

**DELTAVILLE MUSEUM AND PICNIC LUNCH\***

Thursday, July 25-10:30AM-Front Lobby

Sign up Required LIMIT: 13

COST: FREE

See the maritime history of the Deltaville area beginning with the catastrophic impact of the Delmarva meteorite 35 million years ago and chronicle the more modern period of area wooden boatbuilding beginning in the late 1800s.

**TRADER JOE'S AND LUNCH\***

Tuesday, July 30-9:00AM-Front Lobby

Sign up Required LIMIT: 10

## DOCUMENTARIES, MOVIES AND CONCERTS

### JULY MOVIE MATINEES

All matinees begin at 2:15 AM—Auditorium  
Sign up Required to all matinees  
(U)\* - You can sign up through Uniguest

### PAPER MOON (U)\*

Wednesday, July 3  
Real-life father and daughter Ryan and Tatum O'Neal team up as slick con-artists Moses Pray and Addie Loggins in 1930s Kansas. When "Moze" is unexpectedly saddled with getting the 9-year-old Addie from relatives in Missouri after the death of her mother, his attempt to dupe her out of her money backfires, and he's forced to take her on as a partner. Swindling their way through farm country, the pair is nearly done in by a burlesque dancer (Madeline Kahn) and an angry bootlegger. PG, 1973 Comedy/Crime 1h 45m

### DOCUMENTARY: THE BLUE ANGELS (U)\*

Monday, July 8  
The Blue Angels follows the newest class of the storied Navy and Marine Corps flight squadron through intense training and into a season of heart-stopping aerial artistry, and the veterans on the team who, this year, will take their final flights.  
2024, 1 h 32 min

### WEEKEND AT BERNIE'S (U)\*

Wednesday, July 10  
Two novice insurance agents attempt to cover up the fact that their boss has been murdered when they arrive at his beach house for a weekend party. PG-13, 1989, 1 h 37 min

### LITTLE BIG MAN (U)\*

Wednesday, July 17  
From director Arthur Penn (BONNIE AND CLYDE), Dustin Hoffman, Chief Dan George, Faye Dunaway, Martin Balsam, Jeff Corey and Richard Mulligan star in a genre-defying tale of an alleged 121-year-old white survivor of Custer's Last Stand.  
1970, 2 h 19 min

### GORILLAS IN THE MIST (U)\*

Wednesday, July 24  
Sigourney Weaver stars in this true story as Diane Fossey, who fights to save the African mountain gorillas from extinction due to poachers. 1988, 2 h 9 min

### IT'S COMPLICATED (U)\*

Wednesday, July 31  
When attending their son's college graduation, a divorced couple reignite the spark in their relationship. Complicating the situation is the fact that the husband has remarried. Starring Meryl Streep, Steve Martin and Alec Baldwin. Rated R, 2009, 2h

### PEANUT CITY CLOGGERS (U)\*

Saturday, July 27—11:00 AM—Auditorium  
Sign up Required  
Clogging, buck dancing, or flatfoot dancing is a type of folk dance practiced in the United States, in which the dancer's footwear is used percussively by striking the heel, the toe, or both against a floor or each other to create audible rhythms, usually to the downbeat with the heel keeping the rhythm. The Peanut City Cloggers perform for a variety of shows and dances. They perform at festivals, State Fairs, schools, churches, private functions and parades.

### LUNCH & LEARN: ONLINE CLASS-SHEPHERDING THE FULL EXPERIENCE: TRANSFORMING THE WOOL FROM OUR SHEEP TO FIBER ARTS EDUCATION (U)\*

Friday, July 12—11:30 AM—Chesapeake Game Room  
Sign-up Required LIMIT: 12  
Join Laura Berlage, farmer, fiber artist, and contemporary Renaissance woman on an exploration of her sustainable homestead farm in northern Wisconsin, the sheep she and her family raise, and how the wool becomes an integral part of her diverse online fiber arts courses. From lambing to shearing, color pallets to project design, explore the journey with Laura and discover the story behind the fibers that arrive in her kits.

