

November 19, 2022

4800 Fillmore Avenue, Alexandria, VA

WHY WE GIVE TO THE EMPLOYEE APPRECIATION FUND (EAF)

Having worked professionally in the long-term care field and served on the board of a faith-based CCRC in Maryland, I (John) knew the enormous role staff played in creating and sustaining the highest quality of life and care for residents of these organizations. Further, when my parents moved to a CCRC in New Jersey where they received loving care from staff for over 15 years, I felt first-hand the relief family and friends receive knowing their loved ones are cared for competently and lovingly. Anne's and my association with Goodwin House's staff has been outstanding from the moment we engaged with marketing staff, through the move in process, to countless acts of kindness during our four-plus year GHA journey. Clearly, this atmosphere of caring makes us thankful that we chose to move into a CCRC and, more importantly, to



Goodwin House Alexandria. We give to the Employee Appreciation Fund each year in that we are thankful to all our staff for caring about what they do and for caring for us in the process.

John and Anne Kress, Residents

REMINDER: NEW CLASS: JUST DANCE

**1st & 3rd Mondays beginning
November 21st at 11:00 am
Auditorium A**

Join us for a fabulous cardiovascular workout while having a ball! Absolutely NO dance background needed. Just bring your smiles!



*Leslie LaPlace,
Fitness Manager*

ARTICLE SUBMISSION DEADLINE CHANGE

Beginning **Friday November 18th** (for the November 26th issue) *Gazette* articles will be due on Friday by 4:00 pm. **This will be a permanent change.** Please continue to submit your articles to Leslie LaPlace and Kim Butler.

Kim Butler, Director of Life Enrichment

CHAPLAINCY SERVICES

ADVENT SEASON

Advent is the beginning of the Christian liturgical year and is a time of joyful preparation and quiet reflection about the meaning of the holiday season. The first Sunday of Advent is November 27th. Check upcoming Gazettes for news about the Advent Angel Tree sponsored by the Outreach Committee, the Advent Series of events sponsored by the Spiritual Life Committee, the St. Nicholas Mite Box Offering, and the many ways you can participate in meaningful and enriching ways throughout this season of lights, remembering, and counting the days!



REMINDER: THANKSGIVING SERVICE

**Thursday November 24th at 11:00 am
Chapel & CH 974**

Holy Eucharist
Blessing of the Knitting
Offerings for ALIVE!



REMINDER: KNITTERS AND CROCHETERS

Please bring all knitted and crocheted items to the Chapel late Wednesday afternoon, **November 23rd**, in preparation

for the Thanksgiving Day 11:00 a.m. service or contact Chaplain Bruce at 703/824-1284 or bstewart@goodwinhouse.org.



*Bruce Stewart, Director of
Chaplaincy Services*



SATURDAY MORNING LIVE

**Saturday December 3rd at 10:30 am
AUD**

Saturday Morning Live is fortunate to have a docent of the Fine Arts Museum of San Francisco tell us about Egypt during the time of Ramses.

Carol Porter, sister of our own Robin Barbee, is visiting here and has agreed to return to us and continue our art education. She is an extraordinary speaker. She will be speaking about Ramses the Great and the Gold of the Pharaohs.



Rosie Robbins, Resident

BYOCONVERSATION: THE GRATITUDE ATTITUDE

Monday November 21st

10:00 am —10:45 am

Fillmore Room

As Thanksgiving Day approaches, we can wonder together how to see life through the lens of gratitude. Please consider gathering on Monday morning to discuss this topic (or just listen) with some regulars, and some occasional attendees. What's your gratitude attitude? Can gratitude convert your half-empty glass into half full? How to express your thanks? What great examples of appreciation have you seen? What's the alternative to gratitude? Does gratitude incur indebtedness? How do "recognition," "tribute," "acknowledgment" relate? Is there a "glad-sad continuum"? Conversation is a companionable circle; lightly moderated; two mics for audibility.



