



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 40, Issue 8

AUGUST 2025

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

JULY 28 AT THE LIFE ENRICHMENT CENTER LOBBY.

WELCOME NEW NEIGHBORS...

Mrs. Sandra Heinemann has moved into Cottage 509. She has lived in her current home in Hampden-Sydney, Virginia for the past 57 years.

Sandra was born in Washington, DC. She grew up in Northern VA. She attended Annandale High School. Her mother was a homemaker. Her father worked at the Library of Congress as a Civil Servant and after he retired her parents ran a book business out of their home. Sandra has a brother who is 3 years younger and a sister who is 11 years younger than she is. Her sister lives in Connecticut. Her brother lives in Hills Quarters and has been in the area for the past 25 years.

Sandra and her late husband Ronald were married for over 50 years. They were high school sweethearts. He went to Dartmouth, and she went to Bucknell University. They married after both had graduated and they lived in Charleston, SC. Then they moved to Athen, GA. then Charlottesville, VA where their first child was born. After 3 years in Charlottesville, Mr. Heinemann took a teaching job at Hampden-Sydney College, and they have stayed there ever since. He passed away in November of 2020.

Sandra has two children, a daughter in Arlington and a son moving soon to Fredericksburg.

Mrs. Heinemann always thought she wanted to be a librarian. The state of Virginia does not have a library school. She and her husband decided to go to Michigan. During their time there, Sandra went to the University of Michigan to earn an M.L.S. as a Librarian. When they returned home a position opened at Hampden-Sydney College. She was meant to be a librarian. She worked for 27 years.

Sandra considers herself to be a social person. She loves reading groups and is looking forward to trying some new things.

HAPPENINGS WITH STUART

Wednesday, August 6th-2:00PM-Auditorium

SIGNING UP ON UNIGUEST FOR SELECTED PROGRAMS

Look for Gazebo Gazette article titles in this **teal color**. Those are the programs you can easily sign up for through your Uniguest app on your phone , tablet or PC.

1. Click on “Independent Living Activities”

1. Locate the activity you want to attend

2. Click on “Register”

That's it!! If you need to cancel, you may also do that following the directions above and clicking on “Cancel.”

If you have any questions, please feel free to contact the Life Enrichment office for assistance.

