



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 39, Issue 9

SEPTEMBER 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 AUGUST 26 AT THE LIFE ENRICHMENT CENTER LOBBY.

FLU VACCINATION CLINIC FOR INDEPENDENT LIVING RESIDENTS COMING OCTOBER 2

Sign up by September 15 to receive your flu vaccine. You must fill out a consent form and return it to the resident clinic prior to getting your vaccine. Consent forms can be found next to the sign up book in the Life Enrichment Center lobby. If you are getting a vaccination at your doctors office or a local pharmacy, please let the clinic know.

VOTER REGISTRATION INFORMATION SESSION (U)*

**Tuesday, September 3-1:30PM-Auditorium
Sign up Appreciated!**

Susan Jett & her assistant, Celina, from the Lancaster County voter registration office will come to speak about voting options (early, mail in, absentee, etc.) and afterwards assist with helping residents check or update their voting status.

RESIDENT ASSOCIATION BOARD MEETING

**Wednesday, September 4—10:00 AM
Auditorium**

All are welcome!

LUNCH WITH THE CHAPLAIN*

**Thursday, September 5—12Noon-Auditorium
Sign up Required LIMIT=30**

**Special Dietary Needs, please call Ext. 4017
24 hours in advance.**

Chaplain Ted has been at RWC since January 29, 2024. How much do you really know about him? Have you even met him? Here is your opportunity to get to know your Chaplain.

AUTUMN IN THE ATRIUM SALE!

“Autumn in the Atrium” is the sale you don’t want to miss! Staff only may shop in the Auditorium on Wednesday, September 25th. Magically, the Atrium will showcase beautiful jewelry and scarves for all occasions, silent auction of themed baskets, artisan handcrafted treasures, holiday and festive décor, and “Last Chance” and Bargain Buys for residents, family and friends to shop Thursday, September 26th through October 2nd. Shop at your leisure using the honor system for cash or check payments. The proceeds from this sale benefit the RWC Healthcare Education & Support Endowed Scholarship.

