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submit articles
★ is the ★
20th of every month
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SIGN-UP LISTS OPEN AUGUST 28!

GAZEBO *Gazette*

The Monthly Newsletter for Our RWC Community

VOLUME 41, ISSUE 9 • SEPTEMBER 2026

A Community Built on Kindness and Respect

One of RWC's greatest strengths is the people who make this community feel like home. Every day, our staff works to provide a safe, comfortable, and welcoming place to live. From nursing and dining to maintenance, activities, housekeeping, and daily support, each employee plays an important role.

Things don't always go as planned. A meal may disappoint, a repair may take longer than expected, or a schedule may change. When concerns arise, respectful communication and a willingness to seek solutions are far more productive than assumptions or criticism.

Staff members, like all of us, have busy lives and challenges. They strive to do their best, but they cannot solve every problem instantly. What they can do is listen, help, and provide the best care possible.

RWC is a community filled with friendship, support, security, and opportunities to enjoy life. A simple thank-you, a smile, encouragement, or a little patience can make a meaningful difference.

Residents, staff, families, and visitors all share a responsibility to treat one another with dignity and grace. Let's ask questions before jumping to conclusions, offer constructive feedback, and choose kindness whenever possible.

A caring community is built not only by the people who serve, but also by the people who choose kindness in return.

**TOM GIBSON TO PRESENT
UPCOMING 2026-2027
RAPPAHANNOCK CONCERT
ASSOCIATION SEASON**

**Thursday, September 3
2:00 pm – Auditorium**

The Rappahannock Concert Association (RCA) brings world-class live entertainment to the Northern Neck while supporting music education for local youth.

Founded by volunteers in 1983 and incorporated as a nonprofit in 2000, RCA is guided by an all-volunteer board.

In 2008, RCA partnered with Northumberland Public Schools to move into its state-of-the-art theater.

RESIDENT ASSOCIATION MEETING

Wednesday, September 2

at 10:00 AM in the Auditorium
followed by Happenings with Stuart.

