

Saturday, September 24, 2022

4800 Fillmore Avenue, Alexandria, VA

PERMANENT ABSENTEE BALLOTS MAIL SEPTEMBER 23



The General Election is Tuesday November 8. On Friday September 23, permanent absentee ballots were mailed to residents who requested them.

- You need to re-register to vote if you have moved or even just permanently changed apartments within Goodwin House since you last voted.
- We will elect: our member of the U.S. House of Representatives.
- Candidates are:
 - Don Beyer (D), Incumbent
 - Teddy Firke (I)
 - Karina A. Lipsman (R)
- Candidate biographies, Sample Ballots, the Early Voting schedule, a list of GHA Voting Aides, and other election information are on Touch-

town under the "Voting Information" icon and in the Residents' Business Center behind the Reception Desk. The three-ring binder holds the biographies.

Deadlines

- Deadline to register or update registration: Monday October 17, 5:00 pm.
- Deadline to request a mailed absentee ballot: Friday October 28, 5:00 pm.
- Deadline to submit absentee ballot: Tuesday November 8, 7:00 pm; received by mail or put in ballot drop box outside Office of Voter Registration & Elections (see below).

Early Voting in Person

Complete schedule is in the Residents' Business Center and on Touchtown.

- Office of Voter Registration & Elections, 132 Royal Street, Suite 100: Friday September 23 through Saturday November 5.
- Beatley Library, 5005 Duke Street: Friday October 28 through Saturday November 5.

Election Day & Bus

GHA residents vote at F.T. Day School, 1701 N. Beauregard Street. Polls are open from 6:00 am to 7:00 pm. The GHA bus will run a circuit shuttle to the polls from 10:00 am through 3:00 pm.

For More Information

For more information, contact any Voting Aide; go to the Alexandria Registrar's Website: <https://www.alexandriava.gov/Elections>; or call the Registrar's Office at 703-746-4050.

Laura Lawson, Resident

ART FILM: MY FATHER THE GENIUS

**Monday September 26th at 3:00pm
CH 972**

In this cheeky and entertaining documentary, filmmaker Lucia Small chronicles the rise and decline of her father, Glen Howard Small, a visionary architect whose uncompromising but uncertain career path consistently undermined his personal life at home. Is he a true genius? Or does his ego outstrip his talent? This film is a compelling look into the mind of obsessive creativity through the eyes of a daughter struggling to understand her father. 1h 24m

Jennifer Bennett, Events Coordinator

THE ENVIRONMENTAL FILM, "H2O: THE MOLECULE THAT MADE US"

**Monday September 26th at 7:30pm
CH 972**



The Environmental Film, "H2O: The Molecule That Made Us" will play on Monday September 26 at 7:30PM on

Channel 972. We will be showing Chapter Three - "Crisis" which shows what it's like to live in a world without access to water. The chapter also investigates global changes in storms across America, the overuse of aquifers around the world, the mining of underground water for profit and much more.

Jim Carroll, Chair, Green Team

JEWELRY REPAIR CLINIC

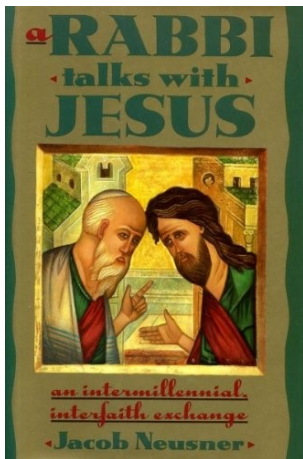
**Tuesday September 27th from
10:00am to 5:00pm
Living Room**

Joyce Levin of Elegant Affordable Jewelry will be available to fix many of your jewelry needs. Contact Jennifer for questions!

Jennifer Bennett, Events Coordinator

REMINDER BOOK REVIEW

**Tuesday September 27th at 3:00pm
Auditorium**



Come to the book review given by Rev Tony Lewis who will talk on The book, *A Rabbi Talks To Jesus*, by Jacob Neusner. The author attempts to deepen the faith of both Christians and

Jews through his book. Our presenter, Tony Lewis, is a recent resident of Goodwin house. He received his Divinity degree from Virginia Theological Seminary. He attended Yale where he earned his doctorate in New Testament Studies. He is an Episcopal priest and an honorary assistant at St. Paul's in Washington, DC. Please join us for an interesting presentation and discussion.

