

Gazette



Goodwin House
Alexandria

Saturday September 16, 2023

4800 Fillmore Avenue, Alexandria, VA



CITIZENSHIP CELEBRATION

Monday September 18th

10:30 am

Auditorium & CH 973

Each year, Goodwin Living celebrates those team members who have begun their journeys to U.S. citizenship AND those who have completed their journeys with the oath of allegiance to the United States! Please join us to celebrate the Team Members whom you help us support and uplift.

This year, we are thrilled to provide a private screening of a short documentary produced by professional film makers about one of our Goodwin Living citizenship grant recipients, Eric Frimpong, and his resident tutors, Jill and Carl Miller. You won't want to miss this inspiring event that celebrates our Goodwin Living Citizenship Program. We look forward to celebrating with you!



The Foundation Team

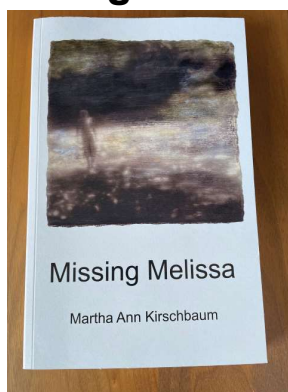


MARTI KIRSCHBAUM'S POETRY READING: *MISSING MELISSA*

Tuesday September 26th

11:00 am–Noon

Living Room



Shortly after the death of Marti and Ira Kirschbaum's daughter, Melissa, Marti began exploring the tragedy through poetry writing. Her poems, written over several months, were published last year in the book *Missing Melissa*, which is in GHA's library. The poems are highly moving and reflect the life that was lost and Marti and Ira's search for healing.

Many have read the poems and were sorry to have missed Marti's earlier reading of excerpts from *Missing Melissa*. With this in mind, Marti will hold another reading. Hopefully, you can attend—and if you have the book, please bring it and follow along.

Please mark your calendars—and be prepared for a very moving experience!

*Kathi Menda,
Resident*

VACCINATIONS



INFLUENZA

Van Dorn Pharmacy will provide **influenza vaccinations in Residential Living on Tuesday September 26th**, with assistance from GHA Nursing Team Members. Vaccination will begin on the first floor of the Tower building at 9:15 am and end on the 15th floor. After lunch, vaccination will begin on the 9th floor of the Original Building and work down to the first floor. A full description will be slotted in your mailboxes the week before vaccination occurs. If you are unavailable on Tuesday, Van Dorn Pharmacy will be back at GHA administering the influenza vaccination to Small House and Assisted Living residents on Wednesday September 27th, and to GHA team members on Thursday September 28th.

RSV

It is **recommended that the RSV (Respiratory Syncytial Virus) vaccination be administered with about two weeks distance from any other vaccinations.** We plan on administering the **RSV vaccine in Auditorium C on October 17th and 18th.**

Please email eokul@goodwinliving.org or cfarmer@goodwinliving.org if you would like the RSV vaccination by October 2nd, so that Van Dorn Pharmacy can have enough of a supply.

COVID-19

COVID-19 vaccinations will be administered by Van Dorn Pharmacy in November. Most residents have recently received a COVID-19 vaccination, and there must be a **four-month window between each COVID-19 vaccination.**



*Cathy Farmer,
Director of Clinical Services*

DICK'S TEASER

Unscramble the letters in each of the phrases below to reveal the name of a United States state.

A HEN WHIMPERS

AAA LAMB

RAN MADLY

I'M ACHING

HAIRCUT SALOON



**Answer on page 12
Dick Pellerin, Resident*

VOTING INFORMATION

GENERAL ELECTION

The General Election is on Tuesday, November 7th. GHA's polling place is at F. T. Day School, 1701 N. Beauregard Street, Alexandria-Precinct #210. Goodwin House will run a bus from 10:00 am to 2:00 pm.

You need to re-register to vote if you have moved or even just permanently changed apartments within Goodwin House since you last voted.

In this election, we will be voting on the following candidates:

- **Virginia State Senate-39th District:** Adam P. Ebbin (D), Sophia C. Moshasha (R), Write-in
- **Virginia House of Delegates-4th District:** Charniele L. Herring (D), Write-in

GHA VOTING EVENT

Tuesday September 26th
10:00 am–2:00 pm
Arbor Room

At the voting event, GHA Voting Aides will: help residents and team members with registration, absentee applications, and voting; answer questions about voting, and give out nonpartisan election information.

