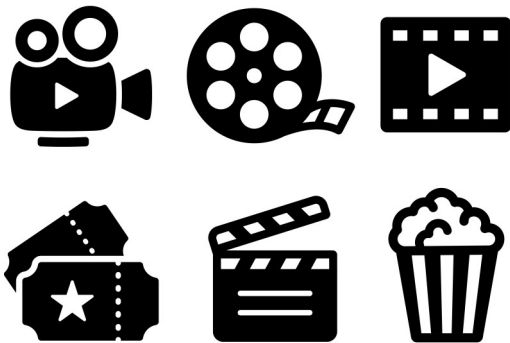


Saturday, August 6, 2022

4800 Fillmore Avenue, Alexandria, VA 22311

## ART FILM: SQUATting THE PALACE: AN INSTALLATION BY KIKI SMITH IN VENICE

**Monday, August 8<sup>th</sup> at 3:00pm**  
**Channel 972**



Multifaceted visual artist Kiki Smith is the subject of this intriguing documentary chronicling the creation, installation and reception of her highly regarded 2005 art exhibition staged in Venice, Italy. Beginning in her New York City digs, Smith works with a variety of media, including clay and paint. The resulting pieces are transported to Venice and installed in eight rooms, where Smith's versatility and creativity provoke thought. 45minutes.

*Jennifer Bennett, Events Coordinator*

## CHANGE FOR AUGUST 13<sup>TH</sup> EDITION OF THE GAZETTE

Leslie LaPlace, the interim *Gazette* editor, will be on vacation the week of August 8th – 12th.

During this time, Jane Rosman, former Executive Assistant, will be responsible for putting together the *Gazette*. The deadline for submission of articles for activities the week of August 14<sup>th</sup> – August 20<sup>th</sup> is **Monday, August 8<sup>th</sup> at 5:00 p.m.** However, you are encouraged to submit your articles early and it's **ALWAYS** appreciated. Articles that are late are **NOT** guaranteed to be included. Email your submissions to [jrosman@goodwinliving.org](mailto:jrosman@goodwinliving.org).

Please remember no fancy formatting and include a title for the article. Your cooperation and patience are greatly appreciated.

*Leslie LaPlace, Fitness Manager  
and Interim Editor*

## AUGUST IS NATIONAL WELLNESS MONTH!



Wellness includes physical, mental, emotional, and spiritual wellbeing. There are small steps that we can take every day to live a healthier and happier life, such as getting more exercise and moving more throughout the day. It is important for our muscles, joints, and bones to move regularly in order to remain healthy. You can benefit from even a small amount of activity: every minute counts when it comes to exercise. If you are thinking of starting an exercise program, there is no time like National Wellness Month to make it happen.

If you are having trouble with any physical activities due to arthritic pain or stiff joints that prevent you from being active, we can help you. Physical therapy focuses on the body's ability to engage in movement such as: getting in and out of chairs, climbing

stairs, walking in your neighborhood, participating in recreational activities, or doing exercise.

Occupational therapy can also provide exercises tailored to reduce pain in specific joints. Our therapists can provide help with daily tasks, advice on using your joints without straining them, or can recommend splints to support your joints while you are working or resting. The exercises your physical therapist or occupational therapist prescribes for you will be designed for your specific condition to help you move and feel better.

If you feel that you may have needs for physical therapy or occupational therapy, please contact our rehab department at 703-824-1244 to schedule an appointment with our therapists. We are happy to help.

*Connie Lee, Director of Rehab*

## GO GREEN: GET THE GAZETTE BY EMAIL

If you would like to opt out of a paper copy and only get the *Gazette* via email on Fridays, please send Leslie LaPlace ([llaplace@goodwinliving.org](mailto:llaplace@goodwinliving.org)) an email.

*Leslie LaPlace, Fitness Manager  
& Interim Editor*

# SENIOR ACADEMY FALL IN-PERSON SESSION



## 2022 FALL SENIOR ACADEMY

FOUR-WEEK IN-PERSON SESSIONS  
WEDNESDAY MORNINGS 9:30 AM - 12 NOON  
SEPTEMBER 7, 14, 21 & 28

This Fall 4-Week Senior Academy is back in-person.

