

# Gazette



Goodwin House  
Alexandria

Saturday March 11, 2023

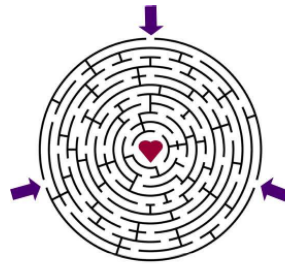
4800 Fillmore Avenue, Alexandria, VA 22311

## CHAPLAINCY SERVICES

### **LENTEN SERIES 2023: FINDING HOME: PART THREE**

**Will be recorded and broadcast:  
Thursday March 16<sup>th</sup> at 4:00 pm  
Friday March 17<sup>th</sup> at 11:00 am and  
7:00 pm  
Channel 971**

This year's theme, Finding Home: Migration, Refugees, & Homelessness in America, continues with our third speaker, Melanie Gray, Executive Director of the Lazarus & Refugee Ministry at Christ Episcopal Church in Alexandria. Her topic is: "Leaving Home: Refugees Among Us."



Melanie Gray, MSW, is starting her ninth year as full-time Director for Outreach and Mission at Christ Church, where she oversees eleven local outreach ministries and three overseas missions.

She also serves as convener of the Emergency Financial Providers meeting for Alexandria, which she founded eight years ago. She was a social worker for

thirty-one years and sees this position at Christ Church as the perfect bond between her faith and her training as a social worker. She is strongly committed to the development and service of the many volunteers for these ministries.

The Lenten Series is sponsored by the Memorial Chapel Outreach Committee.



*Bruce Stewart, Director of  
Chaplaincy Services*



## **DAYLIGHT SAVINGS TIME**

Daylight savings time will begin at 2:00 am on Sunday March 12th. At that time, we will "spring forward" by one hour.

*Hilary Canary,  
Communications Coordinator*

## **FITNESS UPDATE**

There will be a new AV installation in the Group Ex Studio on March 14th and 15th. Thank you for your patience.

*Christie Thomas, Fitness Coordinator*

## OPPORTUNITIES TO BE A MENTOR

“It’s just old people talking to young people. Sign me up.” That’s a direct quote from a resident to whom we described the Internship Mentor Program. The Internship Mentor Program enlists the kindness, passion, and life experiences of our residents to provide Goodwin Living interns with meaningful relationships. This mentorship is intended to give the interns a full experience of Goodwin Living by providing time to learn from careers, travels, hobbies, and any other topics of interest. Our hope is that residents will enjoy building a relationship and sharing their stories with young people.

We encourage you to consider becoming a mentor. You will be provided with an orientation and ideas for conversation, but the weekly conversation of thirty to forty minutes will more than likely flow easily on its own, perhaps over lunch or at some other agreeable time. We are currently in need of three mentors for the spring cycle and five for the summer cycle here at GHA. To indicate your interest in participating or to learn more about the program, please contact either Pat Gottemoeller at [pgottem1@verizon.net](mailto:pgottem1@verizon.net) or James Bradley at [jsbradley25@gmail.com](mailto:jsbradley25@gmail.com).



*Pat Gottemoeller,  
Resident*



## MARCH 14TH DEADLINE FOR THE GIFT MATCH!

We are so grateful for the many wonderful donations to the Foundation that we have received since Giving Day in support of residents and team members. Our anonymous donor will continue matching gifts until March 14th, up to a total of \$150,000! This is the perfect time to show your support of the Foundation and maximize the impact of your gift. Please stop by the Foundation office if you need more information about this gift match, or to make your gift in person.

Together, we change lives!

*The Foundation Team*

### DICK'S TEASER:

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

**L I V I N G  
C C C C C**



*Dick Pellerin, Resident*

*\*See the answer on page 8.*

## SEASONAL SELECTION: LEEKs



As we are slowly moving out of the cold winter days and into the warmth of longer, sunnier days, we are stumbling into the exciting season of leeks! Prime time for this delicious root vegetable begins as winter slowly ends and proceeds through the Spring and into the beginning of Summer.

