



## This Week's Highlights

### Monday, Dec. 22

BYOConversation

10:00am | LR | See pg. 12

Concert: Jesse & Max

7:30pm | AUD & CH 973 | See pg. 6

### Tuesday, Dec. 23

Tidings of Comfort

4:00pm | CHP & CH 974 | See pg. 11

### Wednesday, Dec. 24

Christmas Eve Service

3:00pm | AUD & CH 973 | See pg. 11

7:00pm | CHP & CH 973 | See pg. 11

### Friday, Dec. 26

Shanghai

1:30pm | LR

### Saturday, Dec. 27

Saturday Morning Live

10:30pm | AUD & CH 973

Advanced Tai Chi

10:30am | GX

Beginners Tai Chi

11:30am | GX

### Sunday, Dec. 28

Christmas Lessons & Carols

9:00am | CHP & CH 974 | See pg. 11

10:30am | AUD & CH 973 | See pg. 11

## New Year's Celebration with the Quentin Walston Trio

Tuesday, December 31st, 7:30pm-9:00pm  
Auditorium

The Quentin  
Walston Trio is  
thrilled to play  
at GHA!

Heralded as  
"stunning" and  
"impeccable" by



*Clarke Monthly*, this jazz trio blends  
memorable melodies and striking  
rhythms with adventurous  
improvisations. The trio will be  
performing exciting originals as well as  
jazz standards from swing to bebop and  
beyond. This trio's foot-tapping, fun  
performance will be sure to delight.

Please join us in saying goodbye to  
2025 and celebrating 2026 with live  
music, food, drink, and dancing!

Jennifer Bennett



Events Coordinator

# Around GHA

## Clarification on Composting

The carry-out coffee cups and their heat sleeves from Dining Services are compostable as well as the coffee cup lids. These are the ONLY lids from Dining Services that are compostable. Unfortunately, these items are not shown in the poster on the container in the trash room. We will try to update the posters.



ALL other lids from Dining Services (soups, salads, puddings, ice cream) should go into the trash, because they are not compostable or recyclable. Screw tops from bottles are also trash.

If you are ever unsure about which container to use, it's best to just throw it in the trash so as not to contaminate a load of compostables or recyclables.

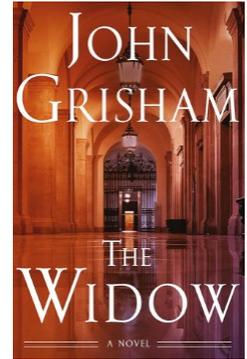
*Pat Gottemoeller*

 *Green Team*

## Library News

For December, the circulation for the library was 225 (224 books and one DVD).

Top circulating books were *The Widow* by John Grisham (four times), and *What We Can Know* by Ian McEwan, *Mrs. Endicott's Splendid Adventure* by Rhys Bowen, *A Slowly Dying Cause* by Elizabeth George, *Sylvester, or The Wicked Uncle* by Georgette Heyer, and *The Spy and the Traitor* by Ben Macintyre (three times each).



Top circulating authors were John Grisham (15 books), Elizabeth George (10 books), and Georgette Heyer (six books). Pick up a book, or two, from the library to enjoy during the holidays!

*Dale Brown*



*Library Committee*

## Green Team Hints

Please use the container in the Business Office to recycle ONLY the items that are displayed on the poster above the container. No plastic cups or foil/ food container bags.

*The Green Team*

## Grounds Committee Achievements in 2025

Looking back over the year, the Grounds Committee is pleased at the progress we've made in improving and beautifying the grounds. We're



delighted that we now have two experienced groundskeepers, Grounds Supervisor Josua Tofor, who joined the GHA team in June, and Groundskeeper Ashley Green-Kenton, who began work in August. They—and we—have received strong support from Andrew Baah-Kpabitey, Director of Facilities Management, who has a keen interest in the grounds and keeps things moving forward.

Among our accomplishments are replanting in the areas torn up by the garage waterproofing project; improving and expanding our irrigation system; adding leucothoe and Indian hawthorn to the front slope; replacing three linden trees along the driveway; supporting the creation of a cutting garden for the Floral Arts Committee (FAC) (spearheaded by FAC Chair Meredith Wade); and dividing and planting ferns, hellebores, and other perennials to fill in empty spaces along

the walkway to the woodland garden.