OPEN TO ALL

FOOD COMMITTEE

Monday, September 14 at 2:00 PM
Corrotoman Room

ACTIVITIES COMMITTEE

Wednesday, September 9 at 10:00 AM
Art Room 2

**COMMUNITY WELLBEING
COMMITTEE**

Thursday, September 11 at 10:00 AM
Corrotoman Room

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00-AR1-Chat & Craft 1 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AR2-Watercolor Class 2:15-AUD-Movie Matinee: Wuthering Heights 2:30-FCR-Seated Volleyball	8:00-LEC-Walking Group 2 10:00-AUD-Resident Association Board Meeting & Happenings with Stuart 7:00-CGR-Poker Group	10:00-FRL-RAL Labor Day Art Show & Lunch* 3 2:00-AUD-Tom Gibson: RCA's New Season Line-up 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary	8:30-LAN-Friday Forum: Carriages & the Kilmarnock Museum* 4 1:30-COR-Amatuer Radio 2:15-FCR--Cornhole 3:00-MSP-Open Rummikub	10:00-FCR-Seated Volleyball 5 4:00-MSP-BYOB Pub Night
	LABOR DAY 7 1:00-CGR-Catch Phrase ALL FITNESS CLASSES ARE CANCELLED.	10:00-FRL-Walmart Shopping* 8 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	8:00-LEC-Walking Group 9 10:00-AR2-Activities Committee Meeting 11:00-CGR-Grief Support Group 2:15-AUD-Movie Matinee: The Sheep Detectives 7:00-CGR-Poker Group	RSVPs Due for Autumn BBQ 10 9:00-FRL-Behind the Curtain: Tour of the Byrd Theatre & Lunch* 10:00-AUD-RILL Class* (registration required) 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary	10:00-COR-Community Wellbeing Committee 11 11:00-AR2-Collaborative Acrylic Painting Class* 11:00-FPL-Food Truck: Hibachi 11:30-COR-Amatuer Radio 2:15-FCR--Cornhole	9:00-FRL-Lancaster High School Open House* 12 10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night
	10:00-FRL-TriStar, Food Lion & CVS Shopping* 14 10:00-AR2-Five Rivers Fiber Guild 1:00-CGR-Catch Phrase 2:00-COR-Food Committee Meeting 3:00-AR2-Fall Scented Soaps*	9:00-FRL-Trader Joe's * 15 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AR2-Watercolor Class 2:15-AUD-Movie Matinee: Moonstruck	8:00-LEC-Walking Group 16 9:00-LEC-Healthy Food Bar and Blood Pressure Checks 1:00-AR1-Stitching Stars Quilting Group: Heart Pillow Project for VA Breast Cancer Foundation 5:15-FRL-Dinner at The Oaks* 7:00-CGR-Poker Group	10:00-AUD-RILL Class* (registration required) 17 2:00-AUD-Daniel Boling in Concert 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary	9:30-FRL-Sturgeon Watching Boat Trip* 18 11:00-AR2-Rustic Wood Slice Pumpkins* 11:00-FPL-Food Truck: Lacy's Food Shack 11:30-COR-Amateur Radio 1:00-CGR-Genealogy Group 2:15-FCR--Cornhole 3:00-MSP-Open Rummikub	10:00-FCR-Seated Volleyball 19 4:00-MSP-BYOB Pub Night 6:30-FRL-RCA: Jeff Trio Band (this trip is tentative depending on sign-ups)
	10:00-FRL-TriStar, Food Lion & CVS Shopping* 21 11:00-AUD-Parkinson's Care Partners Support 12:00-Gazebo Gazette Articles due 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson's Support	9:30-FRL-Gwynn's Island Museum & Lunch* 22 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AUD- Med C Plans with Lisa Walker* 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	8:00-LEC-Walking Group 23 1:00-AR2-Garfields Kitty Visits 2:00-AUD-Agecroft Hall & It's History Presentation 3:30-FRL-Cruise to Horn Harbor* 7:00-CGR-Poker Group	10:00-AUD-RILL Class (registration required) 24 11:00 to 1:30-Lakeside-Autumn Smoke & Harvest BBQ* 3:00-CGR-Praying the Rosary LINE DANCING IS CANCELLED TODAY	11:30-COR-Amateur Radio 25 2:15-FCR--Cornhole 3:00-MSP-Open Rummikub 4:00-AUD-JoAnn Hunt: Golden Advantage Travel Program	10:00-FCR-Seated Volleyball 26 4:00-MSP-BYOB Pub Night 7:00-FRL-RFA: The Virginia Symphony (subsc. holders)
3:00-CGR-RWC Community Worship Service 27	10:00-FRL-TriStar, Food Lion & CVS Shopping* 28 10:30-COR-RWC Book Group 1:00-CGR-Catch Phrase 1:00-AR2-Catholic Communion 2:15-AUD-Movie Matinee: The Children Act	10:00-AR1-Chat & Craft 29 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball	8:00-LEC-Walking Group 30 1:00-AUD-Bingo & Fabulous Prizes* 7:00-CGR-Poker Group	KEY/LEGEND 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 FCR —Fitness Class Rooms FPL —Front Parking Lot FRL —Front Lobby HOB —Hobby Room LAN —Lancaster Room LEC —Life Enrichment Center LIB —Library	LVG —Lakeview Grille MSP —Main Street Pub RAP —Rappahannock Room TGP —Thomas Garden Patio WCN —Westbury Center WCR —Westbury Clubroom

From the President & CEO

Emerging from the dog days of August (and July), we enter the time of year when Eastern Virginia usually begins watching for tropical storms and hurricanes.

While we all hope for a quiet season, this is a good time to review our **weather awareness and emergency preparedness**.

We will discuss these topics at the **September 2 Happenings**, immediately following the Residents' Association Board meeting that morning.

Also joining us will be **Scott Blandford, Corporate Board Chair**, along with one or more Corporate Board members. This will provide another opportunity for Board members to hear from and engage with residents.

The **Quality of Life Committee** also provides an important avenue for communication. The committee meets quarterly and includes equal numbers of residents, Board members, and staff.

In accordance with recently passed legislation regarding community meetings at CCRCs, Board members will attend at least quarterly Happenings.

The Board views this change very positively and believes it will continue to strengthen communication among **residents, staff, and the Board**.

CHESAPEAKE CHORALE CALL FOR SINGERS!

Do you enjoy beautiful holiday music?
Come sing with us!

- **Rehearsals:** Monday evenings, 7:00–9:00 p.m.
- **Beginning:** September 14
- **Location:** Grace Episcopal Church
- **Concerts:** First weekend in December

NO TRYOUTS—ALL SINGERS ARE WELCOME!

GROUP SEEKING PARTY BRIDGE PLAYERS

The group is looking for additional
Party Bridge players.

Please contact — x4241 Nancy May — x4224

WILL YOUR HOME BE DRESSED FOR THE HOLIDAYS?

We're planning a festive Holiday House Tour at RWC and would love to feature a few of our residents' beautifully decorated homes!

