

COMMON SENIOR EYE PROBLEMS

2:30 PM

Auditorium AB

August 24

Dr. Dodge Perry graduated from James Madison University and Illinois College of Optometry (ICO) with honors in 2010. He is past president of the local optometric board and is a member of the Air Force Reserve. Dr. Perry is married and enjoys swing dancing, pottery, and rock climbing. Dr. Perry is part of Nova Vision Center located in Bailey’s Crossroads. Dr. Perry works with Dr. Sarah Terlesky who sees residents here at Goodwin House Alexandria in all levels of living.

Dr. Perry will speak in the Auditorium August 24th at 2:30 PM.

I’ve heard Dr. Perry speak and you don’t want to miss this.

*Catherine Farmer
Director of Clinical Services*



WELCOME OUR NEW ARTS COORDINATOR

Alison Lee Schroeder

Alison was born in Washington, DC to a Colombian-American family. She earned a BFA from Rhode Island School of Design and an MFA from Universidad Autónoma del Estado de Morelos. She spent 12 years living in Cuernavaca, Morelos, about an hour south of Mexico City.



Alison has been teaching art for almost two decades and exhibits her work in galleries and museums. In addition to making art, she loves gardening, biking, reading, and cooking Mexican food for her family. She lives with her husband, two sons, their dog, and a bearded dragon named Pedro.

Alison Lee Schroeder, Arts Coordinator

Hollywood 90’s Tea Party Celebration (delayed)

Due to the recent outbreak of Covid cases the difficult decision was made to postpone the celebration until later in the year.

Jennifer Bennett, Events Coordinator

ENVIRONMENTAL SERVICES COMMITTEE

3:00 p.m.

Fillmore Dining Room

Monday, August 15

The Environmental Services Committee will hold its August meeting on Monday, August 15 at 3 PM in the Fillmore Room. All are welcome to attend.

Peggy Burke, Resident

DICK'S TEASER

The answer to each of the following clues is a word, name, phrase or saying that contains the word BIG.

1. IBM's nickname.
2. The leading explanation for how the universe began from small dense matter and expanded outward
3. A group of seven stars in the constellation Ursa Major
4. More pressing concerns, more important things to do
5. Proverb that Theodore Roosevelt used to describe his foreign policy.

Dick Pellerin

Resident

Answers on page 6

**REMINDER: SPIRITUAL LIFE
EVENT: "Israel - Then & Now"
Photos & Tales with Rabbi Gail
3:00 p.m.
Sunday, August 14
Auditorium & CH 973**

TOWN HALL

3:00 p.m.

Auditorium & CH 973

Wednesday, August 17

Town Hall Agenda

Our monthly Town Hall will be held on Wednesday, August 17 at 3 p.m. Following is the agenda, subject to change:

- Welcome—Barbara D'Agostino
- Status of paint, carpet, and lighting in resident hallways
- Rendering of Rooftop-contract awarded
- Introduction of Jackie Barbarito, Interim Healthcare Administrator
- Introduction of Anam Yasin, Interim Assisted Living Manager
- Judy Bryan: Resident Council News
- Barbara Bolin: Baby Farm Animal Gran
- Bruce Stewart: Summer Events
- Kim Butler: Life Enrichment Programs
- Sterling Lindsay: Dining Updates

Barbara D'Agostino

Executive Director

ADMINISTRATION

Carpet

The carpet installation continues in the Tower and should be complete in a few weeks. Then the installers will move to the Original Building, starting on the 9th floor and working their way down. Please remember to remove any personal items from the hallways. (continued on page 9)

THE GHA GREEN TEAM

10:30 am

Wednesday, August 17

AUD A

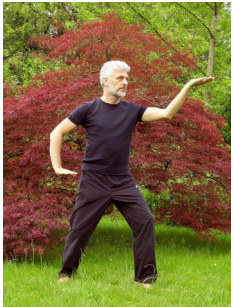


The Team will consider water usage issues, recycling issues, launching an Environmental Film series and launching a

Green Team Environmental newsletter among other items . All are welcome.