Joanne Tomasello, Resident

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

COURTYARD CONCERT: INDIGO COMBO DUO

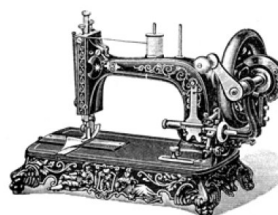
**Wednesday September 28th at
4:00pm
Courtyard**

Play and sing a mix of Rhythm & Blues, pop, bluegrass, and Country- showing off a bit of improvisational skills with this fun music.

Jennifer Bennett, Events Coordinator

SEAMSTRESS: CHANGE IN HOURS

Sam, our seamstress will now only be coming the third Tuesday of each month. No appointment is needed to see her. She is located in Apartment 426 from 10am – Noon.



*Jennifer Bennett,
Events Coordinator*

ACTIVE AGING WEEK ACTIVITIES

Active Aging Week is October 3-7 and as a part of fun programming that week we have the following activities scheduled:

Zumba

**Monday October 3rd at 11:00am
Auditorium A-B**

This will be a standing, fun dance-inspired workout to all genres of music. Dance hits through the decades, country, international beats - you name it, we've got something for everyone!

Chair-based Zumba

**Monday October 3rd at 2:00pm
Group Exercise Room**

The most FUN you can possibly have while sitting down!! Rock, roll, boogie and clap your way through this fun, interactive cardio dance workout designed for the WHOLE BODY.

Wellness Open House

**Tuesday, October 4th from 10:00am to 12:00pm
Living Room**

See the article on the Open House on page 5.

Chair-based Pilates

**Wednesday October 5th from
11:15am to 12:00pm
Auditorium**

This chair-based Pilates class is open to Assisted Living and other residents who would like to participate

Mat Yoga

Wednesday, October 5, 10:00am to 11:00am

**Weather permitting: Rooftop
otherwise GX studio**

This class will be on and off the floor



Pedal Boating on the Tidal Basin

**Thursday October
6th from 10:00 am
to 12:00pm
Weather permit-
ting: Leave from
Lobby 9:30am**

Sign-up in the Activity Book behind the Fitness tab. Pedal Boats are a fun way to take a relaxing, leisurely pedal on the water and see the sights. Each boat can accommodate up to four people with two doing the pedaling and two to sit back and relax. Each boat can also just have two people who pedal. Please indicate if you are interested in doing any pedaling or just want to go along for the ride. Please see Leslie with any questions

Leslie LaPlace. Fitness Manager



FAREWELL TO THE
QUEEN
SEPTEMBER 19, 2022

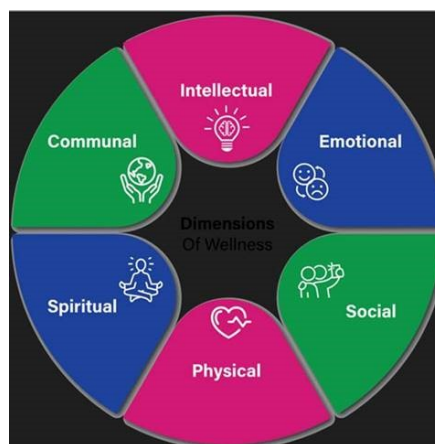
Jane Jordan, Resident

Care Plan to come and hear a presentation by Arlene Dixon, Admissions Coordinator and Carrie Fowler, Health Information Manager.

