



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 39, Issue 11

NOVEMBER 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 OCTOBER 26 AT THE LIFE ENRICHMENT CENTER LOBBY.

WELCOME NEW NEIGHBOR

Mr. Joseph "Joe" Sarnowski moved into apartment 305. He resided for 36 years in White Stone before moving to RWC.

Joe was born and raised in New York City. He attended Chaminade High School in Mineola, NY and attended college at Villanova University, University of Michigan, Wharton School, and University of Pennsylvania. He spent most of his life in NYC with a career in business, finance, and engineering. Mr. Sarnowski really enjoys traveling and he just came back from a four-month cruise to Hawaii, Australia, and various other Pacific Islands. He enjoys cruising and plans to continue doing so. He looks forward to the many lectures, exercise classes and pool classes that RWC offers. He collects model boats and boating art. Joe has 2 children, a daughter Karen, and a son Michael.

RWC RESIDENTS' ASSOCIATION NOMINATIONS/BYLAWS COMMITTEE PROPOSED NOMINEES FOR 2025

In accordance with Article IV as written in the By-laws of the RWC Residents' Association, before November 1 the Nominations/Bylaws Committee shall present to the Secretary the names of one (1) or more members nominated for each elected office. This proposed slate of candidates shall be published in the Resident Newsletter in November.

Nominees are:

PRESIDENT	Susan Moore
VICE PRESIDENT	Brain Bennett
TREASURER	Ed Hind
SECRETARY	Margie Beane

DIRECTORS AT LARGE:

Maxine Luxton, Bob Woods, Jan Glover, Bob Holley

QUALITY OF LIFE COMMITTEE:

Mary Kay Rotert, Patti Bozarth

FINANCE COMMITTEE:

Bob Calves, Mary Stewart, Lee McCandless, Bob Isenhour, Al Smy

NOMINATIONS/BYLAWS COMMITTEE:

Susan Hice, Ethel Frye, Lee McCandless

Article IV of the Bylaws states that any member of the Association may make a nomination from the floor provided notice given to the Chair of the Nominations/Bylaws Committee in writing a minimum of 1 week prior to the Annual Meeting.

NOTE: Happenings with Stuart will not happen at this November 6-10:00am meeting. Refreshments will be served after the meeting and an opportunity to mingle with nominees. All are welcome!

ANNUAL THANKSGIVING SERVICE

Tuesday, November 19—11:00 am—Auditorium

Thanksgiving Day is the perfect day to practice gratitude! While we often associate Thanksgiving Day with turkey, pie, and football, at its core, Thanksgiving traces its roots to gratitude.

As Christians, we celebrate this holiday as a time to exemplify that gratitude, to pray and give thanks to God for a bountiful harvest. We have many reasons to be thankful, and there's no better way to demonstrate our appreciation than to express our thanksgiving first and foremost to God, from whom all our blessings come.