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

### RWC Book Club

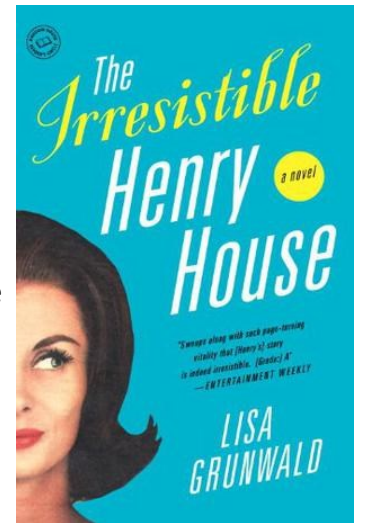
The book group selection for July will be *"The Irresistible Henry House"* by Lisa Grunwald. This is a fantastic story entertainingly told that will take you back to the social history of the fifties and sixties.

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

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

### BOOKS NEW TO THE LIBRARY IN JUNE

**Fiction:** *"The Ghost War"* by Alex Berenson; *"Sycamore Row"* by John Grisham; *"Recapitulation"* by Wallace Stegner donated by Jay White; *"Horseplay on the Front lawn"* by Crist McCloskey donated by Ethel Frye; *"The Mase"* by Nelson DeMille; *"Camino Ghosts"* by John Grisham; *"The Wide Wide Sea"* by Hampton Sides; *"Untimely Death"* by Elizabeth J. Duncan; *"Delilah Treacherous Beauty"* by Angela Hunt; *"Chasing the Night"* by Iris Johansen; *"Silencing Eve"* by Iris Johansen; *"Dead Aim"* by Iris Johanson  
**Mystery:** *"The 24<sup>th</sup> Hour"* by James Patterson and Maxine Paetro; *"The Hunt Club"* by John Lescroart donated by Tom Teeples; *"The Dead Duke, his Secret Wife and the Missing Corpse"* by Marie Eatwell; *"The Bourne Imperative"* by Eric Van Vostcader; *"Murder at the Opera"* by Margaret Truman; *"The Tarnished Eye:"* by Judith Guest; *"A Nose for Justice"* by Rita Mae Brown; *"Day of the Dead"* by J.A. Jance; *"The Last witness"* by Julliane Hoffman.  
**History:** *"The Class of 1864"* by John C. Walsh donated by Bolling Williamson; *"The Blazing World"* by Jonathan Healey donated by Ginny Burnette; *"In the Hurricane's Eye"* by Nathaniel Philbrick; *"Chosen Soldier"* by Dick Couch donated by Bolling Williamson; *"The Palace Papers"* by Tina brown.  
**Biography:** *"George VI and Elizabeth"* by Sally Bedell donated by Jean Gilmore; *"All Too Human"* by George Stephanopoulos; *"Einstein His Life and Universe"* by Walter Isaacson.



### RWC FOUNDATION FELLOWSHIP FUND

At the RWC Foundation, we witness firsthand the impact of generosity from individuals like yourself. Your donations have the power to transform lives and provide crucial support to residents facing financial hardships. As we embrace longer, healthier lives, it is essential to consider the possibility of needing assistance in the future. By contributing to the Fellowship Fund, you not only extend a helping hand to your neighbors but also secure a safety net for yourself. Your recurring donations, whether monthly, quarterly, or yearly, have a direct and meaningful effect on someone in need. Additionally, our Heritage Society offers a unique opportunity for planned giving, ensuring that the legacy of support continues for generations to come. The inspiring example set by the late Mr. and Mrs. Butts, who generously donated their estate to fund current RWC projects, serves as a testament to the lasting impact of philanthropy. If you value the invaluable services provided by RWC, we invite you to join the Heritage Society and leave a lasting legacy of compassion and care. Please contact Denise Kenner in the Development office at 4877 or [dkenner@w-c.org](mailto:dkenner@w-c.org).

## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### FROM THE CHAPLAIN:

June is quickly leaving us in its dust, and we have the month of July about to burst across our days. But before we leave June, I want to pause and consider June 19<sup>th</sup>, otherwise known as “Juneteenth”. On January 1<sup>st</sup>, 1863, the Emancipation Proclamation went into effect, which declared that all enslaved people in the Confederate States were legally free. Some areas were still under Confederate control, and it was not until 2,000 Union soldiers arrived in Galveston Bay, Texas, that the Proclamation was enforced in Texas and 250,000 slaves throughout the state finally realized their freedom. This day became known as “Juneteenth”. So why do we still struggle with racism 160 years after an event that declared a certain race free, and in effect demonstrated that there is no superior race? I would say that it still exists because we let it. I have been on the receiving end of racism while in the military. But I refused to let that color my thoughts on other races. So, here are a few thoughts on how we can keep racism from rearing its ugly head amongst ourselves here at RW-C.

#### **We all have been created in the image of God.**

The same God that created me created you. Because of that one fact, every person deserves respect. Be kind, be courteous, be respectful of one another. For, as we show respect to each other, we show respect to God’s creation, and ultimately, we show respect to God Himself. **America needs this!**

**Do not let past experiences determine your present outlook.** You may have been mistreated by a certain race in the past or looked down upon because of your race. Let those experiences teach you and train you in how to care for others. Remember how you struggled and felt when on the receiving end of the abuse and determine that you will not make someone feel the way you felt. Let the abuse that you received be put to death once and for all by not reciprocating that same abuse to others. **America needs this!**

**Be accountable for yourself.** We cannot **always** go back and undo what others have done. We cannot **always** know what others felt.

We cannot **always** correct bias and prejudice of our families. But I can be accountable for me. I can make sure that what I do is right and fair and just. I can make sure that what others feel from me is kindness, gentleness and love. I can make sure that as others look at me and observe my actions, they see one who is unbiased and is not prejudiced, who respects all equally, to the best that I am able. **America needs this!**

We live in the United States of America. That does not just refer to the states standing in unison, but to every individual standing side by side, united in this creed taken from our Declaration of Independence, **“We hold these truths to be sacred and undeniable; that all men are created equal and independent, that from that equal creation they derive rights inherent and inalienable, among which are the preservation of life, and liberty, and the pursuit of happiness.”** So, how about you and me focusing on that creed as we close in on celebrating our nations independence and seek to honor and respect each other as fellow Americans uniquely created by an all-wise God.

#### **ONGOING OPPORTUNITIES**

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

**Sunday Church Services** 2pm Westbury Clubroom for Assisted Living & 3:15 The Pub for Independent Residents

**Grief Support 2<sup>nd</sup>** Wednesdays of the month at 11 in the Chesapeake Game Room

**Chapel** - The chapel is open to all as a place of prayer, meditation, solitude, and peace.

**Chaplain** – Chaplain Ted is available to all for comfort, counsel, and if nothing else, chocolate

### **IN MEMORIAM MRS. BARBARA SHULTZ JUNE 12, 2024**

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### **ACTIVITIES COMMITTEE INVITES YOU TO GO TO PARIS!! (U)\***

If this had audio you would hear us singing the “Olympic Fan Fare and Theme”!

Some of us are getting Olympic fever! The 2024 Paris Olympic Games begin on Friday, July 26, 2024 at 8:24pm Paris time. (For those that know the 24 hour clock that it is 20:24.) **Please join us in the Auditorium for an Opening Ceremony Watch Party from 3:00-5:30pm, July26th.** We will have light refreshments, iced tea and a cash beer/wine/soda bar. Learn about the RWC Olympic Games we will be having right here. Our great fitness team is already planning fun events!

This is an Activities Committee Event and is open to Residents that are current in their yearly Resident Fee. Sign-up will be required so we know how much food to order!

