



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 40, Issue 10

OCTOBER 2025

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

SEPTEMBER 27 AT THE LIFE ENRICHMENT CENTER LOBBY.

Oktoberfest*

PLEASE RSVP BY CALLING THE
LIFE ENRICHMENT CENTER BY **OCTOBER 10** (SEE DETAILS BELOW)

Friday, October 24—Dinner served anytime between 4:30 pm– 6:30 pm

(Dinner/Dessert served in Dining areas)

6 pm-8pm Band begins in Auditorium (Beer/Wine served in Atrium)

Gemischtergruner Salat -(Mixed Greens Salad)

Gurkensalat -(German Cucumber Salad)

Huhn Brochette' with Paprika and Zwiebeln – (Chicken Brochette with Peppers and Onions)

Wurst with Apfel and Sauerkraut (Bratwurst w/ Apples and Sauerkraut)

Frikadellen w/ Kase Stuffed Nocherin – German meatballs w/ Asiago Stuffed Gnocchi

German Rotkohl –(Sweet and Sour Red Cabbage)

Speckbohen – (Green Beans)

Kartoffelsalat –(German Potato Salad)

Bavarian Brown Bread

Apple Strudel

Meal and dessert in dining areas

Riesling Wine and Beer station in Atrium

- The Lakeview Grille and Lancaster Dining Room will only be available to those who have RSVP'd for Oktoberfest by calling Amy Hinson at Ext. 4024. You will be contacted back to confirm your reservation. No tables larger than 6. Please indicate which dining room your party prefers to be seated in.
- If you are not attending Oktoberfest and need to pick up a “to-go” dinner, you may do so by calling Ext. 4816 prior to October 11 and order a meal. Meals can be picked up in the Main Street Pub at 4:30 pm.

WALK TO END ALZHEIMER'S*

Friday, October 3—11:00 AM—Front Porch

Sign up Required

Sign up to participate in this year's walk and join RWC's walking team YES2YEARS by signing up at alz.org. Need help? Call Bonny at Ext. 4011

Wear purple FRIDAYS. T-shirts \$10.00.

RAFFLE TICKET DRAWING!!!!



REMOTE CONTROL SAILBOAT REGATTA

Monday, October 6—2:00 PM—

Wood Duck Lake near floating dock

Join the fun and watch remote control sailboats race in RWC's Wood Duck Lake.

