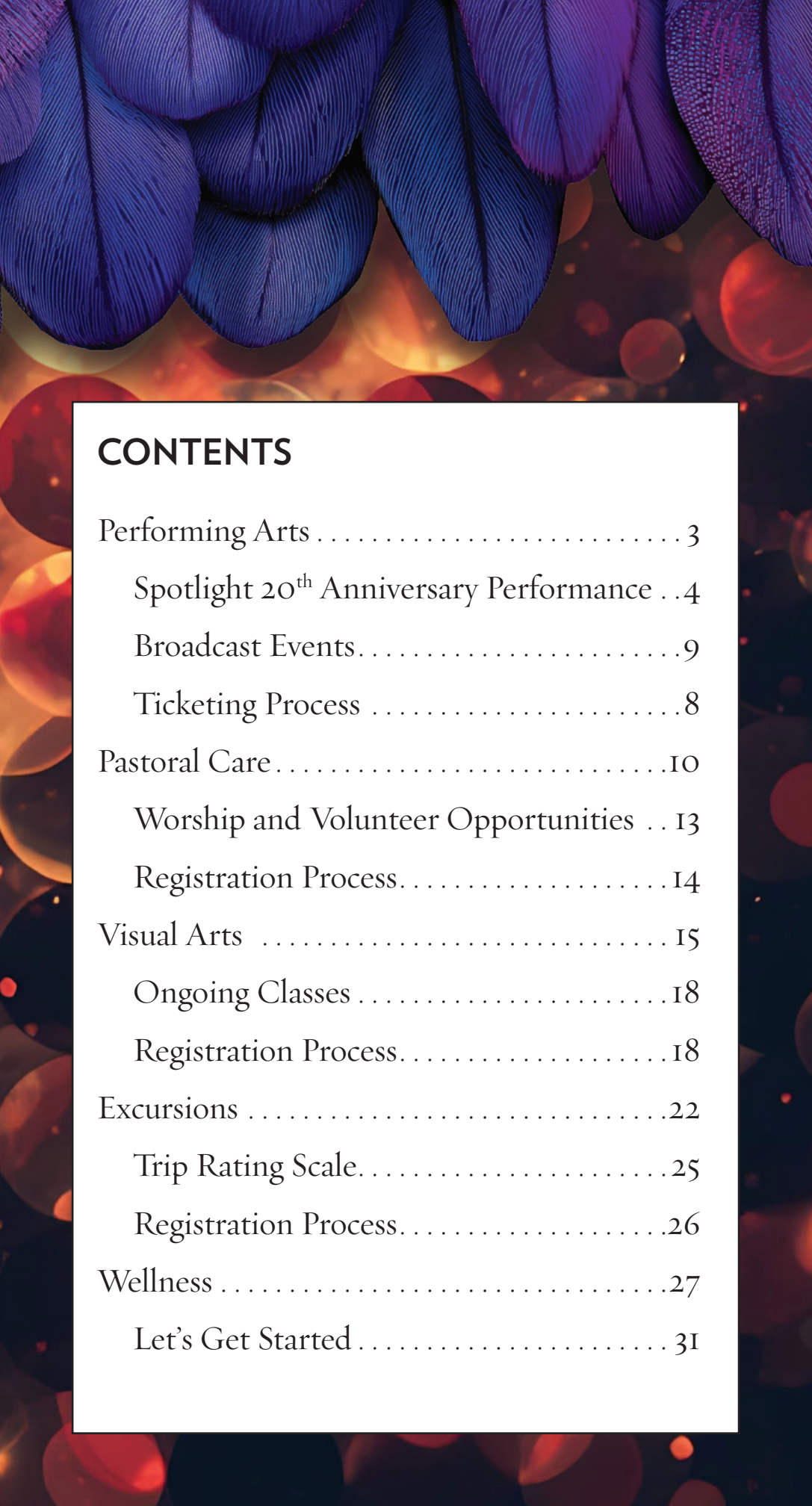


WESTMINSTER CANTERBURY RICHMOND

live life well

SERIES

OCTOBER - DECEMBER 2026



CONTENTS

Performing Arts	3
Spotlight 20 th Anniversary Performance ..	4
Broadcast Events.....	9
Ticketing Process	8
Pastoral Care.....	10
Worship and Volunteer Opportunities ..	13
Registration Process.....	14
Visual Arts	15
Ongoing Classes	18
Registration Process.....	18
Excursions	22
Trip Rating Scale.....	25
Registration Process.....	26
Wellness	27
Let's Get Started	31

PERFORMING ARTS

Live Events

Richmond Symphony Neighborhood Concert *Horn & Serenade: Strauss & Brahms*

THURSDAY, OCTOBER 1
7:30 P.M., SARA BELLE NOVEMBER THEATER
TICKETS AVAILABLE: SEPTEMBER 17



Strauss's beloved Horn Concerto showcases the instrument's heroic brilliance and lyrical beauty, while Brahms's warm and richly textured Serenade No. 2 offers an intimate and expressive journey through the Romantic era. Conducted by Hae Lee, with guest artist Erin Lano. *Kathleen's will be open following this performance.*

Richmond Folk Festival presents *Reverie Road*

THURSDAY, OCTOBER 8
7:30 P.M., SARA BELLE NOVEMBER THEATER
TICKETS AVAILABLE: SEPTEMBER 24



Reverie Road is a genre-bending Celtic ensemble blending Irish tradition with cinematic artistry. The group delivers innovative performances that honor the heart of Celtic music while bringing it into the modern era.

