



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 39, Issue 10

OCTOBER 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 SEPTEMBER 26 AT THE LIFE ENRICHMENT CENTER LOBBY.

## Oktoberfest\*

PLEASE RSVP BY CALLING THE LIFE ENRICHMENT CENTER BY OCTOBER 4 (SEE DETAILS BELOW)

Friday, October 11—Dinner served anytime between 4:30 pm– 6:30 pm

(Dinner/Dessert served in Dining areas)

5:30 pm-7:30pm Band begins in Auditorium (Beer/Wine served in Atrium)

Gemischtergruner Salat -(Mixed Greens Salad)

Gurkensalat -(German Cucumber Salad)

Huhn Brochette' with Paprika and Zwiebeln – (Chicken Brochette with Peppers and Onions)

Wurst with Apfel and Sauerkraut (Bratwurst w/ Apples and Sauerkraut)

Frikadellen w/ Kase Stuffed Nocherin – German meatballs w/ Asiago Stuffed Gnocchi

German Rotkohl -(Sweet and Sour Red Cabbage)

Speckbohen – (Green Beans)

Kartoffelsalat -(German Potato Salad)

Bavarian Brown Bread

Apple Strudel

Meal and dessert in dining areas

Riesling Wine and Beer station in Atrium

- The Lakeview Grille and Lancaster Dining Room will only be available to those who have RSVP'd for Oktoberfest by calling Amy Lewis at Ext. 4024. You will be contacted back to confirm your reservation. No tables larger than 6. Please indicate which dining room your party prefers to be seated in.
- If you are not attending Oktoberfest and need to pick up a "to-go" dinner, you may do so by calling Ext. 4816 prior to October 11 and order a meal. Meals can be picked up in the Main Street Pub at 4:30 pm.

### Show Your Support to Those Who Support Us All Year Long!!

The Employee Christmas Fund Committee would like to announce the kick-off on Oct. 1. Look for your Employee Christmas Fund Booklet in your box October 1.

### Walk to End Alzheimer's (U)\* Sign up Required Friday, October 4

**1:00 PM—Front Porch**  
Sign up to participate in this year's walk and join RWC's walking team YES2YEARS by signing up at alz.org. Need help? Call Amy at ext. 4024. Wear purple FRIDAYS. T-shirts \$10.00.

