BUS TO GENERAL ELECTION

Tuesday November 7th
10:00 am–2:00 pm

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, and polls are open from 6:00 am to 7:00 pm. Goodwin House will provide bus service to and from the polling place from 10:00 am to 2:00 pm.

For this election, The View will be sharing the bus. The bus will run a large circuit, starting here at GHA, going to The View, then to the polls, then back to GHA, then to The View again. That way, GHA residents will be picked up and dropped off first.

Gloria Smith, Resident

BOOK SALE

Wednesday November 15th
10:00 am–3:00 pm
Concourse

The Library Committee’s annual book sale will be held on Wednesday November 15th.

There are lots of choice books for everyone! Fiction, mysteries, nonfiction. Good opportunity to pick up Christmas gifts. All are a huge bargain. Hardback books are $2.00, paperbacks are $1.00. Cash only.

Sande O’Keefe and Dale Brown,
Co-chairs, Library Committee

DAYLIGHT SAVINGS TIME

Daylight savings time ends this Sunday, November 5th, at 2:00 am. Remember to set your clocks back by one hour to reflect the time change.

Hilary Canary,
Communications Coordinator
DIETITIAN DISHES

Dining loves hearing from you! I wanted to provide some updates about what you’ve been sharing with us and what we’ve been doing about it. We know you love your ambrosia salad, but numerous people (myself included!) feel that although it has the word “salad” in it, it doesn’t necessarily meet the qualifications. For that reason, we’ve made it a dessert! We heard that you wanted corn and lima beans separated from each other on occasion, so although we will still offer succotash, we added them individually on week one. Finally, the moment we’ve all been waiting for… we added lobster tails to the menu on November 1st, and will offer a New York strip steak on November 15th.

We heard you want more explanations regarding special cultural menus. The next theme meal will be November 13th to celebrate Diwali. I will create a write-up for that menu and share it in the Gazette the week before. Although Diwali falls on Sunday we will celebrate on Monday so as not to interfere with brunch.

Please continue to share any feedback you have regarding your meals in real time with the staff so we can make adjustments and meet your needs in the moment. You can reach me with any additional questions or concerns at AFreiman@goodwinliving.org or at 703-824-1263.

Alex Freiman, Dietitian

GOODWIN LIVING CITIZENSHIP PROGRAM FEATURED ON “GREAT DAY WASHINGTON”

Thanks to the generosity of donors to the Goodwin Living Foundation (and with continued thanks to GHBC resident Rita Siebenaler for bringing us the idea), Goodwin Living has a wonderful Citizenship Program that assists team members who wish to become U.S. citizens. We are delighted to share this program recently featured on WUSA-9 “Great Day Washington.” Valerie Burke represented the Goodwin Living Foundation as GHA team member Ngoc Nguyen and her resident mentor Sandy Connolly shared their experience with the Citizenship Program. You can see the segment in an upcoming Town Hall, or watch at this link: https://bit.ly/gdw-citizenship-program.

Amanda Ranowsky, Marketing & Communications Specialist

DICK’S TEASER

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

G N I T T E G

T R A C K

*Answers on page 6

Dick Pellerin, Resident
HAPPENING AROUND TOWN

This is a new column from the Resident Trips and Outings Committee. From time to time, we will feature upcoming area concerts, trips, or other events that we think might be of interest to residents but are not sponsored by GHA. Residents will need to provide their own transportation. If you have ideas or suggestions for this column, please let us know. Your suggestion could be our next independent trip.

NATIONAL CHAMBER PLAYERS

Episcopal High School, 3900 West Braddock Road
Monday November 13th at 7:45 pm

The National Chamber Players have been the resident chamber ensemble at Episcopal High School since 2004. The group is made up of members of the National Symphony Orchestra and other prominent artists and is under the artistic direction of N.S.O. cellist James Lee. The November 13th program includes two brass quintets, one by Morley Calvert and the other by Victor Ewald, as well as a piano and string quintet by Amy Beach.

