SINGING SENIORS
HOLIDAY CONCERT
Friday December 16th at 3.00 pm
Auditorium

Your own GHA residents’ chorus, Singing Seniors, are pleased to welcome you to our annual Christmas concert. We have a varied program of Christmas and other songs, and we are looking forward to seeing you. Come early to ensure a seat.

Kathleen Dunn, Resident

ELF ON THE SHELF

Uh Oh! We have an elf on the loose causing mischief at GHA and we need your help finding him! Starting December 12th our mischievous elf will be hiding throughout the campus, with clues to his location being displayed on the bulletin board outside the main elevator in the Concourse, as well as outside the nursing offices in The Richmond and Dominion. Clues will be replaced every Monday and Friday morning until the 21st of December. Once you find the elf, please do not move him, as he will lose his magic! Email Brianna Johnson at bjohnson01@goodwinliving.org with your first and last name and the location of where you found the elf and/or a photo of you and the elf. Good Luck!

Brianna Johnson, Therapeutic Recreation Coordinator

COVID NUMBERS

1 resident cases, 3 team member cases, as of December 8th.
Saturday December 31st is the last day in calendar year 2022 to make your gift. We invite you to help keep our Mission in Motion!

Here are some unique ways to give.

- Join other residents who have asked their family members to make a gift to the Foundation in lieu of holiday gifts.
- Consider making monthly contributions to the Foundation through resident billing.
- Reduce your taxable income by making a gift through your IRA and fulfilling your required minimum distribution.
- Transfer appreciated stock and avoid capital gains (the deadline to initiate a stock transfer for a 2022 gift is December 20th).
- Consider donating your vehicle.

This past year, we were able to do extraordinary things that affected the lives of our residents and team members in meaningful ways and we hope to do even more in 2023, with the help of your tax-deductible charitable gift. Please contact any of our team members with questions.

On behalf of all those who benefit from your generosity, WE THANK YOU!

The Foundation Team – Valerie, Allison, Emily, James and Mary Kate

REMINDER: SATURDAY MORNING LIVE: BRIAN PORTER, COMMONWEALTH ATTORNEY
Saturday December 10th at 10:30 am Auditorium and Channel 973

DICK’S TEASER:

Can you figure out the name, word or expression represented by the following?

YO U J U S T M E

Dick Pellerin, Resident

See the answer on page 9.
BYOCONVERSATION: HOSPITALITY
Monday December 12th
10:00 am — 10:45 am
Fillmore Room


Even if you are new to GHA, or new to BYOConversation, welcome! Companionable, funny, respectful, swinging from light to profound. Come to converse or just to listen. Masks encouraged (and available); sanitizer available. Give it a try!

Jonathan Bryan, Resident

IT CAN HAPPEN TO YOU

The names have been changed to protect the innocent. I was in the Fitness Center with one other resident, whom I shall call “Lulu.” Lulu is able-bodied and lives in Independent Living. When she got off her exercise equipment she winced in serious pain. She had hurt one foot and could not put weight on it. I went to the Clinic; the nurse wheelchaired Lulu to her apartment.

Lulu was not wearing an emergency pendant. If someone else had not happened to be there, she could have been stuck in the Exercise Room—unable to walk or get help—for who knows how long.

The moral of the story: It CAN happen to you, even if you’re healthy. When you go to the Fitness Center, it’s important to either wear your emergency pendant or take one from the bowl on the desk to wear while you are there.

Please remember to return pendants to the bowl on the desk so other residents may use them.

Laura Lawson, Resident
CHAPLAINCY SERVICES

THANKSGIVING THANKS

At the service on Thanksgiving Day we dedicated 15 hats, 16 sets of mittens, 7 scarves, 4 afghans, 1 quilt, 1 baby blanket, 1 sweater, and a headband made by residents and team members for the Carpenter’s Shelter. Monetary offerings of $292.00 will go to ALIVE! for purchasing food in bulk to distribute to those in need. Thanks to all the knitters, crocheters, quilters, and contributors!

ANGEL TREE TOTALS SO FAR:
As of 12/2/22: $1,500.00 = 60 Angels
Please make checks payable to ALIVE!
(Memo: GHA Angel Tree)

ADVENT SERIES PART 3:
Tuesday December 13th at 4:00 pm
Auditorium & Channel 973

The theme this week is “Illuminating the Days: St. Lucy, Chanukah, & the Wisdom of Children.” Rabbi Gail and Chaplain Bruce will be sharing thoughts about these celebrations that focus on light during the darkest time of the year and how they invite the participation of children. Sharing of childhood memories by those present will be warmly welcomed.

