



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

**YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING**

**OCTOBER 28 AT THE LIFE ENRICHMENT CENTER LOBBY.**

## **WELCOME TO THE NEIGHBORHOOD!**

Mrs. Mary Dranttel has moved into apartment 303. She comes to us from Sarasota, FL. She has lived there for the past 9 years.

Mrs. Dranttel was born in Fort Wayne, Indiana but her parents moved to New Jersey when she was three months old.

Mrs. Dranttel grew up in New Jersey and attended a parochial grade school for 8 years and then went to a catholic girls high school named Oak Hill in Summit, NJ. From there she attended Trinity University, a women's catholic school. There she was a physics and math major.

Mrs. Dranttel met her husband, Jack Dranttel, who was at the Naval Academy. They dated for two years and two weeks after they both graduated, then they married.

During this time, they lived in various places such as Washington, DC, Germany, Kansas, Norfolk, VA, Louisiana and ended up buying a home in Deal, MD right on the Chesapeake Bay. After nine years they ended up moving to Hawaii for 4 years and came back to their home in Maryland and stayed another 11 years. They made a final move to Florida where her husband passed away in 2021. They were married for 58 years. They have four children, all military brats, so they are all scattered. Her youngest son, Michael, a former Apache helicopter pilot in the Army lives in Reedville, VA. Another son, Timothy, a pilot for Delta lives in Raleigh, NC, a daughter, Elizabeth, who is a lawyer in Albuquerque, NM and another daughter, Jennifer, an artist and a professor of textile development lives in England. She has a total of 5 grandchildren.

Mary is very active and wishes to be closer to her children. She enjoys many activities, volunteers, enjoys her hobbies and fitness. She has been a Bible study teacher for 21 years. Mary has taught Sunday School as well as provided nursing home ministries. She is involved in the YWCA and thrift shop. Her hobbies include quilting, reading, exercising, singing and traveling.

## **EMPLOYEE CHRISTMAS FUND**

We're halfway there—deadline is December 1st. If you have contributed already, thank you for your generosity. We have a slower start than in previous years so let's pick up the pace. We never know who contributes or how much each resident contributes unless they share that information with us.

Residents (especially new ones) call and ask how much they should give. We are happy to share guidelines if asked or refer them to the colorful new ECF Guide that was published and distributed in October. Some residents have inquired and added a second check after reconsidering.

Please be generous as this is the one time of the year you can show your appreciation to our wonderful employees, many of whom we do not have interaction with on a daily basis but are behind the scenes keeping our community running. Let's make this a great gift for our staff and their families given these hard times we are all having to contend with. Let's get those checks in soon and demonstrate to the staff how much we appreciate them.

Make checks payable to the RWC Employee Christmas Fund. The mailbox is on the counter at the Front Desk with envelopes for your contribution. Let's get it filled up.