James Carroll

TAI CHI FOR BEGINNERS



A Beginners' Tai Chi class will be offered at GHA starting Saturday, September 17 from 11:30 to 12:30 in the Group Exercise Room (GX), taught by Jorge Banales,

the current instructor for the advanced class. He will be teaching the Beijing 24 style of Tai Chi which uses 24 moves. Due to the number of moves, participants should be prepared for a commitment of several months to learn and practice to achieve mastery of the entire sequence. This form enables beginners to concentrate on and appreciate the essential principles of Tai Chi of effortless movement, relaxation, and awareness of the mind and body as one.

This mind-body practice originated in China as a martial art and has value in overall well-being.

Some of the benefits of Tai Chi include:

- the reduction of stress, anxiety, and depression, and the enhancement of mood
- greater aerobic capacity and muscle strength
- more energy and stamina
- lower blood pressure and improved heart health
- reduced inflammation
- improved muscle strength and flexibility

This Tai Chi class is appropriate for those who can move freely without assistive devices including those who have never practiced Tai Chi or those who have done it in the past and may wish to resume the practice. Jorge will start with the basics of breathing and balance, with each new movement repeated until mastered. In addition to the Saturday class, a practice session will be available on Wednesdays at 3:00 in the GX facilitated by an advanced class participant. A video of the entire form can be accessed in Touchtown for individual practice.

There will a sign-up sheet available on August 22 for those interested in joining the class on September 17. At this time, the maximum number is limited to 10 participants plus a waiting list. We welcome anyone who wishes to explore this peaceful and healthful practice.

*Leslie LaPlace
Fitness Manager*

ART FILM:

My Name Is Alan, and I Paint Pictures

3:00 p.m.

Channel 972

Monday, August 15th

Filmmaker Johnny Boston explores the creative process and the definition of art in this revealing documentary portrait of Alan Russell-Cowan, an aspiring painter who suffers from paranoid schizophrenia. For Alan, painting provides a release from his symptoms, but his delusions and auditory hallucinations are also key contributors to his artistic vision. Through his work, a real picture of mental illness becomes clear. 1h 16m

Jennifer Bennett
Events Coordinator

COURTYARD CONCERT

Old Dominion Trio

4:00 p.m.

Courtyard

Wednesday, August 17th

The Old Dominion trio plays a wide selection of songs that everyone loves — classics like Frank Sinatra, Elvis Presley, Jerry Lee Lewis, James Brown, Little Richard, Nat King Cole, Willie Nelson, and many other music greats. Their songs put a smile on all our faces, and bring back beautiful memories in our hearts. You'll feel like getting up and dancing.

Jennifer Bennett
Events Coordinator

REMINDER:

Music Education Series with Quentin Walston

3:00 p.m.

Auditorium

Monday, August 15th

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 The Great American Songbook & Jazz!



Jennifer Bennett
Events Coordinator

LIFE ENRICHMENT EMAILS

If you would like to receive emails about activities in the Life Enrichment department, please send an email to jbennett@goodwinliving.org. These emails will include information on upcoming programs, notifications of any program changes as well as reminders of programs of the day. Emails will be sent out via bcc (blind copy).

Jennifer Bennett, Events Coordinator

The deadline for the weekly *Gazette* is **every Monday at 5:00 p.m.** Please email articles of 150 words or fewer to: llaplace@goodwinliving.org & jrosman@goodwinliving.org (no handwritten or printed articles will be accepted).

DINING SERVICES

Thank You

Dining Services would like to express our deep appreciation to all residents for their patience, understanding, and good will during our time of staffing shortages and service challenges. We are eager to resume full menu options in all venues as soon as possible.

*Sterling Lindsay
Dining Services*

DINING SERVICES

Something for Everyone on the Always Available Menu

Dining Services is pleased to accommodate the diverse culinary preferences, restrictions, and intolerances of our residents. While we strive to offer foods all our residents can enjoy, we realize that it's hard to accommodate everyone's needs on one menu.

As a result, I want to remind you all of our "always available" menu, which includes items that our team of cooks can prepare by request as desired. For entrees, we are always able to prepare either white or dark meat chicken, the fish of the day, or an omelet. For side dishes we can provide carrots, green peas, sautéed spinach, green beans, baked potatoes, mashed potatoes, or baked sweet potatoes.

Please let us know if there is some other menu item that you would like to see on the Always Available menu.