Participants will hear about:

- How the city operates with remarks from the Mayor and City Manager
- Services and programs for older adults
- Education and Recreation programs
- How to get engaged

### For More Info

Please call Senior Services of Alexandria at  
(703) 836 4414 ext. 110.

Registration begins July 15  
online at [seniorservicesalex.org](http://seniorservicesalex.org).



SSA is excited to offer the Fall Senior Academy session in person from 9:30 am to noon starting Wednesday September 7 and continuing every Wednesday morning through September 28. Participants will hear from city leaders, including the Mayor and City Manager about how the city operates, programs and resources for older adults, and how they can get engaged in the community. Attendees will meet at a different venue each week beginning at City Hall, followed by Police Headquarters, Charles Houston Recreation Center, and Beatley Library. The sessions are interactive and free to residents 60 and older. You can register online at

Academy or call 703-836-4414, ext. 110. Registration closes on Monday, August 22, at 5pm.

Enrollment is limited to 25 Alexandria City residents age 60 and older. You can download an application at [SeniorAcademyApplication](#).

*Kim Butler, Director of Life Enrichment*

## WELCOME TO THE NEW ARTS COORDINATOR: ALISON SCHROEDER

Life Enrichment welcomes Alison Schroeder as the new Arts Coordinator. She is already working with residents, and planning classes and exhibitions. Please stop by and say hi! A longer article will be in the August 13th edition of the *Gazette*.

*Kim Butler, Director of Life Enrichment*

### In Memoriam

KAY WHITE  
August 1, 2022

LOUISE FORSTALL  
August 2, 2022

PAULA STEPHENSON  
August 3, 2022

CAROLINE JOHNSTON  
August 4, 2022

## SPIRITUAL LIFE EVENT: “ISRAEL - THEN & NOW”

Sunday August 14

3:00 pm in the Auditorium & TV 973

Israel is a melting pot of faiths (Jewish, Muslim, Christian, with a sprinkling of others such as Bahai) and cultures (Western, Eastern, African, Mediterranean, and people who have been there for millennia such as Bedouins and Druze). Rabbi Gail Fisher went to Israel to study for two months this summer, interacting with people of all three Abrahamic religions while visiting many sites featured in the Jewish and Christian Bibles and in the Quran. She will give a slideshow presentation of some of the highlights of this trip on Sunday August 14, in the auditorium at 3:00 PM and broadcast on Channel 973. Have you ever wondered what the Garden of Gethsemane looks like or where exactly Peter lived with his mother-in-law in Capernaum? What was the view of the Promised Land that Moses had from the top of Mount Nebo? Come and see pictures of these meaningful sites and many more.



*The Rev. J. Bruce Stewart, Director of  
Chaplaincy Services*

## PHOTO CLUB MEETING

Friday August 12<sup>th</sup> at 1:00 pm  
Art Center

Friday  
August 12 at  
1 PM in the  
Art Center,  
we will have  
our first



Photo Club meeting after the departure of Lindsay. We will be looking at members' photos, learning about them, talking about them, and there will be no other structure to this meeting. Anyone who likes photography is welcome to attend! Email Tom Schum with any questions at [thomasjschum@yahoo.com](mailto:thomasjschum@yahoo.com).

*Tom Schum, Resident*

## DICK'S TEASER

A **rebus** is a picture puzzle that represents a name, word or expression. What is represented by the following rebus?

T I R A L  
R A I T L  
L T R A I  
I A L T R

*Dick Pellerin, Resident*

(The answer is on page 7.)