*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	
 <p><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</p>	 <h1>OCTOBER</h1> <h1>2024</h1>		<b>AUTUMN IN THE ATRIUM SALE</b> 10:00-AR1-Chat & Craft 10:00-AUD-RILL Course: Titanic* 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-Mixed Ensemble Singing Group 4:00-AUD-Barbershop Quartet (U)* <b>1</b>	<b>AUTUMN IN THE ATRIUM SALE</b> <b>FLU VACCINATION CLINIC</b> <b>9:00AM—3:00PM</b> <b>CHESAPEAKE GAME ROOM</b> 2:00-AUD-Happenings with Stuart 2:00-FCR-Reflexology Appts. 2:30-FCR-Pictionary (U)* 3:00-AUD-Movie Matinee: The Pink Panther <b>2</b>	1:00-CGR-Great Courses: Japan 2:30-FCR-Seated Volleyball 3:00-RAP-Praying the Rosary <b>3</b>	<b>WEAR PURPLE DAY</b> <b>ALZHEIMER'S AWARENESS</b> 8:30-LAN-First Friday Forum: (U)* 1:00-AR2-Scarecrow & Pumpkin Paint Class* 1:00-FPL-Alzheimer's Walk (U)* 2:15-FCR--Cornhole 3:00-AUD-Ches. Wealth Ice Cream Social <b>4</b>	6:30-FRL-Northern Neck Orchestra (subsc. holders)* <b>5</b>
	3:15-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist <b>6</b>	10:00-FRL-Shopping at Walmart & Dollar Tree (U)* 11:00-AUD-Parkinson's Caregivers Meeting 1:00-CGR-Catch Phrase 1:15-AUD-Parkinsons Support Group 2:00-RAP-RILL Course: African-American Experience* 4:30-AUD-Caregiver's Memory Support Group <b>7</b>	9:00-FRL-Trader Joe's* 10:00-AUD-RILL Course: Titanic* 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-AUD-Mixed Ensemble Singing Group <b>8</b>	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 11:00-AUD-History of Northumberland County Wiatt Garland (U)* <b>(Rescheduled from Sept.)</b> 2:15-AUD-Movie Matinee: Cat on a Hot Tin Roof <b>9</b>	9:30-FRL-Hanover County Historic Courthouse Tour & Lunch* 10:00-LAN-Food Committee Meeting 10:30-FPL-Mini Horses Visit 1:00-CGR-Great Courses: Japan 2:30-FCR-Seated Volleyball 3:00-RAP-Praying the Rosary <b>10</b>	<b>WEAR PURPLE DAY</b> <b>ALZHEIMER'S AWARENESS</b> 2:15-FCR-Cornhole 4:30-AUD-Oktoberfest Dinner and Dance* <b>11</b>	<b>12</b>
	3:15-MSP-RWC Community Worship Service <b>13</b>	10:00-FRL-Shopping (U)* 11:00-AR2-Pumpkin Shelf Sitters* 1:00-CGR-Catch Phrase 2:00-RAP-RILL Course: African-American Experience* <b>14</b>	10:00-AR1-Chat & Craft 10:00-AUD-RILL Course: Titanic* 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:00-MSP-Mixed Ensemble Singing Group 4:00-AUD-Ken Sparks in Concert (U)* <b>15</b>	<b>HEALTHY-FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS</b> <b>9:00AM-12:00PM</b> <b>LIFE ENRICHMENT CENTER LOBBY</b> 10:00-FRL-Historic Menokin Tour & Lunch* 1:00-AR1-Stitching Stars Quilt Group <b>16</b>	1:00-CGR-Great Courses: Japan 2:00-AUD-Autumn Community Drum Circle (U)* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship 4:00-ATR-Trunk Show: Virginia Shoe Clinic & WOWD <b>17</b>	<b>WEAR PURPLE DAY</b> <b>ALZHEIMER'S AWARENESS</b> 9:00-FRL-Fredericksburg Trolley Tour & Lunch* 2:15-AUD-Movie Matinee: Gigi 2:15-FCR--Cornhole <b>18</b>	<b>Memory Lane Classic Car Show</b> <b>10:00 — 2:00</b> <b>Front Parking Lot</b> <b>19</b>
	8:00-FRL-Veteran's Fishing Adventure* 3:15-MSP-RWC Community Worship Service <b>20</b>	<b>PUMPKIN DECOR</b> 10:00-FRL-Shopping (U)* 1:00-CGR-Catch Phrase 2:30-AR2-Making Gnome Witches/Warlocks* <ul style="list-style-type: none"> <li><b>Deadline for Gazebo Gazette Articles by NOON</b></li> </ul> <b>21</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-AUD-Mixed Ensemble Singing Group <b>22</b>	11:30-FRL-Services for Healing at Grace Episcopal Church* 2:15-AUD-Movie Matinee: Psycho <b>23</b>	10:00-FRL-VMFA: Fine Arts & Flowers* 1:00-AUD-Macular Degeneration Webinar: First-ever treatment for dry age-related MD 1:00-CGR-Great Courses: Japan 2:30-FCR-Ping Pong 3:00-RAP-Praying the Rosary 4:00-AUD-Svetlana in Concert (U)* <b>24</b>	<b>WEAR PURPLE DAY</b> <b>ALZHEIMER'S AWARENESS</b> 11:00-AUD-Speaker: Mark Huffman (U)* 2:15-FCR--Cornhole 1:30-AUD-Documentary: A Fish Story <b>25</b>	<b>26</b>
	3:15-MSP-RWC Community Worship Service <b>27</b>	<b>PUMPKIN DECORATING CONTEST. VOTE!!!!</b> 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: Young Frankenstein <b>28</b>	10:00-AR1-Chat & Craft 10:30-FRL-Nutall Country Store from the National Register of Historic Places* 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:00-AUD-Mixed Ensemble Singing Group <b>29</b>	4:30-AUD-Halloween Costume Bingo-Pizza Party* <b>30</b>	<b>HALLOWEEN</b> 1:00-CGR-Great Courses: Japan 2:30-FCR-Seated Volleyball 3:00-RAP-Praying the Rosary <b>31</b>	<p><b>The (U) indicates that you can sign up through Uniguest using your computer or the mobile app.</b>  <b>* An activity that requires you to sign up.</b></p>	

**A NOTE FROM STUART:**

Fall is upon us. Soon leaves will be falling, holiday preparations will be underway, and before we blink a new year will be here. But we won't get into that today.

