



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 40, Issue 1

January 2025

Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING
DECEMBER 27 at NOON AT THE LIFE ENRICHMENT CENTER LOBBY.**

WELCOME NEW NEIGHBORS

Mr. Burton “Buddy” Bland and Mrs. Sara Delo have moved into Apartment 206. Mr. Bland owns a large farm house along the North River in Gloucester, where he has resided for 65 years. Mrs. Delo resided for 40 years, in Gloucester Courthouse. Buddy and Sara have been together for 17 years.

Mr. Bland was born in Newport News, VA . His father was born where Ware Academy is located. It used to be a general store that Mr. Bland’s grandfather ran. He started his farming career raising cattle but the soil is not conducive for raising good cattle so he started raising strictly crops. He now rents his land to be farmed. He served on the Board of Supervisors for Gloucester County for 24 years.

Buddy has 2 sons. One lives in New York and the other is in Urbanna. He has 3 grandchildren and 2 great-grandchildren.

Mrs. Delo was born in an oil town of Bradford, PA. Mrs. Delo served on the Clean Community Program for Gloucester as well as fundraising and public relations. Sara and Buddy have always known about RWC and have attend meetings here on occasion. He liked RWC because it is a village, not a high-rise building. Both are interested in the fitness program and enjoy reading and nature.

Mr. Stanley Rayner moved into Apartment 211. He moved from the west end of Richmond where he has resided for the past 17 years. He is originally from Salisbury, MD. His wife, Carol, recently passed away in July. They would have celebrated their 65th anniversary on August 29.

Mr. Rayner is an only child. His dad was an entrepreneur of sorts. He ran a nursery and his mother did the bookkeeping for the business. Stanley graduated from Wicomico High School and then attended Randolph-Macon back when it was an all-boys school. He studied economics and enjoyed playing football. He loved all sports. After he finished college, he worked with his

father for a while. He then attended University of Delaware for 1 year and took all the computer courses he could. His career was in computer software. He then went to work for IBM for about 8 years. Mr. Raynor then joined Wheat First Security and stayed there for 20 years. He then went on his own and traded stocks until 70 and semi-retired.

Stanley grew up in the country and feels this campus reflects a country lifestyle. Mr. Raynor enjoyed coaching football and little league baseball in his earlier years. He enjoys photography and listening to music. He is affiliated with the Baptist Church. He has three sons, David (Richmond), Robert (Irvington), and Andy (Reedville).

Mrs. Rebecca Hanmer moved into Cottage 602/604. Rebecca was born in Farmville, VA. Rebecca attended Randolph-Macon High in Charlotte County, Virginia and went to college at William & Mary. She then attended graduate school at American University, Federal Executive Institute, Washington, DC and New York University. She has lived in Fredericksburg for the past 24 years. Most of her work-life was in Washington, DC as well as 7 other cities where she engaged in environmental policy and management especially in water quality. She has been involved in several volunteer opportunities such as Friends of the Rappahannock and Tree Fredericksburg. Rebecca’s special interests include reading (especially classical studies), music (opera is her favorite), environmental clean up and tree planting, stormwater management, environmental regulations and the Chesapeake Bay program.

RESIDENT ASSOCIATION BOARD MEETING

Wednesday, January 8—10:00 AM—Auditorium
All are welcome!!