## SEASONAL SELECTION: TOMATOES



This week's seasonal selection is the humble tomato, the supporting actor of many dishes we enjoy on a daily basis. While tomatoes can be enjoyed in a number of dishes, summer is the time to enjoy a fresh, sun-ripened tomato right off the vine. Although many people think of tomatoes as a vegetable, botanically speaking tomatoes are considered a fruit! You can find tomatoes in a multitude of colors, such as purple or green, with the red variety being the most predominant in grocery stores. Tomatoes are a great source of vitamin C, potassium, folate, and vitamin K. Additionally, they contain an antioxidant called lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. The highest concentrations of lycopene are found in the skin of the tomato, and the redder the tomato is, the more lycopene it has. Consuming tomatoes with a healthy fat can increase your absorption of lycopene by up to

four times! On the menu this week we will have a refreshing cucumber tomato feta salad and a delightful tomato Florentine soup to accompany your meal. Entrée options include a savory grilled cheese and tomato sandwich option, as well as a hearty pasta ziti with tomato and cheese. We hope you enjoy our wonderful selection of dishes that feature the heart-healthy tomato!

*Audie Spear, Dietetic Intern*

## THE CLOCK IS TICKING....

Friday, August 12th is the last day to submit to the nominating committee the name of any resident candidate (including yourself) for the upcoming September election to the Residents' Council. Members of the nominating committee are: Jackie Phillips, Chair, Pierre Shostal, Faye Woodrow, and Khacki Berry.

As you know, our twelve-member Council meets with the Administration monthly to consider matters brought to its attention by residents and to review the status of current programs. It is a collaborative and vital organization in our life at GHA!

*Jackie Phillips, Resident*

## MUSIC EDUCATION SERIES WITH QUENTIN WALSTON

**Monday August 15<sup>th</sup> at 3:00pm  
Auditorium**

Quentin Walston's musical seminars are more than a public speaking event! These educational concerts combine Quentin's highly acclaimed solo piano performance with music history, appreciation, and more. GHA will be bringing one class each month through November, this week's topic will be Great American Songbook & Jazz!

*Jennifer Bennett, Events Coordinator*



## COURTYARD CONCERT: THE JAZZ TROTTERS

**Wednesday August 10<sup>th</sup> at 4:00pm  
Courtyard**

The Jazz Trotters band explores the world of Traditional jazz with a nod to Elmer Snowden, with Banjo, Upright Bass and piano.

*Jennifer Bennett, Events Coordinator*

## BINGO WITH RAY HAWN

**Tuesday August 9th at 7:30pm  
Auditorium**

Come to the auditorium to enjoy bingo with Ray Hawn. There is always laughter, fun, and prizes!

*Jennifer Bennett, Events Coordinator*

## BROWN BAG COLLECTION RESUMES

I'm back in business! You're welcome to drop off bags at Apt. 955, or call/email me and I'll pick them up. Bags must have handles and be heavy brown paper or plastic, sturdy enough for a load of groceries. The bags are used by the Mother of Light Food Pantry in the Arlandria neighborhood of Alexandria.

Thanks for supporting the cause!

*Meredith Wade, Resident*



## DMV TO VISIT GH: REAL ID PRESENTATION

**Friday August 19<sup>th</sup> at  
10:00 am – 3:30pm  
Auditorium B  
Sign-up Required**

Representatives from the Virginia Department of Motor Vehicles (DMV) will be here on **Friday August 19<sup>th</sup>** to process your REAL ID application or any other DMV transaction (except for vital records and testing). **You must sign up for a specific time slot.** The sign-up sheet is in the Activities Binder under the “Special Events” tab.

REAL ID is an important change in federal identification requirements. **Beginning May 2, 2023**, state-issued driver’s licenses or IDs presented to board a domestic airline flight must be REAL ID-compliant. Several other forms of ID also will be accepted for domestic flights, including a U.S. passport, passport card, and some military IDs.

To apply for a REAL ID, you must show a number of very specific identification documents. If you want to apply for a REAL ID, **please be sure to look at the requirements**, which can be found on the counter in the Residents’ Business Center and which will be sent to you if you signed up for REAL ID in the Activities Binder.