Life at RWC has been very busy with several infrastructure projects, interior renovations, our new partnership with Culinary Services Group, and many activities and events.

Getting things done is great; however, busyness can take a toll. It reminds me of a benediction of sorts that I heard this week and shared at one of our staff meetings. I share it with you dear readers in the spirit of encouragement. Live Simply, Love Generously, Care Deeply, and Speak Kindly. Those four actions are frequently in practice if not the norm of life at RWC. I am thankful for that.

As we approach the fall and the busyness of the holiday season, may we all reflect on the four actions and the power of kindness especially as set forth by Amy Leigh Mercree: "Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a positive difference for another today through kindness."

I wish you a wonderful and kind October at RWC!


**BUTTERFLY REPORT**

Between 20 Aug and 19 Sept 2024 a total of 28 monarch butterflies were released from the LEC enclosure and other locations on campus. That brings the total number of releases this season to 85 as of 19 Sept. Unfortunately, during this current period we had 6 butterfly deaths, all due to wings not fully unfurling. In addition, we had 6 failed chrysalides.

During this period we began tagging our butterflies. This is the second year that Anne Clewell, a certified Master Naturalist and member of the Northern Neck chapter, has come to RW-C to tag monarchs - both those from the LEC enclosure and resident enclosures on campus as well as those found in the "wild" throughout the campus. Anne has now instructed some of us in the process of tagging so we can support the project when she is not able to be here to tag. We are indebted to her for this gift of learning enrichment.

We tagged our first butterfly on 4 September and to date we have tagged 15 healthy monarchs. An organization called Monarch Watch initiated this large scale community science project in 1992 to research and understand the dynamics of the Monarch fall migration. Each fall, more than a quarter of a million tags are issued to thousands of volunteers across North America. These tags are uniquely coded to capture the geographic location, gender and date of a butterfly tagging. At the end of the season, this information is submitted to the Monarch Watch database for use in research.

Each year Monarch Watch visits over wintering areas in Mexico in order to obtain data from recovered tags and add to their database for further analysis and study. This study helps answer questions about the origins of those monarchs that reach Mexico, the timing and place of the migration, and mortality during the migration. It has been shown that the probability of reaching Mexico is related to geographic location, size of the butterfly and date of its flight.

This is the program our LEC butterfly enclosure and other enclosures scattered throughout our campus is supporting. But the support isn't limited to our enclosure and tagging. It is equally important to grow milkweed to feed caterpillars, to plant flowers that provide nectar for butterflies, maybe even to maintain your own garden enclosure and to simply be aware of the metamorphosis that naturally occurs around us every day. So, for everyone on campus who does any of that, congratulations and thank you!

**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)

**CHESAPEAKE WEALTH MANAGEMENT ICE CREAM SOCIAL**

**Friday, October 4—3:00PM -Auditorium**

All are welcome to attend.

**NORTHERN NECK ORCHESTRA (SUBSC. HOLDERS)\***

**Saturday, October 5—6:30PM—Front Lobby**

**Sign up required for Transportation. We are offering 2 buses.**

The opening concert of the season features Lili Boulanger's D'un Matin en Printemps, Samuel Coleridge-Taylor's Toussaint L'Ouverture and Antonin Dvorak's Symphony No. 8.

**WHAT!?! TRADER JOE'S 2X A MONTH!!**

**Tuesday, October 8—9:00 AM—Front Lobby**

**Tuesday, October 22—9:00 AM—Front Lobby**

**Sign up Required**

We are now offering Trader Joe's two times a month. The second Tuesday of the month will be for the Newport News location and the fourth Tuesday of the month will be for the Williamsburg location. We ask that residents only sign up for one trip per month unless we have empty seats on the bus.