If you have questions or concerns about your diet and nutritional needs, please do not hesitate to contact me for a private consultation. You can reach me at 703-824-1263 or AFreiman@goodwinhouse.org

*Alexandra Freiman
Registered Dietitian*

DMV

10:00 am to 3:30 pm
Auditorium B
Friday August 19
Sign-Up Required

Representatives from the **Department of Motor Vehicles** will be here on Friday August 19th to process your REAL ID application or any other DMV transaction (except for vital records and testing.) Information on the REAL ID is available in the Residents' Business Office.

You must sign up for a specific time slot. The sign-up sheet is in the Activities Binder under the "Special Activities" tab.

*Jennifer Bennett
Activities Coordinator*

COVID NUMBERS

7 Staff members and 4 residents
as of Thursday, August 18

TEACHING COMPANY

Time to Select the Next Teaching Lectures

Please review the three options for next Teaching Company Lectures through Great Courses. Please email or call me with your selection, jbennett@goodwinliving.org or 703-824-1225, by Wednesday, August 17th.

1. The World's Greatest Geological Wonders: 36 Spectacular Sites. This will be shown over 18 weeks with two 30 minute lectures each week.

During more than three decades as an award-winning teacher and geophysicist, Professor Wyssession has traveled the globe, getting to know Earth's most intriguing geological formations. In *The World's Greatest Geological Wonders*, he focuses on the leading contenders in 36 categories, from deserts to river deltas to fossil quarries to fjords. After touring his top choice in detail, he presents at least four runners-up that are every bit as spectacular. By the time you complete this course, you will have experienced more than 200 different geological wonders in nearly 120 countries.

2. Understanding the Dark Side of Human Nature. This will be shown of 12 weeks with two 30 minute lectures shown each week.

Thinkers from across the world and in many different eras have considered the dark side of human nature, and that's why this course will adopt a cross-cultural approach, investigating perspectives from many different traditions—from the Hindu Bhagavad Gita and the Buddhist Way of the Bodhisattva to the Christian Bible and the

scholarship of contemporary philosophers and psychologists. In this course, you won't just find yourself seeking answers to some of life's biggest questions—you'll also discover entirely new ideas from traditions you've not yet encountered.

3. America's Founding Fathers. This will be shown over 18 weeks with two 30 minute lectures being shown each week.

America's Founding Fathers is a deep dive into the creation of the U.S. Constitution as it actually happened – not as many are led to believe it happened. Professor Guelzo delivers 36 compelling lectures on the remarkable men who played their own unique role in the creation (and survival) of American democracy. Using the Founding Fathers as a lens through which to see powerful truths about the early political history of the United States, you'll better understand both the document under which Americans live and the people who brought it into being.

Jennifer Bennett, Events Coordinator

Dick's Teaser Solution:

1. BIG Blue
2. The BIG bang theory
3. The BIG dipper
4. BIGger fish to fry
5. Speak softly and carry a BIG stick

*Dick Pellerin
Resident*

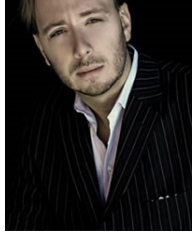
AFTERNOON CONCERT

Thomas Pandolphi

4:00 p.m. Tuesday

August 23rd

Auditorium



American pianist Thomas Pandolphi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audiences worldwide, and showered with superlatives by critics for his passionate artistry and amazing technique. His remarkably warm and communicative tone uniquely "sings", projecting the poetry and emotion of whatever he plays. Thomas truly touches the hearts of all who hear him. His virtuosity is breathtaking, and his sense of phrasing and command of style are marvelously convincing.

Jennifer Bennett
Events Coordinator

GHA BOOK CLUB

The GHA Book Club is not a membership organization, and is always open to new Readers. We are able to borrow 10 to 12 copies of each month's book from the Fairfax Library.

Residents interested in borrowing a copy of the book and participating in the discussion the following month can sign up in the Activities Binder, under the orange Book Club tab towards the back

of the notebook. They should check under "book" and "meeting". And those who have their own copy or are going to read the book via Kindle or Talking Books should just check under Meeting.



Please do not borrow a book if you aren't interested in participating in the next month's discussion, as copies are limited. Each month one of the participants guides the discussion, with questions eliciting conversation.

Since the Book Club does not meet in August, our next meeting will be held on September 20, when we will discuss the book *Circling the Sun*, by Paula McLean.

