



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 40, Issue 7

JULY 2025

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

June 27 AT THE LIFE ENRICHMENT CENTER LOBBY.

RESIDENTS ASSOCIATION MEETING

Wednesday, July 2—10:00 AM—Auditorium

Have you ever wondered what exactly does the RW-C Foundation do? Come to the Auditorium at 10 am to get an update on the Association Committee work and a brief summary of the Foundation's priorities and programs. Resident Trustee Fred Luxton is organizing the presentation and resident Phil Booth, Chairman of the Foundation Board will be present. See you there! Stuart Bunting's update "Happenings" immediately follows the Residents meeting.

HAPPENINGS WITH STUART

Wednesday, July 2nd-11:15AM-Auditorium

With guest: Rich Valway, CSG President

WELCOME NEW NEIGHBORS...

Paul and Jen Saam have moved into free-standing home 813. They have lived in Merry Point for the past 22 years.

Paul Saam was born in Germany in Northern Bavaria during the war. His family immigrated to Australia when he was 13 years old. Paul tends to think of himself as Australian than anything else. Most of his time was spent in Sydney. He also lived in Tasmania and Queensland for a few years.

Paul attended St. Bernards, Katoomba N.S.W. and attended college at the University of New South Wales. He was very active in the German speaking community in Sydney. Then after 4 years of university he moved to Tasmania where he met Jenny. He worked as a computer programmer and became a systems analyst. He changed jobs and worked as a system analyst in Brisbane, which is in Queensland. Paul then was working for an American owned company in Australia and was sent to Princeton, NJ for training. Went back to Australia to work for a handful of years and was asked to go to America and work two years and he

never went back.

Jenny Saam was born in Tasmania, Australia. She grew up in a rural area and her parents had an apple orchard. They were very poor but had plenty to eat and a roof over their head. She had a very happy childhood. She attended Launceston High School and Launceston Teacher's College in Tasmania and became a primary school teacher. She taught for about 7 years and then the Saams started their family. They have two children, Conrad and Paul. Conrad lives in Seattle and Paul lives in San Diego. They have 5 grandchildren (4 boys and one girl). They have many friends here at RWC. (Helen McCord, Buckley-Sharps, Warrens, etc.)

Paul follows European Football and is interested in college sports. He was President of the Audubon Society. They are quite social as a couple, but Paul values his quiet time alone. Jenny and Paul do enjoy entertaining very much. They belong to the RFA, NNO and Richmond Forum. They love the arts and visiting museums. Jenny loves to travel.

Frederick "Fred" Noll and **Judy Barthel** moved into Cottage 507. Judy and Fred met online about 4 years ago.

Mr. Noll was born in Roaring Springs, PA. He lived there until he was two or three years old when his family moved to Dubois, PA. Fred is the oldest and the nicest of 3 brothers. His brother Tom lives between Michigan and Florida (summer home) and David lives in Ohio.

Fred has two sons that live in Florida and an adopted daughter that lives in Jackson, NC.

He graduated from high school in West Virginia and attended college in Ohio. He attended graduate school at Lancaster Theological Seminar in New York. Fred was a minister in PA and NY for many years. He went back to school and got a master's degree in clinical