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

Contact us: 804-438-4000

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BLOG

RESIDENT ASSOCIATION COMMITTEE MEETINGS: OPEN TO ALL

Food Committee— October 13 at 2PM —Corrotoman Room

Activities Committee— October 15 at 10AM—Art Room 2

Community Wellbeing Committee— October 10 at 10AM—Corrotoman Room

Grounds and Landscaping Committee— October 22 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
<div>OCTOBER</div> <div>2025</div>			8:00-LEC-Women’s Walking Group 10:00-FPL-LCL Book Mobile 4:00-FPL-40th Anniversary Celebration (Reservations are CLOSED) 7:00-CGR-Poker Group 1	2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary 2	8:30-LAN-First Friday Forum: Eric White, Natural Resource Specialist* 11:00-FPL-Alzheimer’s Walk 2:15-FCR-Cornhole 3:00-AUD-Michael Repper Presentation* 3	10:00-FCR-Seated Volleyball 11:00-AUD-Bassoon Recital with Ibbby Roberts* 4:00-MSP-BYOB Pub Night 6:30-FRL-Northern Neck Orchestra Concert Series (subscription holders)* 4
3:00-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist 5	10:00-CGR-Yours Truly Directory Photo Shoot 10:00-10:00-FRL-Shopping* 10:00-AR2-Northern Neck Crafters Group 11:00-AUD-Parkinson’s Care Partners Group 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson’s Support 2:00-Lakeside-Remote Regatta 4:30-AUD-Caregiver’s Memory Support Group 6	9:30-FRL-Tour of the Governors’ Mansion & Lunch* 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 7	8:00-LEC-Women’s Walking Group 10:00-AUD-Happenings with Stuart 11:00-CGR-Grief Support 1:00-AR2-Air Dry Clay Ghosts* 2:15-AUD-Movie Matinee: Bell, Book & Candle 8	9:45-FRL-Ceramics Painting at 36 North* 2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary 9	10:00-COR-Community Wellbeing Committee 11:00-Out to Lunch: Tiki at Windmill Point* 2:15-FCR--Cornhole 2:15-AUD-Movie Matinee: Little Shop of Horrors RSVP Deadline for Oktoberfest 10	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 11
12:30-CPL-Holy Communion 3:00-MSP-RWC Community Worship Service 12	COLUMBUS DAY 10:00-FRL-Shopping at Walmart & Dollar Tree* 10:00-AR2– Five Rivers Fiber Guild Meeting 1:00-CGR-Catch Phrase 2:00-COR-Food Committee 13	KIDS ON CAMPUS 9:00-FRL-Newport News Shopping & Trader Joe’s* 10:00-AR2-Chat & Craft 10:00-AR2-Twirly Hanging Ghosts* 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 1:00-AUD-RILL Course: Stonewall Jackson (registration required) 2:30-FCR-Seated Volleyball 5:30-FRL-JV/Varsity Volleyball Games (LHS vs. NHS)DIG PINK* 14	8:00-LEC-Women’s Walking Group 9:00-ATR-Healthy Food Bar and Blood Pressure Checks 10:00-AR1-Activities Committee Meeting 1:00-AR1-Stitching Stars Quilting Group 15	11:00-AUD-Fraud Seminar with CWM* 2:15-AUD-Movie Matinee: One Flew Over the Cuckoo’s Nest 2:30-FCR-Line Dancing 3:00-AR2-Praying the Rosary 16	FLU VACCINATION CLINIC TODAY* 9AM-4PM 11:00-FPL-Food Truck: Cousins Maine Lobster 11:00-ATR-Nothing Bundt Cakes 2:15-FCR--Cornhole 17	10:00-FCR-Seated Volleyball 10:00-FPL-Memory Lane Car Show 12:00-FRL-Old Dominion Barn Dance* 4:00-MSP-BYOB Pub Night 7:00-FRL-RFA Concert Series (subscription holders)* 18
3:00-MSP-RWC Community Worship Service 19	10:00-FRL-Shopping* 10:00-AR2– Northern Neck Crafters Group 1:00-CGR-Catch Phrase DEADLINE FOR GAZEBO GAZETTE ARTICLES 20	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 1:00-AUD-RILL Course: Stonewall Jackson (registration required) 2:30-FCR-Seated Volleyball 21	8:00-LEC-Women’s Walking Group 9:30-FPL-Riverside Center for Preforming Arts-The Sound of Music* 10:30-COR-Grounds & Landscaping Committee Meeting 22	11:00-MSP-Macular Degeneration Group 1:00-AR2-Beaded Spiders* 2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary 23	2:15-FCR--Cornhole 4:30-LVG/AUD-Oktoberfest* 24	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 25
3:00-MSP-RWC Community Worship Service 26	10:00-FRL-Shopping at Walmart & Dollar Tree* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion to Rosary 27	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 1:00-AUD-RILL Course: Stonewall Jackson (registration required) 2:30-FCR-Seated Volleyball 28	8:00-LEC-Women’s Walking Group 10:00-FPL-LCL Book Mobile 1:00-AR2-Step by Step Acrylic Painting for Beginners* 29	10:00-FRL-Guided Tour of Historic Polegreen Church & Lunch* 2:15-AUD-Movie Matinee: The Shining 2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary 30	HALLOWEEN 1:00-AUD-Halloween Costume Party and Contest* 2:15-FCR--Cornhole 31	NOVEMBER 2025 3:00-AUD-Appalachain Sounds with Suzanne & Jim* 1

FROM THE PRESIDENT & CEO

Dr. Maya Angelou reminds us that "... a hero is any person really intent on making this a better place for all people." We are blessed that RWC is a community of heroes from a wide range of constituencies all striving in their own special way to make RWC a better place to live and work. Certainly, staff and residents are RWC heroes. Behind the scenes are other skilled professionals, specialized vendors, and local and not-so-local businesses who provide essential services.

