



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

Volume 39, Issue 12

DECEMBER 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 **NOVEMBER 22** AT THE LIFE ENRICHMENT CENTER LOBBY.

**RESIDENT ASSOCIATION ANNUAL MEETING & ELECTIONS**  
Thursday, December 4-10:00 AM—Auditorium  
All residents are encouraged to attend this important meeting.

**RWC'S ANNUAL SPIRIT DAY PROGRAM**  
Friday, December 6—2:00 PM—Auditorium  
You don't want to miss RWC's Annual Spirit Day Program. All residents and staff come together to celebrate the holiday season. Residents will present their gift to the staff and staff will entertain the residents. Come one! Come all!

**LIBERTY DOLLS CHRISTMAS CONCERT (U)\***  
Friday, December 20-2:00PM-Auditorium  
The "Holiday" Dolls bring you Holiday classics such as: Mr. Santa, Rockin' Around the Christmas Tree, Winter Wonderland, Run, Run, Rudolph and many more.

BLIND NOTES MUSIC PRESENTS  
**CHRISTMAS**  
CONCERT & SONGS OF THE SEASON  
WITH VOCAL ARTIST  
*Mary Mikels*  
♣♣♣ ♣♣♣  
JOIN US FOR  
A DELIGHTFUL TIME  
**MONDAY**  
**DECEMBER 9, 2024**  
**3:00 PM CONCERT**  
WWW.BLINDNOTESMUSIC.COM



**ARMY/NAVY GAME (U)\***  
Saturday, December 14—3:00 pm—Auditorium  
Bring your own beverages! Activities Committee is providing a Cheese and Fruit Platter, if you want anything else you must bring it. Hope to see you there!  
Sign up in the LEC



*The deadline to submit articles for Is the 20th of every month by noon.  
Contact us: 804-438-4000*