CONTINUED ON PAGE 1

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

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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
<div>JULY 2025</div>		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	8:00-LEC-Walking Group 10:00-AUD-Resident’s Associa- tion Board Meeting 11:15-AUD-Happenings with Stuart 1:00-FRL-Indepenedence Quilt Show at Historic Christ Church* 2:00-POOL-Aqua Tone & Stretch*	9:00-FRL-Thrifty Thursday Shopping & Lunch in Mathews, VA* 2:30-FCR-Line Dancing* 3:00-RAP-Praying the Rosary	INDEPENDENCE DAY 4th of July Picnic 11:00AM-2:00PM GRILLE CLOSED FOR DINNER 2:00-AUD-Liberty Dolls in Concert* 2:15-FCR-Cornhole	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night
3:00-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist	10:00-FRL-Shopping * 11:00-AR2-Creating a Frida Kahlo Portrait* 11:00-AUD-Parkinson’s Care Partners Group 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson’s Support 4:30-AUD-Caregiver’s Memory Support Group	9:00-FRL-Trader Joe’s* 10:00-AR2-Chat & Craft 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	8:00-LEC-Walking Group 10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support 11:00-AUD-Talk Robert Shores, Coast Guard* 2:00-POOL-Aqua Tone & Stretch* 3:00-AR1-No Sew Quilted Trees*	9:00-FRL-Keystone Truck and Tractor Museum & Lunch* 2:30-FCR-Line Dancing* 3:00-RAP-Praying the Rosary	8:30-LAN-First Friday Forum: Patrick McCranie* 10:00-COR-Community Wellbeing Committee 2:15-FCR--Cornhole 2:30-AUD-Hula Dancing*	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night 5:15-FRL-Music by the Riv- er at Belle Isle State Park & Picnic Dinner*
3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 2:00-COR-Food Committee 3:00-AR2-Fluid Art: Floral Chain Pull*	10:00-AR2-Chat & Craft 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	8:00-LEC-Walking Group 9:00-ATR-Healthy Food Bar and Blood Pressure Checks 10:00-FPL-Book Mobile 10:30-FRL-Out to Lunch at La Yaca in Williamsburg* 1:00-AR1-Stitching Stars Quilting Group 2:00-POOL-Aqua Tone & Stretch*	11:00-AR2-Textured Fabric Art, Part 1* 2:30-FCR-Line Dancing* 3:00-AR2-Praying the Rosary	11:00-AUD-Hank George: Salty Dog Sailing Associa- tion* 2:00-AUD-Resident Activi- ties Committee Ice Cream Social* 2:15-FCR--Cornhole Deadline for Gazebo	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night 6:15-FRL-Virginia’s Little Ole Opry*
3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping* 11:00-AR2-Textured Fabric Art, Part 2* 1:00-CGR-Catch Phrase	9:00-FRL-Trader Joe’s* 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	8:00-LEC Walking Group 1:30-AUD-Virginia Crenshaw, Cannability Consulting* 2:00-POOL-Aqua Tone & Stretch* 2:30-FCR-Scooter Obstacle Race*	9:00-FRL-Hampton Queen boat Tour* 2:30-FCR-Line Dancing* 3:00-RAP-Praying the Rosary	1:00-AR2-Bunny Visits 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night
3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:30-RAP-RWC Book Group 11:00-AR2-Sea Glass Art, Part 1* 1:00-CGR-Catch Phrase 1:00-RAP-Communion to Ro- sary	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 11:00-AUD-Tom Robinson, International Liaison* 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	8:00-LEC Walking Group 11:00-AR2-Sea Glass Art, Part 2* 12:30-FRL-Pottery Class, Part 2 2:00-POOL-Aqua Tone & Stretch*	CARNIVAL DAY at RWC 11:00AM-2:00PM Auditorium 2:30-FCR-Line Dancing* 3:00-RAP-Praying the Rosary	AUGUST 2025 8:30-LAN-First Friday Fo- rum: Terrie Dort, Northern Neck Partners for Pets* 2:15-FCR--Cornhole	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night

FROM THE PRESIDENT & CEO

Twice a year, we recognize our staff members with milestone service anniversaries (5, 10, years etc.). I look forward to the ceremony and luncheon. We take some time to thank each person individually and share some attributes that we might otherwise not know. I always learn something interesting and admirable about each honoree. I am also impressed by the length of service. This is particularly so as we reach the 40th anniversary of RWC.

In our Summer Service Award luncheon, we will recognize sixteen staff members with a total of 250 years of service at RWC – six with 20 or more years of service to RWC residents. That is a phenomenal average of 15.6 years per person.

As I write this note our longest service staff member, Vicki Smith, just reached her 39th year of service. Many of you know Vicki. In addition to providing care in Assisted Living, Vicki is often the one transporting residents in one of the RWC vans to local doctors' offices.