Josua and Ashley spruced up the rose garden in the rear entrance circle, adding rosebushes and moving liriopoe to create a more attractive area. Committee members filled 64 planters around the grounds with colorful flowers in the spring and, in the fall, we returned to fill the planters at the front and rear entrances and in the Fillmore patio with pansies and ornamental kale and cabbage to brighten up the winter days at GHA.

In early June, we sponsored a Garden Tea and Tour to draw the attention of GHA residents to our beautiful surroundings and the wide variety of plants that grow in our gardens. It was a huge success, thanks in no small part to Events Coordinator Jennifer Bennet, Life Enrichment, and Dining Services' catering team.

Have you noticed the Chat Bench in the woodland garden? Have you sat on it and chatted?

We thank GHA's Associate Executive Director Theresa



Thomas and master craftsman Toni Rodriguez for bringing the idea to fruition. In the coming year, we hope you will make time to sit in the garden and chat.



*The Grounds Committee*

## A Word From Our Executive Director

As the holiday season unfolds, Goodwin House Alexandria truly shines. This time of year offers a wonderful opportunity to pause, reflect, and feel grateful for the many moments that make our life together so meaningful.



We are deeply thankful for each of you. Your warmth, kindness, friendships, and the care you show one another are the heart of GHA. Whether it's sharing a smile in the hallway, attending a festive program, volunteering your time, or simply checking in on a neighbor, these acts of connection create the spirit that makes our community feel like home.

The holidays also remind us of the importance of togetherness. We hope you enjoy the seasonal celebrations, special meals, music, decorations, and traditions that fill our campus with joy. May these moments bring laughter, comfort, and cherished memories with friends, family, and loved ones.

As we look ahead to the new year, we do so with optimism and appreciation for all that we share. Thank you for being part of this remarkable community and for making it such a welcoming, caring place to live.

Wishing you peace, happiness, and good health this holiday season and throughout the coming year.

*Barbara D'Agostino*  
*Executive Director*

## Link of the Week



Enjoy a livestream of The Rink at Bank of America Winter Village in Bryant Park, New York City! The rink is open daily through March 1st, 2026.

Click on the link below or search YouTube using the keywords shown.

[SkateCam! Bryant Park NYC](#)

*The Green Team*

# Announcements

## Board of Directors Welcomes Frank Wade

GHA resident Frank Wade was elected to a three-year term on the Goodwin Living Board of Directors. His term will begin in January 2026. Congratulations!



*Sam Echols*



*Communications Coordinator*

## Market Place Update

The members of the Market Place Team wish everyone a happy, healthy, and peaceful holiday season.

The Market Place will be closed on December 24th and 31st and will reopen on January 7th for sales only.

The Marketplace will not be accepting any donations until the upcoming Market Place facelift is complete—currently anticipated in early April 2026. Thank you for your support and understanding

*The Market Place Team*

## CVS Holiday Hours

Christmas Eve: CLOSED

Christmas Day: CLOSED

New Year's Eve: 9:00am-2:00pm

New Year's Day: CLOSED

*Jennifer Belovich*  
*Pharmacist*

## Dick's Teaser

A compound word is made up of two smaller words, such as "stopwatch" or "breadwinner." In the following list, I will give you the first half of a compound word and the second half of a compound word, and you are to figure out a word that completes both of them.

For example, if I give you "Butter \_\_\_shake," an answer would be "milk" to yield "buttermilk" and "milkshake."

See pg. 8 for the solutions.

1. Slaughter \_\_\_ keeper
2. Bed \_\_\_ table
3. Child \_\_\_ wink
4. Cease \_\_\_ fighter
5. Lady \_\_\_ nail
6. Whirl \_\_\_ breaker
7. Laughing \_\_\_ broker
8. Birth \_\_\_ kicker
9. Card \_\_\_ walk

*Dick Pellerin*  
*Resident*

# Creative Arts

## Emmanuel Bell Choir

Sunday, December 21st, 2:00pm  
Auditorium

Come and hear the bell choir from the Emmanuel Episcopal Church for a special holiday concert!

*Jennifer Bennett*



Events Coordinator

## Concert: Jesse & Max

Monday, December 22nd, 7:30pm  
Auditorium & CH 973

Azalea City  
Recordings  
artists Jesse  
Palidofsky  
and  
Maximilian



Jacobs showcase toe-tapping music from the 1930s through the 1970s. From Benny Goodman and Fats Domino to Frank Sinatra and John Denver, the duo covers music from New Orleans, Latin America, the Caribbean, and the Yiddish theater.