This is a free program. Turn right off Braddock Road, across from Minnie Howard School. Turn left after the gatehouse, right at the next road. Parking is in the lot on the right and along the road. The Auditorium is accessed via the paved path around the top of the pond to the second building on the right. Up a short flight of stairs (there is also a ramp to the side of the stairs), through the doors, and to the elevator on the left, which will take you to the second floor to the refreshments, through the art gallery, and on into the auditorium. The program lasts a little over an hour. Light refreshments are served from about 7:15–7:40 pm.

Karen Thunberg, Resident Trips and Outings Committee

NEXT LUNCH & LEARN

Saturday November 18th at noon
Auditorium

The Next Lunch & Learn will feature National Symphony Orchestra principal second violin, Marissa Regni. Program details will be published in next week’s Gazette.

There will be tables and chairs available. If you choose to enjoy lunch while you listen, please stop by the Bistro before the event or bring your own meal with you to the Auditorium.

Mark Raabe, Resident
ART

FIELD TRIP TO THE RENWICK GALLERY

Thursday November 16th
1:30 pm departure
No entrance fee
$20 transportation fee

Join us for an art museum education experience around the Renwick Gallery’s Contemporary Craft exhibit. On Tuesday November 7th (during the 10:00 am Painting & Drawing class in the Art Studio), Meg Capo, GWU graduate student, will lead a lesson about crafted art. On Thursday November 16th, there will be a field trip to the Renwick Gallery, where we will be able to enjoy the art in person. If you like art and discussion, please join us. A sign-up sheet is available in the Activities Binder near the Reception Desk.

HOLIDAY ART SALE

Wednesday November 15th
10:00 am–noon, 2:00 pm–3:00 pm & 4:00–5:00 pm
Auditorium Hallway

Stock up on handmade gifts while supporting the art program here at GHA! There will be a variety of beautiful ornaments, cards, toys, and home goods made by our resident artists.

Alison Schroeder, Arts Coordinator

EVENTS

SHOPPING EVENT: MAIN STREET ALEXANDRIA COMING TO GHA

Tuesday November 7th from 11:00am–2:00 pm
Auditorium

Shops from Alexandria are coming to our Auditorium. Start your holiday shopping early this year! Stores such as Sarah Campbell, Ten Thousand Villages, Ficus Glassworks, and others will be participating. Enjoy old fashioned downtown shopping in the convenience of our Auditorium.
EVENTS, CONT.

ARENA STAGE PRODUCTION OF POTUS

Wednesday November 8\textsuperscript{th} 11:15am
Leave from Lobby
Ticket Cost: $44
Transportation Cost: $20

When the Commander-in-Chief publicly calls his wife a “See You Next Tuesday,” all H-E-Double Hockey Sticks breaks loose. In a searingly funny Broadway hit, POTUS follows how seven women of dramatically different backgrounds minimize the damage done by male arrogance and political posturing, in an endearing homage to the women who keep things running behind the scenes. This comedy contains mature themes and very strong language.

VETERANS DAY PROGRAM

Saturday November 11\textsuperscript{th}, 11:00 am
Auditorium, Living Room & CH973

Goodwin House Alexandria is having a special Veterans Day program to honor our veterans. We will present a special program that includes the Alexandria Police Color Guard and a keynote address from Rebekah Edmondson, US Army Veteran, Cultural Support Team. A slideshow of our residents and their family members who are veterans will also be shown after the program. A boxed lunch will be available in the Living Room for residents to pick up and watch the slideshow in the Auditorium, Living Room, or on Channel 973.

EVENING CONCERT: TAKOMA MANDOLEERS

Tuesday November 14\textsuperscript{th} 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. Their 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.
THE NEXT TEACHING COMPANY: THE SECRET WORLD OF ESPIONAGE

Every Wednesday at 11:00 am, Replays Thursdays at 11:00 am
Channel 972

The world of espionage is shrouded in mystery—even to those in it. But so much of what we think we know about spy craft is rooted in literature, film, and drama. Fictional spies loom large over our conception of covert operations and how they get done. But even though the true nature of espionage is quite different, that doesn’t mean history’s real spies are any less heroic—or less fascinating.