Our sincere thanks,  
the Employee Christmas Fund Committee

***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— November 10 at 2PM —Corrotoman Room

Activities Committee— November 12 at 10AM—Art Room 2

Community Wellbeing Committee— November 14 at 10AM—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>NOVEMBER</div> <div>On Channel 85 Employee Christmas Fund airs everyday at 9:30am, 12:30pm, and 4:00pm. Beginner Tai Chi Class airs everyday at 11:00 am Emergency Pendant Guidelines airs everyday ay 12:00 pm</div>						SET CLOCKS BACK 1 HOUR BEFORE RETIRING TO BED. 3:00-AUD-Appalachian Sounds with Suzanne & Jim* 1
<div>DAYLIGHT SAVINGS ENDS 3:00-MSP-RWC Community Worship Service 4:00-RAP-Grace Church Eucharist</div> <div></div> <div>2</div>	<div>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 4:15-FRL-Early Bird Dinner at Prime Mediterranean* 4:30-AUD-Caregiver's Memory Support Group</div> <div>3</div>	<div>ELECTION DAY/Kids on Campus 9:00-Bus to the Polls* 10:00-AR2-Chat &amp; Craft 11:00-FPL-Food Trucks: Nino's Pizza &amp; Kake Kraze 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball</div> <div>4</div>	<div>8:00-LEC-Women Walking 10:00-AUD-Resident Board Meeting 10:00-FPL-LCL Book Mobile 11:00-ATR-Ross's Fine Jewel- ery/Stylish Eyes Repair 11:00-AUD-Happenings with Stuart 2:00-AUD-Robert Keyes in Concert*</div> <div>5</div>	<div>9:00-FRL-Shopping at Patrick Henry Mall* 1:00-AR2-Leaf Rubbing Col- lage* 1:00-AUD-Christmas Play Rehearsal 2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary</div> <div>6</div>	<div>8:30-LAN-First Friday Forum: Brad Perry, NASA* 9:30-FRL-Stratford Hall* 11:00-AR2-Candy Machine Ornaments* 2:15-FCR-Cornhole 2:15-AUD-Movie Matinee: The Thursday Night Murder Club</div> <div>7</div>	<div>10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night</div> <div>8</div>
<div>12:30-FRL-Williamsbug Play- ers: Rehearsal for Murder* 12:30-CPL-Holy Communion 3:00-MSP-RWC Community Worship Service</div> <div>9</div>	<div>10:00-FRL-Shopping at Walmart &amp; Dollar Tree* 10:00-AR2- Five Rivers Fiber Guild Meeting 1:00-CGR-Catch Phrase 12:45-FRL-Kilmarnock Radio Station Tour* 2:00-COR-Food Committee</div> <div>10</div>	<div>VETERAN'S DAY 9:00-FRL-Veteran's Day Program at LES* 10:00-AR2-Chat &amp; Craft 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 12:00-AUD-Veteran's Day Lunch* (INVITATION ONLY) 1:00-AR2-Watercolor Class 1:00-CGR-By-Laws Info 2:30-FCR-Seated Volleyball</div> <div>11</div>	<div>8:00-LEC-Women Walking 10:00-AR2-Activities Com- mittee 11:00-AR2-Christmas Decorating Meeting 11:00-CGR-Grief Support 2:15-AUD-Movie Matinee: MASH 7:00-CGR-Poker Group</div> <div>12</div>	<div>COVID 19 VACCINATION CLINIC* 9:00AM—2:00PM AUDITORIUM 10:00-FRL-Mathews Museum &amp; Lunch* 2:30-FCR-Line Dancing 3:00-RAP-Praying the Rosary 4:00-AUD-Clay Motley in Con- cert*</div> <div>13</div>	<div>10:00-COR-Community Wellbeing Committee 10:00-ATR-Paparazzi Jewel- ry Sale 11:00-FPL-Food Truck: Salty Bob's 2:00-AR2-Epoxy Photo Ornaments* 2:15-FCR--Cornhole</div> <div>14</div>	<div>10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 7:00-FRL-RFA Concert Series Transportation (Subscription Holders)*</div> <div>15</div>
<div>3:00-MSP-RWC Community Worship Service</div> <div>16</div>	<div>10:00-FRL-Shopping* 10:00-AR2- Northern Neck Crafters Group 1:00-CGR-Catch Phrase 2:15-AUD-Movie Matinee: About My Father</div> <div>17</div>	<div>9:00-FRL-Trader Joe's Williamsburg &amp; Lunch* 10:00-AR2-Chat &amp; Craft 11:00-CGR-Bible Study 11:00-AR1-Grocery Pick Up 1:00-AR2-Watercolor Class 1:00-AUD-Operation Christ- mas Child Packing Party 2:30-FCR-Seated Volleyball</div> <div>18</div>	<div>8:00-LEC-Women Walking 9:00-ATR-Healthy Food Bar and Blood Pressure Checks 10:00-FPL-LCL Book Mobile 1:00-AUD-Toys for Tots Presentation/Stitching Stars Stocking Stuffing 7:00-CGR-Poker Group</div> <div>19</div>	<div>10:00-CGR-By-laws Info 2:00-AUD-Pinewood Derby 2:30-FCR-Line Dancing 3:00-AR2-Praying the Rosary</div> <div>20</div>	<div>9:30-FRL-Thrifty Friday &amp; Lunch* 2:15-FCR--Cornhole</div> <div>21</div>	<div>10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night</div> <div>22</div>
<div>3:00-MSP-RWC Community Worship Service</div> <div>23</div>	<div>10:00-FRL-Shopping at Walmart &amp; Dollar Tree* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 1:00-RAP-Communion to Rosary 1:00-AUD-Christmas Play Rehearsal</div> <div>24</div>	<div>10:00-AR2-Chat &amp; Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Annual Thanksgiving Service 1:00-CGR-By-laws Info 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball</div> <div>25</div>	<div>8:00-LEC-Women Walking 1:00-AR2-Paint your own Nutcracker* 7:00-CGR-Poker Group 2:15-AUD-Movie Matinee: A Man for All Seasons</div> <div>26</div>	<div>THANKSGIVING DAY (Please see page 4 for more information)  3:00-RAP-Praying the Rosary  NO FITNESS CLASSES</div> <div>27</div>	<div>2:15-FCR--Cornhole  NO FITNESS CLASSES</div> <div>28</div>	<div>10:00-FCR-Seated Volleyball 12:00-AUD-UVA-v-VA Tech football game &amp; Chili Cook- off* 4:00-MSP-BYOB Pub Night</div> <div>29</div>
<div>3:00-MSP-RWC Community Worship Service</div> <div>30</div>	<div>DECEMBER</div> <div>CHRISTMAS DECORATING WEEK</div> <div>-Employee Christmas Fund donations due 1</div> <div>2</div> <div>-Annual Residents' Associa- tion Meeting &amp; Elections -Resident &amp; Board of Trus- tees Christmas Reception* 3</div> <div>4</div> <div>-Spirit Day 5</div> <div>-Donk's Theater 6</div>					



