



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 39, Issue 8

AUGUST 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 JULY 26 AT THE LIFE ENRICHMENT CENTER LOBBY.**

**UNIGUEST TUTORIAL\***

**EVERY FRIDAY IN AUGUST—11:00 AM—Auditorium**  
Uniguest (formerly known as Touchtown) is an engagement tool for residents  
Tutorial #1: Signing up through Uniguest—August 2  
Tutorial #2: Placing a Work Order—August 9  
Tutorial #3: Navigating Modules—August 16  
Tutorial #4: Navigating More Modules—August 23  
Tutorial #5 How to add a bio—August 30

**Salon Scavenger Hunt\***

**Wednesday, August 7—10:00 AM to 1:00 PM**  
—Main Street Salon  
Pick up List, bag and rules in the Salon.

**Olympic Closing Ceremony**

Friday, August 9—1:30 PM—Auditorium

**JOIN THE MIXED ENSEMBLE SINGING GROUP**

**EVERY TUESDAY—2:00 PM—Main Street Pub**  
If you enjoy singing. Please join us.

**COMING THIS FALL!  
OUR NEIGHBORHOOD**

This is a new, quarterly publication featuring stories submitted by the residents of Our Neighborhood, RWC. And its based on the belief that “We all have a story.”

What are we looking for? Travel adventures, military tales, growing up, gardens that didn’t, fish stories, crazy pets, sports wins and so on. We DO NOT DO politics and religion.

Got an idea? Submit it to Our Neighborhood Editor Jay Walker, details below. Note: Not good at writing? No sweat– we’ll interview and write.

ALSO: Want to have some fun putting out a paper? We welcome photo takers, copy readers, lay out artists, web site techies.

So, come on neighbors, let’s prove that “We all have a story.”

How to reach Jay Walker: email is jay722ksr@gmail.com. Internal is ext. 4269. Cell: 540-748-4117. Mail box: 303.

**OLYMPIC GAMES:  
SIGN UP TO WIN GOLD!!**

**Pool Noodle Relay\***

Monday, July 29-2:30PM-Pool

**Seated Volleyball\***

Wednesday, July 31-2:30PM-Fitness Classrooms

**Cornhole Tournament\***

Friday, August 2—2:30 PM—Fitness Classrooms  
Pick your partner for a single elimination game.

**Balloon Toss\***

**Monday, August 5—1:00 PM—Front Parking Lot**  
This game is a simple throwing contest that challenges each player’s ability to catch a fragile water balloon that is thrown over a long distance by a team mate. Failure to catch the balloon often means that you end up covered in water!