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

Contact us: 804-438-4000

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>The (U) indicates that you can sign up through Uniguest using your computer or the mobile app. * An activity that requires you to sign up.</p>			<h1>NOVEMBER 2024</h1>		<p>LIFE ENRICHMENT CENTER CLOSED 8:30-LAN-First Friday Forum: Alice Cooper, Library Director (U)* 2:15-FCR--Cornhole</p>	
<p>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</p>	<p>Daylight Savings Time Ends 3:15-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist</p>	<p>10:00-FRL-Shopping at Walmart & Dollar Tree (U)* 9:30-AUD-Parkinson's Education Panel Presentation* 1:00-CGR-Catch Phrase 4:30-AUD-Caregiver's Memory Support Group</p>	<p>Election Day/Kids on Campus 9:00-FRL-Busto Polls* 10:00-FRL-Bus to Polls* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 11:00-CPL-Christ Church Resident Members 2:00-MSP-Mixed Ensemble Singing Group 2:30-FCR-Seated Volleyball</p>	<p>10:00-AUD-Resident Board 11:00-1:00-ATR-Stylish Eyes Repair Clinic 11:00-1:00-ATR-Ross's Rings n Things Watch Battery Clinic* 4:00-AUD-Cocktails & Keyes*</p>	<p>10:00-AUD-RWC Happenings with Stuart 11:00-AUD-Malawi in 2024 with Katherine Cassidy 1:00-CGR-Great Courses: Japan 3:00-RAP-Praying the Rosary 3:00-AUD-Donor Appreciation Social hosted by the Boys & Girls Club*</p>	<p>10:00-FRL-Matthews Museum: Threads of History* 2:15-AUD-Movie Matinee: A Night to Remember 2:15-FCR-Cornhole</p>
3	4	5	6	7	8	9
<p>2:30-FRL-- Lancaster Players: On the Farce Day of Christmas* 3:15-MSP-RWC Community Worship Service</p>	<p>Veterans Day NO SHOPPING THIS WEEK 9:00-FRL-Veteran's Day Program at LES* 12:00-AUD-Veterans Day Luncheon* 1:00-CGR-Catch Phrase 2:15-AUD-Movie Matinee: South Pacific</p>	<p>9:00-FRL-Trader Joe's* 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 2:30-FCR-Seated Volleyball</p>	<p>10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 2:15-AUD-Movie Matinee: Mr. Holmes</p>	<p>10:00-FRL-Christmas Shopping & Lunch* 10:00-LAN-Food Committee Meeting 1:00-CGR-Great Courses: Japan 3:00-RAP-Praying the Rosary</p>	<p>10:00-ATR-Paparazzi Jewelry Sale 11:00-AR2-Christmas Decorating Committee Meeting 11:30-1-FPL-Small Town Burger Truck 1:00-AR2-Cork Trees* 2:15-FCR--Cornhole</p>	
10	11	12	13	14	15	16
<p>2:30-FRL-Westmoreland Players: Now and Then* 3:15-MSP-RWC Community Worship Service</p>	<p>10:00-FRL-Shopping (U)* 11:00AR2-Snowman Door Hanger* 1:00-CGR-Catch Phrase</p>	<p>10:00-AR1-Chat & Craft 11:00-AUD-Annual Thanksgiving Service 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 2:30-FCR-Seated Volleyball</p>	<p>HEALTHY-FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS 9:00AM-12:00PM @ LEC LOBBY 1:00-AR1-Stitching Stars Quilt Group 2:00-AR1-Ribbon Trees* 2:15-AUD-Movie Matinee: Of Mice and Men • Deadline for Gazebo Gazette Articles by NOON</p>	<p>9:00-FRL-Thrifty Thursday & Lunch* 9:30-12:30-AUD-Yours Truly Directory Photo Shoot 1:00-CGR-Great Courses: Japan 2:30-FCR-Ping Pong 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship</p>	<p>2:15-FCR--Cornhole 2:15-AUD-Movie Matinee: The Music Man</p>	
17	18	19	20	21	22	23
<p>3:15-MSP-RWC Community Worship Service</p>	<p>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: Show Boat 4:00-FRL-1710 Tavern Dinner*</p>	<p>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 2:30-FCR-Seated Volleyball</p>	<p>12:30 The Wagster's Magic Theatre Christmas Spectacular in Williamsburg* (please sign up by November 8th)</p>	<p>THANKSGIVING Thanksgiving Day Brunch 11:00AM-2:00PM GRILLE CLOSED FOR DINNER BOXED MEALS AVAILABLE</p>	<p>2:15-FCR--Cornhole</p>	
24	25	26	27	28	29	30

A NOTE FROM STUART:

This month we approach the season of the year during which we give thanks. One day cannot possibly hold the gratitude for a year of blessings. This year, I am thankful for the new, the past, and the future. We have accomplished much throughout the RWC community including a new well, a new generator, a new interior look, new residents joining our neighborhood, new technology, and new ways of doing things. Our past includes many blessings such as the mission upon which we are based; fond memories of residents, friends and staff who are no longer with us; lessons learned; and regrets left behind. Looking ahead, our future is securely founded on hope. As I write this 60 Minutes is interviewing those dealing with the storm ravages in western North Carolina. A family matriarch when asked if she and her family would stay or leave the area could easily have said “we are leaving because everything was destroyed.” But she did not. Resolutely she said, “We are staying – this is our home – We Have Hope.” We know there will be opportunities, challenges, changes, continuity, disappointments, surprises, and blessings all shaped and underwritten by Hope. Our thankfulness for the future is anchored in Hope for what the future holds, knowing we will journey together as a strong, supportive community.