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

Contact us: 804-438-4000

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- 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
- OTR**
- Outpatient Therapy Room
- RAP**
- Rappahannock Room
- RCL**
- Resident Clinic
- TGP**
- Thomas Garden Patio
- WCN**
- Westbury Center
- WCR**
- Westbury Club Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>January 2025</h1>			NEW YEARS DAY 11:00-2:00-LVG-New Years Brunch 7:00—CGR-Poker Group NEW YEAR'S DAY BRUNCH 11:00am-2:00pm GRILLE CLOSED FOR DINNER BOXED DINNERS AVAILABLE 1	9:00-FRL-Whale Watching in Virginia Beach* 3:00-RAP-Praying the Rosary 2	8:30-AUD-First Friday Forum: John Arsenault* 1:00-AR2-Alcohol Ink Tumblers* 2:15-AUD-Movie Matinee: Butch Cassidy and the Sundance Kid 2:15-FCR-Cornhole 3	4
3:00-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist 5	10:00-FRL-Shopping at Walmart & Dollar Tree* 11:00-AUD-Parkinson's Caregiver Support 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support Group 6	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 7	10:00-AUD-Resident Association Board Meeting 11:00-CGR-Grief Support 2:15-AUD-Movie Matinee: Mr. Church 7:00-CGR-Poker Group 8	10:00-COR-Food Committee Meeting 2:00-AUD-RWC Happenings with Stuart 3:00-RAP-Praying the Rosary 9	2:00-LAN-Ladies Tea with Angie's Strength and Style Boutique * 2:15-FCR-Cornhole 10	11
1:15-FRL-Sundays at Two: Melvin & Daryl Veney* 3:00-MSP-RWC Community Worship Service 12	10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:15-AUD-Movie Matinee: A Face in the Crowd 3:00-AR2-Epoxy Tumblers* 13	9:00-FRL-Trader Joe's* 10:00-AR2-Chat & Craft 10:00-AR1-Amateur Radio Club 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 14	9:00-12:00— LEC-Health Friendly Food Bar & BP Checks 9:00-FRL-Virginia War Museum in Newport News* 10:00-AR2-Activities Committee Meeting 1:00-AR2-Stitching Stars Quilting Group 15	9:00-FRL-Thrifty Thursday & Lunch* 3:00-RAP-Praying the Rosary 16	11:00-AR2-Step by Step Acrylic Painting* 2:15-FCR--Cornhole 17	18
1:15-FRL-Sundays at Two: Brad Perry* 3:00-MSP-RWC Community Worship Service 19	10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 2:15-AUD-Movie Matinee: Rear Window <ul style="list-style-type: none"> • Deadline for Gazebo Gazette Articles by NOON 20	FITNESS ASSESSMENTS* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 21	FITNESS ASSESSMENTS* 2:00-AR2-Making Snow Globes* 2:15-AUD-Raging Bull 7:00-CGR-Poker Group 22	FITNESS ASSESSMENTS* 10:00-FRL-Historical Trip to Gloucester* 1:00-AUD-Macular Degeneration Support Group 3:00-RAP-Praying the Rosary 23	11:00-AR2-Scratch Art* 2:15-FCR--Cornhole 24	25
3:00-MSP-RWC Community Worship Service 26	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion for Rosary Group 27	9:00-FRL-Trader Joe's * 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 11:00-AUD-Annual Memorial Service 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 28	11:30-FRL-Out to Lunch for the Chinese New Year* 7:00-CGR-Poker Group 29	3:00-RAP-Praying the Rosary 30	2:15-FCR--Cornhole 31	

We head into 2025 with expectations for a great year together in the RWC community. This June, RWC will celebrate its 40th anniversary of service to generations of residents, clients, staff, and the greater community. It will be a busy year as well. We will be renovating the front lobby and the Front Desk which will be quite an undertaking. Along with that we will be replacing the fire alarm system. We will be renovating the Lakeview Grille and Lancaster Dining Room. Our new well will be completed and placed in service, and we will begin planning to replace our other well. You will have an opportunity to hear more about these projects and other topics at our monthly Happenings meetings. These will be on a slightly different schedule and separate from the Resident Association meetings next year so look for that information in the Gazette each month. We welcome Susan Moore and a new board to lead the Resident Association for 2025. A very active Activities Committee is to thank for a spirited array of resident activities. And the Healthcare Education and Support Scholarship committee is actively raising funds to continue to build the Scholarship endowment to support educating the new caregivers we vitally need. I close with gratitude for the marvelously generous gift from the resident community to our staff this Christmas. Your joyful and thoughtful recognition of their care and service is so very meaningful to each staff member.