**HANOVER COUNTY HISTORIC COURTHOUSE TOUR & LUNCH\***

**Thursday, October 10—9:30AM -Front Lobby**

**Cost = lunch\$ Sign up Required**

The historic Hanover Courthouse is one of the oldest in Virginia that is still in use. Believed to have been constructed between 1737 and 1743, its exterior appearance is still much as Patrick Henry would have seen it. In 1774 Hanover citizens assembled at the Courthouse and adopted the "Hanover Resolutions", stating that "we will never be taxed but by our representatives."

**HISTORIC MENOKIN TOUR & LUNCH\***

**Wednesday, October 16—10:00AM—Front Lobby**

**Cost = \$15 + lunch\$ Sign up Required**

On this tour, you'll learn about the overarching history of Menokin and the people who lived and worked on the landscape. The tour also includes up-to-date news on the Glass House Project.

**FREDERICKSBURG TROLLEY TOUR & LUNCH\***

**Friday, October 18—9:00AM—Front Lobby**

**Cost = \$25 + lunch\$ Sign up Required**

During your 75-minute guided tour of the downtown Historic District and the Fredericksburg Battlefield, you will experience the past, present, and future of a city so rich in history and teeming with monuments, markers, and attractions.

**VETERAN'S FISHING ADVENTURE\***

**Sunday, October 20—8:00 AM—Front Lobby**

**LIMIT: 4 Sign-up Required COST:FREE**

VFA offers Veterans fishing and boating trips. They are a Non-profit 501 (C) 3, **100% volunteer organization** and proud to offer this opportunity at **no cost** to those that have served our country proudly to enjoy a favorite pastime. They specialize in offering those veterans with physical limitations (wheelchair) an opportunity to participate. This allows members of the US armed forces that are disabled to go fishing. October is Striper season. Everything is provided. The boat will leave from Yankee Point Marina.

**VMFA: FINE ARTS & FLOWERS\***

**Thursday, October 24—10:00AM—Front Lobby**

**Sign-up Required (Please indicate if you are a VMFA member) COST: FREE +\$ for Lunch**

A spectacular museum-wide exhibition of floral designs inspired by works of art in VMFA's permanent collection. We will eat in the museum cafeteria.

**NUTALL COUNTRY STORE FROM THE NATIONAL REGISTER OF HISTORIC PLACES\***

**Tuesday, October 29-10:30AM-Front Lobby**

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

Nuttall's Store serves as the social center of the Ware Neck community. It houses the post office, a grocery store, a kitchen which produces prepared foods to go as well as selection of hand cut meats, a deli, a wine shop, a gift and souvenir area, and a crabbing and fishing supply area.

## DOCUMENTARIES, MOVIES AND CONCERTS

### OCTOBER MOVIE MATINEES

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

### MOVIE MATINEE: THE PINK PANTHER

Wednesday, October 2

Peter Sellers is the hilariously ditzzy Inspector Clouseau in Blake Edwards' riotous 1964 romp. While the fumbling Frenchman tracks thief David Niven, Niven swipes a precious gem ... and the laughs are priceless. 1hr, 55 minutes (1964) RATED PG 13

### MOVIE MATINEE: CAT ON A HOT TIN ROOF

Wednesday, October 9

The family of "Big Daddy" Pollitt (Burl Ives) convenes at his and Big Momma's (Dame Judith Anderson's) home. Among the attendees is alcoholic son, Brick (Paul Newman) an ex-football player, who spends his time drinking and avoiding the ministries of his libidinous wife, Maggie (Elizabeth Taylor) - "the cat". As this gathering isn't so much as a gathering but a farewell (Big Daddy is terminally ill) a lot of memories and revelations which had been hidden come to the surface of both father and son. 1hr., 48 minutes (1958) NOT RATED

### MOVIE MATINEE: GIGI

Friday, October 18

Weary of the conventions of Parisian society, a rich playboy and a youthful courtesan-in-training enjoy a platonic friendship, but it may not stay platonic for long. Gaston, the scion of a wealthy Parisian family finds emotional refuge from the superficial lifestyle of upper class Parisian 1900s society with the former mistress of his uncle and her outgoing, tomboy granddaughter, Gigi. When Gaston becomes aware that Gigi has matured into a woman, her grandmother and aunt, who have educated Gigi to be a wealthy man's mistress, urge the pair to act out their roles but love adds a surprise twist to this delightful turn-of-the 20th century Cinderella story. 1hr., 55 minutes (1958) RATED G

