



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 40, Issue 9

SEPTEMBER 2025

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

AUGUST 29 AT THE LIFE ENRICHMENT CENTER LOBBY.

RWC CELEBRATES TWO MAJOR MILESTONES IN SEPTEMBER

RESIDENT, IRMA BURKE CELEBRATES 110TH BIRTHDAY ON SEPTEMBER 25

A cocktail reception is planned for Irma Burke's birthday celebration at 4:00PM on September 25 in the Auditorium. Everyone is welcome to attend!!



DEAN AND MILDRED LOUDY CELEBRATE 75TH WEDDING ANNIVERSARY ON SEPTEMBER 22

Please wish them a
HAPPY ANNIVERSARY!!



WELCOME NEW NEIGHBORS...

David & Lynn Williams are moving into cottage 803. The Williams are no strangers to RWC as David attends fitness classes and both attend support groups at RWC. Both David and Lynn were born in Richmond VA. They have been married for 40 years and have one daughter, Jane, who resides in Charlottesville, Virginia. They have two precious grandchildren, five and three years old.

Lynn attended the Collegiate School and then went to college at Sweet Briar College where she studied Art History and Sociology. She became a title underwriter for an insurance title examiner.

David graduated from St. Christopher's School and

attended Wofford College in South Carolina. He was an English major. David was a painting contractor.

The Williams moved to the Northern Neck area when Lynn was offered a job at a local law firm and David had secured work in the area.

David enjoys woodworking and coming to his fitness classes. Lynn enjoys yard work and reading.

RESIDENT ASSOCIATION BOARD MTG

Wednesday, September 3-10:00AM-Auditorium

All are welcome!

