

Gazette



Goodwin House
Alexandria

Saturday September 9, 2023

4800 Fillmore Avenue, Alexandria, VA

SATURDAY MORNING LIVE: ANDREA MCCARREN

**Saturday September 16th
11:00 am
Auditorium & CH 973**

Andrea McCarren is the president of the Pentagon Federal Credit Union Foundation and a former 25-time Emmy award-winning journalist. One of her passions is raising and training service dogs, especially to aid veterans and first responders. Andrea will talk about the process and joy of training service dogs and will bring a service dog in training with her. Join us for what is sure to be an interactive and uplifting time together.



Speakers' Forum

INTERNATIONAL DANCE DAY

**Monday September 11th
at 2:00 pm in the Auditorium**

We will celebrate International Dance Day with some Salsa dancing featuring Stephanie Metzger as our instructor. A sign-up sheet will be in the Activities Binder under the Blue Fitness Tab.



*Christie Thomas,
Fitness and Aquatics Coordinator*

RESIDENTS' COUNCIL NOMINEES



The Residents' Council Nominating Committee proposes the following nominees for membership on the Council: Lee Dreyfus, Geoff Hughes, Lory Manning, Tom Tsui, and Karl VanNewkirk.

As of the date of this *Gazette* issue September 9, a ten-day waiting period goes into effect, and the Nominating Committee will continue to accept additional names through September 18th, 2023. Committee members are Marilyn Gould; James Hoben; Stetson Tinkham; Kerry Wade (ex officio); and Robin Barbee, Chair. Residents may nominate themselves. If there are no additional nominations, the Residents Council will approve the slate by acclamation.

For further information on the nomination process, please see Tab 9, pp. 6 and 7, of the Resident Handbook.

Robin Barbee, Resident

SPECIAL GUEST SPEAKER

Friday September 22nd at 4:00 pm
Auditorium

The Speakers' Forum announces with pleasure the return of Rose Gottemoeller to Goodwin House for a reprise of her presentation last year on the war in Ukraine. We are indeed fortunate to have a share of her time during her visit to Washington for high-level consultations.



Speakers' Forum



DICK'S TEASER

Can you determine the word, name, or expression that is represented by the following?

P L part A Y

**Answer on page 6*

Dick Pellerin, Resident



BYOCONVERSATION: OZYMANDIAS, JUST DESERT(S)

Monday September 11th
10:00–10:45 am
Living Room

A slightly different BYOC this week—I'll introduce "Ozymandias," a short poem by Percy Bysshe Shelley, then ask a few questions for conversation—about the poem, about the themes in the poem, or about whatever you all develop.

If you wish, you could ask your own questions for discussion. And answer them, or see what happens.

We'll let this open-ended conversation take us wherever—into the lessons of history? Does "pride goeth before a fall"? Can arrogance defeat itself? What do you savor about irony? And so forth. What questions would you like to ask Ozy? Back then? Right now?

I've taught this poem many times at different levels; it generates interesting ideas and insights and parallels . . . such as?

Join this lightly moderated conversation to speak or just listen; come prepared or not. We have good acoustics and comfortable seating in the Living Room. Welcome!



Jonathan Bryan, Resident

WELLNESS NEWS

CAN YOU TELL IF FOOD IS HAZARDOUS BY SMELLING IT?

September is food safety month, so we're celebrating by debunking some common myths. Have you ever smelled food to see if it was spoiled? This leads many to believe that if food doesn't have a stench, it is okay to eat, but that is not always the case. The microorganisms (bacteria, yeasts, and molds) that spoil food by making it smelly, slimy, or moldy might not give you food poisoning. Having said that, this isn't an invitation to consume obviously spoiled food. Hazardous or contaminated food may not always smell bad, which is why it is imperative to follow the basic rules of sanitation. To steer clear of nasty bugs in food, observe "use by" dates, refrigerate foods that need to be kept cold (this slows down the microbes), cook foods properly (this kills the microbes), and prevent contact and cross-contamination between ready-to-eat foods such as salads and raw foods such as meat that still needs to be cooked.



