

Saturday, September 17, 2022

4800 Fillmore Avenue, Alexandria, VA

BYOCONVERSATION: THE DUTY OF DUTY

Monday September 19th
from 10:00am to 10:30am
Fillmore Lounge



In consideration of the Queen's funeral on Monday, we'll have a shortened session. Our

topic will honor her legacy: the concept of duty. What is "duty"? Is there "duty" and "Duty"? How do I know my duty? Conscience? Training? Tradition? Can I tell you your duty? What are competing duties? In history, what's your favorite instance of personal duty? All GHA residents are welcome to drop by to talk or listen. About 18-25 people will come: some regulars, some occasional, some first-timers. Lightly moderated. Microphones ensure good audibility. Come on in!

Jonathan Bryan, Resident

ART FILM: ABSOLUTE WARHOL

Monday September 19th at 3:00pm
CH972

German documentary filmmaker Stanislaw Mucha attempts to understand the genius of pop artist Andy Warhol by

bringing his crew to the small villages of Eastern Europe from which Warhol's relatives came. Although they don't know what to make of their famous family members' artwork (some of which they've dispensed with in a shockingly blasé manner), Warhol's relatives nevertheless celebrate his talents and take pride in calling him their own. 1h 20m.

Jennifer Bennett, Events Coordinator

ENVIRONMENTAL SERVICES COMMITTEE MEETING

Monday September 19th at 3:00pm
Fillmore Lounge

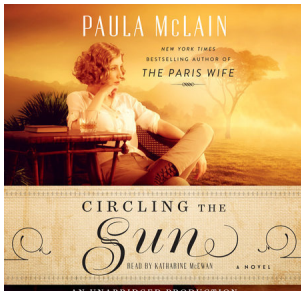
A number of Environmental Services Committee members have indicated that they will be departing, so we are looking for new members among Residents. If you would like to join, please come to the meeting, or give Peggy Burke, the Committee Chair a call 703-855-7605 or an email pburke0503@gmail.com indicating that and asking any questions you have.

*Peggy Burke, Environmental Services
Committee Chair*



GHA BOOK CLUB

Tuesday September 20th at 2:00pm
Residents' Conference Room



The next meeting of the GHA Book Club will discuss *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. *Circling the Sun* covers her growing up years and young adult work as a highly skilled horse trainer. In her later years, not covered in this book, she became known as an adventuress, feminist, and pioneering aviatrix the first to fly solo east to west across the Atlantic.

The GHA Book Club is not a membership organization and is always open to new readers. Each month one of the participants guides the discussion, with questions eliciting conversation. 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." Those who have their own copy, or are going to read 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.

The book for the October 19th book discussion will be *Born a Crime* by Trevor Noah, who was born and grew up in apartheid South Africa, where mixed race families were illegal. The sign-up page for borrowing this book will be in the Activities Binder after the September meeting.

*Natalie Rooney, Sande O'Keefe,
Joan McCulla,
Residents*

SENIOR RESOURCE GROUP

Wednesday September 21st
from 8:30am to 10:00am
Auditorium

We will be hosting the Senior Resource Group in our Auditorium. This group brings community together to make finding housing, aging in place solutions, and resources more convenient.

*Barbara D'Agostino,
Executive Director*

TOWN HALL AGENDA

Wednesday September 21st at 3:00pm
Auditorium-ABC

Following is the agenda, subject to change:

Barbara D'Agostino: Welcome

Judy Bryan: Resident Council News and Nominations to the Council

Alexandria Police Investigative Representative: Identify Theft Presentation

Bruce Stewart: Fall Events

Kim Butler: Life Enrichment Programs

Theresa Thomas: Review of Evacuation



*Barbara D'Agostino,
Executive Director*

LIVING BY HEART

**Wednesday September 21st at 2:00pm
Chapel**

“Falling Upward,” the theme for this month’s arts and spirituality gathering, is about reversals: when winning is losing, turning the tides of the terrible, making lemonade from life’s lemons, pulling victory from the jaws of defeat. Bring a song, poem, story, object, image or memory to illustrate your experiences.