Fun fact: Leeks are composed of about 90 percent water and are considered a mild diuretic! As leeks are high in potassium and low in sodium, they encourage water and extra sodium to leave the body. If you struggle with hypertension or swelling, this could be a great veggie to try.

In celebration of this fresh veggie, we are serving up warm potato leek soup, rich parmesan roasted leeks, and decadent chicken linguine with leeks and tomatoes. My favorite way to enjoy leeks is in a big warm bowl of potato leek soup. The slightly sweet, roasted leeks complement buttery potatoes as they are blended together to create a comforting meal. This week, I am most excited about the tender chicken linguini with fresh tomatoes and leeks that will melt in your mouth.



*Denyce Boardley, Dietician Intern*

## NEW RETAIL AND CATERING MANAGER: ASHLEY ALAO



Ashley comes to us from various food operations roles in the area. She has an extensive background in food, retail, catering, and coffee operations. She has her associate's degree in baking and pastry arts. Some of her professional accomplishments include catering for over 1500 people during the Poor People's Campaign in 2019 and during the annual Girl Scout Awards program for the metropolitan area. Ashley also served our veterans as the Assistant Director of Retail at the Veterans Affairs Hospital for over five years.

She is a hands-on problem solver and sunshine-spreader to anyone she comes in contact with. She is an avid foodie and coffee lover and enjoys art, painting, shopping, travel, and anything water related. Ashley is a mentor on and off the clock and looks forward to making her mark here at GHA!

*Andre' Corbett,  
Dining Services Operations Manager*

## SOCIAL WORK MONTH PROFILE

This month we are featuring residents who were Social Workers during their careers to showcase the different contributions Social Workers make to our society.

Elizabeth (Betsy) Raymond started her career as a teacher but decided to pursue a masters degree in social work, partly inspired by her spouse's work as a psychotherapist. Betsy entered Catholic University and completed a clinical track Masters in Social Work in 1984.

Upon graduation, she initially worked for Fairfax County public schools. She then left and started her private practice where she served elementary through high school students. She provided psychotherapy to children and their families from 1986–2012. Betsy's work as a therapist supported the emotional and social dimensions of wellness in the lives of countless children and families.

Betsy moved to Goodwin House in 2018 and currently lives in the Small Houses.

*Monica Thomas,  
Director of Social Work*



## COMMUNICATIONS SURVEY

A group of George Washington University graduate students is working on a capstone project for our community. Their project is focused on streamlining internal communication within GHA. Their first step is to hear from you, the residents. Please complete the communications survey to let us know how we are doing with communication currently and where we can possibly improve.

The survey will open on Monday March 13th. You will be able to find it on Touchtown under the “forms” icon or via a link that will be sent out via email. If you prefer a physical copy, you can find one in your mailbox; just fill it out and return it to the Reception Desk. Thank you in advance!

*Hilary Canary,  
Communications Coordinator*

## BITS AND BYTES: NECESSARY CHANGES

Here we go again... The Covid numbers are going in the right direction, but still not as low as we wanted. Tech time will not occur on March 14th and has been rescheduled for March 28th. Bring your mobile devices, passwords and something on which to take notes. We are looking forward to seeing you then.

*Judy Curtis, Chair,  
Technology Committee*



## EVENTS

### PI DAY CELEBRATION

**Tuesday March 14<sup>th</sup> (3.14)**

**11:00 am–Noon**

**Living Room**

Founded in 1988 at the Exploratorium, Pi ( $\pi$ ) Day has become an international holiday, celebrated live and online all around the world. The numbers in the date (3/14) match the first three digits of the mathematical constant pi.

What is pi, anyway? Divide any circle's circumference by its diameter, and the answer (whether for a pie plate or a planet) will always be approximately 3.14, a number we represent with the Greek letter  $\pi$ . Keep calculating pi's digits with more and more accuracy—as mathematicians have been doing for 4,000 years—and you'll discover they go on literally forever, with no pattern.

But enough of that...come to the Living Room on March 14th and grab a whoopie pie and some Pi(e) trivia! No math knowledge needed!