Like us on  
**FACEBOOK**



Follow us on  
**TWITTER**



Follow us on  
**YOUTUBE**



Subscribe to our



	Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<b>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	3:15-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist <div style="border: 1px solid black; padding: 2px; width: fit-content;"> <b>Angel Tree Giving</b> will be open Dec 2-5 (11-1 &amp; 5-7) as well as December 9 &amp; 10           </div> <b>1</b>	10:00-FRL-Shopping at Walmart & Dollar Tree (U)* 11:00-AUD-Parkinson's Care Partners Support Group 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 3:00-FRL-Holly & the Ivy*  <b>2</b>	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-FRL- Wicked at Compass* 2:00-AUD-Mixed Ensemble Singing Group 4:00-ATR-LMS Artist Reception  <b>3</b>	10:00-AUD-Annual Residents' Association Meeting & Elections 2:15-AUD-Movie Matinee: Christmas Vacation 7:00-CGR-Poker Group  <b>POP UP SALE</b>  <b>4</b>	10:30-FRL-Trip to Reedville Fishermen's Museum & Lunch* 1:00-CGR-Great Courses: Japan 3:00-RAP-Praying the Rosary  <b>POP UP SALE</b>  <b>5</b>	<b>SPIRIT DAY</b> 2:00-AUD-Christmas Spirit Day Program 2:15-FCR--Cornhole  <b>POP UP SALE</b>  <b>6</b>	<b>POP UP SALE</b>  <b>7</b>		
	2:00-FRL-Chesapeake Chorale Concert* 3:00-MSP-RWC Community Worship Service  <b>POP UP SALE</b>  <b>8</b>	10:00-FRL-Shopping (U)* 1:00-CGR-Catch Phrase 3:00-AUD-Christmas Concert with Mary Mikels*  <b>9</b>	9:00-FRL-Trader Joe's* 10:00-AR1-Chat & Craft 10:00-AR2-Amateur Radio Club 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor 2:00-AUD-Mixed Ensemble Singing Group 4:30-FRL-Rapp Bridge Hearing at Lanc. Elementary*  <b>10</b>	10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 5:00-AUD-Christmas Reception – Residents & Board of Trustees*  <b>11</b>	10:00-LAN-Food Committee Meeting 11:15-FRL-Tour, Tasting, & Lunch at Ditchley Cider Works* 1:00-CGR-Great Courses: Japan 3:00-RAP-Praying the Rosary 4:00-AUD-Callback Quartet (U)*  <b>12</b>	10:00-ATR-Paparazzi jewelry Sale (until 1pm) 11:00-FPL-Klassy Chef Food Truck (until 1pm) 11:00-FPL-LCL Book Mobile (Until 1pm) 11:00-AR2-Making Gumball Machine Ornaments* 2:15-FCR-Cornhole 4:30-AUD-Etudes Dance Studio presents: The Ghosts of Christmas Eve (U)*  <b>13</b>	3:00-AUD-ARMY-NAVY game* 6:30-FRL-Northern Neck Orchestra*  <b>14</b>		
	3:00-MSP-RWC Community Worship Service 4:00-FRL-Urbanna Baptist Church Concert*  <b>15</b>	10:00-FRL-Shopping (U)* 1:00-CGR-Catch Phrase 4:00-AUD-William Matthew Ruberry, Author of novel: Harmony in Black and White (U)*  <b>16</b>	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Annual Christmas Service 1:00-AR2-Watercolor Class 2:15-AUD-Movie Matinee: A Sudden Case of Christmas 3:30-FRL-Celebration in Lights at Newport News & Dinner* <b>BIBLE STUDY CANCELLED</b>  <b>17</b>	9:00AM-12:00PM-LEC-Healthy Friendly Food Bar & Blood Pressure Checks 4:30-AUD-Sing Along with Santa (U)* 7:00-CGR-Poker Group  <b>18</b>	11:30-LVG-Holiday Lunch with Music by guitarist James Trout 2:00-AR2 Step by Step Acrylic Painting : Holiday Gnome* 3:00-RAP-Praying the Rosary 4:00-LAN-Grace Church Friends & Fellowship  <b>19</b>	<b>Kids on Campus 1:00-4:00</b> 2:00-AUD-Liberty Dolls Christmas Concert (U)* 2:15-FCR--Cornhole  <b>Gazebo Gazette Articles are due by 12 Noon</b>  <b>20</b>	7:00-FRL-Rappahannock Foundation for the Arts*  <b>21</b>		
	3:00-MSP-RWC Community Worship Service  <b>22</b>	10:00-FRL-Shopping (U)* 10:30-RAP-RWC Book Group 11:00-AUD-Celtic Christmas Music (U)* 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary 2:00-AR1-Felt Ornaments* 2:15-AUD-Movie Matinee: Home Alone  <b>23</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  <b>24</b>	<b>CHRISTMAS</b>  <b>11:00-2:00-LVG-Brunch</b>  <b>Grille Closed for Dinner</b> <b>Boxed Meals Available</b>  <b>25</b>	3:00-RAP-Praying the Rosary  <b>26</b>	2:15-FCR--Cornhole 2:15-AUD-Movie Matinee: Steel Magnolias 3:00-FRL-Dinner & Tacky Light Tour in Richmond, VA*  <b>27</b>	<b>28</b>		
	3:00-MSP-RWC Community Worship Service  <b>29</b>	10:00-FRL-Shopping (U)* 1:00-CGR-Catch Phrase  <b>30</b>	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class  <b>31</b>	<h1>DECEMBER</h1> <h1>2024</h1>				<p><b>The (U) indicates that you can sign up through Uniguest using your computer or the mobile app.</b></p> <p><b>* An activity that requires you to sign up.</b></p>	

## A NOTE FROM STUART: COMING ALONGSIDE

My first recollection of 'come alongside' is hearing my grandfather tell someone in another boat to "come alongside" our boat when we were crabbing and telling me to "come alongside" the dock to unload. He is the most memorable person who crossed the path of my life or came alongside me when I needed a life lesson, some encouragement or support, or an example of how to be. That brings me to my theme of this note to conclude 2024.