Rev. J. Bruce Stewart

COURTYARD CONCERT: OLD DOMINION TRIO

**Wednesday September 21st at 4:00pm
Courtyard**

The Old Dominion trio plays a wide selection of songs that everyone loves — classics by Frank Sinatra, Elvis Presley, Jerry Lee Lewis, James Brown, Little Richard, Nat King Cole, Willie Nelson, and many other music greats.

There are songs that 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

MARKET PLACE SALE

Thursday September 22nd at 9:30-11:30am and 2:30-4:00pm

**Behind the Red Door
on the Promenade level**

There will be lots of fine furniture and household goods We hope to see you there.

Dick Wilson, Resident

AFTERNOON PRESENTATION WITH ASO MUSIC DIRECTOR JAMES ROSS

**Thursday September 22nd at 3:00pm
Auditorium**

Alexandria Symphony Orchestra (ASO) Music Director James Ross, Maestro Jim returns to Goodwin House to introduce what is special about the upcoming ASO performances of Beethoven Symphony #9 with its Ode to Joy. How do you address and promote joy in the challenging times we live in and have just been through? Can music do that better than anything? We will be providing shuttle service to this performance.

Jennifer Bennett, Events Coordinator

NEXT SATURDAY MORNING LIVE SPEAKER

Saturday September 24th at 10:30am
Auditorium-AB

“Taking Part in Experimental Drug Trials”

Our next speaker in our return to SML events is fellow resident, Dr. Jeff Cooper. Jeff will describe the use of clinical trials to study experimental drugs and devices, FDA oversight of human research, the ethical oversight of clinical trials. He will leave plenty of time for questions. Jeff Cooper is a physician, researcher, manager, and biomedical ethicist. In 2002, he moved to Washington to launch the Association for Accreditation of Human Research Protection Programs. Since then, in different positions, he has focused on ethical compliance of organizations that conduct or oversee research involving human subjects. Jeff tells us that he was diagnosed with Parkinson’s Disease eight years ago. Since then he has been a research subject in two clinical trials of experimental drugs. Join us on Saturday, September 24th at 10:30 am, for a deeply personal and highly informative presentation.

John Berry, Resident



SING-ALONG SATURDAY

Saturday September 24th at 1:30pm
Auditorium



Please join us for our next edition of “The Great American Sing-Along.” You are welcome to join us in singing along or just listening to these “golden oldies.” After this one, the next Sing-Along will be on Saturday, October 8th.

Jim Carroll and Dick Pellerin, Residents

JEWELRY REPAIR CLINIC

Tuesday September 27th
from 10:00 am to 5:00pm
Living Room

Joyce Levin of Elegant Affordable Jewelry will be available to fix many of your jewelry needs.

Jennifer Bennett, Events Coordinator

EVENING CONCERT: QUENTIN WALSTON TRIO

Tuesday September 27th at 7:30pm
Auditorium

The Quentin Walston Trio is thrilled to play at Goodwin House! 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, and energetic sound is one you don’t want to miss!

Jennifer Bennett, Events Coordinator

WEEKLY PHOTOGRAPHS WITH 52 FRAMES

The GHA Photography Club is responding to prompts provided by 52 Frames, an online community of photographers seeking to expand their creativity and knowledge through weekly ‘challenges’. Each week’s idea is posted on the Art Studio door. Dust off your old Nikon or just use the camera on your phone. Everyone is welcome to join!

Alison Shroeder, Arts Coordinator

OPEN STUDIO

**Wednesdays from 2:00pm to 4:00pm
Art Studio**

“If you can write, you already know how to draw. You already have a form of your own, a style of making letters and numbers and your own special doodles. (Don’t you love how you write the first letter of your name?) These are forms of drawing, too.” (p. 27, *How to be an Artist*, Jerry Saltz) Come to work or play—open studio is a great time to experiment and socialize with others in a creative environment. Alison will be available for questions and artistic support.

Alison Shroeder, Arts Coordinator

DICK’S TEASER

The following expressions have nothing to do with Math, but their answers do. For example, the hint “an Egyptian burial tomb” describes a **pyramid**, a mathematical shape. What mathematical words are hinted at in the following?

