

# Gazette



Goodwin House  
Alexandria

Saturday May 27, 2023

4800 Fillmore Avenue, Alexandria, VA 22311

## FEATURED SPEAKER FOR SATURDAY MORNING LIVE

**Saturday June 3<sup>rd</sup> at 10:00 am**

**\*Note the time change\***

**Auditorium**

Our SML speaker for June 3<sup>rd</sup> is someone special to GHA: a returning speaker and the daughter of Page Elliott, a GHA resident. Farar Elliott is the first Curator of the US House of Representatives. She will share her deep insights with us on “Pioneers in Portraits—Women in Congress.” If you would like to continue the conversation with her, please stay for pastries in the Arbor Room.

*Speakers' Forum*

## FUTURE SML SPEAKERS: LOOKING AHEAD

- **June 17th:** “The Hanoi Hilton: My Story,” Michael Brazelton, former Vietnam POW
- **July 8th:** “Evolving Roles of Women in the Military,” Lory Manning, Resident, U.S. Navy (retired)
- **July 22nd:** “Politics of Energy in the Middle East and Beyond,” Ambassador Molly Williamson



*Speakers' Forum*

## CONVERSATIONS WITH ROB, AND... (TA-DA!)

Rob Liebreich, GLI's CEO and President, comes monthly for “Cookies and Conversation” with GHA residents. In this informal gathering of eight, the time is open for you to ask questions of Rob, offer your ideas, and hear the newest GLI developments. Enjoy getting to know Rob and his vision for GLI, just as he enjoys getting to know us! The next opportunities are Wednesdays June 7th and July 5th, at 1:00 pm in the Alexandria Room; the sign-up sheet is in the Activities notebook.

And . . . Chandra Kumar, GLI's new COO, has been invited for a similar offering and will begin coming soon—watch for dates!



*Judy Bryan,  
Residents' Council*



## CHAPLAINCY SERVICES

### REMINDER: MONTHLY CLOTHING DRIVE

Wednesday May 31<sup>st</sup>

9:00–11:30 am

Game Room, G1 Promenade

Come drop off any donations to be shared with the Clocktower Thrift Shop!

### DAY OF PENTECOST

Sunday May 28<sup>th</sup>

9:00 am: Chapel & CH 974

10:30 am: Auditorium & CH 973

On the Day of Pentecost, the celebration of the gift of the Holy Spirit on the fiftieth day of Easter, it is a tradition to wear red for the color of the flames of the Holy Spirit (orange and yellow are also fine!). Put on your dresses, shirts, pants, socks, ties, scarves, sweaters, jewelry, robes, slippers, shoes, pjs, whatever! Service materials (located at the entrance to the Chapel and on Touchtown in Chaplaincy Notes > Service Materials) will include the Lord's Prayer in several languages. You can practice ahead of time and use whichever form you choose!



**WEAR  
RED**

*Bruce Stewart, Director  
of Chaplaincy Services*



## SPECIAL BYOC FOR MEMORIAL DAY

Monday May 29<sup>th</sup>

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*



### SING-ALONG CORRECTION

I made an error in last week's Gazette. Our next sing-along will be on Saturday, June 10th, and NOT July 8th. This week's Sing-Along is canceled because of a memorial service. Sorry about the mistake!



*Dick Pellerin, Resident*

## VACCRA INFORMATION & MEMBERSHIP

Virginia Continuing Care Residents Association is an educational and advocacy organization, part of a national network (NaCCRA) designed to protect the rights and safety of older adults in CCRCs. It serves as a legal and policy watchdog in state and national legislation which could affect CCRC residents (contracts, billing, policies, even health care, like recent changes to Medicare!). It is also an important way to keep in touch with “best practices” of residents’ organizations in other CCRCs.

GHA is a VaCCRA “community member” and we have fifteen resident members. Since we are new to joining, we’re learning from our GHBC friends who have been deeply involved in VaCCRA for some years. Our postponed May Town Hall speaker, Joan Lewis from GHBC, is past president of both local and state VaCCRA, and remains part of its leadership team; Claudia Blake is its treasurer. Joan will be re-scheduled – but meanwhile please investigate this opportunity to discover its advantages and how to participate. Brochures and applications are in the business center – go to their website [VaCCRA.org](http://VaCCRA.org) for more!