Monica H. Thomas, Director of Social Work

WELLNESS OPEN HOUSE AT GOODWIN HOUSE ALEXANDRIA

**Tuesday October 4th 2022 from
10:00a.m. to 12:00 p.m.
Living Room**



The Wellness Advance Team is delighted to debut the tools and perspectives that will bring into sharper focus the culture of wellness that exists at Goodwin Living. We have developed a unique self-assessment survey based on a fine-tuned set of six dimensions of wellness: Spiritual, Emotional, Physical, Intellectual, Social, and Communal. Interested residents may use the results of the self-assessment to identify opportunities for personal growth, and fulfillment. The team has developed “wellness icons”, similar to icons one

TRAIL BLAZERS IS FALLING BACK

**Mondays October 3rd at 10:00am
LOCATION**

Beginning Monday October 3, Trail Blazers will return to it's 10:00 am start time. Sign-ups for trips may be found in the Activities Book behind the Fitness tab.

Leslie LaPlace, Fitness Manager

PRESENTATION ON HOW MEDIGAP POLICIES AFFECT CARE AT GHA

**Monday October 3rd at 3:00pm
Auditorium**

Medicare Open Season begins October 15th. Please join us for a discussion of Medigap policies and how they affect your coverage here at Goodwin House. We encourage anyone with a Managed

might find on a restaurant menu to indicate a dish that pairs well with a particular beverage, or alerts patrons to items that are “mwg” (made without gluten) or “vegan”, or “dairy free.”

In collaboration with Life Enrichment, the wellness team will begin assigning wellness icons to specific programs across the menu of activities offered at Goodwin Living. Residents may deliberately opt into specific programs that are flagged with icons that correspond to dimensions they would like to pursue. This Open House will be an opportunity for residents to directly engage with Wellness Ambassadors made up of team members and residents who will be on hand to provide more details about navigating the culture of wellness at Goodwin Living.

“Goodwin Living is committed to building a culture of wellness that empowers us all to make informed and deliberate choices for our ever-changing journey of life, using self-directed tools, staff support, and holistic programming.”

Leslie LaPlace, Fitness Manager

In Memoriam

YVETTE FALLIN

MILLIE CHESBROUGH

WALTON WEBB

ST. FRANCIS DAY: BLESSING OF THE ANIMALS

**Sunday October 9th at 3:00pm
Fillmore Patio**



In celebration of St. Francis Day (October 4), we will be having our annual Blessing of the Animals on the following Sunday. All creatures are welcome, including hu-

mans. If necessary, due to weather, location will be the Roof Top Terrace of the Original Building. As per Health Codes, animals are not allowed passage through the Fillmore Lounge. To avoid any unwelcome interaction, dogs must be on leashes and other creatures must be in suitable containers. Please come prepared with clean-up materials in case your animal friend needs such assistance. Prayers of blessing, thanks, and remembrance will be offered. A photograph or other article may be used to represent those unable to attend. As usual, wear your mask and practice social distancing!

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

High Holydays 2022/5783
Sundown to Sundown
Rosh Hashanah: Sun 9/25-Tue 9/27
Yom Kippur: Tue 10/4-Wed 10/5



The Rev. J. Bruce Stewart
Director of Chaplaincy Services

DICK'S TEASER

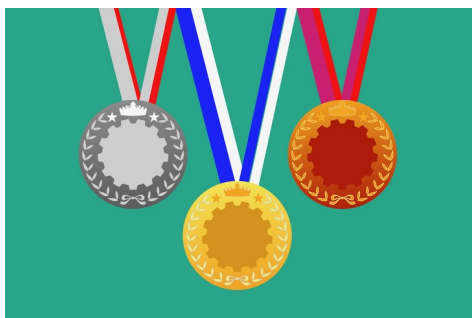
A **rebus** is a picture puzzle that represents a name, word or expression. What is represented by the following rebus?

STRONG TONES

Dick Pellerin, Resident

(The answer is on page 12.)

SMASHERS GARNER GOLD



Last Saturday The Smashers, GHA's entry in the Northern Virginia Senior Olympics games, brought home six gold medals and four bronzes in the table

tennis event. This was three more than last year.

In their respective age categories Mark Raabe and Anita Lancaster won gold medals in singles matches while Betty Cranwell and Dennis Detlef took bronzes. In doubles competition Dennis Detlef and partner Ken Hopper won bronze in the men's category. In mixed doubles in their respective age groups Anita Lancaster and Ken Hopper won gold medals as did Betty Cranwell and Dennis Detlef.