**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, 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.

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

Contact us: 804-438-4000

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BLOG

	Sun	Mon	Tue	Wed	Thu	Fri	Sat		
KEY APT Apartment Lobby AR1 Art Room #1 AR2 Art Room #2 ATR Atrium AUD Auditorium BLR Boiler Room CGR Chesapeake Game Room COR Corrotoman Room CPL Chapel DRB Dining Room Breezeway FCR1, 2 or 3 Fitness Classroom # FPL Front Parking Lot FRL Front Lobby GAL Gallery Hall HOB Hobby Room KCT King's Court LAN Lancaster Room LEC Life Enrichment Center LIB Library LVG Lakeview Grille MSP Main Street Pub MSS Main Street Salon OTR Outpatient Therapy Room RAP Rappahannock Room RCL Resident Clinic TGP Thomas Garden Patio WCN Westbury Center WCR Westbury Club Room	3:15-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist SIGN UP FOR YOUR FLU VACCINATION SEPT. 1-15 1	LABOR DAY LABOR DAY LUNCH 11:00AM—2:00 PM 1:00-CGR-Catch Phrase GRILLE CLOSED FOR DINNER ORDER/PICK-UP 3PM-5:00PM 2	10:00-FRL-Shopping at Walmart & Dollar Tree (U)* 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-AR2-Watercolor Class 1:30-AUD-Voter Registration Infor- mation Session (U)* 2:00-MSP-Mixed Ensemble Singing 3	10:00-AUD-Residents Association Board Meeting 2:15-AUD-Movie Matinee: On the Wings of Eagles 7:00-CGR-Poker Group 4	12:00-AUD-Lunch with the Chaplain (U)* 1:00-AR2-Making Batik Scarf, Part 1* 2:30-FCR-Seated Volleyball(U)* 3:00-RAP-Praying the Rosary 5	8:30-LAN-First Friday Forum: Shuana McCranie, Reedville Fisherman's Museum (U)* 10:00-ATR-Paprazzi Jewelry Sale 1:00-AR2-Making Batik Scarf, Part 2* 2:15-AUD-Movie Matinee: Night of the Iguana 6	7		
	8	3:15-MSP-RWC Community Worship Service 8	10:00-FRL-Shopping (U)* 11:00-AUD-Parkinson's Caregivers Meeting 1:00-CGR-Catch Phrase 1:15-AUD-Parkinsons Support Group 4:30-AUD-Caregiver's Memory Support Group 9	9:00-FRL-Bacon's Castle: Ferry Ride & 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	10:00-AR2-Making Beaded Bracelets* 11:00-CGR-Grief Support 2:15-AUD-Movie Matinee: See No Evil, Hear No Evil 7:00-CGR-Poker Group 11	9:00-FRL-Essex County Museum & Historical Society & Lunch* 10:00-LAN-Food Committee Meeting 3:00-RAP-Praying the Rosary 12	11:30-AR2-Lunch & Learn: HiveFive Apiary Tea Blending Lunch & Learn* 2:15-AUD-Movie Matinee: Good Will Hunting 2:15-FCR-Cornhole 13	14	
	15	3:15-MSP-RWC Community Worship Service LAST DAY TO SIGN UP FOR YOUR FLU VACCINATION SEPT. 1-15 15	10:00-FRL-Shopping (U)* 1:00-CGR-Catch Phrase 2:00-AR2-Making Resin Charms* 4:00-AUD-Egypt, Agriculture, and Climate Change with Katheryn Cassidy(U)* 16	10:00-FRL-Pontoon Boat Ride* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-FRL-Pontoon Boat Ride* 1:00-AR1-Kids on Campus with Stitching Stars 1:00-AR2-Watercolor Class 2:00-MSP-Mixed Ensemble Singing Group 3:00-ATR-Take a Stand for Alzheimer's 17	HEALTHY-FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS 9:00AM-12:00PM LIFE ENRICHMENT CENTER LOBBY 10:00-AR2-Activities Committee Meeting 10:00-FRL-Tri-city Tour with Carol Ashburn* 1:00-AR1-Stitching Stars Quilt Group 2:15-AUD-Movie Matinee: Parenthood 18	9:30-FRL-Thrifty Thursday* 11:00-AUD-A History of Northumberland County with Wiatt Garland (U)* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship 19	1:00-AUD-Hula Dancing Demonstration (U)* 2:15-FCR--Cornhole • Deadline for Gazebo Gazette Articles by NOON 20	Lancaster County Electronic/ Hazardous Waste Collection Day 9:00am-2:00pm 21	
	22	3:15-MSP-RWC Community Worship Service 22	10:00-FRL-Shopping (U)* 10:30-RAP-RWC Book Group 1:00-RAP-Communion for Rosary 1:00-CGR-Catch Phrase 2:15-AUD-Movie Matinee: Thelma 23	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 24	10:00-FRL-RAL Labor Day Art Show* 2:30-FCR-Ping Pong (U)* 7:00-CGR-Poker Group 25	AUTUMN IN THE ATRIUM SALE 11:00-AR2-Monoprinting* 1:00-AUD-Macular Degenera- tion Webinar: Maintaining In- dependence Living with MD 1:00-CGR-Great Courses: Un- derstanding Japan, A Cultural History (U)* 3:00-RAP-Praying the Rosary 26	AUTUMN IN THE ATRIUM SALE 11:00-FRL-Lunch at Tony & Milena's* 2:15-FCR--Cornhole 2:15-AUD-Movie Matinee: Ghostlight 27	AUTUMN IN THE ATRIUM SALE 28	
	29	AUTUMN IN THE ATRIUM SALE 3:15-MSP-RWC Community Worship Service 29	AUTUMN IN THE ATRIUM SALE 10:00-FRL-Shopping (U)* 1:00-CGR-Catch Phrase 2:00-RAP-RILL Class: The African-American Experi- ence* 30	<h1>SEPTEMBER</h1> <h1>2024</h1>			<p>The (U) indicates that you can sign up through Uniguest using your computer or the mobile app.</p> <p>* An activity that requires you to sign up.</p>		

A NOTE FROM STUART:

September brings us closer to anticipating the slightly cooler and less humid weather that hopefully ushers in a nice, temperate fall. Gardeners are thinking about fall plantings as our Grounds team prepares for grass seeding and fertilization while trying not to think about leaf removal.

It also brings the mid-Atlantic hurricane season into our sights. Right on queue, the eastern Atlantic tropics open the curtains to roll out at steady stream of tropical waves that blossom into tropical storms and hurricanes. I only delve into this topic to remind us to be prepared for these seasonal storms. Fortunately, we get plenty of notice when a tropical storm is headed our way. Since you are very busy with all the activities at RWC, do take a few minutes to review your personal preparations.

