

Gazette



Goodwin House
Alexandria

Saturday May 20, 2023

4800 Fillmore Avenue, Alexandria, VA 22311

DIETITIAN DISHES

Happy Asian American and Pacific Islander (AAPI) Heritage Month! We celebrate every May to commemorate the immigration of the first Japanese people to the United States on May 7, 1843. With over fifty countries throughout Asia and the Pacific Islands, there is an incredible diversity of people, ideologies, and cuisines. On May 25th, we will celebrate with a special AAPI meal featuring some favorite foods from the region. With so many delicious dishes to choose from, it will be sure to be a memorable meal!



Alexandra Freiman, Dietitian



TIE-DYE DAY

Friday June 2nd

Goodwin House Alexandria team members and residents are invited to wear something tie-dyed.

Merrily Wolf, Executive Assistant

BY HAND: CREATIVE WRITING FOR BEGINNERS

May 23rd at 3:00 pm
Richmond Activity Room

Join me, and I'll tell you how I took a stack of old letters and a journal I wrote in the most exciting place I've ever visited, put them together, and voila! I had my second book. You can write about your favorite vacation or your first kiss, or leave your favorite stories for your grandchildren. It's fun and interesting to reminisce, and it's even more fun to share those stories with your friends and family.

Please join us; we would love for you to share with us.



*Margarette Ricardelli,
Resident*

FILLMORE PATIO

The Fillmore Patio will be open for dinner only starting on May 22nd. The patio has limited seating. Reservations will be available on a first-come, first-served basis Monday through Friday by calling 703-824-1102. The Patio will be closed for dinner on the weekends, but open for regular use.

*Sterling Lindsay,
Director of Dining Services*

CHAPLAINCY SERVICES

MEMORIAL GARDEN TOURS

Church of the Resurrection
Wednesday May 24th 1:30 pm
Meet in GHA Lobby

Did you know that there is a lovely green space nestled in the hillside between our GHA parking garage and the Church of the Resurrection (COTR) parking lot? There are a number of places to sit and rest there and enjoy being outdoors. It is a Memorial Garden that is shared by the Church of the Resurrection and Goodwin House Alexandria. Residents may indicate that they wish to have their ashes interred there upon their death. Betsy Faga and Chaplain Bruce will be on hand to offer tours, featuring the new handrails installed for better access. Meet Chaplain Bruce in the GHA lobby. Betsy Faga, new GHA resident and long-time member of COTR, will also be happy to give tours of the Church of the Resurrection following the garden tour. Sign up in the Activities Binder so we will know to expect you.



VOLUNTEER FORM:

Thank you to all who picked up the form for volunteering to assist with our spiritual well-being at GHA through various activities with our Memorial Chapel: ushers, readers, altar guild, offering counters, pianists, chalice bearers, spotters, and spottees. We look forward to receiving your completed forms in the Chaplain's box at the Reception Desk. Have you lost or misplaced your form? Forms are available in the Chapel information station and on Touchtown: [www.gh-a.org /Chaplaincy Notes/Events](http://www.gh-a.org/Chaplaincy%20Notes/Events).



*Bruce Stewart, Director of
Chaplaincy Services*

DICK'S TEASER:

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

A B C D E F G H I J K L M
N O P Q R S T V W X Y Z



Dick Pellerin, Resident

**Answer on page 7.*

BYOCONVERSATION: BRIDGES AND BRIDGING

**Monday May 22nd at 10:00 am
Living Room**

Visualize a physical bridge connecting two separate riverbanks, bluffs, or towns. Then use that bridge as a metaphor for “bridging” two separate opinions or competing policies, etc. Our BYOConversation will explore such relational bridging.

Fellow resident Fred Gottemoeller has agreed to lead off with reflections on bridging. As a bridge architect, he had many award-winning projects, including our local Woodrow Wilson Bridge. These called for both his aesthetic design of the bridge itself and his resolution (“bridging”) between community differences.

What’s your bridge-building experience—situations needing to connect this with that? Bridging two people who could become friends? A good idea that would improve if “bridged” to someone else’s good idea? A worker to “bridge” over to the right training? “A bridge too far” or “They burned their bridges” or “You were our bridge from the stale old to the fresh new”? And so forth. All are welcome!