The intentionality Dr. Angelou points out is a subtle but critical point. We can be really intentional and be successful in our effort to make something better, and on rare occasions we can have a less than successful outcome despite genuine positive intent. I think one of the strengths and foundational aspects of a community is the presumption of positive intent when evaluating these efforts. Conversely, the Achilles heal of a community's success and strength is the presumption of ill-intent when evaluating an outcome or action or worse-yet judging someone.

May we all work together to make RWC and the greater community a better place for all people with a joyful spirit and kind intentions.

Stuart M. Repper

HAPPENINGS WITH STUART

Wednesday, October 8 -10:00AM—Auditorium

NEXT RESIDENTS' ASSOCIATION BOARD MEETING IS WEDNESDAY, NOVEMBER 5.

NORTHERN NECK ORCHESTRA CONDUCTOR REPPER TO PRESENT EARLY OCTOBER 'ENCORE' AT RWC

Think of this as an encore presentation by the Northern Neck Orchestra's Music Director Michael Repper of pieces from his new recording of works by early 20th Century British composer Samuel Coleridge-Taylor.

After a recent highly acclaimed performance before a capacity crowd at Good Luck Cellars, the Grammy Award-winning Repper will repeat his high-energy presentation at Rappahannock Westminster-Canterbury on Friday, October 3 at 3:00 p.m.

The talk is open to the public with no admission charge. Signed copies of the recording will be available for purchase for \$10.

The album, recorded with the National Philharmonic, features Coleridge-Taylor's *Toussaint L'Ouverture*, *Ballade Op. 4*, and suites from *24 Negro Melodies* and was selected by National Public Radio as Album of the Week when it was released.

Repper, an accomplished pianist, will complement his remarks with his own performances of excerpts from Coleridge-Taylor's music.

The Northern Neck Orchestra will perform five of these melodies at its opening concert of the 2025-2026 concert season on October 4 at the Lancaster Elementary School Theater.

According to Michelle Lybarger, President of the Northern Neck Orchestra and physical therapist at RWC, "As an added feature, the event will begin with a continuous-loop audio visual montage of 40 still photos taken by local photographer Kent Eanes with a sound track featuring excerpts from a recent Northern Neck concert." An accompanying photograph shows a portion of RWC residents who are loyal orchestra concertgoers.



Back row: John Roberts, Ethel Frey, Pete Epps, Jack Moore, Page Henley

Front row: Edna Roberts, Patti Bozarth, Brandon Rohr, Susan Moore, Jane Henley

NORTHERN NECK ORCHESTRA CONCERT SERIES (subscription holders)*

Saturday, October 4th-6:30PM-Front Lobby

Sign up Required for Transportation

NEW WORLD SYMPHONY

The opening concert of the season will feature Louise Farrenc's *Overture No. 1*, Samuel Coleridge-Taylor's *Five Negro Melodies* and Antonin Dvorak's *Symphony No. 9*, "From the New World."

TOUR OF THE GOVERNORS' MANSION & LUNCH*

October 7-9:30AM-Front Lobby

Cost= FREE tour + lunch \$ Sign up Required
LIMIT 13 (RICHMOND)

Designed by architect Alexander Parris in the Federal style, the Mansion sits close to the site of a modest frame structure that served as the home to Virginia's governors after the capitol moved from Williamsburg to Richmond in 1780. Virginia's 18th Governor, James Barbour, moved into the newly built residence in 1813 whichand has been occupied by Virginia's governors ever since, making the Executive Mansion the oldest continuously occupied Governor's residence in the United States.

The Mansion's original grounds included a separate cook house, smokehouse, stable, ice house, and carriage and cannon houses. Three of these original buildings remain today including the main house, cook house and the carriage house. The Mansion also includes private living quarters for the First Family.

HALLOWEEN COSTUME PARTY & CONTEST*

Friday, October 31—1:00PM—Auditorium

It's time to come up with the most creative, wildest, and scariest costume of all. Join us for a hilarious costume party!!