I look forward to the new year with you and all the blessings it will bring.



RWC'S ANNUAL MEMORIAL SERVICE

Tuesday, January 28—11:00 AM—Auditorium

The death of a loved one is a powerful and deeply meaningful occurrence. As with any important events, we humans feel the urge to remember and observe them annually.

An annual memorial service is the perfect way to do that.

We invite residents, staff, close friends and family members to an annual observance where we can collectively remember and celebrate the life of our beloved, sharing memories and stories and enjoy-

ing a time of solidarity in your individual grief journeys.

ANGEL TREE

We are deeply grateful for your incredible generosity this holiday season. Thanks to your support, the RWC Foundation has received \$28,433.00 in donations across various funds. Your kindness means so much to us. The Angel Tree drive raised \$5,114.00, which will directly benefit residents through the Fellowship Fund. Additionally, the RWC Healthcare Education and Support Endowed Scholarship has grown by \$14,714.00, with the Pop Up Sale contributing \$384.00 — and it continues to grow.

We truly could not have achieved this without your generous commitment to the RWC Foundation and its mission. Thank you from the bottom of our hearts.

OPPORTUNITY

Wednesday, February 26th at 11AM, the marketing team will be hosting a Resident Panel Luncheon for prospective residents of RWC. This will be our second time organizing this event, and the feedback from our first panel was overwhelmingly positive. Prospective residents found it incredibly valuable to hear firsthand accounts of life at RWC and learn how current residents navigated the challenges of making their move.

If you're interested in volunteering to help with this event or serving as a panelist, please contact Lauren White as soon as possible at 804-438-4010. We would greatly appreciate your support—after all, who better to share the RWC experience than our amazing residents?

RWC HAPPENINGS: FROM STUART

Thursday, January 9—2:00 PM—Auditorium

RESIDENT DIRECTORIES WILL BE HERE SOON

The final draft has been sent to the printers, so we hope to have them for you very soon.

WHALE WATCHING OUT OF RUDEE INLET*

Thursday, January 2—9:00 AM—Front Lobby \$35 + Lunch (1:00PM Tour)

- **Duration:** 2 Hours
- **Details:** Narrated by experienced naturalists and researchers. Multiple vessels and departure times to allow for physical distancing and comfort.
- **Season:** Guaranteed sightings December - February

Species Targeted:: humpback whales

Go Whale Watching in Virginia Beach

Our knowledgeable captain and crew will lead you on an educational journey along the Atlantic coast in search of whales, dolphins, seals, and seabirds. The highlight of these trips is spotting humpback whales, which can often be seen breaching, flipper slapping, or tail lobbing. Witness the world's largest marine mammals!

With 40+ years of experience navigating our coastal waters, we are sure to give you and your family the experience of a lifetime. All of our boats are ADA compliant, equipped with two bathrooms, a snack bar, a full bar, a heated indoor cabin with comfortable seating, and have a spacious upper deck that is perfect for spotting Virginia's magnificent wildlife.

Experience the best of Virginia's marine wildlife with the experts at Rudee Tours. Whale sightings are guaranteed from December through February, if none are seen then you may ride again for FREE! No refunds will be offered. We can promise you this is not a trip you want to miss!

LANCASTER COMMUNITY LIBRARY: SUNDAYS AT TWO*

Transportation will be at 1:15PM-Front Lobby January 12-Melvin and Daryl Veney

Interview conducted by SAT Committee Member Bud Ward regarding the challenges and successes of starting a successful business in the Northern Neck in the 1980s.

January 19-Brad Perry

Former Air Force and Air National Guard pilot who spent most of his career at NASA, and professional astronomer on the wonders of the universe.

