

Gazette



Goodwin House
Alexandria

Saturday January 20, 2024

4800 Fillmore Avenue, Alexandria, VA

RESIDENTS' COUNCIL LISTENS

**Tuesday January 23rd at 3:00 pm
Auditorium**

The Residents' Council (RC) has initiated various ways for residents to engage with its members, including the Residents' Council Listens program. The first session will be on Tuesday January 23rd. No management staff will attend, so residents can be comfortable expressing any view, opinion, question, or complaint in relative anonymity. The RC invites all residents and hopes they will take advantage of this avenue for better communication.

Ken Hopper, Chair, Residents' Council

DINING TOWN HALL

**Wednesday January 24th, 1:30 pm
Auditorium**

Dining Services invites you to join us for a Dining Town Hall. We will review dining dollar use, our menu changes, ongoing improvements, and upcoming improvements. Bring your appetite for knowledge!

Alex Freiman, Dietitian

FIELD TRIP TO THE FREER GALLERY OF ART

**Friday January 26th
1:30 pm departure
No entrance fee
Transportation Fee: \$20**

Come see the special exhibition, "Knotted Clay: Raku Ceramics and Tea," at the Freer Gallery of Art. A sign-up sheet is available in the Activities Binder near the Reception Desk. Please include your email to be in touch about details!



*Alison Schroeder,
Arts Coordinator*



MARKET PLACE SALE

**Thursday January 26th
9:30–11:30 am and 2:30–4:00 pm**

Furniture, lamps, and household goods are available. Start your New Year off with a shopping visit to the Market Place. We hope to see you there.

Dick Wilson, Resident

SMITHSONIAN OCEAN: OUR WATER, OUR WORLD

The GHA Lenten Series, sponsored by the Memorial Chapel Outreach Committee, begins February 20th, and will be focusing on “The Ocean: Whose Water Is This?” with a number of distinguished experts in this field. As an introduction to and complement of the Lenten Series, the GHA Library has recently acquired, as a donation from a GHA resident, *Smithsonian Ocean: Our Water, Our World*, by Deborah Cramer, a gifted science writer. This highly acclaimed book is well researched, has 300 full-color photographs which bring the world of the ocean to life, and raises some excellent questions as to the future of the oceans and our relationship with this vital resource. You will find this book in the foyer of the library, where new books are featured.



*Memorial Chapel Outreach
Committee*



REMINDER: SPIRITUAL LIFE SERIES: TU B’SHEVAT

**Sunday January 21st at 4:00 pm
Auditorium**

Tu B’Shevat is also known as the New Year of the Trees. Rabbi Gail Fisher, Chaplain Bruce, and several residents will lead us in a ceremony of readings and music that includes mindfully sampling different kinds of fruits and drinks.



*Bruce Stewart,
Director of Chaplaincy Services*

DICK’S TEASER

Each of the following answers begins with the letter J.

1. You need this to change a tire.
2. A carpenter’s tool or a kind of puzzle
3. A very old car, a clunker
4. An ultimate win in a casino or a lottery
5. Olympic event involving throwing a spear
6. Another name for a hospital gown
7. A person or thing that brings bad luck
8. A hard, green stone used in Chinese jewelry
9. A large meeting of Boy Scouts or Girl Scouts



*Dick Pellerin, Resident
Solution on page 7

CFO TO SPEAK AT GHA

**Wednesday January 24th 10:00 am
Auditorium-A**



Mr. Xan Smith, Chief Financial Officer (CFO) of Goodwin Living, will address the GHA Finance Committee. All interested residents are invited to

attend, and questions from the floor are welcome.

Mr. Smith is expected to cover three main topics: the financial performance of Goodwin Living over the first quarter (Oct–Dec) of the current fiscal year, a report of an audit recently conducted of the previous year’s financial operations, and an actuarial analysis of the soundness of current projections of future operations.

Mr. Smith’s talk will be the first item on the committee’s agenda. Residents who wish to avoid sitting through the committee’s routine business are free to leave following the presentation.



*Karl VanNewkirk,
Finance Committee*

COVID NUMBERS

Cases as of January 19th:

Independent Living: 0
Assisted Living: 1
Small Houses: 0
Team Members: 2

TECH TIME MOBILE DEVICE DROP-IN CLINIC

**Tuesday January 23rd
10:00 am–12:00 pm
Arbor Room**

Have you been having issues with your phone? tablet? laptop? Try a Tech Time session! Come join us with your mobile devices, passwords, and something for taking notes.

