

January 21, 2023

4800 Fillmore Avenue, Alexandria, VA, 22311

COMING SOON: A MURDER MYSTERY DINNER

Reservation only — Fillmore Lounge



We are gauging interest in a murder mystery dinner party, date to be announced. Dinner will include your choice of filet mignon, crab cake, or salmon; two

sides; and two glasses of wine. The cost of \$45.00 per person will be charged to your resident account. A sign-up sheet is in the Activities Binder to get a count of how many residents are interested in attending. Signing up does not guarantee you a spot.



Kim Butler,
Director of Life Enrichment

FUNDAMENTALS OF COMPUTERS

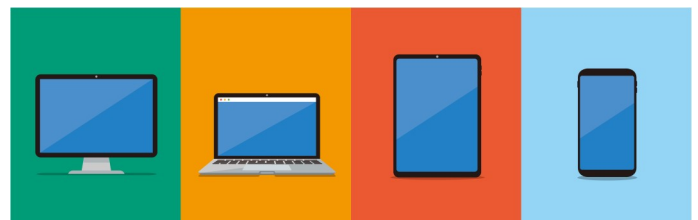
**Thursday January 26th at 2:00 pm
Auditorium**

Do you wish you knew more about computers but don't know where to start? The IT department would like to help. Victor Otusanya, Senior Resident Technology Specialist, will present his class on the "Fundamentals of Computers." This class is designed to be the first step on your journey to understanding computers. While this course is taught at a beginner level, all skill levels are welcome; it will be an excellent opportunity to brush up on the basics, and you might learn something new! Bring your smartphone! There is a sign-up sheet in the Activities Binder near the Reception Desk for anyone who would like to attend. We look forward to seeing you!

*Barbara Chapins, Information Technology
Support Coordinator*

COVID NUMBERS

4 resident cases, 5 team member cases, as of January 19th.



CHAPLAINCY SERVICES

SEMI-ANNUAL TOILETRIES DRIVE FOR THE CULMORE CLINIC

Wednesday January 25th
9:00-11:30 am
Game Room, G-1 Promenade



The Goodwin House Memorial Chapel Outreach Committee's semi-annual ingathering of toiletries will assist

clients of the Culmore Clinic at Bailey's Crossroads. Bring your **unopened** and **unused** toiletries (shampoo, conditioner, lotion, toothpaste, toothbrushes, soap, body wash, combs, hair brushes, etc.) to the Game Room on Wednesday January 25th, from 9:00-11:30 am.

CLOTHING DRIVE

Wednesday January 25th
9:00-11:30 am
Game Room, G-1 Promenade

The monthly clothing drive resumes! Please bring clean, useable clothing to the Game Room. Your donations will be delivered to the Clock Tower Thrift Shop. Proceeds from sales will assist the work of Northern Virginia Family Services. Thank you!

RESULTS OF YOUR GENEROSITY



The Memorial Chapel's seasonal outreach projects have concluded, and the distribution of funds available from FY 2021-

22 Chapel offerings is available. This includes the 10% tithe of income to the Episcopal Diocese of Virginia and grants to two organizations selected by the Memorial Chapel Outreach Committee. During these times of stress and struggle, your generosity is providing assistance to a great many who are in need. Thanks very much!

EPISCOPAL DIOCESE OF VA TITHE	\$2,540.00
ST. NICHOLAS MITE BOX (AFEDJ)	\$651.22
ANGEL TREE (ALIVE!)	\$3,655.00
OUTREACH GRANT TO ALIVE!	\$6,000.00
OUTREACH GRANT TO CHRIST CHURCH REFUGEE MINISTRY	\$6,000.00
TOTAL	\$18,846.22



Bruce Stewart, Chaplain

DICK'S TEASER

In each of the lists below, change the three words into new words by replacing ONE LETTER without rearranging the other letters. For example, PLAY, SNAIL, and WAIST can be changed to PRAY, SNAIR, and WRIST. You must use the same replacement letter for each of the three words.

- 1) toe, binge, prone
- 2) ilk, patio, player
- 3) knee, eager, never
- 4) chatter, slow, ballet



Dick Pellerin, Resident

See the possible solutions on page 7.