### ST. PATRICK'S DAY CELEBRATION

**Friday March 17<sup>th</sup> 2:00–3:00 pm**  
**Fillmore Lounge**

Sadly, our traditional St. Patrick's day party has been canceled, but that doesn't mean we can't still celebrate St. Paddy's Day! Stop by the Fillmore Lounge for some green ice cream and festive cookies. We will have some Irish music on the radio along with some Irish trivia.

There will also be leprechauns throughout the first floor on March 17th. Find one and bring it to the Life Enrichment office for a prize. Make sure to wear your green so you don't get pinched by one of those leprechauns.



### THE ANIMAL WELFARE LEAGUE OF ARLINGTON NEEDS YOUR HELP

How can you help wildlife in the area? The Animal Welfare League of Alexandria needs old fleece blankets and knitted



“nests” for wildlife. Contact Jen at (703) 824-1225 or [jbennett@goodwinliving.org](mailto:jbennett@goodwinliving.org) for information on donations or to get directions for making knitted nests for baby birds and other animals.

## EVENTS, CONT.

### CHERRY BLOSSOM SHUTTLE TOUR

March 20<sup>th</sup>, 21<sup>st</sup>, and 24<sup>th</sup>  
Lobby



We will offer multiple trips to see the cherry blossoms during the upcoming weeks. The cherry-blossom tour will go around the Tidal Basin, to the other side of Hain's Point along the Potomac River, and back to GHA. Each trip will be about one hour long, and you will stay in the shuttle for the duration. There will be a sign-up sheet for the trips in the "Community Outings" tab in the Activities Binder. The shuttle will leave at the times listed below.

- March 20th and 21st: 1:30 pm
- March 24th: 11:00 am and 2:00 pm

There is no transportation cost for this trip. If there are fewer than five people on the shuttle, that trip will be canceled. Sign-up sheets will be put out on Monday morning by 10:00 am.



### MUSIC EDUCATION SERIES WITH QUENTIN WALSTON

Monday March 20<sup>th</sup> at 3:00 pm  
Auditorium and Channel 973

Quentin Walston's musical seminars are more than a public speaking event! These educational concerts combine Quentin's highly-acclaimed solo piano performances with music history and appreciation, and more. GHA will be bringing one class each month through November. This month's topic will be "Jazz Giant: Duke Ellington."



### ART FILM: THE REMBRANDT COLLECTION, PARTS THREE AND FOUR

Monday March 20<sup>th</sup> at 3:00 pm  
Channel 972

This four-part collection of documentaries chronicles the life and works of 17th-century Dutch artist Rembrandt van Rijn, who greatly influenced his peers and the style of later artists. The series features an examination of his specialized paints, a tour of his Amsterdam house, and an in-depth look at his stunning canvases. Parts three and four, "Rembrandt's Masterly Brushstrokes," and "Rembrandt and his World," will be shown. 45 minutes.

## **EVENTS, CONT.**

### **Evening Concert: Vladimir's Jass-Atelier**

**Tuesday March 21<sup>st</sup> at 7:30 pm  
Auditorium**

Vladimir's Jass-Atelier is a traditional American jazz trio with a banjo, bass, and horn. They play classic arrangements of instrumental and vocal songs from the Great American Songbook from the early part of the 20th century.

### **Jewelry Repair Clinic**

**Tuesday March 21<sup>st</sup>  
10:00 am–4:00 pm  
Living Room**

Get your favorite jewelry ready to wear again! The following services will be offered:

- pearl, necklace, and bracelet restringing
- clasp and earring wire replacement
- chain and magnetic clasp repair
- plus many other jewelry repairs.

*Jennifer Bennett, Events Coordinator*

## **GARAGE TIME**

The garage door will close an hour later due to daylight savings time. Beginning on Monday March 13th, the garage door will be opened at 7:00 am and closed at 7:00 pm.

*Barbara D'Agostino, Executive Director*

## **BYOCONVERSATION: INTERDEPENDENCE AND COINCIDENCES**

**Monday, March 13<sup>th</sup>, 10:00 am  
Zoom**

Two topics for conversation, not necessarily but possibly related:

“Interdependence – how we need one another: not ‘I need you’ or ‘You need me,’ but ‘You and I need each other, equally, in mutuality and collaboration.’ How do we support one another for well-being?” And “Coincidences—those moments of unexplainable convergence that take on personal significance.”

