

Gazette



Goodwin House
Alexandria

Saturday November 18, 2023

4800 Fillmore Avenue, Alexandria, VA

BY HAND: CREATIVE WRITERS GROUP

Tuesday November 21st at 3:00 pm
Bishops' Room

Do you enjoy writing? We do. Please join our friendly group this Tuesday. Bring a sample of your work to share with the group.

Margaret Riccardelli



“LOCAL WILDLIFE” EXHIBITION OF PAINTINGS BY JANE JORDAN

Exhibition: November 19th–
January 2nd

Reception: Tuesday November 21st
4:00 pm
Art Studio Gallery

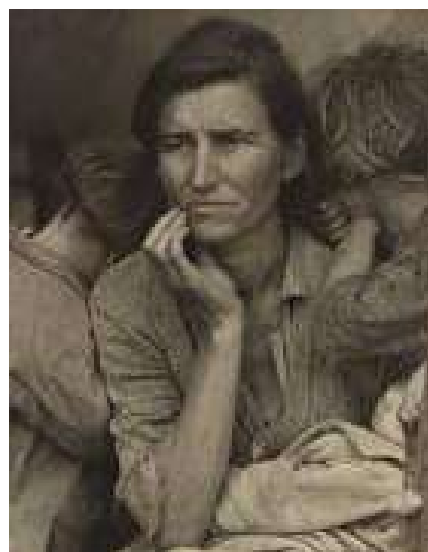
GHA resident Jane Jordan will exhibit a selection of watercolor paintings inspired by the wonderful wildlife photographs of fellow GHA resident Linda Ashley.

FIELD TRIP TO THE NATIONAL GALLERY OF ART

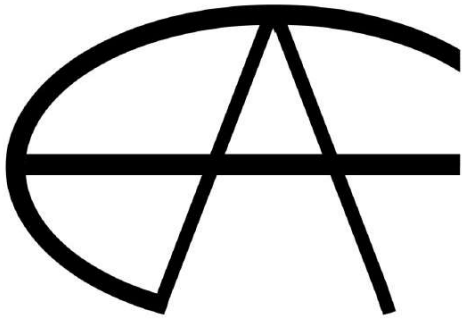
Monday November 20th
1:30 pm departure from Lobby
No entrance fee,
\$20 transportation fee

Join members of the GHA Photography Club at the special exhibition “Dorothea Lange: Seeing People” at the National Gallery of Art. A sign-up sheet will be available on Monday in the Activities Binder near the Front Desk. Priority will be given to members of the Photography Club. Please include your email to be in touch about details!

Alison Schroeder, Arts Coordinator



RESIDENT SUPPORT OF GHA'S EMPLOYEE APPRECIATION FUND



When my husband, Jim, and I moved to Goodwin House Alexandria over six years ago, it wasn't long before we realized how fortunate we were to live at GHA and to have a very caring, hardworking, and supportive staff... who often go out of their way every day to fulfill our needs and desires with compassion and positive attitudes.

We were happy to learn of the Employee Appreciation Fund (EAF) as a way we could do more than say thank you to staff... a way for us to monetarily express our gratitude for a job well done throughout the year. Now is the time of year that most residents start to think about GHA's EAF, unless you have been depositing donations during the year in the red EAF box in the Residents' Business Center on the Lobby floor. As you decide on your gift, recall the ways you have benefited from our staff's efficiency, dedication, and kindness. Let's show our appreciation and give as generously as we can!!

Lorrie Fulton, Resident

BYOCONVERSATION: APPRECIATE? OR TAKE- FOR-GRANTED?

Monday November 20th

10:00–10:45 am

Living Room

When people do well every time, I take them for granted: never surprised. Then I forget to appreciate their reliability. In BYOC this Thanksgiving-week Monday, we can explore the meanings of “appreciation”—and “take-for-granted.”

The heating (or cooling) works. Fresh water, clean, and on tap? Yes, daily... breakfast, lunch, supper for about 360 residents, 365 days a year? Yep... A trained team member at the lobby desk, 24/7?... On-call maintenance, 24/7?... In Assisted Living, assistance?... Housekeepers keeping house?... Trash removal and recycling? Clinic staff? Yep, all of this and much more—reliably.