*Judy Bryan, Resident*

## DICK’S TEASER:

In each of the following lists, three words have one thing in common, while the fourth one does not. The fourth word is “the odd man out.” Can you find that word in each list?

A) Shuttlecock, Puck, Falstaff, Shylock

B) Quiche, Borscht, Gazpacho, Vichyssoise

C) Lake Placid, Gettysburg, Baseball Hall of Fame, Coney Island

D) Cassiopeia, Scorpius, Cormorant, Orion



*Dick Pellerin, Resident*

*\*Answers on page 7.*

## ADMINISTRATIVE STAFF OFF FOR MEMORIAL DAY

Goodwin House administrative staff will have Monday, May 29th off in observance of Memorial Day.

The Fillmore Market, CVS, and the Beauty Salon will be closed. The transportation team also is unavailable on that day.

*Administration*

## COVID NUMBERS

### Cases as of May 26th:

Independent Living: 0

Assisted Living: 3

Small Houses: 0

Team Members: 0

## FROM THE GREEN TEAM: UPDATES ON RECYCLING



All of the Recycling Rooms throughout the Goodwin House campus now have the new containers and signs. It was a huge cooperative effort, and we can thank the Residents' Council Environmental Services Committee, the GHA Administration and Department of Environmental Services, and volunteers from the Green Team for making it happen.

We hope that you are finding the recycling system easy to follow. In general, the more frequently you take items from your apartment to the recycling area, the easier it becomes. We also encourage your support of our GHA Housekeeping team members by recycling before their weekly visit to your apartment. If you have any questions, we have volunteers who can meet with you to explain or clarify any of the procedures. Call Ana Landaeta at 703-824-1344.

The Green Team hopes that the Best Practices brochure that was circulated on Earth Day has been a helpful guide. Try to select one item

from the list and put it into practice each day. There are extra copies in the Business Center.

The Green Team is represented on Touchtown, and we encourage residents to check it out.

*Pat Gottemoeller,  
Green Team Communications*

## GHA DIRECTORS' DUTCH LUNCHES

The GHA directors will be dining in The Bistro each Wednesday at noon to meet with residents. If you would like to participate in one of these Dutch (pay-for-your-own) lunch opportunities to talk to our management team, there will be a sign-up sheet in the Activities Binder and a designated table. The June lineup is:

- June 7th: Barbara D'Agostino, Executive Director
- June 14th: Ana Landaeta, Director of Environmental Services
- June 21st: Bruce Stewart, Director of Chaplaincy
- June 28th: Charity Ampong, Assistant Director Of Nursing



*Merrily Wolf, Executive Assistant*



## BITS AND BYTES

We hope that you have been able to take advantage of Tech Time. Tech Time is a mobile device drop-in clinic that is currently offered on the fourth Tuesday of each month. Some of you have expressed interest in increasing the frequency of sessions, but in order to do that, we need additional volunteers. Not everyone who volunteers now is a real “techie.” We have learned to operate our devices to maximize their usefulness to us. I was reluctant to volunteer at first. Now, after our first two sessions, I am pleased to have been able to help other residents with their issues. Can any one member of our team answer every question? No, but one of us is generally able to. And if not, we have Victor to step in.

We are hoping some of you will volunteer so we can make Tech Time work at its best. Are you knowledgeable about Apple, Windows, or Android operating systems? Do you have expertise in working with photos, phone apps, or Touchtown? Let us know what you are comfortable with, and come volunteer. You do not have to be a member of the Technology Committee to volunteer.

Interested? Contact myself or Patsy Riley.



*Judy Curtis, Chair,  
Technology Committee*

## MENTORSHIP PROGRAM FOR GOODWIN LIVING INTERNS

Goodwin Living hosts many interns each year and pairs each with a resident mentor. In a recent Goodwin Living presentation, this program was listed as one of the solutions for recruiting and retaining team members.

The Internship Mentor Program enlists our residents to provide our interns with meaningful relationships. Mentorships are intended to give interns a full experience of Goodwin Living by providing time to learn from residents' life experiences. We are heartened that several new resident mentors have joined the program in recent months. The summer interns have now been assigned mentors, but we are always eager to have more mentors available as substitutes and for future terms.