SHARP Dance Company

WEDNESDAY, OCTOBER 14
7:30 P.M., SARA BELLE NOVEMBER THEATER
TICKETS AVAILABLE: SEPTEMBER 30



SHARP Dance Company creates powerful contemporary dance that turns movement into meaningful storytelling inspiring audiences through innovative choreography and compelling performances that connect communities and celebrate the transformative power of dance. *Camilla's will be open following this performance.*

In the Spotlight

20th
Anniversary

of the SARA BELLE
NOVEMBER THEATER



TONY AWARD WINNER
Stephanie J. Block

TUESDAY, OCTOBER 20
3:30 P.M. & 7:30 P.M., SARA BELLE NOVEMBER THEATER
TICKETS AVAILABLE: OCTOBER 6

Celebrate 20 years of the Sara Belle November Theater with a special anniversary concert starring Stephanie J. Block, one of Broadway's most acclaimed leading ladies. Best known for her performances in *The Cher Show*, *Wicked*, *Falsettos*, *9 to 5 the Musical*, *Anything Goes*, and more. Block will perform an unforgettable evening of beloved Broadway songs.

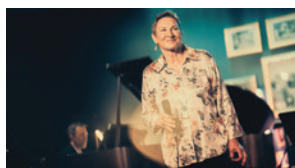
A 20TH ANNIVERSARY RECEPTION
will be held in Cochrane Commons,
following the 7:30 p.m. performance.

Ali Webb & Friends

TUESDAY, OCTOBER 27

3:30 P.M., SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: OCTOBER 13



Ali Webb & Friends blend swing, improvisation, and story in an inviting afternoon of vocal-and-instrumental jazz. With wit, warmth, and candid tales, the trio moves from laughter to tenderness through favorite standards and hidden gems.

Kozy Cats

THURSDAY, OCTOBER 29

7:30 P.M., SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: OCTOBER 15



Kozy Cats shows are a celebration of Soul and Classic Pop. Dynamic vocalists and a full horn section deliver renditions of hits by Aretha Franklin, Stevie Wonder, Elvis, the Monkees, and more. that are hard to sit still for. Wear your dancing shoes just in case!

National Geographic Live: Authors

An Afternoon with Steve Winter & Sharon Guynup

MONDAY, NOVEMBER 2

3:30 P.M., SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: OCTOBER 19

Come face-to-face with the world's most charismatic felines. Join award-winning National Geographic photographer Steve Winter and acclaimed environmental journalist Sharon Guynup for an unforgettable afternoon exploring their stunning retrospective book, *Big Cats*.



Susan Greenbaum Band

WEDNESDAY, NOVEMBER 4

3:30 P.M. & 7:30 P.M.

SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: OCTOBER 21



Inspired by one of America's greatest songwriters, Susan grew up listening to Burt Bacharach's timeless songs. Come enjoy some of Bacharach's classic hits and see if you can hear his influence in Susan's original music. *Kathleen's will be open following the 7:30 p.m. performance.*

Anthony Primavera, Pianist

MONDAY, NOVEMBER 9

7:30 P.M., SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: OCTOBER 26



An evening of music spanning the Classical and Romantic eras. At the heart of the program is *Once Upon a Time in Paris*, a collection of poetic works by Erik Satie, arranged into a musical journey. As the suite unfolds, Impressionist paintings come to life behind Anthony to create a dreamlike visual landscape.

Honoring Veteran's Day with James River Brass Quintet

WEDNESDAY, NOVEMBER 11

2 P.M., SARA BELLE NOVEMBER THEATRE

Tickets are not required



Honor, remembrance, and music come together in a stirring concert celebrating America's veterans. Join us for an uplifting tribute to those who have served our country.

Westminster Canterbury Forum *The Virginia War Memorial: Where Gratitude is Etched in Stone*

MONDAY, NOVEMBER 16

7:30 P.M., SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: NOVEMBER 2



Pam Seay and Tim Priddy explore the Memorial's story. Over the past 75 years, it has served as both a landmark and a community institution, reflecting the forces that shaped modern Virginia and America, from mid-century architecture and Cold War tensions to politics, historic preservation, public art, and remembrance.

64 Crayons

THURSDAY, NOVEMBER 19

7:30 P.M., SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: NOVEMBER 5



Remember when a brand-new box of 64 crayons with the built-in sharpener, instantly made you one of the cool kids? 64 Crayons captures that same feeling of nostalgia through an energetic mix of favorite hits from the '60s, '70s, '80s, and '90s. *Camilla's will be open following this performance.*

Westminster Canterbury Richmond Men's Chorus *With Thankful Hearts*

TUESDAY, NOVEMBER 24

11 A.M., SARA BELLE NOVEMBER THEATER

Tickets are not required



Join us for an inspiring concert featuring songs of Thanksgiving that reflect the joy of gathering and giving thanks for life's many blessings. Directed by Dr. Bill Blake, with pianist Jayne Sneed

Chester United Methodist Church Chancel Choir *How Great Our Joy!*

THURSDAY, DECEMBER 3

7:30 P.M., SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: NOVEMBER 19



Bask in the sounds of the season with this collection of timeless carols and exciting original anthems declaring the birth of the Savior, accompanied by chamber orchestra. Pause for a moment amid the chaos and celebrate with us.

Good Shot Judy: A Crooner's Christmas

THURSDAY, DECEMBER 10

3:30 P.M. & 7:30 P.M.,

SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: NOVEMBER 25



Enjoy a tribute to the Classic Crooner hits from Frank Sinatra, Bing Crosby, Dean Martin, Ray Charles, Michael Buble, Louis Armstrong, Ella Fitzgerald, Bette Midler, and more. With their swingin' band, vocalists Brett Cahoon and Jeanette Corey and guests The Satin Dollz, this is sure to be a swingin' show! *Camilla's will be open following the 7:30 p.m. performance.*

Conflux Dance Theater, *Encore*

MONDAY, DECEMBER 14

7:30 P.M., SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: NOVEMBER 30



This will be an evening of captivating movement and artistic expression showcasing some of your favorite works. Don't miss these versatile dancers as they perform incisive, thought-provoking choreography from some of today's most sought-after artists.