Be sure to bring your Social Security Number. This is a nonpartisan effort. Aides are certified by the State of Virginia.

VOTING DEADLINES

- Register or update registration by: Monday October 16th, 5:00 pm.
- Request a mailed absentee ballot by: Friday October 27th, 5:00 pm.
- Submit an absentee ballot by: Tuesday November 7th, 7:00 pm; received by mail or put in ballot drop box outside Office of Voter Registration & Elections.

EARLY VOTING AND ABSENTEE BALLOTS

The complete early voting schedule is in the Residents' Business Center and on Touchtown. Saturday Voting Days are October 28th and November 4th.

- Office of Voter Registration & Elections, 132 Royal Street, Suite 100: Friday September 22 through Saturday November 4.
- Beatley Library, 5005 Duke Street: Friday October 27 through Saturday November 4.

On Friday September 22nd, permanent absentee ballots will be mailed to those who requested them.

More election information is available on Touchtown under the "Voting Information" icon and in the Residents' Business Center. You may also call the Registrar's Office at 703-746-4050.



Gloria Smith, Resident

SATURDAY MORNING LIVE: JILL NORCROSS, CAN OUR CHILDREN'S CHILDREN LIVE HERE?

Sept. 29th at 10:30 am
Auditorium

The Executive Director of the Northern Virginia Affordable Housing Alliance will share with us the startling facts on the ever-rising costs of rental and ownership housing.

After paying rent or a mortgage, the impacts are severe on an individuals' or families' ability to live fully. Jill is assisting communities across northern Virginia to preserve and increase the availability of work force housing. Learn what Northern Virginia cities and counties are doing to meet great needs. We may need to add our voices to others who realize housing costs are rising too quickly.



Speakers' Forum

REMINDER: SPECIAL GUEST SPEAKER

Friday September 22nd at 4:00 pm
Auditorium

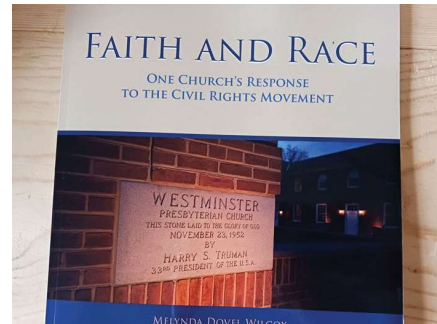
The Speakers' Forum announces with pleasure the return of Rose Gottemoeller to Goodwin House for a reprise of her presentation last year on the war in Ukraine.



Speakers' Forum

BOOK REVIEW: *FAITH AND RACE*

September 27th at 2:00 pm
Auditorium



Mark your calendar now for this interesting presentation given by Melynda Wilcox, author and freelance writer. She worked for Kiplingers Personal Finance Magazine for 20 years and is the author of *Faith and Race, One Church's Response to the Civil Rights Movement*.

She did extensive research in order to provide an account of the history of one church, beginning in the late 1930s at the advent of the civil rights movement and continuing to the present. The book reveals the effect that the events of The Civil Rights Movement had on the church and its local community. It details how the church leaders and clergy of Westminster addressed the issues of racism and The Civil Rights Movement. This is a well-researched book about events that occurred over a 90-year history, how they impacted a local community, and how leaders effected change during a controversial time.



Joanne Tomasello, Resident

BYOCONVERSATION: CIVILITY AND THE COMMON GOOD

Monday, September 18th
10:00–10:45 am
Living Room

We're glad for civility and the common good, yes? Let's pool examples of everyday words and deeds that make life go well – explore what's "civil," and what's "the common good." You're invited to BringYourOwnConversation about civility and acclaim them. Why? Because so much negativity abounds, let's harvest some positives to, of course, enhance the common good. What features define "civility" and "the common good"? Can you have one without the other? We might also look at their opposites: "incivility" and the "good-just-for-me." What about "First, put on your own mask, then help your neighbors"? What have you done on behalf of "the common good"? Anyhow, just gather on Monday in the Living Room from 10:00 to 10:45 for civil, lightly moderated conversation with good microphones. Welcome!