Let us join in Thanksgiving for the new, the past and the future embraced in Hope.

Happy Thanksgiving from the RWC Staff!



RWC HAPPENINGS WITH STUART

Thursday, November 7-10:00AM-Auditorium

CHRISTMAS DECORATING COMMITTEE MEETING

Friday, November 15-11:00AM-Art Room2

We are looking for volunteers to help decorated for Christmas. It takes many helping hands to make the season come alive at RWC. All are welcome!

BUS TO THE POLLS*

Sign up Required LIMIT-13
 Tuesday, November 5—9:00 AM—
 Front Lobby
 Tuesday, November 5—10:00AM—Front lobby



EMPLOYEE CHRISTMAS FUND

We’re halfway there—deadline is December 1st. If you have contributed already, thank you for your generosity. We have a slower start than in previous years so let’s pick up the pace. We never know who contributes or how much each resident contributes unless they share that information with us. Residents (especially new ones) call and ask how much they should give. We are happy to share guidelines if asked or refer them to the colorful new ECF Guide that was published and distributed in October. Some residents have inquired and added a second check after reconsidering.

Please be generous as this is the one time of the year you can show your appreciation to our wonderful employees, many of whom we do not have interaction with on a daily basis but are behind the scenes keeping our community running. Let’s make this a great gift for our staff and their families given these hard times we are all having to contend with. Let’s get those checks in soon and demonstrate to the staff how much we appreciate them.

Make checks payable to the RWC Employee Christmas Fund. The mailbox is on the counter at the Front Desk with envelopes for your contribution. Let’s get it filled up. Our sincere thanks, the Employee Christmas Fund Committee

HELP MAKE THE HOLIDAYS BRIGHTER WITH THE ANGEL TREE DRIVE

The holiday season is fast approaching, bringing a perfect opportunity to reflect on what truly matters—community, compassion, and generosity. This year, the RWC Foundation is once again hosting the *Angel Tree Drive* to support residents who, through no fault of their own, are facing challenges in maintaining their residency.

From December 2nd to 5th, 9th and 10th, we invite you to purchase an angel in honor or memory of someone special to you. Angels will be available for purchase near the Dining Room Breezeway during **lunch (11 a.m. – 1 p.m.)** and **dinner hours (5 p.m. – 7 p.m.)**.

This is more than just a donation—it’s a way to uplift the lives of our fellow residents this Christmas. Every contribution, no matter the amount, makes a meaningful difference. Together, let’s spread joy and hope this season. Thank you for your kindness and generosity!

MATTHEW MUSEUM & LUNCH*

Friday, November 8th-10:00AM-Front Lobby
 LIMIT=13 Sign up Required

“Threads of Our History: Quilts of Mathews Virginia.” The Museum is both proud and excited to be able to display this exceptional piece of Mathews history. Nearly 30 quilts all from the Diggs family dating as far back to the Civil War era, are on display at this special quilting exhibit.

LANCASTER PLAYERS: ON THE FARCE DAY OF CHRISTMAS*

Sunday, November 10-2:30PM-Front Lobby
 Cost = \$30 LIMIT=12 Sign up Required

On the Farce Day of Christmas is a holiday-themed comedy, with family secrets and unconventional relationships adding twists and surprises. To keep her religious mother from knowing she’s divorced, Wendy pays her ex to pose as her husband and go home for the holidays. “Havoc ensues.”

CHRISTMAS SHOPPING & LUNCH*

Thursday, November 14-10:00AM-Front Lobby
 Sign up Required Cost= Shopping & Lunch LMIT: 13
 Urbanna Trading Company, Nauti Nells, & River Birch Lunch at Something Different

WESTMORELAND PLAYERS: NOW & THEN*

Sunday, November 17-2:00PM-Front Lobby
 Sign up Required Cost = \$30 LIMIT: 7

It’s 1981 and a young bartender (Jamie) is closing up one night, when there is a flash of red light outside. Thinking it’s an ambulance going by, he ignores it. Moments later, an older man (Jimmy) comes in for a quick one. They talk for a bit and get on to the subject of Jamie’s aspiring career as a pianist — he’s about to take time off from everything to just study and gig. Jimmy tells him to go for it, that he’ll regret it for the rest of his life if he doesn’t. At that, a young woman (Abby, Jamie’s girlfriend) enters the bar. They talk about life, careers, destiny, and finally, Jimmy tells them an unbelievable story about himself...that they don’t believe. This is a story about love, following your dreams (or not) and the costs of the decisions we make.