And our response? Appreciation? Or take-for-granted? What do we mean by “appreciation,” “thanksgiving,” “gratitude”? What's the psychology? The emotional impact of “appreciating”—or not? What words and actions express appreciation? Any truly appreciative people you have known?

Do we also thank those acting for the environment? For improved medicine? For security, the underdog, good government, justice? All welcome to BYOConversation!

Jonathan Bryan, Resident

TVA INFORMATIONAL TABLE

Wednesday November 22nd

11:00 am–12:30 pm

Lobby

Join representatives from The View Alexandria (TVA) in the Lobby. Learn how Goodwin Living has supported residents at TVA. Ask about the unique services we offer, such as Assisted Living respite, large apartments for Assisted Living, and rehab for those with Parkinson's disease. Details about the resident referral program will be available.

Josh Bagley, Executive Director, The View Alexandria

REMINDER: MUSIC-GUIDED POOL MEDITATION

Wednesday November 22nd

From 2:00–2:45 pm

GHA Pool on the G1 Level

Join Christie Thomas and Abigail Hanlon for a music-guided pool meditation. Give yourself some TLC as we closely approach the holiday season! There is a sign-up sheet in the Activities Binder under the blue fitness tab. Only eight spots are available due to limited space.

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

ALEXANDRIA SCOTTISH CHRISTMAS WALK PARADE

Saturday December 2nd

Parade: 11:00 am–1:00 pm

GHA Shuttle will depart from the Lobby at 9:00 am and return around 2:00 pm



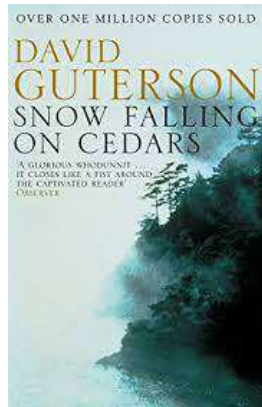
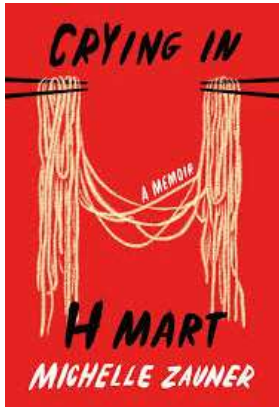
Please join us as we walk through Old Town Alexandria in the Scottish Christmas Walk Parade! This event is co-hosted by the City of Alexandria and one of our long-time nonprofit partners, The Campagna Center. This year, Goodwin Living is a sponsor.

Goodwin Living has participated in the parade in the past, and we're excited to be a part of the celebration again this year. The parade takes place regardless of weather in Old Town Alexandria and includes bagpipe players, drummers, dogs, and community organizations marching along with friends and children. It is a wonderfully fun event and we're delighted to be a part of it. A sign-up sheet will be in the Activities Binder on Monday morning for those who would like to ride on the GHA shuttle.

*Kim Butler,
Director of Life Enrichment*

NOVEMBER GHA BOOK CLUB MEETING

Tuesday November 21st at 2:00 pm
Residents' Conference Room



At the November meeting of the GHA Book Club, we will be discussing *Crying in H-Mart* by Michelle Zauner. This book is a memoir about family, food, love, grief, and growing up as a Korean American.

In December, we take a holiday break, so there will be no meeting.

We will meet again on January 16th, when we will discuss *Snow Falling on Cedars* by David Guterson. This novel is set in 1954 on a fictional island in Puget Sound. The plot revolves around a murder case in which a Japanese-American fisherman is accused of killing a White fisherman, exploring the racial tension simmering under the surface of an outwardly peaceful community.

We are able to borrow ten to twelve copies of the book for each month's Book Club meeting from the Fairfax Library system. Copies are limited and are intended for those

readers who will be coming to the upcoming meeting. The sign-up sheet for the January book will be available on the afternoon of Tuesday November 21st, and the books will be distributed to participants' mailboxes soon after Christmas.

We are not a membership organization. New readers and good book suggestions are always welcome!

