



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Volume 41, Issue 10

OCTOBER

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENTS BEGINNING

SEPTEMBER 29 AT THE LIFE ENRICHMENT CENTER LOBBY.

Calling the Witches!

The witching hour is creeping closer, so grab your broom, dust off your best cackle, and **fly—or drive—over to Art Room 2 on Monday, October 5, at 11:00 a.m.**

We'll gather around the cauldron to cook up a delightfully spooky plan for **Halloween on October 31**. It's the perfect opportunity to share ideas, make plans, and create a little harmless mischief throughout the community.

No spell-casting experience required! Costumes are encouraged, creativity is essential, and good humor is practically mandatory. Please note: **Broom parking is limited**, and management is not responsible for runaway black cats.

Come join the fun and help us **scare up a fantastic Halloween plan** before October 31 sneaks up on us like a skeleton wearing fuzzy slippers!



**Let's go see Volleyball in the new LHS Gym*
Monday, Oct. 5th-5:00PM Front Lobby
Cost= \$7Cash**

Aging Skin Beautifully!

– Beginning October 8 (Every Thursday)

Treat yourself to a little pampering! **30-minute facials and facial treatments** are available on **Thursday afternoons from 1:00–5:00 PM in Art Room 1.**

Gaylin Vandenbroucke, Master Aesthetician, is available by appointment.

**Appointments: Text Only
804-852-1270**

Payment Options: Cash, check, or Venmo
No credit or debit cards, please.

Refresh. Relax. Rejuvenate.

Because beautiful skin has no age!

[Yours Truly will be here to take directory photos on Wednesday, Oct. 21-9AM-12-Art Room2](#)