Next year we are looking forward to having even more GHA residents participate in this high-spirited and friendly event. The Smashers will be conducting a series of orientation sessions to introduce new players to this invigorating and fun activity. Look for notices in future issues of the Gazette.

Dennis Detlef, Team Captain

GHA SENIOR OLYMPIANS SHOW UP!

This year, we had quite an impressive line-up of residents participating in the Northern Virginia Senior Olympics. While the bottom line for our participants was to have FUN, and fun they had, they also have quite the competitive streak. The Lucky Strikers (Wii Bowling) and Smashers (Table Tennis) teams, as well as residents competing in individual events, spent hours playing and practicing and they meant business.

Their results paid off. Please congratulate all the participants when you see them. They are:

- **Swimming:** Kay Lusk (swimming) – Silver in the 50 yard backstroke and Bronze in the 100 yard backstroke
- **The Smashers (Table Tennis):** Dennis Detlef (Bronze in men's doubles and singles, gold in mixed doubles); Ken Hopper (Bronze in men's doubles, gold in mixed doubles); Betty Cranwell (Bronze in women's singles, gold in mixed doubles); Anita Lancaster (Gold in women's singles, gold in mixed doubles); Mark Raabe (Gold in men's singles); Peter Junghans; Karl VanNewkirk; Howie Kaplan. Please see the separate article on page 7.
- **The Lucky Strikers (Wii Bowling):** Anne Kress (Bronze), Helen Geiser (Silver), Bobbie Whittier (Gold), Lorna Lyons, Kathleen Smith (Silver), Art Sauer (Bronze), Peter Junghans (Silver), Joanne Tomasello (Bronze)
- **Duplicate Bridge:** Anita Lancaster, Karl VanNewkirk (awaiting results)
- **Pickleball:** Karl VanNewkirk (awaiting results)

The Northern Virginia Senior Olympics are held every year in mid-September and run for about two weeks. They offer a number of events,

for everyone at every level, so start thinking about what you would like to do for next year's event.



Kay Lusk



Pictured from left: Lorna Lyons, Anne Kress, Joanne Tomasello, Bobbie Whittier, Helen Geiser, Peter Junghans. Not pictured: Art Sauer & Kathleen Smith

Leslie LaPlace, Fitness Manager

TABLE TENNIS LESSONS

There is an old saying that "you cannot teach an old dog new tricks." But those of us that have had dogs, well -- we know that is wrong! In the same spirit, some GHA table tennis players recently decided to work with a coach to improve their table tennis skills.

For the past month, they have been taking lessons on Tuesday mornings from Coach Zhongxing Lu, owner and manager of the Northern Virginia Table Tennis Club (NOVATTC). Coach Lu graduated from the Chinese Sports and Athletics Institute and served on the Chinese National Table Tennis Team from 1973 to 1987. He has over 30 years of coaching experience.

What have the GHA players been learning? The players participating are intermediate-level table tennis players. Some of the players had not played table tennis for 60 years or more before moving to GHA, but they had been working on regaining their table tennis muscle memory before hiring Coach Lu for lessons. In the first lessons during September, Coach Lu focused mainly on helping players learn the core skills of topspin forehand and topspin back hand, overhead smashes, and footwork necessary for agile maneuvering at the table. The cost of the lessons with Coach Lu is shared by the residents participating in each lesson. If you are an intermediate-level table tennis player and have good mobility, contact Anita Lancaster if you are interested in the lessons with Coach Lu. If you are a beginning player and are interested in playing table tennis, please contact Ken Hopper.