Jonathan Bryan, Resident

SPECIAL BYOC FOR MEMORIAL DAY

**Monday May 29th
10:00 & 11:00 am
Living Room**

For the Memorial Day BYOC, our conversation will invite tributes that you give about people whose mortal lives have ended. We’ll have the usual 10:00 am session, yes. Also—since some residents cannot attend at 10:00 am—we’ll have a second session at 11:00 am. Exact same format, same topic, same arrangements. So come to either or both. We’ll voice our appreciation of those who have gone before.



*Jonathan Bryan,
Resident*



COVID NUMBERS

Cases as of May 18th:

Independent Living: 1
Assisted Living: 1
Small Houses: 0
Team Members: 0

SOCIAL WORK UPDATES:

- Save the Date: On June 15th, from 2:00–4:00 pm, in the Auditorium, we will feature our Assisted Living and Small House programs, including tours of the Richmond, Dominion, and Small Houses. Come join us to learn about Goodwin House's care options.
- Newcomers' Meeting cancelled in May.
- Caregivers' Support Group will be held on May 24th and led by Hilary Valenstein, LCSW

*Monica Hutchins-Thomas,
Director of Social Work*

TRAIL BLAZERS TIME CHANGE

With warm weather on its way, the departure time for Trail Blazers will move to 9:00 a.m. starting Monday June 5th. If you have any questions, please see Leslie.

Leslie LaPlace, Fitness Manager

JUNE JUST DANCE CLASSES

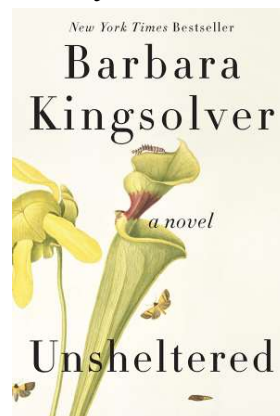
The June's Just Dance class will be held Monday the 5th and Monday the 12th.

Leslie LaPlace, Fitness Manager

JUNE GHA BOOK CLUB MEETING

**Tuesday June 20th at 2:00 pm
Residents' Conference Room**

At the next meeting of the GHA Book Club, we will be discussing *Unsheltered*, by Barbara Kingsolver. This is a novel about two families, one living in the present day and the other in the Grant era, facing the major cultural shifts and challenges of their times. Each family lived in the same ramshackle house, and their stories are told in alternating chapters. Set in Vineland, New Jersey, this story explores the human capacity for resilience and compassion in times of great upheaval. Residents interested in borrowing this book and participating can sign up in the Activities Binder, on the GHA Book Club page behind the orange tab, towards the back of the binder. Once we receive copies of the book from the Fairfax Library, Sande O'Keefe will place a copy in your GHA mailbox. Those reading the book by Kindle or talking books can check under "Meeting" only.... New readers are always welcome!



*Natalie Rooney, Joan
Mcclulla, and Sande
O'Keefe, Residents*

TOUR THE VIEW ALEXANDRIA BY GOODWIN LIVING

Monday, May 22nd
1:00 to 3:00 pm

We have received a request for an opportunity for GHA residents to tour The View Alexandria. On Monday, May 22nd from 1:00 to 3:00 pm, we will provide shuttles from GHA to The View Alexandria for half-hour guided tours. Shuttles will leave GHA at 12:40, 1:15, 1:45, and 2:15 pm and bring residents back at 1:35, 2:05, 2:35 and 3:05 pm. Please sign up in the GHA Activities Binder by the Residents' Business Center. This is an opportunity to see The View before Josh's presentation on Wednesday May 24th at 2:30 pm in the GHA auditorium.

Merrily Wolf, Executive Assistant

ROOFTOP REOPENING

May 26th at 4:00 pm
Rooftop

In anticipation that the rooftop will be ready to reopen on the 26th, we will be having a celebration. In the event that it is necessary to postpone our celebration due to extenuating circumstances with construction, a new date will be announced by the 25th.

Kim Butler, Director of Life Enrichment



FARM ANIMAL VISITS

Did you know that goats are extremely curious and sociable? They can distinguish a happy person from an unhappy person and prefer the happy person! Join us on May 24th at 10:30am in the courtyard or auditorium for farm animal visits.