Consider how integral spies have been in shaping our world. They’ve created governments. They’ve expanded economies and overthrown monarchies. They’ve even helped nations avoid wars (and sometimes enabled them, too). When it comes to the secret world of espionage, it’s fair to say that facts are often better than fiction.

The nine episodes of *The Secret World of Espionage* shine a light into the shadowy world of spy craft with a distinguished panel of historians—including a former intelligence case officer—in search of the secret meeting places, complex codes, stealth observations, and cutting-edge technologies that spies have used throughout history.

*Jennifer Bennett, Events Coordinator*

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**DICK’S TEASER SOLUTION**

What is represented is the expression “getting back on track.”

*Dick Pellerin, Resident*

**COVID NUMBERS**

Cases as of November 3rd:

Independent Living: 1
Assisted Living: 0
Small Houses: 0
Team Members: 4

**SING-ALONG SATURDAY**

Saturday November 11th, 1:30 pm
Auditorium

Our next Sing-Along will be on November 11th. Please join us to either sing along with or just listen to the music. After that Sing-Along, the next one will be on Saturday November 25th.

*Jim Carroll and Dick Pellerin, Residents*

**GREEN TEAM HINTS**

Save paper! If you rely on GHA email notifications, advise the Reception Desk to stop distributing paper announcements to your mailbox.
**BYOCONVERSATION: RE-THINK, RE-NEW, RE-CONSIDER: THE MAGIC OF RE-**

**Monday November 6th at 10:00 am**

**Living Room**

“Play it again, Sam—but in a different key!” In this BYOC, we’ll re-think, re-new, re-consider. As context changes, do we re-appraise our positions? How to re-stock inventories of outworn opinions? Possible to re-arrange values to reflect matured thinking? How about re-purposing, finding new uses for old notions? Is it time to re-vitalize an under-nourished relationship? When did you last re-examine cherished biases? When our judgments go stale, is it time to re-view, re-new, re-brew? Could we re-vise tired routines into re-freshed routines? Whaddy a (re)think?

BringYourOwnConversation had its first gathering two years ago this week. It gathers those who like to hear and express matters of mutual interest. Some come just to listen, some to speak; seems that listening encourages speaking, and vice versa. Microphones make for welcome audibility—and serve as a sort of talking stick! Welcome!

Jonathan Bryan, Resident

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**CULMORE CLINIC OPEN HOUSE**

Eleven GHA residents attended the Culmore Clinic open house on October 24th. Beginning with a “Mix and Mingle,” attendees enjoyed the beautifully arranged hors d’oeuvres and wine. Then, the executive director described the clinic’s ten-year evolution as a nonprofit caring for low-income, uninsured adults. Phenomenal growth is supported today by 21 congregations, two hospital systems, the National Institute of Health, and over 70 volunteers.

A tour of the dozen rooms provided by the First Christian Church of Falls Church (6165 Leesburg Pike) revealed well-equipped, organized treatment units. A new eye clinic inspired GHA resident Doug Wade: “Patients with diabetes can now be examined on-site for diabetic retinopathy, a leading cause of blindness when not treated. That is going to make a great deal of difference in the lives of so many of the folks who come to the clinic.” GHA resident Mary Jo Bennett, a volunteer registered nurse, explained the new weekly laboratory service.

“It’s wonderful that GHA residents are part of Culmore’s success,” concluded Meredith Wade. “Touring the space and meeting volunteers and staff confirmed my belief in the clinic’s high value to our community.”

Fran McLean, Resident

Chapel Outreach Committee

Gazette 11/04/23
CHAPLAINCY SERVICES

REMINDER: ALL SAINTS’ DAY

Sunday November 5th
9:00 am, Chapel & CH 974
10:30 am, Auditorium & CH 973

We will be remembering those who have died in years past, family members, and friends. Please submit any names you would like included to Chaplain Bruce. A form is provided in the information station inside the Chapel, or you may email Chaplain Bruce at bstewart@goodwinliving.org. Please make sure to sign your form in case Chaplain Bruce needs to clarify your handwriting. Please leave completed forms at the Reception Desk for the chaplain’s box.