**Thursday, December 10, 2026
2:00 p.m.**

The tour will give prospective residents an opportunity to visit a small selection of homes, enjoy the sights and spirit of the season, and experience what makes life at RWC so special.

If you'll be decorating your home for Christmas and would enjoy sharing your holiday style and hospitality, we'd love to hear from you! We are looking for a few residents who would be willing to volunteer their homes as a stop on the tour.

Following the tour, everyone is invited to gather in the pub for festive treats, seasonal beverages, and conversation.

Interested in volunteering your home?

Please contact Marketing at
marketing@rw-c.org or 804-438-4010.

Thank you for helping us share the warmth, personality, and holiday spirit of our RWC community!

WHY ATTEND RCA CONCERTS?

A ticket purchase supports music education for hundreds of music students and helps pay for instruments as well as lessons.

You are entertained by a variety of world class performers (many from Virginia). One complimentary pass to any future concert is drawn for someone on each bus.

Music education at the local level NEEDS your support. Your ticket purchase is greatly appreciated.

For more information talk to **Tom Sennott**.

**THE FIRST CONCERT IS
Saturday, Sept. 19th
THE JEFF LITTLE TRIO**

SEPTEMBER OUTINGS

—• Adventure • Connection • Community —

65TH RAL LABOR DAY ART SHOW & LUNCH*

Thursday, Sept. 3rd – 10:00AM – Front Lobby

Cost = Lunch \$

Enjoy the anything goes artwork show
of RAL members and vote on your favorite!



WEEKLY SHOPPING for the week
of Labor Day will be on
TUESDAY, SEPTEMBER 8TH
to Walmart and Dollar Tree.

BEHIND THE CURTAIN: 1 HOUR TOURS OF THE BYRD THEATRE*

Thursday, Sept. 10th – 9:00AM – Front Lobby

Cost = \$10 charge + Lunch \$

Step back in time at Richmond's beloved Byrd Theatre, a 1928 movie palace known for its stunning architecture, crystal chandelier, and Mighty Wurlitzer organ.

Go behind the scenes to explore areas normally closed to the public, hear stories from the Theatre's rich history, and discover the craftsmanship that keeps this treasured landmark shining.

LHS OPEN HOUSE*

Saturday, Sept. 12th – 9:00AM – Front Lobby

Get a chance to look inside the newly constructed Lancaster High School.

WILLIAMSBURG PLAYERS: FREAKY FRIDAY (subscription holders)

Sunday, Sept. 13th – 12:30PM – Front Lobby

Freaky Friday

When an overworked mother and her teenage daughter magically swap bodies, they have one day to switch back! This hilarious and heartfelt musical follows their journey toward greater understanding, appreciation, and self-acceptance as they experience life in each other's shoes.

TRADER JOE'S & LUNCH*

Tuesday, Sept. 15th – 9:00AM – Front Lobby

Cost = lunch \$ & shopping \$

DINNER AT THE OAK'S IN LIVELY, VA*

Wednesday, Sept. 16th – 5:15PM – Front Lobby

Cost = dinner \$

STURGEON WATCHING BOAT TRIP & LUNCH*

Friday, Sept. 18th – 9:45AM – Front Lobby

Cost = \$37.10 charge + Lunch \$

Search for Atlantic Sturgeon

Late summer brings the annual spawning migration of endangered Atlantic sturgeon to the James River. These ancient fish can grow several feet long and sometimes leap completely out of the water.

Join James River Association staff aboard the *Spirit of the James* to search for sturgeon, learn about their recovery, and explore the river's ecosystem.

Highlights:

- Guided pontoon boat tour
- Search for breaching sturgeon
- Learn about conservation efforts
- Wildlife viewing and photography

Sturgeon sightings are not guaranteed.

GWYNN'S ISLAND MUSEUM & LUNCH*

Tuesday, Sept. 22nd – 9:15AM – Front Lobby

Cost = Lunch \$ & suggested museum donation of \$5

Gwynn's Island, a unique enclave in Mathews County, began its museum under the direction and support of the Gwynn's Island Civic League. Over the years, the museum has collected, cataloged, and thoughtfully displayed cultural artifacts and personal histories. In doing so, it has brought the traditions cherished by local families into the public eye, preserving them as part of the community's shared heritage.

CRUISE TO DINNER AT HORN HARBOR*

Wednesday, Sept. 23rd – 4:15PM – Front Lobby

Sign up required. **Cost = \$49 + Dinner \$**

The trip is full but we are maintaining a waiting list.



SEPTEMBER PROGRAMS

ADVENTURE. CONNECTION. COMMUNITY.