From Vicki to our newest staff member who joined us this week, each member of our team brings their unique Joyful Spirt, gifts and talents to the ministry of RWC. Recently a resident commented, "There really is no place like RWC." For forty years past, today and into the future, that is thanks in very large part to our dedicated team of staff members who strive to make a positive difference in the lives of those entrusted to our care each day. We are truly blessed!

Shirley M. Smith

SUPPORT A CAUSE THAT MATTERS

Want to make a real impact on meaningful programs like the Fellowship Fund or the Endowed Scholarship Fund? Consider becoming a monthly donor.

You can give any amount—automatically deducted from your checking account or credit/debit card—so there's no need to remember to write a check. It's an easy, hassle-free way to support the causes you care about most.

You can also make a difference by participating in our **Coin Box Drive**. Just pick up a coin box at the Front Desk, drop in your spare change, and when it's full, return it to Stacey in the RWC Chesapeake

Bank Branch.

Every contribution—no matter the size—helps provide vital educational support to nurses in our community.

Together, we can make a lasting difference.

For more information see Denise Kenner x4877

Let's Get Creative!

FRIDA KAHLO PORTRAIT*

Monday, July 7-11:00AM-
Art room 2 LIMIT: 8



NO-SEW QUILTED TREES*

Wednesday, July 9-3:00PM
Art Room 1 LIMIT: 8



FLUID ART- FLORAL CHAIN PULL*

Monday, July 14-
3:00PM-Art Room2
LIMIT: 8



CREATE TEXTURED FABRIC ART ON CANVAS, PART 1 & 2*

Thursday, July 17 and Monday, July 21—
11:00AM—Art Room 2

Create a 3D abstract painting by using a piece of fabric on canvas. **Must attend both sessions.**
LIMIT: 6



SEA GLASS ART, PART 1 & 2*

PART 1
Monday, July 28
11:00AM-Art Room 2
PART 2

Wednesday, July 30
1:00PM-Art Room2
Must attend both sessions. LIMIT 5

NEW RESIDENTS CONTINUED...

social work and was employed by a childcare agency. He also worked part-time with churches who could not afford a full-time minister. Fred retired from the agency and joined a former colleague that had private practice in psychotherapy where he worked for a couple of years. After that, Mr. Noll retired for the third time and was called to serve a church for 6 weeks and he ended up staying for 6 years. Mr. Noll enjoys reading, history, travel, and worship services. Mr. Noll has a great sense of humor and is hoping to get involved in the fitness program.

Judy was born in Baltimore, MD. Judy grew up in Forrest Hill, MD. She married her first husband and moved to Chester, VA where he worked for Dupont. Judy has two birth children and 2 bonus children from her first marriage. She has daughters in Suffolk and Chester, VA, a son in Midlothian and another son that enjoys a nomadic lifestyle. Judy was a homemaker and an office manager.

Mrs. Barthel loves to cook and sew. She enjoys art and reading, especially history. She attends bible study and likes to line dance.

INDEPENDENCE QUILT SHOW AT HISTORIC CHRIST CHURCH*

Wednesday, July 2nd-1:00PM-Front Lobby.
Limit = 13. Please eat lunch before we go.

Historic Christ Church and Sewlovelee are pleased to announce a joint celebration of America's independence with a week-long quilt exhibition. Multiple participants will be exhibiting their red, white, and blue quilts and telling the stories of our independence from Britain, our history since the American Revolution, and the future of the United States.

THRIFTY THURSDAY IN MATHEWS, VA & LUNCH AT RICHARDSON'S*

Thursday, July 3rd-9:00AM-Front Lobby.

Limit=13. Cost = Lunch/Shopping \$

Mathews, VA is home to quite a few antique, thrift, and consignment stores including: Roane's, Etc., Classic Reflections, Gypsy's Wagon, & The Vintage Pearl. Lunch at Richardson's is always a treat!

TRADER JOES & LUNCH*

Tuesday, July 8th (Newport News) & 22nd (Williamsburg)-9:00AM-Front Lobby
Sign up required. Limit =10.