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

Contact us: 804-438-4000

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RESIDENT ASSOCIATION COMMITTEE MEETINGS: OPEN TO ALL

Food Committee– August 11 at 2PM –Corrotoman Room

Activities Committee– **NO ACTIVITIES COMMITTEE MEETING THIS MONTH**

Community Wellbeing Committee– August 8 at 10AM—Corrotoman Room

Grounds and Landscaping Committee– August 27th at 10:30AM—Corrotoman Room

- 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
AUGUST 2025					8:30-LAN-First Friday Forum: Terrie Dort, Northern Neck Partners for Pets* 1:00-AR2-Bunny Visits 2:15-FCR-Cornhole 1	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night 2
3:00-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist 3	10:00-FRL-Shopping* 11:00-AUD-Parkinson's Care Partners Group 11:00-AR2- Watercolor Made Easy* 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support 4:30-AUD-Caregiver's Memory Support Group 4	10:00-AR2-Chat & Craft 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:00-FRL-Grand Opening of Art Store & Chitter Chats* 2:30-FCR-Seated Volleyball 5	8:00-LEC-Women's Walking Group 11:00-ATR-Ross's Fine Jewelers Jewelry & Watch Repair 11:00-ATR-Stylish Eyes Eyeglass Repair Clinic 11:00-ATR-Kaine Connects 2:00-AUD-Happenings with Stuart 6	9:00-FRL-Shopping in Gloucester & Lunch* 11:00-AR2-Making Sugar Soap Bars* 2:30-FCR-Line Dancing 2:15-AUD-Movie Matinee: The Intern 3:00-RAP-Praying the Rosary 7	10:00-COR-Community Wellbeing Committee 11-2-ATR-Nothing Bundt Cakes Sale 11-1:30-FPL-Hibachi Mobile Food Truck 2:15-FCR--Cornhole 8	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night 9
3:00-MSP-RWC Community Worship Service 10	10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase 2:00-COR-Food Committee 11	9:00-FRL-Newport News Shopping Center & 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 12	8:00-LEC-Women's Walking Group 10:00-FPL-LCL Book Mobile 11:00-CGR-Grief Support 2:15-AUD-Movie Matinee: Grease NO ACTIVITIES COMMITTEE MEETING THIS MONTH 13	8:30-FRL-Chrysler Museum of Art, Glass Blowing Demonstration, & Lunch* 2:30-FCR-Line Dancing 3:00-AR2-Praying the Rosary 14	11:00-AR2-Fluid Art: Amazing Tree Swipe Technique* 2:15-FCR--Cornhole 15	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night 16
2:00-FRL-Westmorleland Players: Clue on Stage* 3:00-MSP-RWC Community Worship Service 17	10:00-FRL-Shopping* 11:00-AR2-Fluid Glue Art: Banana Leaves, Part 1* 1:00-CGR-Catch Phrase 2:15-AUD-Movie Matinee: Dirty Dancing 18	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 19	8:00-LEC-Women's Walking Group 9:00-ATR-Healthy Food Bar and Blood Pressure Checks 9:00-FRL-Virginia Musical Museum & Lunch in Williamsburg* 1:00-AR1-Stitching Stars Quilting Group Deadline for Gazebo Gazette Articles by NOON 20	2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary 21	10:00 to 3:00-ATR-Paparazzi Jewelry Sale 11:00-AUD-Karen Hart, Lancaster Virginia Historical Society* 2:15-FCR--Cornhole 22	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night 23
3:00-MSP-RWC Community Worship Service 24	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:30-RAP-RWC Book Group 11:00-AR2-Fluid Glue Art: Banana Leaves, Part 2* 1:00-CGR-Catch Phrase 1:00-RAP-Communion to Rosary 2:15-AUD-Movie Matinee: Out to Sea 25	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 26	8:00-LEC-Women's Walking Group 10:30-COR-Grounds & Landscaping Committee Meeting 10:00-FPL-LCL Book Mobile 27	10:00-FRL-Thirfty Thursday--Lancaster County* 11:00-MSP-Macular Degeneration Group 2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary 4:00-AUD-Susan Cousins Piano Concert* 28	11:00-AUD-Robert Shores Presents: Coast Guard Recovery Missions* 2:15-FCR--Cornhole 29	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night 30
3:00-MSP-RWC Community Worship Service 31						

FROM THE PRESIDENT & CEO

Our summer internship program encourages me as we have a chance to share the many career opportunities in senior living and healthcare with our future colleagues as they are developing plans for their studies and training. You met them via their profiles in the July Gazette. Each intern is working in a department closely matching their interests, and each is working on an individual project over the summer as well. Several residents are participating in the internship program by sharing life and career experiences with the interns in the field or fields they are considering.

I had lunch with our 2025 interns, Katie, Parker, Mason, Porter, and Isaac recently to learn about their interests and aspirations and plans for their futures. It reminded me of being on the other side of the table a few decades ago thinking about my future. I really wanted to have it all mapped out by 8th grade, but for sure the plans I had at that point were different from how my life and career developed, and I am sure many of you can say the same. I am very encouraged by their interest in so many subjects and where life may take them. That gives me hope for the generations that will follow us in the meaningful work we are privileged to perform. Thank you for encouraging our next generation of professionals as they chart their course in life.



WHY SOONER IS SMARTER: THE VALUE OF MOVING TO RWC EARLY

At RWC, we often hear residents say, “I wish I had moved here sooner.” That simple statement speaks volumes about the peace of mind, connection, and security found in a vibrant community like RWC. Recently, however, we’ve noticed a growing trend. Many individuals are waiting too long to make their move or aren’t fully aligned in their planning. While the decision is deeply personal, it’s not always about leaving a longtime home. For many, life was simply busy, they felt healthy, or they thought they had more time. But the truth is: timing matters. Recently, we’ve had to turn away several applicants. These were people who were excited about RWC but no longer qualified medically or financially for our lifecare contract, a defining feature of our community that offers long-term security and pre-

dictable healthcare costs. It’s one of the strongest reasons to consider joining earlier, when you can still take full advantage of everything RWC has to offer.

Many of our residents say they’re grateful they made the move while they were still active and engaged, enjoying fitness classes, social gatherings, day trips, and travel. As one resident put it, “The transition was easier than I expected. And now I have the assurance that whatever comes next, I’m already home.”

