

# Gazette



Goodwin House  
Alexandria

Saturday February 10, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

## GHA PLAYERS: VALENTINE TIME

**Thursday February 15<sup>th</sup> at 3:30 pm  
Auditorium**

Okay, we'll be one day past the big day, but it's never too late for a valentine. The Players have two for you. In the 1949 radio series "My Favorite Husband," a pre-"Lucy" Lucille Ball tries to track down a wayward card. And in "Casagoodwin," Rick and Ilsa are a couple again and are checking out a retirement home.



*Lee Lederer, Resident*



## TRIVIA NIGHT

**Thursday February 15<sup>th</sup> 7:15 pm  
Auditorium**

Themes will include: Hearts & Flowers (a day late), Green Team (never out of date), and a Mystery (you gotta have some suspense).



*Ken Hopper, Resident*



Goodwin Living  
Foundation

## HELP CELEBRATE OUR ANNUAL GIVING DAY!

**Wednesday February 14<sup>th</sup>  
11:00 am–12:30 pm  
3:30 pm–5:00 pm  
Lobby**

For the fourth year in a row, the Goodwin Living Foundation is marking this special day by expressing our gratitude and support for Goodwin Living and all the people who make up the wonderful community here.

Stop by our tables for "Chocolates & Chats," and to post a message about Goodwin Living on our Gratitude Board!

We'll share important information about the Foundation's programs for residents and staff and how your generosity has a positive impact on the growth of our mission.

We hope to see you on Giving Day, Wednesday, February 14!



*The Foundation Team*

## WASHINGTON BACH CONSORT

**Thursday February 22<sup>nd</sup> 7:30 pm  
Auditorium**

Washington Bach Consort (WBC) performances can range from large works for chorus and full orchestra to small chamber works. The performance scheduled for February 22<sup>nd</sup> is an example of the latter. It features four musicians who perform regularly with the WBC: Margot Rood, soprano; Meg Owens, oboe; Billy Simms, theorbo; and Jessica Eig, viola da gamba. They have selected a program of works by Henry Purcell (1659-1695) and three French Baroque composers: Michel Pignolet de Montéclair, François Chauvon, and Robert de Visée. Henry Purcell was the foremost native English composer of the Baroque period. The three French composers are not as well known today, but they are much admired by those who perform their very elegant music. For a description of the program, details concerning the musicians, and a link to program notes (too long for the written program) please go to: [bachconsort.org/bach-to-you-goodwin-house/](http://bachconsort.org/bach-to-you-goodwin-house/).



*Jennifer Bennet,  
Events Coordinator*



## LUNCH AND LEARN: MEG OWENS

**Saturday February 17<sup>th</sup> at noon  
Auditorium**



If you have been to a performance by the Washington Bach Consort (WBC), you have probably noticed Meg Owens playing one (or more) of her three different kinds of Baroque oboes. She is one member of the ensemble from the WBC who will be performing at GHA on February 22<sup>nd</sup>.

Like virtually all who specialize in Early music (European classical music from the Baroque period and earlier), Meg is a professional freelance musician. In our next “Lunch and Learn,” Meg will bring her instruments along and demonstrate the differences between different types of Baroque oboes. She will also talk about the differences between Baroque oboes and modern versions and explain how “historically informed performance practice” is the trend in Early music performances. She will explain the differences between Baroque music and the music of earlier periods and will talk about characteristics of the French Baroque style. Meg teaches at the Peabody Conservatory and at the Jacobs School of Music at Indiana University.



*Mark Raabe, Resident*

## SUPER BOWL PARTY!

Sunday February 11<sup>th</sup>

5:00–9:00 pm

Fillmore Lounge

Dining Services invites you to a special Super Bowl party! We will serve your favorite football hors d'oeuvres while we watch the big game. Wine and beer will be available for purchase. Whichever team you support, we hope to see you there.



*Sterling Lindsay,*  
*Director of Dining Services*



## COVID NUMBERS

Cases as of February 9<sup>th</sup>:

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 2

## DICK'S TEASER

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

**17 73 19 22 safety 11 52 63 44**

*\*Answer on page 8*

*Dick Pellerin, Resident*



## IMPORTANT: MEMO FROM XAN SMITH

By now, all of you should have received, through GHA internal mail, a January 31st memo from Xan Smith, our Chief Financial Officer, regarding the “Methodology Used to Calculate Medical Expense Deduction for Tax Purposes.” This is a very important memo and should be retained by you. If you get tax assistance, please give the person who provides you with assistance a copy; they should be able to answer your questions as well. If you need another copy of the memo, you can ask for one at the Reception Desk.