TRADER JOES*

Newport News January 14—9:00 AM—Front Lobby

Williamsburg January 28—9:00 AM—Front Lobby

TRIP TO VIRGINIA WAR MUSEUM IN NEWPORT NEWS & LUNCH*

Wednesday, January 15—9:00 AM -Front Lobby \$7.00 for seniors/\$1.00 off for veterans & lunch\$

American military history unfolds at the Virginia War Museum. Collections of artifacts, weapons, vehicles, uniforms, and posters trace the development of the United States military from 1775 to the present. Galleries include *Women at War*, *Marches Toward Freedom*, and *Visions of War*, the museum's extensive propaganda poster collection. An additional exhibit explores the history of the City of Newport News, outlining the City's role as a Port of Embarkation for both World Wars. Other artifacts on display include Harry Truman's World War I helmet, a section of the Berlin Wall, and a portion of the outer wall from Dachau concentration camp.

THRIFTY THURSDAY & LUNCH*

Thursday, January 16—9:00—Front Lobby

It's always fun being thrifty!

Watch Channel 85 for more details.

HISTORICAL TRIP TO GLOUCESTER*

Thursday, January 23—10:00 AM—Front Lobby

Robert Kelly, Historic Resources Supervisor, will meet us at the library and talk to us about historic Gloucester. We will then get on the bus and Robert will give us the driving history of Gloucester. This tour will mainly be on the bus but with a few stops getting on and off. Rollators good but may have a few steps. **Cost = FREE + lunch\$**

OUT TO LUNCH FOR THE CHINESE NEW YEAR*

Wednesday, January 29—11:30 AM -Front Lobby

Join us for a delicious lunch at Great Fortune in Kilmarnock. **Cost = Lunch\$**

FIRST FRIDAY FORUM : JOHN ARSENAULT*, MY LIFE BUILDING THE TRANS-ALASKA PIPELINE 1974-77

Friday, January 3—8:30 am—Lancaster Room

Sign up Required LIMIT: 50

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

After my return from Vietnam and discharge in 1970 I started looking for a direction for my life. In June 1971, I decided to go to Alaska for 3 weeks of hiking and camping, but it turned into the next 30 years of my life.

My first couple of years in Alaska were very difficult, work was nonexistent but then the oilfields in the farthest north area of the state began to open for development. I was one of the first ones in line to go north and signed up for something that became one of the world's biggest engineering milestones. The pipeline project had never been attempted before and took over 20,000 tough workers to fight the terrain, remoteness and especially the extremely cold winters. I will be playing clips from the documentary film "Dangerous Jobs, Alaska" the building of the Trans-Alaska Pipeline as well as telling a few of my own personal stories of challenges and adventure.

Please join me see how this impossible project was completed and listen to a few on my own personal stories of challenge and adventure.

LADIES TEA WITH ANGIE SANDER STRENGTH & STYLE BOUTIQUE*

Friday, January 10—2:00 PM—Lancaster Room

Sign up for a Color Consultation with Certified Color Analyst Angie Sanders, CIC

Your color consultation includes;

-Color Anaysis - find out what colors bring out your God-given beauty best

-Virtual swatches of your color code - save to your phone for easy access

(paper swatches are available at an additional cost)

-Make-up tips - specific to your coloring

Cost = FREE! Limit = 30

MOVIE MATINEE: BUTCH CASSIDY AND THE SUNDANCE KID

Friday, January 3- 2:15 PM—Auditorium

BAFTA FILM AWARDS® 8X winner

Paul Newman and Robert Redford are wisecracking outlaws on the run in this classic Western, a breezy blend of action, comedy and romance.