Your Activities Committee

### **UPDATE FROM THE LANDSCAPE COMMITTEE**

April showers, May flowers, and June’s “bustin’ out” is behind us now. July’s heat is upon us so in order to keep things looking fresh, we must take it upon ourselves to observe and nurture what we have. Nick Ferriter’s plants have been delivered and potted up by now. Remember, even though these are “Native Plants” we have to help them out when first planted. If you were lucky enough to have some of these small natives, please water them generously. Large scale grounds irrigation helps the turf, but we often have to tend to our foundation plantings with a good drink. Summer-time brings thunderstorms but sudden rains may not soak into the soil. You can help by keeping an eye on things. Mowing will be scaled back in consideration of the dry turf and routine pruning is curtailed. Remember, if there is a hazardous condition near your parking spot or along one of our many pathways, please call or e-mail Kim in maintenance so that a work order can be prepared. Remember, this is our home and we want it looking in tip-top shape. Your Landscape Committee member can help.

### **FOOD COMMITTEE NEWS**

We welcome our new residents!!! A reminder to all residents that breakfast is also available. It should be ordered 15 minutes ahead of pick-up just like special orders for lunch and dinner. Call ext. 4017. **Please bring your carry-out green or clear containers back promptly.** They are always short in supply. It is disappointing to see the over-use of Styrofoam containers which contaminate our landfills forever. We are still working with the culinary team to provide paper products instead of Styrofoam. The Summer Menu is out with a variety of meal selections. Enjoy!

Anke Longest, Culinary, Chair

### **ONLINE CLASS: STORIES FOR CLIMATE CHANGE: HOW TO HAVE DIALOGUES ABOUT TAKING CLIMATE ACTION (U)\***

**Friday, July 12—2:00 PM—Chesapeake Game Room Sign up Required**

The climate crisis is a daunting challenge for all of us. How do we talk about it with each other, when so many people have already given up on being able to do anything? This is a workshop for environmentalists, concerned citizens, educators, and people who are confused about what is going on surrounding climate change. It is an opportunity to have meaningful conversations and for many voices to be heard. It is a chance to admit the despair and grief caused by climate change it is also an opportunity to become encouraged and moved to take action to make conditions better. This course will show how stories can open doors and windows into peoples hearts and minds. Find out how your story can make a difference.

**Class Goals:** Learn ideas that can help us with climate change. Learn how to have dialogues with diverse people. Gain an understanding of how to contribute to a healthy planet.

**FITNESS CENTER ANNOUNCEMENTS:**

Classes will be **CANCELLED** on July 4th.

The fitness center and swimming pool will be operating under unsupervised hours.

Check out our **NEW announcement board** located across from the coffee and juice machines. Here you will find announcements about the fitness center, schedules, puzzles, and more!

Daily crossword and sudoku puzzles will be printed by **8:30AM**.

**WOMEN'S WALKING GROUP**

**Wednesday's @ 8:00AM—LEC Lobby**

Want to get moving early before the summer heat and humidity sets in? Come join our women's walking group meeting at 8:00am Wednesdays in the LEC lobby! We will walk roughly from 8:00-8:45am. We may occasionally walk nature trails, weather permitting. **Our first walk will begin on July 3rd!**

**A WALK ON THE WILD SIDE (U)\***

**July 11th, 9:00-11:00AM (Leaving RWC at 8:15AM)**

Come learn about the summer pollinators and native plants on a guided walk at Belle Isle State Park! The walk will be conducted at a leisurely pace to allow stops along the way. The walk will be no more than 2 miles round trip but may occasionally go off trail. Please wear appropriate footwear and dress for forecasted weather.

**OPENING CEREMONY TORCH WALK**

**July 26<sup>th</sup> @ 10:00AM—Front Portico**

It's time to kick off the summer Olympics! The fitness staff will be hosting an opening ceremony torch walk! Please join us at 10:00AM under the portico of the main entrance. We will be walking, driving, or riding the loop of Denegre Dr. We will provide waters and refreshments along the way. All are welcome!