Resident Association Meeting

Wednesday, November 4 at 10:00AM
in the Auditorium -OPEN TO ALL

Food Committee

October 12 at 2PM –Corrotoman Room

Activities Committee

October 14 at 10AM—Art Room 2

Community Wellbeing Committee

October 9 at 10AM—Corrotoman Room

Grounds & Landscaping Committee

October 28 at 10AM--Chesapeake Game Room

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

Contact us: 804-438-4000

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FACEBOOK



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YOUTUBE



YouTube

Subscribe to our

BLOG

Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER 2026				9:00-10:00-FPL-LCL Book Mobile 10:00-FRL-Ferry Farm Tour & Lunch* 10:30-MSP-Watch, Learn, & Play Rummikub 1:30-AUD-Happenings with Stuart 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 1	8:30-LAN-Friday Forum: Ginger Philbrick* 10:00-ATR-50/50 ALZ Raffle Winner Announcement 10:30-FPL-RWC Walk to End Alzheimer's 11:00-FPL: Food Truck-Cajun Carryout 1:30-COR-Amatuer Radio 2:15-FCR--Cornhole 2:15-AUD-Movie:Cool Hand Luke 3:00-MSP-Open Rummikub 2	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 3
10:00-MSP-Quaker Meeting 3:00-CGR-RWC Community Worship Service 4:00-CGR-Grace Church Eucharist 4	10:00-AR1-NNK Crafters 10:00-FRL-Shopping at Walmart & Dollar Tree* 11:00-AR2-Witches Meeting 11:00-AUD-Parkinson’s Care Partners Support 1:00-CGR-Catch Phrase 1:15-AUD-Parkinson’s Support Group 4:00-AUD-Memory Support Group 5:00-FRL-Volleyball Game at LHS* 5	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-CGR-Great Courses: The Declaration of Independence* 1:00-AR2-Watercolor Class 2:15-AUD-Movie: The Ultimate Gift 2:30-FCR-Seated Volleyball 6	8:00-LEC-Walking Group 1:00-AR2-Witches & Ghosts on a Stick* 3:00-FRL-Rescheduled Date: Horn Harbor Boat Cruise* 7:00-CGR-Poker Group 7	8:30-FRL-VMFA Fine Arts 7 Flowers Fiber Guild Trip* 9:00-10:00-FPL-LCL Book Mobile 10:30-MSP-Instructional Rummikub 11:00-MSP-Employee Christmas Fund Committee Q&A 1:00-CGR-Great Courses: The Declaration of Independence* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 8	10:00-COR-Community Wellbeing Committee 11:30-COR-Amatuer Radio 1:00-AUD-Mapping the Dragon presentation by Jeff Wright* 2:15-FCR--Cornhole 3:00-MSP-Open Rummikub 9	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 6:30-FRL-NNO (subscription holders)* 10
12:30-CPL-Holy Communion 3:00-CGR-RWC Community Worship Service 11	10:00-AR2-Five Rivers Fiber Guild Meeting 10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:00-COR-Food Committee Meeting 12	9:00-FRL-Trader Joe’s * 10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-CGR-Great Courses: The Declaration of Independence* 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 13	8:00-LEC-Walking Group 9:00-3:00-CGR-Flu Vax Clinic* 10:00-AR2-Activities Committee Meeting 2:15-AUD-Movie: Field of Dreams 7:00-CGR-Poker Group 14	9:00-10:00-FPL-LCL Book Mobile 10:30-MSP-Instructional Rummikub 1:00-CGR-Great Courses: The Declaration of Independence* 1:00-AUD-White Cane Day Presentation* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 4:30-FRL-Dinner out at Prime Mediterranean in Topping* 15	Blood Drive in the Auditorium 11:00-FPL-Food Truck: Cousins Maine Lobster 11:00-FPL-Rappahannock Railroaders Display 11:30-COR-Amateur Radio 1:00-AR2-Step by Step Acrylic* 2:15-FCR--Cornhole 3:00-MSP-Open Rummikub 16	10:00-FPL-Memory Lane Car Club 10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 7:00-FRL-RFA: SOLAS (subscription holders)* 17
3:00-CGR-RWC Community Worship Service 18	10:00-AR1-NNK Crafters 10:00-FRL-Shopping* 1:00-CGR-Catch Phrase 2:15-AUD-Movie: Young Washington 19	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-CGR-Great Courses: The Declaration of Independence* 1 :00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball Deadline for Gazebo Gazette Articles by NOON 20	8:00-LEC-Walking Group 9:00-LEC-Healthy Food Bar and Blood Pressure Checks 9-12:00-AR2-Yours Truly Photos 11:00-LVG-Blessing of the Animals 11:30-FRL-Zoll Vineyards Tasting & Lunch* 11:00-CGR-Grief Support 1:00-AR1-Stitching Stars 7:00-CGR-Poker Group 21	9:00-10:00-FPL-LCL Book Mobile 1:00-CGR-Great Courses: The Declaration of Independence* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary Oktoberfest-info coming soon! 22	11:30-COR-Amateur Radio 12:00-AR2-Lunch & Learn with Dr. Irena Chandler* 2:15-FCR--Cornhole 3:00-MSP-Open Rummikub 23	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night with Special Music by David Gussman 24
3:00-CGR-RWC Community Worship Service 25	10:00-FRL-Shopping* 10:30-COR-RWC Book Group 1:00-CGR-Catch Phrase 1:00-AR2-Catholic Communion 3:30-FRL-Dinner Out: Reedville Market Restaurant* 26	10:00-AR1-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AR2-Bible Study 1:00-AUD-Rill Course: Gettysburg* 1:00-AR2-Watercolor Class 2:30-FCR-Seated Volleyball 4:00-AUD-Traveling to Africa* 27	8:00-LEC-Walking Group 10:00-CGR-Grounds & Landscaping Committee 11:00-FRL-Lunch Bunch-NY Dockside Deli* 2:15: Movie: Arsenic & Old lace 7:00-CGR-Poker Group 28	9:00-10:00-FPL-LCL Book Mobile 1:00-FRL-Visit Kilmarnock Museum* 2:30-FCR-Line Dancing 3:00-CGR-Praying the Rosary 29	11:30-COR-Amateur Radio 2:15-FCR--Cornhole 30	10:00-FCR-Seated Volleyball 4:00-MSP-BYOB Pub Night 31

FROM THE PRESIDENT & CEO

Shortly before or after reading this note you will receive or will have received our 2025-2026 Foundation Annual Report. Denise Kenner, Marketing and Development Assistant, conceptualizes and compiles the Annual Report each year with the support of several other departments. Give Denise a “shout out” after you read the report for her outstanding work on this Annual Report.