We'll gather by Zoom to explore these interesting matters. All invited to speak or just listen. I'll send the Zoom link to the GHA ListServ closer to the time with suggestions for zooming well.

*Jonathan Bryan, Resident*

## **TOWN HALL AGENDA**

**Wednesday March 15<sup>th</sup> at 3:00 pm  
CH 973**

This month's Town Hall will take place virtually. Please send any questions in advance to Merrily Wolfe. The meeting agenda will include: Introduction of New Chief Operating Officer with Goodwin Living, COVID Update, Chapel News, Introduction to Hospice Care, Resident Mentor Program Information, and Life Enrichment Updates.

*Barbara D'Agostino, Executive Director*

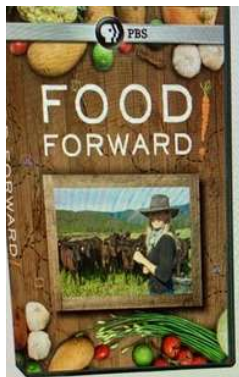
## ENVIRONMENTAL FILM: FOOD FORWARD: "THE MEAT OF THE MATTER"

**Monday March 13<sup>th</sup> at 7:30 pm**  
**Channel 972**

*Food Forward:* "The Meat of the Matter," is part two of a series that examines the various environmental costs of how we produce and eat our food. The series showcases innovators and pioneers that are transforming the food industry. Chapter two will focus on meat.



*Jim Carroll, Chair,  
The Green Team*



## WELCOME TO OUR NEWEST RESIDENTS

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

- Billy & Sally Brierre in apartment 352
- Fred & Margery Gass in apartment 957

Please help welcome them!

## DICK'S TEASER SOLUTION:

The letters represent the phrase "living overseas."



*Dick Pellerin, Resident*

## In Memoriam

Marilyn Handy  
February 4, 2023

Ralph Kelley  
March 4, 2023

## COVID NUMBERS

### Cases as of March 9th:

Independent Living: 17

Assisted Living: 2

Small Houses: 0

Team Members: 3

## TOUCHTOWN WORKSHOP

**Thursday February 16<sup>th</sup> at 2:00 pm**  
**Auditorium A**

Would you like to learn more about how to maneuver through Touchtown? Come join the Touchtown Workshop!



*Hilary Canary,  
Communications Coordinator*



# The Weekly Schedule

**Sunday March 12, 2023-Sunday March 19, 2023**

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\*Due to changing COVID prevention protocols, plans listed in the schedule are subject to change. Please check Touchtown for the most up-to-date information.\*

## Sunday March 12

\*Daylight Savings Time starts at 2:00 am\*

8:15: Classical Stretch — **Canceled**

9:00: Holy Eucharist — CH 974

10:30: Holy Eucharist — CH 973

2:30: Silver Sneakers Sunday Exercise — CH 971

6:30: Movie: *Doctor Zhivago, Part Two* — CH 972

*Doctor Zhivago*, 1965, PG-13, 197m. During the Russian Revolution, Yuri Zhivago (Omar Sharif), is a young doctor who has been raised by his aunt and uncle following his father's suicide. Yuri falls in love with beautiful Lara Guishar (Julie Christie), who has been having an affair with her mother's lover, Victor Komarovsky (Rod Steiger), an unscrupulous businessman. Yuri, however, ends up marrying his cousin, Tonya (Geraldine Chaplin). But when he and Lara meet again years later, the spark of love reignites.

## Monday March 13

9:00: Fun & Fitness: Video with Leslie — CH 971

10:00: BYOConversation — Zoom (See the article on page 7.)

10:00: Catholic Communion & Rosary — **Canceled**

10:00: Trail Blazers: Long Branch — **Canceled**

2:00: Spiritual Life Committee — **Canceled**

3:00: 12-Step Meeting — Please call (703) 399-6109 for additional information.