HAPPENINGS WITH STUART

Wednesday, September 3 –11:15AM-Auditorium

RESIDENT ASSOCIATION COMMITTEE MEETINGS: OPEN TO ALL

Food Committee– September 8 at 2PM –Corrotoman Room

Activities Committee– **September 10 at 10AM– Art Room 2**

Community Wellbeing Committee– September 12 at 10AM—Corrotoman Room

Grounds and Landscaping Committee– October 22 at 10:30AM—Corrotoman Room

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

Contact us: 804-438-4000

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FACEBOOK



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BLOG

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	SEPTEMBER 2025	LABOR DAY 1:00-CGR-Catch Phrase Shopping postponed to Tuesday, September 2	10:00-FRL-Shopping* 10:00-AR1-Chat & Craft 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:15-AUD-Movie Matinee: Secondhand Lions 2:30-FCR-Seated Volleyball	8:00-LEC-Women's Walking Group 10:00-FPL-LCL Book Mobile 10:00-AUD-Resident Association Board Meeting 11:00-FRL-Colonials Downs* 11:15-AUD-Happenings with Stuart	10:00-FRL-Pontoon Boat Ride* 1:30-CGR-Documentary: Live to 100: Secrets of Blue Zones 2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary	WEAR PURPLE DAY 8:30-LAN-First Friday Forum: Janet Hemming, The Haven* 11:00-FRL-Dollar General Marketplace* 1:30-CGR-Documentary: Live to 100: Secrets of Blue Zones 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 at Walmart & Dollar Tree* 10:00-AR2-Five Rivers Fiber Guild Meeting 11:00-AUD-Parkinson's Care Partners Group 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support 2:00-COR-Food Committee 4:30-AUD-Caregiver's Memory Support Group	10:00-AR1-Chat & Craft 10:00-AR2-Card Making* 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 1:00-AUD-Jackpot Bingo Party* 2:30-FCR-Seated Volleyball 2:30-FRL-Compass: Been There, Stay There*	8:00-LEC-Women's Walking Group 9:00-FRL-Newport News Shopping Center & Trader Joe's* 10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support	11:15-FRL-Out to Lunch at Merroir* 2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary	WEAR PURPLE DAY 10:00-COR-Community Wellbeing Committee 2:15-FCR--Cornhole 2:15-AUD-Movie Matinee: Some Like it Hot	10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night
	12:30-FRL-(TENTATIVE) Williamsburg Players: Cabaret* 3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping* 10:00-3:00-AR2-Northern Neck Crafters Meeting 1:00-CGR-Catch Phrase 2:00-COR-Food Committee 2:15-AUD-Movie Matinee: Going in Style	9:00-FRL-Historic Tredegar Iron Works & Lunch* 10:00-AUD-RILL Class* 10:00-AR1-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-Women's Walking Group 9:00-ATR-Healthy Food Bar and Blood Pressure Checks 10:00-FPL-LCL Book Mobile 1:00-AR1-Stitching Stars Quilting Group	10:00-AUD-Public Schools and Education Foundation Presentation* 1:00-4:00-Kids on Campus 2:30-FCR-Line Dancing 3:00-AR2-Praying the Rosary	WEAR PURPLE DAY 11:00-1:30-FRL-Food Truck: Klassy Khef 11:00-2:00-ATR-Nothing Bundt Cakes Sale 1:00-AR2-Paint Pour* 2:15-FCR--Cornhole Deadline for Gazebo Gazette Articles by NOON	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* 1:00-CGR-Catch Phrase 1:00-RAP-Communion to Rosary 2:00-AR1-Prarie Points Ornament Making*	10:00-AUD-RILL Class* 10:00-AR1-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-Women's Walking Group 9:00-FRL-Trader Joe's* 1:00-AR2-Garfield's Rescue	1:00-MSP-Macular Degeneration Group 2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary 4:00-AUD-110th Birthday Celebration for Irma Burke!	WEAR PURPLE DAY 9:00-Port Royal Museum & Historical Building Tour* 2:15-FCR--Cornhole	9:15-FRL-Sailing on the Claud W. Somers* 10:00-FCR-Seated Volleyball 4:00-BYOB Pub Night
	3:00-MSP-RWC Community Worship Service	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 2:00-AUD-Ascent Financial Group*	10:00-AUD-RILL Class* 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-CGR-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	OCTOBER 2025 8:00-LEC-Women's Walking Group 10:00-FPL-LCL Book Mobile 2:00-Happenings with Stuart 4:00-FPL-40th Anniversary Event* (Please wait for your invitation)	2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary	WEAR PURPLE DAY 8:30-LAN-First Friday Forum: Eric White, Natural Resource Specialist* 11:00-FPL-RWCs Walk to End Alzheimer's * 2:15-FCR-Cornhole	10:00-FCR-Seated Volleyball 11:00-AUD-Basoon Recital with Ibbby Roberts* 4:00-BYOB Pub Night 6:30-FRL-Northern Neck Orchestra Concert (Subscription Holders)*
	28	29	30	1	2	3	4

FROM THE PRESIDENT & CEO

Recently I was in a meeting of the Community Wellness Committee, and I was reminded about something special about the RWC neighborhood. Maxine Luxton handmade several activity boards for residents in Health Services to enjoy. They were beautiful pieces of art sewn with care and love for those who would use them that will bring countless hours of calming activity. That reminded me of other crafts handmade by the Chat and Craft group and the Quilters for residents to enjoy and the Caregiver quilt celebrating our staff. That reminded me of the personalized tumblers that other talented RWC residents made for our staff appreciation and service awards, each with a thoughtful message. That reminded me of the hundreds of notes that were written and shared during the pandemic times when we could not be together. These notes brought connection and encouragement beyond what we can even imagine. I know many residents did similar acts of kindness and outreach well beyond what I know or could list here. Kindly brightening the day of someone is a special gift to both parties. And even though we may never know how powerful or profound that impact is, rest assured it is profoundly powerful. I am grateful for the many ways the RWC resident community deploys its vast store of gifts and talents to bless and promote the wellness of the entire RWC community.



SHARE YOUR STORY: HELP FUTURE RESIDENTS FEEL AT HOME

We're inviting residents to be featured in our Resident Spotlight series! A special opportunity to share your personal journey to Rappahannock Westminister-Canterbury.

