



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 41, Issue 7

JULY 2026

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

June 30 AT THE LIFE ENRICHMENT CENTER LOBBY.

**JAMIE TUCKER PRESENTS
RFA SEASON 2026-27***

Wednesday, July 1-10:00AM-Auditorium

BINGO WITH FABULOUS PRIZES*

Thursday, July 2nd-1:00PM-Auditorium
Cards are \$2/each bring cash- LIMIT=75

**FIRST FRIDAY FORUM:
IRINA P. CHANDLER, DDS
FROM SIBERIA TO MONTROSS***

Friday, July 10th-8:30AM-Lancaster Room
Sign up Required. LIMIT=50

Born in the Caucasus Mountains of southern Russia, Irina and her single mother moved to Siberia when she was 3 years old, living in an old Trans-Siberian railroad car that housed two families per car and used a wood-stove for heat. They had no TV, but did have a big radio. While her mother worked nights, she would listen to the Voice of America radio station and remembers "I wanted to go to the U.S. so badly." Join us and listen to Irina's story of her humble beginnings, coming from nothing, learning English and now owning a thriving dental practice in Warsaw.

**DOUBLE DIPPER FOURTH OF JULY
CELEBRATION ON FRIDAY JULY 3RD***

1:30-The Liberty Dolls Preform-Auditorium
2:30-Ice Cream Social- Atrium

NNK250 VIDEO*

Tuesday, July 7th-1:00PM-Auditorium
the Northern Neck during the Revolutionary War.

CELEBRATING 250 YEARS OF FREEDOM:
RWC residents are proud to share their Patriotic Art-work and Décor on the gallery hall this month.

**YOUR AGING SKIN, ESTHETICIAN
GAYLEN VANDENBROUCKE***

Wednesday, July 8th-2:00PM-Auditorium
Target Audience Everyone with skin! Golfers, tennis players, gardeners, boat owners and anyone who has spent time in the sun with skin that shows it. Men and women. My goal is healthy skin for you. No matter what condition, or age, everyone can improve their skin's appearance and health. The talk will be about 30 minutes with Q & A after and show and tell with products and gadgets.

**LANCASTER PLAYERS PRESENT THE
MARVELOUS WONDERETTES: CAPS &
GOWNS, MUSICAL***

Sunday, July 12th-2:30PM-Front Lobby- Cost=\$30
Sign up by July 1st for transportation
We're back in 1958, and it's time for the Wonderettes to graduate in this delightful sequel to the smash off-Broadway hit! Act II zooms ahead to 1968 where the girls preform as bride & bridesmaids!

RESIDENT ASSOCIATION MEETINGS: OPEN TO ALL

Food Committee- July 13 at 2PM -Corrotoman Room
Activities Committee- July 8th at 10AM -Art Room 2
Community Wellbeing Committee- July 10th at 10AM -Corrotoman Room
Residents' Association Board Meeting- July 1 at 10AM-Auditorium
Happenings with Stuart will follow on the Res. Board Mtg on July 1

*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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TWITTER