When the DMV is here, you can get in-

formation about getting a REAL ID, apply for your REAL ID, or do almost any other DMV transaction including car registration and applying for a regular ID card. A team from DMV Connect, the agency’s “office in a suitcase” will be here to help you — right here at GH!

*Jennifer Bennett, Events Coordinator*



## DICK'S TEASER SOLUTION:

The rebus represents the expression “**TRAIL MIX**.” (Some of you might suggest “**mistrials**” because the word **TRIAL** is **misspelled**.)

*Dick Pellerin, Resident*

## ORIGAMI WORKSHOP

**Monday August 29<sup>th</sup> at 10 am**  
**Art Studio**

On August 29<sup>th</sup>, we will have a beginner origami workshop in the Art Studio with two local origami instructors: Michiko Okuma and Naoko Kamioka. This class will focus on beginner folds making a flower and other simple models. Come join us for some fun and folding! Sign up in the Activities binder.



About our instructors:

### **Michiko Okuma**

I'm a certified junior teacher at Taro's Origami Studio since 2021. I've been active as an Origami instructor at local festivals or after school origami classes since I moved to Washington DC five years ago. I also enjoy decorating my house with origami flower arrangements or seasonal wreaths.

### **Naoko Kamioka**

During the past thirty years I've worked for education programs in developing countries in Latin America, Africa, and Asia. Now I am involved in education support in the DC area, especially in underserved communities. I teach part time at a

Spanish-immersion preschool, and offer origami instruction in the programs of SJA (Study Japanese in Arlington) and Homeless Children's Playtime.

*Alison Schroeder, Arts Coordinator*

## CERAMICS GROUP

**Thursdays at 10:00 am**  
**Art Studio**

Our wonderful resident ceramicists plan to continue their open studio for ceramics on Thursday mornings at 10 am. Alison Schroeder, our new Arts Coordinator, will be joining you all to learn about your ceramics interests. Please feel welcome to work communally on ceramics during this time.

*Alison Schroeder, Arts Coordinator*

## CHANGE IN DATE: ACRYLIC CLASS

**Tuesdays and Fridays at 10:00 am**  
**Art Studio**

The acrylic class has been changed to Tuesdays and Fridays at 10 am in the art studio, starting August 9<sup>th</sup>. It had previously been advertised as Tuesdays and Thursdays. If you have signed up, you should have received an email notifying you of this change. Thank you for understanding.

*Alison Schroeder, Arts Coordinator*

## NEW SOCIAL WORK STAFF MEMBERS

Hilary Valenstein, LCSW will be joining the Social Work team on August 1<sup>st</sup>. She will be the Social Worker for the Small Houses. Hilary is coming from Fairfax County, where she provided services for older adults in the community. Hilary is returning to Goodwin House. She previously served as the healthcare Social Worker at GHBC, so she will arrive with a great deal of knowledge. Please welcome her to Goodwin House Alexandria.

Kyleah Harper has been our Social Work intern this summer. She will continue her internship two days per week this fall, but in addition will be our Social Services Coordinator three days per week starting August 8<sup>th</sup>, so please join us in congratulating Kyleah and welcoming her.

*Monica Thomas,  
Director of Social Work*

## COVID NUMBERS

4 resident cases, 7 staff cases, as of August 5.

## A MESSAGE FROM GOODWIN HOUSE HOME CARE

The Goodwin House Home Care (GHHC) Team is proud of the services we offer our residents and strives to provide personalized attention to each person we serve. GHHC will no longer provide pet care services after September 30, 2022. If you need assistance locating services for dog walking or other pet care, please contact your social worker who can assist you in finding a local service provider.

*The Goodwin House  
Home Care Team*

## SING-ALONG SATURDAY Saturday August 13<sup>th</sup> at 1:30 pm Auditorium

Please join us Saturday, August 13, at 1:30 pm in the auditorium for our next edition of "The Great American Sing-Along." You are welcome to join us in singing along with or just listening to these "golden oldies." After this one, the next Sing-Along will be on Saturday, August 27.