Coming alongside is what community does. It is part of the mission and purpose of the community of RWC, and we are uniquely blessed with the people who call RWC home, those who serve at RWC, and those who support RWC in any way. RWC was founded by visionary community leaders who came alongside the greater community to provide for generations of residents. There are countless examples of coming alongside at RWC – some noticeable and some discreet, but all important and meaningful. Staff members of all professions come alongside residents and their families when challenges of health and needs for service present. From direct care, to hands held in comfort, to prayers uplifted, to burdens relieved, we come alongside. Residents come alongside fellow residents with support and encouragement. From a ride to church, to a loaned book, to a warm note, to a shared hobby, you come alongside. Our dedicated benefactors, vendors and contractors come alongside. From support of the Fellowship Fund to the Scholarship Endowment, to warmly conveyed appreciation, to faithful and skilled service at all times of day and night, they come alongside. The Residents' Christmas Gift to RWC Staff is an amazing example of coming alongside our Staff with immense gratitude. This list just touches the surface.

The opportunity to come alongside someone is one of the greatest privileges of humanity. It is a responsibility of community and provides a great sense of accomplishment. As we prepare to close the year 2024, I thank all members of the RWC community for coming alongside – it makes our community such a wonderful place. I look forward to the power of coming alongside in the year ahead.

*Stuart M. Bentley*

## COMMENT CARD ETIQUETTE

Culinary Services Group values your dining experience, whether you are attending a formal dinner or just enjoying a meal with friends and family. CSG strives to make dining more enjoyable and polished. We always welcome your comments, however, we do ask that the following etiquette be used in filling out a card.

Please include your name. Providing your name enables us to respond to your comment and to contact you for additional information if necessary. Please keep comments brief and to the point. This is your home, this is your food. Let's build successes and resolve concerns together. Thank you for your understanding and cooperation.

## DO YOU HAVE A DAF (DONOR-ADVISED FUND)?

If so, consider making a donation to the Nursing Education Endowment Fund at RWC

A donor-advised fund, or DAF, is like a charitable investment account for the sole purpose of supporting charitable organizations you care about. When you contribute cash, securities, or other assets to a DAF, you are generally eligible to take an immediate tax deduction. Then those funds can be invested for tax-free growth until you decide what organization to gift them to. Please consult your financial advisor for more information.

If you already have a DAF, please consider one of the great charitable funds at RWC. The Nursing Education Endowment Fund is currently fundraising for a dedicated RWC nursing scholarship endowment to ensure that our nursing staff are highly trained to provide the best care when you need it. Also please consider our fellowship fund which provides fellow residents with financial assistance in meeting their life-care needs. And, of course, RWC is a non-profit organization. Any donation you make goes to meeting our mission of providing the highest quality living experience for discerning senior adults. Thank you in advance for your generous donations!!

## TRIP TO REEDVILLE FISHERMEN'S MUSEUM & LUNCH AT T&J'S DAIRY BARN\*

Thursday, December 5-10:30AM-Front lobby

Cost = \$5 + Lunch—Sign up Required

RFM is a community beacon that immerses visitors in rich, local heritage while encouraging education, exploration, and engagement with maritime traditions.

## PUBLIC HEARING FOR ENVIRONMENTAL STUDY ON NORRIS BRIDGE REPLACEMENT PROJECT\*

Tuesday, December 10-4:30PM-Front Lobby

Sign-up Required

All in-person public hearing has been scheduled to gather public comments on the replacement project's National Environmental Policy Act review.

Sign up for transportation.

## TRADER JOE'S\*.

Front Lobby

Newport News: Tuesday, December 10-9:00AM

Williamsburg: Tuesday, December 24-9:00AM

## TOUR, TASTING, & LUNCH AT DITCHLEY CIDER WORKS\*

Thursday, December 12-11:15AM-Front Lobby

Cost: \$40.00 non refundable and will be charged to your account. Price includes wine tasting, lunch and a tour of the Manor House.

Sign-up Required, LIMIT: 13

Ditchley Cider Works (DCW) is located between Dividing Creek and Prentice Creek, the history of the property dates to the mid-1600s.

The property consists of a mix of orchards, grass pastures, wooded areas, and has 2.5 miles of natural shoreline - including a modest-sized sand beach. Major structures on the property include a newly restored Manor House (c.1752); a 1930s caretaker/servants quarters which has been renovated into our "Cider House"; and a 1950s "kit house" located on the water.