In Memoriam

The Rev. Dr. George A. Pera
January 17, 2023

Barbara "Polly" Spahr
January 17, 2023

SATURDAY MORNING LIVE: LANDMARK REDEVELOPMENT AND THE ALEXANDRIA HOSPITAL

**Saturday January 28th at 10:30 am
Auditorium**



Speakers: Karl Moritz, Planning and Zoning Director for Alexandria, with Dr. Rina Bansal, President of Inova Alexandria

Learn about the redevelopment of the former Landmark Shopping Center. The Landmark redevelopment is the newest large-scale development since the King Street Metro (U.S. Patent Office) and the Potomac Yards build-out. As the site for the new Alexandria Hospital and mixed land uses it will be an important new destination for many GHA residents. Learn the details such as access, the site of the new hospital, other important city activities, and tentative build-out schedules. Also, learn about expanded services associated with the new hospital.



Speakers' Forum

EVENTS

ART FILM: ADVANCED STYLE

Monday January 23rd at 3:00 pm
Channel 972

This well-put-together documentary profiles seven New York City women in their 60s through their 90s whose snappy style decidedly disproves the notion that advanced years and glamour are mutually exclusive. 72m.



AFTERNOON CONCERT – ERNIE TOLLEY

Wednesday January 25th at 3:00 pm
Auditorium

Guitarist and vocalist Ernie Tolley will perform popular standard songs from the 1930s, '40s, '50s, and more. He plays songs from Nat King Cole, Frank Sinatra, Ella Fitzgerald, Billie Holiday, Fats Domino, Hank Williams, the Everly Brothers, and Elvis, just to mention a few. Please stop by for a swinging afternoon of music.



REMINDER: LUNCH TRIP: MIA'S ITALIAN KITCHEN

Friday, January 27th at 11:30
Lobby



Mia's Italian Kitchen, located at the riverside end of King Street in Old Town, Alexandria, is rooted in family. Their menu is filled with homestyle, traditional Italian recipes sourced from owner Dave Nicholas' Sicilian grandmother.

If you are interested in joining fellow residents for a lunch trip, please sign-up in the Activities Binder located near the reception desk. How does this work? The cost of your meal will be billed to you after the meal has taken place and will be added to your monthly statement. Your meal cost will include your selected items and the total of the taxes, gratuity, and the escort's meal divided by the number of residents at the lunch.



REMINDER: NSO KENNEDY CENTER COFFEE CONCERT: STRAVINSKY'S *THE RITE OF SPRING*; PROKOFIEV'S VIOLIN CONCERTO NO. 2

Friday February 10th at 10:45 am
Lobby

Ticket Cost: \$19.00

Transportation Cost: \$12.00

Krzysztof Urbanski unleashes the full force of Stravinsky's powerful masterwork. A legendary, avant-garde ballet score, *The Rite of Spring* shocked audiences into a frenzy at its Paris premiere creating musical tremors still felt today. Francesca Dego makes her National Symphony Orchestra debut in Prokofiev's Violin Concerto No. 2, a timely, restorative work of grace, compassion, and nomadic charm. If you are interested, please sign-up in the Activities Binder located near the Reception Desk.



REMINDER: NSO KENNEDY CENTER COFFEE CONCERT: Christopher Eschenbach Leads Brahms; Chen Reiss Sings Mozart

Friday February 24th at 10:45 am
Lobby

Ticket Cost: \$19.00

Transportation Cost: \$12.00

Former NSO Music Director Christoph Eschenbach returns to lead Brahms' idyllic Symphony No. 2. Hear

its warm melodies and familiar lullabies conjure a verdant landscape—then blossom into a grand, uninhibited finale. Acclaimed soprano Chen Reiss lends her “voice of silver brightness and clarity” (Bachtrack) to performances of Mozart's arias and scintillating motet *Exsultate, jubilate*. If you are interested, please sign-up in the Activities Binder located near the Reception Desk.



Jennifer Bennet,
Events Coordinator

BITS AND BYTES: WONDERING HOW TO ASK I.T. FOR HELP?

Just make an appointment by email or phone. A new magnet is being placed in your GHA mailbox containing the IT Help Desk's email address and phone number.



Please place it on your fridge so it's always handy. Contact IT for help with all concerns and problems caused by our world of technology, be it your computer, laptop, tablet, smartphone, printer, internet, Smart TV, etc.!



*From the GHA IT Committee, in
cooperation with the Goodwin Living
IT Team*

FIELD TRIP TO THE PHILLIPS COLLECTION

Thursday January 26th at 1:30 pm
\$10 entrance fee
\$12 transportation fee
Lobby

We will be visiting the Giuseppe De Nittis exhibition at the Phillips Collection. Sign-up is in the Activities Binder near the Front Desk. Please include email and phone number.