**Egg Race\***

**Monday, August 5—1:30 PM—Front Parking Lot**  
A spoon. An Egg. On your mark. Get set. Ready. Go!

**Scooter Obstacle Course\***

**Monday, August 5—2:00 PM—Front Parking Lot**  
Maneuver through cones the quickest.

*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



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>AUGUST 2024</b>  <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>MSS</b> Main Street Salon <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	<b>The (U) indicates that you can sign up through Uniguest (formerly Touchtown) using your computer or the mobile app.</b> <b>* An activity that requires you to sign up.</b>			3:00-RAP-Praying the Rosary	8:30-LAN-First Friday Forum: Anna Middleton with Hospice of Virginia (U)* 11:00-AUD-Uniguest Tutorial* 2:30-FCR-Olympic Game: Cornhole Tournament*		
					<b>1</b>	<b>2</b>	<b>3</b>
	3:15-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist	9:30-FRL-Shopping at Walmart & Dollar Tree (U)* 1:00-FPL-Balloon Toss* 1:00-CGR-Catch Phrase 1:30-FPL-Egg Race* 2:00-FPL-Scooter Obstacle Course* 4:30-AUD-Caregiver's Memory Support Group	10:00-FRL-Tour of Timberneck Plantation* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 11:00-CPL-Christ Church Resident Members 1:00-AUD-Boy Scout Derby Demo 1:00-AR2-Watercolor Class 2:00-MSP-Mixed Ensemble Singing Group	10:00-MSS-Olympic Event: Scavenger Hunt* 10:30-AUD-Happenings with Stuart 11:00-ATR-Stylish Eyes Clinic* 2:15-AUD-Movie Matinee: Chariots of Fire (U)* 7:00-CGR-Poker Group	10:00-FRL-Tour of Tri-Town Area with Caroll Ashburn & Lunch* 10:00-LAN-Food Committee Meeting 3:00-RAP-Praying the Rosary	11:00-AUD-Uniguest Tutorial* 1:30-AUD-Olympic Closing Ceremony* 2:15-FCR-Cornhole	5:15-FRL-Music by the River (Belle Isle State Park) Karen Jonas Band*
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	3:15-MSP-RWC Community Worship Service	9:30-FRL-Shopping (U)* 11:00-AR2-Step by Step Acrylic Painting* 1:00-CGR-Catch Phrase 2:00-FRL-Tour of Deltaville Museum* 2:15-AUD-Movie Matinee: The Candidate (U)*	9:30-FRL-New Kent Museum & Lunch* 10:00-AR2-Amateur Radio Club 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Mixed Ensemble Singing Group	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 1:00-AUD-Voter Registration/Absentee Ballots Q&A* 2:15-AUD-Movie Matinee: Cool Runnings (U)* 7:00-CGR-Poker Group	9:00-FRL-Williamsburg Outlets & Lunch* 1:00-AR2-Making a Batik Scarf, Part 1* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship <b>DEADLINE TO SIGN UP FOR DERBY</b>	11:00-AUD-Uniguest Tutorial* 1:00-AR2-Making a Batik Scarf, Part 2* 2:15-FCR--Cornhole	5:15-FRL-Music by the River (Belle Isle State Park) Southern Grace*
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	
2:00-FRL-Westmoreland Players: Run For Your Wife* 3:15-MSP-RWC Community Worship Service	9:30-FRL-Shopping (U)* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary 2:00-AR2-Play with Clay: Making Pinch Pots* 2:30-FCR-Intro to Ping Pong (U)*	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Mixed Ensemble Singing Group  • <b>Deadline for Gazebo Gazette Articles by NOON</b>	<b>HEALTHY-FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS 9:00AM-12:00PM</b> <b>LIFE ENRICHMENT CENTER LOBBY</b> 1:00-FRL-ACME Antiques & Ice Cream* 1:00-AR1-Stitching Stars Quilt Group 7:00-CGR-Poker Group	9:00-FRL-Consignment Shopping in Williamsburg and Lunch* 10:00-AR2-Polymer Clay Earrings or Charms* 1:00-MSP-Macular Degeneration Support Group 2:15-AUD-Movie Matinee: 9 to 5 (U)* 3:00-RAP-Praying the Rosary	11:00-AUD-Uniguest Tutorial* 2:15-FCR--Cornhole 2:15-AUD-Movie Matinee: Sunset Boulevard (U)*		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
3:15-MSP-RWC Community Worship Service	9:30-FRL-Shopping (U)* 10:30-RAP-RWC Book Group 11:00-AR2-Into to Watercolor (U)* 1:00-CGR-Catch Phrase 2:15-AUD-Movie Matinee: Year of Living Dangerously (U)*	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-Mixed Ensemble Singing Group	11:00-AR2-Small Mystery Masterpiece Painting Class* 2:15-AUD-Movie Matinee: Uncle Buck (U)* 7:00-CGR-Poker Group	10:00-FRL-Fulcher Finishes Custom & Collision Tour & Lunch* 3:00-RAP-Praying the Rosary	11:00-AUD-Uniguest Tutorial* 1:30-AUD-RWC Pine Wood Derby 2:15-FCR-Cornhole 2:15-AUD-Movie Matinee: African Queen (U)*		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

**A NOTE FROM STUART:**

Twice a year we recognize staff members who reach length of service milestones (5,10,15, 20, 25, 30, and 35 years). This is one of my favorite events in our staff appreciation and recognition program. At the July ceremony, we recognized twenty staff members who have a combined 215 years of service at RWC. In addition to enjoying a wonderful lunch, we recognize each staff member's service, and managers take a few moments to share appreciation and examples of how staff members represent our values in their work. I am always impressed by these stories and how they demonstrate the deep love and concern our staff members have for our residents and clients. Staff members receive a pin denoting their length of service, and monetary award, and a gift. This time, staff members received a 'Thank You' gift made especially for them by residents. I appreciate the resident community for recognizing and honoring the caring and loyal service of our staff team members throughout the year. It is our privilege to serve at RWC. Thank you!