Recently the Foundation Board heard from one of the professional investment managers at their quarterly meeting. Brockenbrough, formerly Lowe Brockenbrough, has been managing the Fellowship Fund and the Sadler Endowment for many years. Most are familiar with the Fellowship Fund, which provides a safety net for residents who may exhaust their financial resources. The Sadler Endowment started with a bequest over twenty years ago from a benefactor who designated the bequest to fund building and maintenance expenses. Both funds are doing very well.

RWC residents, staff and friends are always generous benefactors to the Foundation for which we are grateful. As you begin your year-end tax planning, please keep the Fellowship Fund and the RHESE Fund in mind as both initiatives are critical to the community of RWC.

As fall begins, we are working on plans for renovating the Lancaster Dining Room, Lakeview Grille, and Corrotoman Room area. This renovation scope is going beyond just an interior renovation taking into consideration the flow through the areas and the equipment in the Grille server, so the planning phase will be longer than originally planned. As this point we do not have a timeline, but as that and the project concept develops, I will be sharing additional information.

Enjoy fall, as soon as it arrives. It is always a fun season at RWC.

Maash M. Smith

What Makes Our Community Special?!

Discover the interests, talents, and experiences that make our resident community so special.

Residents who would like to participate are invited to complete an RWC Resident Interest Form, available at the sign-up table in the Life Enrichment Center lobby.

Your responses can help you connect through the Uniguest App with neighbors who share your interests—and with residents who would enjoy learning from your knowledge and experience.

Participation is completely optional. If you choose to complete a form, please return it to the Life Enrichment Office.

THE RAILROADERS ARE COMING!

Friday, October 16-11:00 a.m. – 2:00 p.m.

Front Parking Lot-*Weather permitting*

Get ready for a little railroad magic right here at RWC! All Aboard!

Founded in 2006, the Rappahannock River Railroaders (RRR) is a model railroad club operated as part of the Deltaville Community Association. The club's mission is simple: to promote the enjoyment and fun of model railroading.

The Railroaders' home facility, located on the second floor of the DCA Annex Building, features three impressive model train layouts—O, HO, and G Gauge. And that's not all! A fourth layout travels around the region in the club's Caboose, a mobile model train trailer that makes appearances at community events.

SEE THEM AT RWC!

Come see the trains in action, explore the details of these amazing miniature worlds, and enjoy a visit from the Rappahannock River Railroaders. Don't miss it—ALL ABOARD!



Rescheduled Horn Harbor Boat Cruise*

Wednesday, October 7-3:00PM-Front Lobby

Northern Neck Orchestra: Grand Opening

Saturday, Oct. 10th-6:30PM-Front Lobby
Show will be held in the new Lancaster High School Auditorium.

Trader Joe's & Lunch*

Tuesday, Oct. 13th -9:00AM-Front Lobby

Cost= lunch \$ & shopping \$

Dinner Out at Prime Mediterranean*

Thursday, Oct. 15th-4:30PM-Front Lobby

Inspired by Mediterranean coastal healthy cuisine, our chefs use flavors from Italy, Greece, Southern Spain, Morocco, & Turkey. Of course our made-from-scratch menu will showcase a variety of traditional dishes as well...like prime cuts of steaks, pork, chicken, fresh seafood, pasta, gourmet cheeses, rich olive oils and earthy spices.

RFA: SOLAS (subscription holders)

Saturday, Oct. 17th-7:00PM-Front Lobby

Hailed as “the finest Celtic ensemble this country has ever produced” and led by Séamus Egan, an Irish champion flautist and multi-instrumentalist, Solas plays Irish traditional music as well as original compositions influenced by Americana genres.

Zoll Vineyards Tasting & Lunch*

Wednesday, Oct. 21st-11:30AM-Front Lobby

Cost= wine & lunch \$

Chef Zoll planted his roots along with several acres of grapes, blackberries and a farm to table garden in 2018. In November of 2019, Zoll Vineyards opened its doors to the public.

Chef Zoll- owner, pastry chef and vintner

emeritus has created award winning wines since 2005.

Upon his opening, his vision for Zoll Vineyards was to create delectable food and beverage pairings for his guests. Today his vision has grown exponentially- creating not just amazing pairings, but also providing a space for guests and the community to come together making memories that last a lifetime.

The winery estate sits on 16.5 beautiful acres, right on the Gloucester Mathews County lines on RT. 198 in Tidewater Virginia.