Mentors will meet with interns once a week for thirty to forty minutes over the course of eight to ten weeks and will be provided with an orientation and ideas for conversation. Residents will be able to choose the type of experience they want to engage in and participate as many times as they like. Some current mentors are in their third cycle. To indicate your interest in participating or to learn more about the program, please contact Pat Gottemoeller, Resident Mentorship Liaison, at 410-733-8354.



*Pat Gottemoeller, Resident*

## WELLNESS NEWS

### GHA'S FITNESS TEAM ON PHYSICAL WELLNESS



Leslie LaPlace and Christie Thomas both believe strongly in the benefits of maintaining physical wellness.

Christie's interest in fitness has ensured that she is always prepared to take on a challenge. Christie initially got involved in parkour because of her sons, and despite her enthusiasm, she found parts of it intimidating. Christie states that parkour is all about pushing yourself, and through it she has been able to excel at tasks that once intimidated her.

Leslie finds that maintaining her fitness benefits not only her physical wellness, but also her social wellness. She enjoys walking, biking, and playing games of golf with friends. Leslie's experiences have shown her that it's always possible to live an active lifestyle, no matter what limitations you may be facing. There's always some way of moving your body, whether you're going for a jog or dancing in your wheelchair.

Leslie and Christie both intend to maintain physically active lifestyles as they age. Some people mistakenly believe that aging is a process of decline, but studies have shown that seniors are more than capable of not just maintaining, but improving their strength. Fitness doesn't have to look like traditional exercise; you can build your fitness while having a great time doing something that you love.



### REMINDER: GL FIELD DAY EVENT

**Wednesday May 31<sup>st</sup> from 1:00–4:00**

**GHA Courtyard & Auditorium**

Get your activity on at our Field Day event, co-hosted by GHA and GHBC but open to all, in honor of National Physical Fitness & Sports Month. We'll have an afternoon of fun activities complete with games, a balance obstacle course, axe throwing, yoga, and a Zumba class. Cap the festivities by cheering on team members in a potato sack race! Please contact Leslie or Christie with any questions.



*Leslie LaPlace, Fitness Manager*

## JUNE IS ALZHEIMER'S & BRAIN HEALTH AWARENESS MONTH

The Wellness Team has created a calendar of monthly observances that will spotlight one dimension of wellness at a time, giving each department and/or resident committee an opportunity to be involved. Involvement by residents and/or team members can be through events, speakers, or articles in the Gazette. You're only limited by your imagination. The calendar may be viewed in Touch Town via Wellness > Calendar of Monthly Observances. In June, we'll be celebrating Alzheimer's & Brain Health Awareness Month with an event to include all Goodwin Living communities: GHA, GHBC, The View Alexandria, and our community-based members. Stay tuned for more information. Please see Leslie LaPlace if you have any questions.



## CLINIC SERVICES

Did you know that the Clinic offers many services to residents at GHA? The following practitioners come to GHA to treat our residents: Physicians, Dentist, Dermatology Nurse Practitioners, Podiatry, Optometry, Psychiatry Counseling, Rehabilitation Services to include Physical Therapy, Occupational Therapy and Speech Language Pathology.

We also have ancillary services we offer including laboratory and x-ray with a physician's order.

*Barbara W. D'Agostino*

### DICK'S TEASER SOLUTION:

The possible answers for each list are:

- a) **Shuttlecock:** It's the object hit in badminton. The others are characters in Shakespeare's writings.
- b) **Quiche:** It is an egg-cheese pie. The others are soups.
- c) **Gettysburg:** It's located in Pennsylvania. The others are all in New York.
- d) **Cormorant:** It is a bird. The others are constellations.



*Dick Pellerin, Resident*

## EVENTS

### **MUSIC EDUCATION SERIES WITH QUENTIN WALSTON**

**Monday June 5<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 performance with music history, appreciation, and more.

### **MEMORIAL DAY CONCERT WITH THE SURF JAGUARS**

**Monday May 29<sup>th</sup> 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.



### **EVENING CONCERT: JESSE AND SETH**

**Tuesday May 30<sup>th</sup> 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 thirty 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 31<sup>st</sup> at 7:30 pm  
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.

### **EVENING CONCERT: TAKOMA MANDOLEERS**

**Tuesday June 6<sup>th</sup> at 7:30 pm  
Auditorium**

The Takoma Mandoleers are a community orchestra founded by Herman von Bernewitz in Takoma Park, Maryland, in 1923, as an offshoot of the larger Nordica Club. Instruments include mandolin, mandola, mandocello, guitar and double bass. Our repertoire includes marches and dances from the peak of the mandolin orchestra era in the early 20th century, arrangements of classical music, and contemporary works for mandolin orchestra.