**HAPPENINGS WITH STUART**

**Wednesday, August 7—10:30 AM—Auditorium**

Get the latest updates about our campus. 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 in advance of the meeting. You can email or leave a note for Stuart. As always, between the monthly *Happenings* meetings, all our department leaders are available for urgent questions or comments. Any pertinent or emergency announcements between meetings will be made on relevant communication platforms.

**WHAT IS A PINEWOOD DERBY?****HISTORY OF THE PINEWOOD DERBY**

The Derby has a fascinating history that dates back to 1953. It was created by Don Murphy, a Cubmaster in California who wanted to devise a fun and constructive activity for scouts. His inspiration came from the Soap Box Derby.

Murphy's idea was to have scouts build their own miniature cars from standardized pine wood blocks and race them down a track powered only by gravity. The first Pinewood Derby was held on May 15, 1953 and it quickly gained popularity.

The event promotes craftsmanship and good sportsmanship. Have you even participated in a Pinewood Derby or seen one in action?

Now's your chance!

**CUB SCOUT PINE WOOD DERBY DEMONSTRATION**

**Tuesday, August 6-1:00PM-Auditorium**

Hear about what the Pinewood Derby means to them from a local Cub Scout Troop and see cars made by them!

**RWC PINE WOOD DERBY**

**Friday, August 30-1:30PM-Auditorium**

The RWC Pine Wood Derby will be open to men and ladies. The Derby will be a challenge between the Health Services Residents and Independent Residents and the Staff Departments. There will be an entry fee of \$10, which registers you for the event as well as purchases the car supplies for you. If you outline the shape you want on your block of wood, we will have them cut in the woodshop. You may then sand and paint your car. There will be a weight limit for the cars, and the cars must be weighed on the Official Scales, both before the day of the race as well as on the race day itself. So, get registered, create your derby car, rev up your engines, and keep an eye out for the checkered flag.

**Please register to compete by August 15 by calling Chaplain Ted at ext. 4094. All cars will need to be completed by noon on Thursday, August 29th for weigh in.**

**TOUR OF TIMBERNECK PLANTATION & LUNCH (U)\***

**Tuesday, August 6—10:00 AM—Front Lobby**

**Sign up Required\* LIMIT-13 COST: FREE + Lunch \$\$**

The Fairfield Foundation is renovating the Timberneck House (c. 1793) within Machicomoco State Park as a place for learning, lodging, and exploring Virginia's Middle Peninsula. The restored house will feature a number of exhibits discussing the history and persistence of Virginia Indians, the history of Timberneck farm, and highlighting many local sites of interest in and near Gloucester County. We will have lunch at Bubba's Shrimp Shack.

**BUS TOUR OF THE TRI-TOWN AREA & LUNCH AT WILLABY'S\***

**Thursday, August 8-10:00 AM-Front Lobby**

**Sign up Required. Limit=12 Cost = Lunch\$**

Enjoy a guided tour of White Stone, Kilmarnock, & Irvington by local historian Carroll Ashburn and lunch at a local favorite!

**MUSIC BY THE RIVER: KAREN JONAS BAND AT BELLE ISLE STATE PARK\***

**Saturday, August 10-5:15PM-Front Lobby**

**Sign up required. Limit = 14 Cost = FREE**

**Boxed dinners are provided by RWC.**

**Please bring your own folding chair.**

**DELTAVILLE MUSEUM\***

**Sign up Required**

**Monday, August 12-2:00PM-Front Lobby-Cost=\$5**

See the marine 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.