All of our cider is produced from more than 50 varieties of apples grown on the Ditchley property. We're still "experimenting". We grow, pick, crush, squeeze all of our apples, and bottle all of our cider, on-site.

## NORTHERN NECK ORCHESTRA\*

Saturday, December 14-6:30PM— Front Lobby

Sign up Required if you need transportation.

NNO brings you a "Holiday Concert" at the Lancaster Elementary School Theater in Kilmarnock. Cookies & Pre-concert talk at 6:45 p.m. Concert at 7:30 p.m.

## URBANA BAPTIST CHURCH FREE CHRISTMAS CONCERT\*

Sunday, December 15-4:00PM-Front Lobby

Sign up Required Concert is FREE

Featuring David Esleck Trio and Jordan Garrett.

## CELEBRATION IN LIGHTS & DINNER AT OLIVIA'S\*

Tuesday, December 17—3:30-Front Lobby

Sign up Required LIMIT: 13

Cost: Dinner

Holiday Event Series sponsored by Ferguson presents Celebration in Lights. In its 32nd season, Virginia's first holiday drive-through light show features a stunning array of new attractions, including a dazzling Tunnel of Lights, Snappy the Alligator, Underwater Fish Arches, and vibrant 3D Trees. The addition of colorful peacocks and a whimsical Candy Arch adds even more charm. To celebrate our recognition as an All-America City, we'll proudly display the All-America City logo, making this year's event truly special!

## RAPPAHANNOCK FOUNDATION FOR THE ARTS: SONS OF SERENDIP\*

Saturday, December 21-7:00PM-Front Lobby

Sign up if you need transportation.

Billboard charting classical-crossover quartet, Sons of Serendip, won the hearts of fans and judges alike as finalists on *America's Got Talent* (NBC) with their ethereal and emotionally stirring interpretations of pop music, arranged with a unique blend of vocals, harp, piano, and cello.

## DINNER & TACKY LIGHT TOUR IN RICHMOND, VA\*

December 27 -3:00PM-Front Lobby

RUSH!!! Sign up by NOVEMBER 30!!!!

Enjoy dinner in Short Pump before a festive tacky light tour around Richmond's most decorated homes! Sign up Required. Cost = \$45-55 nonrefundable and charged to your account + dinner\$

## DOCUMENTARIES, MOVIES AND CONCERTS

### MOVIE MATINEE: NATIONAL LAMPOON'S CHRISTMAS VACATION

Wednesday, December 4-2:15-Auditorium

*Christmas Vacation* is a 1989 American Christmas comedy film and the third installment in *National Lampoon* magazine's *Vacation* film series.

Based on Hughes's short story, "Christmas '59", published in *National Lampoon*, the film tells the story of Clark Griswold's efforts to have a good old-fashioned family Christmas as they take a hilarious turn for the worse. **MORE MOVIES LISTED ON PAGE 5**

### HOLLY & THE IVY AT HCC\*

Monday, December 2-3:00PM-Front Lobby

Celebrate the season at Historic Christ Church with traditional songs, carols, and music. Join in this seasonal songfest in the beautifully "greened" church. Featuring members of The Chesapeake Chorale and the Christchurch School Cantorion. Dress warmly. Refreshments follow. **Admission: two non-perishable items for Healthy Harvest Food Bank.**

### WICKED, THE UNTOLD STORY OF THE WITCHES OF OZ AT THE COMPASS\*

Tuesday, December 3-1:00PM-Front Lobby\*

Sign up required. Cost = \$9

Wicked stars Emmy, Grammy and Tony winning powerhouse Cynthia Erivo (Harriet, Broadway's *The Color Purple*) as Elphaba, a young woman, misunderstood because of her unusual green skin, who has yet to discover her true power, and Grammy-winning, multi-platinum recording artist and global superstar Ariana Grande as Glinda, a popular young woman, gilded by privilege and ambition, who has yet to discover her true heart.

### ARTIST RECEPTION FOR LMS ART STUDENTS

Tuesday, December 3—4:00 PM—Gallery Hall

Come and show your support to the young artists of Lancaster Middle School. Enjoy Cookies and more.