Dinner Out: Reedville Market Restaurant*

Monday, Oct. 26-3:30PM-Front Lobby

In the heart of Reedville, Va., our 130 plus year old building is awaiting your visit. We offer a fabulous selection of local fare & cocktails. Come by boat, golf cart or car with ample parking. Outdoor waterfront dining is a favorite at Reedville Market.

Lunch Bunch: NY Dockside Deli in Urbanna*

Wednesday, Oct. 28-11:00AM-Front Lobby

A family owned delicatessen that specializes in New York Bagels, various Bakery items, Old world family owned butcher shops, and Imported European products! The market has scrumptious sandwiches that will delight your cravings!

Kilmarnock Museum*

Thursday, Oct. 29-1:00PM-Front Lobby

Located in one of the oldest buildings in Kilmarnock, the Museum hosts local's artifacts and displays relating to Kilmarnock's history. A town with three names: The Crossroads, Steptoe's Ordinary and now Kilmarnock, the museum collections and its volunteers tell the Town's story from its early days in the 1700's until today!

Events on Friday, October 2nd

First Friday Forum: Ginger Philbrick *
writer of *Because you are polite...*

8:30AM-Lancaster Room

50/50 ALZ Raffle Winner Announcement

10:00AM-Atrium

RWC Walk to End Alzheimer's

10:30AM-Front Parking Lot

Food Truck-Cajun Carryout

11:00-1:30-Front Parking Lot

Witches & Ghosts Craft*

Wednesday, Oct 7-1:00PM-

Art Room 2

LIMIT=8



Join the Employee Christmas Fund Committee Coffee & Q&A Session

Thursday, Oct 8th-11:00AM-Main Street Pub

Mapping the Dragon Presentation

Friday, Oct. 9th –1:00PM-Auditorium

To Jeff Wright Indigenous military operations are a quintessential example of asymmetric warfare. He spent nearly five decades in government and industry applying methodologies and technologies for solving complex operational challenges related to asymmetric warfare. He is a retired Army Colonel in Military Intelligence. He is the national President and Chairman of the Board of the Old Growth Forest Network, a Certified Virginia Master Naturalist who has logged over 7,500 volunteer hours, the Past President of the Friends of Dragon Run, and a Kayak Paddle Tour Nature Guide for the Friends of Dragon Run. He is a believer in the importance of advocacy in protecting the natural world and that the environment is part of the nation's national security dialogue, and a priority global challenge. To leaders of all persuasion who want to drain the

swamp, No! Jeff believes we need to embrace and protect our swamps and natural landscapes and tell the story of how indigenous tribes prevailed against Nathaniel Bacon's forces in the Dragon Swamp back in 1676.

Save the date: Flu Vaccine Clinic

Wednesday, Oct 14-Chesapeake Game Room

Sign up for your time slot in the LEC

White Cane Day and what it really means presentation*

Thursday, October 15th-1:00PM-Auditorium

Rowena and Karen will come to our facility to talk about the different types of vision loss due to Macular Degeneration, diabetic retinopathy, glaucoma, cataracts or an eye injury. Rowena is not a medical professional, but she is legally blind and has worked with the agency for the blind and vision impaired for over 30 years. Rowena and Karen will both talk about their experiences, as well as possible treatments. They will talk about devices that help everyday tasks made easier from sunglasses to telephones to canes.

Events for Friday, October 16th

Blood Drive

9:00AM-3:00PM-Auditorium

Food Truck: Cousins Maine Lobster

11:00-1:30-Front Parking Lot

Rappahannock Railroaders Display

11:00-Front Parking Lot

Step by Step Acrylic Painting*

1:00PM-Art Room 2-LIMIT= 8



Memory Lane Car Club visits RWC

Saturday, October 17th-10AM-2PM

Front Parking Lot

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

Thanks to our September 2026 book donors:

Loretta Warren

Jay White

Many anonymous donors

Thirteen books were added to the collection during September 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 RWC Library is happy to accept new or recently published books, older books in good condition, or newly published paperbacks.

News

Many, many thanks to *Sally LeBoeuf*, who is retiring after 10 years of service on our RWC Bookmobile Team. This team delivers books to residents in Assisted Living and Health Care every other week. *Celeste Helm* will replace Sally, and along with *Ann Wiggins*, will continue to run riot with our book cart through the corridors. Welcome Celeste!!