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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	<h1>JULY 2026</h1>			8:00-LEC-Walking Group 10:00-FPL-LCL Book Mobile 10:00-AUD-Residents' Assoc. board Meeting 10:00-FPL-LCL Book Mobile 11:00-AUD-Happenings with Stuart 1:00-AUD-Jamie Tucker presents: RFA season 2026-27* 1	10:00-AR2-Patriotic Wind Chimes* 1:00-Midday Bingo with Fabulous prizes* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 2	11:30-COR-Amatuer Radio 1:30AUD-Double Dipper 4th of July Celebration with the Liberty Dolls* 2:30-ATR-Ice Cream Social* 2:15-FCR--Cornhole 3	10:00-FCR-Seated Volleyball 11:00-LVG-4th of July Picnic Lunch 4:00-MSP-BYOB Pub Night 4
	10:00-MSP-Quaker Meeting 3:00-CGR-RWC Community Worship Service 4:00-CGR-Grace Church Eucharist 5	10:00-FRL-Shopping at Walmart & Dollar Tree* 11:00-AUD-Parkinson's Care Partners Support 1:00-CGR-Catch Phrase 3:00-AR2-Epoxy Tumblers* 1:15-AUD-Parkinson's Support 4:30-AUD-Caregiver's Memory Support Group 6	10:00-AR1-Chat & Craft 10:00-AR2-Christmas Train Meeting 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AR2-Watercolor Class 1:00-AUD-NNK250* 2:30-FCR-Seated Volleyball 7	8:00-LEC-Walking Group 10:00-AR2-Activities Committee Meeting 11:00-FPL-Calliope 11:00-CGR-Grief Support 2:00-AUD-Your Aging Skin, Esthetician Gaylen Vandembroucke* 7:00-CGR-Poker Group 8	10:00-FRL-Belle Isle Distillery in Richmond-Tasting & Lunch at Island Shrimp Co.* 11:00-AR2-Starfish & Sand Dollar Art* 2:15-AUD-Movie: Songs Sung Blue 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 9	8:30-LAN-Friday Forum:* 10:00-COR-Community Wellbeing Committee 11:00-FRL-Lunch Bunch: Tony & Milena's* 11:30-COR-Amatuer Radio 2:15-FCR--Cornhole 10	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night with Special Music by Molly McGee (vocal & piano) 11
	12:30-CPL-Holy Communion 2:30-FRL-Lancaster Players present the Marvelous Wonderettes: Caps & Gowns* 3:00-CGR-RWC Community Worship Service 12	10:00-AR2-Five Rivers Fiber Guild Meeting 10:00-FRL-Shopping* 1:00-Trip to Hole24Golf* 1:00-CGR-Catch Phrase 2:00-COR-Food Committee Meeting 4:00-AUD-Concert Piano Music by Debbie White* 13	9:00-FRL-Trader Joe's * 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-Salon-Welcome Rebecca & Presley 1:00-AR2-Watercolor Class 2:15-AUD-Movie:Nuremburg 2:30-FCR-Seated Volleyball 14	8:00-LEC-Walking Group 9:00-LEC-Healthy Food Bar and Blood Pressure Checks 9:30-Bus Tour of Urbanna & Lunch* 10:00-FPL-LCL Book Mobile 11:00-AR2-Patriot Seashells* 1:00-AR1-Stitching Stars Quilting Group 7:00-CGR-Poker Group 15	2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 16	11:00-ATR- Anthem Lemon-Aid Stand 11:00-FPL-On the Flip Side Food Truck 11:30-COR-Amateur Radio 2:00-AUD--Resident Staff Cornhole Tourney 17	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 5:00-FRL-Music by the River: Jumbo Lump Daddy and the Backfin Boys* 18
	3:00-CGR-RWC Community Worship Service 19	10:00-AR1-NNK Crafters 10:00-FRL-Shopping at Walmart & Dollar Tree* 1:00-CGR-Catch Phrase Deadline for Gazebo Gazette Articles by NOON 20	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 11:15-FRL-Wind Vineyard Tasting & Lunch* 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 21	8:00-LEC-Walking Group 11:00-AR2-Intro to Watercolor Painting with Joe Synan (Video Class)* 2:15-AUD-Movie: Voicemails for Isabelle 7:00-CGR-Poker Group 22	11:00-AUD-Documentary: Momma Jo: Hope & Help* 2:00-AUD-Hula Dancers* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 4:30-FRL-Dinner at the Oaks in Lively, VA* 23	10:00-FRP-Lacy's FoodShack 10:00-ATR-Paparazzi Sale 11:00-ATR-Bundt Cake Sale 11:30-COR-Amateur Radio 1:00-CGR-Genealogy Logistics Meeting 2:15-FCR--Cornhole 5:00-AUD-Welcome Reception (by invitation)* 24	8:30-LHS Community Open House* 10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 25
	3:00-CGR-RWC Community Worship Service 26	10:00-FRL-Shopping* 10:30-COR-RWC Book Group 1:00-CGR-Catch Phrase 1:00-AR2-Catholic Communion 2:00-AUD-Death on Gwynn's Island* 27	9:00-FRL-Belmont Estate & Lunch* 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 28	8:00-LEC-Walking Group 2:00-AUD-Resident and Staff Corn Hole Tournament* 7:00-CGR-Poker Group 29	2:15-AUD-Movie: Moneyball 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 30	11:30-COR-Amateur Radio 2:15-FCR-Corn Hole 31	