FROM THE PRESIDENT & CEO

We enter the Thanksgiving season with abundant opportunities to be thankful. Recently, we shared gratitude for Miss Irma’s remarkable 110<sup>th</sup> birthday and Mr. and Mrs. Loudy’s 75<sup>th</sup> wedding anniversary. This was a very unique and rare experience not only for Miss Irma and the Loudy’s, but also for those of us blessed to celebrate with them. Our Health Education and Support Scholarship fund reached endowment levels and continues to grow exceeding \$640,000 at this point out of gratitude for care providers present and future. Our Fellowship Fund exists to support grateful residents who have exhausted their financial resources. Our new well just reached the construction milestone, and it is producing beautiful water. And the list continues beyond the length of this column.

You do not have to look far or strain your eyes to see all we have for which to be thankful. We have a thankful neighborhood. We, the staff, are thankful for the opportunity to use our gifts and talents caring for our residents and clients for over 40 years. And, residents and families recognize and express gratitude for that care with a remarkable Christmas gift to the staff each year.

On behalf of the RWC staff, I offer the RWC resident community appreciation for the privilege of caring for you each day, sincere gratitude for your generous gift that makes Christmas very special for our staff and families, and warm wishes for a Thanksgiving season filled with all of God’s blessings.

Happy and Blessed Thanksgiving!

HAPPENINGS WITH STUART

Wednesday, November 5 -11:00AM—Auditorium

HELP US PLAN FOR FIRST FRIDAY FORUMS FOR 2026

We are working on filling in our 2026 year of FFF. If you have an idea, something you’d like to know about or have a connection with some with an interesting story, please call Tammy Jo at Ext. 4350.

BUS TO THE POLLS\*

Tuesday, November 4th-9:00AM-Front Lobby

Sign up required. Limit=13.

Bring your photo ID

RESIDENT CONCERN

A resident was recently observed by another resident being extremely unkind and rude to a member of The Grille Serving Staff. The staff member remained professional and continued to ask the resident for the desired dinner selections.

We are better than this. There are procedures in place to share our praises and our suggestions for improvement for any of the services offered at RWC. We need to take advantage of those and remember the people who work here are our family... we need to treat them with kindness, courtesy, and gratefulness...they work hard for us in making this a home we love.

CHRISTMAS DECORATING MEETING

Wednesday, November 12—

11:00 AM—Art Room 2



We are looking for residents who are interested in decorating the common areas around campus for the holiday season. We will decorate the first week in December. We need your help!!

COVID 19 VACCINATION CLINIC SCHEDULED

Thursday, November 13

9:00AM to 2:00PM—Auditorium

The vaccine is the Moderna mNexspike vaccine.

Please sign up in the Life Enrichment Center prior to November 1.

STEP ONE: Choose your time.

STEP TWO: Take a consent form, fill it out and take it to the clinic.

STEP THREE: Show up at your allotted time on November 13

EARLY BIRD DINNER AT PRIME MEDITERRANEAN (TOPPING)\*

Monday, November 3—4:15PM—Front Lobby

Sign up required. Limit=13.

Menu options may change

Prime Mediterrean

Early Bird Specials

4:30-5:30 Sunday, Monday, & Thursdays!