Keep in mind that Tech Time is not a lecture but is intended to provide one-on-one help from another resident. No question or issue is too small. Victor Otusanya also attends in case there are problems we cannot resolve.



*Judy Curtis, Chair,
Technology Committee*

HEALTH DEPARTMENT PRESENTATION

**Friday January 26th at 3:00 pm
Auditorium**

Please join the Alexandria Health Department’s presentation on “How to Navigate the Respiratory Season.”

The training will discuss infection control practices for flu, COVID-19, RSV, and norovirus. Please come with your questions.



*Cathy Farmer,
Director of Clinical Services*

GHV VOTING HELP

Friday January 26th
10:00 am–2:00 pm
Arbor Room

At this event, Voting Aides will:

- Help residents and staff with registration, absentee applications, and voting, and
- Answer questions about voting.

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

Laura Lawson, Resident

SATURDAY MORNING LIVE: DR. THERESA SABONIS-HELF

Saturday January 27th at 10:30 am
Auditorium

Our Saturday Morning Live program returns to international affairs. Our speaker is Dr. Theresa Sabonis-Helf, currently serving with the School of Foreign Service at Georgetown. Her background ranges across much of the former USSR. She has often lectured at the National War College on energy security issues and advised NATO and the U.S. government. Please join us for a stimulating presentation on the intersection of energy security and tensions across the Red Sea, Middle East, Russia, and Iran.



Speakers' Forum

BYOCONVERSATION: GOOD IDEAS, BAD IDEAS: LIKE WHAT?

Monday January 22nd
10:00–10:45 am
Living Room

Well, I've had some good ideas and some bad ideas, and I've experienced other people's. We all have, in our long lives. Like to compare notes?

Such as, "My bad idea was worse than your bad idea!" Or, "That idea seemed ridiculous but actually worked well." What did we learn from these? How do you classify ideas: stupid, selfish, impractical, criminal, helpful, life-giving, productive, moral, influential, comic, etc.?

What were some good ideas and some bad ideas in history, e.g., the Declaration of Independence, the post-WW1 German reparations, penicillin, the Voting Rights Act, the wheelchair, knee replacements, concrete, gunpowder, democracy, law, marriage, crow-calls, evolutionism?

How do ideas become, and grow into reality? How do we correct our ideas, then make them happen? What makes an idea good or bad? Who decides?

BYOConversation invites you to speak or listen—welcome!



Jonathan Bryan, Resident

THE SPRING 2024 COURSE PREVIEW

Thursday February 1st

9:30 am–Noon

Resident's Conference Room



Are you interested in expanding your world, both socially and intellectually? Encore Learning helps you do both!

We'll give a brief overview of our organization, then our instructors will share information about their upcoming courses. Encore Learning is a non-profit adult learning community with about 1,000 members, mainly in the D.C. metro area. Membership is open to anyone over the age of 50. You must be a member to enroll in courses. Goodwin Living members are eligible for a complimentary membership with Encore Learning. As a member, you can enroll in their courses and participate in clubs and special events.

This event does not require registration. Simply connect to Zoom just before the event begins.

GHA is offering this preview to residents in the RCR. Please come if you are interested in hearing more. A sign-up sheet will be in the Activities Binder near the Reception Desk.



Encore Learning

RESIDENTS' COUNCIL MEMBERS' STANDING COMMITTEE ASSIGNMENTS

The current standing committee assignments for members of the Residents' Council are as follows.

- Activities: Ken Hopper
- Communication: Geof Hughes
- Dining: Susan Kernan
- Environmental Services: Peggy Burke
- Facilities: Debby Christie
- Finance: Karl VanNewkirk
- Grounds: Judy Hansen
- Health Services: Sara Fein
- Hospitality: Anne Heanue
- Marketing: Tom Tsui
- Spiritual Life: Lee Dreyfus
- Technology: Lory Manning
- Assisted Living: Joan Vogel

Feel free to contact any of these members with a particular or general question about living at GHA. Their contact information is in the Resident Directory.