Jesse accompanies his soulful vocals with piano, guitar, and harmonica arrangements. Equally at home in classical and jazz performance, Max is a versatile violinist in demand, performing swing, jazz, klezmer, bluegrass, and blues. Max has been an Artist in Residence at Strathmore Music Hall.

*Jennifer Bennett*



Events Coordinator

## Recurring

### AM Painting & Drawing

Thursdays | 10:00am-11:30am | AS

### Ceramics

Tuesdays | 10:00am-11:30am | AS

### Creative Writing Group

1st Wednesdays | 11:00am-12:00pm  
RCR

### Knitters & Crocheters

Thursdays | 2:00pm-3:00pm | CHP

### GHA Bell Ringers

Thursdays | 4:00pm-5:00pm | AUD

### GHA Book Club

3rd Tuesdays, 2:00pm-3:00pm | RCR

### GHA Encore Chorale Rehearsal

Fridays | 10:30am-12:00pm | AUD-A

### GHA Players Meeting

Thursdays | 3:00pm-4:00pm | RCR

### Photography Club

2nd Mondays | 1:00pm-2:00pm | AS

### PM Painting and Drawing

Thursdays | 1:30pm-3:00pm | AS

### Quilting Bees

Fridays | 2:00pm-3:00pm | BR

# Health & Fitness

## Monday Aqua Fun Time Change

On Mondays, Aqua Fun classes will now take place from 9:45am-10:30am. Wednesday classes are unchanged and begin at 9:30am.



*Christie Thomas*  
Fitness Manager

## Wii Bowling on Hiatus Until January

Please note that Wii Bowling is cancelled until January. Enjoy the holidays, and see you in the new year!



*Christie Thomas*  
Fitness Manager

## Infections

Known Cases as of December 17th, 2025

### COVID-19:

Residents—Independent Living (0)  
Health Care Center (0)  
Assisted Living (0)  
Team Members (0)

*Influenza:* 0

## Recurring

### Advanced Tai Chi

Tuesdays, Fridays | 4:30pm-5:15pm | GX  
Saturdays | 10:30am-11:30am | GX

### Aqua Fun

Mondays | 9:45am-10:30am  
Wednesdays | 9:30am-10:15am  
Pool

### Beginners' Tai Chi

Saturdays | 11:30am-12:30pm | GX

### Beginning Line Dancing

Mondays | 1:00pm-2:00pm | GX

### Body & Balance

Mondays, Wednesdays  
11:00am-12:00pm | GX

### Fun & Fitness

Mondays, Wednesdays, Fridays  
9:00am -9:45am | GX & CH 975

### Just Dance

Tuesdays | 10:15am-11:15am | AUD-A

### Mat Pilates

Tuesdays | 11:00am-11:45am | GX

### Morning Yoga

Tuesdays, Thursdays, Fridays  
7:45am-8:30am | GX, CH 975, Zoom

### Seated Strength

Tuesdays, Thursdays | 10:00am-10:45am  
GX & CH 975

### Strength & Stretch Chair Exercise

Sundays, Mondays, Thursdays  
3:00pm-4:00pm | CH 971

### Trail Blazers

Mondays | 10:00am-12:00pm | LBY

### Wii Bowling

Tuesdays, Thursdays | 2:00pm-3:00pm | GX  
Saturdays | 3:00pm-4:00pm | GX

## Norovirus: Prevention Tips

Norovirus is highly contagious, and hand sanitizer is NOT effective against it. Frequent and thorough handwashing with soap and water is essential for prevention. Symptoms typically appear suddenly (within 12-48 hours after exposure) and can include:

- Nausea; Vomiting; Stomach pain or cramps; Watery or loose diarrhea; Low-grade fever; headache, and body aches

Prevention measures include:

- Wash hands frequently with soap and water for at least 20 seconds, especially after using the bathroom and before preparing food.
- Do not prepare food for others if you are experiencing symptoms
- Stay home when sick until 2 days (48 hours) after symptoms stop
- Clean and disinfect contaminated surfaces using a chlorine bleach solution, Clorox wipes
- Wash laundry thoroughly in hot water

Note: You can become severely dehydrated when you have norovirus, drink plenty of fluids.