The Mads Tolling Quartet
Cool Yule: A Nordic Holiday Celebration

WEDNESDAY, DECEMBER 16

3:30 P.M., SARA BELLE NOVEMBER THEATER

TICKETS AVAILABLE: DECEMBER 2



Celebrate the holidays with Danish jazz violinist and two-time Grammy Award winner Mads Tolling as they blend the cherished Christmas traditions and mystical folklore of the Nordic countries with American jazz.

Westminster Canterbury Richmond Men's Chorus
Sounds of the Season

MONDAY, DECEMBER 21

11 A.M., SARA BELLE NOVEMBER THEATER

Tickets are not required



Celebrate the joy and wonder of the birth of Christ through beloved carols and festive favorites that capture the warmth, spirit, and beauty of Christmas. Directed by Dr. Bill Blake, with pianist Jayne Sneed.

Tickets

Tickets are FREE and available by scanning the QR Code, on the MyWCR App under On Stage or you may call the Low-November Box Office at 200-1133.



Low-November Box Office
804-200-1133

Volunteers are available to assist,
10 a.m. - Noon, Mondays and Thursdays.

Voicemail is available 24/7.

If you are unable to use your tickets, please return them to the Box Office, Tower Desk or Center Desk as soon as possible.

Broadcasts

All broadcast events are pre-recorded and not live.

Tickets are not required.

Richmond Symphony Broadcast *American Originals: Bernstein, Foley & Still*

TUESDAY, OCTOBER 6

2 P.M., SARA BELLE NOVEMBER THEATER



Conductor: Kedrick Armstrong

Guest Artist: Xavier Foley, Bass

Bernstein: Candide Overture

Foley: Soul Bass (Concerto)

William Grant Still:

Symphony No. 1 "Afro-American"

Available on WCR Live from October 7 - November 5.

Richmond Symphony Broadcast *Brahms and Strauss*

TUESDAY, NOVEMBER 10

2 P.M., SARA BELLE NOVEMBER THEATER



Conductor: Valentina Peleggi

Guest Artist: Jon Kimura Parker, Piano

Mary Howe: Stars and Sand

Brahms: Piano Concerto No. 1

R. Strauss: Der Rosenkavalier Suite

Available on WCR Live from October 7 - November 5.

The Richmond Forum Broadcast *Cher: Turning Back Time*

MONDAY, NOVEMBER 23

2 P.M., SARA BELLE NOVEMBER THEATER



Cher. One name, 60 years, and a body of work that has touched hearts, defined generations, and stood the test of time. The fierce, unstoppable artist will share the stories, lessons, and philosophy behind a life that has never once been inhibited by what others expected.

PASTORAL CARE



Mind, Body, Spirit Excursion: Satchidananda Ashram Yogaville

WEDNESDAY, OCTOBER 14 • COST: \$25

DEPART: Center: 9:30 A.M.

RETURN: 5:30 P.M. APPROX.

Registration: September 15 – October 1

Residents are invited on a day trip to explore yoga, prayer, and meditation at Yogaville, located in Buckingham county, Virginia. Situated on 750 acres of land, its facilities include a teaching academy, meeting and events hall, dining hall, library, office building, maintenance center, monastery, guest accommodations, and sacred sites for prayer and meditation. At the heart of Yogaville is the Light Of Truth Universal Shrine (LOTUS), dedicated to world peace and interfaith harmony. Adjacent to the Ashram is the Yogaville community, where many like-minded householders have purchased land and built their homes. Join us on this trip to explore sacred space, prayer, and meditation.

Grief IOI

FRIDAYS, OCTOBER 9, 16, 23 AND 30

1:30 P.M., JAQUELINE ROOM

Registration: September 18 – October 2



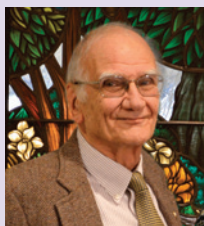
Join your chaplains for Grief IOI, a supportive series designed to help you better understand the grief process and the many ways grief can show up in our lives. Together, we will create space to learn, reflect, and recognize that your experiences are normal, valid, and worthy of care. Whatever kind of loss you are carrying, you are welcome here.

What to Do When Your Faith Fails You?

Dr. Bill Blake

OCTOBER 28, 29 AND 30

3 P.M., SANCTUARY/WCR LIVE



Many of us have had the experience of finding that the set of beliefs that we held no longer sustain us.

What did you do then? The date, October 31, is associated with one of the most famous people whose faith had failed him. We will examine that faith. The faith is that of the German monk, priest, and professor, Martin Luther. We'll see what he did about it. Maybe this will aid us along our own faith journeys.

Community Service of Remembrance

THURSDAY NOVEMBER 5

10:30 A.M., SANCTUARY/WCR LIVE



We will remember and celebrate the lives of members of the Westminster Canterbury Richmond community, including residents, Westminster Canterbury At Home Hospice patients, staff members, and trustees, who have died during the past year.

Missions Blitz Day:

Won't You Be My Neighbor?

FRIDAY, NOVEMBER 13

11 A.M., SANCTUARY



As part of World Kindness Day, join Pastoral Care and Westminster Canterbury Foundation for a panel discussion with our area outreach partners, as they discuss their work to address food insecurities.