We encourage you to talk with your friends who may be thinking about RWC “someday”. Let them know the value of planning today, not just for future care but for a richer life now. RWC isn’t just a place to receive support; it’s a place to belong, to thrive, and to live fully. And like most good things, it’s best experienced sooner rather than later.

KAINE CONNECTS

Wednesday, August 6—11:00am to 1:00pm—Atrium

Our office seeks to connect the federal government and the work of Senator Kaine with the Virginia citizens and localities he is elected to serve. Our office is a public service and government-funded; it is not campaign related, but rather an official Senate office. Through aiding constituents in accessing government services and serving as an independent party to communicate Virginians needs to federal agencies when traditional means are unsuccessful, our office aims to bridge the divide between the complex federal bureaucracy and its intended beneficiaries in Virginia.

In this interest, our office conducts outreach throughout Virginia to increase awareness of our capabilities and permit constituents to initiate casework on matters like Social Security, Medicare, veterans’ benefits, immigration and visas, and much more. Given the often outsized federal dependency and engagement by senior citizens and broader challenges to effective representation in rural communities, our office is seeking to offer a senior-oriented event in Kilmarnock. This event, intended to last just a few hours, would permit constituents the opportunity to engage directly with caseworkers on challenges they face in federal benefits administration, like Medicare, Medicaid, and Social Security.

GRAND OPENING OF THE 36 NORTH ARTS & CRAFTS & CHITTER CHATS*

Tuesday, August 5-2:00PM-Front Lobby

Cost = shopping + ice cream \$

See the newly designed art studio and fine art supply store. They plan to offer: guided art classes and workshops, paint parties, high quality supplies, and a build your own wedding band experience.

SHOPPING IN GLOUCESTER (BEALLS, TJ MAXX, RACK ROOM SHOES, AND MORE) & LUNCH*

Thursday, August 7-9:00AM-Front Lobby

We had a request for department store shopping. Have you been to Bealls? Bealls at York River Crossing in Hayes, Virginia, your local destination for a wide selection of clothing, shoes, and home décor. You'll find apparel for all, ranging from petite to plus size, juniors, men's big & tall. Their shoe collection spans from laid-back flip-flops to sporty footwear.

CHRYSLER MUSEUM OF ART GUIDED TOUR, GLASS BLOWING DEMONSTRATION, & LUNCH*

Thursday, August 14-8:30AM-Front Lobby

Cost = lunch \$

The museum has fifty galleries, a growing collection of more than 35,000 objects, and interactive space for families, and the only glass studio of its kind in the Mid-Atlantic region. Best of all, admission is free.

WESTMORELAND PLAYERS: CLUE ON STAGE*

Sunday, August 17th-2:00PM-Front Lobby

Cost = \$30 Sign up Required. Limit = 14

Murder and blackmail are on the menu when six mysterious guests assemble at Boddy manor for a night they’ll never forget! Clue is the ultimate whodunit that will leave you dying of laughter and keep you guessing until the final twist.

VIRGINIA MUSICAL MUSEUM IN WILLIAMSBURG & LUNCH*

Wednesday, August 20-9:00AM-Front Lobby

Cost = \$10 charged to your account + lunch \$

Virginia has produced some of the best music talent in the world. They honor these artists (Patsy Cline, Ella Fitzgerald, Wayne Newton, June Carter, and more) as they display their music, history, and personal items. Also enjoy the instrument gallery. Restrooms, chairs, elevator, & gift shop open.

TRADER JOES & LUNCH*

Tuesday, August 12 (Newport News Shopping Center)

Tuesday, August 26 (Williamsburg)

9:00AM—Front Lobby

Sign up required. Limit =10.

THRIFTY THURSDAY IN LANCASTER COUNTY AND LUNCH*

Thursday, August 28th-10:00AM

Front Lobby Cost = shopping & lunch \$

Lancaster County is a treasure trove of thrift and antique stores. You never know what you might find so close to home!