THRIFTY MYSTERY THURSDAY & LUNCH*

Thursday, November 21-9:00AM-Front Lobby
 Sign up Required LIMIT: 13

DINNER AT THE 1710 TAVERN *

Monday, November 25-4:00PM-Front Lobby
 Cost = Dinner LIMIT = 13 Sign up Required
 Treat yourself to a taste of history at 1710 Tavern. Enjoy fine dining in a rustic tavern setting that has been preserved since 1710. Savor a one-of-a-kind dining experience with us.

WAGSTER’S MAGIC THEATRE CHRISTMAS EXTRAVAGANZA*

Wednesday, November 27-12:30PM-Front Lobby
 Cost = \$32 Sign up Required

Please sign up ASAP for tickets -by November 8th
 Come and celebrate the most magical time of year at Williamsburg's only magic venue! Witness amazing illusions, hilarious comedy, dazzling costumes, and so

Thanksgiving Menu

Thursday, November 28
 11:00AM—2:00PM

Lakeview Grille-Lancaster Room

- Roasted Butternut Squash Soup with Crabmeat Garnish
- Super Spinach Salad
- Fresh Baby Spinach, Quinoa, Garbanzo Beans, Edamame, Roasted Pumpkins Seeds
- Roasted Tom Turkey w / Giblet Gravy w / Traditional Dressing & Cranberry Sauce
- Honey Glaze Ham
- Rockfish w / Lemon Butter
- Green Bean Casserole w / French Onion Topping
- Candied Yam
- Glazed Baby Carrots
- Dinner Roll**
- Bourbon Pecan Pie w / Whipped Topping

This will be served with wine. There will be no Waited Service, going through the line. Also we will be closed for dinner so the box dinner will be:

- Roasted Beef Sandwich on Potato Bun with Horseradish Mayo
- Fruit Cup
- Chips

DOCUMENTARIES, MOVIES AND CONCERTS

NOVEMBER MOVIE MATINEES

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

MOVIE MATINEE: A NIGHT TO REMEMBER

Friday, November 8

On April 14, 1912, the unsinkable Titanic struck an iceberg. In less than three hours, it had plunged to the bottom of the sea, taking with it more than 1,500 of its 2,200 passengers. In his unforgettable rendering of Walter Lord's book of the same name, the acclaimed British director Roy Ward Baker depicts with sensitivity, awe, and a fine sense of tragedy the ship's last hours. 2 h 3 min

MOVIE MATINEE: MR. HOLMES

Wednesday, November 13

In 1947 in a Sussex village, a retired Sherlock Holmes lives languidly with his housekeeper and her young son. While battling the beginnings of dementia, Holmes is haunted by a 30-year old case and the memory of a mysterious woman. 1 h 44 min

MOVIE MATINEE: OF MICE AND MEN

Wednesday, November 20

John Malkovich, Gary Sinise and Sherilyn Fenn shine in this contemporary remake of the beloved classic about a nomadic farm worker who looks after his dim-witted, gentle-giant friend. 1 h 50 min

MOVIE MATINEE: THE MUSIC MAN

Friday, November 22

It's the Music Man, the screen version of one of Broadway's all-time blockbusters, a skyburst of Americana as irresistible as 4th of July fireworks. 2 h 31 min

MOVIE MATINEE: SHOW BOAT

Monday, November 25

It's an Oscar-nominated musical look at the lives and loves of a show boat theater troupe aboard an old-fashioned Mississippi riverboat. 1 h 47 min

COCKTAILS & KEYES*

Wednesday, November 6-4:00PM-Auditorium
Sign up Required

Fingerstyle guitarist Robert Keyes approaches the guitar in the same manner an arranger would approach writing for a small combo.

Combining harmonic, melodic, rhythmic and tonal elements, he crafts unique variations of familiar tunes. There's a lot of stuff going on at once!