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

ENVIRONMENTAL SERVICES COMMITTEE MEETING

Monday November 20th, 3:00 pm
Fillmore Lounge

The Environmental Services Committee will be exploring an effective information strategy to get clear, current, and accurate information to all residents about the handling of recycling, composting, and waste disposal, and handling of such items as batteries and light bulbs and larger electronic devices. All are welcome to attend.

*Peggy Burke, Chair,
Environmental Services Committee*

DINING SERVICES

PIE SALE

Need a Thanksgiving dessert? We've got you covered! From November 15th–22nd, Dining Services will be taking orders for holiday pies. We will be offering apple, pumpkin, sweet potato, southern pecan, fruits of the forest, and cheesecake. Prices range from \$13-\$25. Order forms are available for pick-up and drop-off in the Dining Services office. Pies will be available for pick up in the Fillmore Market, except on Thanksgiving Day, when you can pick up your pie in the Bistro.



DIETITIAN DISHES

Thanksgiving is my favorite holiday by far. It's a day that we can celebrate my three favorite things: family, food, and football. We only get to enjoy Thanksgiving one day a year, so I always recommend we enjoy our meals without the worries of sticking to a strict diet. Since this is a special meal, the nutrition facts will not be posted on Touchtown. If you have any dietary questions or concerns leading up to the holiday, please do not hesitate to reach out to me at 703-824-1263. I'm so thankful for each and every one of you!

Alex Freiman, Dietitian

DAVID BAKER: 2023 LIVING LEGEND

Please join us in honoring David Baker, who was named a 2023 Living Legend of Alexandria. After retiring from the police force, Dave joined Goodwin House Alexandria. His twelve years of service to Goodwin House are remembered with appreciation for his compassion and commitment to our residents and team members.

Residents and team members are welcome to sign one of the congratulation cards that will be available in the concourse on Monday November 20th and Tuesday November 21st between 11:00 am and 5:00 pm. We will mail the cards to Dave on Wednesday November 22nd.

*G. Theresa Thomas,
Associate Executive Director*

DICK'S TEASER

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

**D
N
A D A M**



**Possible solutions on page 8*

Dick Pellerin, Resident

EVENTS

EVENING CONCERT: BORISEVICH DUO

**Tuesday November 21st at 7:30 pm
Auditorium**

The Borisevich Duo, featuring pianist Margarita Loukachkina and violinist Nikita Borisevich, is an internationally acclaimed violin and piano duet, frequently performing across the United States and Europe. Mr. Borisevich and Ms. Loukachkina are winners of numerous international music competitions and have collectively performed on many world renown stages such as The Kennedy Center in Washington, DC; Mozarteum University in Salzburg, Austria; Grand Hall of Moscow Conservatory in Moscow, Russia; Shriver Hall in Baltimore, Maryland; California Institute of Technology in Pasadena, CA; JCC Greater Washington in Rockville, MD; and Manuel de Falla Auditorium in Granada, Spain.



MUSIC EDUCATION SERIES WITH QUENTIN WALSTON

**Monday November 20th at 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.

AFTERNOON PROGRAM: THE WANDERING DOCENT

**Wednesday November 22nd
2:00 pm
Auditorium and Channel 973**

Most visitors spend less than a minute viewing individual pieces of art at the museum. The Wandering Docent helps audiences better understand art so that they spend more time appreciating paintings, sculpture, ancient ritual objects, medieval-era luxury items, and ordinary trinkets from various cultures, regions, and time periods. This month's lecture will be on early Italian art.



ARENA STAGE: AFRIKA!'S MAGICAL MUSICAL HOLIDAY STEP SHOW



Wednesday December 13th
11:15 am, Departure from Lobby
Ticket Cost: \$50
Transportation Cost: \$20

The world's first holiday show incorporating the African American tradition of stepping, Step Afrika!'s Magical Musical Holiday Step Show is a feast for the eyes and ears. You'll laugh, you'll sing, and you'll dance—yes, dance, along with Step Afrika!'s award-winning dancers on Arena's fabulous Fichandler Stage. "DJ Nutcracker" sets the tone for a joy-filled, toe-tapping evening that's a family-friendly holiday "stepstravaganza" like no other.

Jennifer Bennett, Events Coordinator

COVID NUMBERS

Cases as of November 17th:

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

COMPOSTING FOOD WASTE

Food waste can be disposed in a dedicated compost bin near the rear exit of the Mixing Bowl dining venue on the Promenade level (G1).