1 h 50 min (1969) PG

MOVIE MATINEE: MR. CHURCH

Wednesday, January 8— 2:15 PM—Auditorium

Mr. Church tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook - Henry Joseph Church. What begins as a six-month arrangement instead spans fifteen years, and creates a family bond that lasts forever. 1 h 45 min (2016) PG-13

MOVIE MATINEE: A FACE IN THE CROWD

Monday, January 13-2:15 PM—Auditorium

Philosophical country/western singer Larry "Lonesome" Rhodes is "discovered" in the local lock-up by television talent coordinator Marcia Jeffries. 2 h 5 min (1957) PG13+

MOVIE MATINEE: REAR WINDOW

Monday, January 20—2:15 PM—Auditorium

OSCARS® 4X nominee

A bored, injured photojournalist confined to his apartment has no choice but to busy himself with observing his neighbors. His voyeurism becomes detective work, however, when he witnesses a murder. Directed by Alfred Hitchcock.

1 h 52 min (1954) PG

MOVIE MATINEE: RAGING BULL

Thursday, January 23—2:15 PM—Auditorium

The life of boxer Jake LaMotta (Robert De Niro), as the violence and temper that leads him to the top in the ring destroys his life outside of it. Directed by Martin Scorsese. 2 h 3 min (1980) R

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

RWC BOOK CLUB

The book selection for January is "The Women" by Kristin Hannah. This is Historical Fiction at its best. No doubt it will bring back memories as we lived through these days of the Vietnam War and after during the 1950s, 60s, and 70s.

All readers are welcome to join the discussion! We meet on the 4th Monday of the month at 10:30AM in the Rappahannock Room. Two copies of the selected book are available. Look for them at the Book Group shelf at the back of the library. Sign out a copy on the sign out sheet, read and return in order to share with other readers. If you have questions please call me. Maxine Luxton 4200.

BOOKS NEW TO THE LIBRARY IN DECEMBER

We have several new books entered in the collection. Fiction and mystery. Including Nina George, Louise Penny and Amor Towles. We have recently received 13 new Large Print books which are being entered very soon, five Mystery including authors Stuart Woods and Robert B. Parker and six Fiction including authors Vince Flynn and John Grisham.

For a complete list of recent books entered go to Community Apps, (uniguest), click on Library and the "new to the Library".

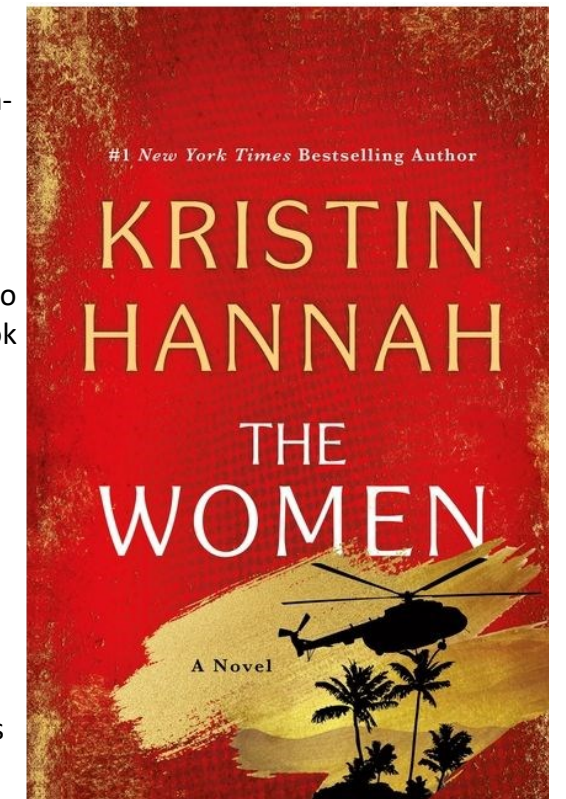
"COME ON UP AND CHECK US OUT"

A warm welcome to the newest member of the Library team. Mary Stewart. She will join the computer team of Kerley Leboeuf and Michelle Blank. This is the team that enters all the new books into the collection over the course of a year. Each taking turns for a month to enter the books.