*Emma Okul  
Infection Preventionist*

## Game Room

The Game Room on G1 Promenade is open 24/7 for you to enjoy games like



pool, shuffle-

board, air hockey, darts, and ping pong. These games are not only fun, they also offer health benefits. Playing games like these can help improve hand-eye coordination, relieve stress, boost focus and concentration, and provide a low-impact way to get exercise without it feeling like work. If you play with a friend or a group, you get the added social benefit of quality bonding time.

Come on down and play awhile!

*Sam Echols*



*Communications Coordinator*

## Dick's Teaser Solutions

Possible answers are:

1. House
2. Time
3. Hood
4. Fire
5. Finger
6. Wind
7. Stock
8. Place
9. Board

*Dick Pellerin, Resident*

# Trips & Social Activities

## Holiday Lights Shuttle Tour

Monday, December 22nd, 6:00pm

Lobby

Transportation Cost: Free



The GHA Shuttle will take a tour of the local holiday lights in area neighborhoods and into D.C. If you are interested in going on one of these trips, please sign up in the Activities Binder under Community Outings.

  *Jennifer Bennett, Events Coordinator*

## Shuttle Service to ASO

### Holiday Concert

Saturday, December 20th, 7:00pm

Lobby

A shuttle will be provided to and from the Schlesinger Center for the Alexandria Symphony Orchestra's (ASO) holiday concert featuring carols, classics, and holiday favorites. Sign up in the Activities Binder under Community Outings. You must purchase your own ticket.

 *Jennifer Bennett, Events Coordinator*

## Recurring

Bus to Giant Food

Tuesdays | 10:00am-11:00am | LBY

Bus to Target

2nd Fridays | 10:00am-12:00pm | LBY

Bus to Trader Joe's

1st Fridays | 10:00am-12:00pm | LBY

Chess

Thursdays | 9:00am-11:00am | LR

Duplicate Bridge

2nd & 4th Wednesdays | 1:00pm | LR

Fillmore Happy Hour

Mondays, Wednesdays, Fridays  
4:00pm-5:00pm | FL

French Conversation Table

Thursdays | 12:00pm-1:00pm  
Bistro Table 11

German Conversation Table

Mondays | 12:00pm-1:00pm | AR

Mah Jongg

Tuesdays | 1:15pm-3:00pm | LR

Party Bridge

1st & 3rd Fridays | 2:00pm | LR

Shanghai

1st & 3rd Thursdays | 1:30pm | LR  
2nd & 4th Fridays | 1:30pm | LR

# Spirituality & Community

## Advent Angel Tree

From November 30th to January 6th, the Memorial Chapel Outreach Committee will accept contributions for the Al Ahli Arab Hospital, the only Christian-led hospital in Gaza, a healing ministry to people of all faiths, and an institution of the Episcopal Diocese of Jerusalem and the Middle East.



### Received as of December 15th:

\$6,870.00 (274 angels!)

Checks may be written to AFEDJ (American Friends of the Episcopal Diocese of Jerusalem) with the memo: GHA Angel Tree. Please bring your checks to any Sunday service or leave them at the Reception Desk marked for the Chaplain's Box. Thank you!

*Bruce Stewart*



*Director of Chaplaincy*

## Knitted, Crocheted, and Blessed

Thanks to all our knitters and crocheters, we were able to take many lovely handmade items to the Carpenter's Shelter as part of our Thanksgiving Day donations.

## Recurring

Catholic Communion & Rosary

2nd & 4th Mondays | 10:00am-11:00am  
CHP & CH 974

Catholic Mass & Rosary

1st, 3rd, & 5th Mondays  
10:00am-11:00am | CHP & CH 974

Holy Eucharist

Sundays | 9:00am | CHP & CH 974  
Sundays | 10:30am | AUD & CH 973

Jewish Sabbath Service

1st Friday | 4:30pm-5:30pm | CH 971

Prayer Group

Wednesdays | 11:00am-12:00pm | CHP

Scripture, Songs, & Prayers

Thursdays | 11:00am-12:00pm  
AUD & CH 973

Seated Meditation

Mondays & Fridays | 3:30pm-4:00pm  
CHP & CH 974

There were 22 scarves, 26 hats, one afghan, three sets of gloves, one scarf/mitten/hat set, one scarf/hat set, one scarf/fingerless gloves set, one set of fingerless gloves, and a pair of socks. The total value estimated is \$1,030.00.