KEYSTONE TRUCK & TRACTOR MUSEUM & LUNCH AT AMERICA'S KEYSTONE GRILL*

Thursday, July 10th-9:00AM-Front Lobby. Limit =13
Cost=\$14 Charged to your account + lunch\$

Encompassing more than 125,000 square feet, Keystone Antique Truck and Tractor Museum is no ordinary museum. It is located in Colonial Heights, VA. It's cool, it's combusive, and guarantees to take you on an exhilarating walk down memory lane. Keystone offers visitors more than the farm with a time warp of antique road trucks, classic cars, vintage gas pumps, oil cans, automotive signage, clocks, advertising posters of yesteryear and so much more!

MUSIC BY THE RIVER AT BELLE ISLE STATE PARK: RAPPAHANNOCK CROSSING BLUEGRASS BAND & BOXED DINNER*

Saturday, July 12th-5:15pm-Front Lobby. Limit=10
Boxed dinners provided by RWC. Cost = \$0

OUT TO LUNCH AT LA YACA FRENCH RESTAURANT IN WILLIAMSBURG*

Wednesday, July 16th-10:30AM-Front Lobby.
Limit=13. Cost = lunch \$

See for yourself. It's all about the great atmosphere, fantastic wait staff, beautiful spaces and most of all, world class, delicious food.

VIRGINIA'S LITTLE OLE OPRY 50TH ANNIVERSARY SHOW*

Saturday, July 19th-6:15PM-Front Lobby. Limit=13
Cost = \$15 Please eat dinner before we go.

Even though Donk's Theater burned down, their famous Opry program of music and fun continues. Shows are now held at the Mathew's High School Harry M. Ward Auditorium.

LIBERTY DOLLS IN CONCERT

Friday, July 4th-2:00PM-Auditorium

Take a *Sentimental Journey* down nostalgia lane with the Liberty Dolls! These gals are a charming vocal trio who will serenade the crowd with World War II Andrews Sisters classic hits such as *Boogie Woogie Bugle Boy*, *Rum and Coca Cola*, and *Don't Sit Under the Apple Tree* (to name a few).

They will also perform patriotic classics and add a bit of the fun 50's standard songs including *Mr. Sandman*, *Sincerely* and *Stupid Cupid*. Their rich 3-part harmony and fun audience interaction will leave you tapping your feet and humming to those great 'oldies, but goodies!'

SPEAKER: ROBERT SHORES, COAST GUARD RECOVERY MISSIONS*

Wednesday, July 9th-11:00AM-Auditorium

Executive Petty Officer CGC Rob Shores will speak about the January 29, 2025 collision of a Bombardier CRJ700 airliner operating as American Airlines Flight 5342 and a United States Army Sikorsky UH-60 Black Hawk helicopter operating as Priority Air Transport 25, mid-air over the Potomac River in Washington, D.C. and the recovery.

FIRST FRIDAY FORUM: SHERIFF PATRICK MCCRANIE*

Friday, July 11th-8:30AM-Lancaster Room

The Honorable Patrick McCranie is the duly elected Sheriff of Lancaster County and retired Virginia State Police officer. Sheriff McCranie works with community leaders and individual citizens to address community concerns on a wide variety of levels, not only those that relate to crime.

HULA DANCING*

Friday, July 11th-2:30-Auditorium

This is an interactive program— Come have fun!



SPEAKER: HANK GEORGE, SALTY DOG SAILING ASSOCIATION*

Friday, July 18th-11:00AM-Auditorium

When COVID-19 swept through the islands of the Caribbean in the Spring of 2020, hundreds of boaters from the US and Europe were told they would have to leave as local officials feared their limited facilities would be overwhelmed. Flights that would have brought the crew to the islands to help bring the boats home were canceled. Some of the vessels would have been stored in the islands while their owners returned to their homes. Except there were no flights. Island governments told the boaters to take their boats and go home. The Salty Dawg Sailing Association stepped into this crisis to offer expertise, communications assistance, and intercession with the many governments of the islands and the US State Department and Customs and Border Protection.

RESIDENT ACTIVITIES COMMITTEE ICE CREAM SOCIAL*

Friday, July 18th-2:00PM-Auditorium

Come and enjoy ice cream with your neighbors!