3 for 29.00

choose one of each

Appetizer

~House salad with choice of dressing

~Mini spanikopita with red pepper jam

~Dip of the day with toasted pita

Entrée

~Creamy shrimp tortellini

~Grilled Bistro steak w/ Bronzed shrimp^

~Authentic moussaka with grilled Foccacia

~Crusted chicken parmesan linguini ^

Dessert

Ask your server for chef selected desserts

^Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

PATRICK HENRY MALL SHOPPING (NEWPORT NEWS)\*

Thursday, November 6—9:00AM—Front Lobby

Sign up required. Limit=13. Cost=shop/lunch\$

Whatever you need you should be able to find it! Clothes, Jewelry, Shoes, Makeup-you need it they have it in stores like Macy’s, Dick’s Sporting Goods, Bath & Body Works, Shoe Dept., JC Penny, & More!

STRATFORD HALL GUIDED TOUR\*

Friday, November 7—9:30AM—Front Lobby

Sign up Required. Limit=13. Cost=\$15 tour + boxed lunches provided

Fully encompassing guided tour of the history & grounds of the plantation and people who lived there.

KILMARNOCK RADIO STATION TOUR\*

Monday, November 10—12:45PM—Front Lobby

Sign up Required LIMIT=5

WKWI 101.7 Bay FM is a radio station located in Kilmarnock, Virginia. It serves the Northern Neck and Middle Peninsula of Virginia and has been broadcasting for over 45 years.

VETERAN’S DAY PROGRAM AT LANCASTER ELEMENTARY SCHOOL\*

Tuesday, November 11—9:00AM—Front Lobby

Sign up required for transportation

LIMIT: 13

LES band and chorus members bring patriotic ensembles to you! Open to the Public.

MATHEWS MUSEUM & LUNCH\*

Thursday, November 13—10:00AM—Front Lobby

Sign up required. Cost=\$5 Donation + lunch\$

See new exhibits including the Tompkins Gallery, Dr. Haynes 1891 Carriage House, Tom Hunley’s County Store, Grandma’s Kitchen, and the Sally Tompkins statue Due to be delivered on 10/29!

RFA CONCERT: SOUTH FOR WINTER FOR SUBSCRIPTION HOLDERS\*

Saturday, November 15—7:00PM—Front Lobby

Sign up Required for transportation

South for Winter is a folk-blues trio of mandolin, guitar and cello that originated in New Zealand and now reside in Nashville. They have toured both nationally and internationally and have won awards such as the “Best Group/Duo” in the 2023 International Acoustic Music Awards; Semi-Finalist in the 2022 and 2023 International Songwriting Competition; and Official Showcase Artist at the 2024 Folk Alliance.

TRADER JONES & LUNCH\*

Tuesday, November 18—9:00AM—Front Lobby

(Williamsburg) Sign up required. Limit =10.

THRIFTY FRIDAY & SHOP LOCAL IN NORTHUMBERLAND COUNTY\*

Friday, November 21—9:30AM—Front Lobby

Sign up Required. LIMIT 13 Cost= Shop/Lunch\$

St. Stephens Trifles & Treasures, Friends of Northumberland county Animal Shelter, St. Mary’s Thrift, Lilian’s She Shed, Three Little Birds NNK, and more!

**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 A Journey into Americana’s Musical Roots.

**ROBERT KEYES IN CONCERT\***  
**Wednesday, November 5—2:00PM—Auditorium**  
Fingerstyle guitarist Robert Keyes approaches the guitar in the same manner an arranger would approach writing for a small combo. By combining harmonic, melodic, rhythmic and tonal elements, he crafts unique variations of familiar tunes. There's a lot of stuff going on at once!

**FIRST FRIDAY FORUM: BRAD PERRY\***  
**Friday, November 7—8:30AM—Lancaster Room**  
**Special Dietary Needs, please call Ext. 4017**  
**24 hours in advance.**  
**Sign up Required      LIMIT: 50**  
Brad Perry, recipient of NASA’s Exceptional Service and Outstanding Leadership Medals, Associate Fellow of the American Institute of Aeronautics and Astronautics and member of the American Astronomy Society will talk about some of his time with NASA.

**VETERAN’S DAY LUNCH (INVITATION ONLY)\***  
**Tuesday, November 11—12:00 PM—Auditorium**  
Join us for a special lunch and presentation. If you are a vet, look for invitation soon.