Alison Schroeder,
Arts Coordinator



ART EXHIBITION OF QUILTS BY MARY ANN RUSH

Exhibition: January 25th-March 7th
Reception: Friday January 27th at 4:00 pm
Art Studio Gallery

Sean Rush will be exhibiting the unique, beautiful quilts designed and crafted by his mother using a variety of techniques.



Alison Schroeder,
Arts Coordinator

SINGING TELEGRAMS!

Want a way to show your loved ones here at GHA you're thinking of them this Valentine's day season? Send a free singing telegram!

In 1933, the first singing telegram was delivered by Western Union. Western Union had been delivering regular telegrams for hundreds of years; however, on July 28th 1933, a crazed fan sent the first singing telegram to Rudy Vallee, the famous Hollywood star. Western Union continued to offer the service for several decades from that day on. Singing telegrams have been associated with spreading joy and humor to those you care about! This program is intended to brighten the days of our Small House and Assisted Living residents!

Want to send a singing telegram? For a full list of songs, see the Singing Telegrams flyers located on the bulletin boards! Choose a song from the list to send to your loved one. Contact Abigail, our music therapist, by phone or email, and she will sing the song to your loved one in their room or apartment!

Abigail will be taking requests from February 1st until February 24th!

Email: ahanlon@goodwinliving.org

Phone: (703)824-1125



Abigail Hanlon,
Music Therapist

BYOCONVERSATION: LIVES AS JOURNEYS

Monday January 23rd
10:00-10:45 am
Living Room

In a sense our lives resemble journeys in which we go from start to destination. We speak of a “spiritual journey,” a “journey to maturity,” to “acceptance,” to “fulfillment.” In BYOConversation we can wonder together about our life-journeys. When, for instance, did you understand the track, the itinerary, of your life-journey? Some life-journeys are sublimely peaceful, others are harrowing, others a bit of each. Physical journeys go through day and night, rain and shine, mountains and plains, rivers and seas, peril and peace. Journeys can go from familiar and comfortable to new and unknown, challenging us. Was George Washington’s life a journey? Abraham Lincoln’s? Huckleberry Finn’s? Have you done or watched intriguing life-journeys? BYOConversation is for all. Welcome!



Jonathan Bryan, Resident



DICK’S TEASER SOLUTION

Possible solutions are:

- 1) hoe, hinge, phone
- 2) irk, ratio, prayer
- 3) knew, wager, newer
- 4) chapter, plow, pallet



Dick Pellerin, Resident

NEWCOMERS’ MEETING

Thursday January 26th at 11:00 am
Arbor Room

Please join us for the Newcomers’ Meeting. We will have two speakers. Sue Dolton, Director of Sales, will come to discuss the referral program for GHA residents. Jonathan Bryan, GHA resident, will describe his very popular Monday group, Bring Your Own Conversation (BYOC). Jonathan’s group has provided hours of interesting conversation and thoughtful reflection to an increasing number of residents.

Monica Thomas, Director of Social Work

WINTER SAFETY AND TIPS

In lower temperatures, our muscles contract, and our joints get stiffer, which can cause aches throughout our bodies. Those with chronic health problems, such as arthritis or osteoporosis, may be especially prone to feeling these effects during the winter months. Either way, stretching and exercising are fantastic ways to maintain flexibility, keep your blood flowing, and get your muscles and joints moving.

Be wary of your surroundings when outside to prevent falls and injuries. Appropriate clothing and footwear are particularly important. Boots and sneakers with good traction are the best options for icy and snowy conditions. Avoid ice patches and if possible, hold on to railings when walking to avoid slipping and falling. Always use your walker or assistive device, and remember, when in doubt do not venture outside if you feel unsafe. Through individualized exercises, balance therapy, and regular movement, Physical and Occupational Therapy can enhance coordination, increase confidence, and promote overall health.

*Peach Querubin, LPT, CDP,
Director of Rehab*

NEW ASSISTED LIVING SOCIAL WORKER

I am pleased to announce that Kyleah Harper, MSW, will be the new Social Worker for Assisted Living. Kyleah was an intern here at Goodwin House before she became the Social Work Coordinator at the Small Houses. She is starting to get to know the Assisted Living residents, and if you would like to reach her, please call (703) 824-1586 or email kharper@goodwinliving.org.