FIRST FRIDAY FORUM: TERRIE DORT, NORTHERN NECK PARTNERS FOR PETS*

Friday, August 1-8:30AM-Lancaster Room
NNPP has opened a privately funded shelter with 4,500 sf under roof. This facility will accommodate approximately 20 dogs and 30 cats. With a vision to end animal cruelty and foster a community where pets can live without fear, hunger, or needless pain and suffering, NNPP is focused on giving unwanted pets a secure sanctuary until they find forever homes. The new shelter will make every effort to find quality homes for all adoptable dogs and cats.

KAREN HART, LANCASTER VIRGINIA HISTORICAL SOCIETY PRESENTATION*

Friday, August 22-11:00AM-Auditorium
The mission of the Lancaster Virginia Historical Society (LVHS) is to discover, collect, preserve, understand and interpret the history of Lancaster and surrounding counties of the Commonwealth of Virginia for the enjoyment and educational benefit of all residents, succeeding generations, and visitors, and for the vitality of the area, fulfilled through exhibits, programs, research and collaborative activities.
Since the founding of the Museum and Library in 1958, the organization has continued to be an important and relevant resource for historical and genealogical research and educational outreach about the people, places, stories, and events of Lancaster’s past, and our region’s role in the history of Virginia and our nation.

ROBERT SHORES, COAST GUARD RESCUES*

Friday, August 29—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.

SUSAN COUSINS PIANO CONCERT*

Thursday, August 28-4:00PM-Auditorium
Ellington, Debussy and More

AUGUST MOVIE MATINEES

All matinees are at 2:15PM in the Auditorium. Popcorn and assorted drinks are provided.

The Intern

Thursday, August 7
In “The Intern,” Ben Whittaker (Robert De Niro) is a 70-year-old widower who has discovered that retirement isn’t all it’s cracked up to be.
2 h 1 min (2015) PG-13

Grease

Wednesday, August 13
OSCAR® nominee
Australian good girl Sandy (Olivia Newton-John) and greaser Danny (John Travolta) fell in love over the summer. But when they discover they’re now in the same high school, will they be able to rekindle their romance despite their eccentric friends?
1 h 50 min (1978) PG

Dirty Dancing

Monday, August 18
OSCAR® winner
Patrick Swayze and Jennifer Grey star in this spirit-lifting story about a summer love affair between a naïve 17-year-old girl and a charismatic dance instructor at a Catskills hotel. **1 h 38 min (1987) PG13**

Out to Sea

Monday, August 25
Two grumpy old men find themselves on a cruise ship, where they pose as dance instructors to search for wealthy older ladies - but then love takes over! With Dyan Cannon, Brent Spiner, Donald O'Connor.
1 h 46 min (1997) PG

AUGUST ATRIUM OFFERINGS

ROSS’S FINE JEWELERS
JEWELRY AND WATCH REPAIR
Wednesday, August 6—11:00 to 1:00PM

STYLISH EYES EYEGLASS REPAIR
Wednesday, August 6—11:00am to 1:00PM

KAINE CONNECTS
Wednesday, August 6—11:00AM to 1:00PM
More info on Page 8.

NOTHING BUNDT CAKES
Friday, August 8 - 11:00AM-2:00PM
Bundt cakes, bundtlets, bundtinis, oh my!!!

PAPARAZZI JEWELRY SALE
Friday, August 22—10:00AM to 3:00PM

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

NEW LIBRARY CHAIR

Loretta Warren is the new Director for RW-C Library. She received her MLS in Library Science at Catholic University and enjoyed careers in college and corporate libraries. Welcome aboard Loretta!

DONORS

Thanks to our book donors:
Jay White
Ellie Davis
Harriet Dawson
Fred Luxton
Ted Munns
Tom Teeples
Nancy Millar
Jack Moore
Barbara Makin

BOOK GROUP:

Our book selection for August is “The Music Shop” by Rachael Joyce. Set in 1988 on a dead-end street in a run-down suburb, there is a small and brightly lit music shop. Like a beacon, it attracts the lonely, the sleepless, and the adrift. Frank, the shop owner, has a way of connecting his customers with just the piece of music they need. This is about loving, caring, and the healing power of music. The bonus is a play list of the music named in the story. You can read the story and listen to Frank’s suggestions. How does the music speak to you?

COME ON UP AND CHECK US OUT!