Preparedness is an interesting topic. Objective and subjective at the same time, preparedness is also a personal and a community responsibility. It is easy to prepare for what we know, expect, and predict, yet we may be given to delay those preparations. It is a more challenging subject when we are dealing with some event or decision that is more instantaneous, unexpected, or unanticipated, especially if we must react quickly without preparation. This extends beyond weather events to most any aspect of life.

Thinking about the preparations we need to make at RWC for the tropical storm season also steered my thoughts to preparations for other aspects of life. As you are making your personal preparations for fall and storm season, I invite you to take some quiet time to reflect on decisions you need to make, conversations you need to have, and areas of interest you wish to explore.

Welcome to September at RWC!


THE ECF IS COMING!

The RW-C Employee Christmas Fund is an annual drive by resident volunteers for donations for RW-C employees. Since RW-C does not permit tipping, this is the residents' only opportunity to show the employees how much we appreciate all that they do for us. The ECF Drive runs from Oct. 1 to Dec. 1. For any questions, call: Kathie Hoeck (4223), Susan Jones (4320)

MEDICAL MEAL DELIVERIES AND MEAL PLAN CHANGES

When the Clinic notifies the Culinary department that a medical meal is needed then the delivery charge only is waived. The meal still comes off your meal plan. 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 1 separate form for each of you.

GREAT COURSES: UNDERSTANDING JAPAN, A CULTURAL HISTORY (U)* EVERY THURSDAY BEGINNING SEPTEMBER 26 1:00 PM—Chesapeake Game Room (U)*

Japan's extraordinary culture is like no other in the world. The 2,000-year-old civilization grew through periods of seclusion and assimilation to cultivate a society responsible for immeasurable influences on the rest of the world. What makes Japan so distinctive? The answer is more than just spiritual beliefs or culinary tastes. It's the ongoing clash between tradition and modernity; a conflict shaped by Japan's long history of engagement and isolation.

SUPPORT GROUPS: PARKINSON'S CAREGIVER SUPPORT GROUP

Monday, September 9—11:00AM—Auditorium

PARKINSON'S SUPPORT GROUP

Monday, September 9—1:15 PM—Auditorium

MEMORY SUPPORT GROUP

Monday, September 9—4:30 PM—Auditorium

MACULAR DEGENERATION SUPPORT GROUP: WEBINAR: MAINTAINING INDEPENDENCE LIVING WITH MD

Thursday, September 26—1:00 PM—Auditorium
Patients with different types of macular disease talk in detail about the impact their condition has on their lives.

GUIDED TOUR OF BACON'S CASTLE, FERRY RIDE & LUNCH IN SURRY, VA*

Tuesday, September 10-9:00AM Front Lobby
Sign up required. LIMIT = 13 Cost = \$15 + lunch
Bacon's Castle is the oldest brick dwelling in North America and was built for Arthur Allen and his family in 1665. Originally known as Allen's Brick House, it earned the moniker "Bacon's Castle" in 1676 when several of Nathaniel Bacon's men occupied the home for four months during the uprising that became known as Bacon's Rebellion.
Bacon's Castle is a rare example of High Jacobean architecture. The home features a reconstructed 17th-century English formal garden & several outbuildings also survive, including an 1830 slave dwelling.
Note: The castle tour does require some steps.

ESSEX COUNTY MUSEUM & HISTORICAL SOCIETY & LUNCH AT THE 1710 TAVERN*

Thursday, September 12-9:00AM Front Lobby
Sign up Required. LIMIT = 13 Cost = lunch\$
Located on Water Lane in Tappahannock, the Museum houses a number of exhibits that include pre-historic through modern displays of life in Essex and on the Rappahannock River including culture clashes, pirates, and more! Enjoy lunch at Virginia's oldest tavern, now fully renovated and ready for you to explore. Experience the unique atmosphere that has been enjoyed by visitors for centuries.

PONTOON BOAT RIDES*

Tuesday, September 17-10:00AM/1:00PM-Front Lobby
Sign up required. LIMIT = 8 each ride
Cost = donations accepted by Tammy Jo
Sign up now for your chance to enjoy a relaxing pontoon boat ride around the many branches of Carter's Creek.