Monica Thomas, Director of Social Work

ENVIRONMENTAL FILM: THE GREEN PLANET CHAPTER FIVE, THE HUMAN FACTOR

**Monday January 23rd
7:30 pm
Channel 972**

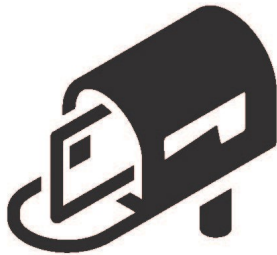
This beautifully filmed BBC program, narrated by David Attenborough, describes the remarkable *interdependence* and connection between humans and the world of plants. The program is a thoughtful and hopeful insight into humans can live on a more beautiful and bountiful planet.



Jim Carroll, Chair, The Green Team

OPPORTUNITY FOR REWARDING VOLUNTEER ACTIVITY

We are looking for a few substitute mail carriers to deliver to all houses in the Small House. Your job would be to substitute for one of our six carriers when necessary. It takes about an hour to deliver the mail. You are your own boss and make your own hours, morning or night. There will be opportunities for advancement. Please contact Pat Heenan at (703) 820-1350 for more information. Training will involve shadowing one of our devoted carriers for about an hour.



Pat Heenan, Resident

GROUNDS COMMITTEE MEETING

**Monday January 23rd at 11:00 am
Residents' Conference Room**

Starting this month, the Grounds Committee will meet on the fourth Monday of each month at 11:00 am in the Residents' Conference Room.

Debby Christie, Resident

CANCELED: SING-ALONG SATURDAY

Because it conflicts with a Memorial Service, there will be no Sing-Along on Saturday January 28th. The next Sing-Along will be Saturday February 11th

Jim Carroll and Dick Pellerin, Residents

CECA AWARD

Have you seen someone go above and beyond in service of a resident? Nominate them for the Ceca Award! Here is how you can do it online:

- Visit cecaaward.org
- Select "Goodwin House Alexandria" under "community or care center".
- Tell how they made an impact.
- Submit your nomination!

WELCOME TO OUR NEWEST RESIDENT

It is our pleasure to welcome the following resident to the Goodwin House Alexandria community:

- Stella Brackman in apartment 1455.

Please help welcome her!



The Weekly Schedule

Sunday January 23, 2023 — Sunday January 29, 2023
(The room location key is at the end of this calendar.)

Located in Common Areas Sunday January 22

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

Klute (1971) R Crime Mystery, 154m.
When his old friend, the laboratory engineer Tom Gruneman, vanishes, detective John Klute is hired by Tom's colleague Peter Cable to search for him. The unique lead is an obscene letter allegedly written by Tom to a call girl in New York called Bree Daniels, so Klute moves to the Big Apple to investigate. Klute blackmails Bree to help him find other prostitutes that might have information using some tapes of her phone calls that he had secretly recorded. They realize that someone is stalking Bree, while Klute falls in love with Bree and she has some sort of feeling that she cannot understand for him. (CAST: Jane Fonda, Donald Sutherland, Charles Cioffi, Roy Scheider).

Monday January 23

- 9:00: Fun & Fitness — GX & CH 975
- 9:30: Aqua Fun — **Canceled**
- 10:00: BYOConversation — LR (See the article on page 7.)
- 10:00: Catholic Communion & Rosary — CHP & CH 974
- 10:00: Trail Blazers: Dora Kelly — LBY
- 11:00: Just Dance Class — AUD-A
- 11:00: Grounds Committee Meeting — RCR
- 11:00: Dog Owners Group Support Committee Meeting — AR
- 3:00: 12-Step Meeting — Call 703-399-6109 for information.
- 3:00: Art Film: *Advanced Style* — CH 972 (See the article on page 4.)
- 3:00: Environmental Services Committee — FL
- 3:30: Seated Meditation — CHP & CH 974
- 4:30: Happy Hour/Meet & Greet New Residents — LR
- 7:30: Environmental Film: *The Green Planet* — CH 972 (See the article on page 8.)

Tuesday January 24

7:45: Morning Yoga — GX, Zoom, & CH 975

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

9:30-12:00: 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

North by Northwest (1959) TV-G Action/Adventure, 136m. Madison Avenue advertising man Roger Thornhill finds himself thrust into the world of spies when he is mistaken for a man by the name of George Kaplan. Foreign spy Philip Vandamm and his henchman Leonard try to eliminate him but when Thornhill tries to make sense of the case, he is framed for murder. Now on the run from the police, he manages to board the 20th Century Limited bound for Chicago where he meets a beautiful blond, Eve Kendall, who helps him to evade the authorities. His world is turned upside down yet again when he learns that Eve isn't the innocent bystander he thought she was. Not

all is as it seems however, leading to a dramatic rescue and escape at the top of Mt. Rushmore. (CAST: Cary Grant, Eva Marie Saint, James Mason.)