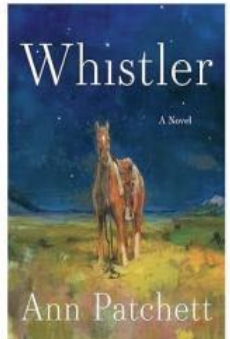
Those of you who visit our Pub will notice we have added more books on the on the formerly empty shelves. The Modern Library Classics are now behind the glass doors, but please borrow them as you wish. All of our pub books are "read and return to the pub - no checkout required." Our hope is that having some of our books in the pub will make it easier for you to access them.

Book Group

The book selection for October 2026 is "Whistler." It is a moving novel about Daphne, a woman who unexpectedly reunites with her former stepfather at an art museum after 44 years apart. When they reconnect, time seems to vanish and they decide they never want to be separated again. The story switches between the present-day reunion and flashbacks to Daphne's childhood, and explores how a short time with someone can shape your entire life. The book focuses on non-romantic love, profound family bonds and forgiveness.

All readers are welcome to join the discussion on Monday, October 26th 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.

RWC Library Book Group



Whistler

By Ann Patchett

October 26 - 10:30 a.m.

Corrotoman Room

For info, call Maxine Luxton 4200

LCL MOBILE LIBRARY





Lancaster Mobile Library will visit RWC every Thursday morning from 9-10AM.

SHARING FAITH, BUILDING COMMUNITY

October is my favorite time of the year. I love the crispness in the air. I love the colors changing to red, yellow, and orange. I love the events and food. But, for us to enjoy all that October gives to us, it does so in its dying. Some of nature goes into dormancy, but many things die. And they die so that they can give way to new life in the spring. Now, if we are honest dying is an event or process that we would prefer not to talk about. Yet on a different plane, there are some things in our life that need to die. I do not think it would take us long in a self-evaluation to come up with a list of things that really need to die out in my life. It could be a judgmental spirit. It could be a certain attitude. Maybe it is a habit that I know is not good for me. Or possibly an outlook that I have about something or someone.

When I was pastoring, there was a parishioner who cared for the flower beds. And every week she would stop by the church, and she would pluck the dead blossoms off the plants. She said that this was healthier for the plant, and it sure did look better also. So, as you and I look at our own lives (not the lives of others!) what blossoms do I need to pluck off my life for me to be healthier and even look better! It amazes me how bad habits, attitudes, and outlooks can affect me physically. We do not have to work hard to notice those bad qualities in others, but how hard it is to notice them in ourselves. Let me invite us all to look into our own mirrors and do some housecleaning. ~tt



Blessing of the Animals
Wednesday, October 21st-11:00AM
Lakeview Grille Patio

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 -11AM
Chesapeake Game Room
- **Catholic Communion**
4th Monday of each month -1PM
Art Room 2
- **Grace Church Eucharist**
1st Sunday of each month -4PM
Chesapeake Game Room
- **Holy Communion**
2nd Sunday of each month—12:30PM

Lunch & Learn with Dr. Irena Chandler

Smiles by Design: How modern technology is changing the dental chair.*

Friday, October 23rd-12:00PM-Art Room 2

Lunch provided by RWC. Limit=12

Traveling to Africa*

Tuesday, Oct 27-4:00PM-Auditorium

Join Gordon Nelson and Anne Siler as they share highlights from their recent adventure in **Africa**! They'll present a slideshow featuring amazing photographs from their travels and share the stories and experiences behind their journey.

Please sign up to attend. Wine will be offered during the presentation. Come see Africa through their eyes—and hear the stories behind the photographs!



News From the Fitness Center:

Strength and Balance D will be CANCELLED October 2nd to be able to participate in our Alzheimer's Awareness Walk at 10:30AM!

Healthy Friendly Food Bar & Blood Pressure Checks:

Please join us on October 21st in the LEC Lobby for a healthy snack and have your blood pressure checked from 9:00AM-12:00PM!