**CLAY MOTLEY CONCERT, SHOWER THE PEOPLE: A TRIBUTE TO JAMES TAYLOR\***  
**Thursday, November 13—4:00PM—Auditorium**  
“The show beautifully captures the essence of Taylor’s timeless classics while also introducing newer gems from his recent albums. Whether you’re a long-time fan or new to his music, *Shower the People - A Tribute to James Taylor* is an uplifting tribute that resonates with anyone who appreciates heartfelt songwriting and masterful guitar work. This show is definitely worth experiencing.”

**TOYS 4 TOTS PROGRAM WITH DEB BEUTEL AND BAG ADOPTION WITH STITCHING STARS\***  
**Wednesday, November 19—1:00PM—Auditorium**  
Beutel is the detachment's chaplain and served 20 years in the USMC and retired as a lieutenant colonel. The detachment's commandant, James Schafer also retired as a lieutenant colonel and said the Toys for Tots program is one of the group's four main events each year. The Toys for Tots program began in 1947 and is run by



the U.S. Marine Corps (USMC) Reserves and local branches. The one covering Lancaster and Northumberland Counties is run by Marine Corps League Detachment 1062. The toys stay in our counties. Some of the toys are given for Christmas, some are sent to

area non-profits, and some toys are saved to give out if there's some kind of a tragedy that happens like a hurricane, a tornado or other devastation. Toys are not just for Christmas presents.

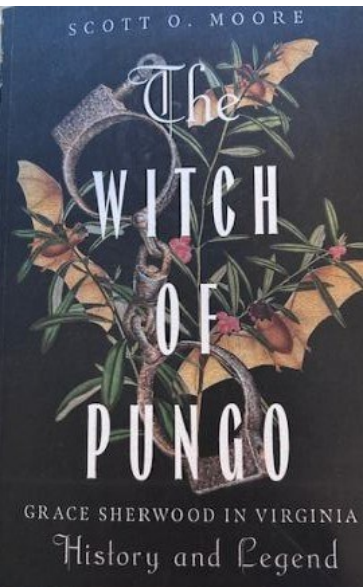
**TOYS FOR TOTS CHRISTMAS BAGS**  
Once again this year, the Stitching Stars group is making bags to be filled with toys for Toys for Tots. We will have 10 bags to fill and extra toys are always welcome. Please join the Stitching Stars and Residents on Wednesday, November 19<sup>th</sup> in the Auditorium at 1:00pm. Then join us for a “Thanks for Giving” bag filling get together after the presentation from the representative from Toys for Tots does a presentation on the program. Bags can be filled with NEW, UNWRAPPED small toys, activity books, markers, pens.. PLEASE NO FOOD  
Thank you for making a local child’s Christmas a brighter one!

**HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN**

**DONORS**  
Thanks to our October book donors:  
Mildred Loudy  
Helen McCord  
Diane Smart  
Tom Teeples  
Barbara Touchette  
Jay White  
We especially appreciate donations of new or recently published hard cover books!

**BOOK GROUP**  
Our book selection for November is “The Witch of Pungo: Grace Sherwood in Virginia History and Legend,” by Scott O. More. On July 10, 1706 a forty-six year old woman from Princess Anne County was accused of witchcraft and faced an unusual legal procedure. Three hundred years later her case was revisited. This is an interesting look at a dark part of Virginia history. All readers are welcome to join the discussion! We meet on the 4<sup>th</sup> Monday of the month at 10:30AM in the Rappahannock Room. Two copies of the book are available at the main desk at the back of the library.

Please sign out, read, and return as soon as you are finished so others can also read it! Two copies of the book are available at the main desk at the back of the library. If you have any questions, call Maxine Luxton, x4200.



**HIGHLIGHTED AUTHOR IN NOVEMBER IS STILL RICHARD OSMAN**  
We just got the fifth installment in Richard Osman’s “Thursday Murder Club” series, The Impossible Fortune, which continues to follow the escapades of four geriatric sleuths living in an upscale retirement community in the UK. These are well-written, heartwarming, witty and humorous mysteries.