*Residents' Council*

## TOUCHTOWN WORKSHOP

Thursday February 15<sup>th</sup> at 2:00 pm  
Fillmore Lounge

Touchtown is the hub for communication at GHA. It is the most up-to-date source for event announcements, cancellations, and location changes. At this workshop, we will go over Touchtown basics and then highlight two useful but lesser-known apps and answer any questions from attendees. Bring your tablet or smartphone to follow along.

*Hilary Canary,*

*Communications Coordinator*





## ARTS

### CLAIM YOUR CLAY CREATIONS

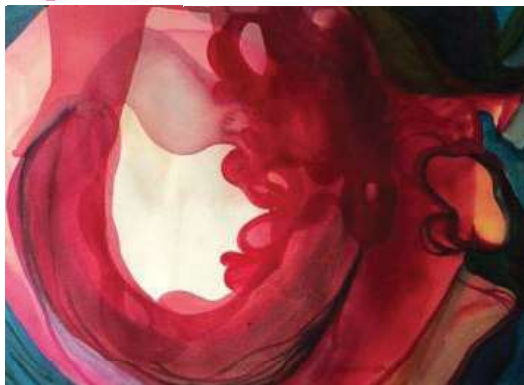
Daily from 10:00 am–2:00 pm  
Art Studio

Have you left a clay sculpture, pot, or bowl in the Art Studio? Perhaps you meant to glaze something but never got around to it? Come visit the Art Studio to claim your work! Abandoned work will be donated or recycled by the end of February.

### ART & SOUND MEDITATION

Wednesday February 14<sup>th</sup> 3:30 pm  
Residents' Council Room

A multisensory meditation experience that encourages artistic expression in response to music. Following the movement of water-based inks (along with other art materials) and ambient music into a state of flow, participation doesn't require any previous experience or talent, just an open mind. We meet on the second and fourth Wednesdays of each month. No sign-up is required—just show up!



## CALL FOR ENTRIES: “POESIS”

Deadline for submissions:  
March 11<sup>th</sup>

In celebration of National Poetry Month, Goodwin House Alexandria will be presenting its second annual ‘Poesis’ exhibition in its two on-site galleries. Participating artists are asked to pair their artwork (including painting, drawing, sculpture, photography, mixed media, and textile work) with poetry. Poems can be written by the artist or someone else as long as the artist has permission and credits the author. At the opening reception, our participating artists will have a chance to read one of the poems they included in the exhibit. Goodwin Living poets are encouraged to join as well. Please contact Alison Schroeder with questions through email at [aschroeder@goodwinliving.org](mailto:aschroeder@goodwinliving.org) with “poesis” in the subject line or stop by the Art Studio on a Thursday afternoon during Open Studio (2:00–3:30 pm).



*Alison Schroeder,  
Arts Coordinator*



Turn lights off as you leave a room or your apartment. LED bulbs use 1/6th the energy and last ten times longer.

## BYOCONVERSATION: LOVE, LOVE, LOVE!

**Monday February 12<sup>th</sup>**

**10:00–10:45 am**

**Living Room**

So much to explore about Love!  
So many “loves”—like-a-lot (“love your new suit”) or feeling-strongly-affectionate (“love these residents!”) or unconditional fidelity (“I’ll love you anyhow”) or tough love (“you need to hear this”).

Do we overuse the word and underuse its meaning?

Do other languages have interesting words for “love” and its synonyms?

Easy to love a lovable neighbor, but hard to love some other kinds?

What examples of sacrificial love? How about off-the-rails love, like “Beatlemania”? Or the love expressed as philanthropy (as in philos)?

Some Greek background—eros, physical love . . . philia, affectionate, friendly love . . . agape, unconditional, sacrificial love . . . storge, natural, family love.

This is one multiplex word! We’ll have some fun talking about its many senses – in the Living Room, 10-10:45. Lightly moderated, amplified audibility, friendship.



*Jonathan Bryan, Resident*

## HAPPENING AROUND TOWN: MOUNT VERNON SPECIAL FREE ADMISSION

**Monday February 19<sup>th</sup>**

**9:00 am–5:00 pm**

**Thursday February 22<sup>nd</sup>**

**9:00 am–4:00 pm**

Mount Vernon offers free admission on Presidents’ Day and Washington’s birthday. Normal admission is a whopping \$28. Why spend the day shopping the sales, when you could catch this bargain?