This work of historical fiction tells the story of Beryl Markham, an English woman who grew up and lived in colonial Kenya in the early 20th century. An adventuress and feminist, Beryl was a skilled horse trainer and pioneering aviatrix, the first to fly solo east to west across the Atlantic.

Feel free to contact us with any questions.

Natalie Rooney
Sande O'Keefe
Joan McCulla
Residents

JOIN OUR MEMORY CAFÉ!

10:30 a.m. — 12:00 p.m.

Thursday, August 18

Arbor Room

Please come and join us for our first Memory Café! A memory café is a welcoming place for those who have brain changes and their loved ones to socialize, develop new friendships and learn how to support each other. We will be serving coffee and some light pastries. The Memory Café will meet once a month and will include time to socialize and time to learn and engage with a new activity each month. If you are interested in being a part of our Memory Café, please join us for our initial meeting. If you have any questions about the program please contact Peri Weinfeldt at: pweinfeldt@goodwinliving.org or 703-578-7211.

Peri Weinfeldt,
Stronger Memory Coordinator

ANY POKER PLAYERS OUT THERE?



If you would be interested in being part of a weekly or monthly poker game, please email Jennifer Bennett at: jbennett@goodwinliving.org or call her at 703-824-1225. I have been approached by a few residents about getting a group started up again.

Jennifer Bennett, Events Coordinator

GUEST PREACHER AND PRESIDER

9:00 am in the Chapel & CH 974

10:30 am in the Auditorium & CH 973

Sundays, August 21 & 28

The Rev. Patricia Lyons, will be our guest presider and preacher for the next two **Sundays, August 21 and 28** at both services, 9:00 a.m. in the Chapel and 10:30 a.m. in the Auditorium.



We are delighted to welcome back this guest as she was a former Chaplain Intern in Clinical Pastoral Education at Goodwin House and her mother, Lorna Lyons, is a resident here at GHA! Tricia has served on the staff of the Episcopal Diocese of Washington Learning and Senior Advisor to the Dean for Evangelism Initiatives at Virginia Theological Seminary. Chaplain Bruce will be away for some much awaited vacation.

LIVING BY HEART

Living by Heart

2:00 p.m.

Wednesday, August 17

Chapel

“There’s a Summer Place”

is that place where you would go for rest, recreation, vacation, healing. Would you go alone, with family, with friends? We will gather at 2:00 p.m., Wednesday, August 17, in the Chapel. Bring a song, poem, story, object, image or memory to illustrate your experiences.



(continued) from page 2

During the installation process, a resident questioned the odor that was emitted from the carpet, which caused me to do a little research. I thought it would be prudent to share with the rest of the resident population, in the event you are also curious about the odor.

I spoke with the President of our carpet company, and he told me in response to my request, that he spoke with the Shaw Industries Representative directly and the carpet being installed meets the CRI Green Label Plus Requirements for Indoor Air Quality Testing Program, all of the carpet being installed is rolled out, inspected, hand cut, and is stored unwrapped for 7 days prior to its installation in an effort to try and eliminate the smell associated with new carpet, and they also use a CRI Green Label Plus approved adhesive. He provided me with the Spec Sheet and MSDS Sheets for the adhesives.

In addition, he will ask his carpet team to open the balcony doors or windows in the lounge area when they begin work. If the carpet is laid on a floor without a balcony, they will open the balcony doors from the floor below to help air out the odor. Our Facilities team will then close the balcony doors or windows at approximately 9 a.m. the following morning.

The smell of new carpet will eventually go away, so thank you for your patience and rest assured that the material being used is safe.

Barbara D'Agostino

AFTERNOON MOVIE

Downton Abbey: The New Era

2:00 p.m.

Tuesday, August 16th

Auditorium

Come to the auditorium to watch Downton Abbey on the big screen! The Crawleys and their staff welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past.

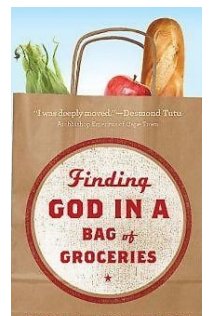
*Jennifer Bennett,
Events Coordinator*

BACK-TO-SCHOOL PROJECT

Memorial Chapel Outreach

Committee is partnering again with

Communities in Schools to provide food for students in need. We invite your support. Please make checks payable to CIS (memo: Wakefield High School) and bring them to the Reception Desk marked for the Chaplain's box.