These stories will be shared as part of our ongoing communications with prospective residents who are exploring life at RWC. Your experience from what prompted your search, to how you approached the move, to how you've settled in can provide meaningful insight and encouragement to those who are considering this important step. Participation is easy. You'll receive a short list of thoughtful questions to guide your reflections, and we'll work with you to craft a warm, conversational article. This can be done in writing or as a casual

conversation whichever feels most comfortable to you. If you'd be willing to share your story, please contact Lauren White in the Marketing Office at 804-438-4010 or lwhite@rw-c.org. Your voice could truly make a difference for someone considering RWC as their next home.

DUSTIN NEWTON & MICHAEL O'SHAUGHNESSY

ASCENT FINANCIAL GROUP

Monday, September 29—2:00PM—Auditorium



The Ascent Financial Group team will provide an educational session, discussing effective ways to fit Charitable Giving into your financial plan. Join us for an interactive conversation as we provide an in depth overview of different giving strategies with Q&A and a happy hour

to follow. www.ascent-financial.com



RAPPAHANNOCK INSTITUTE OF LIFELONG LEARNING FALL CLASS REGISTRATION IS OPEN

RILL is a program of the Rappahannock Community College Education Foundation. The classes are personal enrichment, non-credit classes in a variety of subjects, including history, finance wellness, literature discussion, self improvement, and more. RWC residents receive a discounted price of only \$10.00 per class and some of the classes are right here on campus. Pick up a brochure at the sign up table in the Life Enrichment Center. We can help get you get registered!!

COLONIAL DOWNS LIVE RACING*

Wednesday, September 3-11:00AM—Front Lobby
Limit=13 Sign up Required. Cost = \$12.50 + Lunch

PONTOON BOAT RIDE*

Thursday, September 4-10:00AM—Front Lobby
Limit=10 Sign up Required. Cost= Donation

MOVIE AT THE COMPASS: BEEN THERE STAY THERE*

Tuesday, September 9-2:30pm—Front Lobby
Limit=13 Sign up Required. Cost = \$9

Tangier Island has been inhabited since the late 1700s, but its mass has been reduced by 67% because of rising sea levels. The movie centers on three generations of people who live on Tangier Island. James is the mayor whose family has been here for six generations. Cameron is in his late teens/early twenties and spends summers on the island. The rest of the year, he attends college on the mainland. Jacob is seven years old. He was born into a way of life that may not exist by the time he comes of age. He's immersed in the world of maritime history, and it's this very history that is going extinct before his very eyes. Those who live on the island are deeply religious, yet their beliefs are often at odds with scientific research. *Been Here Stay Here* chronicles the clash of these two perspectives in the face of climate change.

OUT TO LUNCH AT MERROIR*

Thursday, September 11-11:15AM—Front Lobby
Limit=13 Sign up required. Cost = lunch\$

We like to call Merroir a "tasting room," just so people know to expect something different. Everything is either served raw or cooked on an outdoor grill, small-plate-style, and beautifully paired with craft brews and world-famous wines. Each menu item is singularly-focused, seasonal, and ever-changing, so there's always a surprise in store.

HISTORIC TREDEGAR IRON WORKS & LUNCH*

Tuesday, September 16-9:00AM—Front Lobby
Limit=13 Sign up required. Cost = \$17

Two floors of exhibits will take you on a journey from the very beginning of the Civil War to Reconstruction and beyond. Located in downtown Richmond on the James River, the museum sits on the site of the Tredegar Iron Works. Cannons made at Tredegar fired the first shots of the Civil War at Fort Sumter. The thick armor plating that protected the ironclad CSS *Virginia (Merrimack)* during its fight with the Monitor was rolled at Tredegar. More than half of the cannon used by the Confederate army were cast here.

PORT ROYAL HISTORICAL MUSEUM TOUR & LUNCH*

Friday, September 26-9:00AM—Front Lobby
Limit=13 Sign up Required.