To access the compost bin, take the Original Building elevators 7 and 8 to G1, the Mixing Bowl entrance is to your left. Enter the Mixing Bowl and proceed past the cashier stand to the rear exit. The container will be located along the right wall.

*G. Theresa Thomas,
Associate Executive Director*



Pre-Cycle! Make buying choices that facilitate recycling. Buy loose fruits and vegetables instead of in plastic packaging.

ADMINISTRATIVE TEAM MEMBERS OFF ON THANKSGIVING

Goodwin House administrative team will have Thursday November 23rd off in observance of Thanksgiving. The Fillmore Market, the Pool, and CVS will be closed on Thursday. The transportation team also is unavailable on that day. The Beauty Salon will be closed on both Thursday and Friday.

Administration

CHAPLAINCY SERVICES **THANKSGIVING SERVICE**

Thursday November 23rd

10:00 am

Chapel & CH 974



On Thanksgiving Day, November 23rd, there will be one service of Holy Eucharist at 10:00 am in the Chapel on

Channel 974. The service will include the blessing of knitting and crocheting for those in need. The offering will be designated for purchasing food in bulk by ALIVE! to help the needy in Alexandria. Please make checks payable to ALIVE! and bring them to the service or to the Reception Desk marked for the Chaplain's Office. Please continue to bring your non-perishable food contributions to the green box in the Memorial Chapel for delivery to the Grace Episcopal Church Food Pantry.

REMINDER: KNITTERS AND CROCHETERS



Please bring all knitted and crocheted items for donation to the Chapel late Wednesday afternoon,

November 22nd, in preparation for the Thanksgiving Day service, or contact Chaplain Bruce at 703/824-1284 or bstewart@goodwinhouse.org to make other arrangements.

GUEST PREACHER: ANDREW PETITTI, CHAPLAIN INTERN

Sunday November 26th

9:00 am Chapel & CH 974

10:30 am Auditorium & CH 973



Andrew Pettiti is serving as a chaplain intern in Clinical Pastoral Education. He is a recent graduate of Virginia Theological Seminary, 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 a former long-distance runner.

*Bruce Stewart,
Director of Chaplaincy Services*

DICK'S TEASER SOLUTION

What is represented is the expression "up and at 'em."

The word "and" is written "up," and you have the word "adam."



Dick Pellerin, Resident

RESIDENTS' COUNCIL CHANGES

At its November 14th meeting, the Residents' Council voted to elevate three current and important ad-hoc committees to Standing Committee status: Grounds & Landscape, Communications, and Technology. They also decided to restructure some elements of the committee system. Rather than Council members serving as committee chairs for every standing committee, the Council decided to empower the now 12 Standing Committees to select their own chairs or co-chairs. Each Council member will now serve as a liaison to their assigned committee, ensuring that important communication and advocacy functions between the Council and the committees continue.

Some returning council members who are currently serving as committee chairs will continue on as chairs and also serve as liaisons. These include: Susan Kernan of the Dining committee, Peggy Burke of the Environmental Services committee, Sara Fein of the Health Services committee, and Debby Christie and Judy Hansen of the Grounds & Landscape committee (Debby and Judy will serve as co-chairs; only Judy will serve as the liaison).

Other returning council members will serve only as liaisons to their current committees. These include: Ken Hopper of the Activities committee, Debby Christie of the Facilities committee,

and Anne Heanue of the Hospitality committee. These committees will elect separate chairs.

Newly elected members of the Residents' Council will serve as liaisons to their newly assigned committees. These include: Geoff Hughes of the Communications committee, Karl VanNewkirk of the Finance committee, Tom Tsui of the Marketing committee, Lee Dreyfus of the Spiritual Life committee, and Lory Manning of the Technology committee. We look forward to serving our committees and community well.

*Ken Hopper, Chair, and Judy Hansen,
Vice Chair, of the Residents' Council*

SING-ALONG SATURDAY

**Saturday November 25th, 10:30 am
Auditorium**



Because of a funeral service in the afternoon, the time for our Sing-Along on Saturday has been changed to 10:30 am. Please join us to either sing along with or just listen to the music.