3:00: Art Film: Sketches of Frank Gehry — CH 972

Sketches of Frank Gehry, 2005, PG-13, 84m. Sydney Pollack explores the style of architect Frank Gehry, whose famous works include the Fish in Barcelona, the Walt Disney Concert Hall in Los Angeles, and various residences. Pollack starts with Gehry's original sketches and follows their evolution from a 3-D model to a computer-assisted rendition, on to construction, and finally, to the finished product.

3:30: Seated Meditation — CH 974

7:30: Environmental Film: Food  
Forward: The Meat of the Matter — CH  
972 (See the article on page 8.)

## **Tuesday March 14**

7:45: Morning Yoga — CH 975 &  
Zoom

9:00: Strength & Stretch Video Workout  
— CH 971

9:30: Credit Union Open — PR

10:00: Yoga Strength Video Workout—  
CH 971

10:00: Bus to Giant Food — **TBD**

10:00: Vendor: Mary Kay Cosmetics —  
CC

11:00: Pi Day Celebration — LR (See  
the article on page 5.)

11:00: Bible Study — **Canceled**

1:15: Total Brain & Body Fitness —  
**Canceled due to AV installation**

1:30: Mah Jongg — **Canceled**

2:00: Wii Bowling — **Canceled**

2:00: Movie: *Chicago* — CH 972

*Chicago*, 2002, PG-13, 100m.  
Nightclub sensation Velma  
(Catherine Zeta-Jones) murders her  
philandering husband, and Chicago's  
slickest lawyer, Billy Flynn (Richard  
Gere), is set to defend her. But when  
Roxie (Renée Zellweger) also winds  
up in prison, Billy takes on her case  
as well--turning her into a media  
circus of headlines. Neither woman  
will be outdone in their fight against  
each other and the public for fame.

4:00: Lenten Series: Part Three —  
**Postponed to March 16th & 17th** (See  
the article on page 1.)

4:30: Advanced Tai Chi — **Canceled**

## **Wednesday March 15**

9:00: Fun & Fitness Video with Leslie  
— CH 971

9:30: Market Place Accepts Donations  
— MP

10:00: Classical Stretch — **Canceled**

10:00: Neighborhood Walking Group

10:30: Green Team Committee Meeting  
— **Postponed to March 22nd**

11:00: Prayer Group — **Canceled**

11:00: Teaching Company: *Our  
Founding Fathers* — CH 972

Episode 19: *John Dunlap and David  
Claypoole's Broadside*

Episode 20: *Alexander Hamilton's  
Papers*

2:00: Hospitality Committee — Zoom,  
Contact Judy Hansen for information

2:00: Open Studio — AS, Sign up  
required, limit of five people

3:00: Town Hall — CH 973 (See the  
article on page 7.)

### Thursday March 16

7:45: Morning Yoga — CH 975 &  
Zoom

9:00: Strength & Stretch Class — CH  
975

10:00: Yoga Strength — CH 975

10:00: Ceramics — Sign up required,  
limit 5

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

11:00: Replay of Teaching Company —  
CH 972

11:00: Wii Bowling — **TBD**

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

1:30: Shanghai — **TBD**

2:00: Touchtown Workshop — **TBD**

2:15: Advanced Line Dancing — GX

3:00: GHA Players — Zoom, Contact  
Lee Lederer for Information

3:00: Knitters and Crocheters — **TBD**

4:00: Broadcast of Lenten Series: Part  
Three — CH 971 (See the article on  
page 1.)

7:15: Movie: Till — CH 972

Till, 2022, PG-13, 130m. The true  
story of Mamie Till-Mobley's  
relentless pursuit of justice for her  
14-year-old son, Emmett Till, who  
was brutally lynched in 1955 while  
visiting his cousins in Mississippi.  
(CAST: Danielle Deadwyler, Jalyn  
Hall, Frankie Faison, Haley Bennett,  
John Douglas Thompson, Whoopi  
Goldberg, Jayme Lawson, Tosin  
Cole, Kevin Carroll).