TRI-TOWN TOUR WITH CAROLL ASHBURN & LUNCH*

Wednesday, September 18-10:00AM-Front Lobby
Sign up required. LIMIT=12 Cost = lunch\$
A guided tour of some of the less traveled roads in White Stone, Kilmarnock, & Irvington by local historian Caroll Ashburn and lunch at a local favorite.

THRIFTY THURSDAY & LUNCH*

Thursday, September 19-9:30AM-Front Lobby
Sign up Required. LIMIT = 13 Cost = shop/lunch\$
Let's revisit some of our favorite thrift stores in Lancaster County and scout out some new shops in upper Lancaster including River Paws Mercantile and Lighthouse Thrift.

TRADER JOE'S & LUNCH*

Tuesday, September 24-9:00AM-Front Lobby
Sign up required. LIMIT=10 Cost=shop/lunch\$

RAPPAHANNOCK ART LEAGUE LABOR DAY ART SHOW & LUNCH*

Wednesday, September 25-10:00AM-Front Lobby
Sign up required. LIMIT=13 Cost = Lunch\$
The Labor Day Art Show is one of the longest-standing visual art shows in Virginia. RAL is proud to be in their 63rd year.

LUNCH AT TONY & MILENA'S IN HAYES, VA*

Friday, September 27-11:00AM-Front Lobby
Sign up required. LIMIT=13. Cost = Lunch\$
Excellent!!! Delicious food, lovely atmosphere and excellent service. Much more than just pizza!

MAKING A BATIK SCARF, PART 1 & 2*

Thursday, September 5 and Friday, September 6—
1:00 PM—Art Room 2 Sign up Required LIMIT= 6
Learn how to make a beautiful batik scarf using glue and acrylic paint. It's easy and fun. A sample can be seen in Amy's office window. Both sessions required.

MAKING BEADED BRACELETS*

Wednesday, September 11-10:00AM-Art Room 2
Sign up Required. Limit=8

MAKING RESIN CHARMS*

Monday, September 16-2:00PM-Art Room 2
Sign up Required. Limit=8

MONOPRINTING WITH ACRYLICS*

Thursday, September 26 Limit=8
11:00 AM—Art Room 2

DOCUMENTARIES, MOVIES AND CONCERTS

SEPTEMBER MOVIE MATINEES

All matinees begin at 2:15 AM—Auditorium
NO NEED TO SIGN UP! JUST COME!!

ON THE WINGS OF EAGLES

Wednesday, September 4

ON WINGS OF EAGLES tells the story of the later life of Olympic gold medalist Eric Liddell (Joseph Fiennes), famously called "The Flying Scotsman," who competed for Britain in track and field in 1924. After the Olympics and completing his education, he returned to China, where he was born to missionary parents and where his faith called him to teach chemistry and English. When Japan invaded China, Liddell sent his family back to Great Britain while he stayed on to help those most impacted by the invasion. When World War II broke out, Liddell was placed in an internment camp. Despite many hardships, his faith never wavered, and he never hesitated to put others first, even at great cost to himself. 1 hr., 35 minutes (2017) NR.

NIGHT OF THE IGUANA

Friday, September 6

The Night of the Iguana is a 1964 American drama film directed by John Huston, based on the 1961 play of the same name by Tennessee Williams. It stars Richard Burton, Ava Gardner, Deborah Kerr, Grayson Hall, Sue Lyon, and Cyril Delevanti. 1 hr., 57 minutes, RATED PG.

HEAR NO EVIL, SEE NO EVIL

Wednesday, September 11

See No Evil, Hear No Evil is a 1989 American thriller comedy film directed by Arthur Hiller. The film stars Richard Pryor as a blind man and Gene Wilder as a deaf man who work together to thwart a trio of murderous thieves. 1 hr., 42 minutes, RATED R.

GOOD WILL HUNTING

Friday, September 13

Good Will Hunting is a movie about a working-class genius named Will Hunting who has a gift for mathematics, but a troubled past and a rebellious attitude. He is discovered by a professor who challenges him to fulfill his potential, and he is helped by a therapist who helps him heal his emotional wounds. He al-

so falls in love with a woman who inspires him to change his life. 2 hr, 6 minutes. RATED R.

PARENTHOOD

Wednesday, September 18

Four Buckman siblings attempt to raise their children - each in their own different style - and deal with the joys and sorrows that the process brings. Synopsis Gil Buckman (Steve Martin), a neurotic sales executive, is trying to balance a family in suburban St. Louis and his career. 2 hr., 3 minutes. RATED PG-13.