FIRST FRIDAY FORUM:

Carol Ashburn & Cindy Rogers:
Carriages and the Kilmarnock Museum

Friday, September 4th • 8:30AM
Lancaster Room

Thanks to the generosity of one White Stone, Virginia family, The Kilmarnock Museum is the happy recipient of a historic horse-drawn carriage collection.

Formerly housed at the historic Rice's Hotel/Hughlett's Tavern in Heathsville, a carriage collection restored by the late Leo Rogers and his wife, Dee, will now be part of The Kilmarnock Museum's permanent collection.

RILL COURSE – SCOURGE OF THE SEAS: PIRATES IN HISTORY AND TODAY*

(sign up with RCC or Amy)

Thursdays, Sept. 10, 17, 24
10:00AM – 12:00Noon

Auditorium

Students will explore sea pirates in early history and then focus on the "golden age of piracy" (approx. 1650-1730 AD) before discussing the threats they still pose to today's maritime commerce.

DANIEL BOLING IN CONCERT*

Thursday, Sept. 17th • 2:00PM
Auditorium

Daniel is a warm-voiced balladeer and songwriter whose story songs delight audiences across the U.S., from intimate listening rooms to major festivals.

A former National Park Ranger and U.S. Bureau of Land Management Criminal Investigator, Daniel began touring full-time at age 50. His engaging songs feature colorful characters, thoughtful stories, deft guitar and banjo fingerpicking, and a touch of harmonica. With a clear tenor reminiscent of John Denver and Pete Seeger, Daniel loves nothing more than getting the audience singing along.

MED C PLANS PRESENTATION with Lisa Walker, VP of Advocacy Resources at Bay Aging*

Tuesday, Sept. 22nd • 1:00PM
Auditorium

Medicare Advantage (Med C) is privatized Medicare, which means it's offered by private health insurance companies that are contracted by the government to deliver Medicare. Lisa will discuss Medicare C plans: What they cover and what they don't!

GARFIELD'S KITTY VISITS

Wednesday, Sept. 23rd • 1:00PM
Art Room 2

Enjoy a visit from some of the smallest members of the county needing the most love and socialization.

AGECROFT HALL & ITS HISTORY*

Wednesday, Sept. 23rd • 2:00PM
Auditorium

Agecroft Hall was one of three manor houses owned by the Prestwich family. By the 1920s, the historic home stood vacant and deteriorating. In 1925, Richmond businessman T.C. Williams Jr. and his wife, Elizabeth, purchased the hall and arranged for it to be dismantled and shipped piece by piece across the Atlantic to Richmond. Guided by architect Henry G. Morse, workers carefully preserved the manor's most intact sections for its new home in Virginia.

WINE, CHEESE, & TRAVEL with JoAnn Hunt, Program Director at Golden Advantage*

Friday, Sept. 25th • 4:00PM
JoAnn will talk about upcoming trips and the Golden Advantage Program while you enjoy wine and cheese.

AFTERNOON BINGO & FABULOUS PRIZES*

Wednesday, September 30th • 1:00PM
Auditorium
Bingo Cards are \$2 cash each
Try your luck and have a blast!



RWC LIBRARY NEWS



DID YOU KNOW?

The RWC Library offers two books written by fellow residents that you can read or download through Uniguest!

TO ACCESS THESE BOOKS:

- 1 Log in to Uniguest on your desktop computer or mobile device.
- 2 Select:
RWC Library → Digital Books

AVAILABLE TITLES:

- *A Judge's Journey: Nine Decades of Experience* by Judge John Hess
- *Reflections* by Kerley LeBoeuf



Support your fellow residents by exploring these wonderful books available in the digital library!



DONORS

Thanks to our August 2026 book donors:

- Gwen Head
- Mildred Loudy
- Fred Luxton
- Helen McCord
- Jay White



Sixteen books were added to the collection during August 2026.

Covers of new hardback books are shown on Uniguest: open Uniguest, click on RWC Library, click on **New to the Library**.

Donated paperbacks are shelved with the "Read and Return – No Checkout" section. The covers of these books are not posted on Uniguest.



BOOK GROUP

The book selection for September 2026 is

"Land"

by Maggie O'Farrell, the award winning author of *Hamnet* and *The Marriage Portrait*.



"Land" is a powerful, lush and atmospheric historical novel set on a remote Atlantic peninsula in the years before and after the Irish Potato Famine.

It follows an Irish cartographer commissioned by the British to survey Ireland in the aftermath of the Famine. He takes his family with him and during the journey, experiences an epiphany and vows instead to tell the prehistory and true story of the land.

Note: the screen rights for the film adaptation have already been purchased by the producer of *Hamnet*.