*Vivian Coda, Therapeutic Recreation
Supervisor*



MARKET PLACE NEXT SALE

Thursday May 25th
9:30-11:30 am & 2:30-4:00 pm

Furniture and household goods special sale. Pride travel scooter for sale, in excellent condition with new batteries. The original price was over \$1400, and the sale price is \$700. Mabel Randolph said "I bought one and it changed my life."

Dick Wilson, Resident

In Memoriam

Burnham "Mike" McCaffree
May 13, 2023

THE GREEN TEAM



TRIP TO THE NATURAL HISTORY MUSEUM EXHIBIT: *LIGHTS OUT: RECOVERING OUR NIGHT SKY*

Note Date Change

Thursday June 1st

12:30 to 4:00 pm

Transportation \$19.80

Note that the date has changed from May 24th to June 1st. We will contact residents who signed up for the May 24th trip to determine their availability

The GHA Green Team is sponsoring a trip to the National History Museum's exhibit, *Lights Out: Recovering Our Night Sky*. Sign up in the Activities Binder.

For billions of years, life on Earth has danced to a cycle of sun and stars, day and night, light and dark. But light pollution from artificial lights has disrupted this pattern around the world, making nights brighter in ways that affect nature and people. For many people, this is the new normal. More than 80% of people worldwide live with some degree of light pollution. In North America, 80% of the continent's

population cannot see the Milky Way galaxy in the night sky due to light pollution. However, there are simple actions concerned citizens can take to help reclaim their view of the stars at night. Lights Out will give visitors the opportunity to learn what is at stake as the stars and cosmos fade from our view at night. The exhibit includes photos, objects, interactive experiences, tactile models, and a theater program.

ENVIRONMENTAL FILM: *HOW THE EARTH CHANGED HISTORY: FIRE*

**Monday May 22nd at 7:30 pm
Channel 972**

This classic BBC environmental program traces how the elemental process of fire has shaped the history of the planet, from when fire first emerged some 300 million years ago until the present day. Fire has played a role in the creation of metals and coal, which led to the Industrial Revolution and later a dependence on oil, the most powerful geopolitical force in existence. The burning of fossil fuels poses an ever greater possibility of warming the planet to dangerous levels that threaten human civilization. This program convincingly documents the stages of this journey with insights from various parts of the globe and rarely-seen historical footage.

Jim Carroll, Chair, The Green Team

THE GREEN TEAM, CONT.

FROM THE GREEN TEAM: NEARBY PARKS

Please check out the Green Team App on Touchtown for the full list of nearby parks. We encourage you to join the Trailblazers on their weekly Monday walks. Sign up in the Activities Binder.

GLENCARLYN PARK

301 S. Harrison Street, Arlington

Three miles from GHA

Hours: sunrise to sunset

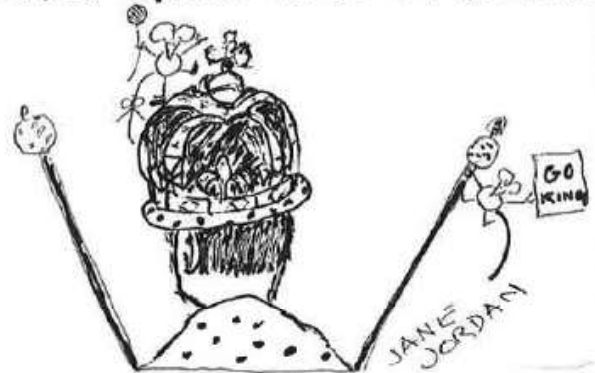
This beautiful, secluded 100-acre park offers a host of family activities, including picnic shelters, nature trails, connections to Four Mile Run and W & OD trails, playgrounds, restrooms, a creek, Long Branch Nature Center, and a nearby dog park. Ample parking. The Trailblazers walking group will visit on Monday May 22nd. Sign up in the Activities Binder.

Directions: Right on Beaugard, 0.5 miles to left on Rt 7, 1 mile to right on Carlyn Spring Rd, 1.3 miles to right on 3rd St; 0.5 miles to park entrance on the right.

*Martie McDowall,
Green Team Researcher*

NEWS FLASH

THE MICE ARE BACK FROM
THEIR QUICK TRIP TO THE
CORONATION, WHERE
THEY KEPT A LOW PROFILE.