RAPPAHANNOCK WESTMINSTER-CANTERBURY ANNOUNCES STATEWIDE LEADERSHIP HONOR FOR EMILY ELBOURN

RWC is proud to announce that Emily Elbourn, Human Resource Manager, received the LeadingAge Virginia Emerging Leader Award at the LeadingAge Virginia Annual Conference held in Roanoke on June 9, 2026.

The Emerging Leader Award is presented annually to a rising professional who demonstrates exceptional promise, leadership, and commitment to the field of aging services.

“While Emily has achieved notable success in improving systems and efficiencies, her greatest impact lies in her person-centered leadership,” said Wanda Wallin, Vice President for Human Resources and Emily’s award nominator. “She works tirelessly to strengthen employee relations, foster camaraderie, ensure employees feel seen, heard, and valued, and advocate for employee wellness and meaningful benefits. Emily has invested significant time in building relationships with both managers and employees across the organization. These relationships have created a foundation of trust ultimately supporting the highest level of care and service for our residents.”

Resident, Harriet Dawson, shared, “Emily is an example of what every employee in an organization should be. She is so very competent and so efficient and she is never in so much of a hurry that she won’t stop and talk to you.”



FROM THE PRESIDENT & CEO

Summer is right around the corner (at press time), and it has been a very busy late spring at RWC. Our summer interns hit the ground running and are actively engaged in their respective areas completing projects, learning about opportunities at RWC and in senior living and healthcare, and engaging with residents and staff. I appreciate those of you who are making time to share your experiences and insights with the interns over lunch or coffee this summer. They are a really neat and talented group of young people, and we are fortunate to have this opportunity to build the next generation. Last month I reviewed the project underway to replace our Electronic Health Record (EHR) system. Since then, a great deal of training has taken place and will continue as we fast approach July 1st, which is the date we transition from the current system to our new EHR system. This is a huge effort for almost all of RWC as teams from the Health Center, Assisted Living, Birdsong House, Resident Clinic, Social Services, Activities, At Home, Therapy, Business Office, Marketing, and Resident Services utilize the EHR system. During the month of July, we will be adjusting to the new EHR system. You can help us make this a success through your prayers, patience, and understanding as we go through the transition. We are doing a large project replacing the roofing on the Main Street area of the Chesapeake Center and the Assisted Living wing from the Clubroom to the end of the Suites. Weather permitting that work should be completed by the end of June. Several staff members attended training sessions and/or continuing education toward licensing requirements in recent weeks. Topical areas range from emergency preparedness and survey readiness to cybersecurity, AI, and human resources. At the LeadingAge Virginia conference, Emily Elbourn, our Human Resources Manager, received the Emerging Leader Award for 2026, which is a great honor recognizing her professional accomplishments. Wanda Wallin, our Director of Human Resources, gave a presentation on the RWC Health Education and Support Endowed Scholarship program and how that amazing resident-led effort is educating and training caregivers now and into the future.

Enjoy the blessings of each day at RWC!