**Come up and check us out!!**

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

**The Thursday Night Murder Club**  
**Friday, November 7**  
2025 crime comedy film directed by Chris Columbus from a screenplay by Katy Brand and Suzanne Heathcote, based on the 2020 novel by Richard Osman. The film stars Helen Mirren, Pierce Brosnan, Ben Kingsley, and Celia Imrie with David Tennant, Jonathan Pryce, Naomi Ackie, Daniel Mays, Henry Lloyd-Hughes, Richard E. Grant, Tom Ellis, Geoff Bell, Paul Freeman, and Ingrid Oliver in supporting roles. Its plot follows a group of elderly amateur sleuths who attempt to solve a murder. 2h - 2025—PG-13

**Mash: The Movie**  
**Wednesday, November 12**  
OSCAR® winner

Two screwball Army surgeons stitch together casualties while keeping each other in stitches during the Korean war. 1h 55 min—1970—Rated R

**About My Father**  
**Monday, November 17**  
When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her parents. 1h, 30m—2023—Rated PG-13

**A Man for All Seasons**  
**Wednesday, November 26**  
The story of Sir Thomas More, who stood up to King Henry VIII when the King rejected the Roman Catholic Church to obtain a divorce and remarry. 2h—1966—G



SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

As I write this article I am sitting in my son's house in Fort Worth, Texas. It has been 3 months since my daughter in law was diagnosed with tongue cancer. Since then, she has had the surgery with the cancer successfully removed from her tongue. She had to have a tracheotomy done as her tongue would swell from surgery, and that has been removed and almost fully healed. She had her right neck opened and 16 lymph nodes removed. Only 1 was cancerous. They had to take tissue from her wrist to rebuild her tongue, as well as an artery to reconnect the tongue to the neck. The wrist has been slow to heal but finally had the bandage removed and that is about 75% healed. They had to take a large skin graft from her thigh to patch the wrist. Plus, she needed a feeding tube. She was eating pureed food but now back to eating all through the feeding tube as her throat has developed sores and blisters from the radiation, plus a fungal infection in her mouth. Her strength fades quickly each day after treatment and some moving about, and yet, she has a positive attitude and laughs and smiles, and is doing all that she needs to. Radiation will continue for 3.5 more weeks.

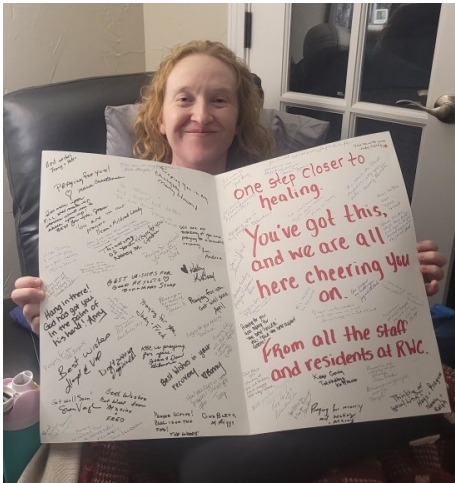
This week I will spend time working through the emotions with both of them. When a crisis hits, we go into survival mode and tend to push down the emotions just to get through it all. Yet, eventually the emotions must be dealt with and allowed to come out. I am sure there will be anger and fear, as well as trepidation about the future. All of that is normal emotions. Yet, there is also, relief and gratitude, thankfulness and hope. There is the realization that life can never be taken for granted and each day is a gift from God. Life is like a vapor scripture tells us, it is here and then it is gone. And so, we see that life is either invested or it is spent.

For me:

1. I am grateful for time with family. I have no guarantee of tomorrow and I want to make the most of this week.
2. I want to invest my time and not just spend it. Spending can be frivolous and spur of the moment, whereas investing takes thought and consideration.
3. I am grateful for those of you who took the time to sign the card for my daughter-in-law. A small gesture with a huge impact. Thank you for giving to

someone you do not know.

I am grateful and honored to be your chaplain. I cannot put into words the joy that I get each day in my role and the privilege of walking life with all of you. "I thank my God upon every remembrance of you."



Here is a picture of my daughter-in- law with the card.
 Chaplain Ted

**CHRISTMAS PLAY REHEARSAL DATES**  
**Thursday, November 6 at 1:00 PM and**  
**Monday, November 24 at 1:00 PM**  
**In the Auditorium**

**UPCOMING EVENTS**  
**Operation Christmas Child Packing Party** – November 18<sup>th</sup>. More details to be posted.  
**Pine Wood Derby** - November 20th. See Chaplain Ted for a car kit.  
**Annual Thanksgiving Service**-November 25th.