Ken Hopper, Chair, Residents' Council

EVENTS

POP-UP MARKET

Sunday, January 21st

10:00 am–3:00 pm

Living Room

Local Creators will be visiting before Valentine's Day for a small pop-up market event in the Living Room. Five local artisans will bring hand-made items. Ellen of Yellow Dot Shop will have her hats, scarves, t-shirts and cards. Eddie of Apothecary Spices makes his own spice blends for cooking, grilling, and for popcorn for the Superbowl! Robin Reid of Moxie & Magic makes glass trays, coasters, and fine art prints. Heather of Calming Connections & Wellness will have her own lotions, soaps, candles and self-care bath salts in gift boxes. Eileen makes mosaic vases, ornaments, trivets and coasters.



EVENING CONCERT: ARLINGTON OPERA GROUP

Tuesday January 30th at 7:30 pm

Auditorium

Arlington opera is returning to Goodwin House. They will perform a program featuring popular operatic favorites, Broadway show tunes, and American classics. They are excited to come back, this time with a whole new program. Please come to see the show!



AFTERNOON CONCERT: SLAVIC DREAM ENSEMBLE

Thursday January 25th at 3:00pm
Auditorium

Slavic Dreams is an ensemble of the Washington Balalaika Society, the largest Russian folk orchestra in the United States. The ensemble wears traditional folk costumes and performs on authentic folk instruments bringing the music of Eastern Europe, Ukraine, Russia, and beyond, to the broader community.

The ensemble consists of balalaikas, domras, a keyboard, and a vocalist. The domra is a round-backed instrument similar to an Italian mandolin. The balalaika is a triangular shaped instrument that was originally a peasant instrument derived from the domra. The balalaika was perfected in the 1890's and became the professional level instrument of today.



MUSIC EDUCATION SERIES WITH QUENTIN WALSTON

Monday January 22nd 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.



Jennifer Bennett,
Events Coordinator

IN MEMORIAM

AUDREY FENTON

January 12, 2024

ELISABETH RAYMOND

January 16, 2024

DICK'S TEASER SOLUTION

- | | |
|------------|-------------|
| 1. Jack | 6. Johnny |
| 2. Jigsaw | 7. Jinx |
| 3. Jalopy | 8. Jade |
| 4. Jackpot | 9. Jamboree |
| 5. Javelin | |

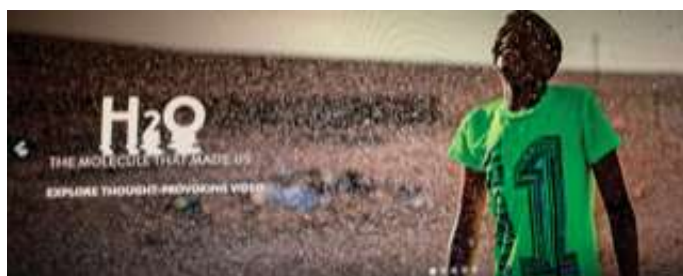


Dick Pellerin, Resident



ENVIRONMENTAL FILM: *H2O: THE MOLECULE THAT MADE US*

Monday January 22nd at 7:30 pm
Channel 972



Earth is alive because of liquid water, and the success of our human story is intimately connected to our relationship with this simple molecule. But the growth of our civilizations has created a dangerous dependence on a precious resource that may be about to run out.

In part one of this three part series, *Pulse*, we'll see there is an inseparable bond between water and life. As the world changes, the pulse between the two is faltering. In this segment, see how the flow of water is driven by its relationship with life.



The Green Team

REMINDER: FEBRUARY GHA BOOK CLUB MEETING

**Tuesday February 20th at 2:00 pm
Residents' Conference Room**

The book chosen for the February 20th meeting is *Girl With a Pearl Earring* by Tracy Chevalier. Set in 1660, this historic novel follows a poor 16 year old girl who is hired as a maid in the home of Vermeer, and becomes the painter's assistant and ultimately his model.

We are fortunate to be able to borrow ten to twelve copies of each month's book from the Fairfax Library. Folks who are interested in borrowing *Girl With a Pearl Earring* and participating in the February 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 check under Meeting. The book will be put in your GHA mail box.

The GHA Book Club always welcomes new Readers, and also suggestions of good books that you have read.

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



THE MICE ARE OFF
TO BUFFALO TO HELP
CLEAR OFF THE SNOW
AT THE STADIUM.
THEY HOPE TO MEET
KELCE AND TAYLOR,
BUT THEY ARE CHEER-
ING FOR THE BILLS
BECAUSE OF THEIR
MOUSE COUSINS, WHO
ARE ADDICTED TO
BEEF ON WICK, A
BUFFALO SPECIALTY.
HAPPY TAILGATING!