Active Aging Week 2026: October 5th-11th

During Active Aging Week, we strive to focus on the eight dimensions of wellness. For example: physical, social, emotional, spiritual, etc. We have many opportunities around our campus that target these dimensions. Your Life Enrichment team encourages you to pick one dimension each day of the next week. Your goal is to pick an activity big or small, to focus on that particular dimension and grow gratitude and appreciation for the ability to age and live well. Below are the eight dimensions:

- **Physical:** Sleep, nutrition, and movement.
- **Emotional:** Coping with stress and understanding feelings.
- **Social:** Building supportive relationships and community.
- **Intellectual:** Keeping the mind engaged through learning or hobbies.
- **Occupational:** Finding satisfaction and balance in your work.
- **Financial:** Managing money to support goals and reduce stress.
- **Environmental:** Feeling safe and calm in your surroundings.
- **Spiritual:** Connecting with your core values and sense of purpose

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

Cool Hand Luke-Friday, October 2nd

1967 Drama 2h1m PG

A free-spirited WWII veteran sent to a Florida Prison farm, where his defiance against strict authority and refusal to conform earn admiration from fellow inmates and hostility from guards.



The Ultimate Gift- Tuesday, October 6th

2007 Romance/Drama/Inspiring 1h50m PG

Jason thought his inheritance was going to be the gift of money and lots of it. Was he ever in for a big surprise. Based on the best-selling book, "The Ultimate Gift," by Jim Stovall, the story sends trust fund baby Jason Stevens on an important journey of discovery, having to answer the ultimate question: What is the relationship between wealth and happiness?



Field of Dreams-Wednesday, October 14th

1989 · Drama/Family · 1h 47m · PG

"If you build it, he will come" A voice only an Iowa farmer can hear launches an obsessive quest that includes building a baseball diamond in the middle of his cornfield. A heartwarming classic!



Young Washington-Monday, October 19th

2026 Action/Adventure/Inspiring 2h PG-13

Before he led a nation, George Washington was a young soldier thrown into a global conflict. With alliances crumbling and war closing in, he must choose who to trust and confront the leader he's becoming.



Arsenic & Old Lace-Wednesday, October 28th

1944 Dark Comedy 1h57m 13+

Oscar-winner Cary Grant stars as a drama critic whose life is turned upside down when he discovers that his two spinster aunts have taken to poisoning their gentlemen house guests.



Great Courses: The Declaration of Independence: America’s Birth Certificate*

Tuesdays & Thursdays October 6th-20th-1:00PM– Chesapeake Game Room

Unpack the rich text and meanings of America’s beloved origin document, and relive the fascinating events surrounding its writing, its transmission to the world, and its influence across the globe.

RILL Course: Gettysburg*

Tuesdays, Oct 27-Nov 3-1:00PM-Auditorium
Resident cost = \$10 Sign up before classes start with Amy x4024

Tuesday, November 3rd:

Bus to the Polls-10:00AM-Front Lobby

Wednesday, November 4th:

Resident’s Association Meeting-10:00AM-Auditorium

Ross’s Fine Jewelry Battery Replacement-11:00AM-Atrium

Stylish Eyes Repair-11:00AM-Atrium

Christmas Decorating Committee– Come join the fun!-11:00AM-Art Room 2

Thursday, November 5th:

Mattaponi Reserve on the Mattaponi Reservation: visit, wine tasting, & lunch*

11:00AM-Front Lobby

Using revolutionary, sustainable winemaking technology to create better-quality wines with minimal water usage and environmental impact. Foods are made fresh daily using locally sourced ingredients supporting local communities. At the Reserve, you’ll taste and feel the all-natural difference in every bite and sip.

Friday, November 6th:

First Friday Forum: Jeff Wright, winter birds & owls of the Northern Neck*

8:30AM-Lancaster Room

Food Truck Friday: Nino’s Pizza

11:00AM-Front Parking Lot

Sunday, November 8th:

Williamsburg Players (subscription holders)

The Play that Goes Wrong

12:30PM-Front Lobby

Tuesday, November 10th:

Corn Hole at Williamsburg Landing

8:00AM-Front Lobby

Wednesday, November 11th:

Veteran’s Day Service

11:00AM-Auditorium

Robert Keyes in Concert

1:00PM-Auditorium

Friday, November 13th:

Hunter Owens in Concert

6:30PM-Auditorium



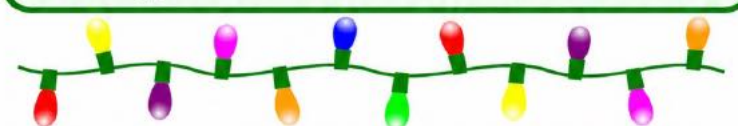
REMEMBER...