*Jim Carroll and Dick Pellerin, Residents*



# The Weekly Schedule

Sunday, August 7, 2022 — Sunday, August 14, 2022

(The room location key is at the end of this calendar.)

## Located in Common Areas

### Sunday, August 7

8:15: Classical Stretch —GX

9:00: Holy Eucharist —CHP & CH 974

10:30: Holy Eucharist—AUD-AB & CH 973

1:30: Weekend Wii Bowling —GX

6:30: Sunday Movie: —CH 972

*FATHER STU* (2022) R Drama, 2h 4m. In this fact-based drama, Stuart Long is an angry agnostic when he arrives at college. But after a failed boxing career and a near-fatal motorcycle wreck, he discovers the faith that leads to his redemption and, eventually, the priesthood. Fabulous story that leaves you with all the right ways to express and treat your family and life with understanding, love, and support. A terrific way to respond without judging. CAST: Mark Wahlberg, Mel Gibson, Jacki Weaver, Annet Mahendru.

### Monday, August 8

9:00: Fun & Fitness —CH 971 & GX

9:00: Trail Blazers: Lake Accotink— LBY

9:30: Aqua Fun —POOL—(Canceled)

10:00: BYOConversation (Canceled)

BYOConversation will take a break in August, returning after Labor Day (on September 12, at 10:00).

10:00: Catholic Communion & Rosary —CHP & CH 974

11:00: Beginners Line Dancing —AUD-A

3:00: 12-Step Meeting — Call 703-399-6109 for more information.

3:00: Art Film—CH 972 (See the article on page 6.)

3:15: Seated Meditation —CHP & CH 974

### Tuesday, August 9

7:45: Morning Yoga —GX & Zoom

9:00: Strength & Stretch Class —GX & CH 971

9:30: Credit Union Open —PR

10:00: Yoga Strength —GX & CH 975

10:00 Acrylic Painting Class—AS

10:00: Bus to Giant Food —LBY  
 10:00: Residents' Council Meeting—  
**(Canceled)**  
 10:00: Seamstress— Rm 426  
 10:00: Vendor: Mary Kay Cosmetics—  
 CC  
 11:00: Bible Study —CHP  
 11:00: Movie Committee—BR  
 1:00: Bus to Giant Food —LBY  
 1:15: Total Brain & Body Fitness—GX &  
 CH 975  
 1:30: Mah Jongg —FL  
 2:00: Wii Bowling —GX  
 2:00: Movie —CH 972

*THE DEFIANT ONES* (1958) PG-13  
 Drama, 97m. Thought-provoking  
 story about racism revolves around  
 two prisoners – one white, one  
 black – who escape from a chain  
 gang in the rural South. Shackled  
 together, "Joker" Jackson (Tony  
 Curtis) and Noah Cullen (Sidney  
 Poitier), flee from the police on  
 their trail. They hate each other but  
 know they have to cooperate if  
 they are to make it to a train which  
 will take them North, to freedom.  
 Meanwhile, Sheriff Max Muller  
 (Theodore Bikel) organizes a posse  
 to track them down. Joker and  
 Noah reach a small farm where a  
 lonely woman helps them get rid  
 of their chains. She offers to drive  
 her car with Joker and her son Billy

while Noah would escape through  
 the swamp to the railroad. But  
 when Joker learns that she sent  
 Noah to a trap, he leaves her and is  
 shot in the shoulder by Billy. He  
 catches up with Noah in the swamp  
 but, with both in a weakened state,  
 they miss a passing train that could  
 have meant freedom. In a state of  
 collapse and resignation, Joker and  
 Noah sit by the railroad track,  
 watching the Sheriff approach.  
 OTHER CAST: Emmanuel Esparza,  
 Taliana Vargas, Cara Williams,  
 Claude Akins.