**NEW KENT MUSEUM & LUNCH\***

**Tuesday, August 13-9:30AM-Front Lobby**

**Sign up Required. Limit = 13 Cost= lunch\$**

The Museum is housed in the historic 2-room schoolhouse at 11740 New Kent Highway. Exhibits include farm equipment, 18th and 19th century artifacts, toys and household items from the 1930s and 40s, and the Green vs the Board of Education case.

**WILLIAMSBURG OUTLET SHOPPING\***

**Thursday, August 15-9:00AM-Front Lobby**

**Sign up Required. Limit = 13 Cost = shop/lunch\$**

Find impressive savings at Williamsburg Premium Outlets, with over 135 stores including Ann Taylor, J. Crew, Michael Kors, Nautica, and more.

**MUSIC BY THE RIVER: SOUTHERN GRACE AT BELLE ISLE STATE PARK\***

**Saturday, August 17-5:15PM-Front Lobby**

**Sign up required. Limit = 14 Cost= FREE**

**Boxed dinners provided by RWC.**

**WESTMORELAND PLAYERS: RUN FOR YOUR WIFE\***

**Sunday, August 18-2:00PM-Front Lobby**

**Sign up Required. Limit = 14 Cost = \$30**

A madcap modern British farce about John Smith, a cab driver with two wives and two homes, and a very precisely planned schedule for juggling them. Trouble brews when John is injured and briefly hospitalized, and both wives report him missing to two different police departments.

**ACME ANTIQUES IN TAPPAHANNOCK & ICE CREAM\***

**Wednesday, August 21-1:00PM-Front Lobby**

**Sign up Required. Limit = 13 Cost = ice cream\$**

A more unique collection of stuff you will not find. Acme Antiques opened its doors on May 15th, 2017. Not only do we offer antiques, we offer collectibles, vintage, gifts, old time candy, jewelry, paint, and more.

**CONSIGNMENT SHOPPING IN WILLIAMSBURG AND LUNCH\***

**Thursday, August 22—9:00 AM—Front Lobby**

**Sign up Required LIMIT: 13**

**COST: Shopping \$ and Lunch \$**

Take a trip to Williamsburg to shop at The Velvet Shoestring and Lazy Daisy Gift Store. Then we will enjoy lunch at Another Broken Egg Café.

## DOCUMENTARIES, MOVIES AND CONCERTS

### AUGUST MOVIE MATINEES

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

### CHARIOTS OF FIRE (U)\*

Wednesday, August 7

During the 1924 Olympics, a Scotsman is determined to prove the superiority of his Christian faith while his teammate is driven to show that Jews are not inferior. The two competitors form a bond that shows how much they have in common.  
2 h 4 min—1982

### THE CANDIDATE (U)\*

Monday, August 12

Robert Redford plays an idealistic attorney running for office in this marvelous, biting, satire on media-age political campaigns. Peter Boyle and Melvyn Douglas co-star.  
1 h 50 min 1972

### COOL RUNNINGS (U)\*

Wednesday, August 14

Based on the improbable but true story of the first Jamaican bobsled team trying to make it to the Calgary Winter Olympics.  
1 h 38 min 1993

### 9 TO 5 (U)\*

Thursday, August 22

Three working women rebel against their sexist employer.  
1 h 45 min 1980

### SUNSET BOULEVARD (U)\*

Friday, August 23

An out-of-work screenwriter attaches himself to a tragically deluded screen star attempting a comeback.  
1 h 50 min 1950

### YEAR OF LIVING DANGEROUSLY (U)\*

Monday, August 26

A hot-shot Australian reporter covering the turmoil of revolution in Indonesia, gets involved with a sexy British attaché. 1h, 54 min, 1983

### UNCLE BUCK (U)\*

Wednesday, August 28

John Candy stars in this John Hughes comedy as an idle, good-natured bachelor who's left in charge of his nephew and nieces during a family crisis.  
1 h 39 min, 1989—Rated PG

### AFRICAN QUEEN (U)\*

Friday, August 30

As the First World War breaks out, a proud and pious missionary finds herself navigating a multitude of perils: the harsh African wilderness, dastardly German soldiers, and the sharp-tongued, gin-soaked steam-boat captain who is her only ticket to safety.  
1 h 40 min, 1952.