1. You don’t want to see a long one when you go to renew your driver’s license.
2. The headquarters building of the U.S. military.
3. A carpentry tool used to smooth a wooden surface.
4. A substitute for mother’s milk.
5. This is one way to park a car.
6. The shape of the earth’s orbit around the sun.
7. What you add onto your house.
8. The number one suspect in a crime.

Dick Pellerin, Resident
(See solution on page 8.)

COVID NUMBERS

3 resident cases, 10 team member cases, as of September 16th.

BACK TO SCHOOL THANKS

The grand total for this year’s project is \$2,000.00 that will be used by Communities in Schools to provide food for students in need at Wakefield High School. The Memorial Chapel Outreach Committee thanks you for your generosity!

Rev. J. Bruce Stewart



RESIDENTS' COUNCIL: NEWS

The five nominees for Residents' Council will be introduced and officially elected by acclamation at the Town Hall on Wednesday, September 21st at 3:00pm. Their pictures and bios have been posted in the Lobby and are in this Gazette. The new Residents' Council term will begin November 1st. In the interim we will be assessing needs and organizing for the coming year. Your ideas and suggestions are invited. We're fortunate to have wonderful people willing to serve on behalf of all of us. Thank you!

The Residents' Council

2022 RESIDENTS' COUNCIL NOMINEES

KEN HOPPER



Ken has lived at GHA since May 2021. He relocated to Washington in 2011 after the death of his wife, Carol, since his daughters lived in the area. As he searched for an appropriate residence for his retirement years, he selected GHA because of the incredible services and environment it offers. Plus, it helped that he has friends living here, fellow volunteers at the Washington National Cathedral, where he still gives tours, leads tower climbs and ushers for services. At GHA he has assisted in establishing the ping pong team and in securing new equipment for the game room. He has hosted social events for the 4th floor of the Tower and for native Oklahomans, assisted in various ways in

staff and intern activities, and shared his love of baking with other residents. He is a member of the newly reconstituted Green Team and the Fine Arts Committee and interviews new residents to introduce them to their neighbors.

SUSAN KERNAN



Born and raised in West Virginia, I graduated from Randolph Macon WC and GWU before relocating to Washington, D.C. and taking a job in the D.C. public schools. Moving to Arlington, I worked for 30 years in Fairfax as a teacher and administrator in the program for emotionally disabled students. I have traveled extensively in Europe and Russia and was privileged to teach in the UK with the Fulbright Exchange program. My volunteer activities included the National Zoo Great Ape program, the Arlington County Meals on Wheels program, Immanuel Church on the Hill and the Carpenter's Shelter. I enjoyed playing league/team tennis. The majority of my attention has always been focused on my daughter, three grandchildren and my new granddaughter!

JUDY HANSEN



John and I raised our family in the Rosemont neighborhood of Alexandria, and our youngest daughter and her family live in Beverly Hills. After careers with the World Bank (John) and local government/USAID (Judy), we retired to the Blue Ridge mountains of North Carolina. But as we aged we

decided to move back to Alexandria in January 2021. As a member of the Memorial Chapel Outreach Committee, I have really enjoyed coordinating two programs in which residents are working with staff, for obtaining citizenship or improving their English conversation skills. In addition, I spearheaded the Little Free Library project, and serve on the Library and Grounds Committees and in the Photo Club.

SARA FEIN



Sara moved to Goodwin House in 2020 from her home of 40 years, a mile away. She is a member of Immanuel Church on the Hill and served on the vestry, including as senior warden. Sara has a PhD in sociology. Most of her career was as a scientist with the Food and Drug Administration specializing in food safety and nutrition issues, including the Nutrition Labelling and Education Act, which authorized the current food labels, and allergy labelling. She was part of the team which developed the Food Pyramid. Sara lives with her partner, Howie Kaplan, and dog, Moriah. She has two children and three grandsons. She plays the Celtic Harp and enjoys concerts and walking.

DEBBY CHRISTIE



Debby moved to GHA in January 2018, when her late husband John was in a Small House. The Christies moved to Arlington in 1966, and both had careers in defense analysis. Debby worked in three not-for-profits in that field, in the office

of the Secretary of Defense for 24 years, and as Assistant Secretary of the Navy for Financial Management for her last four years in the Pentagon. The Christies enjoyed sailing on the Chesapeake Bay and Cape Cod, where they had a summer cottage. They also traveled extensively abroad, preferring nature to cities. Since coming to GHA, Debby has been active on the Grounds Committee, planning enhancements to parts of the property that had not been developed, and as a Resident Ambassador.