*The Rev. J Bruce Stewart,
Chaplain*



TOTAL AS OF 8/6/22

\$655.00

SEASONAL SELECTION: BLUBERRY



Every summer my grandmother would give me an empty Cool Whip container and set me outside with a very important

chore. She had blueberry bushes on her farm, and my job was to pick as many as I could before breakfast so she could make pancakes. This was my absolute favorite tasks, as it was significantly more delicious than vacuuming or doing the dishes.

It's no secret that blueberries are one of the most nutritious foods out there. They are high in antioxidants and have been shown to slow the rate of cognitive decline in older adults. They are an excellent source of vitamin A, vitamin C, vitamin K and manganese. They have also been shown to help lower blood pressure and cholesterol levels.



This week we will be featuring blueberries in several ways, both classic and unique. First, we will have a watermelon blueberry salad, which has a lemon and minty flavor to it that is undeniably summer. For an entrée we will be having a salmon with blueberry chutney, which is a perfect blend of sweet and savory. Finally, we will be enjoying my ultimate summer go-to dessert: a blueberry pie.

Alexandra Freiman

INFORMATION TECHNOLOGY

How to Request IT Support

If you find yourself in a situation where you need IT support, you have a couple of options available to you. The first option, is to email the help desk at: **aresideialhd@goodwinliving.org**. in the body of your email, state your name, apartment number, and a brief description of the issue. If you cannot submit an email, call the help desk at extension 1277. If there is no answer, please leave a message with your name and number so Barbara Chapins can get back to you as quickly as possible.

We ask that your requests be submitted through the help desk by email or phone to ensure a quick response, the phone number and email address can also be found in our Touchtown app.

Our technicians spend a lot of time away from their desks and do not always have access to their phones or voicemail. By following these steps, we can assist you promptly; if you have any questions, feel free to call the help desk at extension 1277 or Barbara Chapins at extension 1377.

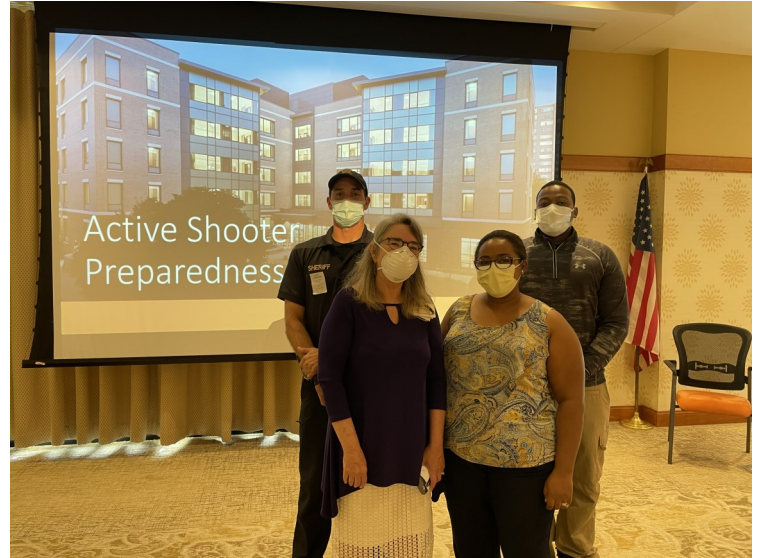
Thank you,

Barbara Chapins
IT Support Coordinator

SHERIFF'S OFFICE COMPLETES ACTIVE SHOOTER TRAINING

Sergeant Dave Hoffmaster provided GHA residents with training on how to increase our safety in an active shooter event. Many residents asked why we held this training. It is important to address the issue and for us all to think about what they would do in this event. Goodwin House staff have to undergo regular training on this topic, but this was the first training for residents. In addition, we took the opportunity for the Sheriff's staff to meet individually with GHA team members to outline various scenarios and train staff on how to react.

Monica Thomas
Director of Social Work
Safety Committee



The Weekly Schedule

Sunday, August 14, 2022 — Sunday, August 21, 2022

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

Located in Common Areas Sunday, August 14

8:15: Classical Stretch — (GX)
9:00: Holy Eucharist — (CHP & CH 974)
10:30: Holy Eucharist — (AUD & CH 973)
1:30: Weekend Wii Bowling — (GX)
3:00 **SPIRITUAL LIFE EVENT: "Israel - Then & Now"** (AUD & CH 973) See page 2.
6:30: Sunday Movie — Secretariat (CH 972)
SECRETARIAT (2010) PG Drama, 2h 3m.
"Secretariat" is a great film about greatness, the story of 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, Preakness, and Belmont records which still stand. Cast: Diane Lane, John Malkovich, Otto Thorwarth, Fred Thompson, James Cromwell, Scott Glenn.