Alex Freiman, Dietitian

COVID NUMBERS

Cases as of September 8th:

Independent Living: 0

Assisted Living: 0

Small Houses: 4

Team Members: 7

CHAPLAINCY SERVICES

WELCOME NEW CHAPLAIN INTERN: ANDREW PETITTI



The fall unit of Clinical Pastoral Education began this week, and we have a new chaplain intern to serve with us at GHA. Andrew Petitti is a recent graduate of Virginia Theological Seminary

who believes the love of God is best delivered in the moment as our lives unfold. He is a husband and father who chaplains from that experience, as well as other life events such as serving as a hospital chaplain, prison lay minister, designer, art teacher, design professor, small business owner, homeless advocate, sports fan, music lover, and former long-distance runner. He looks forward to learning more about your loves, likes, and dislikes and hopes to connect on common ground.

Please introduce yourselves. The new chaplain resident to serve with Goodwin Hospice will be introduced in the next *Gazette*.



*Bruce Stewart,
Director of Chaplaincy Services*

GREEN TEAM

NEARBY PARKS: RIVER WALK PARKS

351 North Union Street,
Alexandria
About five miles from GHA



The Potomac waterfront is the setting for a system of linear parks connected by a paved walkway for strollers, joggers, and dogwalkers.

Starting at Founders Park next to the Marina and proceeding northward, the system includes West's Point, Oronoco Bay, Rivergate, and Tide Lock parks. In addition to river views, the landscaped parks provide open spaces, flower gardens, mature trees, benches and picnic tables, volleyball courts, and a dog exercise area.

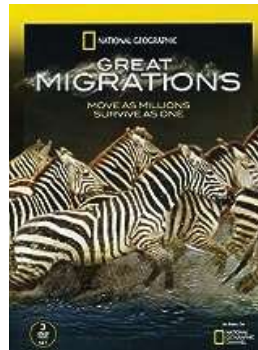
Directions to Founders: Right turn onto Beauregard St. to a right onto W. Braddock Rd.; four miles to a right onto N. West St.; quick left onto Oronoco St.; one mile to N. Union St. Parking can be found along Oronoco and Union Streets and north to Madison St.

Reminder: The Trail Blazers will be going to Dora Kelly on Monday September 11th. The full September schedule is available for sign-up in the Activities Binder.

*Martie McDowall,
Green Team Researcher*

ENVIRONMENTAL FILM: *GREAT MIGRATIONS*

Monday September 11th at 7:30 pm
CH 972



“Great Migrations” is a documentary series produced by National Geographic that explores the journeys of various animal species as they undertake some of the most challenging and awe-inspiring migrations on Earth. The series delves into the remarkable strategies and adaptations that these creatures have evolved to navigate across vast distances, often in search of food, breeding grounds, or better living conditions. Through stunning cinematography and expert narration, “Great Migrations” offers viewers a unique perspective on the struggles and triumphs of animals like whales, wildebeests, monarch butterflies, and many others as they undertake these remarkable feats of survival against all odds.



Jim Carroll, Chair, The Green



Request smaller portions in your meal selection if you feel you being served more than you can eat.

EVENTS

ART FILM: *THE LIFE AND TIMES OF FRIDA KAHLO*

Monday September 11th

3:00 pm

CH 972

Rita Moreno narrates this documentary that chronicles the life of artist Frida Kahlo. The biography reveals Kahlo's story in conjunction with events that defined the times in which she lived and that shaped her life and artwork. Kahlo's tragedies and triumphs are examined, from her childhood through to her debilitating accident, her moving self-portraits, an affair with Russian radical Leon Trotsky, and a tumultuous marriage to muralist Diego Rivera. 90m.

JEWELRY REPAIR CLINIC

Tuesday September 12th

10:00 am–4:00 pm

Living Room

Get your favorite jewelry ready to wear again! Services include:

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

COURTYARD CONCERT: BOYS' NIGHT OUT

Wednesday September 13th

4:00 pm

Courtyard

Boys' Night Out is an all-acoustic band specializing in bluegrass and old-time country music (that is, "country" before Nashville got ahold of it). They vary that with occasional Irish selections and offbeat numbers (for example, an a cappella sea chantey or a modified and catchy rock song) and work in a couple of instrumentals—toe-tapping fiddle tunes played on guitar and mandolin.



JAZZ MUSIC EDUCATION SERIES WITH QUENTIN WALSTON

Monday September 18th

3:00 pm

Auditorium and Channel 973

Quentin Walston's musical seminars are more than public speaking events! These educational concerts combine Quentin's highly acclaimed solo piano performances with music history, appreciation, and more.