OUT TO LUNCH BUNCH: THE TIKI AT WINDMILL POINT

Friday, October 10th at 11:00AM-Front Lobby

Sign up Required. LIMIT 13 Cost= Lunch\$
Great cocktails and great food!

TRADER JONES & LUNCH*

Tuesday, October 14—9:00AM—Front Lobby

(Newport News Shopping Center)

Sign up required. Limit =10.

JV/VARSITY VOLLEYBALL GAMES (LHS-V-NHS)DIG PINK NIGHT*

Tuesday, October 14th— 5:30PM—Front Lobby

Sign up Required. COST: \$7

Dig Pink Volleyball Game in support of Breast Cancer Awareness. Wear your pink!! Dozens of raffle items, concessions & bake sale.

OLD DOMINION BARN DANCE

Saturday, October 18—12:00PM—Front Lobby

SIGN UP CLOSED

The Old Dominion Barn Dance presents Suzy Bogguss with special guests Heather Conway, Celeste Kellogg and Tony Jackson.

RFA CONCERT: SUBSCRIPTION HOLDERS*

Saturday, October 18th—7:00PM—Front Lobby

Sign up Required for transportation

Magic of Michael Grandinetti

Nationally acclaimed magician Michael Grandinetti, one of the CW's "Master of Illusion" stars, will combine grand illusions, stage magic, & sleight of hand with music, comedy, & many unexpected surprises in a robust theatrical experience.

RIVERSIDE CENTER FOR PERFORMING ARTS: THE SOUND OF MUSIC

Wednesday, October 22—9:30AM—Front Lobby

COST-\$81.23 for dinner & show LIMIT:13

The final collaboration between Rodgers & Hammerstein was destined to become the world's most beloved musical. Featuring a trove of cherished songs, including "Climb Ev'ry Mountain," "My Favorite Things," "Do-Re-Mi," "Sixteen Going on Seventeen" and the title number, *The Sound of Music* won the hearts of audiences worldwide, earning five Tony Awards and five Oscars.

GUIDED TOUR OF HISTORIC POLEGREEN CHURCH & LUNCH *

Thursday, October 30th-10:00AM-Front Lobby

Cost=Suggested Donation-\$5 for guided tour + lunch \$ (Lunch at Fire & Chicken)

Sign up Required LIMIT 13

Historic Polegreen Church is the site of the first licensed preacher in the state of Virginia who was not associated with the Church of England. Visitors will learn about Patrick Henry and the ultimate demise of the Historic Church, as well as how the Historic Polegreen Church Foundation continues its Mission and Vision to interpret, preserve, and commemorate the struggle for civil and religious freedom.

FIRST FRIDAY FORUM: ERIC WHITE

Friday, October 3-8:30AM-Lancaster Room
Special Dietary Needs, please call Ext. 4017
24 hours in advance.

Sign up Required LIMIT: 50

Eric White is the primary contact for forest landowner assistance, reforestation, and forest management services at the county level. He will be talking about the forest, flora, and fauna we have here at RWC.

BASSOON RECITAL WITH IBBY ROBERTS*

Saturday, October 4-11:00AM-Auditorium
Bassoonist Elizabeth Roberts, daughter of John and Edna Roberts, is pleased to perform at RWC on Saturday, October 4, 2025 at 11AM. She will be joined by pianist John Mayhood. They both serve on the faculty in the music department at UVA. Their concert features a collection of works for the bassoon and contra-bassoon by composers Ulysses Kay, Gustav Schreck, Erwin Schulhoff, Gerhard Deutschmann and Virginia resident Adolphus Hailstork. Please join us for a delightful, late-morning concert!

MEMORY LANE CAR SHOW & RAPPAHANNOCK RIVER RAILROADERS EXHIBIT

Saturday, October 18—10:00AM until 2:00PM -Front Parking Lot
The RRR Mobile Caboose Layout will be here as well as many antique cars.