Monday, August 15

9:00: Fun & Fitness (CH 975 & GX)
9:00: Trail Blazers - Mason District Park (LBY)
9:30: Aqua Fun
10:00: Catholic Mass & Rosary — (CHP & CH 974)
10:00: BYOC (**CANCELED**)
11:00: Beginners Line Dancing (**CANCELED until September 12**)
3:00: 12-Step Meeting — Please call 703-399-6109 for more information.
3:00: Art Film (CH 972) My Name Is Alan, and I Paint Pictures - See page 4.
3:00: Environmental Services Committee (FL)
3:00: Musical Education Series (AUD) See page 4.
3:15: Seated Meditation (CHP & CH 974)

Tuesday, August 16

- 7:45: Morning Yoga — (GX & Zoom)
- 9:00: Strength & Stretch—(GX & CH 975)
- 9:30-12:00: 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: Facilities Management-(Canceled)
(RCR)
- 11:00: Bible Study — (CHP)
- 11:00: Residents Health Services Committee
(RCR)
- 1:00: Bus to Giant Food — (LBY)
- 1:15: Total Brain & Body Fitness — (GX &
CH 975)
- 1:30: Mah Jongg — (FL)
- 2:00: Movie: Downton Abbey—The New
Era (AUD) See page 9.
- 2:00: Wii Bowling — (G)
- 2:00: 90's Tea Party (CANCELED)
- 2:00: Tuesday Movie — Friendly
Persuasion (CH 972)

**FRIENDLY PERSUASION (1956) NR
Drama, 2h 19m.** Earnest tale of a Quaker
family in Indiana in 1862, struggling to
maintain its identity amid confusion and
heartbreak of Civil War. Their religious
sect is strongly opposed to violence and
war. It's not easy for them to meet the

rules of their religion in everyday life
but when Southern troops pass the area
they are in real trouble. Should they
fight, despite their peaceful attitude?
Cooper and McGuire are excellent as the
parents, with Perkins fine as the son who
is worried that he's using his religion to
hide his cowardice. CAST: Gary Cooper,
Dorothy McGuire, Anthony Perkins,
Marjorie Main.

4:30: Intermediate Tai Chi — (GX)

Wednesday, August 17

- 9:00: Fun & Fitness — (GX & CH 975)
- 9:00: Neighborhood Walking Group —
(LBY)
- 9:30: Aqua Fun — (POOL)
- 9:30-11:30: Market Place Accepts
Donations — (MP)
- 10:00: Classical Stretch— (GX)
- 10:30: Green Team (AUD A) See page 3.
- 11:00: Prayer Group — (CHP)
- 11:00: Teaching Company: The Celtic
- 1:00: Jazzercise — (GX)
- 1:30 Duplicate Bridge (LR)
- 2:00: Hospitality Committee (RCR)
- 2:00: Living by Heart (CHP) See page 8.
- 3:00: Town Hall (AUD-ABC) & CH 973
See page 2.
- 3:15: Seated Mediation (CHP & CH 974)
- 4:00: Courtyard Concert—Old Dominion
Trio (CTY) See page 4.

Thursday, August 18

- 7:45: Morning Yoga — (GX & Zoom)
9:00: Strength & Stretch — (GX & CH 975)
9:30: Aqua Fun — CANCELLED
10:00: Yoga Strength — (GX & CH 975)
10:00: Ceramics — (AS)
10:00: Vendor: Scentsy & Premier Jewelry (CC)
11:00: Scriptures, Songs & Prayers — (AUD & CH 973)
11:00: Wii Bowling — (GX)
1:15: Total Brain & Body Fitness — (GX & CH 975)
1:30: Shanghai (LR)
2:15: Line Dancing 1 — (GX)
3:00: GHA Players (RCR)
3:00: Knitters & Crocheters (CHP)
7:15: Movie: Ambulance (CH 972)

AMBULANCE (2022) R Thriller, 2h 16m.