EVENTS, CONT.

THE WANDERING DOCENT

Wednesday September 20th

11:00am

Auditorium

Most visitors spend less than a minute viewing individual pieces of art at a museum.

The Wandering Docent helps audiences better understand art so that they spend more time appreciating paintings, sculptures, ancient ritual objects, medieval-era luxury items, and ordinary trinkets from various cultures, regions, and time periods.

In this lecture, we chart the changes in artistic styles in France, from Baroque and Rococo to Impressionist themes. Learn what caused the changes and see vibrant examples of works from 17th- through 19th-century French artists. A second component, “Impressionist Art from France,” traces the development of the success story that started out as an anti-establishment experiment. Enjoy visual splendors from the oeuvres of artists such as Degas, Monet, Renoir, Morisot, and Pissarro. A third addition, “Post-Impressionist Art,” covers the works of painters such as Gauguin, Seurat, Van Gogh, and Cezanne, who continued to push the boundaries of what was considered acceptable art.

Jennifer Bennett, Events Coordinator

MEET CHANDRA KUMAR, GLI'S COO

Monday September 18th

1:00 pm in the Alexandrian

Meet Chandra Kumar for “Cookies and Conversation,” an informal time for questions, answers, and getting to know one another. A maximum of eight residents can participate. Sign up in the Activities Binder near the mail room.



Judy Bryan, Resident



DICK'S TEASER SOLUTION:

What is represented is the expression
“a small part in a big play.”



Dick Pellerin, Resident

IN MEMORIAM

DOUGLAS B. FEAVER

August 28, 2023

STEPHEN LUSK

September 6, 2023

FARM ANIMAL VISITS

**Wednesday September 13th
10:30 am in the Courtyard or
Auditorium, weather depending**

Did you know baby chicks are born with one tooth? They also have great memories and can remember up to 100 faces! Come take a look and build a connection with some baby chicks and other animals.

*Vivian Coda,
Therapeutic Recreation Supervisor*



SMALL HOUSES AND ASSISTED LIVING PROGRAMS

**Friday September 15th
1:30–3:30 pm in the Auditorium**

We will feature our Assisted Living and Small House programs, including tours of the Richmond and Dominion, and discussions of Stonebrook and the Small Houses. We will not be able to tour the Small Houses due to COVID cases.

*Monica Hutchins-Thomas,
Director of Social Work*

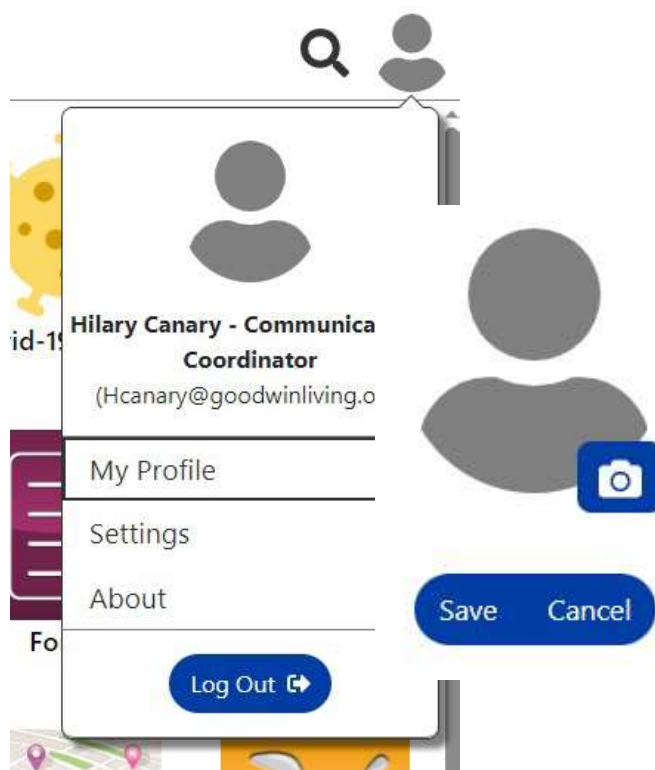
ADD YOUR PHOTO IN TOUCHTOWN!