Cost = Suggested Donation of \$5 each + lunch \$

Hear about the history in Port Royal from someone born and raised right there! The museum and town is a treasure trove of American history, our collections include historical objects and cultural topics spanning from prehistoric times to the early 20th Century: fossils, Native American artifacts, colonial settlement and expansion, local and regional history, American conflicts, John Wilkes Booth, Sidney King artwork, hand-painted toleware, White House China and more. Most items have direct ties to families and significant, historical times in or around Caroline County, some dating back to 1744.

TRADER JOES & LUNCH*

Wednesday, September 10(Newport News Shopping Center)

Wednesday, September 24 (Williamsburg)
9:00AM—Front Lobby

Sign up required. Limit =10.

SAILING ON THE CLAUD W. SOMERS*

Saturday, September 27—9:15AM—Front Lobby
Sign up required. Limit=12

Cost=\$35.00 per person

2-2 ½ hour excursion from 10am-12:30pm.

Must be ambulatory to take this trip. Wear flat, sturdy shoes.

Boxed lunches will be provided by RWC – Fried Chicken Strips with Honey Mustard Sauce, Cole

**FIRST FRIDAY FORUM:
JANET HEMMING, THE HAVEN***

Friday, September 5-8:30AM-Lancaster Room
The Haven Shelter & Services, Inc. is committed to preventing and eliminating all types of domestic violence and sexual violence within our service area, which includes Westmoreland, Richmond, Essex, Lancaster and Northumberland Counties.

**TRIP TO THE NEW DOLLAR GENERAL
MARKETPLACE***

Friday, September 5—11:00AM—Front Lobby
Sign up Required LIMIT: 14
Discover new product and unique finds. Trendy and innovative products at affordable prices.

JACKPOT BINGO PARTY*
Tuesday, September 9-1:00pm-Auditorium
Sign up Required
Light snacks and drinks provided. Cost = \$3 per card

**PUBLIC SCHOOLS AND EDUCATION
FOUNDATION PRESENTATION***
Thursday, September 18-10:00AM-Auditorium

Jessica Davis, Superintendent LCPS -- *"Public Schools status, demographics, etc and new High School design and construction status."*
Bill Warren, RW-C and "Partners for Lancaster County Schools Foundation" -- *"Mercer Place Teacher Housing Project."*
Julia Alderson (LCVEF President and Chesapeake Wealth Management Financial Consultant) – *"LCVEF 501(c)(3) Presentation."*
RW-C Resident and LCVEF Director, Katherine Lantz – Will be Available to Answer any Resident Questions about LCVEF.
"Join LCPS Superintendent, Jessica Davis, and Learn about your County's Public Schools' 6-Year Plan and their Short and Long-Term Goals and Get an Update on our "New School Construction Project". Plus, Hear about the "Mercer Place Affordable Teacher Housing Project", and our County's non-profit Education Foundation (501(c)(3)" that Provides Key Resources Supporting our Public Schools"

GARFIELD’S RESCUE VISITS
Wednesday, Sept. 24-1:00PM-Art Room2
There’s nothing like the purr of a cat. Spend some time sharing your love with some kitties that could use it.

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

Secondhand Lions– Tuesday, Sept. 2
This comedic and touching family film follows the adventures of a shy young boy who is sent to spend the summer with his eccentric uncles.
1 h 49 min 2003 PG

Some Like It Hot– Friday, September 12
This hysterical comedy from director Billy Wilder finds Tony Curtis and Jack Lemmon masquerading as women in order to elude irate Chicago mobsters while befriending a beautiful singer (Marilyn Monroe).
1 h 56 min1959 13+

Going in Style –Monday, September 15
Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on daring bid to knock off the very bank that absconded with their money.
1 h 36 min2017 PG-13