2 SIDES TO EVERY STORY, TOM ROBINSON, INTERNATIONAL LIAISON*

Tuesday, July 29th-11:00AM-Auditorium

I served as International Liaison for the Russian Federation's Ministry of Emergencies for about fifteen years. I will speak about the role that Russia played during the Revolutionary War and how they helped with the preservation of the union.

When I give talks on Russia I ask my listeners to have an open mind and remember: there are two sides to every story. What we hear or see from the media and politicians...is not always the truth.

HAMPTON QUEEN BOAT TOUR*

Thursday, July 24th-9:00AM-Front Lobby. Limit= 13.

Cost = \$30 charged to your account + lunch \$

Hampton Roads Harbor Tours aboard the Hampton Queen are top-rated, exceptional sightseeing cruises. Each relaxing Hampton boat tour lets you enjoy the picturesque beauty of Hampton Roads Harbor, and learn about one of the busiest ports on the East Coast – from the 1607 founding of Jamestown – to the destroyers, submarines, and aircraft carriers at Norfolk Naval Base.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

RWC LIBRARY

Donors

Thanks to our donors:

Jay White (6)

Carol Sennott (2)

Helen McCord

Jean Gilmore

Tom Teeples

Volunteers:

And thanks to the committee members who select and deliver books to residents in Westbury:

Sally LeBoeuf

Ann Wiggins

Book Group:

Though the selection for July was written for young people, everyone can enjoy a story of our local area as it was in the years 1929-2015. It is the diary of a young girl living on a steamboat, her thoughts and adventures. You will recognize familiar places on the steamboat route.

We are very fortunate that *Edith Hemmingway, the author, will join us* at our book discussion on July 28th.

Come on up and check us out!

ARTS CENTER OF MONTROSS ARTISTS TO DISPLAY THEIR WORK AT RWC

July Art Show to Feature Mostly Three Local Creative Talents

Forty-seven artists have studios or works at the Center, and some will display their talents at RWC's July art exhibition opening next month. To hear Janice Jones, art director of The Arts Center of Montross, tell it, everything she has accomplished has simply fallen into her lap. But the thriving arts community in this small town would likely differ.

Art Center of Montross artists with work in the RWC July exhibition include Ronda Rotz (focusing on nautical, water imagery, impressionistic, sea life, etc.), Anne McCahill, a certified botanical artist (focusing on fiber arts, embroidery on bags, etc.) and Jones, who will show watercolors representing the female form.

The art exhibition is open to all 9 a.m.-5 p.m. daily throughout July in Rappahannock Westminster-Canterbury's Gallery Hall and is open to the local community.

SPEAKER: VIRGINIA CRENSHAW, CANNABILITY CONSULTING*

Wednesday, July 23rd-1:30PM-Auditorium

Dr. Alexandria Hill and Dr. Victoria Crenshaw will introduce the mission, services, and history of Cannability Consulting. Cannability Consulting offers a range of educational, consultation, care navigation, and community outreach services related to wellness, the human endocannabinoid system, and cannabinoids. They aim to empower individuals and healthcare providers with awareness, literacy, and safety to holistically optimize the human endocannabinoid system. They use evidence-based literature to guide our dissemination efforts and abide by state and federal laws. Specifically, they offer education and consultation services to help individuals understand the benefits and risks of using cannabinoids for various health conditions. We also provide care navigation services to help individuals access appropriate providers and products. Additionally, we participate in community outreach and advocacy to bring awareness to such an important, emerging safety topic.

RW-C Library Book Group

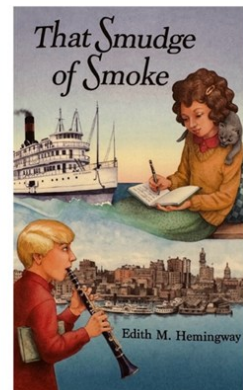
That Smudge Of Smoke

By Edith M. Hemmingway

July 28 - 10:30 a.m.