Adding a photo to your Touchtown profile helps other residents to match your face with your name. This is a particularly helpful resource for newer residents who are meeting many new people at one time.

You can add a photo by logging onto Touchtown, clicking the gray “profile” icon in the upper right hand corner, clicking “my profile,” and then clicking the “camera” icon. From there, you can choose a photo to use.

You can also send your photo to hcanary@goodwinliving.org, or stop by the Life Enrichment office for assistance. Thank you for making GHA a welcoming place!

*Hilary Canary,
Communications Coordinator*



The Weekly Schedule

Sunday September 10, 2023–Sunday September 17, 2023

Sunday September 10

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

Elizabethtown, 2005, PG-13, Romance/Comedy, 123 m. Aspiring young shoe designer Drew Baylor (Orlando Bloom) gets fired from his high-profile job after the failure of his latest project. To make matters worse, his girlfriend, Ellen (Jessica Biel), leaves him, and he becomes suicidal. Drew's morbid plans are interrupted by the news of his father's death, and he is called back to his Kentucky hometown. On his flight home, he meets the lovely Claire (Kirsten Dunst), a sunny flight attendant who tries to help him embrace life once again. Together, they discover that amazing things can happen when you least expect them.

Monday September 11

- 9:00: Fun & Fitness — GX & CH 975
9:00: Trail Blazers: Dora Kelley — LB
9:30: Aqua Fun — POOL
9:30: Art & Sound Meditation (studio closed to other activities) — AS
10:00: 12-Step Meeting — Please call 202-701-9291 for additional information.
10:00: BYOConversation — LR (See the article on page 2.)
10:00: Catholic Communion & Rosary — CHP & CH 974
11:00: Just Dance Class — AUD-A
1:00: Photo Club Meeting — AS
2:00: International Dance Day, Salsa Dancing — AUD, Sign up in the Activities Binder (See the article on page 1.)
2:00: Spiritual Life Committee — RCR
3:00: Art Film: *The Life and Times of Frida Kahlo* — CH 972 (See the article on page 5.)
3:30: Seated Meditation — CH 971
7:30: Environmental Film: *Great Migrations* — CH 972 (See the article on page 4.)

Tuesday September 12

7:45: Morning Yoga — GX, CH 975 & ZOOM
9:00: Strength & Stretch Class — GX & CH 975
9:30–Noon: Credit Union Open — PR
10:00: Painting and Drawing — AS
10:00: Yoga Strength — GX & CH 975
10:00: Bus to Giant Food — LBY
10:00: Vendor: Mary Kay — CC
10:00: Jewelry Repair Clinic — LR (See the article on page 5.)
11:00: Bible Study — CHP
1:30: Mah Jongg — LR
2:00: Painting & Drawing — AS
2:00: Wii Bowling — GX
2:00: Movie: *Pride and Prejudice* — CH 972
Pride and Prejudice, 2005, PG, Romance/Drama, 127 m. In this adaptation of Jane Austen's beloved novel, Elizabeth Bennet (Keira Knightley) lives with her mother, father and sisters in the English countryside. As the eldest, she faces mounting pressure from her parents to marry. When the outspoken Elizabeth is introduced to the handsome and upper-class Mr. Darcy (Matthew MacFadyen), sparks fly. Although there is obvious chemistry between the two, Darcy's overly reserved nature threatens the fledgling relationship.
4:30: Advanced Tai Chi — GX

Wednesday September 13

9:00: Fun & Fitness — GX & CH 975
9:00: Neighborhood Walking Group — LBY
9:30: Aqua Fun — POOL
9:30: Market Place Accepts Donations — MP
10:00: Drawing and Design Class with Nataliya — AS
10:30: Farm Animal Visits — CTY or AUD-A (Weather depending, see the article on page 7.)
11:00: Prayer Group — CHP
11:00: Teaching Company: *The World Was Never the Same: Events That Changed History* — CH 972
Lecture 21: *The Battle of Lexington*
Lecture 22: *General Pickett Leads a Charge*
1:30: Duplicate Bridge — LR
2:00: Living by Heart — CHP
2:00: Open Studio — AS
4:00: Courtyard Concert: Boys' Night Out — CTY (See the article on page 5.)

Thursday September 14

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

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

9:30: Aqua Fun — POOL

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 8.)