### CHESAPEAKE CHORALE CONCERT\*

Sunday, December 8—2:00 PM—Front Lobby

Sign up Required LIMIT: 13

The Chesapeake Chorale has been providing quality musical performances for Virginia audiences since

1996. Tickets for our 2023 Christmas holiday concert are \$10 and now available for purchase from residents Mary Bennett (ext. 4308) or Bob Street (ext. 4187). Curtain is at 3 pm at St. Clare Walker Middle School in Middlesex.

### CALLBACK QUARTET (U)\*

Thursday, December 12-4:00PM-Auditorium

Formerly known as the Masquerade Quartet. The gentlemen return to share their holiday favorites.

### SING ALONG WITH SANTA (U)\*

Wednesday, December 18-4:30PM-Auditorium

Join Susan Cousins and Santa for some hot cocoa and caroling.

### HOLIDAY LUNCH WITH MUSIC BY GUITARIST JAMES TROUT

Thursday, December 19-11:30-12:30-Lakeview Grille

Do you strum what I strum? Local guitarist, James Trout will be performing many traditional and holiday songs in the RWC Atrium.

Audience members are invited to sing along or simply enjoy instrumental interpretations of their favorites.

### CELTIC CHRISTMAS MUSIC (U)\*

Monday, December 23-11:00AM-Auditorium

The history of Celtic traditions will be presented along with beautiful music.

Grace Celtic Musicians are presenting the Celtic Christmas by Candlelight Concert again this year. Come and listen to the flute, cello and piano.

### CHRISTMAS PARADE!

Friday, December 13th

RWC will be a part of this year's Kilmarnock Christmas Parade! The theme is "Your Favorite Christmas Scene," and our float will showcase a festive take on "Life at RWC." Our display will feature a large gazebo adorned with holiday decorations, a beautifully lit Christmas tree, cozy Adirondack chairs, and a snow machine to add a touch of winter magic.

We're looking for two resident volunteers to ride along, seated in the Adirondack chairs, to greet the community with holiday cheer. If you're interested in joining us for this special celebration, please call Lauren White at Ext. 4010.

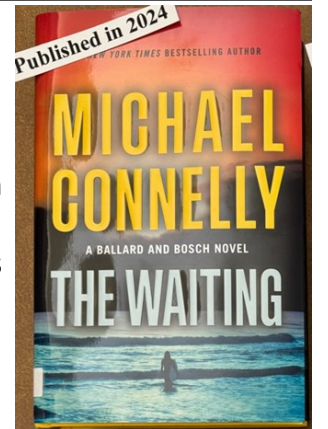
## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

### Michael Connelly's Newest

If you like gritty mysteries set in Los Angeles, check out Michael Connelly's newest book featuring Harry Bosch and Renee Ballard.

Better yet, if you'd like to read the first five books in this series, we have all of them in our collection. The introduction of Renee Ballard into the Harry Bosch series of over twenty books was in "The Late Show."

Furthermore, if you find you like Michael Connelly's writing, we have 27 of his books in regular print and 14 in large print. You can tell some of us really like Connelly's characters, including "The Lincoln Lawyer."



### RW-C Book Group

The book group will not meet during the Holidays; however, the January selection is available during December and January. "The Women" by Kristin Hannah is Historical Fiction at its best. No doubt it will bring back memories as we lived through these times. Enjoy!! All readers are welcome to join the discussion on the fourth Monday, January 27<sup>th</sup> 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.

### What's new in the library?

Thanks to Tom Teeples for donating two books and to Jay White, Fred Luxton and Jean Gilmore for their donations last month. See "New to the Library" on UniGuest to view the covers of the last 40 books added to our collection.

Come on up and check us out!

**Pop-up Happy Holidays Sale -  
benefit, The Healthcare  
Scholarship Foundation -**

WHERE? - Breezeway Alcove, Formal Dining Room  
Entrance

WHEN? - Wednesday, December 4th to Sunday,  
December 8th!

Last minute gifts, decor, stocking stuffers, treats, hostess  
gifts etc!