4:30: Intermediate Tai Chi Practice —GX  
 7:30: Bingo with Ray Hawn—AUD-AB

### Wednesday, August 10

9:00: Fun & Fitness —CH 975 & GX  
 9:00: Neighborhood Walking Group  
**(Canceled until the fall.)**  
 9:30: Aqua Fun —POOL  
 9:30: Market Place Accepts Donations —  
 MP  
 10:00: Classical Stretch —GX  
 11:00: Prayer Group —CHP  
 11:00: Teaching Company: The Celtic  
 World —CH 972  
 Ep. 21 (Re)Discovering the Celts  
 Ep. 22 The Gaelic Revival in Ireland

1:00: Jazzercise Dance Fitness —GX  
 1:30: Duplicate Bridge—LR  
 2:00: Resident Activities Committee -  
**Canceled**  
 3:15: Seated Meditation —CHP & CH  
 974  
 4:00: Courtyard Concert: The Jazz  
 Trotters—CTY (See the article on page  
 6.)

## Thursday, August 11

7:45: Morning Yoga —GX & Zoom  
 9:00: Strength & Stretch Class —GX &  
 CH 971  
 9:30: Aqua Fun—POOL  
 10:00: Yoga Strength —GX & CH 975  
 10:00: Ceramics—AS  
 11:00: Scripture, Songs, & Prayers —  
 AUD-AB & CH 973  
 11:00: Wii Bowling —GX  
 1:00: Library Committee Meeting—RCR  
 1:15: Total Brain & Body Fitness —GX &  
 CH 975  
 2:00: Marketing Committee Meeting—  
 RCR  
 2:15: Line Dancing 1 —GX  
 3:00: GHA Players —RCR

7:15: Movie —CH 971

*MEMORY* (2022) R Drama, 1h 54m.  
 Alex Lewis is an expert assassin  
 caught in a moral quagmire. When  
 Alex refuses to complete a job that  
 violates his code, he must quickly  
 hunt and take down the people who  
 hired him before they and FBI agent  
 Vincent Serra find him first. Alex is  
 built for revenge, but with a memory  
 that is beginning to falter, he is forced  
 to question his every action, blurring  
 the line between right and wrong.  
 CAST: Liam Neeson, Guy Pearce,  
 Monica Bellucci, Taj Atwal, Ray  
 Stevenson.

## Friday, August 12

7:45: Morning Yoga —GX & Zoom  
 9:00: Fun & Fitness —CH 975 & GX  
 10:00: Acrylic Painting Class—AS  
 10:00: Replay of Thursday Movie —CH  
 972  
 10:15: Singing Seniors —AUD-AB  
 11:00: Fireside Chats with the Residents  
 Council—LR  
 1:00: Photo Club Meeting—AS (See the  
 article on page 4.)  
 1:30: Bridge—Online  
 2:00: Quilting Bees—BR  
 2:00: Shanghai — LR

3:15: Seated Meditation —CHP & CH 974

4:30: Intermediate Tai Chi Practice —GX

4:30: Jewish Sabbath Service of Comfort & Healing —CHP & CH 971

## Saturday, August 13

8:15: Classical Stretch —GX

10:30: Alzheimer's Caregivers Support Group—ZOOM

11:00: Intermediate Tai Chi w/Instructor —GX

1:30: The Great American Sing-Along—AUD-AB (See the article on page 9.)

3:00: Weekend Wii Bowling —GX

7:15: Movie—CH 971

*TOOTSIE* (1982) PG Comedy, 1h 56m. Michael Dorsey is an unemployed actor with an impossible reputation. In order to find work and fund his friend's play he dresses as a woman, Dorothy Michaels, and lands the part in a daytime drama. Dorsey loses himself in this woman role and essentially becomes Dorothy Michaels, captivating women all around the city and inspiring them to break free from the control of men and become more like Dorsey's initial identity. This newfound role, however, lands

Dorsey in a hot spot between a female friend/'lover,' a female co-star he falls in love with, that co-star's father who falls in love with him, and a male co-star who yearns for his affection. CAST: Dustin Hoffman, Jessica Lange, Teri Garr, Dabney Coleman, Charles Durning, Bill Murray, Sydney Pollack.