DOCUMENTARY
LIVE TO 100-SECRETS OF THE BLUE ZONE
THURSDAY, SEPTEMBER 4 (EPISODES 1&2)
FRIDAY, SEPTEMBER 5 (EPISODES 3&4)
1:30PM– CHESAPEAKE GAME ROOM
Bestselling author and founder of Blue Zones, Dan Buettner’s new doc series explores the science and lifestyles behind **longevity**. Most people hope they’ll live a long, healthy, and happy life, but few are able to travel the world in an attempt to reverse-engineer the formula for longevity.
Episode 1 (34m) The Journey Begins.
Episode 2 (45m) An Unexpected Discovery
Episode 3 (39m) The End of Blue Zones
Episode 4 (40m) The Future of Longevity

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Donors
Thanks to our August book donors:
Ginny Burnette
Dean & Mildred Loudy
Helen McCord
Virginia Pailles
Carol Sennott
Linda Stemple
Tom Teeples
Jay White

Book Group
Our book selection for September is “The Last One at the Wedding” by Jason Rukulak. This is a mystery set in a beautiful New England family retreat. A perfect opportunity to repair frayed relationships. With 300 guests over a three-day event, what could go wrong?

Author Carl Hiaasen
We have recently added seven books (six in Large Print) written by Carl Hiaasen. His book “Bad Monkey” has been made into a TV series. Yes, we have it along with his latest book “Fever Beach.”
If you like quirky characters in stories set in Florida, you may like to try one.
You will find them on the check-out desk.

Come on up and check us out!

**LAST CALL FOR A WILLIAMSBURG PLAYERS SUBSCRIPTION
& OFFER FOR TRANSPORTATION**
Cost= \$96 for a 6 show season!
RWC would leave at 12:30PM on these dates
Sunday, September 14-Cabaret
Sunday, November 9-Rehearsal for Murder
Sunday, December 14– Christmas Carol
Sunday, February 8-Bad Seed
Sunday, April 12-The Revolutionists
Sunday, June 7-? Show Name TBD
We have 3 residents signed up but need 3 more to make it happen!



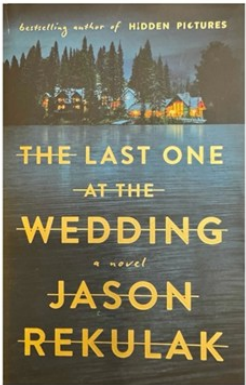
ALL ABOARD!!
During the Christmas season, RWC residents decorate the main building with many decorations creating a beautiful atmosphere for the holidays. Two model train displays are a unique part of these decorations. This year, the train platforms will be installed in front of the large windows in the atrium - one HO scale and one O Guage. Don Gilmore is responsible for the HO scale platform and Jim Makin is responsible for the O Guage platform. The furniture in front of the windows and piano will be relocated on Friday, November 21st followed by installation of the platforms. Completion of the platform and train setup will be done on Saturday and Sunday, November 22 & 23. The remainder of the Christmas trees and other decorations will be installed on Monday, November 24.

RW-C Library Book Group

**The Last One at
the Wedding**

By Jason Rekulak
September 29 - 10:30 a.m.
Rappahannock Room

For info, call Maxine Luxton 4200



SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

“Grace be to you and peace from God the Father...” The Apostle Paul wrote 13 New Testament letters and 11 of those have that phrase in the opening few verses. Grace and peace were words Paul used to convey his wishes to those he was writing to. They were more than just words; they were true feelings that he wished to give to those he loved. Grace is “unmerited favor”. It is favor bestowed on someone not because they necessarily deserve it but because Paul wanted to give them this favor because he loved them. And that is exactly what Paul had received from God on the Damascus Road...” unmerited favor”.

Peace, or “Shalom” as the Hebrew word is, expresses not just a calmness, but it speaks more about “wholeness”. Paul’s wish to his listeners is that their life would be whole, complete, unfractured. Worry, fretting, stressing, all fracture our thinking and our living. We cannot focus because our minds are being pulled in multiple directions. That is why Paul said in Philippians 4:6-7, *“Do not be anxious (fractured) about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace(wholeness) of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”*. Think about a puzzle.