Star Lighting Celebration

MONDAY, NOVEMBER 30

4 P.M., ELLIPSE AND FLEX DINING AREA



We welcome the Advent and Christmas season by lighting of the two 16-foot stars that sit on top of the Tower. Cookies and hot apple cider will be served, along with Christmas carols.

Channukah Service

FRIDAY, DECEMBER 4
3 P.M., SANCTUARY/WCR LIVE

We will celebrate in worship and song, light the Menorah and retell the story of the Maccabees. Led by Cantor Frances T. Goldman, Cantor Emerita, Congregation Beth Ahabah.



Piano Concert with Lee Powell

TUESDAY, DECEMBER 8
3 P.M., SANCTUARY/WCR LIVE

Lee Powell is a resident with a gift of music who began his piano studies at age six. Please join us for Christmas music.



Movie with a Message: Family Dynamics at Christmas *The Family Stone*

FRIDAY, DECEMBER 18, 2 P.M., SANCTUARY
Run time: 1 hour 43 minutes



The plot follows the misadventures of the Stone family when the eldest son brings his girlfriend home with the intention of proposing. Overwhelmed by the hostility she begs her sister to join her for emotional support, triggering further complications.

Lessons and Carols

THURSDAY, DECEMBER 17, 10:30 A.M., SANCTUARY/WCR LIVE

Christmas Eve Service with Holy Communion

10:30 A.M., SANCTUARY/WCR LIVE

Christmas Day Service

10:30 A.M., SANCTUARY/WCR LIVE



Longest Night Service

MONDAY, DECEMBER 21, 4 P.M., SANCTUARY/WCR LIVE

A quiet and meditative service that acknowledges how difficult the holiday season can be for many. We will come together to acknowledge our losses and celebrate our joys.

Weekly Worship Opportunities

EVENING PRAYER, MONDAY - FRIDAY

4:45 P.M., MONTAGUE CHAPEL

Resident volunteers lead this service
that lasts approximately 15 minutes.

THURSDAY WORSHIP

10:30 A.M., SANCTUARY/WCR LIVE

Local clergy of various denominations
preach and lead worship.

SUNDAY WORSHIP

4 P.M., SANCTUARY/WCR LIVE

Our Sunday services alternate between a Celtic service (1st Sunday),
Taize service (3rd Sunday), Hymn Sing (5th Sunday)
and other special music and worship opportunities.

Monthly Worship Opportunities

Shabbat Service

1ST FRIDAYS, 3 P.M.

MONTAGUE CHAPEL/WCR LIVE

Catholic Mass

1ST WEDNESDAYS, 11 A.M.

SANCTUARY/WCR LIVE

Contemplative Worship in the Manner of Friends

3RD WEDNESDAYS

3:30 P.M., SANCTUARY

Volunteer Opportunities

Pastoral Care offers opportunities for residents to give back through volunteering. We are always looking for volunteers to escort Parsons Health Center residents to worship opportunities, to play music at services and to assist with floral arrangements in our spaces. If you are interested in sharing your time in any of these meaningful ways, please contact David Curtis at 804-261-5179 or dcurtis@wcrichmond.org.

Opportunities made available after printing will be announced on the MyWCR App and in The Westminster Canterbury Tales.

If you have questions about registration or availability, please call 804-200-1502.

Registration

You may CALL Vanessa Perry at 804-200-1502.

OR

REGISTER ONLINE THROUGH THE MYWCR APP.

Events will appear under the Activities icon once the indicated Registration Availability dates have arrived. At that time, click on the Activities icon. In the search box, type in the name of the desired event.

Click on the listing, then click on the teal Register button.

To finish the registration process, click YES.

A popup will notify you that you are registered and a green check mark will appear beside the activity listing. Residents who register through the MyWCR App will have any costs associated with the event billed to their account. MyWCR registrations may be canceled through the app.

Each MyWCR user must register individually.

To register a spouse or neighbor, you must login with their MyWCR credentials.

**QUESTIONS:
804-200-1502**

VISUAL ARTS Workshops

Make & Take: Witch Hat Door Decoration

MONDAY, OCTOBER 5

1 - 3 P.M., MCGUE-MILLHISER ART STUDIO

Instructor: JANIE ROSE • SUPPLY FEE: \$5

CAPACITY: 8

Registration Begins September 15

Create a festive Halloween door hanging.



October Wine & Design

THURSDAY, OCTOBER 8

7 - 9 P.M., MCGUE-MILLHISER ART STUDIO

Instructor: TERRY CHANCELLOR • SUPPLY FEE: \$10

CAPACITY: 14

Registration Begins September 15

Enjoy an evening of painting, wine, and refreshments. Get step-by-step instruction to create this month's beautiful acrylic painting while you enjoy the company of your neighbors. No painting experience needed.



Make & Take: Faux Pumpkin Animal

MONDAY, OCTOBER 19

1 - 3 P.M., MCGUE-MILLHISER ART STUDIO

Instructor: JANIE ROSE • SUPPLY FEE: \$5

CAPACITY: 8

Registration Begins September 21

Decorate a permanent pumpkin to resemble a fox, owl or cat.



Make & Take: Watercolor Pumpkin

MONDAY, OCTOBER 26

1 - 3 P.M., MCGUE-MILLHISER ART STUDIO

Instructor: JANIE ROSE • SUPPLY FEE: \$5

CAPACITY: 8

Registration Begins September 28

Paint an original watercolor of a pumpkin to celebrate the season.



Make & Take: Collaged Pet Portrait

MONDAY, NOVEMBER 2

1 - 3 P.M., MCGUE-MILLHISER ART STUDIO

Instructor: JANIE ROSE • *SUPPLY FEE:* \$5

CAPACITY: 8

Registration Begins October 5

Collage an image on canvas then embellish it to celebrate a furry friend! Bring a photo-copy image of the pet, 6 x 8 or 8 x 10 size works best. Other materials will be provided.