APPALACHIAN SOUNDS WITH SUZANNE & JIM*

Saturday, November 1—3:00PM—Auditorium
Immerse yourself in the captivating sounds of Appalachia with Suzanne and Jim as they present Appalachian Sounds: A Journey into Americana’s Musical Roots. Suzanne and Jim transport modern listeners to a by-gone era in the mountains and hillsides of this heirloom region of our nation. Their renowned skill on traditional instruments, combined with engaging anecdotes, weaves a tapestry of history that comes alive in song. This performance transcends time, bridging the

gap between past and present while evoking the heartfelt spirit of Americana. Whether you’re a long-time fan of Americana Roots music or curious about the origins of these timeless melodies, Appalachian Sounds is a concert you won’t want to miss. Join us for unforgettable music and storytelling that will leave you inspired and connected to the heart strings of American culture.

IT’S TIME TO UPDATE YOUR DIRECTORY PHOTO WITH YOURS TRULY PHOTOGRAPHY

Monday, October 6—10:00 to 1:00 PM
Chesapeake Game Room

No appointment necessary!! No cost unless you want to buy prints. Makes a great Christmas gift!!

OCTOBER MOVIE MATINEES

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

Little Shop Of Horrors

Friday, October 10th
A nerdy florist finds his chance for success and romance with the help of a giant man-eating plant who demands to be fed.
1986-PG-13-1h 34m

Bell, Book & Candle

Wednesday, October 8th
A modern-day witch likes her neighbor but despises his fiancée, so she enchants him to love her instead.
1958-Approved-1h 46m

One Flew Over the Cuckoos Nest

Thursday, October 16th
A rebellious convict is sent to a psychiatric hospital for evaluation in 1963 Oregon, and encourages his docile companions to take more control of their lives and defy the tyrannical head nurse.
1975-R-2h 13m

The Shining

Thursday, October 30th
A family heads to an isolated hotel for the winter, where a sinister presence influences the father into violence. At the same time, his psychic son sees horrifying forebodings from both the past and the future.
1980-R-2h 26m

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

DONORS

Thanks to our September book donors:

Jan Glover
Loretta Horvath
Rita Lewis
Mildred Loudy
Helen McCord
Nancy Millar
Carol Sennott
Tom Teeples
Jay White

Special thanks to Helene Braatz for donating the hand-made book marks in the basket on the check-out desk. Take one while they last! And a very special thanks to Loretta Horvath for donating over 50 large print books. These are in a book case next to the large print section, and are currently labeled “Borrow and Return, No Check-out.”

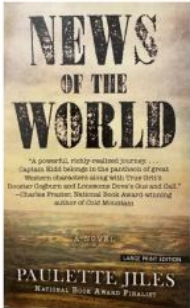
Two copies of the book are available at the main desk at the back of the library.

HIGHLIGHTED AUTHOR IN OCTOBER, RICHARD OSMAN

The four “Thursday Murder Club” mysteries by Richard Osman are currently on display at the check-out desk at the front of the library. The fifth book will be released on September 30. A Netflix movie based on the first book was released on Netflix earlier this month. (It’s a fun movie with a stellar cast!!) The series follows the escapades of four friends living in an upscale retirement community in the UK who get together each Thursday to investigate and solve cold case murders. The books are a lighthearted read that humorously and thoughtfully deal with things like aging, grief, dementia, and so forth. These are a little different from the typical mystery genre.

Come on up and check us out!

RW-C Library Book Group



News of the World

By Paulette Jiles

October 27 - 10:30 a.m.

Rappahannock Room

For info, call Maxine Luxton 4200

BOOK GROUP

Our book selection for October is “News of the World” by Paulette Jiles. This historical novel was a 2016 National Book Award finalist. It is set in post-Civil War Texas and tells the story of a 72-year-old itinerant news reader who agrees to transport a 10-year-old girl, a captive of the Kiowa Tribe, back to her relatives in San Antonio. As they travel, the unlikely pair build a tentative bond of trust and care amidst the harsh aftermath of the Civil War. It is a multi-layered story that explores the boundaries of family, responsibility, honor, and love.