*Bruce Stewart*



*Director of Chaplaincy*

## Advent Series Concludes: Tidings of Comfort

Tuesday, December 23rd, 4:00pm  
Chapel & Channel 974

Do you know someone who has had a difficult year? Invite them to come with you to this gathering for those who struggle with the holidays. It is a meditative interfaith service with readings, prayers, hymns, and times for silence. Participate in whatever way seems helpful, which may mean sitting in silence. This event is offered to you by our Spiritual Life Committee. All are welcome.



*Bruce Stewart*



*Director of Chaplaincy*

### In Memoriam

**BETTY DOLS**  
December 17th, 2025

## Christmas Services

**Wednesday, December 24th**

- 3:00pm, Auditorium & Channel 973 (Holy Eucharist Featuring Piano & Violin)
- 4:00pm, Chaplain rounds in Small Houses
- 7:00pm, Chapel & Channel 974 (Holy Eucharist Featuring Organ & Violin)

**Thursday, December 25th**

- No Regular Service Christmas Day

**Sunday, December 28th**

**Service of Lessons & Carols**

- 9:00am, Chapel & Channel 974
- 10:30am, Auditorium & Channel 973

**Thursday, January 1st**

- No Regular Service New Year's Day

**Sunday, January 4th**

**The Epiphany / Journey of the Magi**

- 9:00am, Chapel & Channel 974
- 10:30am, Auditorium & Channel 973

*Bruce Stewart*



*Director of Chaplaincy*

# Discussions & Meetings

## BYOConversation: Thin Places and Winter Solstice

Monday, December 22nd, 10:00am-10:45am  
Living Room



Ever sense that you're in a special time, a special place—sort of other-worldly? Could you call these experiences “thin places” — “beyond” the here-and-now? Recall a certain landscape, a sacred moment, special insights, seeing “behind the veil of mystery,” or stepping over the threshold of ordinary reality. Think of mists at sunrise, sun backlighting cloud banks, a pastoral symphonic passage, the Gettysburg Address' soaring prose, holding hands at a sickbed, times when elsewhere seemed nearby, or a two-way conversation becoming a singular contemplation.

Do these qualify as likely to be thin places: Taj Mahal, Chartres, Sinai, Machu Picchu, Uluru, pyramids? Are the words “transcendence,” “spiritual,” and “mystical” helpful in thinking about thin places?

## Recurring

### 12-Step Meeting

Mondays | 12:00pm-1:00pm

Call 202-701-9291 for more info.

### Caregiver Support Group

4th Wednesdays | 2:00pm-3:00pm | BR

### Hearing Loss Group

2nd Thursdays | 11:00am-12:00pm | BR

### Low Vision Support Group

3rd Thursdays | 1:00pm-2:00pm | BR

### Newcomers Group

4th Thursdays | 11:00am-12:00pm | BR

### Parkinson's Support Group

4th Thursdays | 1:00pm-2:00pm | BR

### Pop-Up Technology Assistance

Wednesdays | 4:00pm-5:00pm | LBY

Saturdays | 9:30am-10:30am | LBY

### StrongerMemory Group

Wednesdays | 10:00am-11:00am | FL

### Town Hall

3rd Wednesdays | 3:00pm-4:00pm

AUD & CH 973

Since December 22nd is the first day after the transitional winter solstice, perhaps our conversation could notice the interaction of these two transitional situations—especially considering winter festivals like Hanukkah, Christmas, and Kwanzaa.

BYOConversation welcomes all to speak or listen!



*Jonathan Bryan, Resident*

# Movies

## Teaching Company: *The Skeptic's Guide to American History*

Wednesdays, 11:00am  
Channel 973

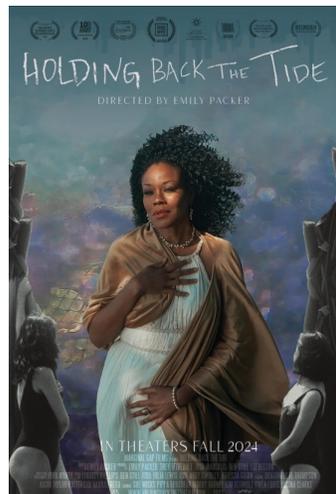
Professor Mark A. Stoler takes you on a challenging but intellectually invigorating journey through American history. More than merely debunking accepted accounts, you'll be able to replace these misconceptions with insightful truths.