11:00: Wii Bowling — GX

1:00: Library Committee Meeting — RCR

2:00: Sales Committee Meeting — RCR

2:15: Advanced Line Dancing — GX

3:00: GHA Players Meeting — RCR

4:00: Celebrity Bartender — FL

7:15: Movie: *Magic Mike's Last Dance* — CH 972

Magic Mike's Last Dance, 2023, R, Drama/Comedy, 112 m. Mike Lane takes to the stage once again when a business deal that went bust leaves him broke and bartending in Florida. Hoping for one last hurrah, Mike heads to London with a wealthy socialite who lures him with an offer he can't refuse—and an agenda all her own. With everything on the line, he soon finds himself trying to whip

a hot new roster of talented dancers into shape. (CAST: Salma Hayek, Channing Tatum, Kylie Shea, Juliette Motamed, Joe Manganiello)

Friday September 15

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

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie: *Magic Mike's Last Dance* — CH 972

10:00: Trip: Bradlee Shopping Trip — LBY

10:30: Encore Chorale Rehearsal — AUD-A

11:00: Vendor: Deb's Handmade Jewelry — CC

1:30: Small House and Assisted Living Programs — AUD

2:00: Quilting Bees — BR

2:00: Party Bridge — LR

3:30: Seated Meditation — CH 971

4:30: Advanced Tai Chi — GX

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

Saturday September 16

8:15: Classical Stretch — GX

10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 1.)

10:30: Advanced Tai Chi with Instructor — GX

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

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Blindspotting* — CH 972

Blindspotting, 2018, R, Drama/Comedy, 95 m. Collin must make it through his final three days of probation for a chance at a new beginning in his Oakland, Calif., neighborhood. His bond with his volatile best friend soon gets tested when Collin sees a police officer shoot a suspect in the back during a chase through the streets. Things soon come to a head when the buddies attend a party at the upscale home of a young and wealthy tech entrepreneur. (CAST: Daveed Diggs, Rafael Casal, Janina Gavankar)

Sunday, September 17

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *Music Man* — CH 972

Music Man, 1962, G, Musical/Romance, 151 m. When Harold Hill, a traveling con man, arrives in River City, he convinces the locals to start a band by purchasing the uniforms and instruments from him. His intention is to flee as soon as he receives the money. Librarian Marian Paroo suspects Harold is a fraud but holds her tongue since her moody brother, Winthrop, is excited about the band. As Harold begins to develop feelings for Marian, he faces a difficult decision about skipping town. (CAST: Robert Preston, Shirley Jones, Buddy Hackett, Hermione Gingold, Paul Ford)

Richmond & Dominion Schedule

Sunday September 10

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

2:30: Oklahoma! What Makes it a Masterpiece. — RAR

6:30: Movie: *Elizabethtown* — CH 972 (See page 7.)

Monday September 11

9:30: Art & Sound Meditation (studio closed to other activities) — AS

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

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

11:00: Body & Balance Exercise Program — GX

11:00: Just Dance Class — AUD-A

1:00: Photo Club Meeting — AS

2:00: Spiritual Life Committee — RCR

3:00: Art Film: *The Life and Times of Frida Kahlo* — CH 972 (See the article on page 5.)

3:30: Seated Meditation — CH 971

7:30: Environmental Film: *Great Migrations* — CH 972 (See the article on page 4.)

Tuesday September 12

10:00: Yoga Strength — GX & CH 975

10:00: Vendor: Mary Kay Cosmetics — CC

10:00: Jewelry Repair Clinic — LR (See the article on page 5.)

11:00: Bible Study — CHP

1:15: Total Brain & Body Fitness — GX

2:00: Movie: *Pride and Prejudice* — CH 972 (See page 8.)

6:15: American Songbook — DDR

Wednesday September 13

10:00: Drawing and Design Class with Nataliya — AS

10:30: Farm Animal Visits — CTY or AUD-A (Weather depending, see the article on page 7.)

11:00: Body & Balance Exercise Program — GX

11:00: Prayer Group — CHP

11:00: Teaching Company: *The World Was Never the Same: Events That Changed History* — CH 972 (See page 8.)

12:00: Directors Lunch with Sterling Lindsay — BST

2:00: Living by Heart — CHP

2:00: Open Studio — AS

4:00: Courtyard Concert: Boys' Night Out — CTY (See the article on page 5.)