LIVING BY HEART
GIFTS: GIVING & GETTING
Wednesday December 14th at 2:00 pm
Chapel

What makes a good gift? Have you ever needed to act surprised? Have you given or received the perfect gift? Do you have a special gift tradition or ritual? For this month’s arts and spirituality gathering we will consider the dynamic of giving and receiving gifts. Bring a song, poem, story, object, image, or memory to illustrate your thoughts and experiences.

Bruce Stewart, Director of Chaplaincy Services
EMPLOYEE APPRECIATION FUND (EAF) SUCCESS

Ninety percent of the residents in Independent and Assisted Living combined with family and friends from around the country to raise $412,945, nearly $13,000 above our goal. This remarkable generosity is rooted in the efforts of many. First and foremost are the GHA staff who continually show themselves to be vital to our common life. Thanks are also due to the EAF Committee who led the campaign: Jonathan Bryan, Sheila Hoben, Martha Kelley, Mark Raabe, Bill Sargent, and Frank Wade. Their efforts bore fruit through the work of many hands and minds. Weekly Gazette testimonials were by Jim Carroll, Jill and Carl Miller, Fred and Brenda Pang, Joan and Bill McCulla, Jean Schweighauser, John and Anne Kress, Jerry File, and Khacki Berry. Ruth Corlett and Jane Jordan led the team of artists who produced the wonderful elevator posters. Pat Coates, Judy Davis, James Hoben, Barbara Kirkland, John Kress, Betsy LaRoe, Sue Lynch, Grace Lynch, Sue Padgett, John Roach, Joanne Tomasello, and Faye Woodrow all took part in that creative enterprise. Lee Lederer and Bob Barnett provided a skit for the November birthday party. In addition, Julie Lineberry laid out the pamphlet using photos by the Photography Club. Jane Ring and Robyn Barbee were scribes for the thank-you notes. The Life Enrichment staff were consistent help in many areas. Saidu Kaaba addressed the November Town Hall. And finally, Don Bradley ran the program that printed the checks for distribution to the employees. We thank them all from the bottom of our hearts.

Frank Wade, Resident

REMINDER: FIRESIDE CHAT

The Residents’ Council’s “Fireside Chats” for December will be held only once: FRIDAY, DECEMBER 16th at 11 am in the Living Room. No agenda, open discussion, share thoughts. New and “vintage” residents are welcome!

Judy Bryan, Resident
GREEN TEAM NEWS

CHRISTMAS SPECIAL FROM KINGS COLLEGE CAMBRIDGE
Friday December 23rd at 8:00 pm Channel 972

The Green Team will present a 45 minute Christmas Special of Lessons and Carols sung by the Choir of King’s College at the University of Cambridge.

Calling GHA Photographers
Friday December 16th at 10:00 am Living Room

The Green Team is seeking Goodwin House photographers to participate in a 12-month project of documenting the bloom times of the flowers, shrubs, and trees on the GHA grounds and in the garden boxes. Please join Jim Carroll if you would like to participate or are merely curious.

Jim Carroll, Chair, GHA Green Team

OMNIFLOW: NEW REHAB DEVICE

The rehab department is pleased to introduce the OmniFlow Breathing Therapy Biofeedback System – a new method of delivering breathing therapy.

OmniFlow is a portable device that uses interactive methods and visual exercises to help those with various diagnoses such as COPD, congestive heart failure, changes in voice, shortness of breath, and many more. With OmniFlow, therapist can customize exercises for you, provide valuable data to show your breathing skills, and document your progress.

Do you tire easily from walking or exercising? Do you feel winded when talking or eating? Do you need to take rests when completing chores? Do you notice your voice getting softer?

Let us help with the use of OmniFlow to more effectively assess your skill level, guide breathing treatment, and improve your overall well-being.

If you feel that you may have difficulty with breath support or have any questions, please contact the Rehab department at 703-824-1244. We are happy to help!