BITS AND BYTES: IT IS OFFICIAL!!

The Residents Council has established a permanent special committee – the GHA Technology Committee. What does that mean? The Committee will be the vehicle for implementing recommendations in the report. We will continue to meet regularly – once a week for now – and start by putting together an action plan and we will hold discussions with administration as indicated in the Strategic Plan presented this Spring. The committee will include the GHBC Technology Committee when appropriate, since we have many of the same issues and basic infrastructure. Look to the BITS AND BYTES column for information as we progress. And do let me know if you would like to become a member of the committee or volunteer in other ways, e.g., to help residents. You should also have received a copy of the “short” form of the report. Feel free to contact me if you did not.

Judy Curtis, Chair Technology Committee

SEASONAL SELECTION: CABBAGE



If I had to create a slogan for cabbage it would be “all the nutrition, none of the respect.” Despite this vegetable being incredibly nutrient dense, it historically has a reputation for being a “commoner” food. I’m hoping this week that we can change that stigma and that I can show you that low cost doesn’t mean low flavor!

Although the nutrient profile of cabbage is similar throughout all of its varieties, each brings something a little different to the table. That’s why we’ll be trying two different types of cabbage this week. We will try red cabbage in our braised red cabbage with raisins as well as the Chinese cabbage salad. Red cabbage has one of the highest levels of antioxidants out there and it’s about 4.5 times higher than its green counterpart! It’s also help with gut health and aids in regularity. We’ll have green cabbage in our cabbage and potato soup, which to me is the ultimate blend of comfort and health. Green cabbage is high in vitamin C, which may protect against heart disease, certain cancers, and vision loss. Regardless of which kind of cabbage you prefer, or how you prepare it, you can’t go wrong with this delicious and nutritious veggie!

Alex Freiman, Registered Dietitian

DICK’S TEASER: SOLUTION

- | | | |
|-------------|-------------|------------|
| 1. Line | 2. Pentagon | 3. Plane |
| 4. Formula | 5. Parallel | 6. Ellipse |
| 7. Addition | 8. Prime | |

Dick Pellerin, Resident

MARKET PLACE NOTICE

Please do not leave furniture items in Storage C without notifying Tom Sproull. Thank you.

Dick Wilson, Resident

GHA DIRECTORY UPDATE

Fall directory is coming soon!
Residents - please contact Udari Liyanage at uliyamage@goodwinliving.org with any changes to your information. Thank you.

*Udari Liyanage,
Communications Coordinator*

REMINDER: SPIRITUAL LIFE SERIES

**“Angels, Humans, and Other
Creatures: God’s Social Media”
Sunday September 18th 3:00 p.m
Auditorium & CH 973**

Rev. J. Bruce Stewart



REMINDER: MUSIC EDUCATION SERIES WITH QUENTIN WALSTON

Monday September 19th 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 have a class each month through November. This week's topic will be Bebop: Innovation & Invention!

Jennifer Bennett, Events Coordinator



GHA'S INTERNAL CHANNELS



GHA has five internal channels that you can access through your television.

- **Channel 971** – This channel shows you the daily list of the day's activities. This channel will also show recorded programs such Town Hall and Saturday Morning Lives.

- **Channel 972** – This channel shows scheduled programs, such as movies and Teaching Company. Please note that this channel shows a black or blue screen when nothing is scheduled.

- **Channel 973** – This channel has a live feed from our Auditorium.. Please check the Gazette to see which programs will be shown on Channel 973.

- **Channel 974** – This channel has a 24/7 live feed from the Chapel.

- **Channel 975** — This channel has a live feed from the Group Exercise Studio. Please check the Gazette to see which programs will be shown on Channel 975.

LOST SOMETHING?

Are you missing a scarf? Keys? Sweater? Book? Glasses? Hat? Anything else? The Lost & Found cabinet at the Reception desk is overflowing with items. We donate unclaimed items in Lost & Found one time every year, and we will announce ahead of time when that donation will take place. But don't wait...if you are missing something, please stop by and ask—we'll be happy to reunite you with your lost property.