THELMA

Monday, September 23

93-year-old Thelma Post lives alone in Los Angeles. Her aimless but loving grandson Daniel "Danny" Markowitz often visits and looks after her needs despite not taking responsibility for his own life. Although Thelma is close with Danny, she finds his

constant assistance patronizing.

A phone scammer calls Thelma posing as Danny, claiming he has been arrested. Thelma sends \$10,000 to a local address as instructed. After a panic involving her daughter Gail and son-in-law Alan, Thelma finds out Danny is safe and she was scammed. Unable to get help from the police and unwilling to let the scammer get away with her money, Thelma evades her family and sets out to the address to retrieve it. 1 hr., 38 minutes, RATED PG-13.

GHOSTLIGHT

Friday, September 27

When melancholic construction worker Dan (Keith Kupferer) finds himself drifting from his wife and daughter, he discovers community and purpose in a local theater's production of Romeo and Juliet. As the drama onstage starts to mirror his own life, he and his family are forced to confront a personal loss. 1 hr., 54 minutes, RATED R.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

RWC Book Club

The book group selection for September will be "The First Ladies" by Marie Benedict and Victoria Christopher Murray. A novel about the extraordinary partnership between First Lady Eleanor Roosevelt and civil rights activist Mary McLeod Bethune – an unlikely friendship that changed the world.

We would love to **have** you join the discussion! We meet the 4th Monday of the month at 10:30AM 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 AUGUST

Fiction: "A Death in Cornwall" by Daniel Silva donated by Jay White; "Fortune and Glory" by Janet Evanovich donated by Vikki Marek Young; "Winter garden" by Kristin Hannah donated by Vikki Marek Young; "Storm Cycle" by Iris Johansen donated by Vikki Marek Young; "Edgar and Lucy" by Victor Lodato donated by Vikki Marek Young; "Twisted Twenty-Six" by Janet Ivanovich donated by Vikki Marek Young; "Going Rogue" by Janet Ivanovich donated by Vikki Marek Young; "A Secret Kept" by Tatiana Rosnay donated by Vikki Marek Young; "Dead Man Switch" by Matthew Quirk; "Rise and Shine" by Anna Quindled; "Red Warning" by Matthew Quirk; "Trojan Odyssey" by Clive Cussler donated by Susan Hice; "The Good Left Undone" by Adriana Trigiani donated by Maria Carter; "The Glass Castle" by Jeannette Walls donated by Jay White; "All That Glitters" by Orlando Whitfield donated by Jay White.

Mystery: "Dark in Death" by J. D. Robb donated by Vikki Marek Young; "The Locked Door" by Freida McFadden; "Central Park West" by James Comey donated by Jay White; "Slow Burn" by Julie Garwood; "Cross Down" by James Patterson donated by Elaine Lowrey.

History: "LZ Sitting Duck" by John Arsenault, LTCol, USMC (Ret).

Biography: "Dwight Eisenhower" by Michel Padadis donated by Jay White; "No Going Back" by Kristi Noem.

MISC: "Tennis Talk of a Nobody" by Gail Wilson Kenna donated by Jay White.

Closing note: When you take a book out of the Library, please do not give to someone else to read. We lose track of the book and many are lost. Return the book and the card will be placed in for others to take out. Thank you.

LANCASTER COUNTY COLLECTION OF HOUSEHOLD HAZARDOUS WASTES AND ELECTRONICS WASTE. PLEASE DELIVER ITEMS TO 600 BLOCK TRASH ROOM

Saturday, September 21— Lancaster Courthouse, 8265 Mary Ball Road, Lancaster between the hours of 9:00 AM and 2:00 PM.

Hazardous materials accepted include fluorescent bulbs, pesticides, antifreeze, rechargeable batteries, cleaners, non-latex paint, old/contaminated fuels and household chemicals.

Latex paint (non-hazardous), alkaline batteries (non-hazardous), tires, car batteries, radioactive materials, smoke detectors, medical waste and ammo/explosives will not be accepted.

Citizens will also be able to recycle old electronic devices such as computers, monitors, printers, copiers, fax machines, rechargeable batteries, telephones, cell phones, televisions, banking and financial equipment, rechargeable batteries, electronic circuit boards and components, stereo equipment, games and PDAs.