MUSICAL PERFORMANCE BY THE STRANDS

**Wednesday January 31st, 4:00 pm
Memorial Chapel**

James Strand, memorial chapel organist; Eric Strand, Grand Rapids first Methodist Church organist and director of music; and John Strand, rector of the Church of the Holy Coveter in Vienna, Virginia, will perform at GHA. The performance will include music from J.S. Bach to works by more recent composers. All are invited.

The Weekly Schedule

Sunday January 21, 2024–Sunday January 28, 2024

****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 January 21

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:00–3:00: Pop-up Market — LR (See the article on page 6.)

10:30: Holy Eucharist — AUD & CH 973

4:00: Spiritual Life Series: Tu B'Shevat — AUD (See the article on page 2.)

6:30: Movie: *Schindler's List* — CH 972

Schindler's List, 1993, War/Documentary, R, 195 m.
Businessman Oskar Schindler (Liam Neeson) arrives in Krakow in 1939, ready to make his fortune from World War II, which has just started. After joining the Nazi party primarily for political expediency, he staffs his factory with Jewish workers for similarly pragmatic reasons. When the SS begins exterminating Jews in the Krakow ghetto, Schindler arranges to have his workers protected to keep his factory in operation, but soon realizes that in so doing, he is also saving innocent lives, helping more than a thousand Polish-Jewish

refugees to survive the Holocaust. (CAST: Liam Neeson, Ben Kingsley, Ralph Fiennes, Caroline Goodall, Jonathan Sagalle)

Monday January 22

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — POOL

10:00: 12-Step Meeting — Please call 202-701-9291 for additional information.

10:00: BYOConversation — LR (See the article on page 4.)

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

10:00: Trail Blazers: Lake Accotink — LB

11:00: Grounds Committee — RCR

11:00: Just Dance Class — AUD-A

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

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

Lecture 19: *Paul Gauguin*

Lecture 20: *The Final Exhibition*

3:30: Seated Meditation — CHP & CH 974

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

7:30: Environmental Film: *H20: The Molecule That Made Us* — CH 972
(See the article on page 7.)

Tuesday January 23

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

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

9:30–Noon: Credit Union Open — PR

10:00: Painting and Drawing — AS

10:00: Yoga Strength — GX & CH 975

10:00: Bus to Giant Food — LBY

10:00–Noon: Tech Time Mobile Device Drop-In Clinic — AR (See the article on page 3.)

11:00: Bible Study — CHP

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

1:30: Mah Jongg — LR

2:00: Wii Bowling — GX

2:00: Movie: *One Fine Day* — CH 972

One Fine Day, 1996, Comedy/Romance, PG, 108 m. Melanie Parker (Michelle Pfeiffer) is an architect who needs to give a very important presentation. Jack Taylor (George Clooney) is a reporter looking to land a big scoop for his story. Both are single parents whose children, Sammy (Alex D. Linz) and Maggie (Mae Whitman), respectively, miss the bus for a field trip. Left with their kids on such a hectic day, Parker and Taylor decide to put aside their bickering and juggle baby-sitting duties, but the rambunctious children don't make it easy.

3:00: Residents' Council Listens — AUD (See the article on page 1.)

3:00: By Hand: Creative Writers Group — BR

3:00: Residents' Council Listens — AUD (See the article on page 1.)

4:30: Advanced Tai Chi — GX

Wednesday January 24

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — POOL

9:30–11:30: Market Place Accepts Donations — MP

10:00: Presentation by Xan Smith for the Finance Committee — AUD-A (See the article on page 3.)

10:00: Neighborhood Walking Group —
LBV

11:00: Prayer Group — CHP

11:00: Teaching Company: *The Great
American West* — CH 972

Lecture 11: *The California Gold
Rush*

Lecture 12: *Bleeding Kansas and
Civil War in the West*

1:30: Duplicate Bridge — LR

1:30: Dining Town Hall — AUD (See
the article on page 1.)

2:00: Caregiver Support Group — BR

3:30: Art & Sound Meditation —
Canceled

Thursday January 25

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 1.)