Following this one, the next Sing-Along will be on Saturday December 9.

*Jim Carroll and Dick Pellerin,
Residents*

The Weekly Schedule

Sunday November 19, 2023–Sunday November 26, 2023

****Events listed in this calendar may be subject to change after the time of printing.
For the most up-to-date schedule, please consult Touchtown at www.gh-a.org****

Sunday November 19

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *A Clockwork Orange* — CH 972

A Clockwork Orange, 1971, Drama/Crime, R, 136 m. In an England of the future, Alex (Malcolm McDowell) and his “Droogs” spend their nights getting high at the Korova Milkbar before embarking on “a little of the old ultraviolence,” while jauntily warbling “Singin’ in the Rain.” After he’s jailed for bludgeoning the Cat Lady to death, Alex submits to behavior modification technique to earn his freedom; he’s conditioned to abhor violence. Returned to the world defenseless, Alex becomes the victim of his prior victims.

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 Mass & Rosary — CHP & CH 974

10:00: Trail Blazers: Bluemont Junction Trail — LBY

11:00: Just Dance Class — AUD-A

11:00–5:00: David Baker Card Signing — CC (See the article on page 5.)

12:00: German Conversation Table — BST Table 11

1:30: Field Trip to the National Gallery of Art — LBY (Sign-up Required) (See the article on page 1.)

3:00: Art Film: *From Monet to Van Gogh, a History of Impressionism* — CH 972

Lecture 7: *Impressions in the Countryside*

Lecture 8: *Paris under Siege*

Monday November 20

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — POOL

3:00: Environmental Services Committee — FL (See the article on page 4.)

3:00: Musical Education Series with Quentin Walston — AUD & CH 973 (See the article on page 6.)

3:30: Seated Meditation — CHP & CH 974

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

Tuesday November 21

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 — LB Y

10:00: Facilities Committee —
Canceled

10:00: Seamstress — Apt. 426

11:00–5:00: David Baker Card Signing — CC (See the article on page 5.)

11:00: Bible Study — CHP

11:00: Movie Committee — BR

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

1:30: Mah Jongg — LR

2:00: Painting & Drawing — AS

2:00: GHA Book Club — RCR (See the article on page 4.)

2:00: Health Services Committee — AR

2:00: Wii Bowling — GX

2:00: Movie: *American Beauty* — CH 972

American Beauty, 1999, Romance/Comedy, R, 122 m. A telesales operative becomes disillusioned with his existence and begins to hunger for fresh excitement in his life. As he experiences a new awakening of the senses, his wife and daughter also undergo changes that seriously affect their family. Critically acclaimed, this film won Oscars for Best Screenplay, Best Director, Best Actor and Best Film. (CAST: Kevin Spacey, Annette Bening, Thora Birch, Wes Bentley, Mena Suvari)

3:00: By Hand: Creative Writers Group — BR (See the article on page 1.)

4:00: Art Reception — ASG (See the article on page 1.)

4:30: Advanced Tai Chi — GX

7:30: Evening Concert: Borisevich Duo — AUD (See the article on page 6.)

Wednesday November 22

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — POOL

9:30: Market Place Accepts Donations — MP

10:00: Neighborhood Walking Group — LBY

10:30–Noon: Farm Animals — AUD

11:00–12:30: The View Alexandria Informational Table — LBY (See the article on page 3.)

11:00: Prayer Group — CHP

11:00: Teaching Company: *The Secret World of Espionage* — CH 972

Lecture 5: *Strange Bedfellows*

1:30: Duplicate Bridge — LR

2:00: Music-Guided Pool Meditation — POOL (See the article on page 3.)

2:00: Caregiver Support Group — BR

2:00: Open Studio — AS

2:00: Afternoon Program: The Wandering Docent — AUD & CH 973 (See the article on page 6.)

Thursday November 23

7:45: Morning Yoga — **Canceled**

9:00: Strength & Stretch Class — **Canceled**

9:30: Aqua Fun — **Canceled**

10:00: Yoga Strength — CH 971

10:00: Thanksgiving Day Service — CHP & CH 974 (See the article on page 8.)