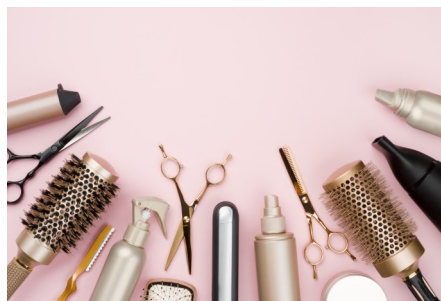
Jonathan Bryan, Resident

REMINDER: EMPLOYEE APPRECIATION FUND

If you have not already made a contribution to the employee appreciation fund for this year, and wish to do so, please remember that the last date for contributions this year is **November 30th**. Thank you!

The EAF Committee

NEW IMAGE BEAUTY SALON



The Beauty Salon will be closed for the Thanksgiving holiday Thursday November 24th and Friday November 25th. It will re-open on Monday November 28th.

Kim Butler,

Director of Life Enrichment

LAST CLOTHING COLLECTION IN 2022

The GHA Outreach Committee will host the last monthly clothing collection on Wednesday November 30, 2022 in the Game Room on G1 in the Tower. Please note that **no** collections are scheduled for the month of December so that residents can focus on family and visits during the coming holidays. Collections will resume in 2023 on the last Wednesday of the month (January 25, 2023).



Carl Miller, Resident

NATIVE AMERICAN HERITAGE MONTH PROGRAM

**Monday November 21st at 11:00 am
Living Room**

The American Indian Society of Washington, DC will be joining us to discuss topics related to the Indigenous culture, its history and its future. Guest speakers will be Alice Myers Hall; President of AISDC. The program will start with a traditional universal prayer, followed by an open discussion and dialog segment and closing with a traveling Song and Friendship circle.

ENVIRONMENTAL SERVICES COMMITTEE

**Monday November 21st at 3:00 pm
Fillmore Room**

The November meeting of the Environmental Services Committee will be reviewing feedback regarding the new signage and organization of bins in the trash rooms demonstrated on the 5th floor of the Original Building and the 14th floor of the Tower, and discussing plans for implementation of the innovations on all floors. We also hope to welcome our new Director of Environmental Services, Ana Landaeta, and learn more about her plans for her new position.



Peggy Burke, Resident

LAUNDRY SERVICE UPDATE

We are pleased to inform you that we now have two levels of personal laundry services available to you.

- Concierge service - wash, dry with light ironing, hang or fold personal items - for \$33/load
- Basic service - wash, dry, hang or fold personal items - for \$20.12/load

Both levels of service are now available at GHA and GHBC.

We look forward to continuing to serve you.

Bridget Johnson, Laundry Manager

SING-ALONG SATURDAY

Please join us Saturday November 26th at 1:30 pm in the auditorium for our next edition of "The Great American Sing-Along." You are welcome to join us in singing along with or just listening to these "golden oldies." After this one, the next Sing-Along will be on Saturday December 10th.



*Jim Carroll &
Dick Pellerin, Residents*



PLASTIC BAGS STILL NEEDED!

Thank you all for your usable plastic bags. GHBC wants to reach their goal of 100 mats for those unfortunates in shelters in our area. Those plastic bags from Safeway, Giant, etc, are cut into round stripes, which GHBC residents then knit into sleeping mats (approximately 36" by 72"). So far, they have made and delivered 80 mats to those in need. Please keep saving and depositing your plastic bags (NO GREEN disposable bags please) at the business center. There is a black container where they can be placed.

Kind thanks for your continued help in saving them. They are definitely used for a good cause.



Jill Miller, Resident



DICK'S TEASER

Some people love sayings and proverbs, but can never recite them correctly. Can you change the following expressions to the correct saying or proverb that they supposedly represent? For example, "Humans who reside in clear, vitreous residences ought not to hurl small rocks" really refers to "People who live in glass houses ought not throw stones."

The passage of hours and minutes equals bills and coins.

Red body fluid is more viscous than clear liquid.

Every beneficial entity has to reach a conclusion.

The rotating circle with the high-pitched sound receives the lubricant.

One image has the value of 10 times 100 spoken units of language.



Dick Pellerin, Resident

See the answer on page 9.

COVID NUMBERS

2 resident cases, 3 team member cases, as of November 17th.