### **COURTYARD CONCERT: DAVIS BRADLEY**

**Wednesday June 7<sup>th</sup> at 4:00 pm  
Courtyard**

Kathy Davis and Bradley Bishop have teamed up to present a one-of-a-kind musical experience that is exciting, entertaining, and offers something for everyone. The innovative duo has drawn from their individual bluegrass, old-time, and swing influences, to create something magical, while remaining true to the roots of the music they love. You can expect to hear fresh renditions of the classics as well as several original compositions. This dynamic song mix has helped to extend their combined reach, holding the door wide open to welcome those in search of something new and unique!



*Jennifer Bennett,  
Events Coordinator*



# The Weekly Schedule

**Sunday May 28, 2023–Sunday June 4, 2023**

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## Sunday May 28

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974  
(See the article on page 2.)

10:30: Holy Eucharist — AUD & CH 973  
(See the article on page 2.)

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 Inshirin*.

## Monday May 29

9:00: Fun & Fitness — **Canceled**

9:30: Aqua Fun — **Canceled**

10:00: 12-Step Meeting — Please call (202) 201-9291 for additional information.

10:00: BYOConversation — LR (See the article on page 2.)

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

10:00: Trail Blazers — **Canceled**

11:00: BYOConversation — LR (See the article on page 2.)

11:30-1:00: Remembrance Flags — CTY

2:00: Memorial Day Concert: Surf Jaguars — CTY (See the article on page 8.)

3:00: Art Film — **Canceled**

3:30: Seated Meditation — CHP & CH 974

## Tuesday May 30

- 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  
11:00: Bible Study — CHP  
1:15: Total Brain & Body Fitness — GX & CH 975  
1:30: Mah Jongg — LR  
2:00: Art Lab — AS  
2:00: Wii Bowling — GX  
2:00: Movie: *The Quiet Man* — CH 972

*The Quiet Man*, 1952, NR, 129 m. Sean Thornton has returned from America to reclaim his homestead and escape his past. Sean's eye is caught by Mary Kate Danaher, a beautiful but poor maiden and younger sister of ill-tempered "Red" Will Danaher. The riotous relationship that forms between Sean and Mary Kate, punctuated by Will's pugnacious attempts to keep them apart, form the main plot, with Sean's past as the dark undercurrent. (CAST: John Wayne, Maureen O'Hara, Barry Fitzgerald, Ward Bond)

- 4:30: Advanced Tai Chi — GX  
7:30: Evening Concert: Jesse and Seth — AUD (See the article on page 8.)

## Wednesday May 31

- 9:00: Fun & Fitness — GX & CH 975  
9:00: Clothing Collection — GR (See the article on page 2.)  
9:30: Aqua Fun — POOL  
9:30: Market Place Accepts Donations — MP  
10:00: Neighborhood Walking Group — LBY  
11:00: Prayer Group — CHP  
11:00: Teaching Company — **Canceled; new course will begin on June 14th**  
1:00–4:00: Field Day — CTY (See the article on page 6.)  
2:00: Open Studio — AS  
7:30: Evening Concert: Thomas Pandolfi — AUD (See the article on page 9.)

## Thursday June 1

- 7:45: Morning Yoga — GX, CH 975 & Zoom  
9:00: Strength & Stretch Class — GX & CH 975  
9:30: Aqua Fun — POOL  
9:30: Market Place Sale — **Canceled**  
10:00: Yoga Strength — GX & CH 971  
10:00: Ceramics — AS  
11:00: Scripture, Songs, & Prayers — AUD & CH 973

11:00: Wii Bowling — GX  
1:15: Total Brain & Body Fitness — GX & CH 975  
1:30: Shanghai — LR  
2:15: Advanced Line Dancing — GX  
3:00: GHA Players — AUD  
7:15: Movie: *Champions*

*Champions*, 2023, PG-13, 124 m.  
A former minor-league basketball coach receives a court order to manage a team of players with intellectual disabilities. Despite his doubts, he soon realizes that together they can go further than they ever imagined. (CAST: Woody Harrelson, Kaitlin Olson, Matt Cook, Ernie Hudson, Cheech Marin)