LOCAL ARTIST DOUG MOCK TO DISPLAY VIBRANT WORK AT RWC AUGUST ART SHOW TO FEATURE PEOPLE, CHILDREN AND WATER

White Stone artist Doug Mock’s journey is deeply rooted in the beauty of life’s simple moments – a sentiment echoed in his heartfelt artist statement. “People and children inspire all that I am as an artist,” says Mock. “I capture all that is important and beautiful in life and hope that it moves you to think about the simple things that you value most.” Mock is the August featured artist at RWC. Growing up in a picturesque dairy farming community in central Pennsylvania, Doug embarked on an artistic career early on. However, after spending years in corporate America, he made a pivotal leap of faith in 2005 to pursue his passion for art. As the owner and managing director of Young Rembrandts, a renowned program teaching children how to draw, Doug rediscovered his creative spark. “I’ve been teaching middle school kids four weeks every summer at Collegiate School for 17 years, Mock said. As president of the RAL Arts Center in Kilmarnock, Doug has an ongoing commitment to supporting and uplifting the local arts community. The RAL Arts Center is also the primary space where Mock’s work can be found. His exhibition will showcase a variety of works, including figure portraits, waterfowl native to the Bay region, and other compositions that highlight the beauty of water and nature.”. All pieces will be available for sale.

RW-C Library Book Group

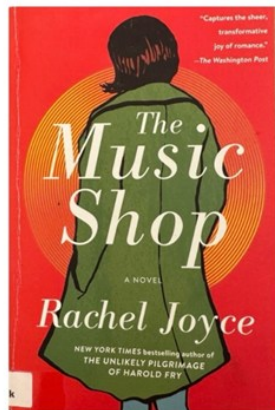
The Music Shop

By Rachael Joyce

August 25 - 10:30 a.m.

Rappahannock Room

For info, call Maxine Luxton 4200



SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

Sir David Frost made this statement: “**Television is an invention that permits you to be entertained in your living room by people you wouldn’t have in your home.**”

I chuckle when I read that because it helps us to see in a different light what we are really doing. When something is rephrased, or said differently, it can be eye opening for us.

And so that got me to wonder about how many things in life that we participate in, if, stated in a different manner would cause us to stop and think a little deeper about what we are doing. And that led me to Stop and Think! What is Stop and Think? It is a self-control-, impulse-control, self-management step designed to help us to calm down and control our emotions so we can effectively think about how to handle a situation.

When you and I get mad, our emotions become the driver and our thinking takes a back seat. So, Stop and Think will help us to keep our thinking in the forefront and the emotions in the rear. Let’s look at the steps of this communication tool.

STOP – First, take a pause. Take a breath, ...

THINK – Next, state the problem, ...

ACT – Try out the best plan, ...

STOP – Take a breath, ...

THINK – Examine the emotional state of your body and your thoughts, ...

ACT – Act as quickly as possible, evaluate the options and take action.

When I fail to exhibit emotional control and regulation, it can cause negative impacts, such as chronic stress, poor sleep patterns, hypertension and digestive disorders, and even depression and anxiety. This is not a method that you can easily say, “Well I conquered that one, now give me something harder.” This method is not easily learned especially the older we get.

God has created us with such intelligent design and is so very complex. And He knows us best as He made us. That is why He tells us in the book of James, “Let every one be swift to hear and slow to speak.” God also tells us, “Keep your heart with all vigilance, for from it flows the springs of life.” What is in the heart will flow out of the lips and once spoken cannot be taken back. So, this month, what about you and I

practicing, learning and developing this method in our communication and see the effect it has upon not just us, but others as well?

ONGOING OPPORTUNITIES

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

Staff Bible Study at 12pm every Wednesday of the month in the Main Street Pub.

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.

SET PAINTERS NEEDED!

Christmas will be here before we know it. We are planning for a special holiday season to celebrate the birth of our Lord and Savior, Jesus Christ. We are looking for residents who would like to help paint sets for a play. No previous painting experience required. We have 8 different sets to be painted. Please contact Amy at Ext. 4024 if you are interested in helping.