**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** 2<sup>nd</sup> Wednesdays of the month at 11 in the Chesapeake Game Room.  
**Rosary Group** meets at 3 pm each Thursday in the Rappahannock room.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

**UPDATE : RA ACTIVITIES COMMITTEE**  
 Fall is a busy time for activities in general at RWC. The Activities Committee meets monthly on the 2<sup>nd</sup> Wednesday along with the Life Enrichment Center’s staff to go over activities across RWC. The two groups coordinate the dates, times and venues of events and try to come up with new ideas to make life more fun and interesting here. At the moment we have a busy stretch this Fall and Holiday period. Oktoberfest is upon us and we have a number of other events on the horizon. In November and December we have two college football tailgate parties—**UVA vs Virginia Tech on November 29<sup>th</sup>** and **Army vs Navy on December 13<sup>th</sup>**. The UVA-VT game will also host our first Chili Cookoff. We will have judging, by professional chef M. Haley Bright and people’s choice. Recognition will be given to the winners. So come to the Cookoff and bring your guest. **We are taking a hiatus from Pub Night from November 29<sup>th</sup> through February 7<sup>h</sup>** to allow us to do the holiday things and to give us a chance to catch our breath.

**COMMUNITY WELLBEING COMMITTEE**  
 Our Community can be proud of some notable recent events. A 110th Birthday, a 75th and 40th Anniversary celebrations excelled with Resident and Staff participation. At the October Happenings meeting a Healthcare Scholarship recipient described her work at RWC as a family experience. Some negative and positive concerns regarding Staff and Resident interactions continue. It seems neither group recognizes how much they depend on each other!

**GENEROUS DONATIONS**  
 Thank you for your generous donations for the upcoming Antics In The Alcove Sale - November 1st to December 31st. Family and friends are welcome. We still would like more jewelry as that has been our best money maker for the Healthcare Scholarship Fund. Since 2022 and 10 sales later we have raised over \$26,000.00 for this endowed fund. This will be our last sale.

Don't forget to visit the Preview Sale in the Alcove until October 29.

**GROUNDS & LANDSCAPING REPORT**  
**Rainfall Sept. 3.58” As of 10/20/25 1.44”**  
 By the time you read this, November will be here and with it, the changes of Mother Nature will be felt. The hot, humid, sticky days of summer will be over, and the cool, crisp, autumnal breezes will be upon us. This rapid flux to our daily living will bring new and important environmental changes. Daylight Savings Time is ending and with it our normal summer routines will be upended. Early strollers or dog walkers will have a brighter morning, but walking or picking up dinner meals will happen in the dark. If you see any walking hazards report them immediately. Leaves covering a walkway will present a slipping hazard and need removal at once. Also, lights along the pathways should always be functioning. If you see burned-out lamps, report them. Always be vigilant in your daily outside activities. On a brighter note, our woodlands will put on its wondrous display of reds, yellows, copper, green, orange colors. What a good time to get about to see our beautiful campus. Damon has seeded, installed the fall pansies and will soon be removing leaves. Remember: Doug Tallamy suggests we keep leaves overwinter so insects and other critters sheltering in the leaves will be available for the birds and their babies next spring. So if you have room in the corner of your yard, just ask the groundskeeper to let them stay until next March. Bird feeding will begin now and to entice the gold finches and other small birds like chickadees and titmice feed them only thistle seed using a special feeder designed especially for thistle seed. Feeding the birds bread or “grocery store mix” will only attract grackles and other unwanted species. Remember, November is a transition month so we must make the best of it. The Words of Wisdom (WOW): “Time and tide waits for no man”.

**FITNESS CENTER NEWS**  
**FITNESS SCHEDULE CHANGES**

We will be making group exercise class adjustments for a temporary time period beginning **November 3rd**. Please take a look at the adjusted schedule placed in your Gazette and on channel 85. We will be modifying intensity levels for the combined strength and balance classes to meet the needs of all participants.

**POOL POLICY REMINDER**

We are a **NO lifeguard on duty** facility. We will be adjusting our "supervised hours" for those who would like to be watched while they swim. If you cannot come during these timeframes, please bring a buddy.

**FITNESS CLOSINGS**

All fitness facilities and group exercise classes will be **CLOSED on Thursday, November 27th for Thanksgiving Day as well as Friday, November 28th.**

**NOVEMBER THANKSGIVING FITNESS CHALLENGE**

November is often a month that brings a sense of reflection and preparation for the holiday season. It's a time to set fitness goals and build strength and endurance. Here are some motivational tips and challenges to help you stay on track this November. Weekly Themes: Daily Challenge Suggestions: **Week 1: Gratitude for Movement**  
**Gratitude Walk**  
Take a 30-minute walk outdoors and reflect on three things you're grateful for.  
**Mindful Meditation**  
Spend 15 minutes in meditation, focusing on gratitude and positive thoughts.