When we dump the puzzle pieces onto the table, it is a fractured mess. One by one we must put it together. In life, through praying and petitioning God, we give it to Him, and he takes all those fractured and broken situations and makes everything whole again. Worrying or fretting excludes God, and we miss out on the wholeness that He wants to give us if we would just let Him have it.

So, when Paul said “Grace be to you and peace from God the Father...” He was saying this; *I extend my favor to you because I care about you, and I want you to enjoy a life that is whole and complete*. Paul was wishing the very best for his listeners because He loved and cared for them.

So, as you read this, know that your Chaplain says, “Grace be to you and peace from God the Father.” That your chaplain is wishing the very best for you because He loves and cares for you. That your chaplain wishes for you a day that is full of God’s favor and his, and a life that is more whole and complete than fractured.

What a wonderful way to greet one another, “Grace and Peace”. Or as they say in Israel, Hevenu Shalom Aleichem! (We have brought peace upon you.) If you care to hear it sung In Hebrew, go to this link.

<https://youtu.be/rQFravJXWDw?si=oDTxfgDK6K3Cqa1t>

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.

IN MEMORY OF:

MRS. ELIZABETH PERKINS
SEPTEMBER 6, 1929—JULY 24, 2025

MR. JIM KELLY
DECEMBER 10, 1949—JULY 24, 2025

MRS. MARILYNN HESS
NOVEMBER 10, 1928—JULY 27, 2025

MRS. PATRICIA KIRBY
MAY 8, 1946-AUGUST 8, 2025

SET PAINTERS NEEDED!

Christmas will be here before we know it. We are planning for a special holiday season. 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.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

WELLBEING COMMITTEE

Hello! An opportunity awaits you!! Are you looking to find a little fun project-one that will encourage and support our RWC community wellbeing? Delivering greeting cards to residents could certainly brighten the day. This is a new effort-details to be worked out. Your help will make it a success. If you are interested in organizing the project or helping in any way, please contact Mary Bennett at Ext. 4308 or Maxine Luxton at Ext. 4200. Thank you!!

GROUNDS & LANDSCAPING NOTES

The days are getting shorter but the heat and humidity will be with us for a while. In the meantime, plants often operate on a daylight-sensitive cycle. That’s why we have daffodils flowering in the spring and holly berries ripening in the winter. Many residents have asked me about pruning their shrubs and bushes. As a general rule: DONOT prune/shear azaleas, camellias, forsythias or hydrangeas this fall. Why? Because the spring buds are setting now and, if pruned, the buds will be cut off and no flowers will appear in March. Nature has adapted itself to this cycle and the natural growth pattern of the branches allow the optimal light to reach inside the shrub for healthy branching. If you have any questions, please contact your Grounds & Landscape resident assigned to your area.

Keep feeding hummingbirds. These little birds are building up reserves for their late fall flight to the tropics. You should continue cleaning the feeder and follow the sugar/water ratio in your feeder solution.

RAINFALL: MONTH OF JULY 5.52”
AS OF AUGUST 20—1.04”

MONARCH SEASON 2025

August has been an active month for Monarch butterfly season. From the end of July to 20 August, we released 24 butterflies from the LEC enclosure and 17 from the enclosure in assisted living. Grand totals for this year are 52 releases from the LEC enclosure and 30 from assisted living. Included in these numbers are about 5 butterflies who did not survive because they eclosed with deformed wings and could not fly.

You may have noticed another enclosure near a window in Edna's cafe. This enclosure is currently housing caterpillars and chrysalides which will become swallowtail butterflies, an equally beautiful butterfly.

In early September we will begin tagging our Monarch releases. The pros at Monarch Watch believe this is the time in our area of Virginia that the 4th generation of butterflies will begin to eclose. This is the generation that migrates to Mexico. Monarch Watch initiated a large scale community science project in 1992 to research and understand the dynamics of this fall migration. The project relies on volunteers who attach a uniquely coded tag to butterfly wings and report pertinent information to the Monarch Watch database. This information tracks the journey of each butterfly in flight to Mexico. With the help of Master Naturalist Anne Clewell, who has again agreed to provide tags and data sheets, we begin our third year of contributing to this program.