### MOVIE MATINEE: PSYCHO

Wednesday, October 23

Phoenix office worker Marion Crane is fed up with the way life has treated her. She has to meet her lover Sam in lunch breaks, and they cannot get married because Sam has to give most of his money away in alimony. One Friday, Marion is trusted to bank forty thousand dollars by her employer. Seeing the opportunity to take the money and start a new life, Marion leaves town and heads towards Sam's California store. Tired after the long drive and caught in a storm, she gets off the main highway and pulls into the Bates Motel. The motel is managed by a quiet young man called Norman who seems to be dominated by his mother. 1hr., 49 minutes (1960) RATED PG13

### MOVIE MATINEE: YOUNG FRANKENSTEIN

Monday, October 28

An American grandson of the infamous scientist, struggling to prove that his grandfather was not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body. 1hr., 45 minutes (1974) RATED PG

### SPEAKER: MARK HUFFMAN (U)\*

Friday, October 25—11:00AM—Auditorium

Sign-up Required

Residents and guests of Rappahannock Westminster-Canterbury (RWC) will be treated to a special showing of "A Fish Story: How Chesapeake Bay Built the Northern Neck," on October 25. The film, produced by Richmond's 26th Street Productions, interviewed residents and watermen to tell the story of the oyster, crabbing and menhaden industries past and present. Mark Huffman, writer, director and narrator of the film, also was present to answer questions. Huffman said he wanted people to "understand the impact of the industry and how it touched so many people and families, generation after generation." Huffman also wanted people to see "how important the work is. **SEE PAGE 3 ABOUT A FISH STORY.**

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

### RW-C Book Group

The book group selection for October will be "Lovely One" by Ketanji Brown Jackson.

In her inspiring, intimate memoir, the first Black woman to ever be appointed to the Supreme Court of the United States chronicles her extraordinary life story.

You are invited to join the discussion (or just come on up and sit in) on October 28<sup>th</sup> at 10:30AM in the Rappahannock Room.

Two copies of the selected book are available on the top of the desk at the back of the library. If you have questions, call Maxine Luxton at 4200.



### New to the Library



These are four of the thirty or so books added to the collection during the last month. If you would like to see the covers of all these additions, open UniGuest, click on RW-C Library, and click on New to the Library. Easy to do.

These recent additions include eight newly published books and four large-print books. Thanks to Tom Teeples' donations, we've added ten new large print books during about that many weeks.

Many of the newly published books are donated by Jay White, who regularly adds a variety of fiction, mystery and non-fiction to our collection. Other doners include Jane Henley, Jean Gilmore, Fran Bacon, Nancy Booth, Elaine Lowrey and John Arsenault.

**Come on up and check us out!**

### TOYS FOR TOTS!

Again this year the RWC Stitching Stars is partnering with SewTangle Quilt Shop in White Stone to make bags for Toys for Tots. All bags and toys go to LOCAL kids!

So this is where Residents and Staff come in!

Beginning mid October the bags will be available for "adoption". They can be filled with toys, coloring books, puzzles..or for little girls bow and hair items, NO FOOD!

Then on November 27th, the day before Thanksgiving, we will have a "Thanks for Giving" bag stuffing party. If you can't join us that day, we will make your 'adopted' bag available for you to stuff.

Bags are being made by our 'Kids on Campus' and Stitching Stars groups.

Please join us in this wonderful endeavor by the US Marines to make toys available to our local children that might go without something for Christmas!

Thank you from Kids on Campus and Stitching Stars!

## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### PERSPECTIVE — A PARTICULAR ATTITUDE OR WAY OF VIEWING SOMETHING.

October is my favorite time of the year. I grew up in Northern Michigan, and each late September through middle October, the hills become awash with color.

Yellow, orange and red leaved trees dot the landscape reminding me of the creativity of the heavenly painter. It was gorgeous to drive around on a color tour and see the beauty and color of creation. It felt good to be alive!