MALAWI IN 2024

BY KATHERINE CASSIDY*

THURSDAY, November 7-11:00AM-Auditorium

GREAT COURSES: UNDERSTANDING JAPAN, A CULTURAL HISTORY CONTINUES...

Every Thursday through December 12
1:00 PM—Chesapeake Game Room

IMPORTANT ANNOUNCEMENT THE LIFE ENRICHMENT CENTER WILL BE CLOSED FRIDAY, NOVEMBER 1

**THERE WILL BE NO FITNESS CLASSES,
POOL IS CLOSED AND FITNESS CENTER IS
CLOSED. THE RESIDENT LIFE OFFICE WILL
BE CLOSED.**

GROCERY SHOPPING: WALMART & DOLLAR TREE*

Monday, November 4-10:00AM-Front Lobby

WEEKLY SHOPPING IN KILMARNOCK*

NO SHOPPING THE WEEK OF NOVEMBER 11

Monday, November 18 & 25-10:00AM-Front Lobby

TRADER JOE'S 2X A MONTH!!*

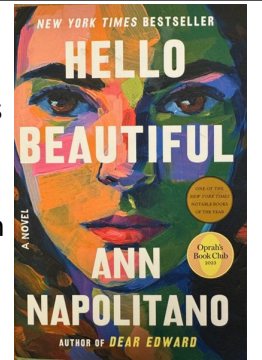
Tuesday, November 12—9:00 AM—Front Lobby
(Newport News)

Tuesday, November 26—9:00 AM—Front Lobby
(Williamsburg)

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

RWC BOOK GROUP

The book group selection for November is "Hello Beautiful" by Ann Napolitano. This is a family story inspired by Louisa May Alcott's "Little Women." Four sisters compare themselves with the March sisters who don't seem to need others until they do. A family story and the complexities of relationships. All are welcome to join the discussion on Monday, November 25th at 10:30AM in the Rappahannock Room. Two copies of the selected book are available on the Book Group shelf in the back of the library. Sign out a copy on the sign out sheet, read and return to share with others. If you have questions, call Maxine Luxton at 4200.



LOOKING FOR A NEW AUTHOR?

One of our regular readers recently tried a new author (to him), Mary Higgins Clark. He liked her writing and felt like a child on Christmas morning when he learned our library has 20 of her books in LARGE PRINT.

If you would like to look for a new (to you) author, take a look at our Catalogs on UniGuest or in the blue binders on the book return cart in the library. There are catalogs each for regular print and LARGE PRINT books, both sorted by author.

WHAT'S NEW IN THE LIBRARY?

Thanks to Tom Teeple for donating three books and to Jay White, Cynthia Johnson, and John Arsenault for their donations last month. See "New to the Library" on UniGuest to see the last 40 books added.

Come on up and check us out!

LOOK FOR THE THANKSGIVING GRATITUDE BOARD IN THE ATRIUM

Post what you are grateful for. Let your sincere words of thanks fill your wall. Verses about God's blessings would also look great surrounding the gratitude. Imagine the impact as residents, staff and guests walk by daily reminders of all God has done. What a testimony! The visible evidence of His faithfulness in so many lives will spark praise. Its impact can be profound. Seeing others' gratitude displayed will inspire you to keep your eyes open to God's gifts.

Bottom Line: Give thanks publicly on a Gratitude Board. Let it remind your people daily of the Lord's blessings.

THE PERFECT CHRISTMAS GIFT! TABLE MANNERS FOR THE HOLIDAYS

AGES 11 – 15 (Perfect for grandchildren or great-grandchildren)

Ginger Philbrick, owner of *Because You Are Polite, LLC...*, columnist on manners, and etiquette instructor for over 30 years, will be guiding young ladies and gentlemen through the etiquette of a delicious and entertaining four course meal experience.

Sunday, November 24th-1:00 to 3:00

The meal will take place at the Woman's Club of White Stone in a comfortable setting in which the young diner will polish the social skills of making good first impressions, engaging in pleasant conversation and knowing what to do with elbows, utensils and napkins, etc. at the meal table.

\$50 per child, includes Ms. Philbrick's book for teens.