## Environmental Film: *Holding Back the Tide*

Monday, December 22nd, 7:15pm  
Channel 972

*Holding Back the Tide* (2023) is an impressionistic documentary by Emily Packer exploring New York City's history as the former oyster capital, the scourge of pollution in the myriad of



waterways surrounding the city leading to its ecological decline, and then, more recently, triumphant revitalization efforts. Using the transformative, gender-fluid oyster as a central metaphor for survival, community, and environmental hope against big-city challenges, the film blends interviews, archival footage, and dreamy visuals which connect oyster biology (like filtering water) with human stories and an intersectional, anti-individualist vision for a sustainable future.

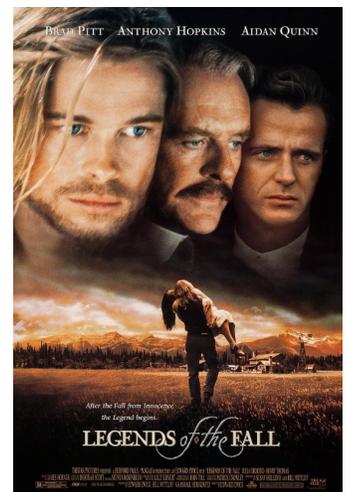
*The Green Team*

## Movie: *Legends of the Fall*

Sunday, December 21st, 6:30pm  
R, 2h 13m, Channel 972

Cast: Brad Pitt,  
Anthony Hopkins,  
Aidan Quinn

In the early 1900s, three brothers and their father living in the remote wilderness of Montana are affected by betrayal, history, love, nature, and war.

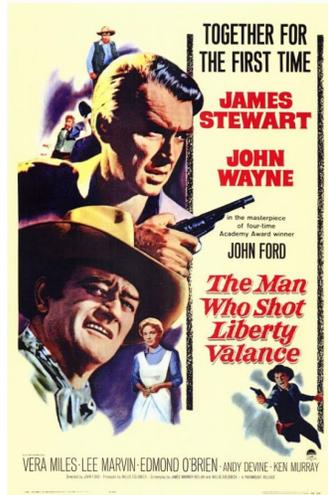


## Movie: *The Man Who Shot Liberty Valance*

Tuesday, December 23rd, 2:00pm  
Approved, 2h 3m, Channel 972

**Cast:** James Stewart, John Wayne, Vera Miles

A senator returns to a Western town for the funeral of an old friend and tells the story of his origins.

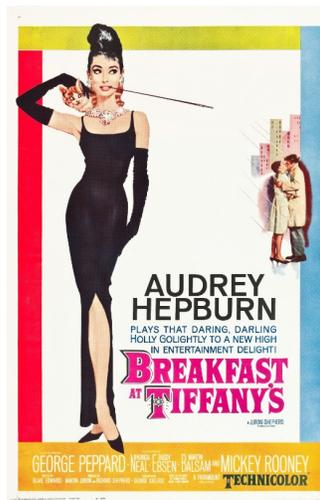


## Movie: *Breakfast at Tiffany's*

Thursday, December 25th, 7:15pm  
Approved, 1h 55m, Channel 972

**Cast:** Audrey Hepburn, George Peppard, Patricia Neal

A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.

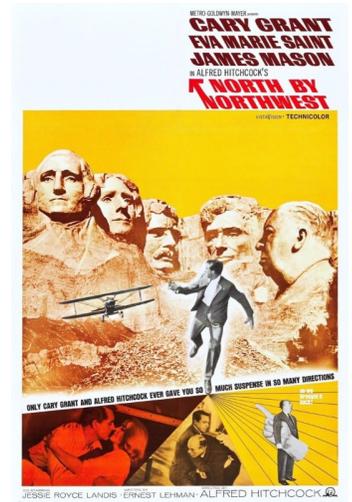


## Movie: *North by Northwest*

Saturday, December 27th, 7:15pm  
Approved, 2h 16m, Channel 972

**Cast:** Cary Grant, Eva Marie Saint, James Mason

A New York City advertising executive goes on the run after being mistaken for a government agent by a group of foreign spies, and falls for a woman whose loyalties he begins to doubt.



## Movie: *Erin Brockovich*

Sunday, December 28th, 6:30pm  
R, 2h 11m, Channel 972

**Cast:** Julia Roberts, Albert Finney, David Brisbin

A flamboyant law firm secretary works tirelessly to gain justice for a small town wrecked by a utility company's pollution.