**OLYMPIC GAMES EVENTS**

**Monday (29th), Wednesday (31st), and Friday (2nd) @ 2:30-3:30PM—TBD**

Want a chance to earn gold? Want to root for the underdog? Here's your chance! Join us (locations TBD) on Monday (29th), Wednesday (31st), and Friday (2nd) from roughly 2:30-3:30pm. We will have seated volleyball, swimming, obstacle courses, cornhole and more! If you would like to participate in any events, please contact Macey at x4290 or sign up at our **NEW ANNOUNCEMENT BOARD!**

**HEALTHY-FRIENDLY FOOD BAR AND****BLOOD PRESSURE CHECKS**

**Wednesday, July 17—9:00AM-12:00PM**

Life Enrichment Lobby

**No PARKINSON'S CARE PARTNERS OR SUPPORT GROUP FOR JULY****MEMORY CARE SUPPORT GROUP**

**Monday, July 1—4:30 PM—Auditorium**

**MACULAR DEGENERATION SUPPORT MEETING**

**Thursday, July 25—1:00 PM—Main Street Pub**

All are welcome!

**LUCIA SCHOELWER : YARD SALES AND STORIES (U)\***

**Wednesday, July 24—11:00 AM—Auditorium**

**Sign up Required**

Lucia Schoelwer is a "cradle Episcopalian" who found her home at Grace Episcopal Church in Kilmarnock, first as a "weekender" after she and husband Michael bought their home in White Stone in 2012, then permanently upon her retirement in 2017. With family roots in South Carolina, Schoelwer lived up and down the East Coast as an "Army brat" and spent most of her career overseas with international business (ARAMCO) and federal service (CIA). Since retiring, she spends most of her time working in the warehouse as the Coordinator for the Grace Church Yard Sale after responding to a call from the Holy Spirit in January 2020. She also handles publicity for Lancaster/Northumberland Habitat for Humanity, helps facilitate the local "Great Decisions" group, tutors at the Lancaster Elementary School, and serves on the Lancaster Community Library's "Sundays at Two" committee. She and her husband have three daughters and six grandchildren who live in NoVA and Culpeper. They are "parents" to two dogs and enjoy gardening, RV camping, and hiking. They are new boaters and look forward to exploring the Chesapeake Bay in their Grand Banks Trawler this summer.

**PAPARAZZI JEWELRY SALE**

**Friday, July 19—10:00 AM—3:00 PM—Atrium**

# Classes, Crafts and Programs

**MAKING EPOXY RESIN TUMBLERS\***

**Monday, July 1—3:00PM—Art Room 2**

**Sign up Required. Limit = 4**

Help us design one of a kind Tumbler for RWC staff members reaching milestone years of service to be presented at their service awards luncheon.

**FIRST FRIDAY FORUM WITH CRAIG HAZZARD, NN HEALTHY HARVEST FOOD BANK (U)\***

**Friday, July 5—8:30 am—Lancaster Room**

**Sign up Required LIMIT: 50**

**Special Dietary Needs, please call Ext. 4017**

**24 hours in advance.**

Craig Hazzard, Healthy Harvest Food Bank Director of Operations will be speaking to us about how the food bank operates.

**SOAP MAKING CLASS (U)\***

**Monday, July 8—11:00 AM—Art Room 2**

**Sign up Required LIMIT: 8**

**LUNCH & LEARN WITH KIM DEBERADINIS: HISTORYLAND COMMUNITY WORKSHOP (U)\***

**Wednesday, July 10—12:00 PM—Art Room 2**

**Sign up Required LIMIT: 12**

HCW has been raising money to support students from Lancaster and Northumberland for over 30 years. Proceeds from our annual Christmas Craft Show allows us to provide numerous college scholarships each year as well as donations to both county libraries. Come and enjoy lunch and learn more.