Jonathan Bryan, Resident



GHA BOOK CLUB MEETING

Tuesday September 19th, 2:00 pm
Residents' Conference Room

We will discuss *Acqua Alta*, a crime mystery by Donna Leon. Set in Venice, it includes an operatic diva, an antiquities expert, art thieves, flooding, and the beloved detective Guido Brunetti. Next month, on October 17th, we will discuss *The Reading List*, by Sara Nisha Adams. This heartwarming first novel is a book about books. A chance encounter with a list of library books ends up bringing people together and uniting individuals in community.

We borrow ten to twelve copies of each month's book from the Fairfax Library. Folks who are interested in borrowing *The Reading List* and participating in the October discussion can sign up in the Activities Binder, on the GHA Book Club page behind the orange tab, towards the back of the binder. Some residents prefer audio-books or reading with Kindle, and they can just sign up under "Meeting." The sign-up page will be available on September 19th. When we receive the books later that week, Sande O'Keefe will put a copy in your mailbox.

The GHA Book Club always welcomes new readers, and suggestions of good books to read.

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



FIELD TRIP TO THE NATIONAL GALLERY OF ART

Monday September 25th, 1:30 pm
No entrance fee
\$19.80 transportation fee

Our Ceramics Club will be visiting the National Gallery to see the exhibit, “Canova: Sketching in Clay.” We have a few extra spots on the shuttle, so even if you’re not a ceramicist, please join us! Sign-up is available in the Activities Binder near the Front Desk. Please include your email to be in touch about details.



Alison Schroeder,
Arts Coordinator



MARKET PLACE SALE

Thursday September 21st
9:30–11:30 am and 2:30–4:00 pm

Gifts, furniture, and household goods. Some excellent new items are available. Come on down to the Red Door and check them out.

Dick Wilson, Resident

FALL 2023 DIRECTORY COMING SOON

It’s that time of year! Time to produce the fall 2023 printed directory. Please double-check your entry in the spring directory to see if there is anything that needs to be changed. If you need to make any updates, by September 23rd, please contact Hilary Canary at: hcanary@goodwinliving.org or 703-824-1004.

Hilary Canary,
Communications Coordinator



Challenge yourself to use less water:
Try taking a shorter shower or turning your faucet off when brushing your teeth or washing your hands.

COVID NUMBERS

Cases as of September 15th:

Independent Living: 3
Assisted Living: 0
Small Houses: 3
Team Members: 6

EVENTS

ART FILM: *THE ARTSIDERS*

**Monday September 18th 3:00 pm
CH 972**

Award-winning filmmaker Chris Olsen examines the creative process from inspiration to execution in this Emmy-nominated documentary that spotlights artists, dancers, actors, and other performers and asks them why they're moved to make art. Highlights include interviews with poet and author Tyehimba Jess, comedian and voiceover artist Greg Whalen, artistic director and performance artist Atalee Judy, and sculptor Christine Rojek. 52m.



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.



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*

BINGO WITH RAY HAWN

Wednesday September 20th

7:30 pm

Auditorium

Come to the Auditorium to enjoy bingo with Ray Hawn. There are always laughter, fun, and prizes!

EVENING PROGRAM: WASHINGTON REVELS SEA CHANTIES

Tuesday September 26th

7:30 pm

Auditorium

Washington Revels Maritime Voices celebrates the sea and the inland waterways of America—the men who worked the great sailing ships, the women who sustained the shore-side communities, and all the people who lived on the canals, lakes, and rivers.

EVENING PROGRAM: ARLINGTON OPERA CONCERT

Wednesday September 27th

7:30 pm

Auditorium

Opera singers Jennifer Hosmer and Dan Sherwood will sing a one-hour musical program featuring the music of Verdi, Puccini, and Mozart. There will be Broadway show tunes as well. Frank Conlon will play piano.



*Jennifer Bennett,
Events Coordinator*

SEPTEMBER TOWN HALL

Wednesday September 20th

3:00 pm

Auditorium ABC & CH 973

Below is the agenda for the next Town Hall meeting. The agenda is subject to change. If you have any items that you would like added, please let me know.

- Welcome: Barbara D'Agostino
- VaCraa: Joan Lewis and Claudia Blake
- Evacuation Drill: Theresa Thomas
- Team Turnover/Termination, Celebration of Cultures: Trish Povlitz
- Life Enrichment Programs: Kim Butler
- Vaccines: Emma Okul
- Garage Renovations: Barbara D'Agostino
- Holleran Survey: Barbara D'Agostino



*Barbara D'Agostino,
Executive Director*



PREPAREDNESS AND COMMUNAL WELLNESS MONTH



Recycling is an essential aspect of our daily lives that contributes to our wellness. As responsible citizens, we must embrace recycling and understand its importance for creating and sustaining a healthy environment for ourselves and future generations.