ELECTRONICS RECYCLING UPDATE

Going forward, please note that there has been a change in the collection point for any electronics (TV's, Cell Phones, etc.) and electrical items (steam irons, toasters, blenders, hair curlers, etc.) The new collection site will be the 800's Trash/Recycling Center on Oak Dr., near cottage 811 (Jane Higgins). If you have small appliances or TV's that have gone belly-up, please take them to the new location. If you have questions, please contact either John Roberts (ext-4238) or Kathie Hoeck (ext-4223). Your RWC Staff contact is Tonya Hill (ext-4045) if a recyclable item is too heavy for you to transport. The 800's Trash/Recycling Room is off Oak Drive. Electronics recycling will be accumulated at this location going forward.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

CHRISTMAS PLAY REHEARSAL DATES

Monday, October 20 at 1:00 PM

Thursday, November 6 at 1:00 PM

In the Auditorium

As I write this, it is the first day of Fall, and Fall is my favorite time of year. Growing up in Michigan, the colors were gorgeous. The hills were covered with trees whose branches dotted the landscape with hues of red, orange, yellow and green. Families were out on their color tours after having searched for which areas had the most vibrant colors. Some of my last memories with my mother were taking her out to see these colors. It was a time of light jackets, sweaters, apple picking and apple cider, caramel apples, football and pumpkin bread. And of course, the temperatures were cooler.

I can recall as a child raking a path through all the leaves in the front yard so that we could play the “Fox and the Hound”. And when we tired of that game we raked the leaves into a pile and jumped into them and watched one another disappear under the pile of leaves.

And my favorite; I would travel out onto Old Mission Peninsula and go to Grand Traverse Lighthouse and walk along the shore. There is just something special to me about being at the lighthouse and listening to the waves lap up onto the shore. As I walked along I looked for Petoskey stones, and those stones that were not were used as skipping stones.

Those days seemed like they were so long ago. And yet, my memories help me recall them as if they just happened yesterday. In scripture, to "remember" goes beyond a simple mental act and is a divine command to recall God's actions, faithfulness, and covenants, often with the implication of taking action or changing one's behavior accordingly. This includes remembering God's miracles, deliverance from bondage, and the words of his commandments, as well as remembering one's identity as a child of God. Forgetting God's works or commands leads to spiritual danger, while remembering strengthens faith, fosters obedience, and serves as a call to action. Let me encourage you to spend some time “remembering” days gone by and reflect on God’s goodness to you today.

UPCOMING EVENTS

Sailboat Regatta – October 6th. See Jim Makin or Ted Tompkins if interested in sailing a “remote controlled” boat.

Operation Christmas Child Packing Party – November 18th. More details to be posted.

Pine Wood Derby - November 20th. See Chaplain Ted for a car kit.

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 at 3 pm each Thursday in the Rappahannock room.

Communion to Rosary Group meets at 1pm the 4th Monday of the month in the Rappahannock Room.

At the September residents’ association meeting, Chaplain Ted asked us if we knew the difference between the training of preachers and chaplains? Ted explained that the difference is that preachers are skilled at talking and chaplains are skilled at listening. How many of us have heard an employee or resident stop chaplain Ted and say, “do you have a minute”? Then to be followed by a hushed tone and private exchange. These short exchanges may help right away or lead to a future meeting to talk further. We all can become better talkers and listeners as we voice our complements and concerns. For example, in the grille line for lunch or at dinner time, as we wait for our mailboxes to be available, or just standing at the front desk.

Complements and concerns need to be shared, and done so with good regard. Hopefully the demeanor will reflect the true good-natured spirit of RWC, and be the foundation of a friendly polite exchange in the moment and going forward.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

COMMUNITY WELLBEING COMMITTEE

It has come to the attention of the Community Well-being Committee that resident attitude toward staff can be concerning. RWC staff is dedicated to helping all of us regardless of our situation.

Please be courteous to all staff and fellow residents. A smile, “hello”, “please”, and “thank you” work wonders.