AND

We need your help - jewelry donations only, Please leave in  
Art Room closet by Thanksgiving Day - we also need  
men's neckties! - THANK YOU!!!!

## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

### SAMARITAN'S PURSE SHOE BOXES

124 Shoeboxes from the RWC Community were delivered to the pickup point. Ours join about 2800 already packed with more to come. Thank you all!!

### STITCHING STARS: TOYS FOR TOTS PROJECT

Thank you all who filled 15 hand quilted bags for this mission!!

### ARE YOU FAR FROM GOD THIS CHRISTMAS?

#### God Comes Near at Christmas

During the Christmas season, there are many people who think that God is distant from them. Maybe they're confronted with the fact that they actually don't believe anything in the Christmas story. It doesn't make any sense to them.

God says, "You don't have come to me. You don't have to find me. I come to you."

Or, maybe it is a person who says, "I wish I had a relationship with God, but I don't." Or, maybe God just seems like a distant, harsh judge or the great chess player who moves the chess pieces around the board in an impersonal way. What is beautiful about the Christmas story is that God says:

You don't have come to me. You don't have to find me. I come to you. I bridge the gap between you and me. In ways that you could never move toward me, I will move toward you. I will live with you, and I will live for you. I will do what you couldn't ever do. And I will pay the penalty that you should've paid so that you could be near me.

This is a story of God making himself available, making himself near. And thus it's a story for everyone who feels distant from God.

**Paul David Tripp** (DMin, Westminster Theological Seminary)

### ANNUAL CHRISTMAS SERVICE

**Tuesday, December 17, 11:00AM in the Auditorium.**

*"Unto us a child is born, unto us a son is given, and the government will be upon his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace." Isaiah 9:6*

#### ONGOING OPPORTUNITIES:

**Bible Study Group: Tuesdays at 11:00AM in the Chesapeake Game Room.**

**Grief Support:** The RWC Grief Support Group meets on the second Wednesday of each month at **11:00AM** in the Chesapeake Game Room. Grief comes to us in different ways and grieving can be a difficult and painful process. Our vision is that this group will be a help to us all as we navigate the troubled waters of personal loss. We are a safe space where we support one another by careful listening and genuine caring. All is held in the strictest confidence. RWC resident Nancy Ellett leads the group together with resident Sherry Mann. Please feel free to contact Nancy (804-438-4237) with any questions you might have. Come and join us for another great meeting. All are welcome!

#### UPCOMING OPPORTUNITIES

**Look for Advent Devotional Guides Coming Soon!!**

#### IN MEMORIAM:

**COL NEIL SMART  
(MAY 5, 1941-OCTOBER 31, 24)**

**EDNA FORSHAW  
(MAY 25, 1925-NOVEMBER 12, 24)**

**JOAN PARHAM  
(JANUARY 20, 1947-NOVEMBER 13, 24)**

#### DECEMBER ANGEL TREE

Support the Fellowship Fund through the Angel Tree Drive this December 2nd to 5th, as well as the 9th and 10th during lunch (11 a.m. – 1 p.m.) and dinner hours (5 p.m. – 7 p.m.). By giving, you're not only showing compassion but also making a lasting impact on the lives of fellow residents in our community. Join us in spreading kindness and making a difference—your generosity matters!

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### CHILDHOOD PHOTOS WANTED

Every year residents and staff always like looking at the childhood photos on the Christmas Tree in the Atrium. The pictures are ever changing as we welcome new neighbors to RWC. If you would like to have your childhood photo added, please bring a photo to the Life Enrichment office. We can scan photos quickly and get them back to you.

### FROM YOUR ACTIVITIES COMMITTEE Resident Christmas Door Decorating Contest Rules Independent Living, HC/ALC – **Must be completed by Noon, Friday, December 13<sup>th</sup>.**

Only DOOR will be judged – you may have other decorations on your porch if in a house or cluster cottage, - **but only the DOOR will be judged.**

**Door must be decorated by the Resident – no professional decorators allowed.**

Houses – Front Door – may use real or artificial  
Cluster Cottages – Door to Walkway – May use real or artificial

Apartments – Hallway Door – **MUST** be artificial – do not block hallway

HC/ALC – Hallway Door – **MUST** be artificial

Best Overall! Could be traditional, modern, funny  
Independent Living - Sign up LEC – so judges know where to go.