The Library will start its annual book Audit in January. The Audit team is Pat Kirby, Ann Wiggins and Katherine Lantz. The purpose is to verify that each of the books on the shelves or on cards in circulation match the inventory list. Each book on the shelves is checked for its condition and scans the card to see when it was last checked out. Books that have not been read by any resident in three years are typically pulled and deleted from the inventory and put in a discard box. Discards usually go to Rotary International for a program they have to distribute book to various countries around the world.

A sincere thank you to everyone who came to our rescue when the hot water heater flooded our home. We were displaced for a short time while Phil, Tonya, Anthony, Doristina and many more helped to clean up the mess and repair the damages. Thank you for your swift action.

Dean and Mildred Loudy



SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

HAPPY NEW YEAR

The New Year is just around the corner. Maybe it will be a year of new beginnings, or new opportunities, or new relationships. We anticipate that maybe we can put the old year behind us and just maybe this next year will be better. For some of us this has been a great or good year. For others it has been a not so good or horrible year. So, we look forward to the New Year as being better than last year.

We have lived long enough to know though, that new does not necessarily mean better. Years ago, Coke decided to come out with their "New" coke. The new coke was a flop and so they went back to the old coke. Some things are left well enough alone. Some one decides they will come up with a new rendition of an old song, and most of the time the new rendition is not as good as the old. Butterfinger candy bar came out with a new or improved edition of their candy bar. In my view, it was not as good as the old. Sometimes, it is best to leave things as they are instead of trying to change them.

My wife works for an International Child Sponsorship Organization, called Compassion. She works in Change Management. It is interesting to hear her talk as we tell each other about our day, how difficult it is, especially for her leaders, to initiate change themselves, while trying to teach others how to navigate change. And yet, for you and me in our personal and professional lives, change is something that will always be taking place. We must change in how we handle different personalities; how we adapt to new technologies, or new procedures. If you and I are unwilling to change, we will find ourselves sitting on the outskirts, maybe even broken, because change is inevitable for us. And change is necessary and is good. I chuckle every time I am using my "maps" on my phone to direct me to a new place. Because, when I get to my destination, my phone tells me, "You've arrived!" I chuckle because I use it as a joke, telling people, "I've arrived!", when in reality I will never fully arrive. There is always a change that is necessary in how I relate to people, or change needed in my work because what used to work is no longer working. Or change needed to adapt to change in leadership or processes or functions. And if you and I continually resist change, we will eventually break.

I do not like New Years Resolutions because it seems they never get carried out or taken seriously, me included. But, if we are not changing, then we really are not improving. And I know that for myself, as I do some introspection, I can find things that need to change. It may be how I do my work, or how I relate to people, or how I view myself.

So, here is my challenge to each one of us. What is one thing that I know that I need to change, and I will make a valiant effort in trying to change that one thing over this next year? Let me challenge you also to make yourself accountable to someone with that one thing, so that you can help each other on this road called "change". Because change is necessary and good for all of us. James Baldwin says this, *"Not everything that is faced can be changed, but nothing can be changed until it is faced."* Do you accept my challenge?

ONGOING OPPORTUNITIES

Bible Study Group Tuesdays at 11 in the Chesapeake Game Room. (These are cancelled till the New Year) Sunday Church Services 2p Westbury Clubroom for Assisted Living & 3p in The 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.

IN MEMORIAM
IRENE BUCHHOLZ
NOVEMBER 30, 2024

GERALD GERRY HICE
NOVEMBER 30, 2024

CAROL HARDY
NOVEMBER 30, 2024

VIRGINIA JINGLES BROWNING
DECEMBER 9, 2024

ALEXANDER MCKELWAY
DECEMBER 9, 2024

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

CULINARY SERVICES: DID YOU KNOW?

This section will highlight the importance of resident comment cards. It's essential to inform residents that Sherell (Food Service Director) and her team actively read these comment cards during their culinary meetings and may reach out for further clarification on any comments provided. To ensure effective follow-up, please be reminded to fill out the comment cards completely, including your name and phone number. This will help facilitate any necessary communication regarding their feedback.