*Anita Lancaster &
Ken Hopper, Residents*



Pictured from left: Bart Gohmann, Carolyn Gohmann, Mark Raabe, Coach Lu, John Ronveaux, Anita Lancaster, Ken Hopper. Not pictured: Betty Cranwell

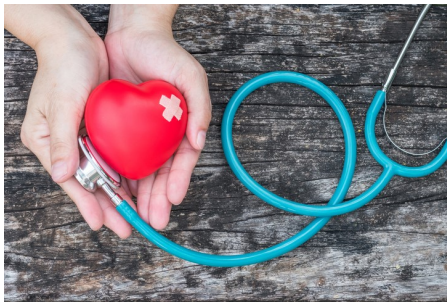
THERAPY LECTURE SERIES: THERAPY AND PARKINSON'S RELATED DISEASES

Parkinson's disorder is a chronic and progressive disease that affects the ability to perform common, daily activities. The most common symptoms of Parkinson's are tremors, stiffness of muscles, and slowness of movement. A specific form of Physical Therapy for Parkinson's disease is called LSVT Big Training. Several of the Therapists here at GHA have specialties in this training which is meant to help patients with Parkinson's by using specific movements to increase mobility, strength, and balance to slow down the progression of increasingly smaller and shuffling movements that happen with Parkinson's. Please join our Lecture Series on September 28 at 11 am at Auditorium A if

you are interested to know more about Parkinson's disease and what therapy can do to help.

Connie Lee, Director of Rehabilitation

NATIONAL REHABILITATION WEEK



National Rehabilitation Week is from September 19th -25th, 2022! National Rehabilitation Awareness Week, began in Scranton, P.A. in 1976 with a small cohort of professionals, and has since expanded to nationwide participation. It is a national awareness initiative dedicated to highlighting the unique work of Physical and Occupational Therapists and Speech Language Pathologists.

Ever hear the phrase “Real superheroes wear scrubs”? Well, that’s us! Rehab services enable and empower residents to remain as independent as possible. Rehab staff have unique knowledge and a unique skillset including anatomy, balance and strength, disease processes, safety, assistive devices and adaptive equipment use.

Ways to Celebrate Rehab Week:

Know that YOUR Rehab Department is easily accessible and is right in your building. Come by the Rehab Department and share your experience with our rehab team – we’d love to hear from you! Write a CECA award for a rehab staff member who made a difference for you. If you feel you could benefit from any of the services mentioned above, ask your doctor for a therapy prescription or let us know – we can help facilitate the process for you! We invite you to come and visit us at the rehab department and meet our staff – we are always here to say hello!

Jessica Feldman, OTR/L

A MESSAGE FROM GOODWIN HOUSE HOME CARE

The Goodwin House Home Care (GHHC) Team is proud of the services we offer our residents and strive 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 services, please contact your Social Worker who can assist you in finding a local service provider.

*Ann Lam, Interdisciplinary
Operations Manager*

SEASONAL SELECTION: APPLES

Happy Fall Y'all!
Okay, as a New Yorker, that phrase didn't feel natural at all, but it's fun to say. I will fully admit that Fall produce is by far and away my favorite, and I wanted a strong start to the season with a heavy hitter: the apple. My love for apples could fill the pages of this gazette, so instead of regaling you with facts, I will instead tell you about all the amazing ways we're going to be enjoying them this week!



Apples are perfect for both sweet and savory dishes, so I'm so excited for all the ways we are showcasing them this week. We will have a creamy, nutrient dense butternut squash and apple soup, which highlights all the classic Fall flavors you know and love. We will have an apple craisin salad, which perfectly blends sweetness and tartness to form a delicious accompaniment to your meal. For all you Food Network lovers, our apple entrée comes from the recipe books of Chef Robert Irvine himself! We will have a pork chop with apple hash, which is a match made in heaven! Finally, we have the ultimate classic: the apple pie. Fun fact, do you know the phrase, "as American as apple pie"? Well turns out apple pie isn't

American at all! This delicious dessert has European roots and can be traced back to England from hundreds of years ago. Regardless of where it's from, I'll be having a slice (or two!)

*Alexandra Freiman,
Dietitian/Nutrition*

SOCIAL WORK NOTES:

- The Richmond, our 3rd floor Assisted Living currently has many openings. If you are considering a move to Assisted Living, please contact Monica Thomas 703-824-1583 to schedule a tour and review your options.
- New IBS Support Group to meet. Irritable Bowel Syndrome affects many who cope in silence. Please join us on Monday October 10th at 11am in the Richmond (3rd floor) Activity Room to share your experience and gain knowledge from others who have dealt with the disorder. Take elevators 7 & 8 to the 3rd floor, turn left and proceed to the last room on the left.
- Body Donor Programs – Periodically Social Work receives questions about body donation. There are several programs in the area that will accept your body upon your death. This generous gift allows universities to provide essential training to their medical students. This donation is used to further medical science. In addition, the university arranges for

the body to be picked up after death and returns the ashes to family free of charge. If you would like further information about these programs, please contact Monica Thomas, 703-824-1583.