The Weekly Schedule

Sunday, September 18, 2022 — Sunday, September 25, 2022
(The room location key is at the end of this calendar.)

Located in Common Areas

Sunday September 18

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 Series: “God’s Social Media” — AUD & CH973
6:30: Movie: CH 972

MRS. DOUBTFIRE (1993) PG-13
Comedy, 126m. Crowd-pleasing comedy (with serious overtones), about a free spirit whose wife of 14 years divorces him. Eccentric actor Daniel Hillard (Robin Williams) is an amusing and caring father. But after a disastrous birthday party for his son, his wife, Miranda (Sally Field), draws the line and files for a divorce. He can see their three children only once a week, which doesn’t sit well with him. When Miranda puts out an ad for a nanny, he disguises himself as a dowdy British housekeeper named Mrs. Doubtfire (under an Oscar-winning make-up job) and gets himself hired to look after them. And he must also deal with Miranda’s new boyfriend, Stu Dunmeyer (Pierce

Brosnan). CAST INCLUDES: Harvey Fierstein, Robert Prosky.

Monday September 19

9:00: Fun & Fitness — CH 975 & GX
9:00: Trail Blazers - Huntley Meadows — LBY
9:30: Aqua Fun — POOL
10:00: BYOConversation — FL (see the article on page 1.)
10:00: Catholic Mass & Rosary — CHP & CH 974
11:00: Beginners Line Dancing — AUD-A - **Canceled**
3:00: 12-Step Meeting
3:00: Art Film — CH 972 (see the article on page 1.)
3:00: Environmental Services Committee — FL
3:00: Musical Education Series — AUD-AB & CH 973 (see the article on page 9.)
3:15: Seated Meditation — CHP & CH 974
4:30: Happy Hour / Meet & Greet New Residents — LR (everyone is invited.)

Tuesday September 20

- 7:45: Morning Yoga — GX & Zoom
- 9:00: Strength & Stretch Class — GX & CH 975
- 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: Facilities Management — RCR
- 10:00: Seamstress — Apt. 426
- 11:00: Bible Study — CHP
- 11:00: Health Services Committee — RCR
- 1:15: Total Brain & Body Fitness — GX & CH 975
- 1:30: Mah Jongg — FL
- 2:00: GHA Book Club — RCR (see the article on page 2.)
- 2:00: Wii Bowling — GX
- 2:00: Movie: CH 972

JAWS (1975) PG Thriller, 124m. When Brody, the new Sheriff of Amity, a Cape Cod shore community, discovers the remains of a shark attack victim – the first victim in a summer of chaos - his inclination is to close the beaches to swimmers. After being pressured by local business interests, however, he backs down. That weekend, a young boy is killed by the predator. The dead boy's mother puts out a bounty on the shark. Quint - a local fisherman and experienced shark hunter - offers

to hunt down the creature for a hefty fee. Soon Quint, Brody and Matt Hooper from the Oceanographic Institute are at sea hunting the Great White shark. Brody captures the moment after their first encounter with the creature, telling Quint, "You're going to need a bigger boat." John Williams' now-classic score won an Oscar. CAST: Roy Scheider, Robert Shaw, Richard Dreyfuss, Lorraine Gary.

- 4:30: Advanced Tai Chi Practice — GX

Wednesday September 21

- 9:00: Fun & Fitness — CH 975 & GX
- 9:00: Neighborhood Walking Group — Lobby
- 9:30: Aqua Fun — POOL
- 9:30: Market Place Accepts Donations — MP
- 10:00: Classical Stretch — GX
- 10:30: Green Team Meeting — AR
- 11:00: Prayer Group — CHP
- 11:00: Teaching Company: The World's Greatest Geological Wonders — CH 972
 - Ep. 9 The Ganges Delta—Earth's Fertile Lands
 - Ep. 10 The Amazon Basin—Lungs of the Planet
- 2:00: Hospitality Committee — RCR
- 2:00: Living by Heart — CHP
- 2:00: Open Studio — AS

3:00: Town Hall — AUD-ABC & CH 973
3:15: Seated Meditation — **Canceled**
4:00: Courtyard Concert: Old Dominion Trio — CTY (see the article on page 3.)