10:00: Yoga Strength — GX & CH 975

10:00: Ceramics — AS

10:30: Talking Books Librarian
— Library Work Room or in your
apartment by appointment; call 703-
824-1583

11:00: Newcomers Group — AR

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

11:00: Replay of Teaching Company —
CH 972

11:00: Wii Bowling — GX

Noon: French Conversation Table —
BST Table 11

1:00: GHA Bell Ringers Choir —
Canceled

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

2:00: Dining Committee — RCR

2:00: Open Studio — AS

2:15: Advanced Line Dancing — GX

2:30–4:00: Market Place Sale — MP
(See the article on page 1.)

3:00: Afternoon Concert: Slavic Dreams
Ensemble — AUD (See the article on
page 6.)

3:00: GHA Players Meeting — RCR

4:00: The Fillmore Celebrity Bartender
— FL

7:15: Movie: *West Side Story* — CH 972

West Side Story, 2021, Musical/
Romance, PG-13, 156 m. Love
at first sight strikes when young
Tony spots Maria at a high school
dance in 1957 New York City. Their
burgeoning romance helps to fuel
the fire between the warring Jets
and Sharks—two rival gangs vying
for control of the streets. (CAST:
Ansel Elgort, Rachel Zegler, Ariana
DeBose, David Alvarez, Mike Faist)

Friday January 26

7:45: Morning Yoga — GX, CH 975 & ZOOM
9:00: Fun & Fitness — GX & CH 975
10:00: Replay of Thursday Movie: *West Side Story* — CH 972
10:00: Vendor: Harun's African Art and Jewelry & Avon — CC
10:00–2:00: GHA Voting Help — AR (See the article on page 4.)
10:30: GHA Encore Chorale Rehearsal — AUD-A
11:00: Fireside Chats with the Residents' Council — LR
1:00–3:00: New Year's Goal-Setting Workshop — LBY
1:30: Shanghai — LR
1:30: Field Trip: Freer Gallery of Art — LBY (See the article on page 1. **Sign-up Required**)
2:00: Quilting Bees — BR
3:00: Health Department Presentation: How to Navigate the Respiratory Season — AUD (See the article on page 3.)
3:30: Seated Meditation — CHP & CH 974
4:30: Advanced Tai Chi — GX
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday January 27

8:15: Classical Stretch — GX
10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 4.)
10:30: Advanced Tai Chi with Instructor — GX
11:30: Beginners' Tai Chi with Instructor — GX
3:00: Weekend Wii Bowling — GX
7:15: Movie: *Everything, Everywhere All At Once* — CH 972

Everything, Everywhere All At Once, 2022, Sci-fi/Action, R, 139 m. When an interdimensional rupture unravels reality, an unlikely hero must channel her newfound powers to fight bizarre and bewildering dangers from the multiverse as the fate of the world hangs in the balance. (CAST: Michelle Yeoh, Stephanie Hsu, Ke Huy Quan, Jenny Slate, James Hong, Jamie Lee Curtis)

Sunday January 28

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

6:30: Movie: *The Lives of Others* — CH 972

The Lives of Others, 2006, Thriller/War, R, 137 m. In 1983 East Berlin, dedicated Stasi officer Gerd Wiesler (Ulrich Mühe), doubting that a famous playwright (Sebastian Koch) is loyal to the Communist Party, receives approval to spy on the man and his actress-lover Christa-Maria (Martina Gedeck). Wiesler becomes unexpectedly sympathetic to the couple, then faces conflicting loyalties when his superior takes a liking to Christa-Maria and orders Wiesler to get the playwright out of the way.

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

11:00: Body & Balance Exercise Program — GX

11:00: Grounds Committee — RCR

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: Happy Hour/Meet & Greet New Residents — LR

7:30: Environmental Film: *H2O: The Molecule That Made Us* — CH 972 (See the article on page 7.)

Richmond & Dominion Schedule

Sunday January 21

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

2:30: *Hello Dolly* the Musical, Part Two — RAR

6:30: Movie: *Schindler's List* — CH 972 (See page 9.)

Monday January 22

10:00: BYOConversation — LR (See the article on page 4.)

Tuesday January 23

10:00: Yoga Strength — GX & CH 975

10:00: Tech Time Mobile Device Drop-In Clinic — AR (See the article on page 3.)

11:00: Bible Study — CHP

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

2:00: Movie: *One Fine Day* — CH 972 (See page 10.)

3:00: By Hand: Creative Writers Group — BR

6:30: American Songbook with Abby — **Canceled**

Wednesday January 24

11:00: Body & Balance Exercise Program — GX

11:00: Prayer Group — CHP

11:00: Teaching Company: *The Great American West* — CH 972 (See page 11.)