GROUNDS & LANDSCAPING REPORT

Another month has slipped by and now October begins. October has always been the month of bountiful harvests and here at RWC we begin to see the days shorten, the weather cooler, and the magnificence of our campus tree foliage beginning to display their full glory. Our earliest crimson shows on the leaves of our native black gum tree; sassafras, also a native, is turning golden yellow. Soon the dark reds of the dogwoods and the yellows of our majestic tulip poplars will brighten our neighborhood. October is the month to pull out a good book, sit outside in the cool breeze and savor our surroundings. Mosquitoes will be gone and the quietness of RWC will sooth our spirits. It is now time to think about our autumn flowering plants. Chrysanthemums are available in the garden centers and grocery store lots. These long-lasting blossoms will brighten your door way or balcony and with a little care, can last until Thanksgiving and sometimes Christmas. These pot-bound beauties must be kept watered daily if you want them to last. When you bring home the potted plant, make sure that water drains from the pot. The plastic wrapping holds in water and if not allowed to drain after every watering, will cause the roots to rot. Place a saucer under the pot and you will be good to go! Damon will be working to remove the summer flowers and replacing them with the fall/winter pansies. His crew will also get the turf aerated, fertilized, and seeded. This prep work is needed before the leaf removal tasks begin. Please contact your designated G&L resident volunteer if you need help with landscaping issues. Words of Wisdom: Cicero states “If you have a garden and a library, you have everything you need”. Enjoy October!

RAINFALL FOR AUGUST 1.04”
AS OF SEPTEMBER 23 2.65”

PS. Acorns are dropping on parking lots and sidewalks. Please use caution when walking around campus.

MONARCH SEASON 2025

The generation of Monarch butterflies expected to start the fall migration to Mexico began to eclose on 1 September, so the RW-C team geared up to begin tagging. Unfortunately, disaster struck. From 1 to 19 September, only 7 butterflies were tagged and released while 13 butterflies eclosed with defective wings. Since they were unable to fly, they died. We don't fully understand what happened, but strongly suspect some of our milkweed had become infected with a parasite called ophryocystis elektroscurrha - called "OE" since its name is not pronounceable by most of us. This OE parasite gets deposited onto certain types of milkweed. Monarch eggs are laid, they become caterpillars which eat the milkweed and get infected. The caterpillars can form into a normal looking chrysalis that either dies at that stage or result in a butterfly that ecloses with defective wings. We have seen several types of deformities from wings that have wrinkles that prevent the butterfly from gaining flight high enough to travel, to wings that cannot become free from the chrysalis shell so they don't unfurl, to wings that simply do not fully form. In any case, it has been heartbreaking seeing these little miracles of nature struggle against the inevitable.

So since tagging began on 1 September, we have tagged only 7 healthy monarchs while 13 have died. During the same period, we destroyed 6 chrysalides that clearly were sick.

In total, 98 butterflies were released this season before closing down our enclosures. Further activities will consist of capturing, tagging and releasing butterflies in the wild on campus. If anybody has an unused butterfly net they would like to donate, please contact Nick Ferriter, x 4216.

FOOD TRUCK FRIDAY: COUSINS MAINE LOBSTER

Friday, October 17-11:00AM-1:30PM-Front Parking lot

NOTHING BUNDT CAKES SALE

Friday October 17-11:00AM-3:00PM-Atrium

FITNESS CENTER NEWS:**CANCELLATION—Oct. 31 Strength & Balance B****ACTIVE AGING WEEK OCTOBER 6TH-12TH:**

Active Aging Week is celebrated to promote and encourage older adults to engage in physical, social, intellectual, and spiritual activities. Your Life Enrichment team has many exciting trips, events, and classes to attend this month and encourages you to try something new!

HEALTHY FOOD BAR AND BLOOD PRESSURE CHECKS:

Nearly half of all adults in the U.S. have high blood pressure ($\geq 130/80$ mm Hg), which is the #1 preventable risk factor for cardiovascular disease, including heart attack, stroke and heart failure, as well as kidney disease, cognitive decline and dementia.