### Friday March 17

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

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie: *Till*  
— CH 972

10:00: Trip: Bradlee Shopping Trip —  
**TBD**

10:15: Singing Seniors — Zoom

11:00: Broadcast of Lenten Series: Part  
Three — CH 971 (See the article on  
page 1.)

11:00: Vendor: Queens' Handbags and  
Jewelry and Deb's Handmade Jewelry  
— CC

2:00: St. Patrick's Day Celebration —  
FL (See the article on page 5.)

2:00: Quilting Bees — BR

2:00: Party Bridge — **Canceled**

3:30: Seated Meditation — CHP & CH 974

4:30: Advanced Tai Chi — GX

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

7:00: Broadcast of Lenten Series: Part Three — CH 971 (See the article on page 1.)

## Saturday March 18

8:15: Classical Stretch — GX

10:00: Vendor: Avon — CC

10:30: Advanced Tai Chi with Instructor — GX

11:30: Beginners' Tai Chi with Instructor — GX

12:00: Men's Club: Virginia Tech and Amazon Complex, and Other Colleges and Universities Modernizing Computer Department Facilities — Zoom, Contact Richard Taliaferro for information.

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Top Gun: Maverick* — CH 972

*Top Gun: Maverick*, 2022, PG-13, 131m. After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. (CAST: Tom Cruise, Miles Teller, Jennifer Connelly, Jon Hamm, Glen Powell, Lewis Pullman, Ed Harris, Val Kilmer).

## Sunday March 19

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *Pig* — CH 972

*Pig*, 2021, R, 92m. Living alone in the Oregon wilderness, a truffle hunter returns to Portland to find the person who stole his beloved pig. (CAST: Nicolas Cage, Alex Wolff, Adam Arkin, Nina Belforte, Gretchen Corbett, Dalene Young, Darius Pierce, Elijah Ungvary).



# Richmond & Dominion Schedule

## Sunday March 12

\*Daylight Savings Time starts at  
2:00 am\*

9:00: Holy Eucharist — CH 974

10:30: Holy Eucharist — CH 973

2:30: Silver Sneakers Sunday Exercise  
— CH 971

6:30: Movie: *Doctor Zhivago, Part Two*  
— CH 972 (See page 9.)

## Monday March 13

10:00: BYOConversation — Zoom (See  
the article on page 7.)

10:00: Catholic Communion & Rosary  
— **Canceled**

11:00: S.A.I.L.'s Exercise Program —  
**Canceled**

2:00: Spiritual Life Committee —  
**Canceled**

3:00: Art Film: *Sketches of Frank Gehry*  
— CH 972 (See page 9.)

3:30: Seated Meditation — CH 974

7:30: Environmental Film: Food  
Forward: The Meat of the Matter — CH  
972 (See the article on page 8.)

## Tuesday March 14

10:00: Yoga Strength — CH 971

10:00: Vendor: Mary Kay Cosmetics —  
CC

11:00: Pi Day Celebration — LR (See  
the article on page 5.)

11:00: Bible Study — **Canceled**

2:00: Movie: *Chicago* — CH 972 (See  
page 10.)

4:00: Lenten Series: Part Three —  
**Postponed to March 16th & 17th** (See  
the article on page 1.)

## Wednesday March 15

10:30: Green Team Committee Meeting  
— **Postponed to March 22nd**

11:00: Prayer Group — Canceled

11:00: S.A.I.L.'s Exercise Program —  
**Canceled**

11:00: Teaching Company: *Our  
Founding Fathers* — CH 972 (See page  
10.)

2:00: Open Studio — AS, Sign up  
required, limit of five participants

2:30: Ambassador Courville Series —  
**Canceled**

3:00: Town Hall — CH 973 (See the  
article on page 7.)

## Thursday March 16

10:00: Yoga Strength — CH 975

10:00: Ceramics — AS, Sign up required, limit of five participants

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

11:00: Replay of Teaching Company — CH 972 (See page 10.)

1:45: Music Therapy with Abby — **Canceled**

2:00: Touchtown Workshop — **TBD**

3:00: Jeopardy — **Canceled**

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

## Friday March 17

10:00: Replay of Thursday Movie: *Till* — CH 972 (See page 11.)