IN MEMORY OF:

MRS. EDITH HOUGHTON
APRIL 4, 1938–JULY 4, 2025

COL. MOWTON “TONY” WARING
OCTOBER 1, 1934–JULY 6, 2025

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

GROUNDS & LANDSCAPING REPORT

By now, we have all experienced the vagaries of our fickle Virginia weather. We are in a hot and rainy, windless and humid, thundering stormy period and longing for the cool refreshing breezes that come this fall. I hope everyone is keeping their potted plants watered; with this heat, they may need to be moistened in the morning and in the afternoon. For residents who have an irrigation system in their yards, these systems should be operational, but if not, please place a work order request to Facilities Maintenance through Uniguest or X4021. Our committee is welcoming a guest speaker at our scheduled 27 August meeting that **will start at 10: 30 AM** in the Corrotoman Room. Our speaker, Nancy Garvey, will discuss invasive plant species at RW-C, especially Autumn Olive. Nancy is a member of the Native Plant Society representing the NN PRISM (Partners for Regional Invasive Species Management) and will give her **presentation at 11:15**. She will discuss identifying, removing, and eradicating this small tree. If any resident has questions concerning landscaping plants or ideas to beautify our campus, we are available to discuss.

JUNE RAINFALL: 3.50”

JULY RAINFALL AS OF JULY 18: 3.18”

MONARCH SEASON 2025



We got off to a good start this year with our first Monarch butterfly release on May 17. As reported last month, by June 18, we had released 16 butterflies from the LEC enclosure and an additional 4 from our new enclosure in assisted living. And now, a month later, those numbers have increased to a total of 28 releases from the LEC enclosure, 12 from assisted living, and 4 during the ice cream social as of July 18.

We currently have about 12 chrysalides in the LEC enclosure and 2 in assisted living, so the coming month promises to be a busy one for the butterfly project. In addition, we have no shortage of caterpillars in both enclosures and around campus to keep both enclosures stocked. Having said that, we are

mindful that last year we collected so many caterpillars for the enclosures we ran out of milkweed to keep them fed. This year's effort to limit their numbers is mostly failing since Nick has never seen a caterpillar he hasn't wanted to rescue. So, as always, our mantra remains: PLANT MORE MILKWEED.

As you pass by an enclosure, pause for a minute to check it out. Look for a butterfly. That means a release is likely later in the day. Look for a chrysalis that has changed from light jade to a much darker color. Check it out more closely and you might see furred wings inside. That means a butterfly will soon emerge. Enjoy this small example of the magic that occurs in nature every day.

WE HEARD YOU— AN UPDATE FROM THE ACTIVITIES COMMITTEE

While the Activities Committee is taking the summer off from our monthly meetings, we will reconvene in September—the second Wednesday at 10:00am in Art Room 2. Meanwhile we have continued to gather ideas from you through daily interactions. Pub Night has been a major generator of ideas. Maybe it is “vino veritas” at work but we are discussing additional activities for the future. First, we hope to move Pub Nights to the outdoor patio as the weather permits and cools down. It has also been suggested we allow pets when we move outside. We will try it and judge from there. Another activity we are going to try is a chili cookoff. That will likely happen in November. So, chili chefs or chef wannabes, practice up and details will follow. Hopefully, the chili will find its way to the two tailgate parties coming for the Army-Navy game and the annual rivalry game between University of Virginia and Virginia Tech. By the time you read this we will have had our ice cream social. Seems like the right time for ice cream. On the other hand, when is it a bad time for ice cream? Thank you, Mr. Jefferson.

Volunteers to help at any of these events are welcome. It is a wonderful way to get to know your friends and neighbors at RWC.

FITNESS CENTER NEWS:

LINE DANCING CONTINUES: COME JOIN THE FUN!!

EVERY Thursday —2:30PM—Fitness Classroom
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, August 20— 9am-12pm - Atrium

WOMEN'S WALKING GROUP

Wednesdays @ 8:00AM—LEC Lobby
Want to get moving early before the summer heat and humidity sets in? Come join our women's walking group meeting at 8:00am Wednesdays in the LEC lobby! We will walk roughly from 8:00-8:45am. We may occasionally walk nature trails, weather permitting.

THINGS TO “DO” BEFORE LEAVING RWC FOR A VACATION OR JUST A FEW DAYS.

As Residents of RWC we are asked to complete and sign a form which is available at the front desk. This form lets RWC MANAGEMENT know when you are leaving, where you will be, when you will be back, and how to get in touch with you.
Also, If you have an animal (that is not going with you) you need to make boarding arrangements for its care and let RWC Management know where it is being boarded. (This can be completed on the same form.)
Please advise the local Post Office of your trip and ask them to hold your mail. You will need to complete a postal form to accomplish this.