EVENTS

KENNEDY CENTER NSO COFFEE CONCERT- FROM MEMORY: DAVID ROBERTSON CONDUCTS MACKEY, BARBER & BERNSTEIN

Friday December 2nd at 10:45 am

Lobby

Ticket Cost - \$19

Transportation Cost - \$12

Immerse yourself in Mnemosyne's Pool, dubbed "the first great American symphony of the 21st century." Extraordinary soprano Masabane Cecilia Rangwanasha makes her NSO debut in Barber's dreamy, nostalgic impression of nighttime in Knoxville. Maestro David Robertson concludes the program with *West Side Story's* most memorable music.

If you are interested in attending this concert, please sign up in the Activities Binder, located near the Reception Desk. Sign-up sheet will be out Monday morning by 9:00am.



MINI-MUSICALS ON THE RUN – THE MUSIC MAN

**Tuesday November 29th at 7:30 pm
Auditorium**

"River City Junction! River City next station stop!" When charming con-man Professor Harold Hill rolls into

this prim turn-of-the-century Iowa town, he soon sweeps everyone off their feet with his stirring scheme for starting a boys' brass band. Everyone, that is, except Marian, the town librarian and music teacher – the person he most needs to win over.

Mini-Musicals on the Move®

is thrilled to present our signature one-hour version of Meredith Willson's timeless romantic comedy, complete with all the stirring marching band rhythms, romantic melodies, and irresistible dance tunes you remember and love: from "Seventy-Six Trombones," "Gary, Indiana," and "Wells Fargo Wagon," to "Til There Was You," "Lida Rose," and "Goodnight My Someone," to name only a handful of hits.



REMINDER BOOK REVIEW: THE ISLAND AT THE CENTER OF THE WORLD

**Tuesday November 29th at 3:00 pm
Auditorium A**

Anne Heanue will present to us the story of a Dutch colony that predated the pilgrims and established New York.



EVENTS (CONT'D)

ART FILM: KUSAMA: INFINITY **Monday November 21st at 3:00 pm** **Channel 972**

Liberating herself from Japanese society's restrictive tenets and aesthetics, avant-garde artist Yayoi Kusama moved to New York City in 1958 and developed a unique multimedia style featuring oceans of polka dots, as detailed in this documentary. 1h 20m



HOLIDAY BAZAAR **Wednesday December 7th** **10:00 am – 3:00 pm** **Auditorium**

Get your Holiday shopping done early! Your favorites vendors plus some new ones will be here selling everything from pickles, jewelry, t-shirts, accessories, home goods, soaps, and food items.



MUSIC EDUCATION SERIES WITH QUENTIN WALSTON

Monday November 21st at 3:00 pm
Auditorium

Quentin Walston's musical seminars are more than a public speaking event! These educational concerts combine Quentin's highly-acclaimed solo piano performance with music history, appreciation, and more. GHA will be bringing on a class each month through November, this week's topic will be Jazz Composers Hall of Fame.



Jennifer Bennett,
Events Coordinator

GHA BOOK CLUB

The GHA Book Club is taking a break and will not be meeting in December. We'll meet again on January 17th, at 2:00 p.m in the Residents' Conference Room, when we'll discuss *Dreams of Joy*, by Lisa See. This powerful novel is a story about a mother's love and complicated family relationships. When her 19 year-old daughter, Joy, moves to China in search of her true father, her mother follows, to try to save her daughter during the Great Leap Forward.

There will be a sign-up page in the Activities Binder starting November 19th. More details to follow.



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

ADMINISTRATIVE & FACILITIES NOTES

WATER SHUT OFF

**Tuesday November 29th from
10:00 am—4:00 pm
Original Building**

We have been able to secure the necessary parts to fix the pipes in the Original Building. The hot and cold water will be shut off to repair the leaking pipe. We apologize for the inconvenience and thank you for your patience. If you have any questions, please contact Facilities Management at 703.824.1300.



ORIGINAL BUILDING ENERGY RETURN UNIT (ERU) REPLACEMENT

The HVAC system's ERU ventilates the building. We are replacing the current aging unit on the following schedule:

Tuesday November 22: Crane & rooftop work: 7:00 am-5:00 pm.