Veteran Will Sharp, desperate for money, turns to his adoptive brother Danny for help. A career criminal, Danny instead offers him a huge score. But when their heist goes awry, the desperate brothers hijack an ambulance with a wounded cop and EMT onboard. Will and Danny must evade a city-wide law enforcement response, keep their hostages alive, and somehow try not to kill each other, all while executing the most insane escape LA has ever seen. CAST: Jake Gyllenhaal, Eiza Gonzalez, Yahya Abdul-Mateen II, Garret Dillahunt, Keir O'Donnell, Kayli Tran, Moses Ingram, A. Martinez, Olivia Stambouliah.

Friday, August 19

- 7:45: Morning Yoga — (GX & Zoom)
9:00: Fun & Fitness (GX & Zoom)
10:00: Acrylic Painting Class (AS)
10:00: Trip: Bradlee Shopping Trip (LBY)
10:00: DMV Connect (AUD-B) See page 5.
10:00: Replay Thursday Movie (CH 972)
10:15: Singing Seniors (AUD A)
11:00: Vendors: Queens Jewelry (CC) & Avon
2:00: Quilting Bees (BR)
2:00: Party Bridge (LR)
3:15: Seated Meditation — (CHP & CH 974)
4:30: Intermediate Tai Chi (GX) See page 3.
4:30: Jewish Sabbath Service of Comfort & Healing (CH 971) See page 8.

Saturday, August 20

- 8:15: Classic Stretch — (GX)
11:00: Intermediate Tai Chi class with Instructor — (GX)
12:00: Men's Club (AUD A) Postponed.
3:00: Weekend Wii Bowling — (GX)
7:15: Movie: Flag Day (CH 972)
FLAG DAY (2021) R Drama, 1h 48m. Jennifer Vogel's father John was larger than life. As a child, Jennifer marveled at his magnetizing energy and ability to make life feel like a great adventure. He also happened to be the most notorious counterfeiter in U. S. history.

In this intimate family portrait that plays out over two decades, Jennifer struggles to reconcile her memories of her loving father with the fact that he lived a double life as a counterfeiter, bank robber, and con man in order to provide for her.

Based on a true story, the film stars Sean Penn and his real-life daughter Dylan Penn. OTHER CAST: Josh Brolin, Norbert Leo Butz, Dale Dickey.

Sunday, August 21

8:15: Classical Stretch (GX)

9:00: Holy Eucharist-(CHP & CH 974)

10:30: Holy Eucharist-(AUD & CH 973)

1:30: Weekend Wii Bowling—(GX)

6:30: Sunday Movie: Lincoln (CH 972)

LINCOLN (2012) PG-13 Biography, 2h 30m. In 1865, as the American Civil War winds inexorably toward conclusion, U.S. president Abraham Lincoln endeavors to achieve passage of the landmark constitutional amendment which will forever ban slavery from the United States.

However, his task is a race against time, for peace may come at any time, and if it comes before the amendment is passed, the returning southern states will stop it before it can become law. Lincoln must, by almost any means possible, obtain enough votes from a recalcitrant Congress before peace arrives and it is too late. Yet the

president is torn, as an early peace would save thousands of lives. As the nation confronts its conscience over the freedom of its entire population, Lincoln faces his own crisis of conscience — end slavery or end the war. Day-Lewis miraculously disappears into the role of Lincoln, winning the Oscar for Best Actor.

CAST: Daniel Day-Lewis, Sally Field, David Strathairn, James Spader, Hal Holbrook, Tommy Lee Jones.

OTHER CAST: Charles Durning, Ray Walston, Sally Kirkland

Located in Richmond & Dominion

Sunday, August 14

- 9:00: Holy Eucharist—(CHP & CH 974)
- 10:30: Holy Eucharist—(AUD & CH 973)
- 1:30: Weekend Wii Bowling—(GX)
- 3:00: Spiritual Life Series (AUD & CH 973)
- 6:30: Sunday Movie: *SECRETARIAT* — (CH 972) See page 10.