Meredith Kotoski, Speech & Language Pathologist
GHA BOOK CLUB
Tuesday January 17th at 2:00 pm
Residents’ Conference Room

The GHA Book Club is taking a break and will not be meeting in December.
We’ll meet again in January 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 is a sign-up page in the Activities Binder for those who want to borrow the book and attend the January meeting. Those who prefer to use Kindle or Talking Books can just check under “Meeting” if they plan to attend.

The books that we borrow from the Fairfax Library won’t be here until sometime mid-December, when they’ll be placed in the GHA mailboxes of those who signed up to borrow a copy.

New Readers are always welcome!

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

EVENTS

AFTERNOON CONCERT: HARMONY HERITAGE SINGERS
Thursday, December 15th at 3:00 pm Auditorium

They are a men’s chorus of over 60 active members, some of whom also sing regularly with one or more other choruses. Most of them are veterans of military service, and because all of them are either retired or self-employed, they are glad to perform during the day when many groups cannot. They sing songs people love to hear in the traditional style known as “barbershop.” All songs are sung from memory and without accompaniment, in rich Barbershop harmonies. They will be signing mostly Christmas songs for this performance.

HOLIDAY CARD TREE

There are three Christmas card stands located throughout the Lobby level. Please feel free to leave a card for your fellow residents.
EVENTS (CONT’D)

CITY SINGERS
Saturday December 17th at 4:00 pm
Auditorium

The City Singers believe in the power of music to connect communities. As the City Choir of Washington’s volunteer outreach chorus, the City Singers bring upbeat and heartfelt programs of American standards, spirituals, and Broadway tunes to homeless shelters, military retirement homes, government hospitals, and assisted living facilities throughout the greater Washington region.

SHUTTLE SERVICE TO ASO HOLIDAY CONCERT
Saturday December 17th at 7:00 pm
Lobby
Transportation Cost: $2.00
Admission Cost: Tickets must be purchased by resident

A Shuttle will be provided to and from the Schlesinger Center for the upcoming Alexandria Symphony Concert (ASO) holiday concert. Please sign-up in the Activities binder under Community Outings. GHA will not be purchasing tickets to the concert.

REMINDER: HOLIDAY LIGHTS SHUTTLE TOUR
December 15th, 20th, and 23rd at 6:00 pm
Lobby

The GHA Shuttle will take a tour of the local holiday lights in area neighborhoods. Eat you dinner early and enjoy the lights after. The tour will be between 45-60 minutes long. If you are interested in going on one of these trips, please sign-up in the Activities binder in the Community Outing tab.

ART FILM: CUTIE AND THE BOXER
Monday December 12th at 3:00 pm
Channel 972

A 2014 Oscar nominee for Best Documentary Feature, this film explores the work and marriage of Ushio and Noriko Shinohara, who took America’s art scene by storm after leaving Japan for New York. 1h 21m

REMINDER: BINGO WITH RAY HAWN
Wednesday December 14th at 7:30 pm
Auditorium

REMINDER: EVENING CONCERT: THOMAS PANDOLFI
Monday December 12th at 7:30 pm
Auditorium

Jennifer Bennett, 
Events Coordinator
DINING FUN FACTS:

- Did you know canned peaches were the first fruit eaten on the Moon?
- Did you know mushrooms are impossible to overcook? They might burn but will not become tough or bitter?
- Did you know fresh eggs will float in water while old eggs will typically sink?

Derek Campbell, Executive Chef

MARKET PLACE SALE
Thursday December 15th from 9:30-11:30 am and 2:30-4:00 pm
G1 Market Place

Come down to the red door to shop for fine Christmas gifts, furniture, and various household goods.

Happy holidays to all!

Dick Wilson, Resident

CONCRETE REPAIRS
Thursday & Friday December 15th & 16th from 9:00 am to 5:00 pm
Fillmore Patio and Fishpond Path

The Fillmore Patio and Fishpond path will be blocked off from Thursday December 15th through Monday December 19th for repairs. The work will be over December 15th and 16th. The cement will be allowed to cure through Monday. There will be excessive noise as workers remove the old materials with heavy machinery.

Amadu Kamara, Director of Facilities Management

REMINDER: GHA DIRECTORS’ DUTCH LUNCHES
Wednesday December 14th at noon
Bistro
Sign-up in Activities binder

- Dec. 14: Jackie Barbarito, Interim Administrator of Health Care

Merrily Wolf, Executive Assistant

DICK’S TEASER SOLUTION:

The letters represent the expression “just between you and me.”