7:00 am - 5:00 pm the front lobby entrance will be closed off. Please use the rear lobby entrance.

6:30 am - 10:00 am, one lane will be blocked. We will have traffic control to assist 2-way traffic.

The intersection at the garage, the road to the front door, and the road to the back door will be blocked roughly at the following times for approximately 15 minutes:

10 – 10:15 am

1 – 1:15 pm

We will provide additional traffic control as needed to lessen the impact.

**Wednesday November 23 – Friday
December 1:** Rooftop work: 9:00 am - 5:00 pm.

If you have questions or require additional information, please contact either Theresa Thomas, Associate Executive Director, 703.824.1336 or Amadu Kamara, Facilities Management Director, 703.824.1389.

With thanks in advance for your patience and cooperation.

*Amadu Kamara, Facilities
Management Director*

ADMINISTRATIVE & FACILITIES NOTES (CONT'D)

HOLIDAY DECORATIONS

As you decorate for the holidays, we would like to remind you not to use live greenery. This is a necessary precaution to keep our community safe from fires.

*Theresa Thomas, Associate
Executive Director*

RENEW YOUR CLINIC ORDERS FOR 2023

If you have a standing order with the Clinic for regular blood screening or other testing, you need to renew that order at the start of each calendar year. You can take an order for 2023 from your doctor to the Clinic. Or you can ask your doctor to fax an order to the Clinic at 703-824-1093; the Clinic will let you know when it has been received.

Laura Lawson, Resident

Thanksgiving Menu

Sweet Potato and Butternut Squash Soup

Mixed Greens and Fennel w/ Feta

Roasted Turkey w/ Gravy

Pineapple Bourbon Glazed Baked Ham

Fennel-Crusted Salmon

Garlic Mashed Potatoes

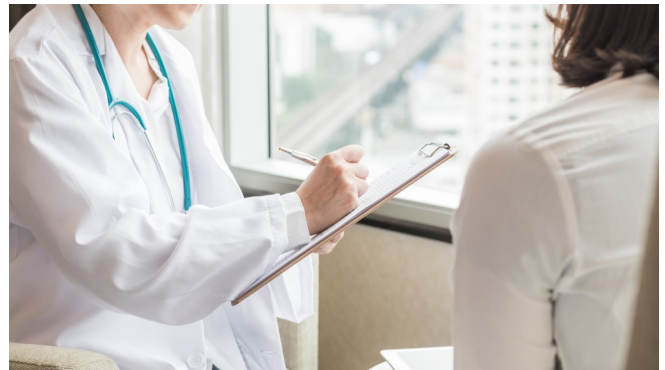
Candied Yam Soufflé

Apple & Sausage Stuffing

Green Bean & Pearl Onion Casserole

Glazed Parsnips & Carrots w/ Sherry

Assorted Holiday Cakes & Pies



DICK'S TEASER SOLUTION:

The correct sayings or proverbs are:

Time is money.

Blood is thicker than water.

All good things must come to an end.

The squeaky wheel gets the grease.

A picture is worth a thousand words.

Dick Pellerin, Resident

*Happy
Thanksgiving*

Thanksgiving Day Meal Service

Thursday, November 24th

In celebration of Thanksgiving Day, Dining Services will offer a special meal on Thursday, November 24th from 11:30 a.m. until 1:30 p.m.

The Alexandria, The Arbor Room, & Fillmore Lounge

We are now open for reservations. You may call 703-824-1102 to request a reservation

The Bistro

Reservations are not required to dine in the Bistro. Carry-out service will be available from the Bistro. Only the Thanksgiving Day menu will be available in all venues. The regular breakfast menu will be served in the Bistro from 7:30 a.m. to 9:00 a.m. The regular Bistro Menu and Weekly specials will be available for supper from 3:30 p.m. – 6:00 p.m. in the Bistro only.

Thursday Mealtimes

Breakfast 7:30 a.m. – 9:00 a.m.

Thanksgiving Dinner 11:30 a.m. – 1:30 p.m.

Thanksgiving Day menu ONLY in ALL venues

Supper (Bistro Only) 3:30 p.m. – 6:00 p.m.