Thursday September 22

7:45: Morning Yoga — GX & Zoom
9:00: Strength & Stretch Class — GX & CH 975
9:30: Aqua Fun — POOL
9:30: Market Place Sale — MP
10:00: Yoga Strength — GX & CH 975
10:00: Ceramics — AS
11:00: Newcomers Group — AR
11:00: Scripture, Songs, & Prayers — AUD & CH 973
11:00: Wii Bowling — GX
1:15: Total Brain & Body Fitness — GX & CH 975
2:00: Dining Committee — RCR
2:15: Line Dancing 1 — GX
2:30: Market Place Sale — MP
3:00: Conversation with Jim Ross of ASO — AUD (see the article on page 3.)
3:00: GHA Players — RCR
7:15: Movie: CH 972

DOG (2022) PG-13 Comedy, 101m. Army Ranger Briggs and Lulu, a Belgian Malinois, buckle up for a road trip down the Pacific Coast in hopes of making it to a fellow

soldier's funeral on time. Along the way, they'll drive each other crazy, break a handful of laws, narrowly escape death, and learn to let down their guards in order to have a fighting chance of finding happiness. CAST: Channing Tatum, Jane Adams, Kevin Nash, Q'orianka Kilcher.

Friday September 23

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
10:00: New Vendor: BB Tea — CC
10:15: Singing Seniors — AUD-A
11:00: Fireside Chats with the Residents Council — LR
1:30: Bridge — Online
1:30: Shanghai — LR
2:00: Quilting Bees — BR
3:15: Seated Meditation — CHP & CH 974
4:30: Advanced Tai Chi Practice — GX
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday September 24

8:15: Classical Stretch — GX
10:30: Advanced Tai Chi with Instructor — GX

10:30: Saturday Morning Live — AUD-AB (see the article on page 4.)

11:30: Beginners Tai Chi with Instructor — GX

1:30: Great American Sing-Alongs — AUD-A (see the article on page 4.)

3:00: Weekend Wii Bowling — GX

7:15: Movie: CH 972

SEABISCUIT (2003) PG-13 Drama, 140m. Seabiscuit was a small horse with a lazy side. That was before he met three men who would shape him into the best-loved sports legend of the 1930s: the owner Charles Howard (Jeff Bridges), who had a knack for spotting potential in outcasts, the trainer Tom Smith (Chris Cooper), who has unaccountable faith in Seabiscuit, and the jockey (Tobey Maguire) because in the Depression he would settle for anything. The races are thrilling. The movie gets us amazingly close to the action; we seem to be suspended at times between two desperately striving horses and their jockeys. After Seabiscuit has conquered the champion horses of the West, Howard forces a match race between his horse and the undefeated Triple Crown winner, War Admiral. The race is won because of a team's heart and competitive spirit. OTHER CAST: Elizabeth Banks, Gary Stevens, and David McCullough (Narrator).

Sunday September 25

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: Foreign Film: CH 972

THE 400 BLOWS (France, 1959) 1h 39m. In the late 1950s and early 1960s, a group of French critics and aspiring filmmakers created the New Wave which brought forth movies very different than the classical, somewhat staid older productions. A leading member of this talented group was Francois Truffaut. The 400 Blows was his first film and is about a schoolboy from a low income family, similar to Truffaut's own experience. The boy can't seem to avoid causing trouble. The phrase "400 Blows" means "Raising Hell" and Truffaut hints that it is likely some of his schoolmates would go from being relatively harmless delinquents to become petty criminals. Truffaut acknowledges that he was fortunate to have as a mentor the distinguished film critic Andre Bazin. Otherwise, he too might have gone off on the wrong road.

Located in Richmond & Dominion

Sunday September 18

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: “God’s Social Media” — AUD & CH973
6:30: Movie: MRS. DOUBTFIRE — CH 972 (See page 10.)

Monday September 19

10:00: Catholic Mass & Rosary — CHP & CH 974
11:15: Step into Motion: Fitness Class — RAR
3:00: Art Film — CH 972 (see the article on page 1.)
3:00: Music Education Series — AUD & CH 973 (see the article on page 9.)
4:30: Happy Hour/Meet & Greet New Residents — LR

Tuesday September 20

10:00: Yoga Strength — GX & CH 975
10:00: Seamstress — 426
11:00: Bible Study — CHP
2:00: Movie: JAWS — CH 972 (See page 11.)