Mauch Anthony

LUNCH BUNCH: TONY & MILENA’S PIZZERIA IN HAYES, VA*

Friday, July 10th-11:00AM
Front Lobby Cost = lunch\$



TRADER JOE’S & LUNCH*

Tuesday, July 14th -9:00AM-Front Lobby
Cost= lunch & shopping \$

TRIP TO BELLE ISLE DISTILLERY IN RICHMOND AND LUNCH AT THE ISLAND SHRIMP COMPANY*

Thursday, July 9th at 10:00AM-Front Lobby
Cost= tasting, shopping & lunch\$

Belle Isle Moonshine was founded in 2013 in Richmond, VA by Vince & Brian, two brothers-in-law who set out to tap into the rich history of **America’s original clear spirit: moonshine**. Prior to rise of imported spirits like vodka and tequila, Americans distilled and drank our own unaged white whiskey (a.k.a. “moonshine”).

We’re proud to say all our products are:

- + triple distilled from 100% organic corn
- + carbon-filtered for clarity and smoothness
- + cut with purified water from the James River
- + naturally gluten-free

± never contain any artificial colors, sweeteners, or flavors

BUS TOUR OF URBANNA & LUNCH*

Wednesday, July 15th-9:30AM-front Lobby
Cost = lunch \$

Hear about the history of the town from local historian Larry Chowning then enjoy a meal in the charming town. Cost= Lunch\$

FRIENDS OF BELLE ISLE: MUSIC BY THE RIVER : JUMBO LUMP DADDYS AND THE BACKFIN BOYS*

Saturday, July 18th -
5:00PM-Front Lobby

Boxed dinners will be provided by RWC

Cost=FREE. Contact 4016 with dietary restrictions



TRIP TO WIND VINEYARD FOR TASTING & LUNCH AT THE DEADRISE KITCHEN*

Tuesday, July 21st-11:15Am-Front Lobby
Cost= tasting, shopping, & lunch \$

Gathered around the custom bar in the Tasting Room, visitors can enjoy a guided tasting through select varieties of our current wine releases. Once you find the wines that delight you, have our staff pour you a glass and enjoy lunch in our deadrise kitchen.



OUT TO DINNER AT THE OAKS RESTAURANT IN LIVELY, VA*

Thursday, July 23rd-4:30PM-Front Lobby
Cost = Dinner \$

Casual American restaurant featuring a salad bar and comfort-food options, including a popular ribeye and local seafood.

LHS COMMUNITY OPEN HOUSE*

Saturday, July 25th at 8:30AM-Front lobby

A community open house is slated for 9 a.m. July 25, and the building will be open for tours.



BELMONT ESTATE TOUR & LUNCH*

Tuesday, July 28th at 9:00AM-Front Lobby
Cost=\$12 + lunch\$

The early 19th-century Belmont estate was the country home and studio of prominent portraitist, muralist, and American Impressionist painter Gari Melchers (1860-1932). The house contains Gari and Corinne Melchers’ original furnishings and personal art collection, the studio houses over 1600 works by Melchers, and the 27-acre grounds feature restored formal gardens and miles of walking trails.

Gari and Corinne Melchers purchased the early 19th-century Belmont estate in 1916 to serve as a welcome respite from their travels and his hectic work schedule in NY City. Belmont is picturesquely situated on a ridge overlooking the Rappahannock River across from historic Fredericksburg, Virginia, with its close associations with the Washingtons, America’s first family, and the Civil War.

FITNESS CENTER NEWS

THE FITNESS GROUP IS OFFERING A TRIP TO HOLE 24 INDOOR GOLF IN TAPPAHANNOCK AND ICE CREAM*

Monday, July 13th at 1:00PM-Front Lobby
Hole 24 is an indoor golf simulator with multiple bays where you can golf individually or with a group of up to 4. Let's get a group together and see what it's all about! **Cost \$24/pp**
We plan to stop for an ice cream treat on the way home!



TAI CHI WITH TOM MARTIN
Tuesdays and Thursdays | 1:15–2:00 p.m.
Begins Tuesday, July 14

We are excited to welcome Tom Martin as the instructor for our Tai Chi class! Tom will be bringing his calm energy, years of experience, and a few fresh ideas to this gentle and enjoyable program. Whether you are brand new to Tai Chi or have tried it before, this class is a wonderful opportunity to move at a comfortable pace, focus on balance and flexibility, and enjoy a little peaceful time in your day.