4:30: Advanced Tai Chi — GX

Wednesday January 25

9:00: Fun & Fitness — GX & CH 975

9:00: Toiletries Collection — GR (See the article on page 2.)

9:00: Clothing Collection — GR (See the article on page 2.)

9:30: Aqua Fun — **Canceled**

9:30: Market Place Accepts Donations — MP

10:00: Neighborhood Walking Group

10:00: Classical Stretch — GX

11:00: Prayer Group — CHP

11:00: Teaching Company: *America's Founding Fathers* — CH 972

Ep. 5: Thomas Jefferson's Books

Ep. 6: Daniel Shays's Misbehavior

1:30: Duplicate Bridge — LR

2:00: Caregiver Support Group — BR

2:00: Open Studio — AS

3:00: Afternoon Program: Ernie Tolley — AUD & CH 972 (See the article on page 4.)

Thursday January 26

- 7:45: Morning Yoga — GX, Zoom, & CH 975
- 9:00: Strength & Stretch Class — GX & CH 975
- 9:30 Aqua Fun — **Canceled**
- 10:00: Yoga Strength — GX & CH 975
- 10:00: Ceramics — AS
- 11:00: Newcomers' Meeting — AR (See the article on page 7.)
- 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
- 2:00: Fundamentals of Computers — AUD
- 2:15: Advanced Line Dancing — GX
- 3:00: GHA Players — RCR
- 7:15: Movie — CH 972

American Traitor: Trial of Axis Sally
2021 R 1h 48m. An American woman named Mildred Gillars broadcast Nazi propaganda during World War II. The story plunges the viewer into the dark underbelly of the Third Reich's hate-filled propaganda

machine, Sally's eventual capture, and her subsequent trial for treason in Washington D.C. after the war. (CAST: Meadow Williams, Thomas Kretschmann, Al Pacino)

Friday January 27

- 7:45: Morning Yoga — GX, Zoom, & CH 975
- 9:00: Fun & Fitness — GX & CH 975
- 10:00: Replay of Thursday Movie: *Trial of Axis Sally* — CH 972
- 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
- 3:30: Seated Meditation — CHP & CH 974
- 4:00: Art Reception — ASG
- 4:30: Advanced Tai Chi — GX
- 4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday January 28

- 8:15: Classical Stretch — GX
- 10:30: Saturday Morning Live — AUD & CH 973

10:30: Advanced Tai Chi with
Instructor — GX

11:30: Beginner's Tai Chi with
Instructor — GX

1:30: Sing-Along — **Canceled** (See the
article on page 9).

3:00: Weekend Wii Bowling — GX

7:15: Movie — CH 972

The Northman (2022) R Action/
Adventure, 137m. The Viking Age.
With a mind aflame with hate and
revenge, Prince Amleth, the wronged
son of King Aurvandill War-Raven,
heads to cold, windswept Iceland to
retrieve what was stolen from him: a
father, a mother, and a kingdom. And
like a war dog picking up the
enemy's scent, brutal Amleth
embarks on a murderous quest to
find the hateful adversary, whose life
is forever woven together with his by
the threads of fate. Now, in the name
of Valhalla, no one can stop the
Northman, not even God. (CAST:
Alexander Skarsgard, Ethan Hawke,
Nicole Kidman)

Sunday January 29

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH
973

6:30: Foreign Film — CH 972

Marguerite (2015) Comedy/Drama,
129m. Those GHA residents who
watched *Florence Foster Jenkins* a
couple of weeks ago on Channel 972
might want to view *Marguerite*, a
French film which draws on the same
true story of a wealthy American
widow who is under the illusion she
is a talented soprano. The American/
British version treats her with more
kindness than does the harsher
French version. Both films give the
female lead ample scope for some
over-the-top acting, not to mention
screeching. Meryl Streep was
nominated for an Oscar for the
American film, and the French actress
Catherine Frot won a Cesar, France's
equivalent of an Oscar.