10:00: Ceramics — **Canceled**

10:30: Talking Books Librarian — **Canceled**

11:00: Replay of Teaching Company: *The Secret World of Espionage* — **Canceled**

11:00: Wii Bowling — **Canceled**

12:00: French Conversation Table — **Canceled**

1:00: GHA Bell Ringers Choir — **Canceled**

1:15: Total Brain & Body Fitness — **Canceled**

2:15: Advanced Line Dancing — **Canceled**

3:00: GHA Players Meeting — **Canceled**

7:15: Movie: *August Rush* — CH 972

August Rush, 2007, Musical/Romance, PG, 114 m. A musically gifted orphan, Evan (Freddie Highmore), runs away from his orphanage and searches New York City for his birth parents. On his journey, he's taken under the wing of the Wizard (Robin Williams), a homeless man who lives in an abandoned theater. After discovering his talent, the Wizard gives Evan the name "August Rush" and devises a plan to profit from his talent. Little does Evan know that his parents, Lyla (Keri Russell) and Louis (Jonathan Rhys Meyers), are searching for him too.

Friday November 24

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

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie:
August Rush — CH 972

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

11:00: Fireside Chats with the
Residents' Council — **Canceled**

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 25

8:15: Classical Stretch — GX

10:30: Advanced Tai Chi with Instructor
— GX

10:30: Saturday Morning Live —
Canceled

10:30: Great American Sing-Along —
AUD (See the article on page 9.)

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

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Charlie Wilson's War* —
CH 972

Charlie Wilson's War, 2007,
Drama, R, 102 m. In the 1980s,
U.S. Representative Charlie Wilson
(Tom Hanks), Texas socialite
Joanne Herring (Julia Roberts)
and CIA agent Gust Avrakotos
(Philip Seymour Hoffman) form an
unlikely alliance to boost funding for
Afghan freedom fighters in their war
against invading Soviets. The trio's
successful efforts to finance these
covert operations contributes to the
fall of the Soviet Union and the end
of the Cold War.

Sunday November 26

8:15: Classical Stretch — GX

9:00: Holy Eucharist & Guest Preacher
— CHP & CH 974 (See the article on
page 8.)

10:30: Holy Eucharist & Guest Preacher
— AUD & CH 973 (See the article on
page 8.)

6:30: Movie: *A Shot in the Dark* — CH
972

A Shot in the Dark, 1964,
Comedy/Mystery, PG, 102 m. A
chambermaid at the Ballon residence
in Paris is accused of murdering her
lover. Against the wishes of Chief
Inspector Dreyfuss, the infamous
Clouseau is assigned to the case.
Death follows the maid wherever
she goes, yet Clouseau is stubbornly
convinced of her innocence. (CAST:
Peter Sellers, Elke Sommer, Herbert
Lom, George Sanders, Graham
Stark)

Richmond & Dominion Schedule

Sunday November 19

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

2:00: Dog Visits with Frankie — RAR

2:30: Autumn Watercolor Painting — RAR

6:30: Movie: *Clockwork Orange* — CH 972 (See page 10.)

Monday November 20

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

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

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

11:00: Body & Balance Exercise Program — GX

11:00: Just Dance Class — AUD-A

12:00: German Conversation Table — BST Table 11

3:00: Art Film: *From Monet to Van Gogh, a History of Impressionism* — CH 972 (See page 10.)

3:00: Musical Education Series with Quentin Walston — AUD & CH 973 (See the article on page 6.)

3:30: Seated Meditation — CHP & CH 974

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

Tuesday November 21

10:00: Yoga Strength — GX & CH 975

10:00: Facilities Committee — **Canceled**

10:00: Seamstress — Apt. 426

11:00: Bible Study — CHP

11:00: Movie Committee — BR

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

1:30: Music With Jesse — AUD

2:00: Health Services Committee — AR

2:00: Movie: *American Beauty* — CH 972 (See page 11.)

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

3:00: By Hand: Creative Writers Group — BR (See the article on page 1.)

4:00: Art Reception — ASG (See the article on page 1.)

6:30: American Songbook with Abby — RDR

7:30: Evening Concert: Borisevich Duo — AUD (See the article on page 6.)