Tom Martin has been practicing Tai Chi for more than three decades and has spent many years teaching this beautiful art of moving meditation. His Tai Chi lineage traces back to Cheng Man-Ching, known as the father of Yang Style Tai Chi. This accessible and graceful form is designed to support balance, flexibility, relaxation, and overall well-being. In addition to Tai Chi, Tom enjoys painting, writing, and photography, and he has exhibited his artwork twice in the RWC gallery. Tom shared, "I look forward to sharing Tai Chi with the RWC fami-

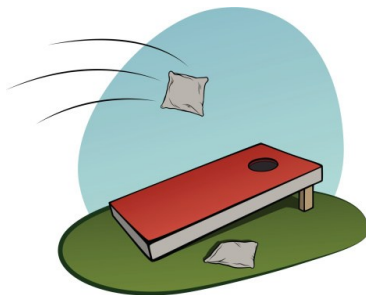
ly." We hope you will join us in giving Tom a warm welcome and come experience the relaxing rhythm of Tai Chi!

HEALTHY FRIENDLY FOOD BAR AND BLOOD PRESSURE CHECKS
Wednesday, July 15th from 9:00AM-12:00PM

Join us in the LEC Lobby for a healthy snack and have your blood pressure taken!



CORNHOLE TOURNAMENT FOR RESIDENTS AND STAFF*
Sign up to Participate
Friday, July 17th-2:00-4:00PM-Auditorium



Join us for a fun filled afternoon with a Residents vs. Staff Cornhole Tournament! All levels are welcome—grab a partner, or we'll find you one! Sign up in the LEC Binder on our colorful flyer. If you do not want to participate, please come cheer on our baggers!

WELCOME LIFE ENRICHMENT SALON
TEAM: PRESLEY AND REBECCA
Wednesday, July 14—1:00-2:00PM
Main Street Salon



READ • CONNECT • CELEBRATE: Bringing our community together through books

RW-C LIBRARY NEWS JULY 2026

Celebrating Community • Reading • America's 250th Anniversary

Features familiar local landmarks
Follow the clues and solve the mystery!

THANK YOU TO OUR BOOK DONORS

The RW-C Library extends sincere thanks to our June donors.

Your generosity keeps our collection **fresh, welcoming, and enjoyable** for all readers.

With appreciation:

- Ginny Burnette
- Helen McCord
- Tom Teeples
- Loretta Warren
- Jay White
- All Anonymous Donors

Approximately 10 new books added this month

To view new hardback books:

Open *Uniguest* → **RWC Library** → **New to the Library**

Paperbacks available in:

"Read and Return – No Checkout"
(*Paperback covers are not posted on Uniguest*)

LIBRARY NOTES & SUGGESTIONS

We welcome your ideas and questions! A basket is located on the **back desk** for:

- Requests
- Suggestions
- Questions

Please include your **name and phone number**

BOOK GROUP – JULY SELECTION

"Death on Gwynn's Island"

by **Bruce Bracken**
Set in the **Northern Neck**

SPECIAL AUTHOR EVENT

Meet the Author!

Bruce Bracken

Professor Emeritus, College of William & Mary

July 27, 2026

2:00 PM

Auditorium

A wonderful opportunity to hear directly from the author.

BOOK DISCUSSION

All readers are welcome!

Monday, July 27, 2026

10:30 AM

Corrotoman Room

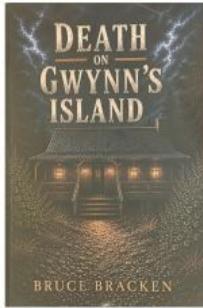
Sign-up sheet at back counter

Two copies of the book available

Questions? Contact:

Maxine Luxton (Ext. 4200)

RWC Library Book Group



Death on Gwynn's Island
By **Bruce Bracken**
July 27 - 10:30 a.m.
Corrotoman Room

For info, call Maxine Luxton 4200

COME UP AND CHECK US OUT!