All readers are welcome to join the discussion on **Monday, September 28th at 10:30AM** in the Corrotoman Room.



The sign-up sheet and two copies of the selected book are available on the counter at the back of the library.



Call Maxine Luxton, x4200 with any questions.



SPIRITUAL LIFE

AT RWC

Faith • Fellowship • Reflection

A Note from Our Chaplain

To the residents and staff at RWC: I have written my Gazebo Gazette articles carefully and have tried to stay out of the political arena. I realize that politics is polarizing and as a chaplain it really has no place in my articles. With last month's issue though, I failed. And for that I sincerely apologize and ask your forgiveness.



The Right to Speak—and Listen

Our First Amendment protects freedom of speech. But does that mean we should say whatever we wish without considering the effect our words may have on others?

Proverbs reminds us that "a word aptly spoken" can be beautiful and effective. The right words, spoken at the right time and in the right way, can open the door to meaningful dialogue rather than put someone on the defensive.

History shows the power of concise words. The Lord's Prayer uses only 66 words. Lincoln's Gettysburg Address used 272. The Declaration of Independence, including the signatures, contains 1,458 words. Each communicates powerful ideas without unnecessary words.

If we want people to hear us, we should learn to speak clearly and thoughtfully. But speaking well is only half the equation. We must also listen well.

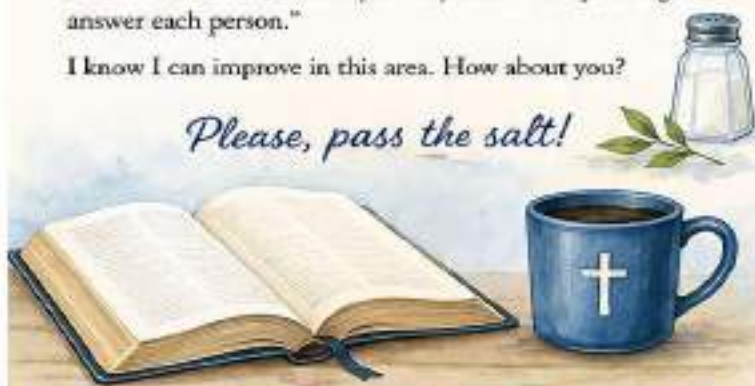
Scott Peck wrote that true listening requires "tremendous effort" and total concentration. Epictetus put it more simply: "We have two ears and one mouth so that we can listen twice as much as we speak."

We all want to be heard, but perhaps the right to be heard begins with giving others that same opportunity.

St. Paul offers this advice: "Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."

I know I can improve in this area. How about you?

Please, pass the salt!



ONGOING OPPORTUNITIES

Opportunities for Faith,
Fellowship, and Reflection

WEEKLY GATHERINGS



Resident/Staff Bible Study
Tuesdays at 11:00 AM
Art Room 2



Sunday Church Services
1:00 PM – Birdsong House
2:00 PM – Westbury Clubroom
(Assisted Living & Health Care)
3:00 PM – Chesapeake Game Room
(Independent Residents)



Rosary Group
Thursdays at 3:00 PM
Chesapeake Game Room

MONTHLY GATHERINGS



Grief Support Group
2nd Wednesday of each month • 11:00 AM
Chesapeake Game Room



Catholic Communion
4th Monday of each month • 1:00 PM
Art Room 2



Grace Church Eucharist
1st Sunday of each month • 4:00 PM
Chesapeake Game Room



Holy Communion
2nd Sunday of each month • 12:30 PM
Chapel

Grace Church
Friends & Fellowship

Thursday, September 17

4:00 PM

Lancaster Room

Come for fellowship, friendship,
and a time of connection.



NURTURING SPIRIT • BUILDING COMMUNITY • SHARING HOPE

Art & Music Happenings



Collaborative Painting Class*

Friday,
September 11th
11:00AM-Art Room 2

Limit=5



Rustic Wood Slice Pumpkins*

Friday,
September 18th
11:00AM-Art Room 2

Limit=8



Fall Scented Soaps*

Monday,
September 14th
3:00PM-Art Room 2

Limit=6



Create • Connect • Inspire

Let your creativity shine!



Stitching Stars: Sewing Our Support Heart Pillow Project



This September, the **Stitching Stars** group will be participating in the **Virginia Breast Cancer Foundation's Sewing Our Support Heart Pillow Project**.

Residents are invited to join us as we create handmade heart-shaped pillows for individuals recovering from breast cancer surgery. These special pillows provide both physical and emotional comfort by helping to cushion sensitive areas after surgery while also serving as a reminder that a caring community is thinking of them.