**Week 2: Thankfulness for Health**

**Healthy Recipe Day**

Try a new healthy recipe and share it with friends or family.

**Thankful Stretching**

Do a 20-minute stretching routine, focusing on areas that feel tight.

**Week 3: Family & Togetherness**

**Partner Workout**

Find a partner and complete a workout together, switching exercises every minute for 20 minutes.  
**Gratitude Plank Challenge**  
Hold a plank for as long as you can, thinking of things you're thankful for.

**Week 4: Harvest Your Strength**

**Fitness Gratitude Journal**

Write down 5 fitness goals and 5 things you're thankful for in your fitness journey.  
**Celebrate Your Achievements**  
Reflect on your month's progress and treat yourself to something special—like a relaxing yoga class or a healthy treat!

**Tips:**

Modify exercises to fit your fitness level.  
Encourage sharing your progress with friends for motivation.  
Remember to hydrate and listen to your body!  
Enjoy the challenge and have a fantastic November!

**THANKSGIVING MEAL**

**Thursday, November 27—11:00AM—2:00PM**

**Lakeview Grille-Lancaster Room**

**This will be served with wine. There will be no Waited Service, going through the line.**

Roasted Butternut Squash Soup with Crabmeat Garnish  
Cranberry Apple Quinoa Salad w / Choice of Raspberry or Lemon Vinaigrette Dressing  
Garlic Herb Turkey Roulade w/ Homemade Dressing and Gravy  
Honey Glaze Ham  
Mediterranean Flounder  
Green Bean Casserole w / French Onion Topping  
Candied Yam  
Glazed Baby Carrots

**Dinner Roll**

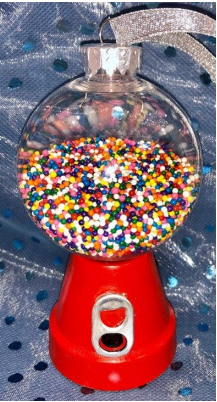
Pecan Pie w / Whipped Topping

**The Grille will be closed for dinner. To-go boxed dinners can be ordered in advance and may be picked up between 3pm and 5pm in the grille.**

Roasted Beef Sandwich on Potato Bun  
with Horseradish Mayo  
Fruit Cup, Chips, Cookies

**Let's Get Creative!**  
**Sign up is required for all classes**  
**LIMIT 8**

**Leaf Rubbing Collage\***  
**Thursday, November 6-**  
**1:00PM-Art Room 2**



**Candy Machine**  
**Ornaments\***  
**Friday, November 7—**  
**11:00AM—Art Room 2**



**Epoxy Photo Ornament\***  
**Friday, November 14-**  
**2:00PM-Art Room2**

**Paint your own Nutcracker\***  
**Wednesday, November 26-**  
**1:00PM-Art Room 2**

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



**SPECIAL FOOD TRUCK TUESDAY!**  
**Tuesday, November 4—11:00AM—1:30PM**  
Front Parking Lot  
**Nino's:** pizza, calzones, stromboli, subs  
**Kake Kraze:** specialty cakes by the slice

**ROSS'S FINE JEWELRY REPAIR & STYLISH EYES REPAIR**  
**Wednesday, November 5— 11:00AM—Atrium**  
Includes watch repair and battery replacement.

**PAPARAZZI JEWELRY SALE**  
**Friday, November 14—10:00AM-3:00PM—Atrium**

**FOOD TRUCK FRIDAY: SALTY BOB'S**  
**November 14—11:00AM-1:30PM—Front parking lot**  
Local Seafood Specialties, Land Lover Favorites, and a few sweet treats

**UNIVERSITY OF VIRGINIA VS. VIRGINIA TECH GAME CHILI-COOK-OFF\* SIGN UP REQUIRED**

**Saturday, November 29—12:00 PM—Auditorium**  
Be sure to sign up to witness one of the biggest rivalries in football. In addition to the game, come and enjoy a Chili Cook-off. If you are interested in entering your secret recipe, please call Betsy Woods for all the details at ext. 4304. Entry space is limited. Prizes will be awarded by judge Chef Hatley Bright. The party is BYOB. Sodas, water, iced tea, glasses and ice will be provided. Please **DRINK RESPONSIBLY!!**



**2026 RESIDENT DIRECTORIES**

It is that time of year when we begin fine tuning the information in the resident directory. If you have any changes to your information, please be sure to email or submit those changes in writing to the Life Enrichment office by November 15.