THEY LOVED WESTMINSTER
ABBAY AND WERE INVITED
TO TEA BY THE ROYAL
MICE. LIKE THE KING
THEY LOVED THE MUSIC.
THEY ARE RECOVERING
FROM JET LAG.

DICK'S TEASER SOLUTION:

The letters represents the phrase
“missing you,” because the letter “u”
is missing in the list.



Dick Pellerin, Resident

EVENTS

EVENING CONCERT: HOT CLUB OF BROOKMONT

**Tuesday May 24th at 7:30pm
Auditorium**

The Hot Club of Brookmont plays the musical genre of gypsy jazz, or menouche music, created in the 1930s and '40s in Paris by Django Reinhardt and Stephen Grappelli.

Reinhart and Grappelli were emulating the American big band songs they heard on the radio, but on stringed instruments. They created a high energy, precise, and unique acoustic sound.

The Hot Clubs of Brookmont's playlist includes songs from the great American songbook as well as some French themed songs by Reinhardt and Grappelli.



MUSIC EDUCATION SERIES WITH QUENTIN WALSTON

**Monday May 22nd 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 performance with music history, appreciation, and more.

ART FILM: *THE BOLERO/IN SEARCH OF CEZANNE*

**Monday May 22nd at 3:00 pm
Channel 972**

As producer, acclaimed documentary filmmaker Allan Miller presents two short works. First, the Academy Award winner "The Bolero" features Zubin Mehta and the Los Angeles Philharmonic Orchestra preparing for a recital of the classic Ravel composition, followed by the complete performance. "In Search of Cezanne" follows a fellow documentarian's quest from New York to Paris to better understand the life and work of the celebrated artist. 52m.

COURTYARD CONCERT: SOULFIRE

**Wednesday May 24th at 4:00 pm
Courtyard**

Soulfire is an Arlington-based band that was founded at Trinity Presbyterian Church. They began over a mutual love of The Beatles, but the band's repertoire has grown to cover everything from 1950s rockabilly to songs on the radio today. Over the last fifteen years, Soulfire has played all over the greater Washington area, including at Goodwin House Baileys Crossroads. We are delighted to be playing for your community and especially for their family (and fans), Doug and Martie McDowall.

EVENTS, CONT.

MEMORIAL DAY CONCERT WITH THE SURF JAGUARS

Monday May 29th at 2:00 pm
Courtyard

Come to the Courtyard for a Memorial Day concert with the Surf Jaguars, grab a beverage and a snack, and enjoy the afternoon! The Surf Jaguars play a variety of vintage shows. They perform an easy listening mix of Yacht Rock, Surf, Rockabilly/Country, and other classic tunes that never die, including the Ventures, Beach Boys, Chuck Berry, and many more! There will be beverages and desserts to enjoy during the concert.



JEWELRY REPAIR CLINIC

**Tuesday May 23rd from 10:00 am–
5:00 pm**
Living Room

EVENING CONCERT: JESSE AND SETH

Tuesday May 30th at 7:30pm
Auditorium



From Benny Goodman to Fats Domino, Hoagy Carmichael to Cole Porter, from Jerome Kern to Rodgers & Hammerstein, from Nat King Cole to Frank Sinatra to Harry Belafonte and John Denver, to music from New Orleans, Latin America, the Caribbean and the Yiddish theater—Azalea City Recordings artists Jesse Palidofsky & Seth Kibel showcase toe-tapping music from the 1930s through the 1970s. Jesse accompanies his soulful vocals with tasteful piano, guitar and harmonica arrangements. Seth is one of the Mid-Atlantic's premier woodwind specialists, and he has won a remarkable 30 WAMMIES (Washington Area Music Awards) for his clarinet, flute and saxophone playing. Jesse and Seth bring an engaging, highly-interactive performance that is guaranteed to get your heart singing and to cure what ails you!



EVENTS, CONT.

EVENING CONCERT: THOMAS PANDOLFI

**Wednesday May 31st at 7:30pm
Auditorium**

American pianist Thomas Pandolfi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audiences worldwide and showered with superlatives by critics for his passionate artistry and amazing technique. His remarkably warm and communicative tone uniquely “sings,” projecting the poetry and emotion of whatever he plays. Thomas truly touches the hearts of all who hear him. His virtuosity is breathtaking, and his sense of phrasing and command of style are marvelously convincing.