Dick Pellerin, Resident
Located in Common Areas

Sunday December 11

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: Movie: — CH 972

BRIGADOON (1954) G Fantasy/Musical, 108m. Americans Tommy Albright and Jeff Douglas, on a hunting vacation in Scotland, discover the quaint and beautiful village of Brigadoon. Strangely, the village is not on any map, and soon Tommy and Jeff find out why: Brigadoon is an enchanted place. It appears once every hundred years for one day, then disappears back into the mists of time, to wake up to its next day a century hence. When Tommy falls in love with Fiona, a girl of the village, he realizes that she can never be part of his life back in America. Can he be part of hers in Brigadoon? Memorable songs include: "The Heather on the Hill" and "Almost Like Being in Love." (CAST: Gene Kelly, Van Johnson, Cyd Charisse, Elaine Stewart, Barry Jones)

Monday December 12

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: Bluemont Junction Trail — LBY
2:00: Spiritual life Committee — RCR
3:00: 12-Step Meeting — Call 703-399-6109 for information.
3:00: Art Film — CH 972 (See the article on page 8.)
3:15: Seated Meditation — CHP & CH 974
7:30: Evening Piano Concert with Thomas Pandolfi — AUD-AB & CH 973
7:30: Environmental Film: National Parks series, opening chapter — CH 972
Tuesday December 13

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
10:00: Residents Grounds Committee Meeting — RCR
10:00: Vendor: Mary Kay Cosmetics — CC
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

BRIEF ENCOUNTER (1945) NR
Drama/Romance, 85m. Every Thursday morning, the idealistic Dr. Alec Harvey catches the train at the Milford railway station to the local hospital. Every Thursday morning, the middle-class British housewife Laura Jesson takes the train to the nearby town of Milford to shop and go to the movies. Over the weeks, even though they are both married with children, Laura and Alec will seek each other's company over a cup of tea at the railway station's cafeteria; nevertheless, they both know that their intoxicating love affair can only be ephemeral. Can the clandestine lovers find the courage to get back their innocence, and above all, their happiness? “Sheer perfection-the gold standard of tragic romances.” (CAST: Celia Johnson, Trevor Howard, Stanley Holloway, Cyril Raymond, Joyce Carey)

2:30: Stronger Memory Weekly Check In — AR
4:00: Advent Series—Part 3 — AUD-AB & CH 973 (See the article on page 4.)
4:30: Advanced Tai Chi Practice — GX

Wednesday December 14

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
10:45: Resident Activities Committee — RCR
11:00: Prayer Group — CHP
11:00: Teaching Company: The World's Greatest Geological Wonders — CH 972
Ep. 29: The Dead Sea — Sinking and Salinity
Ep. 30: Salar de Uyuni — flattest place on Earth

1:30: Duplicate Bridge — LR
2:00: Living by Heart — CHP
2:00: Open Studio — AS
7:30: Bingo with Ray Hawn — AUD-AB

Thursday December 15
7:45: Morning Yoga — GX & Zoom
9:00: Strength & Stretch Class — GX & CH 975
9:00-5:00: Concrete Repairs — FL & FP (See the article on page 9.)
9:30: Aqua Fun — POOL Canceled
9:30-11:30 and 2:30-4:00: Market Place Sale — MP (See the article on page 9.)
10:00: Yoga Strength — GX & CH 975
10:00: Ceramics — AS
11:00: Scripture, Songs, & Prayers — AUD-AB & CH 973
11:00: Wii Bowling — GX
1:15: Total Brain & Body Fitness — GX & CH 975
1:30: Shanghai — LR
2:00: Dining Committee Meeting — RCR
2:15: Advanced Line Dancing — GX
3:00: GHA Players — Canceled
3:00: Harmony Heritage Holiday Concert — AUD-AB (See the article on page 7.)
3:00: Knitters and Crocheters — CHP
6:00 Holiday Lights Shuttle Tour — LBY (See the article on page 8.)
7:15: Movie: CH 972