Thursday September 14

10:00: Yoga Strength — GX & CH 975
10:00: Ceramics — AS
10:30: Dominion Resident Council Meeting — DDR
11:00: Scripture, Songs & Prayers — AUD & CH 973
11:00: Replay of Teaching Company — CH 972 (See page 8.)
1:15: Total Brain & Body Fitness — GX
1:45: Music Therapy with Abby — RDR
7:15: Movie: *Magic Mike's Last Dance* — CH 972 (See page 9.)

Friday September 15

10:00: Replay of Thursday Movie: *Magic Mike's Last Dance* — CH 972 (See page 10.)
10:30: Encore Chorale Rehearsal — AUD-A
11:00: Vendor: Deb's Handmade Jewelry — CC
2:30: Dancerize with Line — GX
3:30: Seated Meditation — CH 971
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday September 16

10:00: Vendor: Avon — CC
10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 1.)
10:30: Advanced Tai Chi with Instructor — GX
11:30: Beginners' Tai Chi with Instructor — GX
3:00: Weekend Wii Bowling — GX
7:15: Movie: *Blindspotting* — CH 972 (See page 11.)

Sunday September 17

9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
2:30: Travel Guide: The Best of Sicily — RAR
6:30: Movie: *Music Man* — CH 972 (See page 11.)

Small House Schedule

Sunday September 10

9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
11:30: Chaplain Visits — SH-A
1:30: Short Stories with Hilary — RP
6:30: Movie: *Elizabethtown* — CH 972
(See page 8.)

Monday September 11

10:00: Catholic Communion & Rosary — CHP & CH 974
10:30: Mindful Mornings — WL
11:00: Bell Choir — RP
2:30: Tea Party — PW
3:00: Art Film: *The Life and Times of Frida Kahlo* — CH 972 (See the article on page 5.)
3:30: Seated Meditation — CH 971
5:45: After Dinner Conversations — RP
7:30: Environmental Film: *Great Migrations* — CH 972 (See the article on page 4.)

Tuesday September 12

10:00: Vendor: Mary Kay Cosmetics — CC
10:30: Reading2Connect — PW
11:00: Bible Study — CHP
1:30: Music Therapy — WL
2:00: Elder Grow — MH
2:00: Movie: *Pride and Prejudice* — CH 972 (See page 9.)

Wednesday September 13

10:15: Equine Therapy with Barbara — SH-A
10:30: Farm Animal Visits — CTY or AUD-A (Weather depending, see the article on page 7.)
10:30: Music and Movement — **Canceled**
11:00: Prayer Group — CHP
11:00: Teaching Company: *The World Was Never the Same: Events That Changed History* — CH 972 (See page 9.)
2:00: Living by Heart — CHP
2:30: Nutrition with Alex — OQ
4:00: Courtyard Concert: Boys' Night Out — CTY (See the article on page 5.)

Thursday September 14

10:00: Individual Visits — SH-A

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

11:00: Teaching Company: *The World
Was Never the Same: Events That
Changed History* — CH 972 (See page
9.)

12:00: Chaplain Visits — SH-A

1:00: Dog visits with Cashew — SH-A

3:15: Art with Alison — RP

7:15: Movie: *Magic Mike's Last Dance*
— CH 972 (See page 10.)

Friday September 15

10:00: Replay of Thursday Movie:
Magic Mike's Last Dance — CH 972
(See page 10.)

10:30: Seated Exercise — OQ

11:00: Vendor: Deb's Handmade
Jewelry — CC

12:00: Directors' Lunch with Cathy —
BL

2:30: Dancerize with Line — GX

3:00: Music Therapy with Abby — OQ

3:30: Seated Meditation — CH 971

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

Saturday September 16

10:30: Dog Visits — SH-A

10:30: Saturday Morning Live — AUD
& CH 973 (See the article on page 1.)

2:00: Strength & Stretch Chair Exercise
— SH-A & Ch 971

3:00: Music with Barbara — OQ

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

Sunday September 17

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH
973

11:30: Chaplain Visits — SH-A

1:00: Indoor Plant Week Program —
WL

6:30: Movie: *Music Man* — CH 972
(See page 11.)

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 =	