SCHOLARSHIP FUND

The Endowed Healthcare Scholarship Fund thanks all who donated, purchased and helped with the December pop-up sale. The total monies will be around \$1,000.00! There will be future pop-ups of jewelry and scarves so keep us in mind as you downsize and weed out what you no longer wear! Know that your donations are carefully prepared and greatly appreciated.
Helene and Mary

HAPPY NEW YEAR!

By the time you read this, Christmas will be behind us, New Years has passed, and our days will be getting longer. It is gloomy, but just around the corner, Spring will be here. Before then, however, we must take every precaution to keep from slipping on ice or tripping on fallen branches. Fall leaves will have been picked up and removed, but some oaks retain their leaves until spring. Scientists believe that this evolutionary event protects the white oaks (especially) in that snow will accumulate at the base of the trunk and release the melt slowly when the weather turns milder. Anyway, we have to look after ourselves and our pets. If the Grounds Crew uses an ice-melting compound on the walks and roads, these chemicals can endanger your dog's paws. After walking, please wash off their paws with fresh water. If winter is brutal (yes, it does happen here) notices will come over Channel 85 to give you instructions on keeping your pipes from freezing.

Also, if you are out early in the morning or late after dark and see missing walkway or street lights, please report them so that they can be repaired or replaced promptly. Now is a great time to get about the campus and see the variety of evergreens. Although we think of pines when we think winter, many hollies and laurels form the understory that protects small birds and other animals from the cold. Speaking of birds: The fields of sunflowers grown in the Northern Neck are harvested for the oil seeds that these flowers produce. One local business "Bay's Best" sells their bagged sunflower oil seeds in 20 and 40 pound bags. Lillian Hardware and some Ace stores carry this brand. The seeds are clean and reasonably priced. Buy Local! The new year will bring some new life into our yards as our dormant perennials will pop up from their frozen earth. Just wait; Spring will come.
Rainfall amount: 2.43"

GET READY FOR THE RWC'S GOT TALENT SHOW

Friday, February 21—1:00 PM—Auditorium
Residents and staff are invited to join the fun! Solo and group acts are welcome!
Singing
Dancing
Juggling
Cardio Drummers
Poems
Funny Stories
Skits
Please contact Amy at Ext. 4024 to sign up.



NEW YEARS DAY

All fitness classes will be cancelled. The fitness center and swimming pool will be open. Please note that there will be limited staff for supervision.

25 DAYS AFTER CHRISTMAS FITNESS CHALLENGE

Join us for our 25 Days AFTER Christmas Fitness Challenge! Grab a fitness log at the LEC desk and follow along with daily progressions to help you get back on track from the holidays!

JAN 6TH-10TH FITNESS CLASS SCHEDULE ADJUSTMENTS:

Tai Chi and Sleep Yoga will be cancelled the week of Jan 6-10. We will resume normal class schedules on Jan 13th! Please continue to use Uniguest to stay informed on the latest changes and adjustments.

HEALTHY FOOD BAR AND BLOOD PRESSURE CHECKS

January 15th 9:30AM-12:00PM

Enjoy a healthy snack and have your blood pressure checked in the LEC lobby!

FITNESS ASSESSMENTS

Fitness assessments will be held January 21st, 22nd, and 23rd. Assessments are **REQUIRED** for everyone who plans to participate in exercise. Your appointment will take no more than 20 minutes. Please sign up in the LEC binder. REMEMBER--assessments are not scary! They are simple exercises that help us determine your strength, balance, and flexibility!

Classes will be cancelled as we will be using all classrooms and resources to complete assessments in a timely manner. The fitness center and swimming pool will remain open, but please note there will be limited staff for supervision!

HUMOROUS NEW YEAR'S RESOLUTIONS FOR ADULTS

Adults can benefit from resolutions that infuse humor into their daily routines. Let's unravel funny New Year's resolutions that add a playful touch to adult aspirations for the upcoming year.