- normal blood pressure is less than 120/80 mm Hg
- elevated blood pressure is 120-129 mm Hg and < 80 mm Hg
- stage 1 hypertension is 130-139 mm Hg or 80-89 mm Hg and stage 2 hypertension is ≥ 140 mm Hg or ≥ 90 mm Hg

Join us October 15th from 9:00am-12:00pm in the Atrium for a healthy snack and blood pressure checks!

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.

WALKING GROUP**Wednesdays @ 8:00AM—LEC Lobby**

Come join our 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.

SIGN UP NOW!!!
RESIDENT FLU VACCINATION CLINIC
 Friday, October 17
 9:00 am-12:00 pm and 12:30 pm—4:00 pm
 Chesapeake Game Room

Main Street Pharmacy will be here to administer flu shots again this year. Consent forms need to be filled out, signed and returned to the clinic prior to **Oct. 17**. Sign up in the Life Enrichment Center for a time slot that works for you. **(2 people can sign up during one 5 minute increment).**

1. SIGN UP IN LIFE ENRICHMENT CENTER LOBBY FOR TIME SLOT.
2. FILL OUT CONSENT FORM AND BRING TO CLINIC.

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.

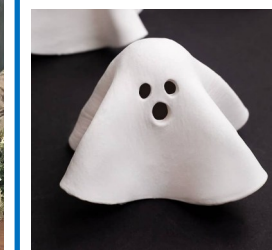
1. Click on “Independent Living Activities”**1. Locate the activity you want to attend****2. Click on “Register”**

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.

Let's Get Creative!**Painting Ceramics at 36 North*****Thursday, October 9 - 9:45AM—Front Lobby****Sign-up Required LIMIT: 10**

Pick your own ceramic item from their stock, paint, & they will glaze and fire it for you. Prices depend on which piece you pick. \$5-\$50

**Air Dry Clay Ghosts*****October 8—1:00PM****Art Room 2****Sign up Required LIMIT: 8****Beaded Spiders*****October 3—1:00PM****Art Room 2****Sign up Required LIMIT: 6****Twirly Hanging Ghosts****Tuesday, October 14—10:00****AM—Art Room 2****Sign up Required LIMIT: 8****“BECOME A WITCH AT RWC!”**

Last year there were two witches at RWC...and they did the very best they could to provide “trick or treat” apples to the residents. But alas, they grew tired and were unable to bring a little fun or confusion to each resident. So off to Amy they went!

Amy recognized the problem and immediately suggested a whole bus load of witches to not only charm or trick the residents of RWC, but to market the fun-loving side of RWC.

So, if you have ever dreamed of being a witch, sign up for the thrill of a lifetime and become an RWC witch! Yes, there will be training. Yes, there will be wardrobe review. Yes, you will have fun!!!

Please sign up for this once-a-year opportunity...but don't tell Stuart...he doesn't know yet...but we know he will be excited about our being turned loose on the main street of Kilmarnock to “market” RWC!

**NORTHERN NECK CRAFTERS****Monday, October 6 and Monday, October 20****10:00AM to 3:00PM—Art Room 2**

Join other crafters who are involved in making cards, scrapbooks, and any type of hand crafted items. We take time for lunch together around noon. Feel free to bring your own lunch or purchase at the Lakeview Grille. There will not be any business meeting or speakers. Just dedicated time to work on your projects.

FIVE RIVERS FIBER GUILD (FRFG)**Monday, October 13—10:00AM—Art Room 2**

FRFG is a group which was organized in 1994, governed by bylaws and has elected officers, (you may attend two times as a guest). The intent of the guild is to develop, preserve and perpetuate the use of various fibers in interesting forms. Meetings start with a short business meeting, then attendees present show and tell, followed by a planned program, then lunch. Bring your own lunch or eat in the Lakeview Grille. Knitting, crocheting, rug hooking, etc. are encouraged during the meetings.

Step by Step Beginner Acrylic Painting**Wednesday, October 29—1:00PM****-Art Room 2****Sign Required LIMIT: 8**

Reminder that Watercolor teacher, Pam Bowers will not be in class October 2 through November 6. Students are encouraged to still come and paint together in her absence.