SHARING FAITH, BUILDING COMMUNITY

On June 19, 1865, Union troops arrived in Galveston, Texas, and Major General Gordon Granger read General Orders No. 3. This historic decree announced the end of slavery in the state, effectively freeing the last 250,000 enslaved people in the United States—over two years after the Emancipation Proclamation. This monumental day is now commemorated across the United States as **Juneteenth** (a portmanteau of "June" and "nineteenth") and has been recognized as a federal holiday since 2021. President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863, which legally freed enslaved people living in states still in rebellion against the Union. However, because the proclamation only applied to Confederate-controlled territories and Union troops lacked a strong presence in the westernmost Confederate state, slavery continued relatively uninterrupted in Texas.

Following the conclusion of the Civil War in April 1865, a regiment of 2,000 Union troops—commanded by General Granger—landed in Galveston to take control of Texas and enforce the Emancipation Proclamation. On June 19, 1865, Granger read the order on the balcony of Galveston's Osterman Building. The proclamation stated that the people of Texas were informed that, in accordance with the national proclamation, "all slaves are free" and the relationship between former enslavers and the enslaved became "that between employer and hired laborer". Newly freed African Americans in Texas organized the first jubilee-style celebrations in 1866, initially calling the day "Emancipation Day". What started as a regional Texas tradition grew into a nationwide movement recognizing Black history, culture, and emancipation. In 2021, President Joe Biden signed into law a bill establishing Juneteenth National Independence Day as a legal federal holiday.

As I write this, I am reminded of my words from Memorial Day. That long before we are Black or White, Democrat or Republican, we are Americans. Paul Harvey always started his program "My fellow Americans...". We are brothers and sisters

in the human race, and we are fellow Americans. Let us not forget that. We need to stop fighting each other and see ourselves as fellow Americans. In WWI, WWII, the Korean War and the Vietnam War we lost 616,709 American lives. In the Civil War we lost 620,000 - 750,000 American lives. We lost more Americans from fighting ourselves than we have fighting others! There is a lesson there!! This month, let us celebrate Juneteenth as the day that America finally saw this truth; "We hold these truths to be self-evident, **that all men are created equal**, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the pursuit of Happiness." A piano has two colors of keys, black and white. Both are needed for music to be played.

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
3:00 PM *Chesapeake Game Room*

Monthly Gatherings

- **Grief Support Group** 2nd Wednesday of each month at 11:00 AM
Chesapeake Game Room
- **Catholic Communion** 4th Monday of each month at 1:00 PM *Art Room 2*

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

FOOD TRUCKS & SERVICES

Delicious Bites, Sweet Treats & Special Finds

Friday, July 17

Starting at 11:00 AM

- **Lemon Aid Stand** – *Atrium*-100% of proceeds support children fighting cancer at Children's Hospital of Richmond at VCU
- **On the Flip Side Food Truck** – *Front Parking Lot*

Friday, July 24

Starting at 10:00 AM

- **Lacy's Food Shack (Breakfast & Lunch)** – *Front Parking Lot-cash preferred*
- **Paparazzi Jewelry** – *Atrium*

Starting at 11:00 AM

Nothing Bundt Cakes – *Atrium*

COMMUNITY WELLBEING COMMITTEE

WELLBEING - what does this mean? Your wellbeing includes your housing, food, physical and mental health (wellness), social behavior, family, friends, feelings, memories, attitudes, concerns, activities, exercise, faith, skills, hobbies, history, pets, social connections and interactions whether you are a Resident or Staff member. Everyone is UNIQUE! As older adults we need to recognize we have some shortcomings due to our age. To our benefit we also have experience. We are here for the duration and with a little effort we can find positivity and contentment within our RW-C Community

ALL ABOUT PETS

Have you welcomed a new furry friend into your home, or are you lovingly remembering a pet who has crossed the rainbow bridge? We know how special our pets are, and we want to keep your records up to date.