- Embrace the chaos: aspire to make my bed at

least once a month.

- Practice the fine art of remembering where I left my keys at least twice a week.
- Promise to conquer the pile of unread books by turning them into stylish furniture.
- Aim to become a morning person by hitting snooze only five times instead of ten.
- Try yoga – or at least learn how to touch my toes without toppling over.
- Experiment with new recipes, with a goal to cook something that actually looks like the recipe picture.
- Commit to finding a plant I can't kill in less than a week – a botanical challenge!

FUNNY RESOLUTIONS FOR FRIENDS ON NEW YEAR

In the realm of friendships, resolutions take on a unique tone. Exploring funny New Year's resolutions that strengthen bonds and bring laughter into friendships is key. Let's discover resolutions that foster camaraderie and create memorable moments.

- Organize a monthly "Laughathon Night" where we share the most embarrassing yet hilarious stories.
- Commit to creating a secret handshake that becomes more intricate with each hangout.
- Vow to start a group chat dedicated solely to sharing funny memes and jokes.
- Plan a spontaneous road trip to a quirky destination, embracing the adventure together.
- Become 'personal paparazzi' for each other, capturing the most candid and hilarious moments.
- Promise to dress up in matching outrageous outfits for a day, making heads turn everywhere.
- Host a 'Cook-off Challenge' where we attempt to recreate our worst cooking disasters.
- Create a friendship time capsule filled with inside jokes and funny mementos to open next year.
- Start a 'Dance Revolution' by mastering a signature dance move we can bust out anywhere.

Commit to writing and performing a comedy skit together, showcasing our wit and humor.

WALMART & DOLLAR TREE SHOPPING: 2X A MONTH STARTING IN JANUARY

We are now offering shopping to Walmart & Dollar Tree twice a month. Sign up for the 1st and/or 3rd Monday of the month.

ALCOHOL INK TUMBLERS*

Friday, January 3—1:00 PM—Art Room 2

LIMIT: 4

Try painting on tumbler with alcohol ink.

We will be working on gifts for staff reaching milestone years at RWC!

EPOXY TUMBLERS*

Monday, January 13—3:00 PM—Art Room 2

LIMIT: 4

This is a messy but fun process. A little color mixing and blending will be involved but you never know how these will turn out until the next day!

MAKING PHOTO SNOW GLOBES*

Wednesday, January 22—2:00 PM—Art Room 2

LIMIT: 8

Bring a photo or send us one to print that will fit into a 3 1/2 inch circle. Or you can design your own winter scene that can be hung or put onto a magnet.

STEP BY STEP ACRYLIC PAINTING*

Friday, January 17—11:00AM—Art Room 2

Sign up Required. Limit: 8

So you have never tried to paint? Try something new for the New Year. This is a beginner's class working with acrylic paints. Acrylic paints are fun, fast drying and very forgiving.

SCRATCH ART*

Monday, January 24—11:00 AM—Art Room 2

Sign up Required. LIMIT: 8

Scratchboard art, also known as scratch art, is a type of artwork made by cutting or incising into a surface covered in a dark ink to reveal a lighter colored layer underneath. The light-colored lines created by scratching into the dark material define the image the artist creates.

HAPPY NEW YEAR MENU

Soup

Southern Black-Eyed Pea Soup

Sides

Garlic Mashed Potatoes
Green Roasted Seasonal Vegetables
Smoked Collard Greens

Main Course

Herb-Crusted Roast Beef
Lemon-Garlic Herb Salmon

Dessert

A light vanilla sponge cake layered with fresh berries and whipped cream to celebrate the New Year

Apple Crisp

The Grille will be **CLOSED** for dinner. Boxed dinners will be available for carry-out. Call the hostess desk at Ext. 4816

Any questions, call Culinary Director, Sherell House at Ext. 4015.