It was also a time of picking honey crisp and red delicious apples. Visiting the farmers market and roadside stands and getting fresh squeezed cider, homemade pies, fresh cinnamon rolls and caramel apples on a stick. A time where I would head out to Old Mission Peninsula Lighthouse and watch the waves crash against the rocks as the autumn wind blew its chilly breath across my face. There was a crisp freshness in the air that invigorated me. I loved being outside and enjoying creation during this time. I felt as though this was creation's second wind before the dormancy of the long cold winter. I miss those days in Michigan but am anticipating that same feeling and beauty here in Virginia. It feels good to be alive!

Life has its seasons as well. What does the fall season in your life look like? Is it invigorating and full of color for you, or has life become more of a black and white canvas, drab and no color? Is life exciting and full of anticipation, or is it just another day? Is there a pep in your step and a crispness in your life, or has life left you feeling cold and empty? Does it feel good to be alive?

Has your life lost the color and crispness of fall? Do you look forward to the next days and weeks with anticipation, or is it drearier and more dreadful? Do the sights and smells no longer make you come alive with a second wind for life? Does it even feel good to be alive?

You and I cannot change what life has brought to us. But we can change our perspective about life and its events. Take a step back and look at life from a different angle or with a different attitude. Take time to smell the fragrance and feel the breeze. Let

creation take you by the hand and lead you down its path of continually changing beauty. Learn to appreciate the feeling of being alive! Stop and smell the roses. Look at the beauty that surrounds you. Feel the chilly air on your face. Taste the bounty of fall harvest. Life can make us bitter, or it can make us better. We choose which it will be for us. For me, I choose better, for it is great to be alive!

### 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. If you are struggling with personal grief, come and join with others who are traveling the same path.

**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.

### NEED GUIDANCE WITH ADVANCED DIRECTIVES?

Thinking about end of life and getting your ducks in a row? Residents at our facility have the valuable opportunity to work with our social services team member Tara Simmons to create or update your advance directives. This process ensures that your healthcare preferences are clearly documented and respected. Tara will be happy to guide residents through the options and help you articulate your wishes, providing peace of mind that your decisions about medical care will be honored should you become unable to communicate them in the future. Please reach out to Tara at #4104 and create an appointment today!

### SERVICES FOR HEALING AT GRACE EPISCOPAL CHURCH\*

**Wednesday, October 23—11:30AM—Front Lobby Sign-up Required LIMIT: 14**

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### DOCUMENTARY: A FISH STORY

**Friday, October 25—1:30 PM—Auditorium**

Chesapeake Bay has always supported the inhabitants who lived along her shore. Long before settlers arrived, native tribes fished the Bay as part of their livelihood. In Colonial times, fishing villages sprang up where working the water was an everyday part of life.

Nearly every Northern Neck family has been touched by the Bay and it's fishing industry, in one form or another—from crabbers, pound netters, oysterman and menhaden fishermen. This is their story.

### KIDS ON CAMPUS!

So over the summer you may have seen some young ladies on campus. These young ladies are kids or grandkids of staff that want to be a part of our community.

Their summer project was to make placemats for HS/ALC. There placemats were presented on Tuesday, Sept. 17th. Also that day, these young ladies made bags for Toys for Tots! Tuesday just so happened to be an early release day from school, and they chose to spend it here, with us, learning skills and giving back not only to our RWC community, but to the local community. If you see these kids in the future, and we do have upcoming Kids on Campus events planned, say 'Hey' and 'thank you'

### FLU VACCINATION CLINIC FOR INDEPENDENT LIVING RESIDENTS

**Wednesday, October 2—9:00 AM to 3:00 PM**

**Chesapeake Game**

**Room Go to Clinic if you have NOT signed up.**

### 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.

### GROUNDS & LANDSCAPING NOTES

The heat of the summer is over and cooler weather is now refreshing ourselves and the RWC landscape. Leaves on our wonderful hardwood trees will soon exhibit fall colors that Virginia is noted for and fall/winter landscape plantings will now begin. Please take some time to enjoy this delight by taking a walk around our campus; our trails are well maintained and even our neighborhood shrubs, trees, and fall flowers are at their finest. We volunteers in the Grounds & Landscape Committee are ever vigilant to spotting problems that need correction, but you, the residents, are most impacted and your input is essential. We cover the entire campus from the apartments to the community gardens to the cottages, houses, trails, hanging baskets, and the Health Care courtyards. Remember, the landscape/maintenance staff will act upon your requests through your input to have a Work Order prepared, or if you have a general question about plant selections, our experienced committee members can help. Damon will be blowing fallen leaves to be hauled away. If, however, you have a quiet corner in your yard where some leaf litter can be accumulated, ask him to leave it undisturbed. We have found that many beneficial insects overwinter in the forest mast. This winter think about your landscape needs and get back to us; we'll be back next spring! The total for last month's rainfall is 1.42 inches.