## Sunday, August 14

8:15: Classical Stretch —GX

9:00: Holy Eucharist —CHP & CH 974

10:30: Holy Eucharist —AUD-AB & CH 973

1:30: Weekend Wii Bowling —GX

3:00: Spiritual Life Series—AUD & Ch 973 (See the article on page 4.)

6:30: Movie —CH 971

*SECRETARIAT* (2010) PG Drama, 2h 3m. *Secretariat* is a film about the horse and the no-less-brave woman who had faith in him." (Roger Ebert) Housewife and mother Penny Chenery agrees to take over her ailing father's Virginia-based Meadow Stables, despite her lack of horse-racing knowledge. Against all odds, Chenery, with the help of veteran trainer Lucien Laurin and future Hall of Fame Jockey Ronnie Turcotte, manages to navigate the male-dominated world of horse

breeding and training in Virginia in 1969. She wouldn't take no for an answer, ultimately fostering the incomparable Secretariat. The 1973 Triple Crown winner, the first in twenty-five years, he set Kentucky Derby and Belmont Stakes records which still stand. CAST: Diane Lane, John Malkovich, Otto Thorwarth, Fred Thompson, James Cromwell, Scott Glenn.

## Located in Richmond & Dominion

### Sunday, August 7

- 9:00: Holy Eucharist—CHP & CH 974
- 10:30: Holy Eucharist—AUD-AB & CH 973
- 1:30: Weekend Wii Bowling—GX
- 6:30: Sunday Movie: *FATHER STU* — CH 972 (See page 10.)

### Monday, August 8

- 10:00: Catholic Communion & Rosary—CHP & CH 974
- 11:15: Power Braining & Exercise—RAR
- 3:00: Art Film — CH 972 (See the article on page 6.)
- 3:00: Healthy Habits with Alex — RDR

### Tuesday, August 9

- 10:00: Yoga Strength—GX & CH 971
- 10:00: Seamstress — RM 426
- 10:00: Mary Kay — CC
- 11:00: Movie Committee — BR
- 11:00: Bible Study —CHP
- 2:00 Movie: *THE DEFIANT ONES* — CH 972 (See page 11.)

3:00: Power Braining & Exercise — DDR

7:30: Bingo with Ray Hawn — AUD-AB

## Wednesday, August 10

11:00: Teaching Company: The Celtic World—CH 972 (See page 11.)

11:00: Prayer Group —CHP

11:15: Power Braining Exercise — RAR

3:15: Seated Meditation —CHP & CH 974

4:00: Courtyard Concert: The Jazz Trotters — CTY (See the article on page 6.)

## Thursday, August 11

10:00: Yoga Strength—GX & CH 971

10:00: Ceramics — AS

10:30: Dominion Resident Council Meeting — DDR

11:30: Chair Exercise — DDR

1:45: Music Therapy with Abby —DDR

7:15: Movie: *MEMORY* — CH 972 (See page 12.)

## Friday, August 12

10:00: Replay of Thursday movie—CH 972

10:15: Singing Seniors—AUD-A

1:00: Photo Club Meeting — AS (See the article on page 4.)

2:00: Movie Matinee — RAR

3:00: Conversation Group —RAR

4:30: Sabbath Service —CHP & CH 971

## Saturday, August 13

11:00: Intermediate Tai Chi w/ Instructor—GX

1:30: Great American Sing-Along—AUD-AB (See the article on page 9.)

3:00: Weekend Wii Bowling — GX

7:15: Saturday Movie: *TOOTSIE*—CH 972 (See page 13.)

## Sunday, August 14

9:00: Holy Eucharist —CHP & CH 974

10:30: Holy Eucharist — AUD-AB & CH 973

1:30: Weekend Wii Bowling—GX

3:00: Spiritual Life Series — AUD & Ch 973 (See the article on page 4.)

6:30: Sunday Movie: *SECRETARIAT* - CH 972 (See page 13.)