REMEmBRANCE DAY

Tuesday November 14th at 3:00 pm
Auditorium & CH 973

On Remembrance Day, we remember residents, team members, and their close family who have died in the past year. All are welcome to attend, including family and friends from outside Goodwin House. You are invited to join the resident and team choir for a brief rehearsal at 2:30 pm. Please submit the full name and a photo of the family member you wish to have remembered to Chaplain Bruce Stewart at the Chaplain’s Office (apt. 424) or bstewart@goodwinliving.org by November 9th.

Bruce Stewart,
Director of Chaplaincy Services

IN MEMORIAM

LEE W. GROSS
October 27, 2023

ARTHUR “MACK” REYNOLDS
October 31, 2023

BETSY G. SMITH
November 3, 2023

REMEMBER TO SUBMIT CARD DESIGNS

Barbara D’Agostino sends out greeting cards each year. You may submit your nondenominational, inclusive “Season’s Greetings” design to be considered for this year’s cards. Make sure to turn submissions in to the Reception Desk or GHA Administration office by November 10th. In December, you will see the chosen design.

Merrily Wolf, Executive Assistant
THERAPY LECTURE SERIES: CONTINENCE IMPROVEMENT PROGRAM

Wednesday November 15th
11:00 am
Auditorium-A

Urinary incontinence is the involuntary loss or leakage of urine that can’t be controlled. The prevalence of urinary incontinence increases with age, and women are affected more than men. More than 25 million people experience bladder leakage every day. Urinary incontinence affects 45-78% of nursing home residents, and 44% of adults aged 65 and older living at home. There are multiple types of urinary incontinence that may be effectively treated with a continence program. Please join our Lecture Series if you are interested to know more about urinary incontinence and our continence Improvement program.

GHA rehab team

BIRD FEEDERS

Please do not feed the birds. We have a team that feeds the birds daily. We feed them once a day. If the feeders run out during the day, it is okay. There is enough natural food available, so the birds won’t starve. If you want to feed them, please contact Tom Sproull and join the team.

Tom Sproull, Resident

MUSIC GUIDED POOL MEDITATION

Wednesday November 22nd
from 2:00–2:45 pm
GHA Pool on G1

Give yourself some TLC as we closely approach the holiday season! Sign up sheet in Activity Book under the blue fitness tab. Note that there are only eight spots available due to limited space.

Christie Thomas, Fitness and Aquatics Coordinator, and Abigail Hanlon, Music Therapist

KEEP YOUR DRIVER’S LICENSE

Even if you’ve stopped driving, please keep your license. Voting in person requires a picture I.D., and even an expired license will work for that. It’s good to keep your license even if you vote absentee. Right now, you don’t need an I.D. to vote absentee, but laws change—and getting a new I.D. could be a real pain.

Laura Lawson, Resident
Sunday November 5

8:15: Classical Stretch — GX
9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
6:30: Movie: *An Affair to Remember* — CH 972

*An Affair to Remember*, 1957, Drama/Romance, NR, 119 m.
Nicky Ferrante (Cary Grant) is an international, European playboy setting forth on a cruise ship headed for New York to meet his wealthy fiancée. Terry McKay (Deborah Kerr), former night-club singer, is sailing to New York to be with her long-time boyfriend, who flew on ahead to close a business deal. Nicky and Terry meet on the long cruise, and romance, replete with complications, ensues. They agree to meet in six months at the Empire State Building—but will it happen?