### LANCASTER COUNTY PUBLIC SCHOOLS : BE THE MENTOR THAT MAKES A DIFFERENCE!

LCPS are recruiting volunteers to participate as mentors for the students. All you need is a sincere desire to help others and an interest in helping our youth. Help continue a long tradition of being the best school district loved by the community. Training will be provided by Mentor Virginia.

For more information about future meetings and what you can do to help, please contact:

Kelvin Evans—804-462-5100 or kevens@lcs.k12.va.us OR Patricia Means at pmeans@lcs.k12.va.us.

**BEGINNER TAI CHI COURSE**

**September 18th-Oct 30th  
(Wednesday and Friday's at 2:15PM)**

A six-week series of Beginning Tai Chi, designed to teach the 24 forms of Tai Chi for Arthritis and Fall Prevention developed by Dr. Paul Lam, founder of Tai Chi for Health begins. Supported and endorsed by the Arthritis Foundation of America, this class improves mental focus, balance, and alleviates arthritis. Tai Chi has also been shown to help prevent falls. If interested, speak to Fitness Specialist, Wyatt Portz!

**REFLEXOLOGY BY SHIRLEY JACKSON**

**Wednesday, October 2 from 2:00PM to 4:00 PM  
Fitness Classroom 3 Sign up Required**

Reflexology is the practice of using gentle pressure on specific trigger points on your feet or "zones" that are associated to different organs in our body. Shirley Jackson learned reflexology through the International Institute of Reflexology in 1975. Shirley will be providing her services at RWC on October 2<sup>nd</sup> from 2-4. Sessions are 20 minutes for \$25. Payments are to be made to Shirley at the time of service.

**PICTIONARY (U)\***

**Thursday, October - 2:30pm—Fitness Class Room**  
Pictionary is a charade inspired card game where you draw words instead of acting or describing, and your teammate must attempt to guess the word you are drawing! Come play and have fun as we celebrate intellectual wellness during Active Aging Week! Sign-up Required

**SEATED VOLLEYBALL**

**EVERY Tuesday - 2:30PM—Fitness Classroom**  
Seated volleyball will be played every Tuesday in the fitness classrooms at 2:30pm. Come play for friendly, but fierce competition! Laughs are GUARANTEED!  
**NO SEATED VOLLEYBALL ON OCTOBER 17**

**PING PONG**

**Thursday, October 24<sup>th</sup> 2:30pm—Fitness Classroom**

**WELLNESS TIP**

Did you know that more than half the American population over the age of 18 are affected by musculo-skeletal conditions? Bone and joint conditions are the most common cause of severe long-term pain and physical disability. Examples of musculoskeletal

conditions are arthritis, osteoporosis, and sarcopenia. As we age, it is critical to participate in weight bearing exercises such as: walking, dancing, racket sports, or climbing chairs. Weight bearing exercises will provide healthy forces on the bones that keep them healthy. Resistance training (strength) exercises will activate our muscles to grow and become stronger. Resistance exercises can be completed by using dumbbells, resistance bands, or even cans from your pantry.

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

**Wednesday, October 16 -9:00AM-12:00PM  
LIFE ENRICHMENT CENTER LOBBY**

**SUPPORT GROUPS:  
PARKINSON'S CAREGIVER SUPPORT GROUP**

**Monday, October 7—11:00AM—Auditorium**

**PARKINSON'S SUPPORT GROUP**

**Monday, October 7—1:15 PM—Auditorium**

**MEMORY SUPPORT GROUP**

**Monday, October 7—4:30 PM—Auditorium**

**MACULAR DEGENERATION SUPPORT GROUP: Webinar-First-ever treatment for dry age-related macular degeneration**

**Thursday, October 24—1:00 PM—Auditorium**  
Consultant ophthalmologist and retinal surgeon Ian Pearce, discusses the first-ever treatment for dry age-related macular degeneration (AMD).