# The Weekly Schedule

Sunday, December 21, 2025—Sunday, December 28, 2025

Events listed in this calendar may be subject to change after the time of printing.  
For the most up-to-date schedule, consult Uniguest at [www.gh-a.org](http://www.gh-a.org)

Events created for Richmond & Dominion are labeled with "R&D." Due to space limitations,  
Richmond & Dominion residents have priority at them.

## Residential Living, Richmond & Dominion Schedule

### Cancellations

Monday, December 22nd

**Beginning Line Dancing**  
**Grounds & Landscaping Committee**

Tuesday, December 23rd

**Residents' Council Listens**  
**Wii Bowling (Cancelled Until Jan.)**

Thursday, December 25th

**AM Painting & Drawing**  
**Chess**  
**French Conversation Table**  
**GHA Bell Ringers Choir**  
**Knitters & Crocheters**  
**Morning Yoga**  
**Parkinson's Support Group**  
**PM Painting & Drawing**  
**Scripture, Songs, & Prayers**  
**Seated Strength**  
**Strength & Stretch Class**  
**SH: Chaplain Visits**  
**SH: Games with Ted**  
**SH: Licks of Love Dog Visits**

Friday, December 26th

**SH: Art for Fun**  
**GHA Players Meeting**

### Changes

Mondays

**Aqua Fun Starts at 9:45am**

### Sunday, December 21

9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
2:00: Emmanuel Episcopal Church  
Handbell Choir (AUD) See pg. 6  
3:00: **R&D**: Seated Exercise (CH 971)  
6:30: Movie: *Legends of the Fall*  
(CH 972) See pg. 13

### Monday, December 22

9:00: Fun & Fitness (GX & CH 975)  
9:45: Aqua Fun (Pool)  
10:00: BYOConversation (LR) See pg. 12  
10:00: Catholic Communion & Rosary  
(CHP & CH 974)  
10:00: Trail Blazers: Roosevelt Island  
(LBY, Signup Required)  
11:00: **R&D**: Body & Balance Exercise  
(GX)  
12:00: 12-Step Meeting (For more info.,  
call 202-701-9291.)  
12:00: German Conversation Table (AR)

- 3:00: **R&D**: Holiday Bash with Jesse (RAR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Fillmore Happy Hour (FL)
- 7:15: Environmental Film (CH 972)  
See pg. 13
- 7:30: Concert: Jesse & Max (AUD)  
See pg. 6

## Tuesday, December 23

- 7:45: Morning Yoga (GX, CH 975, & Zoom)
- 9:00: Strength & Stretch Class (GX & CH 975)
- 9:30: Credit Union Open (PR)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Bus to Giant Food (LBY, Signup Required)
- 10:00: Ceramics (AS)
- 10:00: Seamstress (Apt. 426, Floral Arts Room)
- 10:15: Just Dance Class (AUD)
- 11:00: Mat Pilates (GX)
- 1:15: Mah Jongg (LR)
- 2:00: Movie: *The Man Who Shot Liberty Valance* (CH 972) See pg. 14
- 4:00: Tidings of Comfort (CHP & CH 974) See pg. 11
- 4:30: Advanced Tai Chi (GX)

## Wednesday, December 24

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (Pool)
- 10:00: StrongerMemory Group (FL)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company (CH 972)  
See pg. 13
- 11:00: **R&D**: Body & Balance Exercise (GX)
- 1:00: Duplicate Bridge (LR)
- 3:00: Christmas Eve Service (AUD & CH 973) See pg. 11
- 4:00: Pop-Up Technology Assistance (LBY)
- 4:30: Fillmore Happy Hour (FL)
- 7:00: Christmas Eve Service (CHP & CH 973) See pg. 11