Plant more milkweed!! And maybe even some parsley and dill for the swallowtails....

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.

FITNESS CENTER NEWS:

LABOR DAY WE WILL BE CLOSED.

If you would like to use the Fitness Center or swimming pool, please have your badge and understand there will be no supervision.

Parkinson's & Memory Support Groups will be held on Monday, September 8th.

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, September 17— 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.

MACULAR DEGENERATION GROUP

Thursday, September 25th— 1:00PM-Main Street Pub.

SIGN UP NOW!!

WALK TO END ALZHEIMER'S

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

The Walk to End Alzheimer's is organized by the Alzheimer's Association and takes place annually in over 600 communities across the United States. It aims to raise awareness about Alzheimer's disease and funds for research and support services. Participants can register for local walks, form teams, and engage in fundraising activities to support the cause.

You can sign up via Uniguest to be on RWCs Team.

TIPS FOR MORNING AND EVENING WALKS IN LIMITED DAYLIGHT

With the days getting shorter, many walkers find themselves stepping out in the early morning or late evening when the sun is barely up—or already set. Walking in low-light conditions can be refreshing and peaceful, but it also requires some extra precautions. Here are simple, practical tips to keep you safe and confident while enjoying those pre-sunrise or post-sunset walks.

1. Brighten Up with Reflective Gear

When it's dark out, visibility is key. Drivers, cyclists, and other pedestrians may struggle to see you if you're not easily visible, so bright and reflective gear is essential. Here's what to look for:

- **Reflective Clothing:** Look for jackets, vests, and leggings with reflective patches or details. They catch car headlights and make you stand out.
- **Wearable Lights:** Clip-on LED lights or flashing bands on your arms or ankles are small but mighty in helping others see you.

Light-Colored Clothing: If you don't have reflective gear, lighter colors are easier to see than darker shades. A white or neon jacket can make a big difference.

2. Use a Headlamp or Flashlight

In darker hours, lighting the way is just as important as being seen. A small headlamp or handheld flashlight can help you spot obstacles, uneven ground, or any tripping hazards on your path.

3. Choose well-lit routes.

4. Walk Against Traffic

5. Walk with a Friend or Let Someone Know

6. Bring Your Phone and Wear Your Pendant for Emergencies

7. Watch Out for Slick or Uneven Surfaces— With fall and winter comes wet leaves, rain, frost or even early snow. These can create slippery surfaces, especially when you can't see well in low light. Walk slower than usual and opt for grippy shoes.

8. Trust Your Instincts and Stay Alert

9. Consider Walking During Daylight Hours

NORTHERN NECK CRAFTERS AT RWC

The first and third (possibly the fifth) Monday of each month starting in September (the first meeting will be **Sept. 15** due to the Labor Day holiday) 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 Lakeview 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.



FOOD TRUCK: KLASSEY KHEF

Friday, September 19-11:00AM-1:30PM

Front Parking Lot

Klassy Khef serves a variety of local land & sea favorites including: burgers, steak & cheese, fried shrimp and flounder, crab cakes, & more!

NOTHING BUNDT CAKES SALE

Friday, September 19-11:00AM-2:00PM-Atrium

Satisfy your cake craving!

Let's Get Creative!

Card Making Class*

Tuesday, September 9—10AM—Art Room 2

No Sign up required. No Limit! (2 hour class)

We have been asked to help make cards that can be available for residents to give to each other in health services. Please come and get creative with us.



Strainer Paint Pouring Class*

Friday, September 19-1:00PM-Art Room 2
Sign up Required. Limit=6



Try your luck at a new type of flow art.

Prairie Points Ornament Making*

Monday, September 22—2:00PM—Art Room 1

Sign up Required LIMIT: 6
Make a beautiful cloth ornament in a few easy steps!



TRY SOMETHING NEW!!!

Employee Christmas Fund
ECF is coming in October,
more information to
follow.