## ROAD TRIP Cont'd from page 1...

### TRADER JOE'S AND LUNCH\*

Tuesday, August 27—9:00AM—Front Lobby  
Sign up Required LIMIT: 10

### FULCHER FINISHES CUSTOM & COLLISION CENTER & LUNCH IN BURGESS\*

Thursday, August 29-10:00AM-Front Lobby  
Sign up required. LIMIT = 13 cost = lunch\$  
Opened June 2021 by Northumberland County native Justin Fulcher. Focusing primarily on Auto Restoration and Custom Paint, they're willing to tackle anything with a paintable surface. Justin plans to have some finished projects at the shop while also allowing us in to see the state of the art equipment used in the shop.

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

### RWC BOOK CLUB

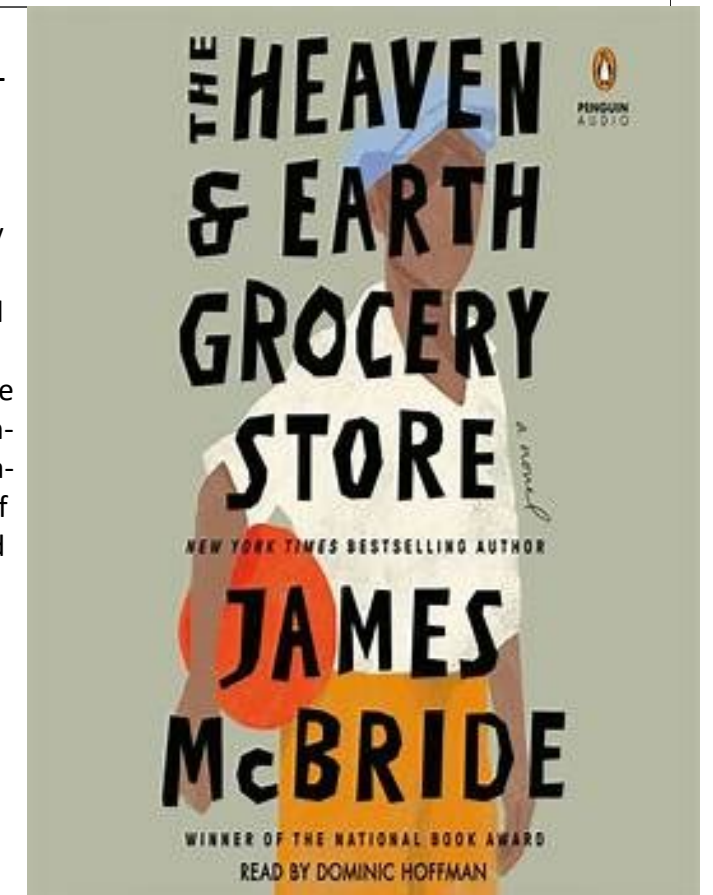
The book group selection for August will be "The Heaven and Earth Grocery Store" by James McBride. This is a charming, smart, heart breaking and heartwarming novel. Great love breaks through the pages delivering an entertaining meaningful story about the community formed when people take advantage of America's opportunities for cross cultural connections. An historical novel set in the 1920's and 30's. All are welcome to join the discussion! We meet on the 4<sup>th</sup> Monday of the month at 10:30 AM in the Rappahannock Room. Two copies of the selected book are available. Look for them at the Book club shelf at the back of the Library. Sign out 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 JULY