Whether you enjoy sewing, cutting fabric, stuffing pillows, or simply lending a helping hand, your participation can make a difference in someone's healing journey.



If you would like to sew a pillow, please sign up and join us at our next meeting on **Wednesday, September 16, at 1:00 PM in Art Room 1.**

Together, we can sew comfort, hope, and encouragement—one stitch at a time.



Fall Napkin Rings*

Monday,
September 21st
3:00PM-Art Room 2

Help us create & assemble festive décor for our Outdoor BBQ party—no talent required!

No limit!



SEPTEMBER ★ MOVIE MATINEES ★

Movies are shown in the Auditorium at 2:15 PM.

Popcorn and assorted drinks are provided!

Movies are selected based on resident requests and interests. Films may include mature themes, strong language, sexual content, drug use, or violence. Ratings are provided when available to help you make an informed choice.

Attendance is voluntary, and residents are welcome to leave at any time.



Wuthering Heights

Tuesday, Sept. 1 • 2026 • R • 2 hr. 16 min. • Drama/Romance

A passionate and turbulent story of Heathcliff and Catherine Earnshaw set against the windswept Yorkshire moors. Starring Margot Robbie and Jacob Elordi.



Sheep Detectives

Wednesday, Sept. 9 • 2026 • PG • 1 hr. 49 min. • Comedy

When their shepherd dies unexpectedly, a flock of mystery-loving sheep decides to solve the crime themselves. A charming, clever comedy starring Hugh Jackman, with voices by Julia Louis-Dreyfus and Bryan Cranston.



Moonstruck

Tuesday, Sept. 15 • 1987 • PG • 1 hr. 41 min. • Comedy/Romance

Cher stars as a Brooklyn widow who unexpectedly falls in love with her fiancé's eccentric brother. Winner of three Academy Awards.



The Children Act

Monday, Sept. 28 • 2017 • R • 1 hr. 45 min. • Drama

Emma Thompson stars as a High Court judge facing a difficult medical case involving a teenage boy, while struggling with challenges in her own marriage. A thoughtful drama based on Ian McEwan's novel.

Culinary Services News

Ferry Farm (Stafford) Tour & Lunch

Thursday, October 1st • 10:00AM • Front Lobby

Ferry Farm Tour

Explore a replica of the Washington family home and learn about George Washington, his mother Mary, family members, and the enslaved community following the death of Augustine Washington.

The Visitor Center features *The Science of History at Ferry Farm*, showcasing archaeological discoveries, colonial and Civil War artifacts, and views into the Archaeology Lab. A new mini exhibit highlights evidence of horses and horseback riding at Ferry Farm.



First Friday Forum: Ginger Philbrick

writer of *Because you are polite...*

Friday, October 2nd • 8:30AM • Lancaster Room



Because you are polite...

by Ginger Philbrick



Spiritual Care of those with Alzheimer's & Dementia, Rev. Colette Bachand

author of *Do This, Remembering Me;*
Spiritual care of those with Alzheimer's and Dementia.

Thursday, October 8th – 9:00am – 2:30pm
Historic Christ Church in the Bayne Center

Free catered lunch & workshop
RSVP by September 30th (804)435-1285

This one day workshop will help people and congregations develop skills, tools and resources for caring for those in our community living with dementia.

The morning session will offer an overview of what dementia is and isn't and the afternoon session will dig deeper into the topic of a "dementia friendly congregation".



Culinary Services News

You are invited to our Annual Labor Day Picnic!

Join us as we celebrate Labor Day together with delicious food and great fellowship.

Labor Day Picnic Menu

Monday, September 7 • 11–1:30

Salads:

- Creamy Coleslaw
- Potato Salad
- Fresh Strawberries & Blueberries

Entrees:

- Beef or Turkey Hotdogs
- Beef or Turkey Burgers
- Bourbon BBQ Baby Back Ribs

Sides:

- Sauteed Zucchini & Onions
- Hearty Baked Beans
- Fresh Sweet Corn

Dessert:

- Assorted Desserts

Labor Day Dinner Box Meals

Please note that the Grille will be closed for dinner but you can order a boxed meal.

To order:

Call the hostess desk (ext. 4816)

Order deadline:

Wednesday, September 2 at 3:30pm

Box meal includes:

- Turkey Jr. club on rye
- Pasta salad
- Assorted chips
- Fresh Fruit cup
- Cookie

Monarch Butterfly Report

This year's Monarch butterfly season continues disappointingly. Since the season began on May 5, we have released 43 butterflies from the LEC and Health Care enclosures. By August last year, we had released 80 butterflies.