Tickets cannot be reserved in advance but will be distributed on-site upon arrival; a limited number of tickets are available. Timed mansion tour tickets will be distributed on a first-come, first-served basis. Depending on the number of visitors, there may be a two-to-three-hour delay between your arrival and your mansion tour time. Arrive early to receive the earliest tour times. There are many other things to see both indoors and outdoors while you wait.

Parking is somewhat limited. You are encouraged to carpool. For public transportation, go to <https://www.wmata.com/schedules/trip-planner/>. Due to the holiday schedule, you will probably need to transfer twice.

Bundle up! For more information, visit [mountvernon.org](http://mountvernon.org).



*Alice Kale, Chair,  
Trips and Outings Committee*

## ENVIRONMENTAL FILM: WATER: THE MOLECULE THAT MADE US

**Monday February 12<sup>th</sup> at 7:30 pm**  
**Channel 972**

In this second of three episodes, “Civilizations,” we travel into the past to see how water created the earliest civilizations. Streams, rivers, and lakes are the veins that carry the precious lifeblood we all depend on.

Primatologist Professor Richard Wrangham starts the story about as far away from civilization as you can get! Deep inside Africa’s Congo River basin, he is on the trail of a new theory that might explain a critical development in human evolution—the shift from four legs to two. And that theory is all about water.

Moving then to Ancient Egypt, this episode charts the critical role water plays in history. Around the world, we see the birth of civilizations on the banks of the great rivers, including the Nile river, the Tigris and Euphrates rivers, the Indus river, and the Yellow river. Then, the episode makes a stop in Arizona. Finally, it concludes by asking if we can guarantee water supplies of the future.



*The Green Team*

## MAKING SOMETHING OUT OF NOTHING: AFRICAN AMERICAN CULTURE THROUGH FOOD

**Wednesday February 28<sup>th</sup> at**  
**3:30 pm**  
**Arbor Room**



Food has always been an important part of African American culture. It brings together families and friends, providing a comforting place to share memories, laughter, and love. Learn how scraps that were once eaten purely for survival created dishes that have persevered through centuries, birthing the cuisine of soul food.

Dinner will include oxtails, cornbread cakes, stewed okra, black eyed peas, jollof rice, and an accompanying glass of wine from an African-American-owned winery or a glass of whiskey from the world’s first-known African American master distiller, Uncle Nearest. The cost is \$25.00 per person, charged to your resident account. This is a sign-up-only event, and space is limited. The sign-up sheet will be under the special events tabs in the Activities Binder near the Reception Desk.



*Brianna Johnson, Thera-  
peutic Recreation Supervisor*

## **EVENTS**

### **NIGHT BINGO**

**Wednesday February 14<sup>th</sup> at  
7:30 pm  
Auditorium**

Come to the Auditorium to enjoy some night Bingo! There are always prizes, laughter, and fun!



### **MARDI GRAS CELEBRATION**

**Tuesday February 13<sup>th</sup> at 7:30 pm  
Auditorium**



You don't need to go to New Orleans to celebrate Mardi Gras! Dining Services and Life Enrichment are collaborating to present a festive Mardi Gras celebration right here at GHA. Look for New Orleans-themed menu items as well as pancakes made to order all day. Finish your day off with a celebration in the Auditorium. There will be live music, a dance floor, drinks, and sweets inspired by New Orleans. *Laissez les bons temps rouler!* We hope to see you there!



### **WANDERING DOCENT**

**Friday February 16<sup>th</sup> at 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.

### **MINI MUSICALS ON THE MOVE: GUYS AND DOLLS**

**Tuesday February 20<sup>th</sup> at 7:30 pm  
Auditorium**

Welcome, welcome, to old New York! Minimusicals on the Move® is pleased to present the lovable gamblers, missionaries, and showgirls of Guys and Dolls—Nathan and Adelaide, Skye and Sarah, and Nicely Nicely Johnson—in our newest one-hour revival of this musical theater favorite! Come with us to the Save-a-Soul Mission, the Hotbox Club, and the crapshoot sewers of the Big Apple and sing along to the most melodious tunes of classic hits, including “Bushel and a Peck,” “Luck Be a Lady,” “If I Were a Bell,” “I’ve Never Been in Love Before,” “Take Back your Mink,” and “Sit Down You’re Rocking the Boat.”