Make & Take: Vintage Angels

MONDAY, NOVEMBER 9 or MONDAY, NOVEMBER 16

1 - 3 P.M., MCGUE-MILLHISER ART STUDIO

Instructor: JANIE ROSE • *SUPPLY FEE:* \$5 per session

CAPACITY: 8 per session

Registration Begins October 12

Work with heirloom linens, hankies, antique lace and buttons to make a treasured one-of-a-kind angel. You may use your own family collection, or we have plenty materials to share.



November Wine & Design

THURSDAY, NOVEMBER 12

7 - 9 P.M., MCGUE-MILLHISER ART STUDIO

Instructor: TERRY CHANCELLOR • *SUPPLY FEE:* \$10

CAPACITY: 14

Registration Begins October 15

Enjoy an evening of painting, wine, and refreshments. Get step-by-step instruction to create this month's beautiful acrylic painting while you enjoy the company of your neighbors. No painting experience needed.



Bisque Ornament Painting

FRIDAY, NOVEMBER 20 or FRIDAY, DECEMBER 4

10 A.M. - NOON, MCGUE-MILLHISER ART STUDIO

Instructor: TERRY CHANCELLOR

SUPPLY FEE: \$5 per session

CAPACITY: 10 per session

Registration Begins October 22

Learn techniques to paint beautiful bisque ornaments for gifts or to keep. Perfect for any season!



Paper Painting Landscapes

MONDAY, NOVEMBER 30 and DECEMBER 7
10 A.M. – 12:30 P.M., MCGUE-MILLHISER ART STUDIO
Instructor: CAROLINE GARRETT HARDY • SUPPLY FEE: \$10
CAPACITY: 10
Registration Begins November 2

Enjoy this two-session workshop techniques for cutting, arranging, and layering paper to create vibrant landscapes with the look and feel of a painted artwork.



December Wine & Design

THURSDAY, DECEMBER 10
7 – 9 P.M., MCGUE-MILLHISER ART STUDIO
Instructor: TERRY CHANCELLOR • SUPPLY FEE: \$10
CAPACITY: 14
Registration Begins November 12



Enjoy an evening of painting, wine, and refreshments. Get step-by-step instruction to create this month's beautiful acrylic painting while you enjoy the company of your neighbors. No painting experience needed.



WESTMINSTER CANTERBURY RICHMOND

ARTS & CRAFTS MARKET

.....

NOVEMBER 6 & 7

10 A.M. - 3 P.M.

**Center Lobby, Cochrane Commons
and H. Scott November Gallery**

.....

POTTERY • JEWELRY • HOME DÉCOR • TASTY TREATS • AND MORE

A portion of the proceeds benefit Westminster Canterbury Foundation's Annual Fellowship Fund. Donors to Fellowship help provide housing, meals, medical care and access to vibrant programming for residents with financial need.

Ongoing Classes

These weekly classes run from October to December.

Supply fees cover all 3 months. Registration is required unless otherwise noted, and begins September 15. If an ongoing class is full, call Alexis Atkinson at 804-264-6268 to be added to a waitlist.

Mondays

Fused Glass

10 A.M. – NOON, LOWER-LEVEL ART STUDIO

Instructor: ERIN CROSS • SUPPLY FEE: \$30

CAPACITY: 10



Explore the creative possibilities of fused glass in this open-ended class as you design and create your own unique pieces using color, texture, and form. You'll learn techniques for layering and kiln-firing. All materials provided. Class will not meet October 12, November 23, 30 and December 28.

Advanced Stained Glass

3 – 5 P.M., LOWER-LEVEL ART STUDIO

Instructor: LUCIE LEE CREWS • SUPPLY FEE: \$30

CAPACITY: FULL. *Call to be added to Waitlist*



Work on your stained glass projects with instruction from resident Lucie Lee Crews. Most materials provided. Class will not meet October 12.

Tuesdays

Open Studio

10 A.M. – NOON, MCGUE-MILLHISER ART STUDIO

Instructor: SARAH DAVENPORT

Registration is not required

Need help with your creative efforts? Bring your own work or try different mediums on hand. Instructor available to help, inspire, and guide you through your projects.



Fine Art with Dale

1 – 3 P.M., MCGUE-MILLHISER ART STUDIO • SUPPLY FEE: \$15

Instructor: DALE JONES

CAPACITY: 10

You will work with a range of drawing/painting materials and subjects. Topic changes monthly.

October Topic: Oil Painting on Canvas.

November Topic: History of Still Life in Graphite.

December Topic: Painting of an Ornament.



Wednesdays

Knitting & Crochet Club

10 A.M. – NOON, VITAL LIVING CENTER LOBBY

Registration is not required



Join other knitting or crocheting enthusiasts. All levels of experience welcome. Help create hats, mittens and scarves for the Salvation Army's Annual Cap and Mitten Drive!

Drawing with Dale

1 – 3 P.M., MCGUE-MILLHISER ART STUDIO

Instructor: DALE JONES • SUPPLY FEE: \$15

CAPACITY: 10

Work with a range of drawing/painting materials and subjects. Topic changes monthly.

October: Colors that “Dress” the Pastel Landscape.

November: The Dutch Still Life in Colored Pencil.

December: Painting a Holiday Ornament.



Thursdays

Woodworking

8:30 A.M. – NOON, GORDON WOODWORKING SHOP

Instructor: CLINT EDWARDS • SUPPLY FEE: \$30

Self-paced with instructor guidance. Orientation is required before joining the class. Call 804-264-6268 to schedule your orientation..
Class will not meet November 26, December 24 and 31.