**ONLINE CLASS: STITCH A FLOWER PIN CUSHION (U)\***

**Monday, July 15—1:00 PM—Art Room 2**

**Sign up Required LIMIT 8**

Looking for a fun and easy project that will help you declutter your stash? Pin cushions are both decorative and useful (or yours could be a miniature pillow), and they are delightful to make. This vintage design is great for using up small quantities of fabric that you have kept because they are pretty or feel special. Almost any fabric that can take a pin through it can be used, including loosely woven textiles if you place a layer of cotton muslin or calico behind it! Stitches and handweavers, have leftover bits? Perfect! And there is plenty of room for making this project extra special

with embroidery and other embellishments if you desire.

**ONLINE LESSON: FELT ON A BAR OF SOAP (U)\***

**Wednesday, July 17—1:00 PM—Art Room 2**

**Sign up Required LIMIT: 8**

Looking for a fun and easy project that will help you declutter your stash? Little bits of wool roving can have a way of stacking up after several kits or projects, and this is a fun and decorative way to use them up! Felted soaps last longer as well, and are beautiful in your home, as gifts, or as an affordable small item to add to your collection of handmade goods for sale. We'll be using both wet and dry felting techniques to decorate bars of soap. Once you learn how to make them, it's likely no bars of soap are safe! You are welcome to work on as many felted soaps as you desire during class.

**ONLINE CLASS: INTRO TO WATERCOLOR (U)\*** (All levels welcome)

**Thursday, July 18—11:00AM—Art Room 2**

**Sign up Required LIMIT: 10**

Join Intro to Watercolor Painting for a fun active painting experience with easy-to-follow demonstrations! In this class Joe will be demonstrating some basic principles of painting with watercolors, and you will get to make 3-4 small paintings within the hour.

**SPOTLIGHT STUDIO DANCE PERFORMANCE (U)\***

**Friday, July 19—2:00 PM—Auditorium**

**Sign up Required**

**MAKING CAT/KITTEN TOYS (U)\***

**Monday, July 22-3:00PM-Art Room 2**

**Sign up Required. Limit 8**

Create unique toys out of feathers, corks, ribbon, etc. to be donated to the kitties at Garfield's Rescue. If you have a cat feel free to make one for yours as well!

**ONLINE CLASS: WHEAT STRAW: HARVEST TIME WEAVING (U)\***

**Thursday, July 25—11:00 AM - Art Room 2**

**Sign up Required LIMIT: 10**

In this introduction to straw art class, you will learn how to prepare straw for plaiting. The plaits will be shaped into harvest tokens. Bring your imagination, and you will never look at a wheat field the same again!



**LIBERTY DOLLS IN CONCERT\***  
**Thursday, July 4—2:00 PM—Auditorium**

**Sign up Required**

The Liberty Dolls are a charming vocal trio who serenades audiences with World War II Andrews Sisters classic hits as well as standard 40's 50's, and 60's tunes. Take a Sentimental Journey down memory lane with them.

**4<sup>TH</sup> OF JULY (INDEPENDENCE DAY) MENU**

**11:00AM—2:00PM—Lakeview Grille**

**Salad**

*Watermelon Salad (cucumber, mint, red onions, feta)*

**Entrée**

*Orange Glazed Chicken Thighs*

*All Beef Hamburger (Lettuce, Tomatoes, Red Onions, Butter Pickles Chip)*

*Grilled Sausage (with sauté mixed peppers and onions)*

*Red Snapper (with a Tropical Fruit Salsa)*

**Sides**

Southern Green Bean

BBQ Baked Beans

Corn On the Cob

Three Cheese Mac

**Dessert**

*Flag Cake*

*Bread of the Day: Assorted Dinner Rolls*

**Lakeview Grille will be Closed for Dinner**

**Order boxed dinners by 3:00pm.**

**Pick up in grille by 5:00 pm.**

**Boxed Dinners**

*Chef Salad*

*(Ranch Dressing)*

*Blueberry Muffin*

*Mixed Fruit*

*Cookies*

## **RWC ACTIVEWEAR: NOW AVAILABLE TO RESIDENTS**

**Place your order between July 1-July 15**

You may have noticed the activewear that some of the staff have been wearing. Residents can also order these items and represent RWC. Choose from a variety of styles and colors by Port Authority, one of the worlds leading clothing outfitters of men's and ladies Silk Touch polos (short, long or 3/4 sleeve), sweatshirts for the cooler months, outer shell jackets and windbreakers. Catalogs and order forms are available in the Resident Life Office.