**Fiction:** "The Sweetness of the Bottom of the Pie" by Alan Bradley; "Night Road" by Kristen Hannah; "Shortchanged" by John H. Harding, Jr.; "The Hundred Years of Lenni and Margot" by Marianne Cronin donated by Maxine Luxton; "Under the Tamarino Tree" by Niger Alam donated by Maxine Luxton; "Anna Karenina" by Leo Tolstoy donated by Nancy Booth; "James" by Percival Everett donated by Jay White; "Good Night, Irene" by Luis Alberto Urrea; "Get it Together" by Jesse Watters donated by Fred Luxton. "The Room on Rue Amelie" by Kristin Harmel donated by Denise Munns; "The Wine Maker's Wife" by Kristin Hamal donated by Denise Munns; "The Paris Daughter" by Kirstin Hamel donated by Denise Munns.  
**Mystery:** "Hush-Hush" by Stuart Woods; "Very English Murder" by Verity Bright; "Think Twice" by Harlan Coben donated by Carl Blades.  
**History:** "War on the American Republic" by Kevin Slack donated by Fred Luxton; "Generations" by Jean M. Twence PhD donated by Fred Luxton; "London" by John Hillaby donated by Nancy Booth; "Cuba an American History" by Ada Ferrer donated by Fred Luxton.  
**Biography:** "The Secret Wife of Aaron Burr" by Susan Holloway Scott. "An Unfinished Love Story" by Doris Kearns Goodwin donated by Jay White; "Guardian of Guadalcanal" by Gary Williams donated by Howard Montgomery. "On Call" by Anthony Fauci, M.D. donated by Jay White.

As Kerley speaks for the books "Come up and check us out."

**Closing note:** We are delighted to receive your donated books. Please ensure they are placed on the desk in the rear of the library, and put your name on the book if you wish to be credited for the donation.



## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

An old saying you may recall is, "If you can't stand the heat, get out of the kitchen." For us we might rephrase that to say, "If you can't stand the heat, get into the air conditioning." We have had some warm days, and as I write this, they are predicting a real feel of 107 for today. Air conditioning is something that we take for granted, until we do not have it. And how important air conditioning is for health and comfort for this time of year when that heat can be so oppressive.

Have you ever thought about how you control the temperature around you? We have what is called a thermostat that sets the temperature. And then we have a thermometer that tells us what our temperature is. If I were to ask other people, how would they classify me? As a thermostat, one who sets the temperature, or a thermometer that reacts to the temperature?

There are some terms that are used for one who loses their "cool" quickly. They are "fiery", "hot-headed", "hot-tempered", "inflammable", "short-tempered", "temperamental", "irascible". I am sure you can think of some others.

You and I every day can set the temperature for ourselves, and for our home or office. The day is what I make it! I can either determine to set the temperature for my day like a thermostat, or like a thermometer go up and down with the temperature that someone else sets for me.

You and I for the most part cannot control what happens to us, but we can control how we respond to what happens to us. And our response tells others and me whether we are a thermometer or a thermostat. Whether **we control** what is around us or **we are controlled** by what is around us.

So, I cannot control the weather and how hot or cold it may be for today. But I can set the temperature for my day through my outlook and attitude. The choice is mine. For me, I would rather be a thermostat than a thermometer. What about you?

Here is what God says about anger.

"A gentle answer turns away wrath, but a harsh word stirs up anger." **Proverbs 15:1** *Say what we need to say gently and in a way that others can receive it.*

"Fools give full vent to their anger, but a wise man keeps himself under control" **Proverbs 29:11** *Wisdom controls its passions.*

"But now you must rid yourselves of all such things as these: anger, rage, malice, slander and filthy language from your lips." **Colossians 3:8** *Purging my life of these negative traits.*

"My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires." **James 1:19-20** *Anger is not what God wants us displaying in our lives.*

Have you noticed that anger is a loss of control? Anger demonstrates that I am being controlled **by** my passions. And instead of setting a comfortable temperature for those around me, I have just turned up the heat. It is hot enough outside, how about you and I do what we can to keep it cool inside?

### 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. ELEANOR THOMSON**  
**JUNE 26, 2024**

**MR. WILLIAM GLOVER**  
**JUNE 30, 2024**

**MAJ. CHARLES MILLER, JR.**  
**JULY 4, 2024**

**MR. HUGH LOVELL**  
**JULY 24, 2024**

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### VOTER REGISTRATION INFORMATION SESSION (U)\*

**Wednesday, August 14-1:00 AM—Atrium**

Susan Jett & assistant will come to speak about voting options (early, mail in, etc.) and afterwards assist with helping residents check or update their voting status.