### RWC GRIEF SUPPORT GROUP

Did you know RWC has a Grief Support Group?

We have been here 3 years and welcomed many residents through our doors— into the Chesapeake Game Room—the second Wednesday of each month at 11am.

Grief comes to us in different ways and grieving can be a difficult and painful process. We grieve many types of losses: death of family, friends, pets, other RWC residents; separation of spouses living together progressing from Independent Living to Assisted Living and Healthcare; to name a few.

We are a safe environment where one can tell his story and express feelings confidentially, knowing that others will be understanding, non-judgmental, and supportive.

We are a place for establishing a connection with others to decrease the isolation that grief brings. A

place for learning there are many different ways to grieve, all of which are natural and acceptable. We occasionally supplement our conversations with knowledgeable speakers who help deepen our understanding of ourselves and one another. We also provide helpful other resources such as a discussion book "Healing After Loss" by Martha Hickman.

The Group is resident led, in conjunction with the Office of the Chaplain. Please feel free to contact Nancy Ellett, who leads the group together with Sherry Mann, with any questions. Please call Nancy at (804-438-4237).

### NOTES FROM THE GROUNDS & LANDSCAPING COMMITTEE

By the time you read this, Thanksgiving meals will have been eaten and frost will be in the air. Christmas is just around the corner. Remember: Keep an eye out for fallen leaves covering drainage grating and report immediately. Sudden rainstorms can cause localized flooding. Also, keep your feeders topped off and suet hung for the migrating and local birds. Squirrels won't raid your feeders if you use safflower instead of sunflower seeds. Better yet, get a finch feeder for the goldfinches who will be attracted to these small seeds. Christmas is a festive time and the campus will be decorated by our volunteers. Remember, live or living Christmas trees are **NOT** to be used in your apartment, cottage or home. They can become fire hazards as the warm dry air desiccates the fragile branches. We in Grounds & Landscaping wish you a happy holiday and we'll see you in the Spring!

**ANNUAL CHRISTMAS PARTY (U)\*  
RESIDENTS & BOARD OF TRUSTEES  
Wednesday, December 11-5:00PM-Auditorium  
RSVP by December 5th.**

## WELLNESS & SUPPORT

### STRENGTH & BALANCE B CANCELLATION

Strength & Balance B will be cancelled on **Friday, December 6th** for staff to be able to attend the Spirit Day Celebration at 2pm in the Atrium!

### HEALTHY FOOD BAR AND BLOOD PRESSURE CHECKS: DECEMBER 18TH 9AM-12PM

On December 18th, stop by the LEC lobby to have your blood pressure measured and enjoy a healthy snack from 9am to 12pm!

### CHRISTMAS DAY CLOSED

The fitness center and swimming pool will be closed on December 25th and all group exercise classes will be cancelled.

### FITNESS ASSESSMENTS: JANUARY 21ST, 22ND, & 23RD

Annual fitness assessments are right around the corner! Fitness assessments will be **REQUIRED** for those who are participating in any mode of exercise (fitness center, pool, classes.) These assessments test strength, balance, and flexibility. Completing your assessment will not only help you but assist your fitness staff on how to better program classes to meet the needs for all participants. Your appointment will take no longer than 20 minutes. Sign-up sheets will be placed in the LEC binder. If you have any questions, please contact Macey at x4290.

### WHY ARE FITNESS ASSESSMENTS IMPORTANT?

- They serve as a baseline measurement that a personal trainer or health specialist can use to compare results over a period of time.
- Serves as a source for a health specialist to build an exercise and/or nutrition program around.
- Evaluates strength, endurance, cardiovascular health, flexibility, and body composition that may shed light on how you can best reduce the risk for injury.
- Can increase motivation for a client to participate in an exercise program.

Build trust between a client and health specialist

that can cultivate great relationships.

### 3 WAYS YOU CAN BENEFIT FROM A FITNESS ASSESSMENT:

- Fitness Assessments Give You More Information Than a Scale.
- The Assessment Will Help You Set Goals.
- The Assessment Will Help Keep You Safe.