Last month, we were starting to be more optimistic because we had 9 chrysalides, so we thought the activity was picking up and we were hoping to catch up with 2025 releases. Unfortunately, that has not happened. As of this writing we have 8 chrysalides in the LEC enclosure, several of which will have closed by the time this is published. Over in Health Care we have 3 caterpillars. We are still actively looking for eggs and caterpillars, so we hope these numbers will grow.

We are approaching tagging season. When we get the word that the last generation of butterflies for the year, the generation that will make the journey south back to Mexico, have eclosed, we will affix small tags to our Monarch's wings that will track their movement.

We began that process last year on September 1, but tagged only 7 butterflies. By September 19, an additional 13 butterflies eclosed, but died because their wings did not properly unfurl, so flight was impossible. In addition, 6 chrysalides were destroyed when they never completed the life cycle and emerged as butterflies. So, we ended our season on that date. This compares to the 2024 season, which ended on October 11.

In conclusion, of course we don't know what will transpire within the next month. We will continue our efforts and hope to give you better news then. Meantime, plant more milkweed!



FITNESS CENTER

HEALTHY AGING MONTH: SEPTEMBER

During September, we celebrate Healthy Aging! In our childhood, September marked the end of summer and the beginning of a new school year—which meant new and exciting routines. Let's take the momentum of September into providing intention, purpose, and excitement into our lives. It's never too late to improve your physical, mental, social, or spiritual wellbeing. Below, we've described five tips that you can implement—don't try to take action on all of them at once. Pick one tip and focus on it, then slowly add another!



1. Move your body. Whether it's morning stretches, a walk, a group exercise class, or a workout in the gym, just move your body! The most important way to be consistent is finding a physical activity that you enjoy!



2. Stay connected. Are you someone who doesn't attend many club meetings or trips? Challenge yourself to participate in one activity that interests you and build your schedule around that activity! If you are someone who attends events regularly, invite someone to go along with you who might need a friend!



3. Go outdoors. With protection from the sun of course, try to get outdoors at least once a day. Sitting or walking, feeling the sunshine, hearing the birds, or listening to any noise of daily RWC life can be invigorating.



4. Smile! Did you know it takes roughly 13 muscles to smile while it takes up to 50 to frown? Greeting someone with a smile not only makes you feel good but allows others to feel welcomed and trusted by you. You never know where a smile might take you!



5. Give one compliment a day. Pay it forward by giving someone a compliment. Not only will you give the receiver joy, but it allows your eyes to open and seek positivity and goodness in our everyday life.

LABOR DAY FITNESS CENTER CLOSURE:

The Fitness Center will be **CLOSED** and all group exercise classes will be **CANCELLED** on **Monday, September 7th** for Labor Day.

With your badge, you are still able to access the Fitness Center and swimming pool for individual workouts.

HEALTHY FRIENDLY FOOD BAR & BLOOD PRESSURE CHECKS:

Please join us on **September 16th** in the LEC Lobby for a healthy snack and have your blood pressure checked from **9:00AM–12:00PM!**



Community News & Events

Food Trucks

Hibachi Mobile—

Friday, September 11—

11:00AM-1:30PM-Front Parking Lot

A popular food truck serving flavorful hibachi steak, fresh vegetables, perfectly cooked seafood, and their signature yum yum sauce. *Generous portions and delicious flavors make this a crowd favorite!*

Lacy's Food Shack—

Friday, September 18—

7:00AM-1:30PM—

Front Parking Lot -Serving breakfast & Lunch

Offering delicious breakfast sandwiches or platters, lunch sandwiches, loaded fries, and more.



50/50 Raffle to Support Alzheimer's Research

Join us this September as we come together to support Alzheimer's research while having a little fun along the way!

Residents and staff are invited to participate in our September 50/50 Raffle. Throughout the month, raffle tickets will be available for purchase, with one lucky winner taking home 50% of the total amount collected. The remaining proceeds will be donated to support Alzheimer's research.

The winning ticket will be drawn on Friday, October 2, 2026.

Ticket information:

- Tickets are \$1.00 each
- Cash only (tickets cannot be charged to a resident account)
- Tickets may be purchased at the Life Enrichment Office in the Life Enrichment Center

The weekly raffle total will be posted every Friday on Channel 85 (Uniquist)

Remember, the more tickets we sell, the bigger the jackpot!

Purchase your tickets, support a great cause, and good luck!