NATIONAL WELLNESS MONTH:

During the month of August, we recognize National Wellness Month to bring awareness not only for physical wellness, but all eight aspects of the wellness wheel. The wellness wheel incorporates physical, emotional, social, intellectual, financial, spiritual, occupational, and environmental wellness. Sometimes we find our own wellness wheel off balance—maybe only prioritizing certain aspects and unintentionally lacking in others. We should always strive to dabble a little into each aspect of wellness to encourage active aging.

Here are a few examples of how to participate in each aspect of the wellness wheel on our campus:

- Physical:** join an exercise class or if you have been on the same routine for awhile, try something new
- Social:** Sign up for one or more trips that interest you
- Emotional:** Journal or meditate over your day
- Spiritual:** Attend Chaplain Ted's bible study
- Intellectual:** Pick up a crossword or sudoku puzzle in the Life Enrichment Center
- Financial:** Check in with your spouse or appropriate personnel to locate any important documents in case of an emergency
- Occupational:** Volunteer with Kids on Campus
- Environmental:** Save your aluminum cans to recycle and drop off in appropriate areas



THE SCRAPPY WOMEN OF RWC

The first and third (possibly the fifth) Monday of each month starting in September will bring you opportunities to join other crafters who are primarily involved in making cards and/or scrapbooks, however, no other type of crafter will be turned away. We will meet from 10 AM to 3 PM each scheduled Monday taking time for lunch together around noon. Bring your own lunch or purchase it at the Lakeside Grille. No organized instruction will be offered so please bring all your own projects and supplies. Sharing knowledge and/or tips is always encouraged in what promises to be a congenial but scrappy group. Please mark your calendar now so you don't miss any of the fun.

FIVE RIVERS FIBER GUILD (FRFG)

The second Monday of each month, starting in September, we will welcome the FRFG and any prospective members to RWC. FRFG is a group which was organized in 1994 and is governed with bylaws and has elected officers, dues \$25 (you may attend 2 times before dues payment is expected). The intent of the guild is to develop, preserve and perpetuate the use of fiber in various forms. Meetings are held September through June starting at 10 AM with a short business meeting, followed by participants show and tell and usually followed by a program and lunch, please feel free to bring your own or purchase lunch at the Lakeside Grille. Knitting, crocheting, etc. are encouraged during the meetings.

BUNNY VISITS

Friday, August 1-1:00pm- Art Room 2

Come and destress with fluffy bunnies to hold and pet.



FOOD TRUCK FRIDAY: HIBACHI MOBILE

Friday, August 8-11:00AM-1:30PM-Front Parking lot
Hibachi Mobile is a food truck known for its delicious and addictive dishes. They offer flavorful hibachi steak, fresh vegetables, and tasty yum yum sauce. The seafood is cooked to perfection, and they provide generous portions. Customers appreciate their fair prices, friendly service, and the memorable dining experience.

Let's Get Creative!

Watercolor Made Easy: Virtual Class*

Monday, August 4- 11:00AM-Art Room 2
Sign-up Required
LIMIT 6

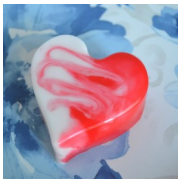


The students will paint along with the Artist. The students will see a tops down view of the painting process, while the Artist is explaining the particular approach or technique demonstrated. No skill required.

Making Sugar Soap Bars*

August 7—11:00AM—Art Room 2
Sign up Required **LIMIT: 6**

With just a few simple ingredients, you can make these Sugar Scrub Bars – for yourself or even for gifts.



Fluid Art: Amazing Tree Swipe Technique*

Friday, August 15—11:00AM
Art Room 2
Sign up Required **LIMIT: 6**



Fluid Glue Art: Banana Leaves Part 1 & 2*

Part 1—Monday, August 18
Part 2—Monday, August 25
11:00AM—Art Room 2
Sign up Required **LIMIT:6**
Must be able to attend both classes.

Colorful Manda-la Window Clings and Stained Glass Suncatchers *

Thursday, August 21—11:00 AM-Art Room 2
Sign up Required **LIMIT: 8**
Come and try this easy craft class and create a piece of art for your window.



TRY SOMETHING NEW!!!