Recycling has many benefits. It minimizes the amount of waste in landfills, which helps conserve natural resources. Recycling also reduces the cost of manufacturing for companies, which can reduce the cost of goods for consumers.

Residents at GHA have worked hard to improve our recycling systems. The Environmental Services Committee has worked for over two years to improve organization and signage in our recycling system. You can see the results of their work in the trash rooms today.

In addition, the Environmental Services Committee worked with the Green Team, with the support of the Director of Environmental Services, to educate all residents on proper recycling and composting practices and to encourage participation in those practices.

All of this is a department effort. Facilities Management helps with recycling by picking up light bulbs, batteries, and aerosol cans.

While we've made great strides in providing opportunities for recycling, we must continue to work together as a team in order to lessen our environmental impact. Thank you.



*Ana Landaeta,
Director of Environmental Services*

TRASH TALK NEWS

The Environmental Services Department reports that there have been recent incidents where trash chutes have become clogged, or even damaged, by large items being placed down a chute. This, of course, creates enormous problems for others who need to use the chute, and for staff facing the challenges of repair or replacement. A new instruction guide is being posted in the trash rooms, warning residents NOT to put large items down the chute, but requesting that they contact the Team Lead for their building for assistance with such items. The leads are:

- Team Lead, Small House: Awetash Abdu, 703-824-1340
- Team Lead, Original Building: Brandi Bush, 703-575-5215
- Team Lead, Tower: Megana Jean-Baptiste, 703-575-5216

*Ana Landaeta,
Director of Environmental Services*

ENVIRONMENTAL SERVICES COMMITTEE MEETING

**Monday September 18th, 3:00 pm
Fillmore Lounge**

The Environmental Services Committee will hold its September meeting this week. All Committee members and other interested residents are encouraged to attend. We will work on developing a comprehensive communication strategy to assist all Goodwin House Alexandria residents to participate effectively in recycling, composting, and handling trash. Prior to the meeting, Environmental Services Director Ana Landaeta will lead a tour of the parts of our facilities that are key to handling waste. We will visit the trash chutes and loading dock so that committee members can learn how staff are handling these tasks, and be supportive of them. Any committee members who would like to participate should report to Room P16, Facilities Management and Environmental Services, on the G1 level by 2:30 pm on the day of the meeting.

*Peggy Burke, Chair,
Environmental Services Committee*



NEARBY PARKS: BURKE LAKE PARK

**7315 Ox Rd, Fairfax Station
About 16 miles from GHA
Hours: Sunrise to Sunset**

The park's 888 acres include a wide variety of features and activities. There is something for everyone. Families can ride the carousel or the miniature train, play miniature golf, picnic, use the playgrounds or sports fields, or try many water-related activities in the 218-acre lake. The golf course and biking and hiking trails are open year-round, weather permitting. A mostly gravel-paved loop trail follows 4.7 miles of shoreline. Check the website for seasonal hours and a myriad of classes and special events.

Directions: There are several routes to Burke Lake Park, including via I-95 and Rt 123, I-495 and Braddock Rd to Burke Lake Road, etc. Check a map or GPS for the best route at the time of your departure. <https://www.fairfaxcounty.gov/parks/burkelake>.

Reminder: Trail Blazers are going to Burke Lake on Monday September 18th and Green Spring on Monday September 25th. Sign up in the Activities Binder.

*Martie McDowall,
The Green Team Researcher*

NATIONAL REHABILITATION WEEK

September 18th–24th



National Rehabilitation Week is an awareness initiative dedicated to highlighting the unique work of Physical Therapists, Occupational Therapists, and Speech Language Pathologists. Have you ever hear the phrase “Real superheroes wear scrubs?” Well, that’s us! Rehab services enable and empower residents to remain as independent as possible. Rehab staff have unique knowledge and a unique skillset including anatomy, balance and strength, disease processes, safety, assistive devices, and adaptive equipment. Rehab weeks is a time to acknowledge the many benefits that can arise from rehab programs.

Ways to Celebrate Rehab Week:

- Know that YOUR Rehab Department is easily accessible right in your building
- Come by the Rehab Department and share your experience with our Rehab team.
- Write a Ceca award for a Rehab Team Member who made a difference for you.