**SCARECROW & PUMPKIN ACRYLIC PAINT CLASS\***

**Friday, October 4—1:00PM—Art Room 2  
Sign-up Required LIMIT: 8**

**PUMPKIN SHELF SITTERS\***

**Monday, October 14—11:00 AM—Art Room 2  
Sign-up Required LIMIT: 8**  
This craft is SO easy to make! You don't need that many materials and it looks adorable!

**MAKING GNOME WITCHES & WARLOCKS\***

**Monday, October 21—2:30PM—Art Room 2  
Sign-up Required LIMIT: 8**  
These felt & fur Halloween gnome witches are incredibly easy to make. This craft is completely no-sew, but it is all about hot glue.

# Classes, Crafts and Programs

**BARBERSHOP QUARTET PERFORMANCE (U)\***

**Tuesday, October 1—4:00 PM—Auditorium  
Sign-up Required**

Formerly known as Masquerade.

**GREAT COURSES: UNDERSTANDING JAPAN, A CULTURAL HISTORY**

**Every Thursday through December 12**

**1:00 PM—Chesapeake Game Room**

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.

**FIRST FRIDAY FORUM: LUCIA SCHOELWER (U)\***

**Friday, October 4—8:30 AM—Lancaster Room  
Sign up Required LIMIT: 50**

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

Lucia and her husband are former CIA agents. They will come and tell some interesting stories from their time in the agency.

**KEN SPARKS IN CONCERT (U)\***

**Tuesday, October 15-4:00PM Auditorium  
Composer, Lyricist, Musician, Performer entertaining audiences for over 5 decades.**

There are few things in this world that can evoke more emotion than music. Ken's newest single pays tribute to the Virginia's Oyster Trail in his whimsical musical tribute to the mighty bivalve that resides along Virginia's oyster regions.

**AUTUMN COMMUNITY DRUM CIRCLE (U)\***

**Thursday, October 17—2:00PM -Auditorium**  
We would love to have residents, families, & staff join in this guided drumming event. It's a great place for beginner and seasoned drummers to come together.

**TRUNK SHOW: VIRGINIA SHOE CLINIC & WHEN ORDINARY WON'T DO**

**Thursday, October 17-4:00-5:30PM-Atrium**

When you step into When Ordinary Won't Do (WOWD), get ready for an extraordinary experience. Diana Jamison, the fashionista and owner, has curated the best fashion for women of a certain age. Her carefully selected items cater to those who demand comfort, style, and a bit of uniqueness in their wardrobe. Diana seeks out fashions created by women and family-owned businesses, companies concerned about their ecological footprint, fair trade business practices, and those who give back to the global community. The boutique is located in Kilmarnock. Diana will bring some of her fun fashions to RWC's WOWD Joins Va Shoe Clinic Trunk Show.

**MEMORY LANE CLASSIC CAR SHOW**

**Saturday, October 19—10:00AM —2:00PM**

**Front Parking Lot**

The Memory Lane Car Club was formed for the purpose of owners of antique, classic, and exotic vehicles to get together, cruise, sharing ideas, exhibiting, and driving our machines. "It's all about ENJOYMENT!" So please come out and enjoy.

**SVETLANA IN CONCERT (U)\***

**Thursday, October 24-4:00PM—Auditorium  
Sign-up Required**

Stunningly talented, Svetlana Smolina is a highly sought-after world-renowned classical pianist who has performed, recorded and collaborated with many famous musicians in numerous major world music centers.

**MINI HORSE & CARRIAGE VISIT**

**Thursday, October 10-1:00PM-Front Parking Lot**

Come and visit the miniature horses and take a carriage ride around campus.

**HALLOWEEN COSTUME BINGO-PIZZA PARTY (U)\***

**Wednesday, October 30—4:30 PM—Auditorium**  
Bingo cards are \$3.00. We cannot charge to account. Must have cash. Pizza order forms are by the sign-up book in Life Enrichment Center. Please have pizza order completed by Friday, October 25. We encourage everyone to wear a Halloween costume for a chance to win a special prize!!!