There is no charge to residents for electronics recycling. Questions? Call Fred Luxton at Ext. 4200.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

Why did the muffler struggle to get out of bed every morning?

Well, here we are on the downhill side of August. Just around the corner is fall, and the beautiful colors that it brings with it. But before we leave August, I wonder if you are aware of the Newest NASCAR Cup race. No? Well, it is scheduled for right here in your back yard. It will take place in the Auditorium on Friday, August 30th, at 1 pm.

If you do not yet have a car and would like to enter the race, please see Chaplain Ted. Registration is open through Friday, August 23rd.

Now when you think of racing what comes to your mind? For me, although I have never been to a NASCAR race, I think maybe the smell of exhaust and burnt rubber. The sounds of engines roaring, people shouting and tires squealing. The decals on the cars of their sponsors. The feelings of anticipation, exhilaration, and hopes of a win. Crowds of people watching cars go around in circles and thinking that is fun. The time spent by drivers on the test track and the hours the crew spends fine tuning the engine to get its maximum output.

But after the race, what is left? Maybe there is still the excitement from the entertainment, or possibly elation because your driver won the race. For others maybe there is disappointment in the outcome. And for most, it was a time of enjoyment watching and cheering on your favorite driver.

Life is a race as well. For many years we have been flying along with the breeze blowing our hair back and enjoying being out front with the rest of the world behind us. Some days or months we feel like we have blown a tire and are just limping to the pitstop, but quickly back into the race again. At times we feel like we are going in circles or revving our engines but not moving. And then there are those times when either by my own mistake or some other driver, we find ourselves in an accident.

And like all races, so in life there is a finish line we must cross. In life, that finish line is death. Some say winning is the only outcome for them. Others, they would say that it is not whether you win or lose but how you have run the race. Too often in life we measure success by what we have accumulated, the work we do, the things we have accomplished.

As in racing, so it is in life that we must know the feel of the car to know when something is wrong. We must

be aware of the other drivers and where they are. We must keep an eye on the gauges and listen to the sound of the engine, all while staying focused on getting to the finish line. And if we do not win the race, there is always the next one.

Not so with life! We have but one life to live. God says, "What does it profit a man to gain the whole world and lose his own soul." To be so focused on the short term in life without giving thought to the long term has eternal consequences. And in life there is so much more at stake.

The Apostle Paul said this, "I have fought the good fight, I have finished the race, I have kept the faith." It was fighting for good things and faith in God that enabled Paul to finish the race of life with the hope that eternity would be spent in God's presence. Are you able to say the same?

Now to answer the question at the top of this article, you will need to call or talk to Chaplain Ted to get the answer. But I think most of you will get it rather quickly after reading the article. My door is open to one and all. Please let me know how I can serve you.

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 2nd 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. HELEN "PAT" MCKERNS
JULY 28, 2024**

**MR. ROBERT "BOB" MURPHY
JULY 31, 2024**

**MRS. MARGARET "MICKEY" KIRBY
AUGUST 15, 2024**

**MRS. VIVIAN GRAHAM
AUGUST 16, 2024**

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

ACTIVITIES COMMITTEE

Weren't the Olympics great? The Activities Committee wants to thank the fun partnership between the Activities Committee and the staff of Life Enrichment! We had so many fun events. It brought so many of us together! And the medals! Wow!

Watch for news on the Octoberfest and then in November we will announce our Christmas Activity!

There are still plenty of trips and other activities available! Please join in.

In September the Activities Committee meeting will be moved to September 18th, 10:00 am AR2. All residents are welcome.

MAGICAL METAMORPHOSIS

For many of us it is impossible to walk by the Monarch butterfly enclosure outside the breezeway to the LEC without checking out the magic happening in there.

A tiny white spot becomes a tiny caterpillar. He munches on milkweed and grows big and fat. The first magic happens when he crawls to the ceiling or side wall of the enclosure and attaches himself there. He hangs down, stretches into a "J" shape within the next 24 hours, and the orange and black ridges of his body transform into a smooth light green pendant shape called a chrysalis. Over the next week or two, the color gradually darkens and, if one is especially observant, wings become visible. And then one day the rest of the magic happens when a perfect Monarch butterfly emerges, or ecloses. He completely unfolds and dries his wings and within hours is ready to be released to greet his world.