# Located in Small Houses

## Sunday, August 7

9:00: Holy Eucharist—CHP & CH 974  
10:30: Holy Eucharist —AUD-AB & CH 973  
6:30: Sunday Movie: *FATHER STU* — CH 972 (See page 10.)

## Monday, August 8

10:00: Catholic Communion & Rosary — CHP & CH 974  
10:30: Chair Exercise—WL  
11:00: Music Therapy with Abby — PW  
2:30: Tea Party — SN  
3:00: Art Film—CH 972 (See the article on page 6.)  
3:15: Seated Meditation—CHP & CH 974

## Tuesday, August 9

10:00: Vendor: Mary Kay Cosmetics — CC  
10:30: Brain Teasers — WL  
11:00: Bible Study—CHP  
11:00: Bell Choir — RP

2:00: Elder Grow — MH

2:00 Movie: *THE DEFIANT ONES*— CH 972 (See page 11.)

3:00 Multi-Sensory Room Visits — OQ

## Wednesday, August 10

10:30: Power Braining & Exercise—RP  
11:00: Music Therapy with Abby—WL  
11:00: Prayer Group—CHP  
11:00: Teaching Company: The Celtic World —CH 972  
2:30: Geology Discovery — PW  
3:15: Seated Meditation — CHP & Ch 974  
4:00: Courtyard Concert — The Jazz Trotters (See the article on page 6.)

## Thursday, August 11

11:00: Scripture, Songs, & Prayers—AUD & CH 973  
1:30: Stronger Memory Individual Visits — SH-A  
2:30: Nutrition Bingo — WL  
7:15: Movie: *MEMORY* —CH 972 (See page 12.)

## Friday, August 12

10:00: Replay of Thursday movie—CH 972

10:30: Painting Pod —RP

11:00: Music Therapy with Abby—OQ

2:30: Card Games: Gin Rummy— SN

3:15: Seated Meditation—CHP & CH 974

4:30: Sabbath Service —CHP & CH 974

## Saturday, August 13

10:30: Dog Visits — SH-A

1:30: Great American Sing-Along — AUD-AB (See the article on page 9.)

3:00: Music with Barbara—WL

3:30 Music with Barbara—RP

7:15: Movie: *TOOTSIE*—CH 972 (See page 13.)

## Sunday, August 14

9:00: Holy Eucharist —CHP & CH 974

10:30: Holy Eucharist — AUD-AB & CH 973

3:00: Spiritual Life Series — AUD-AB &CH 973 (See the article on page 4.)

6:30: Sunday Movie: *SECRETARIAT*—CH 972 (See page 13.)

## LOCATION KEY

AR = Arbor Room next to the Dining Room/ Bistro	FP = Fillmore Patio	Room, Original Building 3rd Floor
AS = Art Studio	GR = Game Room on Promenade	ROOF = Rooftop Deck
ASG = Art Studio Gallery	GX = Group EX Studio	RP = Small House Rappahannock
AUD-A = Auditorium A	JA = Small House James	SH-A = Small Houses
AUD-B = Auditorium B	LBY = Lobby	SHG = Small House Gallery
AUD-AB = Auditorium AB	LR = Living Room	SN= Small House Shenandoah
AUD-ABC = Auditorium ABC	MH = Small House Meherrin	WL = Small House Willis
BL = Small House Bluestone	MP = Market Place on Promenade	
BR = Bishops' Room First Floor Tower	OQ = Small House Occoquan	
BST = Bistro	POOL = Swimming Pool on Promenade	
CC = Concourse	PT = Physical & Occupational Therapy on Promenade	
CH 971 = Channel 971	PR = Promenade	
CH 972 = Channel 972	PSCR = Promenade Small Conference Room	
CH 973 = Channel 973	PW = Small House Powell	
CHP = Chapel	RAR = Richmond Activities Room, Original Building 3rd Floor	
CL = Clinic	RCR = Residents' Conference Room	
CTY = Courtyard	RDR = Richmond Dining	
DDR = Dominion Dining Room, Original Building 2nd Floor		
FL = Fillmore Lounge		