## Friday June 2

\*Tie-Dye Day:  
Wear Something Tie-Dyed\*

7:45: Morning Yoga — GX, CH 975 & Zoom  
9:00: Fun & Fitness — GX & CH 975  
9:30: Art & Sound Meditation —  
**Canceled for Art Festival**  
10:00: Replay of Thursday Movie — CH 972  
10:00: Shuttle to Trader Joe's — LBY  
10:00: Vendor: Harun's African Art and Jewelry — **Canceled**

10:15: Singing Seniors Rehearsal — AUD-A  
11:00: GHA Resident Art Sale — Auditorium Hallway  
2:00: Quilting Bees — BR  
2:00: Party Bridge — LR  
3:00: Singing Seniors Concert — AUD  
3:30: Seated Meditation — CH 971  
4:00: GHA Resident Art Reception — SHG  
4:30: Advanced Tai Chi — GX  
4:30: Jewish Sabbath Service, Topic: What is the Importance of Elijah the Prophet? — CHP & CH 974

## Saturday June 3

8:15: Classical Stretch — GX  
10:00: Saturday Morning Live — AUD  
(See the article on page 1. **Note the time change.**)  
10:30: Advanced Tai Chi with Instructor — GX  
11:00: Arts Festival Parkour & Aerial Silks Demo — CTY  
11:30: Beginners' Tai Chi with Instructor — GX  
11:30: GHA Resident Art Sale — Auditorium Hallway  
3:00: GHA Players Present: "The Man Who Thought of Everything" & "5 Minute Mysteries" — AUD



3:00: Weekend Wii Bowling — GX

7:15: Movie: *All Quiet on the Western Front*

*All Quiet on the Western Front*, 2022, 147 m. Based on the worldrenowned bestseller of the same name by Erich Maria Remarque, comes the gripping story of a young German soldier on the Western Front at the end of World War I. Paul and his comrades experience first-hand how the initial euphoria of war turns into desperation and fear as they fight for their lives, and each other, in the trenches. (CAST: Felix Kammerer, Albrecht Schuch, Aaron Hilmer, Moritz Klaus, Edin Hasanovic)

### Sunday June 4

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *Auntie Mame*

*Auntie Mame*, 1958, 143m. Mame is an unconventional individualist socialite from the roaring 20's. When her brother dies, she is forced to raise her nephew, Patrick. However, Patrick's father has designated an executor to his will to protect the boy from absorbing too much of Mame's rather unconventional perspective.

Patrick and Mame become devoted to each other in spite of this restriction, and together journey through Patrick's childhood and the great depression, amid some rather zany adventures. Critic: "Despite its anachronistic set elements and its offensive stereotyping, "Auntie Mame" is a brilliant film and an absolute classic." (CAST: Rosalind Russel, Forrest Tucker, Coral Brown, Fred Clark)

## **Richmond & Dominion Schedule**

### Sunday May 28

9:00: Holy Eucharist — CHP & CH 974  
(See the article on page 2.)

10:30: Holy Eucharist — AUD & Ch 973  
(See the article on page 2.)

2:30: Armchair Travel: Spain — RAR

6:30: Foreign Film: *In Bruges* — CH 972  
(See page 10.)

### Monday May 29

10:00: BYOConversation — LR (See the article on page 2.)

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

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

2:00: Memorial Day Concert: Surf Jaguars — CTY (See the article on page 8.)

3:00: Art Film — **Canceled**

3:30: Seated Meditation — CHP & CH 974

### **Tuesday May 30**

10:00: Yoga Strength — GX & CH 975

11:00: Bible Study — CHP

2:00: Art Lab — AS

2:00: Movie: *The Quiet Man* — CH 972 (See page 11.)

3:00: Resident Spotlight — RAR

7:30: Evening Concert: Jesse and Seth — AUD (See the article on page 8.)

### **Wednesday May 31**

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

11:00: Balance & Body Exercise — GX

11:00: Prayer Group — CHP

11:00: Teaching Company — **Canceled; new course will begin on June 14th**

1:00–4:00: Field Day — CTY (See the article on page 6.)

2:00: Open Studio — AS

7:30: Evening Concert: Thomas Pandolfi — AUD (See the article on page 9.)

### **Thursday June 1**

9:30: Market Place Sale — **Canceled**

10:00: Yoga Strength — GX & CH 971

10:00: Ceramics — AS

10:30: Richmond Resident Council Meeting — RAR

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

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

7:15: Movie: *Champions* (See page 12.)