*Jennifer Bennett,
Events Coordinator*



2023 ARTS FESTIVAL: LONG LIVE LIFE

Friday June 2nd, Saturday June 3rd

Our annual Arts Festival is approaching! This year's theme is “Long Live Life,” inspired by Frida Kahlo's final painting, “Viva la Vida.” The festival will be a celebratory bouquet of live music, refreshments, and plenty of art! We will have musical and theater performances by our in-house groups, art sales of handmade work by GHA residents, and our GHA-wide Resident Art Exhibition. Please mark your calendars and invite family and friends.

Friday, June 2nd

11:00–2:00: GHA Resident Art Sale —
Auditorium Hallway

3:00: GHA Singing Seniors Concert —
Auditorium

4:00: Art show reception with wine &
cheese — Small Houses' Gallery

Saturday, June 3rd

11:00: Urban Evolution Parkour &
Aerial Silks Demo — Courtyard

11:30–2:30: Art Making Stations — Art
Studio and Courtyard

11:30–2:30: GHA Resident Art Sale —
Auditorium Hallway

2023 ARTS FESTIVAL: LONG LIVE LIFE, CONT.

1:00–2:00: Ceramic Wheel Throwing
Demo — Courtyard

3:00: GHA Players Present: “The Man
Who Thought of Everything” and “5
Minute Mysteries” — Auditorium

4:30: Courtyard Party with Food, Bar,
and a Signature Cocktail — Courtyard

4:30: Music and Dancing with The
Bossa Brothers Trio — Courtyard

ARTS FESTIVAL EVENTS

A few of our events are
highlighted below with more
information. Ask Alison if you have any
questions!

URBAN EVOLUTION PARKOUR & AERIAL SILKS DEMO

**Saturday, June 3rd at 11:00 am
Courtyard**

Come watch gravity be defied with
parkour pros and aerial acrobats.



ART SALES

Friday June 2nd, 11:00 am–2:00 pm
Saturday June 3rd
11:30 am–2:30 pm
Auditorium Hallway

Stop by to get great gifts for your
family, friends, or yourself! Please
remember to pay by cash or check—
proceeds go towards funding arts
programming at GHA and the Arts
Festival.

GHA PLAYERS PRESENT “THE MAN WHO THOUGHT OF EVERYTHING” AND “5 MINUTE MYSTERIES”

Saturday June 3rd at 3:00 pm
Auditorium

The GHA Players will treat us
to four fun short plays with a hearty
helping of mystery and humor.

Alison Schroeder, Arts Coordinator

SING-ALONG CANCELED

Because of a memorial service
scheduled for that afternoon, there will
be no Sing-Along on Saturday, May
27. The next Sing-Along will be on
Saturday, July 8.

Jim Carroll and Dick Pellerin

MEMORIAL DAY MEAL/ COOKOUT

In celebration of Memorial Day, Dining Services will offer a Special Memorial Day Meal on Monday May 29th from 11:30 am until 1:30 pm.

To dine in the Alexandria, the Arbor Room, the Courtyard, or the Fillmore Lounge, you can call 703-824-1102 to request a reservation starting on Wednesday May 24th. No reservations are required to dine in the Bistro. A carry-out service will be available. There will be limited seating in the Courtyard. Only the Memorial Day menu items will be available in all venues.

The regular breakfast menu will be served in the Bistro from 7:30 am to 9:00 am. In the Bistro only, the regular menu and weekly specials will be available for supper from 3:30 pm–6:00 pm.

MONDAY MEALS TIMES

- Breakfast: 7:30 am–9:00 am
- Brunch: 11:30 am–1:30 pm (Memorial Day Menu only in all venues)
- Supper (Bistro Only): 3:30 pm–6:00 pm (The Bistro menu & weekly Specials will be available at Supper.)

The Mixing Bowl and the Fillmore (Store) will be closed on Monday, May 30th.