- If you feel you could benefit from any of the services mentioned above, ask your doctor for a therapy prescription or let us know—we can help facilitate the process for you!

Please come and visit us in the Rehab Department and meet our staff—we are always here to say hello!



GHA Rehab Team

POOL ETIQUETTE

Please remember that the pool is an amenity shared by many residents. To that end, please be considerate of other residents when you are in the water:

- If you’re lap swimming, follow a black line to keep from drifting into others.
- No spitting in to the water, it’s very unsanitary.
- Do not turn on the spa when a class is in session.
- Try to coordinate your own exercise routine when class is not in session.
- Drop your used towels in the proper receptacles

Following these simple considerations will help to make the pool a more enjoyable experience for everyone. Your cooperation is greatly appreciated.

Leslie LaPlace, Fitness Manager

DIETITIAN DISHES

Being called “dense” is generally a bad thing...but it’s exactly what you’re looking for when it comes to dietary choices! As we age, our bodies need fewer calories but higher amounts of certain nutrients. “Nutrient-dense choices” is a term used to describe foods that are packed with good vitamins, minerals, and other goodies that keep us healthy. Think of it as focusing on quality instead of quantity. Dense does not have to mean heavy, but rather packed with nutrients. The tiny microgreen is “denser” with nutrients than the much larger vegetables that they grow up to be! Here are some examples of nutrient-dense swaps you can make!

- Swap out a glass of juice for a whole fruit to increase your fiber.
- Swap out your white bread for whole grain to increase your B vitamins.
- Swap out one meat-based meal with a plant-based entrée to decrease your saturated fat.

What other swaps do you like to make to your diet? Let me know at AFreiman@goodwinliving.org.



Alex Freiman, Dietitian



SING-ALONG SATURDAY

Because of prior commitments, we will NOT have a Sing-Along on Saturday September 23rd. Instead, the next Great American Sing-Along will be on Saturday September 30th. Please come to sing along with, or just listen to, these classic songs from the past.

After September 30th, the next Sing-Along will be Saturday October 28th.

*Jim Carroll and Dick Pellerin,
Residents*

TOUCHTOWN WORKSHOP

**Thursday September 21st, 2:00 pm
Fillmore Lounge**

Whether you’re a Touchtown newbie or an old pro, you may learn something new at the upcoming Touchtown workshop!



*Hilary Canary,
Communications Coordinator*

DICK’S TEASER SOLUTION:

The answers are:

**NEW HAMPSHIRE
ALABAMA
MARYLAND
MICHIGAN
SOUTH CAROLINA**



Dick Pellerin, Resident

The Weekly Schedule

Sunday September 17, 2023–Sunday September 24, 2023

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)

Monday September 18

9:00: Fun & Fitness — GX & CH 975

9:00: Trail Blazers: Burke Lake — LBY

9:30: Aqua Fun — **Canceled**

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 5.)

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

10:30: Citizenship Celebration — AUD & CH 973 (See the article on page 1.)

3:00: Art Film: *The Artsiders* — CH 972 (See the article on page 7.)

3:00: Environmental Services Committee Meeting — FL (See the article on page 10.)

3:00: Jazz Music Education Series with Quentin Walston — AUD & CH 973 (See the article on page 7.)

3:30: Seated Meditation — CHP & CH 974

4:30: Happy Hour/Meet & Greet New Residents — LR

Tuesday September 19

7:45: Morning Yoga — GX, CH 975 & ZOOM
9:00: Strength & Stretch Class — GX & CH 975
9:30: 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: Facilities Committee — RCR
10:00: Seamstress — Apt. 426
11:00: Bible Study — CHP
11:00: Movie Committee — BR
1:30: Mah Jongg — LR
2:00: Painting & Drawing — AS
2:00: GHA Book Club — RCR (See the article on page 5.)
2:00: Health Services Committee — AR
2:00: Wii Bowling — GX
2:00: Movie: *The Quiet Girl* — CH 972
The Quiet Girl, 2022, PG-13, Drama/Adaptation, 96 m. A nine-year-old girl from a dysfunctional family goes to live with distant relatives for the summer. Living with a middle-aged farm couple, she discovers a new way of living. (CAST: Catherine Clinch, Carrie Crowley, Andrew Bennett, Michael Patric, Kate Nic Chonaonaigh)
4:30: Advanced Tai Chi — GX

Wednesday September 20

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: Green Team Committee Meeting — AR
11:00: Prayer Group — CHP
11:00: The Wandering Docent — AUD (See the article on page 7.)
11:00: Teaching Company: *The World Was Never the Same: Events That Changed History* — CH 972
Lecture 23: *Adam Smith versus Karl Marx*
Lecture 24: *Charles Darwin Takes an Ocean Voyage*
2:00: Hospitality Committee — RCR
2:00: Open Studio — AS
3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 8.)
7:30: Bingo with Ray Hawn — AUD (See the article on page 8.)