### RECYCLING NEWS

Over the past several weeks Residents and Staff have received a couple of Photo Essays concerning the Resident Recycling Committee's efforts at exchanging aluminum cans for monies that are then donated to the Endowed Nurses Scholarship Fund. Now, we'd like to address the issue of the paper bags that RWC provides as a convenience to Residents to use for recycling newspapers, magazines, junk mail, and chipboard boxes like cereal boxes, toothpaste boxes, and other paper or chipboard containers, other than corrugated boxes.

Approximately once a year, RWC's Maintenance Staff places an order for 600 bags. The order lasts approximately 12 months. The current cost for 600 bags is \$184.00. That works out to a cost of about \$0.31/bag or \$15.33/month. The cost has gone up approximately 11% over the past 3 years. Some of these bags are also used by other departments of RWC.

What can you do to help offset this expense? When you shop at any grocery store, and are offered "paper or plastic?", ask for paper. Once home, and after you have unloaded the bag, flatten it and put it with other bags in your recycling/trash room for re-use by other residents in their recycling efforts. If the store has "double bagged" your order, it would be a help if you can separate the two bags before folding them. If it is convenient, save the bags in a closet or other storage area in your home until you have accumulated a 'bag of bags' and then take that collection to the recycling location.

Although it is sometimes easier for elderly hands to use a plastic bag, because of the size and carrying capacity, if you feel that you can handle the paper bag, you will help our entire community in our recycling efforts. Thank you for your continuing assistance to the Recycling Committee.

### NOTES FROM THE LANDSCAPING COMMITTEE

Summer has come roaring in and with it comes high temperatures and heavy humidity. Now is the time to take a minute or two to look around your home to observe conditions of your plants and to give them a drink of water. Remember, a few cents for a few gallons of water saves us hundreds of dollars of replanting our landscape plants. Also, after a thunderstorm with high winds, those of us who live near trees often find branches or leaves in the yard. Just pick them up and move them to a central pile near the roadway where Damon's landscape crew can pick them up and haul them away. Remember, sudden torrents of rain in our common thunder bursts provide some respite from the drought, but most of the welcoming rains just run off into the ditches and don't nurture our plants. Japanese beetles are a problem now on our roses, climbing vines and annual zinnias. A quick solution: Fill a jar ½ full of water and put a few drops of detergent in the jar. In the early morning, the insects will be lethargic so you can place the jar under the bugs and with a little nudge, they'll fall into the soapy water. They will expire soon and the jar can be emptied for re-use the next day. Soon, this bug will be gone and the plants can regrow their leaves. You have just prevented thousands of Japanese beetles from appearing next year.

**Rainfall for July: 7.34 inches**

### COMING IN SEPTEMBER GREAT COURSES

**HOW TO PLAY CHESS: LESSONS FROM AN INTERNATIONAL MASTER (12 WEEK COURSE) (U)\***

**EVERY TUESDAY** Beginning September 3—1:00 PM—Chesapeake Game Room

**UNDERSTANDING JAPAN: A CULTURAL HISTORY (12 WEEKS COURSE) (U)\***

**EVERY THURSDAY** Beginning September 26 — 1:00 PM—Chesapeake Game Room

**FITNESS CENTER ANNOUNCEMENTS:**

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

**SLEEP YOGA OR YOGA NIDRA**

It's the process of deep relaxation where a person is led into an experience where their body is physiologically asleep but the mind remains awake.

What are the benefits?

- Decreases heart rate & blood pressure
- Decreases anxiety, worry, & restlessness
- Increases mindfulness, relaxation, & mood

**Be on the lookout for Pop Up Classes.**

**All fitness classes are encouraged to participate.**

**WOMEN'S WALKING GROUP**

**Wednesdays @ 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.

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

**Wednesday, August 21—9:00AM-12:00PM  
Life Enrichment Lobby**

Have your blood pressure taken and finish with a healthy treat!

**POOL WATER WALKING:**

**Tuesdays and Thursdays- 9:15AM-9:45AM**

Have you been dealing with knee, hip, or back pain? Come try our pool water walking class! The buoyance of the water takes pressure off of your joints and the warm water helps relax your muscles!

**PERSONALIZED EXERCISE PROGRAMS:**

Did you know that our RWC Fitness staff can personalize an exercise program just for you? Come chat with one of our staff members about personal goals and interests so they can assist you in achieving them!