Give generously to the Employee Christmas Fund by November 30.

Make checks payable to the RWC Employee Christmas Fund and drop off at Front Desk.

JOIN THE EMPLOYEE CHRISTMAS FUND COMMITTEE

Coffee & Q&A Session
Thursday, October 8 • 11:00 AM • Main Street Pub



Take Control of Unwanted Telemarketing Calls (Please include graphic attached)

Tired of unwanted sales calls interrupting your day? The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls.

You can register your home or mobile phone number for free at www.donotcall.gov. Once registered, legitimate telemarketers have up to 31 days to update their calling lists.

What You Should Know

- Registration is free.
- The Registry can reduce calls from legitimate telemarketers, but it will not stop every unwanted call.
- Charities, political organizations, debt col-

lectors and some other organizations may still be permitted to call.

- Scammers and illegal robocalls may still get through.
- If you continue receiving unwanted telemarketing calls after your number has been registered for 31 days, you can report the call to the FTC.

Be cautious of anyone who asks you to pay to register your number.

Ready to Register?

Visit www.donotcall.gov or call 1-888-382-1222 from the phone number you want to register.

A few minutes today could mean fewer unwanted calls tomorrow!



The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls

- You can [register](#) your home or mobile phone for **free**.
- After you register, **other types of organizations may still call you**, such as charities, political groups, debt collectors and surveys. To learn more, read our [FAQs](#).
- If you received an unwanted call after your number was on the National Registry for 31 days, [report it to the FTC](#).

Sellers and telemarketers:

Go to <https://telemarketing.donotcall.gov> to access the National Do Not Call Registry.

Celebrating Our Growing Nursing Team!

This summer, we are celebrating several health services employees who have successfully advanced their nursing careers! Climbing the nursing ladder—from a nurse aide or registered medication aide to a Licensed Practical Nurse (LPN) or Registered Nurse (RN)—takes immense dedication. Most of our team members balance their daily shifts while attending classes at Rappahannock Community College or online. Their course of study also requires hands-on clinical training.

To support their growth, RWC provides scholarship funds, flexible scheduling, and hands-on clinical training sponsorship. We are incredibly proud of their accomplishments and deeply grateful that each of these talented professionals has chosen to remain with RWC in a full- or part-time capacity. Join us in congratulating them!

Pictured:

Kim Mann – LPN to RN,
Monique Lumley – RMA to RN,
Voncia Walters - RMA to LPN,
Alondra Carter – RMA to LPN

Not Pictured:

Britney Rice – New CNA
Nickia Veney - CNA to RN
Katrina Allen – RMA to RN



Recycling at RWC

When in Doubt, Throw It Out!

RWC's Recycling Committee has two recycling bins where **Plastic Water Bottles and Rinsed Individual Drink Bottles** can be dropped off.

- One bin is located on the LEC Corridor.
- The other bin is in the Apartment's 2nd Floor Trash Room.

Take-Out containers provided by CFG – CANNOT be recycled in Lancaster County.

Other #1 and #2 Plastic Containers can be dropped off at Lancaster County's Refuse Site on White Pines Drive.

WHAT CAN BE RECYCLED?



- ✓ Plastic water bottles
- ✓ Rinsed drink bottles
- ✓ Other #1 and #2 plastic containers (drop off at Lancaster County's Refuse Site)

NOT ACCEPTED:



- ✗ Take-out containers (from CFG)
- ✗ Paper cups
- ✗ Milk cartons
- ✗ Many frozen food boxes (plastic coatings)

These items cannot be recycled because they contain plastic coatings that can contaminate the recycling load.



IMPORTANT:

Please put all loose trash in a **PLASTIC BAG** before putting it in one of the Large Garbage Cans.



Questions about Recycling? Willing to Help?

Contact Kathie Hoeck, Nancy Dupré, or John Roberts for more information.

When in doubt, throw it out!



BYOB Pub Night with special music by David Gussman

Saturday, Oct. 24th-4:00PM-

Main Street Pub

All are welcome—come join the fun!