3:30: Art & Sound Meditation —
Canceled

2:00: Open Studio — AS

2:30–4:00: Market Place Sale — MP
(See the article on page 1.)

3:00: Afternoon Concert - Slavic
Dreams Ensemble — AUD

4:00: The Fillmore Celebrity Bartender
— FL

7:15: Movie: *West Side Story* — CH 972
(See page 11.)

Thursday January 25

9:30–11:30: Market Place Sale — MP
(See the article on page 1.)

10:00: Yoga Strength — GX & CH 975

10:00: Ceramics — AS

10:30: Talking Books Librarian
— Library Work Room or in your
apartment by appointment; call 703-
824-1583

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

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

12:00: French Conversation Table —
BST Table 11

1:00: GHA Bell Ringers Choir —
AUD-A

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

1:45: Music Therapy with Abby —
RDR

Friday January 26

10:00: Replay of Thursday Movie: *West
Side Story* — CH 972 (See page 11.)

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

10:00–2:00: GHA Voting Help — AR
(See the article on page 4.)

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

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

3:30: Seated Meditation — CHP & CH
974

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

Saturday January 27

10:30: Saturday Morning Live — AUD
& CH 973 (See the article on page 4.)

10:30: Advanced Tai Chi with Instructor
— GX

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

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Everything, Everywhere
All At Once* — CH 972 (See page 12.)

Sunday January 28

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH
973

2:30: Experiencing America: *The First
Americans, Then and Now* — RAR

6:30: Movie: *The Lives of Others* — CH
972 (See page 13.)

Small House Schedule

Sunday January 21

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH
973

11:30: Chaplain Visits — SH-A

1:30: Karaoke with Kim — WL

3:00: Open Recreation/Strength &
Stretch Chair Exercise — SH-All

6:30: Movie: *Schindler's List* — CH 972
(See page 9.)

Monday January 22

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

10:30: Mindful Mornings — WL

11:00: Bell Choir — **Canceled**

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

5:45: After Dinner Conversations — OQ

7:30: Environmental Film: *H2O: The
Molecule That Made Us* — CH 972
(See the article on page 7.)

Tuesday January 23

9:30: Nutrition with Alex: Oatmeal —
RP

10:30: PowerBraining — RP

11:00: Bible Study — CHP

1:30: Music Therapy — WL

2:00: Elder Grow — MH

2:00: Movie: *One Fine Day* — CH 972
(See page 10.)

3:00: Individual Visits — RP

3:00: Theatrical Tuesdays: *Seven Brides
for Seven Brothers* — OQ

Wednesday January 24

11:00: Art with Alison — BL
11:00: Prayer Group — CHP
11:00: Teaching Company: *The Great American West* — CH 972 (See page 11.)
2:30: Brain Games: Finish the phrase — OQ

Thursday January 25

10:30: Talking Books Librarian — Library Work Room or in your apartment by appointment; call 703-824-1583
11:00: Scripture, Songs & Prayers — AUD & CH 973
11:00: Replay of Teaching Company — CH 972 (See page 11.)
Noon: Chaplain Visits — SH-A
Noon: French Conversation Table — BST Table 11
1:00: Dog visits with Cashew — SH-A
3:00: Afternoon Concert: Slavic Dreams Ensemble — AUD (See the article on page 6.)
4:00: The Fillmore Celebrity Bartender — FL
7:15: Movie: *West Side Story* — CH 972 (See page 11.)

Friday January 26

10:00: Replay of Thursday Movie: *West Side Story* — CH 972 (See page 11.)

10:30: Seated Exercise — OQ
Noon: Lunch with Theresa — OQ
2:30: Reading2Connect — WL
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 January 27

10:30: Dog Visits — SH-A
10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 4.)
2:00: Open Recreation/Strength & Stretch Chair Exercise — SH-A & Ch 971
3:00: Music with Barbara — OQ
7:15: Movie: *Everything, Everywhere All At Once* — CH 972 (See page 12.)

Sunday January 28

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 — BL
3:00: Open Recreation/ Strength & Stretch Chair Exercise — SH-All
6:30: Movie: *The Lives of Others* — 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 = All Small Houses

SHG = Small House Gallery

SN = Small House Shenandoah

WL = Small House Willis

WELLNESS ICONS

Communal =	
Emotional =	
Intellectual =	
Physical =	
Social =	
Spiritual =	