Thursday, December 25	Saturday, December 27
<p>11:00: Newcomers Group (BR)</p> <p>11:00: Replay Teaching Company (CH 972)</p> <p>7:15: Movie: <i>Breakfast at Tiffany's</i> (CH 972) See pg. 14</p>	<p>9:30: Pop-Up Technology Assistance (LBY)</p> <p>10:30: Advanced Tai Chi With Instructor (GX)</p> <p>11:30: Beginners' Tai Chi With Instructor (GX)</p> <p>2:00: <b><u>R&amp;D</u></b>: Strength &amp; Stretch Chair Exercise (CH 971)</p> <p>7:15: Movie: <i>North by Northwest</i> (CH 972) See pg. 14</p>
Friday, December 26	Sunday, December 28
<p>7:45: Morning Yoga (GX, CH 975, &amp; Zoom)</p> <p>9:00: Fun &amp; Fitness Video (GX &amp; CH 971)</p> <p>10:00: Replay of Thursday Movie (CH 972)</p> <p>1:30: Shanghai (LR)</p> <p>2:00: Quilting Bees (BR)</p> <p>3:30: Seated Meditation (CHP &amp; CH 974)</p> <p>4:30: Advanced Tai Chi (GX)</p> <p>4:30: Fillmore Happy Hour (FL)</p> <p>4:30: Sabbath Service (CH 971)</p>	<p>9:00: Christmas Lessons &amp; Carols (CHP &amp; CH 974) See pg. 11</p> <p>10:30: Christmas Lessons &amp; Carols (AUD &amp; CH 973) See pg. 11</p> <p>3:00: <b><u>R&amp;D</u></b>: Seated Exercise (CH 971)</p> <p>3:30: <b><u>R&amp;D</u></b>: Poetry Club (RAR)</p> <p>6:30: Movie: <i>Erin Brockovich</i> (CH 972) See pg. 14</p>

# Small Houses Schedule

## Sunday, December 21

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 2:00: Emmanuel Bell Choir (AUD)  
See pg. 6
- 3:00: Open Recreation/Strength &  
Stretch Chair Exercise  
(CH 971 & Care Partner)

## Monday, December 22

- 11:00: Outdoor Club (SH-A)
- 2:45: Tea Party (PW)
- 3:00: Volunteer Visits (SH-A)

## Tuesday, December 23

- 10:30: Individual Visits with Ted  
(SH-A)
- 1:30: Dog Visits with Cashew (SH-A)
- 1:30: Experimental Art (MH)
- 2:45: Snack Cart: Hot Chocolate (OQ)
- 4:00: Tidings of Comfort  
(CHP & CH 974) See pg. 11

## Wednesday, December 24

- 10:40: Mahjong Club (MH)
- 2:00: Exercise with Christie (MH)
- 3:00: Christmas Eve Service  
(AUD & CH 973) See pg. 11
- 4:00: Chaplain Visits (SH-A)

## Thursday, December 25

- 3:00: Volunteer Visits (SH-A)

## Friday, December 26

- 10:30: Licks of Love Dog Visits (SH-A)
- 11:00: News Discussion Group (SN)
- 2:30: Small House Mahjong Club  
(MH)
- 4:30: Sabbath Service (CH 971)

## Saturday, December 27

- 10:30: Licks of Love Dog Visits (SH-A)
- 2:00: Open Recreation/Strength &  
Stretch Chair Exercise  
(Care Partner & CH 971)
- 2:30: NYE Traditions from Around the  
World (MH)

## Sunday, December 28

- 10:30: Christmas Lessons & Carols  
(AUD & CH 973) See pg. 11
- 11:30: Chaplain Visits (SH-A)
- 1:30: National Chocolate Candy Day  
(OQ)
- 3:00: Open Recreation/Strength &  
Stretch Chair Exercise  
(CH 971 & Care Partner)

For a full list of activities, see pages 15-17

## Location Key

AR	Arbor Room— next to the Dining Room/Bistro	CHP	Chapel	POOL	Swimming Pool on Promenade
AS	Art Studio	CL	Clinic	PR	Promenade Level (G1)
ASG	Art Studio Gallery	CTY	Courtyard	PW	Small House Powell
AUD-A	Auditorium A	DDR	Dominion Dining Room, Original Bldg 2nd Floor	RAR	Richmond Activities Room, Original Bldg 3rd Floor
AUD-B	Auditorium B	FL	Fillmore Lounge	RCR	Residents Conference Room
AUD	Auditorium A & B	GR	Game Room on Promenade	RDR	Richmond Dining Room, Original Bldg 3rd Floor
BL	Small House Bluestone	GX	Group Exercise Studio	ROOF	Rooftop Deck
BR	Bishops' Room, 1st Floor of Tower	JA	Small House James	RP	Small House Rappahannock
BST	Bistro	LBY	Lobby	SH-A	Small Houses (All)
CC	Concourse	LR	Living Room	SHG	Small House Gallery
CH 971	Channel 971	MH	Small House Meherrin	SN	Small House Shenandoah
CH 972	Channel 972	MP	Market Place on Promenade	SB	Stonebrook
CH 973	Channel 973	OQ	Small House Occoquan	WL	Small House Willis

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