Because there was wide interest in how many butterflies were being released, we started keeping records on 8 July. Prior to that date, we estimated at least 12 had flown this season. Between 12 and 31 July, 26 were released. Two chrysalides were destroyed because they were clearly not healthy. From 1 through 19 August, 21 butterflies were released. Unfortunately, two butterflies died because their wings did not fully unfold, so they could not fly.

In addition, 3 chrysalises were destroyed because they were clearly not healthy.

So far this season, we have released 59 Monarch butterflies from our enclosure!

Typically, four generations of Monarchs make the trip from Mexico to North America and back annually. What is generally thought to be the last generation of the season will begin to eclose in late August. These butterflies will be tagged for tracking by a local naturalist. Tagging gives us opportunities to see these phenomenal creatures up close and personal, so we will post outside the enclosure times of tagging throughout the rest of the season. All are welcome to come witness some of the magic. Please be prepared for short notices of tagging since we must fit ourselves into the tagger's schedule.

HEALTHCARE SCHOLARSHIP FUND ON THE MOVE...

In June you received the news of the RWC Foundation's tremendous investment in the Healthcare Education and Support Endowed Scholarship (RHESES). The RHESES fund is now at a level to begin benefiting from management by the Foundation Board and its investment counselors. We ask your help to ensure RWC can soon begin to award scholarships from RHESES utilizing interest/dividends while preserving the principal. Remember, our current scholarship funds are finite and depleting. As you begin considering your end-of-the-year charitable giving, please keep the Healthcare Scholarship (RHESES) in mind. Donations are accepted in the Development Office (Denise Kenner).

Scholarships from current funds have recently helped an RN become a nurse practitioner and are currently providing for three healthcare professionals who are studying to become licensed practical nurses (LPNs). Scholarship participants have a commitment to continue employment with RWC. Remembering our healthcare staff with scholarship funds is one way to demonstrate how valuable these employees are to us. RHESES Team

FITNESS CENTER NEWS:

The fitness schedule will be operating under normal hours on Labor Day, September 2nd.

WHAT IS SLEEP YOGA?

Yoga Nidra or "sleep yoga" is a process of deep relaxation. Step by step, a person is led into an experience where their body is physiologically asleep, but the mind remains awake. Come join us every Thursday at 2:30PM in the fitness classroom!

SEATED VOLLEYBALL (U)*

Thursday, September 5—2:30 PM—
Fitness Classroom

We need at least 12 people to participate. Need a belly laugh and some exercise. This is where you need to be.

WEEKEND ACTIVITIES IN THE FITNESS CLASSROOMS:

Cornhole and ping pong will be set up in the fitness classrooms for all to enjoy from 4:00pm Friday to 8:00am Monday! Please be mindful and respectful of the space. If you have guests, they MUST be accompanied by you. RE-MEMBER: there is no supervision! You MUST wear your pendant.

HEALTHY-FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS

Wednesday, September 18-9:00AM-12:00PM
LIFE ENRICHMENT CENTER LOBBY

PING PONG AND ITS BENEFITS (U)*

Wednesday, September 25—2:30 PM—
Fitness Classroom

Benefits of Playing Table Tennis

Let's discuss the importance of table tennis and the physical and health benefits you stand to gain from playing it.

1. No stress to joints

Table tennis is a low-risk game, compared to other popular sports like soccer, basketball, wrestling, or running. There is less likelihood of injuries because table tennis does not put a lot of strain on your joints. Instead, it strengthens your core, arms and legs.

2. Improves coordination

Table tennis is a fast-paced game. You have to keep your eye on your opponent as well as the ball and its trajectory as it moves across the ping pong table, so you can hit it back. To succeed in table tennis, you require fast reaction and overall body coordination which includes hand-eye coordination.

3. Brain training

Another benefit of playing table tennis is that it trains

your brain by stimulating different parts simultaneously. This can help to ward off or to alleviate dementia.

4. Improves balance

During a table tennis match, players should be able to quickly change direction.

5. Calorie burn

The speed, strength, running, jumping, and the stretching and bending of muscles when playing table tennis offers a great cardiovascular workout that burns off 272 calories for a 150-pound player in a gaming session of one hour.

6. Body toning

What makes table tennis very aerobic is that it is a game of power and speed, and it engages both the upper and lower parts of the body, therefore giving your entire body a workout

7. Social event

You can use table tennis to break the ice when meeting new people or if you are in a new place.