Rappahannock Room

For info, call Maxine Luxton
4200



SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

The patriotic month of the year! I think of baseball, hot dogs, apple pie, fireworks, red, white and blue streamers, parades, the circus, and cherry pie (because I grew up in the Cherry Capital of the world, Traverse City, Michigan). I loved summertime as a kid. No school, play all day, pick cherries, eat watermelon. Life was simple and life was good. And then came adulthood! Summer vacations went from 3 months to 1 week. There was no sleeping in. No lazy Saturdays watching cartoons and Combat! No more playing ball in the backyard and picking wild blueberries beyond the fence for a shake. I was now grown up, and they expected me to act like a grown up and be independent. Independence Day for our country was July 4, 1776. My Independence day was June 26, 1978. I left home for the USAF, and left behind were all those dreams and aspirations of the young boy. I was now a man. I needed to act like a man.

In the spiritual realm we also need to come to a point where we leave behind the childish things and act like a grown up. Paul says in I Corinthians 13:11, "When I was a child I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things." It is ok to be silly and play games that we did as children, such as seated volleyball and Pine Wood Derby races. That is fun and is ok. But sometimes in our attitudes we can resort to acting like children and say and do things to each other that are mean spirited or unkind. Those are the childish things that you and I need to put away and instead, "Be kind, tenderhearted, forgiving one another just as God in Christ forgave you". I am going to go look in the mirror and see what childish things I need to put away. I am sure I will find one or two things!

Summertime and sailing on the boat. Do you remember that? Well believe it or not, we are going to have a **Regatta** in late July and late August. We now have 4 remote-controlled sailboats that will be used to race against each other out on the lake. If this interests you and you want to sail a boat, talk to Amy Lewis or Chaplain Ted.

Some Churches have Christmas in July where they sell Christmas items. We are not doing that, but this year instead of Christmas Service, we are doing a **Christmas Play**. So, I am announcing that now in July. I do

have some slots taken but I still need some shepherds, some wisemen, some angels, and some Roman soldiers and an innkeeper. I also need a costume designer and a set coordinator. See Chaplain Ted if you want to be involved.

ONGOING OPPORTUNITIES

Resident Bible Study at 11am every Tuesday in the Chesapeake Game Room.

Staff Bible Study at 12pm every other Wednesday of the month in the Chesapeake Game Room and every other Thursday at 2pm in Art Room 2.

Sunday Church Services 2pm Westbury Clubroom for Assisted Living & 3:00 in The Pub for Independent Residents.

Grief Support 2nd Wednesdays of the month at 11 in the Chesapeake Game Room.

Rosary Group meets 3 pm each Thursday in the Rappahannock room.

Communion to Rosary Group meets 1pm the 4th Monday of the month in the Rappahannock 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 MEMORY OF:

MRS. REBECCA BEAUCHAMP
JUNE 13-19 39-JUNE 23, 2025

BYOB PUB NIGHTS CONTINUE!

Saturdays from 4-6pm-Main Street Pub

Come anytime and bring your favorite beverage or snack.

BUNNY VISITS

Friday, July 25th-

1:00PM-Art Room2

Come and enjoy petting fluffy bunnies.



NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

CHRISTMAS IN JULY QUILT SALE TO BENEFIT PARKINSON'S

New, never used Christmas Quilts and table top-pers will be offered for donation to RWC Parkinson's Foundation.

Quilts will be marked with 'minimum' donation and go on display July 1 in the LEC cabinets.

Quilts will be available on Monday, July 7th, in the Atrium, 11-1, during the Parkinson's Care and Support meetings. Cash or Checks only.

GROUNDS & LANDSCAPING REPORT

Summer is now upon us and the days are longer and the humidity is higher. Soon, the lawns will go into their hot season hiatus so there will be less mowing. The grounds keepers have installed the summer flowering plants and the hanging baskets look good at our entrance locations. Thank you to the volunteers who keep these baskets well watered; the heat and winds desiccate these plants in a flash. This reminds me to let our cottage, homes, and apartment residents who have potted plants to monitor them daily. Some plants like geraniums may need watering twice a day, house residents may need to attach a hose to the spigot and water newly planted flowers, shrubs, and trees. It doesn't take long and in the early morning you can enjoy the summer sounds of the annual cicadas in our oak trees. Please be safe and avoid long exposure to the summer sun. Our seasons in Virginia are always beautiful and we can observe and enjoy whatever the days may bring.