Sterling Lindsay, Director of Dining Services

VOLUNTEER HOURS

Don't forget to submit your monthly volunteer hours. The volunteer coordinator keeps track of volunteer hours for several reasons:

- To track and enhance your impact in the community;
- To connect residents who are interested in similar volunteer opportunities; and
- To help qualify Goodwin House as a non-profit organization, thus driving down the costs of what each individual pays to live here. We would appreciate your help in tracking volunteer work.

You can find blank resident volunteer monthly time sheets on the wall by the sign-up binder. Completed forms can be returned to the Life Enrichment Office or to the Reception Desk. We appreciate your help and volunteerism! Please contact Hilary Canary in the Life Enrichment office, email hcanary@goodwinliving.org, or call 703-824-1004 if you have any questions.

*Hilary Canary,
Communications Coordinator*



The Weekly Schedule

Sunday May 21, 2023–Sunday May 28, 2023

Sunday May 21

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *Sneakers* — CH 972

Sneakers, 1992, PG-13, Thriller/Crime, 126m. Computer hacker Martin (Robert Redford) heads a group of specialists who test the security of various San Francisco companies. Martin is approached by two National Security Agency officers who ask him to steal a newly invented decoder. Martin and his team discover that the black box can crack any encryption code, posing a huge threat if it lands in the wrong hands. When Martin realizes the NSA men who approached him are rogue agents, they frame him for the murder of the device's inventor.

10:00: 12-Step Meeting — Please call (703) 399-6109 for additional information.

10:00: BYOConversation — LR (See the article on page 3.)

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

10:00: Trail Blazers: Bon Air Park — LB Y

1:00: Tour the View Alexandria by Goodwin Living — LB Y (See the article on page 5.)

3:00: Art Film: *The Bolero/In Search of Cezanne* — CH 972 (See the article on page 8.)

3:00: Musical Education Series with Quentin Walston — AUD

3:30: Seated Meditation — CHP & CH 974

7:30: Environmental Film: *How the Earth Changed History: Fire* — CH 972 (See the article on page 6.)

Monday May 22

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — POOL

Tuesday May 23

7:45: Morning Yoga — GX, CH 975 & Zoom
9:00: Strength & Stretch Class — GX & CH 975
9:30: Credit Union Open — PR
10:00: Yoga Strength — GX & CH 975
10:00: Bus to Giant Food — LBY
10:00: Jewelry Repair Clinic — LR (See the article on page 9.)
10:00: Tech Time Drop In Clinic — AR
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: *Blinded By the Light* — CH 972

Blinded by the Light, 2019, PG-13 Comedy/Drama, 114m. In 1987 Britain, Javed Khan is a British-Pakistani college arts student in a family with a domineering father. Feeling he has no future in a hostile community, he is introduced to the music of Bruce Springsteen; which inspires him to reach out for his dreams. He soon finds himself butting heads with his newly unemployed father. In this conflict of values, Javed must decide what is truly important to him while his

family struggles to understand what has changed and what remains with a new generation feeling born to run. (CAST: Viveik Kalra, Hayley Atwell, Rob Brydon, Kulvinder Ghir)

3:00: By Hand: Beginner's Guide to Creative Writing — RAR (See the article on page 1.)
4:30: Advanced Tai Chi — GX
7:30: Evening Concert: The Hot Club of Brookmont — AUD (See the article on page 8.)

Wednesday May 24

9:00: Fun & Fitness — GX & CH 975
9:30: Aqua Fun — POOL
9:30: Market Place Accepts Donations — MP
10:00: Neighborhood Walking Group — LBY
10:30: Farm Animals — CTY (See the article on page 5.)
11:00: Prayer Group — CHP
11:00: Teaching Company: Our Founding Fathers — CH 972

Episode 35: *James Madison's War*

Episode 36: *Alexis de Tocqueville's America*

12:30: Green Team Museum Trip — **Postponed to June 1st** (See the article on page 6.)

1:30: Duplicate Bridge — LR
 2:00: Caregiver Support Group — BR
 2:00: Open Studio — AS
 2:30: Presentation on The View
 Alexandria by Josh Bagley — AUD
 4:00: Courtyard Concert: Soulfire —
 CTY (See the article on page 8.)