Reservations and information:

email youarepolite1@gmail.com Or call 804-435-3046

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

Great Expectations

One of my favorite books in Literature class in High School was Great Expectations by Charles Dickens. This is the story of Miss Havisham, her adopted daughter Estella, and a poor boy named Pip. Miss Havisham was stilted at her wedding, and still wears her wedding dress. The wedding cake sits on the dining room table and has cobwebs on it and mice are running in and out of the cake; the clock is stopped at the time at which she had been stood up, and she is now taking out her revenge on Pip, through Estella, her adopted daughter. Pip is a poor boy who has been selected to come and play with Estella during the day. Estella is cold, cynical and manipulative. Pip is in love with Estella, but she is unable to love as she has been poisoned by her mother's hatred for and revenge against men. And so, throughout the book, Pip has great expectations for him and Estella, which never come to fruition. Life is about choices. Those we make and those made for us. We cannot change what happens, but we can change how we respond to those circumstances. For Miss Havisham it was all about living her revenge through her adopted daughter Estella. She lives as a wealthy recluse in her dilapidated mansion, suffering from psychological damage exacted by her lover who abandoned her. Her hatred and revenge fuels her purpose in life and in the end, she dies from burns suffered when her dress catches on fire. Estella eventually resents being a pawn in her mother's game and turns against her mom. She marries an abusive man, and she lives a life full of disappointment and regret. Pip, who cannot overcome his love for Estella, becomes a gentleman who turns his back on his "commoner" blacksmith brother-in-law who loved him throughout his life. Eventually Pip comes full circle back to the gentle caring boy he once was.

I wonder if you have had any Great Expectations that have never come to be? Maybe they have to do with what you did in life for a career. Or maybe with where you lived or how you lived. Maybe those expectations had to do with talents that you dreamed of having but never possessed. It is true that sometimes our expectations are beyond our ability to be or do them. We wish we could do this or be that, and even impose expectations on others, but our expectations exceeded our grasp or other people's

abilities. And as a result, we live life with these great expectations that are ever elusive. Maybe we find ourselves still living life with great expectations that will only ever be dreams.

I have lived my life following what God has had for me. At times, my plans and God's did not coincide, and I have had to adapt to be in line with God's plans for me. But what I have discovered in life, is that God has Great Expectations for me, and my purpose and fulfillment in life comes from following after God's plans for me instead of my own. And do you know what? I am not at all disappointed in what God has done in and through my life. I have found that my greatest expectations, when submitted to God have led me to where I feel fulfilled and satisfied. That God's plans for me far surpassed any dreams I had for myself, and I can say that I am truly living a life of joy, peace and contentment.

My time at RW-C has far surpassed any expectations that I held for my career as a chaplain. I have not had a bad day at RW-C since I arrived 9 months ago. I love God, I love my work, I love the staff and residents, I love life! And it is all due not to my expectations and plans, but all because of God's. God says it best in Jeremiah 29:11, "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

What about you? Do you have any expectations of life? Do they include or exclude God? Your answer to the last question may well determine if those expectations become "great" or not.

ONGOING OPPORTUNITIES

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

Sunday Church Services 2p Westbury Clubroom for Assisted Living & 3p in the Main Street Pub for Independent Residents.

Grief Support 2nd Wednesdays of the month at 11a 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.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

TOYS FOR TOTS

Again, this year, RWC Stitching Stars is participating with Sew Tangle Quilt Shoppe in White Stone to make bags for Toys for Tots. All bags will go to LOCAL kids. Bags are being made by Stitching Stars, Kids on Campus and some LEC Staff!

So, this is where Residents and Staff come in! The bags are on display in one of the cabinets in LEC. They are available NOW for "adoption". Choose a bag and sign up on the 'adoption list' next to the cabinet.

The bags can be filled with all kinds of toys, books, puzzles. They must all be in original package, UNWRAPPED and NO FOOD!

Then on November 20th at 1PM in AR1, join us for a "Thanks for Giving" bag stuffing party. If for some reason you can't make the party, ask one of the LEC staff to help you fill your bag and return it to the cabinet.