## EVENTS, CONT.

### VALENTINE'S DAY SOCIAL

Wednesday February 14<sup>th</sup> 2:30 pm  
Goodwin House Bailey's  
Crossroads Gallery



Get to know your neighbors at Goodwin House Bailey's Crossroads and The View Alexandria as we gather at the GHBC campus. Residents will have a chance to get to know residents from both communities or socialize with their friends and neighbors from home. All are welcome! Not sure how to break the ice? Icebreaker topics are available if you need to get the conversation going. Stop by the gallery for some wine and fun this Valentine's Day. If interested, please sign-up in the Activities Binder under the community outings tab.

### IN MEMORIAM

RAYMOND STRICKLEN, III  
February 4, 2024

### DICK'S TEASER SOLUTION

What is represented is the  
expression "safety in numbers."



*Dick Pellerin, Resident*

### JAZZ EDUCATION WITH QUENTIN WALSTON

Monday February 19<sup>th</sup> at 3:00 pm  
Auditorium and Channel 973

Quentin Walston's musical seminars are more than a public speaking event! These educational concerts combine Quentin's highly acclaimed solo piano performance with music history, appreciation, and more. GHA will have one class each month on the third Monday.

*Jennifer Bennett, Events Coordinator*

### TOWN HALL

Wednesday February 21<sup>st</sup> 3:00 pm  
Auditorium-ABC & CH 973

Below is the agenda (subject to change) for the next Town Hall meeting. If you have any questions or topics that you would like to discuss, please let me know.

- Welcome: Barbara D'Agostino
- Resident Council Update: Ken Hopper
- Encore Learning: Karl VanNewkirk
- Sales: Sue Dolton
- Chapel: Bruce Stewart
- Garage Renovation Update: John Cruz and Selam Belete
- Transportation: Theresa Thomas

*Barbara D'Agostino, Executive Director*



# The Weekly Schedule

**Sunday February 11, 2024–Sunday February 18, 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](http://www.gh-a.org)\*\***

## Sunday February 11

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:00–3:00 pm: Pop-Up Vendor Market  
— LR

10:30: Holy Eucharist — AUD & CH  
973

5:00–9:00: Super Bowl Party — FL  
(See the article on page 3.)

6:30: Movie: *The Reader* — CH 972

*The Reader*, 2008, Romance/  
War, R, 124, As Germany rebuilds  
itself in the wake of World War II,  
teenager Michael Berg meets Hanna  
Schmitz, a bus conductor, several  
years his senior. Their relationship  
is passionate. When Hanna abruptly  
moves away without informing him,  
Michael is heartbroken. Years later,  
while studying law at Heidelberg  
University, he is appalled to discover  
that Hanna is on trial for a brutal  
Nazi war crime. (CAST: Kate  
Winslet, Ralph Fiennes, Bruno Ganz,  
Alexandria Maria Lara, Lena Olin)

## Monday February 12

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — **Canceled**

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 Communion & Rosary  
— CHP & CH 974

10:00: Trail Blazers: Dora Kelley —  
LBY

11:00: Just Dance Class — AUD-A

Noon: German Conversation Table —  
BST Table 11

1:00: Photo Club Meeting — AS

2:00: Spiritual Life Committee — RCR

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

3:00: Documentary: *Tuskegee Airman:  
They Fought Two Wars* — CH 972

3:30: Seated Meditation — CHP & CH  
974

7:30: Environmental Film: *Water: The Molecule That Made Us* — CH 972  
(See the article on page 6.)

## **Tuesday February 13**

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 —  
**Canceled**

10:00: Yoga Strength — GX & CH 975

10:00: Bus to Giant Food — LBY

10:00: Vendor: Mary Kay Cosmetics — CC

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: *Ransom* — CH 972

*Ransom*, 1996, Thriller/Mystery, R, 139 m. Through a life of hard work, airline owner Tom Mullen (Mel Gibson) has amassed a great deal of wealth. When a group of criminals want a piece of his cash, they kidnap his son (Brawley Nolte) for a \$2 million ransom. Encouraged by his wife (Rene Russo) and an FBI agent

(Delroy Lindo), Tom prepares to pay the money, but the ransom drop goes awry. Enraged, Tom decides to turn the tables on the kidnappers by making the ransom a bounty on their heads—which he announces on national television.

4:30: Advanced Tai Chi — GX

7:30: Mardi Gras Celebration! — AUD  
(See the article on page 7.)

## **Wednesday February 14**

9:00: Fun & Fitness — GX & CH 975

9:00: Ash Wednesday Service — CHP & CH 974

9:30: Aqua Fun — POOL

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

10:00: Therapist-Led Core  
Strengthening and Pelvic Exercise Class  
— GX

10:00: Neighborhood Walking Group — LBY

10:30: Ash Wednesday Service — AUD & CH 973

10:45: Resident Activities Committee  
— RCR

11:00 am–12:30 pm: Foundation Giving  
Day Table — LBY (See the article on  
page 1.)