THE PRINCESS BRIDE (1987) PG
Fantasy/Adventure, 98m. While a young boy is home sick in bed, his grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies and allies in his quest to be reunited with his true love. As the grandfather reads the story, the action comes alive. The story is a classic tale of love and adventure as the beautiful Buttercup, engaged to the odious Prince Humperdinck, is kidnapped and held against her will in order to start a war. It is up to Westley (her childhood beau, now returned as the Dread Pirate Roberts) to save her. On the way he meets a thief and his hired helpers, an accomplished swordsman and a huge, super strong giant, all whom become Westley’s companions in his quest. (CAST: Cary Elwes, Mandy Patinkin, Chris Sarandon, Robin Wright, Peter Falk, Andre the Giant, Billy Crystal)
Friday December 16

7:45: Morning Yoga — GX & Zoom
9:00: Fun & Fitness — GX & CH 975
9:00-5:00: Concrete Repairs — FL & FP (See the article on page 9.)
10:00: Replay of Thursday Movie — CH 972
10:00: Trip: Bradlee Shopping Center — LBY
10:00: Vendors: Queen Jewelry/Handbags and Debby’s Handmade Crafts — CC
10:15: Singing Seniors — AUD-A
11:00: Fireside Chat — LR (See the article on page 5.)
1:00: Photo Club Meeting — AS
2:00: Quilting Bees — BR
2:00: Party Bridge — LR
3:00: Singing Seniors Concert — AUD-AB (See the article on page 1.)
3:15: Seated Meditation — CHP & CH 974
4:30: Advanced Tai Chi — GX
4:30: Jewish Sabbath Service — CH 971

Saturday December 17

8:15: Classical Stretch — GX
10:30: Advanced Tai Chi w/Instructor — GX
11:30: Beginners Tai Chi with Instructor — GX
1:30: Christmas Sing-Along — AUD
3:00: Weekend Wii Bowling — GX
4:00: Saturday Concert with the City Singers — AUD-AB (See the article on page 8.)
7:00: Shuttle Service to ASO Holiday Concert — LBY (See the article on page 8.)
7:15: Movie: CH 972

REAR WINDOW (1954) PG Mystery/Thriller 112m. L.B. "Jeff" Jefferies is an immobilized photo-journalist who, after breaking his leg photographing a racetrack accident, finds himself wheelchair bound and confined to the walls of his apartment. His rear window looks out onto a courtyard and into several other apartments; where the binocular-wielding Jefferies spends his days as a voyeur spying on his neighbors. Jefferies gradually becomes more and more engrossed with this activity of his, and soon brings his girlfriend, Lisa, in on the thrill of his voyeurism. It's all fun and games for the two until they witness what they believe to be a murder in progress. He suspects that a man across the courtyard may have murdered his wife. Jeff enlists the help of his high society fashion-consultant girlfriend, Lisa Fremont, and his visiting nurse Stella to
investigate. (CAST: Alfred Hitchcock, Director; James Stewart, Grace Kelly, Wendell Corey, Thelma Ritter, Raymond Burr)

**Sunday December 18**

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: Movie: CH 972

ARGO (2012) R Biography/Drama, 120m. After Iranian militants stormed and took control of the U.S. Embassy in Tehran in November 1979 taking 56 Americans as hostages, six Americans managed to get away and took refuge in the home of Canadian Ambassador Ken Taylor. After two months of the Canadians’ putting their lives on the line every day, the CIA and the U.S. State Department try to come up with a plan to get their people out. Tony Mendez is an "ex filtration" specialist who proposes that they pose as a Canadian film crew scouting locations for a science fiction movie called Argo. Using Hollywood connections, Mendez creates a back story for the movie, ads in Variety, casting calls, inviting the media to a production launch, and then heads off to Iran to lead the six Americans out...in broad daylight. But, will things go as planned during the bold Operation Argo? (CAST: Ben Affleck, Bryan Cranston, Alan Arkin, John Goodman, Victor Garber)

**Located in Richmond & Dominion**

**Sunday December 11**

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

**Monday December 12**

10:00: Catholic Communion & Rosary — CHP & CH 974  
10:00: BYOConversation — FL (See the article on page 3.)  
11:15: Step into Motion: Fitness Class — RAR  
2:00: Spiritual Life Committee — RCR  
3:00 Art Film — CH 972 (See the article on page 8.)  
7:30: Evening Concert: Thomas Pandolfi — AUD  
7:30: Environmental Film: National Parks series, opening chapter — CH 972
Tuesday December 13

10:00: Yoga Strength — GX & CH 975
10:00: Vendor: Mary Kay Cosmetics — CC
11:00: Bible Study — CHP
2:00: Movie: *BRIEF ENCOUNTER* — CH 972 (See page 11.)
3:00: Power Braining & Exercise — DDR
4:00: Advent Series: Part 3 — AUD & CH 973 (See the article on page 4.)