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

WALK TO END ALZHEIMER'S

RWC's Yes2Years team would like to thank all those that walked, and made donations to our team. Our walk was on October 4th, with about 25 walkers and golf cart riders. It was a beautiful day for a wonderful cause. Then on Tuesday, October 15, the Kids on Campus held a fundraiser for the team, offering cookies and cider. Thanks to everyone who participated. The young ladies raised over \$200 in just 2 hours. Our team fundraising is over for the year and we raised a total of \$1110. Again, Thank you!

ACTIVITIES COMMITTEE

We had a great year! And it's not over – a tease for December –

We are bringing back the resident Christmas door decorating contest!

And the **Army Navy Game** from FedEx Field. December 14, 3:00 on the big screen in the Auditorium.

More details to follow on both activities in the December Gazette!

WOW!- LOOK WHAT YOU DID!

A huge thank you from the Endowed Healthcare

Scholarship Fund to everyone who donated, prepared, purchased, helped and cheered from the sidelines. You have helped ensure scholarship monies for those seeking education advancement. There is no greater gift you can give all of us who need your care now and in the future. Autumn In The Atrium sale raised \$5000.00 plus!

GROUNDS & LANDSCAPING NOTES

October has come and gone and so too are the pumpkins and goblins. A new season is beginning which reminds us all of what life was like when we were young. Remember the smell of burning leaves? Eating caramel apples? Getting our sleds out of the attic and waxing down the runner blades? Splitting and stacking firewood for the fireplace? Well, these memories are priceless but will always remain memories. We can't burn fall leaves by local ordinance, caramel will pull out our teeth, no appreciable snow for sledding and fireplaces are now gas fueled. We will now get out our coats and stocking caps and get ready for the heart of the football season. It is a great time to hike on our many trails watch the leaves turn from green to yellow to red before falling. Soon Damon's crew will be gathering these leaves and depositing them in the woods. Mowing will taper down, fall/winter pansies will be settled into our many gardens, decorations for Thanksgiving will be displayed. Bird feeders can now be cleaned up and filled with seed. To avoid attracting grackles, sparrows and other unwanted birds, the best feeds do not contain millet. Gold finches are attracted to thistle seed feeders and high quality sunflower oil seeds attract cardinals, titmice, and chickadees. Suspended suet cakes attract woodpeckers, sapsuckers and other desirables. To keep squirrels away, use safflower seeds in lieu of sunflower. It costs a little more but squirrels won't raid your feeder. A reminder: Ice will be forming soon and salt or other deicers will be put on vulnerable sidewalks. Try to avoid walking your dog on these spots and if they do happen to get salt on their paws, just wash them off with fresh water and dry. Also, if you have any maintenance concerns call Kim so that she can prepare a work order to correct landscape issues. Also, if you have any ideas or suggestions to improve our campus, please contact your Grounds & Landscape committee member. We hope you have a happy Thanksgiving and enjoy November! Rainfall this month is 3.95 inches.

WELLNESS & SUPPORT

GROUP EXERCISE SCHEDULE CHANGE!

Cardio Drumming—Tuesday at 9:15-9:45am
Dance Aerobics—Thursday at 9:15-9:45am

LIFE ENRICHMENT CENTER SHUT DOWN DAY

On Friday, November 1st, the Life Enrichment Center will be closed for cleaning, maintenance, and preparations for the holiday and New Year seasons. There will be no group exercise classes, and the fitness center and swimming will be closed during this time. Thank you for understanding and we look forward to finishing the year strong!

SLEEP YOGA CANCELLED ON THURSDAY, NOVEMBER 7TH.

HEALTHY FOOD BAR & BLOOD PRESSURE CHECKS

Join us on November 20th from 9:00am-12:00pm in the Life Enrichment Center lobby for a healthy snack while having fitness staff measure your blood pressure.

PING PONG

Join us on November 21st at 2:30pm for a game of ping pong! Ping pong can improve balance, hand eye coordination, and body proprioception (body awareness.) Our fitness staff will be right alongside you to help develop adaptations to enjoy the game for your own needs.

THANKSGIVING IN THE LEC

There will be no group exercise classes on November 28th. We hope you enjoy spending time with family and friends!