50/50 Raffle to Support Alzheimer's Research

Residents and staff are invited to participate in our September 50/50 Raffle. 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 (Uniguest)**
- Remember, the more tickets we sell, the bigger the jackpot!
- Purchase your tickets, support a great cause, and good luck!

Grounds and Landscape Committee

October is Autumn's bridge month like March is Spring's bridge month. One day can be hot and humid yet another, cool with light frost. Nature knows what to do as plants have evolved in our surroundings for millennia.

Damon has finished the soil aeration and seeding and is selecting the winter flowers, usually pansies, to replace our summer plants. Trees and perennial shrubs are showing the most changes of all. Maples, oak, gum, birch and others shed their summer green and transform into the yellow, reds, oranges, and soft browns of early winter. Damon and his crew will be out in force collecting these spent leaves later this fall.

Pruning is well underway and dead shrubs and trees are being removed. Also, tree branches that have overgrown and overshadowed a walkway or roof will be trimmed back.

Pruning, however, is an art and some shrubs should not be mechanically trimmed. Azaleas, camellias, dogwoods and other spring bloomers are forming their buds now, so should not be touched. Hollies showing green berries should be carefully shorn to rid itself of excess leaves but allow the green berries to ripen into red for winter interest and food for small birds. Remember, if you have some new shrubs or trees planted in your yard this year, please keep them watered. Even though the deciduous shrubs and trees shed their leaves, the roots are still growing.

Put away and clean your hummingbird feeder now so that these birds will continue their journey south and won't get caught in a cold snap. I'll talk more about bird seed and feeders next month.

The next Grounds and Landscaping Committee Meeting is October 28 at 10 AM in the Card/Game Room. ~eam

Stitching Stars– Wednesday, Oct. 21-1:00PM- Art Room 1

Still not too late for folks to join Stitching Stars and make a heart pillow for the Virginia Breast Cancer Foundation! ♡



Rain Fall Report:
August=2.17 inches
September to date =0.96 inches

Community Wellbeing Committee
NEED YOU - SHARE YOUR TALENTS - MAKE A CONNECTION

There are many wonderful programs already happening on campus, and we are looking for Independent Living residents who would enjoy lending a hand, sharing a talent, or simply being part of a fun activity. Watch for sign-up information in the (LEC). Come share your time, talents and enthusiasm. Sometimes the smallest gesture can make the biggest difference. By joining an Assisted Living, Health Care or Birdsong House activity YOU can; share a skill or life experience, meet residents from another part of campus, try something new, bring a smile to someone's day, build friendships and connections, and make our RWC community feel even more like family! You don't have to commit to every activity, so choose the opportunities that interest you and participate when your schedule allows. Come share your time, talents and enthusiasm - you may be surprised by how much you receive in return! At RWC we don't just live alongside one another - WE LIVE AS A COMMUNITY.

Monarch Butterfly Report

Well into a lackluster season, we are happy to finally have some good news to report. As of Saturday, September 19 we had 5 chrysalides in the LEC enclosure. While on that day we noticed several fat caterpillars making their way to the ceiling where they usually take on their "j" shape and transform into a chrysalis, we were unprepared to count a whopping 17 chrysalides the very next day.

That means that by early October we should have plenty of work to do tagging and releasing Monarch butterflies to start their long flight to Mexico.



As in years past we had to scramble to find enough food to nourish the caterpillars in our enclosure. But within the past few days we have been rescued by a neighbor living in Weems. Jody Holbrook has plenty of milkweed and she has generously made the trek to RWC to provide it to us. In exchange, we have been happy to receive her eggs and caterpillars into our enclosure, thus our tremendous population growth.

We started tagging on September 1 and during the month tagged and released 19 Monarchs. We had to destroy one chrysalis that never enclosed and we lost 2 butterflies because their wings did not fully deploy. As previously reported, last year we tagged only 6 butterflies before we closed down the enclosure after losing many due to the same issue. We certainly hope that all of our chrysalides this year will become healthy butterflies.

So, Watch for announcements of releases. We usually try to schedule them at 2pm and because we like to release within hours after they eclose we cannot provide a lot of advance notice. And, as always, plant more milkweed! ~jm



Save the Date:
October 22nd
for
OKTOBERFEST!