8. New tricks

Table tennis is often compared to solving crossword puzzles or playing chess because it promotes mental acuity. You have to constantly make quick decisions

9. Fits all ages

Table tennis is one of the few sports that do not limit participants due to age, gender, disability, or skill level.

10. Improves reflexes

The rapid and constant movements and the quick reactions and instant adjustments that table tennis players have to make can improve their reflexes

Final Thoughts

The benefits of table tennis cover almost every area of life. You can use it socially to bond with anyone, emotionally for a welcome distraction and adrenaline rush, physically to stay fit and toned and to improve reflexes and balance, and mentally to develop strategic thinking, alertness, cognitive awareness and memory retention.

ACTIVE AGING WEEK:

SEPTEMBER 26TH-OCTOBER 6TH

September is Healthy Aging Month! Take a glance at the wellness wheel and challenge yourself by asking these three questions:

1. Assign and rank each aspect of the wellness wheel from 1 to 10 with 10 being the most successful and 1 being the least.
2. What is going well in each aspect?
3. What would you like to improve?

Active Aging week is September 26th-October 6th! We will be celebrating and engage in activities and events for different aspects of the wellness wheel! Be on the lookout for more information!

Classes, Crafts and Programs

FIRST FRIDAY FORUM (U)*

Shauna McCranie, Executive Director of the Reedville Fishermen's Museum

Friday, September 6—8:30 AM—Lancaster Room

Sign up Required LIMIT: 50

Special Dietary Needs, please call Ext. 4017
24 hours in advance.

Shauna will speak on the 150th Anniversary of Reedville complete with Walking Tour Brochures of the Victorian Mansions in Reedville and the new museum brochures. She will also talk about the founder of Reedville, Elijah Reed, and how the fishing industry made Reedville the richest per capita town in America during its prime fishing years at the turn of the previous century.

PAPARAZZI JEWELRY SALE

Friday, September 6-10:00AM-3:00PM-Atrium

All jewelry is \$5.00.

LUNCH & LEARN: HIVEFIVE APIARY TEA BLENDING LUNCH & LEARN*

Friday, September 13—11:30AM-Art Room 2

Sign up Required. LIMIT=12 Cost = \$25

This experience will include: information about HiveFive apiary & their bees, a lesson on tea blending, each participant making a personalized tea to take home tea as well as a sample of honey.

Lunch will be provided by RWC.

Special Dietary Needs, please call Ext. 4017

24 hours in advance.

EGYPT, AGRICULTURE, AND CLIMATE CHANGE WITH KATHERYN CASSIDY*

Monday, September 16-4:00PM-Auditorium

Sign up required.

Lois William's daughter, Katherine, will be gracing us once again for a fascinating story. A wine and cheese reception will follow.

KIDS ON CAMPUS

Tuesday, September 17

1:00PM-AR1-Working with Stitching Stars

3:00PM-Atrium-Take a Stand for Alzheimer's

A HISTORY OF NORTHUMBERLAND COUNTY WITH WIATT GARLAND (U)*

Thursday, September 19-11:00AM-Auditorium

Sign up Required.

Come hear about Northumberland County's past and present with a Northumberland County native and local historian. Wiatt will talk about the early settlers of Northumberland County beginning with the Indian tribes and the changes with the Revolutionary, 1812, and Civil War.

He taught history in Northumberland High School for 34 years and was president of the Northumberland Historical Society.



HULA DANCING DEMONSTRATION (U)*

Friday, September 20-1:00PM-Auditorium

Sign up required.

Come and enjoy a hula dancing demonstration. No need to bring your grass skirts or coconuts!!

RAPPAHANNOCK INSTITUTE FOR LIFELONG LEARNING

RILL is an exciting program of the Rappahannock Community College Educational Foundation, Inc. (RCC EFI) that is intended to be a life-enriching learning experience for adults and provides personal enrichment, non-credit classes in a variety of subjects and settings. RWC continues to support the RILL program. Residents pay **only \$10** per class. Brochures can be found by the sign up desk in the LEC Lobby.

Two classes will be taking place right here at RWC;

- **The African-American Experience; Antebellum, Civil War and Reconstruction**
- **The Sinking of the Titanic: What Really Happened and Why**

You have the option of registering on your own or Amy Lewis will register you and charge your account. Dates and times are published in the brochure.