3:00: Birthday Party & Music with Jesse — DDR
7:30: Power Braining & Exercise — DDR

Wednesday September 21

11:00: Teaching Company: The World’s Greatest Geological Wonders — CH 972 (see page 11.)
11:00: Prayer Group — CHP
11:15: Step into Motion: Fitness Class — RAR
2:00: Living by Heart — CHP
3:00: Town Hall — AUD-ABC
4:00: Courtyard Concert: Old Dominion Trio — CTY (see the article on page 3.)

Thursday September 22

9:30: Market Place Sale — MP
10:00: Yoga Strength — GX & CH 975
10:00: Ceramics — AS
11:15: Chair Exercise — DDR
1:45: Music & Drinks with Abby — RDR
2:30: Market Place Sale — MP
3:00: Conversations with Jim Ross of ASO — AUD (see the article on page 3.)
7:15: Movie: DOG — CH 972 (See page 11.)

Friday September 23

10:00: Replay of Thursday Movie — CH 972 (see page 12.)

10:00: New Vendor: BB Tea — CC

10:15: Singing Seniors — AUD-A

2:00: Movie Matinee — RAR

3:00: Conversation Group — RAR

3:00: Healthy Habits — DDR

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

Saturday September 24

10:30: Advanced Tai Chi w/Instructor — GX

10:30: Saturday Morning Live — AUD-AB (see the article on page 4.)

11:30: Beginners Tai Chi with Instructor — GX

1:30: Great American Sing-Along — AUD

3:00: Weekend Wii Bowling — GX

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

**Located in
Small House**

Sunday September 18

9:00: Holy Eucharist — CHP & CH 974

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

Gazette

3:00: Spiritual Life Series: “God’s Social Media” — AUD & CH973

6:30: Movie: MRS. DOUBTFIRE — CH 972 (See page 10.)

Monday September 19

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

10:30: Chair Exercise — WL

11:00: Bell Choir — RP

2:30: Tea Party — PW

3:00: Art Film — CH 972

3:00: Musical Education Series — AUD-AB & CH 973 (see the article on page 9.)

3:15: Seated Meditation — CHP & CH 974

Tuesday September 20

10:30: Time Slips — PW

11:00: Bible Study — CHP

1:30: Brain Health Visits — SH-A

1:30: Music with Jesse — OQ

2:00: Movie: JAWS — CH 972 (See page 11.)

2:30: Music Therapy with Abby — BL

3:00: Multi-Sensory Room Visits — OQ

Wednesday September 21

10:30: Power Braining & Exercise — RP

11:00: Music Therapy with Abby — WL

11:00: Prayer Group — CHP

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11:00: Teaching Company: The World's Greatest Geological Wonders — CH 972 (see page 11.)

2:00: Living by Heart — CHP

2:30: Outdoor 101 — WL

3:00: Town Hall — AUD-ABC

3:15: Seated Meditation — CHP & CH 974 — **Canceled**

4:00: Courtyard Concert: Old Dominion Trio — CTY (see the article on page 3.)

Thursday September 22

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

1:30: Stronger Memory Individual Visits — SH-A

2:30: Creative Creations — OQ

3:00: Conversation with Jim Ross of ASO — AUD (see the article on page 3.)

4:00: Individual Visits — SH-A

7:15: Movie: DOG — CH 972 (See page 11.)

Friday September 23

10:00: Replay of Thursday Movie — CH 972 (see page 12.)

11:00: Music Therapy with Abby — OQ

11:00: Painting Pod with Alison — JA

2:30: Courtyard Visits — BL

3:15: Seated Meditation — CHP & CH 974

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

Saturday September 24

10:30: Dog Visits — SH-A

10:30: Saturday Morning Live — AUD-AB (see the article on page 4.)

1:30: Great American Sing-Along — AUD

3:00: Music with Barbara — WL

3:30: Music with Barbara — OQ

7:15: Movie: SEABISCUIT — CH 972

(See page 13.)

Sunday September 25

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & Ch 973

Location Key

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