Thursday May 25

7:45: Morning Yoga — GX, CH 975 &
 Zoom
 9:00: Strength & Stretch Class — GX &
 CH 975
 9:30: Aqua Fun — **Canceled**
 9:30: Market Place Sale — MP (See the
 article on page 5.)
 10:00: Yoga Strength — GX & CH 975
 10:00: Ceramics — AS
 11:00: Scripture, Songs, & Prayers —
 AUD & CH 973
 11:00: Replay of Teaching Company —
 CH 972 (See page 14.)
 11:00: Wii Bowling — GX
 11:00: Newcomer's Meeting —
Canceled
 1:15: Total Brain & Body Fitness — GX
 & CH 975
 2:00: Dining Committee — RCR
 2:15: Advanced Line Dancing — GX

3:00: GHA Players — AUD
 4:00: Celebrity Bartender Series — FL
 7:15: Movie: *Beast* — CH 972

Beast, 2022, R, 93m. Recently widowed, Dr. Nate Samuels (Idris Elba) and his two teenage daughters, Meredith (Iyana Halley) and Norah (Leah Sava Jeffries), travel to a game reserve in South Africa. The reserve holds a special meaning to the family as it is the place where Nate first met his wife. The family is joined by an old family friend, Martin Battles (Sharlto Copley), who is currently running the reserve and also happens to be a wildlife biologist. The family trip begins to take a turn when they are stalked and attacked by a ferocious, rogue, man-killing lion. Now the group must fight for survival as they become increasingly aware of the beast's capabilities.

Friday May 26

7:45: Morning Yoga — GX, CH 975 &
 Zoom
 9:00: Fun & Fitness — GX & CH 975
 9:30: Art & Sound Meditation (studio
 closed to other activities) — AS
 10:00: Replay of Thursday Movie:
Beast — CH 972
 10:15: Singing Seniors — AUD-A

11:00: Fireside Chats with the Residents' Council — LR
 1:00: Photo Club Meeting — AS
 1:00: Field Trip to Glenstone Museum — LBY
 1:30: Bridge — Online
 1:30: Shanghai — LR
 2:00: Quilting Bees — BR
 3:30: Seated Meditation — CHP & CH 974
 4:00: Rooftop Reopening Celebration — ROOF
 4:30: Advanced Tai Chi — GX
 4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday May 27

8:15: Classical Stretch — GX
 10:30: Advanced Tai Chi with Instructor — GX
 11:30: Beginners' Tai Chi with Instructor — GX
 1:30: Sing-Along — **Canceled**
 3:00: Weekend Wii Bowling — GX
 7:15: Movie: 80 for Brady — CH 972

80 for Brady, 2023, PG-13, 98m.
 The year is 2017, and four girlfriends aren't going to let a little thing like age stop them from seeing their hero, Tom Brady, play in the Super Bowl.

Leaving chaos in their wake, the octogenarian Patriots fans embark on a wild road trip to Houston. (CAST: Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field, Tom Brady)

Sunday May 28

8:15: Classical Stretch — GX
 9:00: Holy Eucharist — CHP & CH 974
 10:30: Holy Eucharist — AUD & CH 973
 6:30: Foreign Film: *In Bruges* — CH 972

In Bruges, 2008, Irish, R, 107 min.
 Okay, fair warning: the infamous f-word or an equivalent is used over 120 times in this 107 minute film. But that kind of dialogue is typical of the highly regarded Irish director/playwright Martin McDonagh and rolls off the tongues of lead actors Colin Farrell and Brendan Gleeson. They play two rough-hewn killers sent to the lovely town of Bruges in Belgium to await punishment dictated by their mob boss (a surprising Ralph Fiennes) for screwing up a hit, which has serious consequences. But, yes, *In Bruges* is indeed a comedy—granted an unusual one. Was all that offensive language really necessary? Maybe not, but that's how writer/director McDonagh works. He reunited last year with Farrell and Gleeson for another black comedy, the Oscar contender *The Banshees of Inshirín*.

Richmond & Dominion Schedule

Sunday May 21

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & Ch 973

2:30: The Golden Age of Musical Theater — RAR

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

Monday May 22

10:00: BYOConversation — LR (See the article on page 3.)

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

10:00: Tech Time Drop In Clinic — AR

11:00: Balance & Body Exercise — GX

11:00: Resident Grounds Committee — RCR

3:00: Art Film — CH 972

3:30: Seated Meditation — CHP & Ch 974

7:30: Environmental Film: *How the Earth Changed History: Fire* — CH 972 (See the article on page 6.)