Monday November 6

9:00: Fun & Fitness — GX & CH 975
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 7.)
10:00: Catholic Mass & Rosary — CHP & CH 974
10:00: Trail Blazers — LBY
11:00: Just Dance Class — AUD-A
3:00: Art Film: *From Monet to Van Gogh, a History of Impressionism* — CH 972

Lecture 3: *Baudelaire and the Definition of Modernism*

Lecture 4: *The Shock of the New*

3:30: Seated Meditation — CHP & CH 974
4:30: GHA Monthly Birthday Party — LR
Tuesday November 7

**Election Day: Polls are open from 6:00 am–7:00 pm**

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

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

9:30: Credit Union Open — PR

10:00–2:00: Bus running to polling place — LBY (See the article on page 1.)

10:00: Painting and Drawing: Crafted Art — AS (See the article on page 4.)

10:00: Yoga Strength — GX & CH 975

10:00: Bus to Giant Food — Canceled

10:00: Residents’ Council Meeting — Canceled

11:00–2:00: Shopping Event — AUD (See the article on page 4.)

11:00: Bible Study — CHP

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

1:30: Mah Jongg — LR

2:00: Parkinson’s Support Group — BR

2:00: Painting & Drawing — AS

2:00: Wii Bowling — GX

2:00: Movie: 2001: A Space Odyssey — CH 972

2001: A Space Odyssey, 1968, Drama/Sci-fi, G, 149 m. An imposing black structure provides a connection between the past and the future in this enigmatic adaptation of a short story by revered sci-fi author Arthur C. Clarke. When Dr. Dave Bowman (Keir Dullea) and other astronauts are sent on a mysterious mission, their ship’s computer system, HAL, begins to display increasingly strange behavior, leading up to a tense showdown between man and machine that results in a mind-bending trek through space and time.

4:30: Advanced Tai Chi — GX

Wednesday November 8

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

10:45: Resident Activities Committee — Canceled

11:00: Prayer Group — CHP

11:00: Teaching Company: The Secret World of Espionage — CH 972 (See the article on page 6.)

Lecture 1: Spies: Facts and Fiction

Lecture 2: The Human Element

1:30: Duplicate Bridge — LR

2:00: Open Studio — AS
Thursday November 9

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 the article on page 6; see the episode listing on page 11.)

11:00: Wii Bowling — GX

1:00: Bus to Giant Food — LBY

1:00: GHA Bell Ringers Choir — AUD-A

1:00: Library Committee Meeting — RCR

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

2:00: Living by Heart — CHP

2:00: Sales Committee Meeting — RCR

2:15: Advanced Line Dancing — GX

3:00: GHA Players Meeting — RCR

4:00: The Fillmore Celebrity Bartender — FL

7:15: Movie: *Follow the Fleet* — CH 972

*Follow the Fleet*, 1936, Musical/Romance, PG, 110 m. Sailors “Bake” Baker (Fred Astaire) and “Bilge” (Randolph Scott) have just docked in San Francisco. For Bake, the goal is to get back together with his former flame and onetime dance partner, Sherry (Ginger Rogers). When Bilge meets Sherry’s sister, Connie (Harriet Hilliard), he, too, has romance in mind. But things do not go as planned for the couples, as Bake’s shaky unemployment history threatens his chances with Sherry and Bilge’s fear of commitment endangers his future with Connie.

Friday November 10

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

9:00: Fun & Fitness — GX & CH 975

9:45: Shuttle to Target — LBY

10:00: Replay of Thursday Movie: *Follow the Fleet* — CH 972

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

4:30: Advanced Tai Chi — GX

4:30: Jewish Sabbath Service of Comfort & Healing — CH 971
Saturday November 11

8:15: Classical Stretch — GX
10:30: Advanced Tai Chi with Instructor — GX
11:00: Veterans Day Program — AUD, LR & CH 973 (See the article on page 5.)
11:30: Beginners’ Tai Chi with Instructor — GX
1:30: Great American Sing-Along — AUD (See the article on page 6.)
3:00: Weekend Wii Bowling — GX
7:15: Movie: Flags of Our Fathers — CH 972

Flags of Our Fathers, 2006, Drama/War, R, 135 m. In February and March of 1945, U.S. troops fight and win one of the most crucial and costly battles of the war on the island of Iwo Jima. A photo of U.S. servicemen raising the flag on Mount Suribachi becomes an iconic symbol of victory to a war-weary nation. The individuals themselves become heroes, though not all survive the war and realize it. (CAST: Ryan Phillippe, George Grizzard, Jesse Bradford, Adam Beach, John Benhamin Hickey).