*Monica H. Thomas,
Director of Social Work*

DICK'S TEASER SOLUTION:

The rebus represents the expression **STRONG OVERTONES**.

Dick Pellerin, Resident

MARK YOUR CALENDAR!

**Wednesday November 16th from
10:00am to 3:00pm
Concourse**



The Library Committee Book Sale will be held on Wednesday, November 16, 2022 from 10:00 to 3:00 in the concourse. It will be a great opportunity to shop for books for yourself or holiday gifts.

*Sande O'Keefe,
Library Committee*

FALL 2022 DIRECTORY COMING SOON



I am working on the Fall 2022 directory. Residents - please contact Udari Liyanage at uliyamage@goodwinliving.org with any changes to your information. Thank you.

*Udari Liyanage,
Communications Coordinator*

GAZETTE ARTICLES DEADLINE

The deadline for all Gazette articles is every Monday by 12:00pm. Articles that are late are **NOT guaranteed** to be included. Email submissions to ULiyanage@goodwinliving.org. Early submission of articles for any edition of the *Gazette* is **always** appreciated. Thank you!

*Udari Liyanage,
Communications Coordinator*

COVID NUMBERS

0 resident cases, 9 team member cases, as of September 24th.

The Weekly Schedule

Sunday, September 11, 2022 — Sunday, September 18, 2022

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

Located in Common Areas

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.

Monday, September 26

- 9:00: Fun & Fitness — CH 975 & GX
9:00: Trail Blazers - Gravelly Point — LBV
9:30: Aqua Fun — POOL
10:00: BYOConversation — FL
10:00: Catholic Communion & Rosary — CHP & CH 974
11:00: Beginners Line Dancing — AUD-A
3:00: 12-Step Meeting
3:00: Art Film — CH 972
3:15: Seated Meditation — CHP & CH 974

Tuesday, September 27

- 7:45: Morning Yoga — Group Ex Studio & 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: Jewelry Repair Clinic — LR
 11:00: Bible Study — CHP
 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 HORSE WHISPERER (1998)
 PG-13 Drama, 169m. It is a cold winter night. Grace MacLean (Scarlett Johansson) and her best friend Judith (Kate Bosworth) go for a ride with their horses, but a terrible accident changes their lives forever. A truck hits them, Judith and her horse are killed, while Grace and her horse Pilgrim are seriously injured, both physically and mentally. In an attempt to bring Pilgrim back from his now savage condition, Grace's domineering mother Annie (Dame Kristin Scott Thomas) takes them to Montana in search of Tom Booker (Robert Redford). Tom is a "horse whisperer," a cowboy with the mystical ability to "communicate" with horses. In the land of the Wild West, Annie will change the way she sees life forever, as the wise cowboy slowly heals the souls of Pilgrim and Grace. Annie proceeds to fall in love

with him as well. OTHER CAST: Sam Neill, Diane Wiest, Chris Cooper, Cherry Jones.

3:00: Book Review — AUD-A
 4:30: Advanced Tai Chi — GX
 7:30: Evening Concert: Quentin Walston Trio — AUD

Wednesday, September 28

9:00: Fun & Fitness — CH 975 & GX
 9:00: Toiletries Collection — GR
 9:00: Clothing Collection — GR
 9:30: Aqua Fun — *POOL*
 9:30: Market Place Accepts Donations — MP
 9:30: Neighborhood Walking Group
 10:00: Classical Stretch — GX
 11:00: Prayer Group — CHP
 11:00: Teaching Company: The World's Greatest Geological Wonders — CH 972
 Ep. 11 Iguazu Falls—Thundering Waterfalls
 Ep. 12 Mammoth Cave—Worlds Underground
 11:00: Therapy and Parkinson's Related Diseases — AUD-A
 1:30: Duplicate Bridge — LR
 2:00: Caregiver Support Group — Bishops Room
 2:00: Open Studio — AS
 3:00: Replay Town Hall — CH 971
 3:15: Seated Meditation — CHP & CH 974