Tuesday May 23

10:00: Yoga Strength — GX & CH 975

10:00: Jewelry Repair Clinic — LR (See the article on page 9.)

11:00: Bible Study — CHP

2:00: Movie: *Blinded By the Light* — CH 972 (See page 14.)

3:00: By Hand: Beginner's Guide to Creative Writing — RAR (See the article on page 1.)

7:30: Evening Concert: The Hot Club of Brookmont — AUD (See the article on page 8.)

Wednesday May 24

10:30: Farm Animals — CTY (See the article on page 5.)

11:00: Balance & Body Exercise — **Canceled**

11:00: Prayer Group — CHP

11:00: Teaching Company: Our Founding Fathers — CH 972 (See page 14.)

12:30: Green Team Museum Trip — **Postponed to June 1st** (See the article on page 6.)

2:00: Open Studio — AS

4:00: Courtyard Concert: Soulfire — CTY (See the article on page 8.)

Thursday May 25

9:30: Market Place Sale — MP (See the article on page 5.)

10:00: Yoga Strength — GX & CH 975

10:00: Ceramics — AS

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

11:00: Teaching Company: Our Founding Fathers — CH 972 (See page 14.)

1:45: Music Therapy with Abby — RDR

4:00: Celebrity Bartender Series — FL

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

Friday May 26

9:30: Art & Sound Meditation — AS

10:00: Replay of Thursday Movie: *Beast* — CH 972 (See page 15.)

10:15: Singing Seniors — AUD-A

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

1:00: Photo Club Meeting — AS

1:30: Small House Small Talk — MH

2:30: Mind, Body and Tranquility: Sweet Basil — **Canceled**

3:30: Seated Meditation — CHP & CH 974

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

Saturday May 27

10:30: Advanced Tai Chi with Instructor — GX

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

10:30: Saturday Morning Live — AUD & CH 973

1:30: Sing-Along — **Canceled**

3:00: Weekend Wii Bowling — GX

7:15: Movie: *80 for Brady* — CH 972 (See page 16.)

Sunday May 28

9:00: Holy Eucharist — CHP & Ch 974

10:30: Holy Eucharist — AUD & Ch 973

2:30: Armchair Travel: Spain — RAR

6:30: Foreign Film: *In Bruges* — CH 972 (See page 16.)

Small House Schedule

Sunday May 21

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

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

Monday May 22

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

10:30: Mindful Movement — WL

2:30: Tea Party — BL

3:00: Art Film — CH 972

7:30: Environmental Film: *How the Earth Changed History: Fire* — CH 972 (See the article on page 6.)

Tuesday May 23

11:00: Art with Alison — BL

11:00: Bible Study — CHP

2:00: Movie: *Blinded By the Light* — CH 972 (See page 14.)

2:30: Elder Grow — MH

2:30: Music Therapy with Abby — PW

3:30: Individual Visits — SH-A

7:30: Evening Concert: The Hot Club of Brookmont — AUD (See the article on page 8.)

Wednesday May 24

10:30: Farm Animals — CTY (See the article on page 5.)

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 the article on page 14.)

3:00: Nutrition with Alex: Honey — WL

4:00: Courtyard Concert: Soulfire — CTY (See the article on page 8.)

Thursday May 25

11:00: Bell Choir — RP

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

11:00: Replay of Teaching Company — CH 972 (See page 14.)

2:30: Scavenger Hunt — MH

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

Friday May 26

10:00: Replay of Thursday Movie — CH 972

10:30: Seated Exercise — OQ

1:30: Small House Small Talk — MH

3:00: Garden Visits — SH-A

3:00: Music Therapy with Abby — OQ

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

Saturday May 27

10:30: Dog Visits — SH-A

10:30: Saturday Morning Live — AUD
& CH 973

1:30: Sing-Along — **Canceled**

3:00: Music with Barbara — WL

3:30: Music with Barbara — OQ

7:15: Movie: *80 for Brady* — CH 972
(See page 16.)

Sunday May 28

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH
973

6:30: Foreign Film: *In Bruges* — CH
972 (See page 16.)

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 =	