The Bistro Menu & Weekly Specials will be available at Supper (\$5.96) (For faster service place order or come between 3:30pm to 5pm)

The Mixing Bowl and Fillmore will be closed

The Weekly Schedule

Sunday November 20, 2022 — Sunday November 27, 2022
(The room location key is at the end of this calendar.)

Located in Common Areas

Sunday November 20

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

VICTOR/VICTORIA (1982) PG
Musical Comedy, 133m. Set in 1930s Paris, starving opera singer Victoria is aided by gay cabaret performer Carole “Toddy” Todd. When Victoria dons Toddy’s ex’s clothes and then sends the abusive ex flying with a shout and a booming right hook, Toddy is hit with inspiration: he’ll pass her off as a female impersonator. A woman pretending to be a man pretending to be a woman? It all goes well until Chicago “businessman” King Marchand, starts to investigate, sure that a man like himself could never fall for

another man. The revelation of King’s infatuation brings his bodyguard “Squash” Bernstein roaring out of the closet, and his spurned moll Norma Cassady off to Chicago to plan revenge with King’s other “business associates.” (CAST: Julie Andrews, James Garner, Robert Preston, Lesley Ann Warren, Alex Karras)

Monday November 21

- 9:00: Fun & Fitness — GX & CH 975
9:30: Aqua Fun — POOL
10:00: BYOConversation — FL (See the article on page 3.)
10:00: Catholic Mass & Rosary — CHP & CH 974
10:00: Trail Blazers - Holmes Run — LBY
11:00: Native American Heritage Month Program — LR (See the article on page 4.)
11:00: Beginners Line Dancing — GX
11:00: **Just Dance Class** — AUD-A NEW (See the article on page 1.)

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

3:00: Art Film — CH 972 (See the article on page 7.)

3:00: Environmental Services Committee — FL (See the article on page 4.)

3:00: Musical Education Series with Quentin Walston — AUD & CH 972 (See the article on page 7.)

3:15: Seated Meditation — CHP & CH 974

4:30: Happy Hour / Meet & Greet New Residents — LR

Tuesday November 22

7:00 - 5:00 pm: Original Building HVAC Work (See the article on page 8.)

7:45: Morning Yoga — GX & Zoom

9:00: Strength & Stretch Class — GX & CH 975

9:30-Noon: Credit Union Open — PR

10:00: Yoga Strength — GX & CH 975

10:00: Bus to Giant Food — LBY

11:00: Bible Study — CHP

1:15: Total Brain & Body Fitness — GX & CH 975

1:30: Mah Jongg — LR

2:00: Wii Bowling — GX

2:00: Movie: CH 972

HIDALGO (2004) PG-13 Drama, 136m. Cowboy Frank T. Hopkins, who has an Indian mother, was wounded and traumatized for life as a US Cavalry scout at the Wounded Knee Massacre. He later joined Buffalo Bill's Wild West show as horse stuntman and reputed horse racer. An Arabian sheikh comes to dare him to defend his show's billing as the world's greatest endurance rider, by entering – as the first Westerner - the millennial great 'ocean of fire' race across the unforgiving Arab desert. Hopkins enters with the first-ever non-thoroughbred, his trusted mustang Hidalgo. As if learning the harsh country in the race weren't hard enough, he must contend with contempt for infidels and “impure” horses, competitors stopping at nothing to stop him, a sand storm, and more. (CAST: Viggo Mortensen, Omar Sharif, Louise Lombard, Floyd Red Crow Westerman, J.K. Simmons)

2:30: Stronger Memory Weekly Check In — AR

3:00: Book Review — AUD-A

3:30: Technology Committee Meeting — RCR

4:30: Advanced Tai Chi — GX

Wednesday November 23

9:00: Fun & Fitness — GX & CH 975

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. 21: Fiordland National Park--
Majestic Fjords