WELLNESS TIP: HABITS DURING THE HOLIDAY SEASON

The holiday season brings fun, excitement, and joy into our lives by spending time with family and friends. During this time, our schedules shift from travelling and hosting, but not leaving much time for ourselves. Remember, during our most stressful seasons, it's important to find time to still provide care

for yourself all while able to be around those who you love. Whether you come to a fitness class, swim laps in the pool, a quick at-home routine, or simply meditate and pray over your day, it's important to put yourself first. Lastly, give yourself grace. It's okay to miss classes, skip the gym, and have your attention shifted during this holiday season. Our fitness staff is looking forward to conquering the finish line and turning the page in the new year with you.

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!

PARKINSON'S EDUCATION DAY: LIVING WELL WITH PD*

Monday, November 4—9:30AM-12:00PM—Auditorium Cost = FREE
Sign up required online at www.apdaparkinson.org/va or call (757)408-8921

9:30-10:15 check in and visit with vendors
10:15 Medication Management in PD, Dr. Stephanie Bisonette, DO, MPH, VCU Neurology
11:15 The Role of Diet in PD, Jennifer Miller, RD from Bon Secours-RGH
12:10 Q & A

MEMORY SUPPORT GROUP

Monday, November 4—4:30 PM—Auditorium

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.

REPAIR CLINICS: STYLISH EYES & ROSS'S RINGS N THINGS

Wednesday, November 6-11:00AM-1:00PM-Atrium

THE MACULAR DEGENERATION GROUP WILL NOT MEET IN NOVEMBER OR DECEMBER!!

Classes, Crafts and Programs

FIRST FRIDAY FORUM: ALICE COOPER, LIBRARY DIRECTOR FROM LANCASTER COMMUNITY LIBRARY(U)*

Friday, November 1—8:30 AM—Lancaster Room
Sign up Required LIMIT: 50
Special Dietary Needs, please call Ext. 4017
24 hours in advance.

DONOR APPRECIATION SOCIAL HOSTED BY THE BOYS & GIRLS CLUB

Thursday, November 7-3:00PM-Auditorium
Boys & Girls Club is grateful for RWC and all their donors. Please join them for afternoon tea & treats.
RSVP to JMASON@BGCNN.ORG or 804-435-9696 x106

PAPARAZZI JEWELRY SALE

Friday, November 15-10:00AM-3:00PM-Atrium

SMALL TOWN BURGER FOOD TRUCK IS COMING TO RWC!

**Friday, November 15-11:30AM-1:00PM-
Front Parking Lot**
Enjoy your small town burger in the comfort of RWC!

CORK TREES*

Friday, November 15-1:00PM-Art Room 2
LIMIT: 6 Sign up Required

SNOWMAN DOOR HANGER*

Monday, November 18-11:00AM-Art Room 2
LIMIT: 8 Sign up Required

RIBBON TREES*

Wednesday, November 20-2:00PM-Art Room 1
LIMIT 8 Sign up Required

NEED TO UPDATE YOUR DIRECTORY PHOTO? YOURS TRULY WILL BE HERE!

**Thursday, November 21-9:30AM-12:30PM-
Auditorium NO APPOINTMENT NECESSARY!**
Would you like to update your photo for the RWC directory or have a photo taken for a holiday card? No Sign up needed just come to the auditorium.



VETERAN'S DAY EVENTS:

RWC IS PROUD TO DISPLAY OUR WALL OF HONOR

Enjoy viewing a display of RWC's veterans on the Gallery Hall throughout the month of November.

VETERAN'S DAY PROGRAM AT LES Monday, November 11-9:00AM- Front Lobby* FREE

The program will consist of patriotic selections from the LES Choir and 7th Grade Band, speeches from local veterans, presentation of colors by our AF-JROTC and patriotic poems. Our veterans will be escorted in by members of the LES Choir and will have priority seating. The start time is at 9:30 AM and will last approximately an hour.

VETERAN'S DAY LUNCHEON AT RWC Monday, November 11-12Noon-Auditorium*

With special performance by the RWC mixed ensemble choir. **This event is for veteran's and their spouses only.**

MOVIE MATINEE: SOUTH PACIFIC Monday, November 11-2:15-Auditorium

On a South Pacific island during World War II, love blooms between a young nurse and a secretive Frenchman who's being courted for a dangerous military mission. 2 h 37 min