Thursday, September 29

- 7:45: Morning Yoga — GX & Zoom
- 9:00: Strength & Stretch Class — GX & CH 975
- 9:30: Aqua Fun — POOL
- 10:00: Yoga Strength — GX & CH 975
- 10:00: Ceramics — AS
- 11:00: Scripture, Songs, & Prayers — AUD & CH 973
- 11:00: Wii Bowling — GX
- 1:15: Total Brain & Body Fitness — GX & CH 975
- 2:15: Line Dancing 1 — GX
- 3:00: GHA Players — RCR
- 7:15: Movie: CH 972

THE LOST CITY (2022) PG-13 Romance/Adventure, 112m. Loretta Sage ([Sandra Bullock](#)) is a burnt-out romance writer whose grief after the loss of her husband threatens to derail her career. Her disdain for her books is only matched by her dislike of their cover model, Alan ([Channing Tatum](#)), a seemingly dim beefcake who indulges her readers at signing events. After an event promoting her latest book, Loretta is abducted by explorer/rich guy Abigail Fairfax, played by [Daniel Radcliffe](#). Fairfax knows that the lost city from Loretta's book is real, and he wants her to translate some ancient writing that leads to a treasure before a volcano

erupts and covers the whole thing. Alan mounts an ill-advised expedition to save Loretta, with help from his meditation guru, Jack ([Brad Pitt](#)), and Loretta's beleaguered editor Beth (Da'Vine Joy Randolph). OTHER CAST: Oscar Nunez, Patti Harrison.

Friday, September 30

- 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-A
- 1:30: Bridge — Online
- 2:00: Quilting Bees — BR
- 3:15: Seated Meditation — CHP & CH 974
- 4:30: Advanced Tai Chi — GX
- 4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday, October 1

- 8:15: Classical Stretch — GX
- 10:30: Advanced Tai Chi w/ Instructor — GX
- 11:30: Beginners Tai Chi w/ Instructor — GX
- 3:00: Weekend Wii Bowling — GX
- 7:15: Movie: CH 972

SPENCER (2021) R Biography/Drama, 117m. The marriage of Princess Diana and Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the Queen's Sandringham Estate. But this year, things will be profoundly different in this imagining of what might have happened during those few fateful days. "Thrilling to watch, both within the dramatic context of the film and in the meta-cinematic context of watching an actress ascend to a higher plane of performance." With the emergence of a dramatically different British Monarchy, the intrigue is only enhanced. CAST: Kristen Stewart, Timothy Spall, Sean Harris, Sally Hawkins, Jack Farthing.

Sunday, October 2

8:15: Classical Stretch — GX
 9:00: Holy Eucharist — CHP & CH 974
 9:00: Holy Eucharist — CH 974
 9:00: Holy Eucharist — AUD & CH 974
 10:30: Holy Eucharist — AUD & CH 973
 10:30: Holy Eucharist — AUD & CH 974
 10:30: Holy Eucharist — CH 974
 1:30: Weekend Wii Bowling — GX
 6:30: Movie: CH 972

MRS. HARRIS GOES TO PARIS (2022) PG Comedy/Drama, 115m. The marriage of Princess Diana and Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the Queen's Sandringham Estate. But this year, things will be profoundly different in this imagining of what might have happened during those few fateful days. "Thrilling to watch, both within the dramatic context of the film and in the meta-cinematic context of watching an actress ascend to a higher plane of performance." With the emergence of a dramatically different British Monarchy, the intrigue is only enhanced. CAST: Kristen Stewart, Timothy Spall, Sean Harris, Sally Hawkins, Jack Farthing.