If your pet has passed away or if you have added a new pet to your family, please let us know. For any new pet, kindly complete a new pet policy form and provide current vaccination records from your veterinarian.

Please email Denise Kenner at dkenner@rw-c.org or call ext. 4877 to update your records.

MONARCH REPORT

The season seems to have gotten off to a slow start. Last year by June 20, we had released 21 monarch butterflies from our enclosures in the LEC and Health Care. This year we have released only 10 butterflies from both enclosures. Last year eggs and caterpillars were easily found and moved into the enclosures, but this year's efforts until early June have not been as successful. By this time last year we were seeing a good number of butterflies in flight on campus while this year members of the monarch group have reported seeing only two. But, things are looking optimistic. Beginning in early June, we began to find caterpillars and moved them to the enclosures. These have grown and we now have 13 chrysalides - 10 in the LEC enclosure and 3 in the Health Care enclosure. Some of these chrysalides will have eclosed by the time you get this update; the others will follow soon after. So, by June 20 last year, although we had released twice the number of butterflies than this year, we had twice fewer chrysalides in our enclosures - only 4 in LEC and 2 in Health Care. Last year July was our busiest monarch month. By mid-July we had 15 chrysalides in LEC and 9 in Health Care. These comparisons are promising for a very active July. The next few weeks will tell. We are always on the hunt for eggs and caterpillars to populate the enclosures, so we hope July will be a busy month. Please alert us if you have eggs or caterpillars on your in-ground milkweed that you are willing to donate to our enclosures. We will come to you to retrieve them. If you have eggs or caterpillars on any milkweed in pots, please consider loaning your pots to the display enclosures until the caterpillars become chrysalides. We will return the plants to you. Contact a member of the monarch team: Nick is at ferriter40@gmail.com, Dennis is at dpdupre@yahoo.com and Jeannie is at jean-niemcguire@yahoo.com. And, as always, plant more milkweed!



RAIN FALL REPORT:

May= 4.71"

June to date=1.48"

MOVIE MATINEES ARE SHOWN IN THE AUDITORIUM AT 2:15PM. POPCORN AND ASSORTED DRINKS ARE PROVIDED.

Thursday, July 9

Based on a true story, two down-on-their-luck musicians (Hugh Jackman and Kate Hudson) form a joyous Neil Diamond tribute band, proving it's never too late to find love and follow your dreams. 2h12m



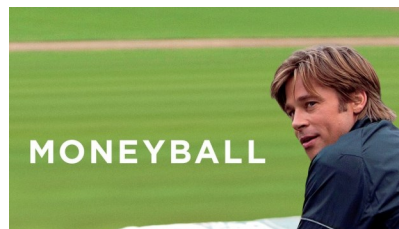
Tuesday, July 14

As the Nuremberg trials are set to begin, a U.S. Army psychiatrist gets locked in a dramatic psychological showdown with accused

Nazi war criminal Hermann Göring. 2h28m

Wednesday, July 22

Jill copes with her sister's death by leaving her voicemails chronicling her chaotic life in San Francisco. When the number is unknowingly reassigned, an elusive Austin real estate agent begins receiving the hilariously confessional messages.



Thursday, July 30th

Billy Beane (Brad Pitt), general manager of the Oakland A's, one day has an epiphany: Baseball's conventional

wisdom is all wrong. Faced with a tight budget, Beane must reinvent his team by outsmarting the richer ball clubs. Joining forces with Ivy League graduate Peter Brand (Jonah Hill), Beane prepares to challenge old-school traditions. He recruits bargain-bin players whom the scouts have labeled as flawed, but have game-winning potential. Based on the book by Michael Lewis. 2h13m

MORE CAMPUS HAPPENINGS!