10:15: Singing Seniors — Zoom

11:00: Broadcast of Lenten Series: Part Three — CH 971 (See the article on page 1.)

11:00: Vendor: Queens' Handbags and Jewelry and Deb's Handmade Jewelry — CC

2:00: St. Patrick's Day Celebration — FL (See the article on page 5.)

2:30: Wine Tasting with Alex — **Canceled**

3:30: Seated Meditation — CHP & CH 974

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

7:00: Broadcast of Lenten Series: Part Three — CH 971 (See the article on page 1.)

## Saturday March 18

10:00: Vendor: Avon — CC

10:30: Advanced Tai Chi with Instructor — GX

11:30: Beginners' Tai Chi with Instructor — GX

12:00: Men's Club: Virginia Tech and Amazon Complex, and Other Colleges and Universities Modernizing Computer Department Facilities — Zoom, Contact Richard Taliaferro for information.

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Top Gun: Maverick* — CH 972 (See page 12.)

## Sunday March 19

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

2:30: Brunch & Learn Series: Frank Sinatra — RAR

6:30: Movie: *Pig* — CH 972 (See page 12.)

# Small House Schedule

## Sunday March 12

\*Daylight Savings Time starts at  
2:00 am\*

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH  
973

6:30: Movie: *Doctor Zhivago, Part Two*  
— CH 972 (See page 9.)

## Monday March 13

10:00: Catholic Communion & Rosary  
— **Canceled**

10:30: Mindful Movement — WL

11:00: Bell Choir — RP

2:30: Tea Party — **Canceled**

3:00: Art Film: *Sketches of Frank Gehry*  
— CH 972 (See page 9.)

7:30: Environmental Film: *Food  
Forward: The Meat of the Matter* — CH  
972 (See the article on page 8.)

## Tuesday March 14

10:00: Vendor: Mary Kay Cosmetics —  
CC

11:00: Pi Day Celebration — LR (See  
the article on page 5.)

11:00: Art with Alison — MH

11:00: Bible Study — CHP

2:00: Movie: *Chicago* — CH 972 (See  
page 10.)

2:30: Eldergrow — MH

2:30: Music Therapy with Abby — PW

3:30: Individual Visits — SH-A

4:00: Lenten Series: Part Three —  
**Postponed to March 16th & 17th** (See  
the article on page 1.)

## Wednesday March 15

10:30: Power Braining & Exercise —  
RP

11:00: Music Therapy with Abby —  
WL

11:00: Prayer Group — CHP

11:00: Teaching Company: *Our  
Founding Fathers* — CH 972 (See page  
10.)

2:00: Open Studio — AS

2:30: Creative Creations: Shamrocks —  
OQ

3:00: Town Hall — CH 973 (See the  
article on page 7.)

## Thursday March 16

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

11:00: Replay of Teaching Company —  
CH 972 (See page 10.)

1:00: Dog Visits with Sara and Moriah  
— **Canceled**

2:30: Small House Resident Council —  
MH

4:00: Broadcast of Lenten Series: Part  
Three — CH 971 (See the article on  
page 1.)

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

### **Friday March 17**

10:00: Replay of Thursday Movie —  
CH 972

10:30: Seated Exercise — OQ

11:00: Broadcast of Lenten Series: Part  
Three — CH 971 (See the article on  
page 1.)

11:00: Vendor: Queens' Handbags and  
Jewelry and Deb's Handmade Jewelry  
— CC

2:30: Irish Limericks — MH

3:00: Music Therapy with Abby — OQ

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

7:00: Broadcast of Lenten Series: Part  
Three — CH 971 (See the article on  
page 1.)

### **Saturday March 18**

10:30: Dog Visits — SH-A

2:00: Java Music with Abby — PW

3:00: Music with Barbara — WL

3:30: Music with Barbara — OQ

7:15: Movie: *Top Gun: Maverick* — CH  
972 (See page 12.)

### **Sunday March 19**

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH  
973

6:30: Movie: *Pig* — CH 972 (See page  
12.)



## 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 =	