### **Friday June 2**

9:30: Art & Sound Meditation — **Canceled for Art Festival**

10:00: Replay of Thursday Movie — CH 972

10:00: Shuttle to Trader Joe's — LBY

10:00: Vendor: Harun's African Art and Jewelry — **Canceled**

10:15: Singing Seniors Rehearsal — AUD-A

11:00: GHA Resident Art Sale — Auditorium Hallway

3:00: Singing Seniors Concert — AUD

3:30: Seated Meditation — CHP & Ch 974

4:00: GHA Resident Art Reception — SHG

4:30: Jewish Sabbath Service, Topic:  
What is the Importance of Elijah the  
Prophet? — CHP & CH 974

### Saturday June 3

10:00: Saturday Morning Live — AUD  
(See the article on page 1. **Note the  
time change.**)

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

11:00: Arts Festival Parkour & Aerial  
Silks Demo — CTY

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

11:30: GHA Resident Art Sale —  
Auditorium Hallway

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

3:00: Weekend Wii Bowling — GX

7:15: Movie: *All Quiet on the Western  
Front* (See page 13.)

### Sunday June 4

9:00: Holy Eucharist — CHP & Ch 974

10:30: Holy Eucharist — AUD & Ch  
973

6:30: Movie: *Auntie Mame* (See page  
13.)

## Small House Schedule

### Sunday May 28

9:00: Holy Eucharist — CHP & CH 974  
(See the article on page 2.)

10:30: Holy Eucharist — AUD & CH  
973 (See the article on page 2.)

6:30: Foreign Film: *In Bruges* — CH  
972 (See page 10.)

### Monday May 29

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

10:30: Mindful Movement — WL

11:00: Bell Choir — **Canceled**

2:00: Tea Party — **Canceled**

3:00: Art Film — **Canceled**

### Tuesday May 30

11:00: Art with Alison — WL

11:00: Bible Study — CHP

2:00: Movie: *Quiet Man* — CH 972  
(See page 11.)

2:30: Music Therapy with Abby —  
**Canceled**

3:30: Individual Visits — SH-A

7:30: Evening Concert: Jesse and Seth  
— AUD (See the article on page 8.)

## Wednesday May 31

10:30: Clothing Collection — GR  
10:15: Equine Outing  
10:30: Power Braining & Exercise — RP  
11:00: Music Therapy with Abby — **Canceled**  
11:00: Prayer Group — CHP  
11:00: Teaching Company — **Canceled, new course will begin on June 14th**  
1:00: Field Day — CTY  
7:30: Evening Concert: Thomas Pandolfi — AUD (See the article on page 9.)

## Thursday June 1

11:00: Bell Choir — **Canceled**  
11:00: Scripture, Songs, & Prayers — AUD & CH 973  
2:30: Sensory Room Visits with Taylor — OQ  
1:00: Dog Visits with Sara and Moriah — SH-A  
7:15: Movie: *Champions* (See page 12.)

## Friday June 2

10:00: Replay of Thursday Movie — CH 972  
10:30: Seated Exercise — OQ  
11:00: GHA Resident Art Sale — Auditorium Hallway  
3:00: Garden Visits — SH-A

3:00: Music Therapy with Abby — **Canceled**

3:00: Singing Seniors Concert — AUD  
4:00: GHA Resident Art Reception — SHG  
4:30: Jewish Sabbath Service, Topic: What is the Importance of Elijah the Prophet? — CHP & CH 974

## Saturday June 3

10:00: Saturday Morning Live — AUD (See the article on page 1. **Note the time change.**)  
10:30: Dog Visits — SH-A  
11:00: Arts Festival Parkour & Aerial Silks Demo — CTY  
11:30: GHA Resident Art Sale — Auditorium Hallway  
3:00: GHA Players Present “The Man Who Thought of Everything” & “5 Minute Mysteries” — AUD  
3:00: Music with Barbara — WL  
3:30: Music with Barbara — OQ  
7:15: Movie: *All Quiet on the Western Front* (See page 13.)

## Sunday June 4

9:00: Holy Eucharist — CHP & CH 974  
10:30: Holy Eucharist — AUD & CH 973  
6:30: Movie: *Auntie Mame* (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

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 =	