Before starting an exercise program, a fitness assessment can be really beneficial in measuring the 5 components of fitness: muscular strength, muscular endurance, cardiovascular health, flexibility, and body composition. The results from the assessment will also help a health fitness specialist design your individualized fitness program. Many benefits come from these assessments and can help uncover more about your body and how to keep it safe and live a healthier life.

The Fitness Team has a schedule that they have to adhere to in order to make the most of their time and be able to serve the residents who use the fitness equipment and take classes.

Personal Training and Workouts for those who need assistance criteria:

You **MUST** make an appointment a day in advance.

Be timely. Minutes late will come off your training/workout session. Members who need to be dropped off and picked up must be retrieved in a timely fashion.

Fitness Classes

Please be on time to class.

Thank you for your consideration.

## Classes, Crafts and Programs

### MORE MOVIES!!

#### A SUDDEN CASE OF CHRISTMAS

**Tuesday, December 17—2:15 PM—Auditorium**

An American couple bring their 10-year-old daughter to her grandfather's hotel in Italy to tell her that they are separating. Hoping to bring them back together, she asks to celebrate one last Christmas together, even though it's August.

(2024) 1 hour, 31 minutes—RATED PG13

#### HOME ALONE

**Monday, December 23—2:15 PM—Auditorium**

"Home Alone" tells the story of 8-year-old Kevin McCallister, played by the talented Macaulay Culkin, who is accidentally left behind when his family goes on a Christmas vacation to Paris. Kevin soon finds himself defending his home from the bumbling burglars, Harry and Marv, in a series of slapstick, yet heart-warming, adventures. (1990) 1 hour, 43 minutes, RATED PG

#### STEEL MAGNOLIAS

**Friday, December 27—2:15 PM—Auditorium**

**(1989) 1 hour, 57 minutes RATED PG**

Pivoting around the lively Truvy Jones' Louisiana beauty parlour, a tightly-knit band of friends, confront griefs, loss, life's unforeseen tragedies and heartaches with what they do best: gossiping and sharing. The spirited diabetic and bride-to-be, Shelby; her always supportive mother, M'Lynn; Truvy's gawky assistant, Annelle; the city's curmudgeon, Ouiser; and the town's former first lady, Clairee, are the warm Southern belles who know how to survive life's challenges with their unwavering friendship. But when Shelby decides to conceive, things will turn upside down..

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

**Every Thursday through December 12**

**1:00 PM—Chesapeake Game Room**

### AUTHOR OF NOVEL: HARMONY IN BLACK AND WHITE (U)\*

**Monday, December 16-4:00PM-Auditorium**

Award-winning journalist William Matthew Ruberry survived a Category 5 hurricane to write this book, escaping Sanibel Island, Florida, in September 2022 just ahead of Hurricane Ian with its 150-mph winds and 7-foot wall of water.

*Harmony in Black and White* is an unflinching news-room drama and an examination of the impact of race and implicit biases on our media, law enforcement, and the systems that govern them.

### MAKING GUMBALL ORNAMENTS\*

**Friday, December 13-11:00AM-Art Room 2**

**Sign up Required LIMIT: 8**

Fun and easy craft. Some experience with gluing required.

### STEP BY STEP ACRYLIC PAINTING: HOLIDAY GNOME\*

**Thursday, December 19-2:00PM-Art Room 2**

**Sign up Required LIMIT:8**

### FELT ORNAMENTS\*

**Monday, December 23-2:00PM-Art Room 1**

**Sign up Required LIMIT: 8**

### KLASSY CHEF FOOD TRUCK IS COMING TO RWC

**Friday, December 13 from 11:30 AM to 1:00 PM Front Parking Lot**

Offering Cheeseburgers, Chicken Tenders, Subs, Fries and Sandwiches and Shrimp. Come and get it hot and fresh!

### LANCASTER COMMUNITY BOOK MOBILE

**Friday, December 13 from 11:30 AM to 1:00 PM Front Parking Lot**

Many books to choose from. Come and say "hello" to Pete.!