Ep. 22: Rock of Gibraltar--
Catastrophic Floods

1:30: Duplicate Bridge — LR

2:00: Caregiver Support Group — BR

2:00: Open Studio — AS

3:00: Beginning Tai Chi Practice — GX

Thursday November 24

7:45: Morning Yoga — GX & Zoom

9:00: Strength & Stretch Class — GX &
CH 975 **Canceled**

9:30: Aqua Fun — POOL **Canceled**

10:00: Yoga Strength — GX & CH 975
Canceled

10:00: Ceramics — AS **Canceled**

11:00: Newcomers Group — AR
Canceled

11:00: Thanksgiving Day Service —
CHP & CH 974

11:00: Wii Bowling — **Canceled**

1:15: Total Brain & Body Fitness — GX
& CH 975 **Canceled**

2:15: Line Dancing 1 — GX **Canceled**

3:00: GHA Players — RCR **Canceled**

7:15: Movie: CH 972

MARRY ME (2022) PG-13 Comedy,
112m. A betrayed pop star, slated
to marry her pop star fiancé on
stage, instead marries Charlie, a
stranger from the audience who is
a high school math teacher. What
begins as an impulsive reaction
evolves into an unexpected romance.
But as forces conspire to separate
them, the universal question arises:
Can two people from such different
worlds bridge the gulf between them
and build a place where they both
belong? Can their love survive the
limelight? (CAST: Jennifer Lopez,
Owen Wilson, Maluma, John
Bradley, Sarah Silverman)

Friday November 25

- 7:45: Morning Yoga — GX & Zoom
9:00: Fun & Fitness — **Canceled**
10:00: Replay of Thursday Movie — CH 972
10:15: Singing Seniors — AUD-A
Canceled
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 — GX
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday November 26

- 8:15: Classical Stretch — GX
10:30: Advanced Tai Chi w/Instructor — GX
11:30: Beginners Tai Chi with Instructor — GX
1:30: Sing-Along — AUD-A (See the article on page 4.)
3:00: Weekend Wii Bowling — GX

7:15: Movie: CH 972

TO KILL A MOCKINGBIRD (1962) NR Drama 129m. Through the eyes of "Scout," a feisty six-year-old tomboy, this award-winning film carries us on an odyssey through the fires of prejudice and injustice in 1932 Maycomb, Alabama. Peopled with a cast of eccentrics, the tired and sleepy town finds itself as the venue of the trial of Tom Robinson, a young black man falsely accused of raping an ignorant white woman. Atticus Finch (Academy Award Winner Gregory Peck), Scout and Jem's widowed father and deeply principled man, is appointed to defend Tom for whom a guilty verdict from an all-white jury is a foregone conclusion. (OTHER CAST: Mary Badham, Philip Alford, Brock Peters, Robert Duvall, more)

Sunday, November 27

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

RAMS (2016, Icelandic, 1h 33m). Two brothers, both sheep farmers,

live next door to each other but they have not spoken for 40 years. However, when a deadly virus attacks both their herds, their personal relationship is affected as well. The title of the film *Rams* and the austere rural Icelandic landscape reflect the character of the two men and the lives they lead. Despite the sober setting, there are some surprising comic elements in how the film portrays the two determined brothers.

Located in Richmond & Dominion

Sunday November 20

- 9:00: Holy Eucharist — CHP & CH 974
- 10:30: Holy Eucharist—AUD-AB & CH 973
- 1:30: Weekend Wii Bowling — GX
- 6:30: Movie: *VICTOR/VICTORIA* — CH 972 (See page 11.)

Monday November 21

- 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 7.)
- 3:00: Musical Education Series with

Quentin Walston — CH 972 (See the article on page 7.)

4:30: Happy Hour / Meet & Greet New Residents — LR

Tuesday November 22

- 10:00: Yoga Strength — GX & CH 975
- 11:00: Bible Study — CHP
- 2:00: Movie: *HIDALGO* — CH 972 (See page 12.)
- 3:00: Book Review — AUD-A
- 3:00: Power Braining & Exercise — DDR

Wednesday November 23

- 11:00: Prayer Group — CHP
- 11:00: Teaching Company: The World's Greatest Geological Wonders — CH 972 (See page 13.)
- 11:15: Step into Motion: Fitness Class — RAR

Thursday November 24

- 10:00: Yoga Strength — GX & CH 975 **Canceled**
- 10:00: Ceramics — AS **Canceled**
- 11:00: Thanksgiving Day Service — CHP & CH 974
- 11:15: Chair Exercise — DDR **Canceled**

1:45: Music Therapy with Abby — DDR
Canceled

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

Friday November 25

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 November 26

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

10:30: Saturday Morning Live — AUD
(See the article on page 2.)