Located in Richmond & Dominion

Sunday September 25

9:00: Holy Eucharist — CHP & CH 974
 10:30: Holy Eucharist — AUD-AB & CH 973
 1:30: Weekend Wii Bowling — GX

Monday September 26

10:00: Catholic Communion & Rosary — CHP & CH 974
 11:15: Step into Motion: Fitness Class —

RAR

3:00: Art Film — CH 972

Tuesday September 27

10:00: Yoga Strength — GX & CH 975

10:00: Jewelry Repair Clinic — LR

2:00: Movie: *THE HORSE WHISPERER* — CH 972 (See page 14.)

3:00: Book Review — AUD-A —
Canceled

3:00: Power Braining & Exercise — DDR

7:30: Evening Concert: Quentin Walston
Trio — AUD

Wednesday September 28

9:00: Toiletries Collection — GR

9:00: Clothing Collection — GR

11:00: Teaching Company: The World's
Greatest Geological Wonders — CH 972

11:15: Step into Motion: Fitness Class —
— RAR

3:00: Replay Town Hall — CH 971

4:00: Courtyard Concert — CTY

Thursday September 29

10:00: Yoga Strength — GX & CH 975

10:00: Ceramics — AS

11:15: Chair Exercise — DDR

1:45: Music Therapy with Abby — DDR

7:15: Movie: *THE LOST CITY* — CH
972 (See page 15.)

Friday September 30

10:00: Replay of Thursday Movie — CH
972

10:15: Singing Seniors — AUD-A

2:00: Movie Matinee — RAR

3:00: Conversation Group — RAR

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

Saturday October 1

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

11:30: Beginners Tai Chi with Instructor
— GX

3:00: Weekend Wii Bowling — GX

Sunday October 2

9:00: Holy Eucharist — CH 974

9:00: Holy Eucharist — AUD & CH
973

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — CH 974

10:30: Holy Eucharist — AUD & CH
973

10:30: Holy Eucharist — CHP & CH
974

1:30: Weekend Wii Bowling — GX

Located in Small House

Sunday September 25

9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD-AB & CH 973

Monday September 26

10:00: Catholic Communion & Rosary — CHP & CH 974
10:30: Chair Exercise — WL
11:00: Bell Choir — RP
2:30: Tea Party — BL
3:00: Art Film — CH 972
3:15: Seated Meditation — CHP & CH 974

Tuesday September 27

10:00: Jewelry Repair Clinic — LR
10:30: Time Slips — WL
11:00: Bible Study — CHP
1:30: Brain Health Visits — SH-A
2:00: Elder Grow — MH
2:00: Movie: THE HORSE WHISPERER — CH 972 (See page 15.)
2:30: Music Therapy with Abby — BL
3:00 Multi-Sensory Room Visits — OQ
7:30: Evening Concert: Quentin Walston Trio — AUD

Wednesday September 28

9:00: Toiletries Collection — GR

9:00: Clothing Collection — GR

10:30: Power Braining & Exercise — RP

11:00: Music Therapy with Abby — WL

11:00: Prayer Group — CHP

11:00: Teaching Company: The World's Greatest Geological Wonders — CH 972

2:30: Outdoor 101 — WL

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

4:00: Courtyard Concerts — CTY

Thursday September 29

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

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

2:30: Creative Creations — OQ

4:00: Individual Visits — SH-A

7:15: Movie: *THE LOST CITY* — CH 972 (See page 15.)

Friday September 30

10:00: Replay of Thursday Movie — CH 972

11:00: Music Therapy with Abby — OQ

11:00: Painting Pod with Alison — PW

2:30: Courtyard Visits — SH-A

3:15: Seated Meditation — CHP &

CH 974

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

Saturday October 1

10:30: Dog Visits — SH-A

3:00: Music with Barbara — WL

3:30: Music with Barbara — OQ

Sunday October 2

9:00: Holy Eucharist — CH 974

9:00: Holy Eucharist — *AUD* & CH
973

9:00: Holy Eucharist — *CHP* & CH 974

10:30: Holy Eucharist — *CHP* & CH
974

10:30: Holy Eucharist — *AUD* & CH
973

10:30: Holy Eucharist — CH 974

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	LBV = 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		