Wednesday December 14

11:00: Prayer Group — CHP
11:00: Teaching Company: The World’s Greatest Geological Wonders — CH 972 (See page 12.)
11:15: Step into Motion: Fitness Class — RAR
2:00: Living By Heart — CHP (See the article on page 4.)
7:30: Bingo with Ray Hawn — AUD

Thursday December 15

9:00-5:00: Concrete Repairs — FL & FP (See the article on page 9.)
9:30: Aqua Fun — Pool Canceled
9:30-11:30: Market Place Sale — MP (See the article on page 9.)
10:00: Yoga Strength — GX & CH 975
10:00: Ceramics — AS
10:00: Vendors: Queen Jewelry/Handbags and Debby’s Handmade Crafts — CC
11:00: Scripture, Songs, & Prayer AUD-AB & CH 973
11:15: Chair Exercise — DDR
1:45: Music Therapy with Abby — DDR
2:30-4:00: Market Place Sale — MP (See the article on page 9.)
3:00: Harmony Heritage Holiday Concert — AUD-AB (See the article on page 7.)
7:15: Movie: *THE PRINCESS BRIDE* — CH 972 (See page 12.)

Friday December 16

9:00-5:00: Concrete Repairs — FL & FP (See the article on page 9.)
10:00: Replay of Thursday Movie — CH 972
10:00: Vendors: Queen Jewelry/Handbags and Debby’s Handmade Crafts — CC
10:15: Singing Seniors — AUD-A
11:00: Fireside Chat — LR (See the article on page 5.)
1:00: Photo Club — AS
2:00: Movie Matinee — Canceled
3:00: Singing Seniors Concert — AUD (See the article on page 1.)
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday December 17
10:00: Advanced Tai Chi with Instructor — GX
11:30: Beginners Tai Chi with Instructor — GX
12:00: Men’s Club — Canceled
3:00: Weekend Wii Bowling — GX
4:00: Saturday Concert with the City Singers — AUD-AB (See the article on page 8.)
7:15: Movie: REAR WINDOW — CH 972 (See page 13.)

Located in Small House

Sunday December 11
9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD-AB & CH 973
6:30: Movie: BRIGADOON — CH 972 (See page 10.)

Monday December 12
10:00: Catholic Communion & Rosary — CHP & CH 974
10:30: Mindful Movement — WL
11:00: Bell Choir — RP
2:00: Holiday Tea Party — BL
3:00 Art Film — CH 972 (See the article on page 8.)
7:30: Evening Concert with Thomas Pandolfi — AUD-AB
7:30: Environmental Film: National Parks series, opening chapter — CH 972

Tuesday December 13
10:00: Vendor: Mary Kay Cosmetics — CC
11:00: Art with Alison: Stockings — BL
11:00: Bible Study — CHP
Wednesday December 14

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 12.)

2:00: Living by Heart — CHP (See the article on page 4.)
2:00: Open Studio — AS
2:30: Gift wrapping — RP

Thursday December 15

11:00: Scripture, Songs, & Prayers — AUD-AB & CH 973
1:30: Sensory Room Visits with Vivian — SH-A
2:30: Small House Resident Council — MH
3:00: Harmony Heritage Holiday Concert — AUD-AB (See the article on page 7.)

Friday December 16

10:00: Replay of Thursday Movie — CH 972
10:00: Vendors: Queen Jewelry/Handbags and Debby’s Handmade Crafts — CC
10:30: Music and Movement — OQ
3:00: Music Therapy with Abby — OQ
3:00: Singing Seniors Concert — AUD-AB (See the article on page 1.)
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday December 17

10:30: Dog Visits — SH-A
2:00: Music and Movement with Leslie — PW
3:00: Music with Barbara — WL
3:30: Music with Barbara — OQ
7:15: Movie: REAR WINDOW — CH 972 (See page 13.)

Sunday December 18

9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD-AB & CH 973
6:30: Movie: ARGO — 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 = 🌚