Weaving

9:30 A.M. – 11:30 A.M., LOWER-LEVEL ART STUDIO

Instructor: SUSAN QUEL • *SUPPLY FEE:* \$15

CAPACITY: FULL. *Call to be added to Waitlist.*

Enjoy a self-paced learning experience with guided instruction on our floor looms. Most materials are provided. Class will not meet November 26, December 24 and 31.



Hand-Built Pottery

Morning Session: 10 A.M. – NOON

Afternoon Session: 1 – 3 P.M.

Instructor: DAVID RUMMEL

MCCORD CLAY STUDIO

SUPPLY FEE: \$30 per session

CAPACITY: FULL. *Call to be added to Waitlist.*



Create hand-built pottery projects of your choice while learning techniques in a supportive, community-focused environment with guided instruction. Class will not meet November 26, December 24 and 31.

Saturdays

Chinese Brush Painting

10 A.M. – NOON, MCGUE-MILLHISER ART STUDIO

Instructor: HIS-MEI YATES • *SUPPLY FEE:* \$30

CAPACITY: 10

Discover the expressive art of Sumi-e painting using traditional Chinese brushes and techniques. All materials are provided as you explore graceful, minimalist brushwork and create your own ink paintings.



OPEN 24/7

McGue-Millhiser Art Studio

OPEN 24/7 *with Orientation Required*

McCord Clay Studio, Gordon Woodworking Shop

Lower-Level Art Studio

Registration

Classes require registration unless otherwise noted.

You may fill out a REGISTRATION & RECEIPT FORM found just outside the Visual Arts Office and return it to the box outside the door.

OR

REGISTER ONLINE THROUGH THE MYWCR APP.

Events will appear under the Activities icon once the indicated Registration Availability dates have arrived. At that time, click on the Activities icon. In the search box, type in the name of the desired class.

Click on the listing, then click on the teal Register button.

To finish the registration process, click YES.

A popup will notify you that you are registered and a green check mark will appear beside the activity listing. Classes with multiple days will only have a check mark by the first class.

Registrations will close after the start of the first class.

To register after that, you must call 804-264-6268.

MyWCR registrations may be canceled through the app.

Each MyWCR user must register individually.

To register a spouse or neighbor, you must login with their MyWCR credentials.

REGISTRATION NOTE

For ongoing classes and multi-day workshops. You only need to register for the first day. Your name will be noted for the additional days by Alexis.

SUPPLY FEES

All residents will have any costs associated with Visual Art classes and Workshops billed to their account.

CLASS CANCELLATIONS

Cancellations will be communicated through MyWCR messages and postings in the McGue-Millhiser Arts Studio. Should a cancellation be made less than two hours prior to class time, residents will be called.

QUESTIONS:

804-264-6268 • AAtkinson@WCRichmond.org

EXCURSIONS

A Walk Across The High Bridge Trail

FRIDAY, OCTOBER 23 • COST: \$15

DEPART: Tower: 9 A.M.; Center: 9:05 A.M.; Clubhouse: 9:10 A.M.

RETURN: 4:15 P.M. APPROX.

Registration: October 1 - 16



Join Wellness and Recreation for fresh air and scenic views in Farmville! We'll enjoy a 2.5-mile

walk across historic High Bridge, taking in beautiful fall views along the way. Rollators are welcome. Afterward, we'll relax over lunch at Charley's Waterfront Café. *Dining costs will be billed to your account.*

Norfolk Naval Base Tour, Orapax Lunch and Hampton Roads Bridge Tunnel Presentation

WEDNESDAY, OCTOBER 28 • COST: \$45

DEPART: Tower: 7:20 A.M.; Center: 7:25 A.M.; Clubhouse: 7:30 A.M.

RETURN: 5:15 P.M. APPROX.

Registration: October 1 - 14



We'll start with a narrated tour of the Norfolk Naval Base, then an authentic Greek lunch at Orapax.

Afterward, we'll learn how the impressive new Hampton Bridge Tunnel was built beneath the bay. Your date of birth, country of citizenship and a government issued photo ID must be provided.

Dining costs will be billed to your account.

Boar's Head Inn Mill Room and Apples at Carter Mountain

MONDAY, NOVEMBER 2 • COST: \$15

DEPART: Tower: 9:45 A.M.; Center: 9:50 A.M.; Clubhouse: 9:55 A.M.

RETURN: 4:45 P.M. APPROX.

Registration: October 5 - 19



We'll begin with a delicious lunch at The Mill Room at Boar's Head Inn

in Charlottesville. Then, we'll head to Carter Mountain Orchard to browse the country store and bakery, filled with local treats, crafts, jams and more. Pick up fresh apples to bring home. *Dining costs will be billed to your account.*

Out To Lunch: Lemon Cuisine of India

THURSDAY, NOVEMBER 12 • COST: \$10

DEPART: Tower: 11:30 A.M.; Center: 11:35 A.M.; Clubhouse: 11:40 A.M.

RETURN: 2 P.M. APPROX.

Registration: October 15 - 29

Modern and elegant, from classic regional specialties to modern Indian creations, our dishes are crafted with fresh ingredients, bold spices, and authentic recipes that celebrate India's rich culinary heritage. *Dining costs will be billed to your account.*



The Branch Museum of Design Becoming - Docent Guided Tour

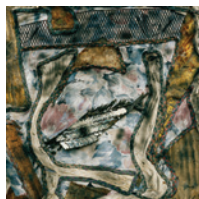
WEDNESDAY, NOVEMBER 18 • COST: \$10

DEPART: Tower: 1:30 P.M.; Center: 1:35 P.M.; Clubhouse: 1:40 P.M.