Monday, August 15

- 10:00: Catholic Mass & Rosary—(CHP & CH 974)
- 11:15: Power Braining & Exercise—(RAR)
- 3:00 Art Film (CH 972) *My Name Is Alan, and I Paint Pictures*—See page 4.
- 3:00: Musical Education Series (AUD)

Tuesday, August 16

- 10:00: Yoga Strength—(GX & CH 975)
- 2:00: 90's Tea Party (AUD) CANCELED
- 2:00 Movie: *Downton Abbey—The New Era* (AUD) See page 9.
- 3:00: Power Braining & Exercise (DDR)

Wednesday, August 17

- 11:00: Teaching Company: *The Celtic World*—(CH 972)
- 11:15: Power Braining

- 3:00: Town Hall (AUD ABC)
- 4:00: Courtyard Concerts—Old Dominion Trio (CTY) See page 14.

Thursday, August 18

- 10:00: Yoga Strength—(GX & CH 975)
- 10:00: Ceramics — (AS)
- 10:00: Vendor: Scentsy and Premier Jewelry (CC)
- 11:00: Music Therapy with Abby (RDR)
- 11:30: Chair Exercise — (DDR)
- 2:00: Art Talk with Roshna (AUD & CH 973) **CANCELED**
- 7:15: Movie: *The Ambulance* — (CH 972) See page 12.

Friday, August 19

- 10:00: Replay of Thursday movie— (CH 972)
- 10:00: DMV Connect (AUD B)
- 10:15: Singing Seniors (AUD A)
- 11:00: Vendor: Queens Jewelry (CC)
- 2:00 Movie Matinee (RAR)
- 2:30: Healthy Habits with Alex: Whopper Tasting (DDR)
- 3:00: Conversation Group (RAR)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971) See page 8.

Saturday, August 20

11:00: Intermediate Tai Chi w/Instructor (GX)
12:00: Men's Club (AUD-A) Postponed
3:00: Weekend Wii Bowling — (GX)
7:15: Saturday Movie: Flag Day — (CH 972)
See page 13.

Sunday, August 21

9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
1:30: Weekend Wii bowling (GX)
6:30: Movie: Lincoln (CH 972) See page 13.

Located in Small Houses

Sunday, August 14, 2022

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

Monday, August 15, 2022

10:00: Catholic Mass & Rosary (CHP & Ch 974)
10:30: Chair Exercise (WL)
11:00: Music Therapy with Abby (PW)
2:30: Tea Party (WL)
3:00: Art Film (CH 972) My Name Is Alan, and I Paint Pictures — See page 4.

3:00: Musical Education Series (AUD)
3:15: Seated Meditation (CHP & Ch 974)

Tuesday, August 16

10:30: Brian Teasers (WL)
11:00: Small House Bell Choir (RP)
11:00: Bible Study (CHP)
2:00: 90's Tea Party (AUD) CANCELED
2:00: IN2L Pub Trivia (WL)
2:00: Movie: Downton Abbey — The New Era (AUD) See page 9.
3:00: Multi-Sensory Room Visits (OQ)

Wednesday, August 17

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)
2:00: Living b Heart (CHP)
3:00: Town Hall (AUD)
3:15: Seated Meditation (CHP & CH 974)
4:00 Courtyard Concerts— Old Dominion Trio (CTY) See page 14.

Thursday, August 18

11:00: Scripture, Songs, & Prayers—(AUD & CH 973)

2:00: Art Talk with Roshna (AUD & CH 973)
CANCELED

2:30: Creative Creations — (OQ)

3:30: Small House Resident Council (MH)

7:15: Movie: *Ambulance* —CH 972 See page 12.

Friday, August 19

10:00: Replay of Thursday movie—(CH 972)

10:30: Painting Pod (MH)

11:00: Music Therapy with Abby—(OQ)

11:00: Vendor: Queens Jewelry (CC)

2:30: Card Games: Hearts (RP)

3:15: Seated Meditation—(CHP & CH 974)

4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, August 20

10:30: Dog Visits—(SH-A)

2:00: Java Music with Abby—(PW)

12:00: Men's Club (AUD-A) Postponed

7:15: Movie: *Flag Day*— (CH 972) See page 15.

Sunday, August 21

9:00: Holy Eucharist (CHP & CH 974)

10:30: Holy Eucharist (AUD & CH 973)

6:30: Movie: Lincoln (CH 973)

See page 13.

Residents volunteer to be mentioned or featured in the *Gazette*. Any resident who prefers not to be featured may notify Leslie LaPlace at 703-824-1166 or llaplace@goodwinhouse.org

LOCATION KEY

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