Sunday November 12

8:15: Classical Stretch — GX
9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
6:30: Movie: 1776 — CH 972

1776, 1972, Drama/Musical, PG, 141 m. The nation’s fathers harmonize their way through the founding of America in this musical adapted from a popular Broadway show. Colonial representatives gather in Philadelphia with the aim of establishing a set of governmental rules for the burgeoning United States. Benjamin Franklin (Howard da Silva) and John Adams (William Daniels) charge Thomas Jefferson (Ken Howard) with the work of writing a statement announcing the new country’s emancipation from British rule.
Richmond & Dominion Schedule

Sunday November 5
9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
2:30: Experiencing America: The Star Spangled Banner: Inspiring the Anthem — RAR
6:30: Movie: An Affair to Remember — CH 972 (See page 10.)

Monday November 6
9:30: Art & Sound Meditation — studio closed to other activities — AS
10:00: BYOConversation — LR (See the article on page 7.)
10:00: Catholic Mass & Rosary — CHP & CH 974
11:00: Body & Balance Exercise Program — GX
11:00: Just Dance Class — AUD-A
3:00: Art Film: From Monet to Van Gogh, a History of Impressionism — CH 972 (See page 10.)
3:30: Seated Meditation — CHP & CH 974
4:30: Birthday Party — LR

Tuesday November 7
10:00: Yoga Strength — GX & CH 975
10:00: Residents’ Council Meeting — Canceled
11:00: Bible Study — CHP
1:15: Total Brain & Body Fitness — GX & CH 975
2:00: Movie: 2001: A Space Odyssey — CH 972 (See page 11.)
3:00: Tea Timers — RDR
6:30: American Songbook with Abby — RDR

Wednesday November 8
10:45: Resident Activities Committee — RCR
11:00: Body & Balance Exercise Program — GX
11:00: Prayer Group — CHP
11:00: Teaching Company: The Secret World of Espionage — CH 972 (See the article on page 6; see the episode listing on page 11.)
12:00: Director’s Lunch with Anam Yasin — BST
2:00: Open Studio — AS

Thursday November 9
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 the article on page 6; see the episode listing on page 11.)

1:00: GHA Bell Ringers Choir — AUD-A

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

1:45: Music Therapy with Abby — DDR

2:00: Living by Heart — CHP

4:00: The Fillmore Celebrity Bartender — FL

7:15: Movie: *Follow the Fleet* — CH 972 (See page 12.)

**Friday November 10**

10:00: Replay of Thursday Movie: *Follow the Fleet* — CH 972 (See page 12.)

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

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

2:30: Trivial Pursuit — RAR

3:30: Seated Meditation — CHP & CH 974

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

**Saturday November 11**

10:30: Advanced Tai Chi with Instructor — GX

11:00: Veteran’s Day Program — AUD, LR, & CH 973 (See the article on page 5.)

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

1:30: Great American Sing-Along — AUD (See the article on page 6.)

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Flags of Our Fathers* — CH 972 (See page 13.)

**Sunday November 12**

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

2:30: Experiencing America: Presidents and Generals: Images of Leadership — RAR

6:30: Movie: *1776* — CH 972 (See page 13.)
Small House Schedule

**Sunday November 5**
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 — OQ
6:30: Movie: *An Affair to Remember* — CH 972 (See page 10.)