Wednesday November 22

10:30: Farm Animal Visits — CTY & AUD

11:00: Body & Balance Exercise Program — GX

11:00: Prayer Group — CHP

11:00: Teaching Company: *The Secret World of Espionage* — CH 972 (See page 11.)

11:00–12:30: The View Alexandria Informational Table — LBY (See the article on page 3.)

2:00: Open Studio — AS

Thursday November 23

10:00: Yoga Strength — CH 971

10:00: Thanksgiving Day Service — CHP & CH 974 (See the article on page 8.)

10:00: Ceramics — **Canceled**

10:30: Talking Books Librarian — **Canceled**

11:00: Replay of Teaching Company — **Canceled**

12:00: French Conversation Table — **Canceled**

1:00: GHA Bell Ringers Choir — AUD-A

1:15: Total Brain & Body Fitness — **Canceled**

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

2:00: Thankful Wheel — AL

7:15: Movie: *August Rush* — CH 972 (See page 12.)

Friday November 24

10:00: Replay of Thursday Movie: *August Rush* — CH 972 (See page 12.)

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 — **Canceled**

2:30: Dear Resident — DDR

3:30: Seated Meditation — CHP & CH 974

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

Saturday November 25

10:30: Advanced Tai Chi with Instructor — GX

10:30: Saturday Morning Live — **Canceled**

10:30: Great American Sing-Along — AUD (See the article on page 9.)

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

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Charlie Wilson's War* — CH 972 (See page 13.)

Sunday November 26

9:00: Holy Eucharist & Guest Preacher — CHP & CH 974 (See the article on page 8.)

10:30: Holy Eucharist & Guest Preacher — AUD & CH 973 (See the article on page 8.)

2:30: Armchair Travel with Kim — RAR

6:30: Movie: *A Shot in the Dark* — CH 972 (See page 13.)

Small House Schedule

Sunday November 19

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

11:30: Chaplain Visits — SH-A

1:30: Art with Alison — MH

6:30: Movie: *Clockwork Orange* — CH 972 (See page 10.)

Monday November 20

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

10:30: Reading2Connect — PW

11:00: Bell Choir — RP

12:00: German Conversation Table — Bistro Table 11

2:30: Tea Party — BL

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

5:45: After Dinner Conversations — MH

Tuesday November 21

10:30: Morning Exercise — PW

11:00: Bible Study — CHP

1:30: Music Therapy — WL

1:30: Music With Jesse — AUD

2:00: Movie: *American Beauty* — CH 972 (See page 11.)

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

4:00: Art Reception — ASG (See the article on page 1.)

Wednesday November 22

10:30: Farm Animal Visits — CTY & AUD

11:00: Prayer Group — CHP

11:00: Teaching Company: *The Secret World of Espionage* — CH 972 (See page 11.)

2:30: Creative Creations: Sensory Tea — OQ

Thursday November 23

10:00: Individual Visits — SH-A

10:00: Thanksgiving Day Service —
CHP & CH 974 (See the article on page
8.)

10:30: Talking Books Librarian —
Canceled

11:00: Replay of Teaching Company:
The Secret World of Espionage —
Canceled

12:00: Chaplain Visits — SH-A

12:00: French Conversation Table —
Canceled

1:00: Dog visits with Cashew — SH-A

2:30: November IN2L Discovery — OQ

7:15: Movie: *August Rush* — CH 972
(See page 12.)

Friday November 24

10:00: Replay of Thursday Movie:
August Rush — CH 972 (See page 12.)

10:30: Seated Exercise — OQ

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 25

10:30: Dog Visits — SH-A

10:30: Saturday Morning Live —
Canceled

10:30: Great American Sing-Along —
AUD (See the article on page 9.)

3:00: Music with Barbara — OQ

7:15: Movie: *Charlie Wilson's War* —
CH 972 (See page 13.)

Sunday November 26

9:00: Holy Eucharist & Guest Preacher
— CHP & CH 974 (See the article on
page 8.)

10:30: Holy Eucharist & Guest Preacher
— AUD & CH 973 (See the article on
page 8.)

11:30: Chaplain Visits — SH-A

1:30: 5 Senses Sensory with Kim — RP

6:30: Movie: *A Shot in the Dark* — CH
972 (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 = |  |