Thursday September 21

7:45: Morning Yoga — GX, CH 975 & ZOOM
9:00: Strength & Stretch Class — GX & CH 975
9:30: Aqua Fun — **Canceled**
9:30–11:30: Market Place Sale — MP
(See the article on page 6.)
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
1:00: Technology Committee — RCR
1:00: Low Vision — BR
1:30: Shanghai — LR
2:00: Touchtown Workshop — FL
2:15: Advanced Line Dancing — GX
2:30–4:00: Market Place Sale — MP
(See the article on page 6.)
3:00: GHA Players Meeting — RCR
3:00: Knitters and Crocheters — CHP
7:15: Movie: *The Fabelmens* — CH 972

The Fabelmens, 2022, PG-13,
Drama/Coming-of-age Story, 151
m. Young Sammy Fabelman falls in
love with movies after his parents
take him to see *The Greatest Show*

on Earth. Armed with a camera,
Sammy starts to make his own films
at home, much to the delight of his
supportive mother. (CAST: Michelle
Williams, Paul Dano, Seth Rogen,
Gabriel LaBelle, Keeley Karsten)

Friday September 22

7:45: Morning Yoga — GX, CH 975 & ZOOM
9:00: Fun & Fitness — GX & CH 975
10:00: Replay of Thursday Movie: *The Fablemans* — CH 972
10:00: Vendor: Harun's African Art and Jewelry — CC
10:30: GHA Encore Chorale Rehearsal — AUD-A
11:00: Fireside Chats with the Residents' Council — LR
1:30: Online Bridge — **Canceled**
1:30: Shanghai — LR
2:00: Quilting Bees — BR
3:30: Seated Meditation — CHP & CH 974
4:00: Special Speakers' Forum Event: Rose Gottemoeller — AUD (See the article on page 4.)
4:30: Advanced Tai Chi — GX
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday September 23

8:15: Classical Stretch — GX

10:30: Advanced Tai Chi with Instructor — GX

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

1:30: Great American Sing-Along — **Canceled** (See the article on page 12.)

3:00: Weekend Wii Bowling — GX

7:15: Movie: *The Pink Panther* — CH 972

The Pink Panther, 2006, PG, Comedy/Crime, 123 m. When the coach of a French soccer team is killed, his ring featuring the legendary Pink Panther diamond goes missing. Luckily, Chief Inspector Dreyfus (Kevin Kline) has a plan: assign his most intelligent, most driven officers to track down the thieves in secret, while publicly assigning the bumbling Inspector Jacques Clouseau (Steve Martin) as head of the case. Clouseau seems hopeless, until his various mistakes and misjudgments miraculously put him on the real killer's trail.

Sunday September 24

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Foreign Film: *The Englishman Who Went Up a Hill but Came Down a Mountain* — CH 972

The Englishman Who Went Up a Hill but Came Down a Mountain, 1995, British Comedy, PG, 99m. Two English cartographers have the unenviable task of telling residents of a proud Welsh village that what they claim is a mountain is really just a hill. The villagers set out to change that low official classification. In his first film after *Four Weddings and a Funeral*, Hugh Grant has the lead role of a shy, awkward surveyor who isn't sure how to deal with the locals or court a local lass. He's a bit out of his depth.

Richmond & Dominion Schedule

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: *The Music Man* — CH 972 (See page 13.)

Monday September 18

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

10:00: BYOConversation — LR (See the article on page 5.)

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

10:30: Citizenship Celebration — AUD & CH 973 (See the article on page 1.)

11:00: Body & Balance Exercise Program — GX

2:30: Legal Expert Chuck Rosenberg on Current Activities Affecting Us — RAR

3:00: Art Film: *The Artsiders* — CH 972 (See the article on page 7.)