**Monday November 6**
10:00: Catholic Mass & Rosary — CHP & CH 974
10:30: Reading2Connect — WL
11:00: Bell Choir — RP
2:30: Tea Party — PW
3:00: Art Film: *From Monet to Van Gogh, a History of Impressionism* — CH 972 (See page 10.)
3:30: Seated Meditation — CHP & CH 974

**Tuesday November 7**
10:00: Residents’ Council Meeting — Canceled
10:30: Morning Exercise — Canceled
11:00: Bible Study — CHP
1:30: Music Therapy — WL
2:00: Movie: *2001 Space Odyssey* — CH 972 (See page 11.)

**Wednesday November 8**
10:15: Equine Therapy with Barbara — SH-A
11:00: Art with Alison — BL
11:00: Prayer Group — CHP
11:00: Teaching Company: *The Secret World of Espionage* — CH 972 (See the article on page 6; see the episode listing on page 11.)
2:30: Creative Creations: Unexpected Blessings — WL

**Thursday November 9**
10:00: Individual Visits — SH-A
11:00: Scripture, Songs & Prayers — AUD & CH 973
11:00: Replay of Teaching Company — CH 972 (See the article on page 6; see the episode listing on page 11.)
12:00: Chaplain Visits — SH-A
1:00: Dog visits with Cashew — SH-A
2:00: Living by Heart — CHP
4:00: The Fillmore Celebrity Bartender — FL
7:15: Movie: *Follow the Fleet* — CH 972 (See page 12.)
Friday November 10
10:00: Replay of Thursday Movie: 
Follow the Fleet — CH 972 (See page 12.)
10:30: Seated Exercise — OQ
2:30: Dancerize with Line — ST
3:00: Music Therapy with Abby — OQ
3:30: Seated Meditation — CHP & CH 974
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday November 11
10:30: Dog Visits — SH-A
11:00: Veteran’s Day Program — AUD, LR, & CH 973 (See the article on page 5.)
1:30: Great American Sing-Along — AUD (See the article on page 6.)
3:00: Music with Barbara — OQ
7:15: Movie: Flags of Our Fathers — CH 972 (See page 13.)

Sunday November 12
9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
11:30: Chaplain Visits — SH-A
1:30: Sights and Sounds Brain Game with Kim — WL
6:30: Movie: 1776 — CH 972 (See page 13.)
### LOCATION KEY

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<th>Description</th>
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<tbody>
<tr>
<td>AR</td>
<td>Arbor Room next to the Dining Room/Bistro</td>
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<tr>
<td>AS</td>
<td>Art Studio</td>
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<tr>
<td>ASG</td>
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<tr>
<td>AUD-A</td>
<td>Auditorium A</td>
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<tr>
<td>AUD-B</td>
<td>Auditorium B</td>
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<tr>
<td>AUD</td>
<td>Auditorium AB</td>
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<tr>
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<tr>
<td>BL</td>
<td>Small House Bluestone</td>
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<tr>
<td>BR</td>
<td>Bishops’ Room First Floor Tower</td>
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<tr>
<td>BST</td>
<td>Bistro</td>
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<tr>
<td>CC</td>
<td>Concourse</td>
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<td>CTY</td>
<td>Courtyard</td>
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<tr>
<td>DDR</td>
<td>Dominion Dining Room, Original Building 2nd Floor</td>
</tr>
<tr>
<td>FL</td>
<td>Fillmore Lounge</td>
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<td>FP</td>
<td>Fillmore Patio</td>
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<td>GR</td>
<td>Game Room on Promenade</td>
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<td>Group EX Studio</td>
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<td>JA</td>
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<td>LBY</td>
<td>Lobby</td>
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<td>MP</td>
<td>Market Place on Promenade</td>
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<td>Swimming Pool on Promenade</td>
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<td>PT</td>
<td>Physical &amp; Occupational Therapy on Promenade</td>
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<td>PR</td>
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<td>PW</td>
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<td>RAR</td>
<td>Richmond Activities Room, Original Building 3rd Floor</td>
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### WELLNESS ICONS

- Communal = ![Communal](image)
- Emotional = ![Emotional](image)
- Intellectual = ![Intellectual](image)
- Physical = ![Physical](image)
- Social = ![Social](image)
- Spiritual = ![Spiritual](image)