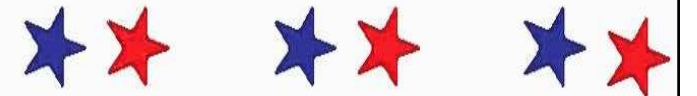
RAIN TOTALS: MAY-7.55"

JUNE-3.07" as of 06/23/25

COMMUNITY WELLBEING

Smile! It gives your face something to do. Smiles are contagious, they help you live longer, lowers blood pressure, boosts your immune system, reduces pain. Makes you look younger. Helps you to

stay positive and can lift your mood. A smile has the same effect as 2,000 chocolate bars!!



JULY 4TH PICNIC LUNCH MENU

Watermelon Salad

BBQ Chicken Thighs

All Beef Hamburger

Grilled Sausage w/ Sauteed Onion/Pepper

Red Snapper w/ Tropical Fruit

Southern Green Bean

Baked Beans

Corn on the Cob

Ice Cream Sandwich/Nutty Buddy

JULY 4TH BOXED DINNER MENU

Grilled Closed

Boxed Dinner Only

Chicken Salad Sandwich on Croissant

Potato Salad

Assorted Chips

Mixed Fruit Cup

Chocolate Cake



RESIDENT ASSOCIATION COMMITTEE MEETINGS: OPEN TO ALL

Food Committee– July 14th at 2PM –Corrotoman Room

Activities Committee– July 9th at 10AM—Art Room 2

Community Wellbeing Committee– July 11th at 10AM—Corrotoman Room

Grounds and Landscaping Committee– August 27th at 10AM—Corrotoman Room

**FITNESS CENTER NEWS:
CLOSINGS AND
CANCELLATIONS**

The Fitness Center and pool will be CLOSED on July 4th. Usage is still available by access with your badges—please remember this will be unsupervised activity.

AQUA TONE & STRETCH*
EVERY Wednesday beginning July 2—2:00PM
POOL
SIGN UP REQUIRED

Donna Sears is back! Donna will be teaching an Aqua Stretch & Tone class on Wednesday's at 2pm. This class will be a 5-week course focusing on muscular toning and stretching. All fitness levels are welcome!

LINE DANCE: BEGINNING *
EVERY Thursday beginning July 3—2:30PM*
Fitness Classroom
SIGN UP REQUIRED

Put on your boogie shoes and join us for line dancing! We will be learning old and new dances, various genres, and most importantly having FUN! Please remember to wear comfortable and CLOSED TOED shoes. Line Dance will be held every Thursday at 2:30pm.

**HEALTH FRIENDLY FOOD BAR AND
BLOOD PRESSURE CHECKS**
Wednesday, July 16— 9am-12pm - Atrium

SCOOTER OBSTACLE RACE*
Wednesday, July 23—2:30pm—Fitness Classroom
SIGN UP REQUIRED

Pinewood Derby not your thing but have that itch to burn some rubber? Enter yourself in our electric scooter obstacle course on July 23rd! Don't own a scooter? We will find one! Don't want to race? Join our fan section! Our race will be located in the fitness classrooms. See you at the starting line!

**MONARCH SEASON 2025
HAS HAD A HEALTHY START.**

On 7 May, our first chrysalis formed in the LEC enclosure and we were able to stock the enclosure with 4 large caterpillars which had become chrysallides by 9

May. Our first butterflies eclosed on 17 May and since then we have had steady activity, adding caterpillars, watching them form into chrysallides and eclose as Monarchs. By 18 June we had released 16 butterflies. Unfortunately, one additional butterfly eclosed with a problematic wing and could not fly. This little soul was placed in a nearby garden where it could nectar and be as comfortable as possible during its short life.

We added a second enclosure in the assisted living facility and located it just outside the clubroom. To date, we have released 4 butterflies from this smaller enclosure and currently have 2 chrysallides in residence. One earlier chrysalis did not fully form, so was destroyed before enclosure.