**PARKINSON'S CAREGIVERS SUPPORT GROUP**

**WILL START BACK IN SEPTEMBER**

**PARKINSON SUPPORT GROUP**

**WILL START BACK IN SEPTEMBER**

**MEMORY CARE SUPPORT GROUP**

**Monday, August 5—4:30 PM—Auditorium**

**MACULAR DEGENERATION SUPPORT MEETING**

**Thursday, August 22—1:00 PM—Main Street Pub**

All are welcome!

**STYLISH EYES CLINIC**

**Wednesday, August 7**

**11:00 AM to 1:00 PM—Atrium**

If you have eyeglasses in need of repair, this is your opportunity to do so.

**ALWAYS NEW THINGS IN THE LEC**

The Life Enrichment Staff is always looking for new things to get residents engaged in activities.

Here is a list of some new things coming your way.

Hot Wheels Race Track

Rubik's Cube and Rubik's Pyramid

Ping Pong Table

**Are You Interested in Playing Chess?**

**If so, give me a call.**

**Amy Lewis, Ext. 4024**

**INTRO TO PING PONG (U)\***

**Monday, August 19—2:30 P—**

**Fitness Classroom**

**Sign up Required**

**All are welcome to play or spectate.**

# Classes, Crafts and Programs

**FIRST FRIDAY FORUM WITH ANNA MIDDLETON: HOSPICE OF VIRGINIA VOLUNTEER COORDINATOR**

**Friday, August 2—8:30 AM—Lancaster Room**

**Sign up Required LIMIT: 50**

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

**24 hours in advance.**

Anna Middleton, has experience in the death and dying industry for over 15 years. She was a certified nurse assistant with Home Health and Hospice and furthered her education and now hold an associate degree for Applied Science in Medical Administrative Assistant from Bryant and Stratton College in addition to completing over 100 credit hours in Psychology from Liberty University with a minor in Christian Counseling. Anna has worked with several Hospice Agencies within the State of Virginia as well as the OCME/Virginia State Anatomical Program (which is a body donation program after death) as an Office Services Specialist. She has also obtained her certification as a Death Doula, and is currently a Volunteer Coordinator for a hospice organization.

**STEP BY STEP ACRYLICS (U)\***

**Monday, August 12—11:00 AM—Art Room 2**

**SIGN UP REQUIRED LIMIT: 8**

Perfect for those who have never painted before. Any level welcome.

**MAKING BATIK SCARVES (U)\***

**Part 1—Thursday, August 15**

**Part 2—August, Friday 16**

**SIGN UP REQUIRED**

**LIMIT: 8**

**Must be able to attend both parts.**

Batik is a method of producing colored designs on textiles by dyeing them, having first applied wax to the parts to be left undyed.

**PLAY WITH CLAY:****MAKING PINCH POTS (U)\***

**Monday, August 19-2:00PM-Art Room 2**

**Sign up Required. LIMIT = 8**

The pinch pot technique involves shaping a piece of clay into a ball. Then press your thumb into the ball of clay and pinch the clay with your finger and thumb. This pinching action opens up the clay into a vessel shape. There is evidence of pinch pots being created everywhere for thousands of years.

**POLYMER EARRINGS & CHARMS (U)\***

**Thursday, August 22—10:00AM—Art Room 2**

**Sign Up Required LIMIT: 8**

Polymer Clay is an art medium that is known for its versatility, pliability and simplicity to work with. It is an oven bake modeling material composed of polymers, resins, coloring agents and fillers. Polymer clay is used by artists and hobbyists ranging from children to professional artists and movie makers. It stays continually soft and can be baked in a home oven, retaining its color and size.

**INTRO TO WATERCOLOR (U)\***

**Monday, August 26—11:00 AM—Art Room 2**

**Sign up Required LIMIT:8**

Join this class or a fun 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.

**SMALL MYSTERY MASTERPIECE PAINTING CLASS (U)\***

**Wednesday, August 28—Art Room 2**

It looks like an abstract, but you will be painting a piece of a well-known piece of artwork. For all level of painters!!