11:30: Beginners Tai Chi with Instructor — GX

1:30: Sing-Along — AUD (See the article on page 4.)

3:00: Weekend Wii Bowling — GX

7:15: Movie: *TO KILL A MOCKINGBIRD* — CH 972 (See page 14.)

Sunday November 27

9:00: Holy Eucharist — CHP & CH 974

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

1:30: Weekend Wii Bowling — GX

6:30: Foreign Film: *RAMS* — CH 972
(See page 14.)

Located in Small House

Sunday November 20

9:00: Holy Eucharist — CHP & CH 974

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

6:30: Movie: *VICTOR/VICTORIA* — CH 972 (See page 11.)

Monday November 21

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

10:30: Chair Exercise — WL

11:00: Bell Choir — RP

2:30: Tea Party — RP

3:00: Art Film — CH 972 (See the article on page 7.)

Tuesday November 22

- 11:00: Art with Alison — OQ
11:00: Bible Study — CHP
2:00: Movie: *HIDALGO* — CH 972 (See page 12.)
2:30: Music Therapy with Abby — BL

Wednesday November 23

- 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 (See page 13.)
2:00: Open Studio — AS
2:30: American Heritage Month: Story Telling & Symbols (WL)

Thursday November 24

- 11:00: Thanksgiving Day Service — CHP & CH 974
1:30: Pet Lovers Club — WL **Canceled**
2:30: Creative Creations: — OQ **Canceled**
4:00: Individual Visits — SH-A
7:15: Movie: *MARRY ME* — CH 972 (See page 13.)

Friday November 25

- 10:00: Replay of Thursday Movie — CH 972
10:30: Stronger Memory Individual Visits — SH-A
11:00: Music Therapy with Abby — OQ **Canceled**
3:00: Multi-Sensory Room Visits — OQ
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday November 26

- 10:30: Dog Visits — SH-A
1:30: Sing-Along — AUD-AB (See the article on page 4.)
3:00: Music with Barbara — WL
3:30: Music with Barbara — OQ
7:15: Movie: *TO KILL A MOCKINGBIRD* — CH 972 (See page 14.)

Sunday November 27

- 9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD-AB & CH 973
6:30: Foreign Film: *RAMS* — CH 972 (See page 14.)

LOCATION KEY

AR = Arbor Room next to the Dining Room/ Bistro

AS = Art Studio

ASG = Art Studio Gallery

AUD-A = Auditorium A

AUD-B = Auditorium B

AUD = Auditorium AB

AUD-ABC = Auditorium ABC

BL = Small House Bluestone

BR = Bishops' Room First Floor Tower

BST = Bistro

CC = Concourse

CH 971 = Channel 971

CH 972 = Channel 972

CH 973 = Channel 973

CHP = Chapel

CL = Clinic

CTY = Courtyard

DDR = Dominion Dining Room, Original Building 2nd Floor

FL = Fillmore Lounge

FP = Fillmore Patio

GR = Game Room on Promenade

GX = Group EX Studio

JA = Small House James

LBY = Lobby

LR = Living Room

MH = Small House Meherrin

MP = Market Place on Promenade

OQ = Small House Occoquan

POOL = Swimming Pool on Promenade

PT = Physical & Occupational Therapy on Promenade

PR = Promenade

PSCR = Promenade Small Conference Room

PW = Small House Powell

RAR = Richmond Activities Room, Original Building 3rd Floor

RCR = Residents' Conference Room

RDR = Richmond Dining Room, Original Building

3rd Floor

ROOF = Rooftop Deck

RP = Small House Rappahannock

SH-A = Small Houses

SHG = Small House Gallery

SN = Small House Shenandoah

WL = Small House Willis

WELLNESS ICONS

Communal =



Emotional =



Intellectual =



Physical =



Social =



Spiritual =