Whether you are new to RWC, have witnessed this particular aspect of this magic of nature in your pre-RWC life, or are an old hand at seeing that magic here, you are invited to visit our enclosures at any time to reignite that bit of magic. Our first Gazebo Gazette article last year described this magic, so you might want to find it in the archives. We hope to see you soon to share some magic!

MAGICAL METAMORPHOSIS

For many of us it is impossible to walk by the Monarch butterfly enclosure outside the breezeway to the LEC without checking out the magic happening in there. A tiny white spot becomes a tiny caterpillar. He munches on milkweed and grows big and fat. The first magic happens when he crawls to the ceiling or side wall of the enclosure and attaches himself there. He hangs down, stretches into a "J" shape within the next 24 hours, and the orange and black ridges of his body transform into a smooth light green pendant shape called a chrysalis. Over the next week or two, the color gradually darkens and, if one is especially observant, wings become visible. And then more magic happens when a perfect Monarch butterfly emerges, or ecloses. He completely unfolds, and dries his wings and within hours is ready to be released to greet his world.

Typically, four generations of Monarchs make the trip from Mexico to North America and back annually. What is generally thought to be the last generation of the season will begin to eclose in late August. These butterflies will be tagged for tracking. Tagging gives us opportunities to see these phenomenal creatures up close and personal, so we will let you know when we start this process. All are welcome to come witness this last bit of magic. Until then we will let you know when we release Monarchs from our Life Enrichment and Assisted Living enclosures.

RWC WELCOMES INTERNS

RWC established an internship program to offer students the chance to gain practical experience by providing hands-on training and mentorship opportunities. The aim is to contribute to the development of the next generation of professionals. We are confident that this program will be mutually beneficial, providing our interns with invaluable experience and allowing us to benefit from their fresh perspectives and enthusiasm. We will be welcoming 5 interns this summer, and we encourage you to extend a warm welcome to them as they join our team. Please take a moment to introduce yourselves and offer any support or guidance they may need. We are excited about the potential of this program and look forward to a successful summer with our new interns!

Mason Walker- I graduated from Northumberland High school in May of 2025. I will be attending UVA this fall to study accounting and finance. In my spare time I enjoy gardening and playing tennis/pickle ball. I wanted to participate in an internship here at RWC because I knew it would be a great opportunity before going to school to learn from Susan, who has a lot of experience in the field that I am interested in.



Parker Throckmorton- I graduated from Christ Church school in 2023. I am familiar with RWC as I have helped my mom Carroll deliver medications with Main Street Pharmacy.



I wanted to do an internship here at RWC because I am familiar with people here and I always enjoyed coming here with the pharmacy. In my spare time I like to hunt and fish. In this role I am hoping to learn more about HVAC and electrical as I would like to get into that field.

Porter Pittman- I am currently a senior at Lancaster High School. I participate in multiple sports through LHS, including football, track and soccer. Academically, I am enrolled in Chesapeake Bay Governor School. I also am enrolled in Early College Academy, that will allow me to graduate high school with my Associate's Degree from Rappahannock Community College. After



graduation, I would like to play football at college or attend Virginia Tech. In my spare time, I like to work out and hang out with my pets, including my dog, Fish and cat, Fatty Patty. I also attend Irvington Baptist Church. I wanted to do an internship here at RWC because I believe it will provide an excellent experience.

Isaac Faulkner- I am a senior at Northumberland High school. I play soccer for my high school varsity team. I go to the Northern Neck Technical Center for engineering. I have done competitions in robotics for the tech center and placed 1st in state. In my spare time I enjoy drawing and practicing soccer. I want to go to college for architecture. I wanted to participate in an internship here at RWC because I wanted to learn about basic HVAC and electrical systems to make me a better architect.



Katie Kidd- I am a senior at Gloucester High School. In my spare time I enjoy reading, drawing, and painting.



After graduation I would like to pursue a career in nursing where I can help people. I wanted to participate in an internship at RWC because I think it will give me a good opportunity to see what the nursing field will be like but also allow me to help people bring out their inner creative side.