Located in Richmond & Dominion

Sunday January 22

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

Monday January 23

10:00: Catholic Mass & Rosary — CHP & CH 974
10:00: BYOConversation — LR (See the article on page 7.)
11:00: Resident Grounds Committee — RR (See the article on page 9).
11:15: Step into Motion: Fitness Class — RAR
3:00: Art Film: *Advanced Style* — CH 972 (See the article on page 4.)
3:30: Seated Meditation — CHP & CH 974
4:30: Happy Hour/Meet & Greet New Residents — LR
7:30: Environmental Film: *The Green Planet* — CH 972 (See the article on page 8.)

Tuesday January 24

10:00: Yoga Strength — GX & CH 975
11:00: Bible Study — CHP
2:00: Movie: *North by Northwest* — CH 972 (See page 11.)
3:00: Power Braining & Exercise — DDR

Wednesday January 25

9:00: Toiletries Collection — GR (See the article on page 2.)
9:00: Clothing Collection — GR (See the article on page 2.)
11:00: Prayer Group — CHP
11:00: Teaching Company: *America's Founding Fathers* — CH 972 (See page 11.)
11:15: Step into Motion: Fitness Class — RAR
3:00: Afternoon Program: Ernie Tolley — AUD & CH 972 (See the article on page 4.)

Thursday January 26

10:00: Yoga Strength — GX & CH 975
10:00: Ceramics — AS
11:00: Scripture, Songs, & Prayers — AUD & CH 973
11:15: Chair Exercise — DDR
1:45: Music Therapy with Abby — DDR

7:15: Movie: *American Traitor: Trial of Axis Sally* — CH 972 (See page 12.)

Friday January 27

10:00: Replay of Thursday Movie: *American Traitor: Trial of Axis Sally* — CH 972

10:15: Singing Seniors — AUD-A

11:00: Fireside Chats with the Residents' Council — LR

2:00: Mind, Body, Tranquility with Aroma Therapy — RAR

3:30: Seated Meditation — CHP & CH 974

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

Saturday January 28

10:30: Advanced Tai Chi with Instructor — GX

11:30: Beginner's Tai Chi with Instructor — GX

1:30: Great American Sing Along — **Canceled**

3:00: Weekend Wii Bowling — GX

7:15: Movie: *The Northman* — CH 972 (See page 13.)

Sunday January 29

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

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

6:30: Movie: *Marguerite* — CH 972 (See page 13.)

Located in Small House Sunday January 22

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *Klute* — CH 972 (See page 10.)

Monday January 23

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

10:30: Mindful Movement — WL

11:00: Bell Choir — RP

2:30: Tea Party — WL

3:00: Art Film: *Advanced Style* — CH 972 (See the article on page 4.)

3:30: Seated Meditation—CHP & CH 974

7:30: Environmental Film: *The Green Planet* — CH 972 (See the article on page 8.)

Tuesday January 24

- 11:00: Art with Alison — OQ
11:00: Bible Study — CHP
2:00: Movie: *North by Northwest* — CH 972 (See page 11.)
2:30: Eldergrow — MH
2:30: Music Therapy with Abby — PW

Wednesday January 25

- 9:00: Toiletries Collection — GR (See the article on page 2.)
9:00: Clothing Collection — GR (See the article on page 2.)
11:00: Power Braining & Exercise — RP
11:00: Music Therapy with Abby — WL
11:00: Prayer Group — CHP
11:00: Teaching Company: America's Founding Fathers — CH 972 (See page 10.)
2:00: Open Studio — AS
3:00: Afternoon Program: Ernie Tolley — AUD & CH 972 (See the article on page 4.)

Thursday January 26

- 11:00: Scripture, Songs, & Prayers — AUD & CH 973
2:30: The Price is Right — RP
7:15: Movie: *American Traitor: Trial of*

Axis Sally — CH 972 (See page 12.)

Friday January 27

- 10:00: Replay of Thursday Movie: *American Traitor: Trial of Axis Sally* — CH 972
10:30: Seated Exercise — OQ
2:30: Friday Fun: Bingo — PW
3:00: Music Therapy with Abby — OQ
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday January 28

- 10:30: Dog Visits — SH-A
10:30: Saturday Morning Live — AUD & CH 973
1:30: Great American Sing Along — **Canceled**
2:30pm: Conversations with Kelly — PW
3:00: Music with Barbara — WL
3:30: Music with Barbara — OQ
7:15: Movie: *The Northman* — CH 972 (See page 13.)

Sunday January 29

- 9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
6:30: Movie: *Marguerite* — CH 972 (See page 13.)

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

LBV = 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 =