RETURN: 3:45 P.M. APPROX.

Registration: October 21 - November 4

Enjoy a thought-provoking look at *Becoming*. Explore the work of Thornton Dial and Sanford Kogan, who transform everyday objects into meaningful works of art. You'll see familiar things in a whole new way and discover how objects can carry history, spark imagination and become something entirely new.



National Cathedral

WEDNESDAY, DECEMBER 2

COST \$115 Transportation, Cathedral Tour, Boxed Lunch and Snacks on the Bus

DEPART: Center only: 8 A.M.

RETURN: 3:30 P.M. APPROX.

Registration: November 4 - 18

Pastoral Care and Recreation invite you for a Private Spotlights Tour that highlights the architecture, history and special points of interest of The National Cathedral in Washington, DC. Following the tour you may explore all three levels, including the special Christmas displays. We will enjoy a boxed lunch from the Cathedral's Café on the ride back. Indicate your choice when registering: Chicken Caesar Wrap, Ham and Cheese Wrap, Turkey Sandwich, Tarragon Chicken Salad Sandwich or Caprese Sandwich. Our charter bus has a restroom.



Tacky Lights Tour with Discover Richmond Guide

MONDAY, DECEMBER 7 • COST: \$20

DEPART: Tower: 6:15 P.M.; Center: 6:20 P.M.; Clubhouse: 6:25 P.M.

RETURN: 8:30 P.M. APPROX.

Registration: November 9 - 23

It's time to go tacky light spotting! Hop aboard our bus to see all the best holiday lights in Richmond and the surrounding areas. A guide from Discover Richmond will lead the way to the wildest, brightest, zaniest, and tackiest light displays all over town.



Riverside Center for the Performing Arts *A Christmas Carol*, the musical

WEDNESDAY, DECEMBER 9 • COST: \$95 All Inclusive

DEPART: Tower: 10:15 A.M.; Center: 10:20 A.M.; Clubhouse: 10:25 A.M.

RETURN: 5:30 P.M. APPROX.

Registration: November 11 - 25

Take a festive trip to Fredericksburg for a delicious lunch and performance. Enjoy rolls, a side salad, your choice of entrée and dessert before settling in for this beloved holiday classic.

Follow Ebenezer Scrooge as three Christmas Eve ghosts guide him to discover the true meaning of Christmas, generosity and love.



Out To Lunch: Lillie Pearl and Jefferson Hotel

Choose: WEDNESDAY, DECEMBER 16 or THURSDAY, DECEMBER 17

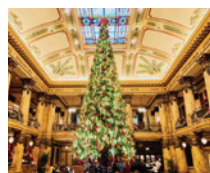
DEPART: Tower: 10:50 A.M.; Center: 10:55 A.M.; Clubhouse: 11 A.M.

COST: \$10

RETURN: 3 P.M. APPROX.

Registration: November 18 - December 2

Celebrate the season with a festive lunch at Lillie Pearl and then board the bus to enjoy the beautiful decorations and timeless elegance of The Jefferson Hotel. Browse the gift shop, admire the gingerbread house or simply relax and mingle while taking in the holiday splendor. *Dining costs will be billed to your account.*



Alex Paley Music Festival Realm of Romance

SUNDAY, JANUARY 10 • COST: \$37

DEPART: Tower: 2:15 P.M.; Center: 2:20 P.M.; Clubhouse: 2:25 P.M.

RETURN: 5:45 P.M. APPROX.

Registration: December 13 - 27



The 29th annual Alex Paley Music Festival at St. Luke Lutheran Church will feature internationally renowned piano duo Alexander Paley and Peiwen Chen, plus Richmond Symphony Concertmaster Daisuke Yamamoto, performing lush compositions by Felix Mendelssohn and Robert Schumann in an intimate salon-like setting.

Chadwick & Son Orchids Powhatan Greenhouse Tour & Lunch

TUESDAY, JANUARY 19 • COST: \$35 All Inclusive

DEPART: Tower: 9:45 A.M.; Center: 9:50 A.M.; Clubhouse: 9:55 A.M.

RETURN: 2:30 P.M. APPROX.

Registration: December 22 – January 5



Brrr... while it may be cold outside, Chadwick & Son's greenhouses will be warm and blooming! Join us for a fascinating tour of this family-owned orchid business, home to more than 13,000 plants and a beautiful selection of blooming orchids. Learn about their history and growing operation, then enjoy a tasty Chadwick's boxed lunch, complete with an orchid garnish. Lunch order forms will be provided after registration.



INDEPENDENT LIVING TRIP RATING SCALE



LEVEL 1 *Very little walking or standing.
Must be able to board and deboard bus.*



LEVEL 2 *More walking, standing and
navigating crowds and/or terrain.*



LEVEL 3 *Most physically strenuous.
Walkers/rollators are not permitted.*

All Excursions Require Registration

You may choose to fill in a REGISTRATION and RECEIPT FORM found at the Business and Information Centers and return it to the Center or Tower Desk.

OR

REGISTER ONLINE THROUGH THE MYWCR APP.

Excursions will appear under the Activities icon once the indicated Registration Availability dates have arrived.

In the search box under Activities, type the word "Excursion" for a list of all trips open for registration. Click on the listing you want to register for, then click on the teal Register button.

A Notes Box will appear, use it to indicate if you USE A WALKER and, if requested in the excursion description in this brochure, your LUNCH PREFERENCE.

To finish the Registration process, click YES.

A popup will notify you that you are registered and a green check mark will appear beside the activity listing.

Residents who register through MyWCR will have any costs associated with the event billed to their account.