Grounds and Landscape Committee

The season of heat and humidity is just about over for the year 2026 and we here at RWC have skirted the fires, floods and 100-degree days that many in Virginia have experienced. Nature has a way in its eons of evolution that allow us to enjoy all four seasons. September winds down with the last of the flowering plants – soon to be replaced by the fall and winter landscapes.

Dead-heading flowers during the active growing season should stop. Seeds of the native coreopsis and cone flowers are small bird attractants persisting into the winter months. These nutritional seed supplement the seeds purchased at the retail store. Also, escaping seeds fill in open gaps in your garden which will germinate, grow and flower in 2027. This cost-effective self-seeding saves your pocket book.

Some native plants will put on a stunning colorful display in the fall. The amsonias, a cut-leaf tender perennial seen growing near the RWC entrance, will show off in its bright golden leaf color. Also, the crepe myrtles will begin peeling their bark revealing a stunningly smooth, shiny color. The "Natchez" variety will show off a cinnamon rust-red layer. What a delightful sight.

Of course, our maples and oaks here are showing off their leaf colors. The black gum will be the first with scarlet color leaves, maples are next, then oaks. Did you know that the red maple is not named for their fall color display, but rather the small red flowers produced in the spring?

September is the beginning of the fall vegetable harvest season. Take advantage of the nice tomatoes still being offered at Farmer's Markets. Also, the "cole" crops will soon be ripe for fresh eating. Have you ever eaten a newly-picked, young cabbage? There is no comparison to the old cabbages sold in the late winter at the grocery stores.

September is also the gateway month between summer and fall. Some days need air conditioning for comfort and as October approaches, and some may need heat.

In 2027 we will look back and see the good, bad and the ugly days. Just wait; December's ice and snow will be upon us and we will look back in fondness at September 2026! -eam

COMMUNITY NEWS & EVENTS



Recycling at RWC: When in Doubt, Throw It Out!

RWC recycling is limited to what **Lancaster County accepts**. Paper cups, milk cartons, and many frozen food boxes **cannot** be recycled because they contain plastic coatings that can contaminate the recycling load.

- **Frozen food boxes:** Recycle only if the box says "Recyclable" or displays the paper recycling symbol.
- **Dry food boxes**—such as cereal, pasta, and cake boxes—can be recycled.

When in doubt, throw it out!



Rain Fall Report:

July = 9.35

August to date = 1.19

Community Wellbeing Committee

Bringing our campus together: Thank you Chaplain Ted and the group of IL Residents who brought contact and happiness to several HC Residents.

To stay informed:

1. Read the Gazette
2. Check out channel 85 on your TV
3. Go online to Uniquist and press the Our channel icon

If you use these Contacts **EVERYDAY** you will be "in the know"!

Interested in an activity or trip?

Sign up ASAP – use the waiting list as there are usually last minute opportunities. Contact the Life Enrichment Staff with questions.

Volunteer opportunities: Yes, you are helping others but the benefit is of equal reward for you!

Resident Ambassador Program Returns to RWC

Some of the best ambassadors for Rappahannock Westminister-Canterbury aren't found in the Marketing & Sales Office—they're the residents who call this community home.

We're excited to announce the return of the RWC Resident Ambassador Program, a volunteer opportunity for residents who enjoy meeting new people and would like to help welcome prospective residents and their families.

One of the things visitors often remember most about RWC is the opportunity to meet the people who live here. A friendly conversation over coffee, a shared story at lunch, or a warm welcome at an event can help prospective residents get a genuine sense of what life in our community is like.

Resident Ambassadors may have opportunities to join prospective residents for lunch or coffee, welcome guests at community events, participate in resident panels, or share their experiences of living at RWC.

There is no sales role and no script to memorize. We simply want ambassadors to be themselves—friendly, honest, welcoming, and willing to share their own experiences.

The program is also designed to be flexible. Residents can choose the opportunities that fit their interests and schedules, whether that means participating a few times a year or more often.

★ Join Us for the Relaunch ★

The Resident Ambassador Program Relaunch will be held:

**Tuesday, October 7
2:30 PM • Main Street Pub**

During the gathering, we'll introduce the program, talk about the different ways ambassadors can participate, answer questions, and help everyone feel prepared for future opportunities.

Residents interested in becoming an ambassador should sign up by **October 1** by emailing marketing@rw-c.org or calling **804-438-4877**.

Once you sign up, you will receive forms to complete. Please bring the completed forms with you to the October 7 relaunch.

If you have already expressed interest in the Resident Ambassador Program, keep an eye on your inbox—the Marketing & Sales Team will be reaching out to you directly.

We hope you'll consider joining us and helping future neighbors experience the warmth, friendship, and sense of community that make RWC special.