ALL ABOARD, TRAIN ENTHUSIASTS! CHRISTMAS PLANNING MEETING

Tuesday, July 7—10:00AM—Art Room 2
During the Christmas season, our resident train enthusiasts bring the magic to life with running train displays. As our group continues to grow, we want to get on track early and plan a season that runs as smoothly as a train on the rails. Everyone is welcome to share ideas, lend a hand, and join in the holiday fun!

BYOB PUB NIGHT WITH SPECIAL MUSIC BY MOLLY MCGEE (VOCAL & PIANO MUSIC)

Saturday, July 11th-4:00PM-Main Street Pub

GENTLE REFLECTIONS OF YESTERYEAR THROUGH SONGS OF THE 30s, 40s, & 50s*

Monday, July 13th-4:00PM-Auditorium
Enjoy music by concert pianist Debbie White.

DOCUMENTARY- MAMA JO: HOPE & HELP

Thursday, July 23rd-11AM-Auditorium
Mama Joe is a champion for community and maternal force whose life of service was interrupted by the early onset of dementia. This film explores her story and the family experience of caring for a loved one with Alzheimer's disease. With the inclusion of scholars, and leaders in public health, My Mama Joe is an educational tool to help raise awareness around health and caregiving for elders.

HULA DANCERS*

Thursday, July 23rd-2:00PM-Auditorium

GENEALOGY LOGISTICS MEETING

Friday, July 24th-1:00PM-Chesapeake Game Room
This is for those residents who have signed up and expressed interest in a genealogy group.

INDEPENDENCE DAY CELEBRATION, Saturday, July 4, 2026— 11:00AM-1:30PM Presented by the Culinary Team:

Join us for a festive Independence Day luncheon hosted in our main Grille area. **No reservations are required**; simply arrive and enjoy the festivities with your fellow residents. We encourage you to embrace the spirit of the occasion by adorning your finest red, white, and blue attire!

Our culinary team has prepared a delicious, all-American menu for your enjoyment:

Main Course Selections:

Savory Pulled Pork Barbecue Sandwich on a fresh bun (with optional Coleslaw)
Tender Barbecue Chicken Thighs
All-Beef Hot Dogs or Delicious Turkey Dogs (with all the classic fixings)

Accompanying Sides:

Southern-Style Green Beans
Hearty Barbecue Baked Beans
Sweet White Corn on the Cob
Refreshing Watermelon

Dessert Options:

Nutty Buddy Ice Cream Cones
Classic Ice Cream Sandwiches

Please note, the Grille will be closed for its regular dinner service on Independence Day, Saturday, July 4, 2026. However, as a convenient alternative, we are pleased to offer a specially curated Independence Day Box Dinner. This portable meal includes:

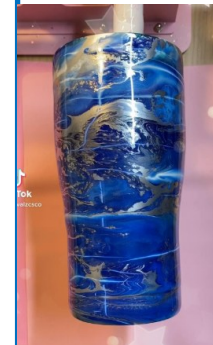
A delicious Chicken Salad Sandwich served on a flaky croissant, accompanied by fresh lettuce and sliced tomatoes
Classic Party Potato Salad
Crispy Chips
Fresh Seasonal Fruit
A delightful Cookie

To secure your Independence Day Box Dinner, kindly contact our Hosts' Desk at Extension 4816. Please ensure that all box meal orders are placed no later than 3:00 PM on Wednesday, July 1, 2026.

Art Classes: Let's Get Creative!

Patriotic Wind Chimes*

Thursday, July 2nd
—10:00AM—Art Room 2



Epoxy Tumblers*
Monday, July 6th —3:00PM—Art Room 2

Starfish & Sand Dollar Art*

Thursday, July 9th —11:00AM—Art Room 2



Patriot Seashells*
Wednesday, July 15th—11:00AM—Art Room 2

Intro to Watercolor Painting with Joe Synan (video class)*
Wednesday, July 22nd-11:00AM—Art Room 2