Each MyWCR user must register individually.

To register a spouse or neighbor, you must login with their MyWCR credentials.

**ALL CANCELLATIONS and EXCURSION QUESTIONS:
804-264-6058 or WWoodruff@WCRichmond.org**
Cancellations made after the registration deadline has closed may result in responsibility for partial or full excursion costs.

Excursion opportunities made available after printing will be announced on the MyWCR App and in *The Westminster Canterbury Tales*.

If you have suggestions for future excursions or questions about registration or availability, please call 804-264-6058.

WELLNESS

OCTOBER

HARVESTING HEALTH AND HAPPINESS

October will celebrate Active Aging Month with opportunities to move, connect, try something new, and enjoy the season.

WELLNESS TIPS

- **Keep Moving:** Find ways to move throughout the day—walk, stretch, swim, dance, or participate in a group exercise class.
- **Try Something New:** Active aging is about staying curious and challenging yourself. Try a new class or activity.
- **Spend Time Outdoors:** Enjoy the cooler fall weather with a walk, hike, or outdoor activity.
- **Manage Stress:** Make time for activities that help you relax and recharge, such as stretching, meditation, music, or spending time with friends.
- **Take Care of Your Joints:** Low-impact activities such as water exercise, walking, and gentle strength training can help support mobility.
- **Prioritize Preventive Care:** October is a great reminder to stay current with screenings and health appointments.

WELLNESS FOCUS

- Active Aging Month
- Breast Cancer Awareness
- World Smile Day

FEATURED EVENTS

- Fall Dance Social
- Fall Field Day (on the land and at the pool)
- Walking Trip
- Aquatic Pumpkin Splash

WELLNESS CHALLENGE • *Rowtober*

Strengthen the muscles of the back as we move ‘back’ into fall.



NOVEMBER

GROW WITH GRATITUDE AND GROUP FITNESS

November focuses on gratitude, connection, healthy habits, and maintaining momentum as we head into the holiday season.

WELLNESS TIPS

- **Practice Gratitude:** Take a few moments each day to think about or write down something you are grateful for.
- **Stay Socially Connected:** Invite a friend to join you for a class, walk, or activity.
- **Keep Moving:** Don't let the cooler weather slow you down. Find activities you enjoy and make movement part of your daily routine.
- **Make Healthy Choices:** Enjoy holiday favorites while balancing them with nutritious foods, plenty of water, and regular movement.
- **Be Kind:** A simple compliment, smile, or helping hand can make a difference in someone's day—and your own.

WELLNESS FOCUS

- Men's Health Awareness
- National Diabetes Month

FEATURED EVENTS

- World Kindness Day
- Men on the Mat
- Gratitude Splash
- Aqua Trivia Challenge



WELLNESS CHALLENGE • *Planksgiving*

Core strengthening during the Thanksgiving “eating” season.

DECEMBER

MERRY AND MOVING!

STAY ACTIVE, STAY HEALTHY, STAY FESTIVE

December will focus on staying active, maintaining healthy habits, and enjoying festive opportunities for movement and connection throughout the holiday season.

WELLNESS TIPS

- **Keep Moving Through the Holidays:** Even short bursts of activity can help you stay active when schedules get busy.
- **Don't Skip Your Routine:** Maintaining your normal exercise routine can help you feel your best throughout the holiday season.
- **Practice Balance:** Enjoy your favorite holiday foods while also incorporating nutritious choices.
- **Make Time for Rest:** Give yourself permission to slow down, relax, and recharge.
- **Stay Connected:** Spend time with family, friends, and your community. Social wellness is an important part of well-being.
- **Give Back:** Volunteering and helping others can support both community connection and personal well-being.

WELLNESS FOCUS

- Staying Active
- Social Connection
- Giving Back
- Parkinson's Awareness

FEATURED EVENTS

- Reindeer Games
- Summer in December Pool Party
- Resident Recognition Awards



WELLNESS CHALLENGE • *12 Days of Fitness*

Complete 12 days of specific activities throughout December.



Wellness 101

THIRD THURSDAYS, 3 P.M., STUDIO C

This monthly educational program features a variety of health and wellness topics presented by our very own wellness team. Each session will explore different wellness topics and provide simple, practical takeaways you can use to *live life well*.

DON'T MISS A THING!

- Personal Training
- Group fitness classes
- Aquatics programs
- Educational workshops
- Wellness challenges
- Social gatherings and special events

Scheduled classes and activities are posted on MyWCR under Activities. To see a full list of all our activities, go to MyWCR, click on Activities, then in the search box type Wellness. New events and activities added regularly. You may also visit the Vital Living Center for monthly calendars and updates. We look forward to supporting your wellness journey this summer!

Let's Get Started

Your Wellness Team is excited to meet you and show you around the Vital Living Center! Whether you're just starting your fitness journey or looking to maintain your active lifestyle, we are here to help you feel your best every day.

CALL 264-6569 to schedule a Fitness and Aquatics Center Orientation and complete the paperwork. Signed paperwork is required before use of facilities.

After orientation and paperwork are complete, you are invited to join us for any of our offerings or make use of the facilities on your own. Regularly scheduled classes do not require registration. Classes close to admittance once they reach capacity.

FITNESS CENTER
OPEN 24/7

AQUATIC CENTER
OPEN 7 DAYS A WEEK

Supervised:

Monday - Friday, 8 a.m. - 3:30 p.m.

Unsupervised:

Daily from 6-8 a.m. and 3:30-8 p.m.



*Performing Arts and Visual Arts programs
are made possible by gifts to*
WESTMINSTER CANTERBURY FOUNDATION.
*To learn about becoming a donor,
please call 804.264.6202.*