3:00: Jazz Music Education Series with Quentin Walston — AUD & CH 973 (See the article on page 7.)

3:30: Seated Meditation — CHP & CH 974

4:30: Happy Hour/Meet & Greet New Residents — LR

Tuesday September 19

10:00: Yoga Strength — GX & CH 975

10:00: Facilities Committee — RCR

10:00: Seamstress — Apt. 426

11:00: Bible Study — CHP

11:00: Movie Committee — BR

1:15: Total Brain & Body Fitness — GX

1:30: Music With Jesse — AUD

2:00: Health Services Committee — AR

2:00: Movie: *The Quiet Girl* — CH 972 (See page 14.)

3:00: Birthday Party & Music with Jesse — RDR

6:15: American Songbook — DDR

Wednesday September 20

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

10:30: Green Team Committee Meeting — AUD-A

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 14.)

12:00: Director's Lunch with Connie Lee — BST

2:00: Open Studio — AS

3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 8.)

7:30: Bingo with Ray Hawn — AUD (See the article on page 8.)

Thursday September 21

9:30–11:30: Market Place Sale — MP (See the article on page 6.)

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.)

1:00: Technology Committee — RCR

1:15: Total Brain & Body Fitness — GX

1:45: Music Therapy with Abby — DDR

2:00: Touchtown Workshop — FL

2:30–4:00: Market Place Sale — MP (See the article on page 6.)

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

Friday September 22

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

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

10:30: GHA Encore Chorale Rehearsal — AUD-A

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

2:30: Drumming Circle — GX

3:30: Seated Meditation — CHP & CH 974

4:00: Special Speakers' Forum Event: Rose Gottemoeller — AUD (See the article on page 4.)

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

Saturday September 23

10:30: Advanced Tai Chi with Instructor — GX

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

1:30: Great American Sing-Along — **Canceled** (See the article on page 12.)

3:00: Weekend Wii Bowling — GX

7:15: Movie: *The Pink Panther* — CH 972 (See page 16.)

Sunday September 24

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

2:30: The Story of America's Classic Ballparks — RAR

6:30: Foreign Film: *The Englishman Who Went Up a Hill but Came Down a Mountain* — CH 972 (See page 16.)

Small House Schedule

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: *The Music Man* — CH 972 (See page 12.)

Monday September 18

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

10:30: Mindful Mornings — WL

10:30: Citizenship Celebration — AUD & CH 973 (See the article on page 1.)

2:30: Tea Party — MH

3:00: Art Film: *The Artsiders* — CH 972 (See the article on page 7.)

3:30: Seated Meditation — CHP & CH 974

5:45: After Dinner Conversations — MH

Tuesday September 19

10:30: Reading2Connect — WL

11:00: Bible Study — CHP

1:30: Music With Jesse — AUD

2:00: Movie: *The Quiet Girl* — CH 972 (See page 13.)

3:00: Music Therapy — WL

Wednesday September 20

10:15: Equine Therapy with Barbara — SH-A

10:30: Music and Movement — RP

11:00: Prayer Group — CHP

11:00: Teaching Company: *The World Was Never the Same: Events That Changed History* — CH 972 (See page 13.)

2:30: Creative Creations: Hand Masks and relaxation — BL

3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 8.)

Thursday September 21

10:00: Individual Visits — SH-A

11:00: Bell Choir — RP

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

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

12:00: Chaplain Visits — SH-A

1:00: Dog Visits with Sara and Moriah
— SH-A

2:30: Small House Resident Council —
MH

3:15: Art with Alison — MH

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

Friday September 22

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

10:30: Seated Exercise — OQ

12:00: Director's Lunch with Jackie —
OQ

2:30: Drumming Circle — GX

3:00: Music Therapy with Abby — OQ

3:30: Seated Meditation — CHP & CH
974

4:00: Special Speakers' Forum Event:
Rose Gottemoeller — AUD (See the
article on page 4.)

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

Saturday September 23

10:30: Dog Visits — SH-A

1:30: Great American Sing-Along —
Canceled (See the article on page 12.)

3:00: Music with Barbara — OQ

7:15: Movie: *The Pink Panther* — CH
972 (See page 16.)

Sunday September 24

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH
973

11:30: Chaplain Visits — SH-A

1:30: Armchair Travel: Germany — WL

6:30: Foreign Film: *The Englishman
Who Went Up a Hill but Came Down a
Mountain* — 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

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 =	