Payment is due at the Front Desk at time of order. Receipt must be attached to order form. RWC cannot guarantee the sizing. There is a no return policy and we are not responsible for refunds or exchanges.

## **REMINDERS**

- **"I DIDN'T KNOW THAT!"**

The easiest and best way to stay informed about what's going on around campus is by turning your TV on to Channel 85 in the morning while sipping on your favorite morning beverage. It takes 10 minutes out of your day to be updated.

- **MEAL PLAN CHANGES DEADLINE**

Meal Plan Change must be made by the 25th of each month. You can make these changes by filling out a form at the Front Desk. If you are changing meal plans for you and your spouse, be sure to include both names on one form. If you and your spouse's meal plan are different, you'll need to fill out one separate form for each of you.

- **WHAT MEALS ARE CHARGED AND WHAT MEALS ARE NOT**

Holiday meals (Special Brunches) such as Memorial Day, Labor Day, Mother's Day, Father's Day, Thanksgiving, Christmas, New Year's Day WILL BE CHARGED AS A MEAL. This includes "to-go" boxed dinner meals when the Grille is closed in the evening.

Special Events such as Kentucky Derby, Super Bowl, Mardi Gras, Dinner/Dances that are sponsored by Resident Life WILL NOT BE CHARGED AS A MEAL. "To-go" boxed dinner meals when the Grille is closed in the evening ARE CHARGED AS A MEAL.

- **WEAR YOUR SAFETY PENDANT**

It's better to wear it and not need it than to not wear it and need it!!!!IT COULD SAVE YOUR LIFE! Have a question concerning Safety Pendants? Call Phil Williams at Ext. 4008

- **PRESCRIPTION DELIVERY**

Prescriptions are delivered directly to the Resident Clinic for distribution. Please pick them up in a timely manner.

- **HANDICAP PARKING SPACES**

If you are going on a day trip on the bus, please refrain from parking in the handicap spots so they are open throughout the day for others to use.

- **TRIP OFFERINGS: ACTIVITY AND TRIP INFORMATION**

By signing up for a trip or an activity you agree to:

1. Commit to participate in the event or trip.
2. Pay the disclosed charge, and
3. Understand that charges are applied at the time of sign-up and are non-refundable.
4. The charge is being passed through your RWC account
5. Notify staff by phone or in person, of any cancellation.
6. If RWC cancels the trip, you will either not be charged , or a refund will be issued.
7. Residents may find someone else to take their place if unable to attend. All money transactions are the responsibility of the resident.

## **FEAR AND PEACEFUL PASSING**

What do you think the number one fear is?

Statistic's say that the two major fears in the world are **PUBLIC SPEAKING** and **DEATH**. As for death it doesn't have to be, for it is the fraternal twin of birth just as light is to darkness.

Think about a baby being born. For a child born from the spirit into flesh. The delivery room filled with people: the deliverer (mom), father, a doctor, nurse, etc.

Now picture death: for no one should die alone unfortunately when death occurs there may be no one present as the body is returned to the spirit from the flesh. This is were Peaceful Passing can play a significant role to a hospice patient and their family when someone is approaching their last days. Peaceful Passing provides even more support and comfort to patient and the family immediately at the time of loss.

To die one must be born; for birth is the crossover from darkness to light; it is the beginning of a new chapter in life as death is a new transition to eternal or everlasting life. Death is as beautiful as birth for everything must have an ending for a new beginning which represents change.