11:00: Prayer Group — CHP

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

Lecture 17: *Life in Western Towns and Cities*

Lecture 18: *John Wesley Powell and the Desert Southwest*

1:30: Duplicate Bridge — LR

2:00: Ash Wednesday Service — RDR

3:30 pm–5:00 pm: Foundation Giving Day Table — LBY (See the article on page 1.)

3:30: Art & Sound Meditation — RCR (See the article on page 4.)

7:30: Bingo — AUD (See the article on page 7.)

## Thursday February 15

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

10:30: Green Team Meeting — AR

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

11:00: Scripture, Songs & Prayers — **Canceled**

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 — AUD-A

1:00: Low Vision Support Group — BR

1:00: Technology Committee — RCR

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

1:30: Shanghai — LR

2:00: Touchtown Workshop — FL (See the article on page 3.)

2:00: Open Studio — AS

2:15: Advanced Line Dancing — GX

3:30: GHA Players Performance: Valentine Time — AUD & CH 973 (See the article on page 1.)

3:00: Knitters and Crocheters — CHP

7:15: Trivia Night — AUD (See the article on page 1.)

7:15: Movie: *French Exit* — CH 972

*French Exit*, 2020, Comedy/Drama, R, 113 m. A widowed New York socialite and her aimless son move to Paris after she spends the last of her husband's inheritance. (CAST: Michelle Pfeiffer, Lucas Hedges, Valerie Mahaffey, Imogen Poots, Susan Coyne)

## Friday February 16

7:45: Morning Yoga — GX, CH 975 & ZOOM  
9:00: Fun & Fitness — GX & CH 975  
10:00: Replay of Thursday Movie: *French Exit* — CH 972  
10:00: Trip: Bradlee Shopping Trip — LBY  
10:30: GHA Encore Chorale Rehearsal — AUD-A  
11:00: Vendor: Deb's Handmade Jewelry — CC  
2:00: Quilting Bees — BR  
2:00: The Wandering Docent — AUD & CH 973 (See the article on page 7.)  
2:00: Party Bridge — LR  
3:30: Seated Meditation — CHP & CH 974  
4:30: Advanced Tai Chi — GX  
4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

## Saturday February 17

8:15: Classical Stretch — GX  
10:30: Advanced Tai Chi with Instructor — GX  
11:30: Beginners' Tai Chi with Instructor — GX  
Noon: Lunch and Learn — AUD (See the article on page 2.)  
3:00: Weekend Wii Bowling — GX  
3:30: Jewish Bible Study — **Canceled**

7:15: Movie: *Silkwood* — CH 972

*Silkwood*, 1983, Thriller/Mystery, R, 131 m. This drama is based on the true story of Karen Silkwood (Meryl Streep), who works at a nuclear facility, along with her boyfriend, Drew Stephens (Kurt Russell), and their roommate, Dolly Pelliker (Cher). Concerned about safety practices at the plant, Karen begins raising awareness of violations that could put workers at risk. Intent on continuing her investigation, Karen discovers a suspicious development: She has been exposed to high levels of radiation.

## Sunday February 18

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

*Ray*, 2004, Musical/Thriller, PG-13, 153 m. Legendary soul musician Ray Charles is portrayed by Jamie Foxx in this Oscar-winning biopic. Young Ray watches his seven-year-old brother drown. When he loses his sight at age nine, his hardworking mother (Sharon Warren) urges him not to feel sorry for himself. He rises through the ranks of the Seattle jazz scene, struggling with drug addiction and infidelity while on the road. Supported by his wife (Kerry Washington), Ray Charles redefines soul music and inspires a generation.



# Richmond & Dominion Schedule

## Sunday February 11

9:00: Holy Eucharist — CHP & CH 974

10:00–3:00 pm: Pop-Up Vendor Market — LR

10:30: Holy Eucharist — AUD & CH 973

2:30: History of Chocolate with Kim — RAR

5:00–9:00: Super Bowl Party — FL  
(See the article on page 3.)

6:30: Movie: *The Reader* — CH 972  
(See page 9.)

## Monday February 12

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

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

11:00: Body & Balance Exercise Program — GX

11:00: Just Dance Class — AUD-A

Noon: German Conversation Table — BST Table 11

1:00: Photo Club Meeting — AS

2:00: Spiritual Life Committee — RCR

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

3:00: Documentary: *Tuskegee Airman: They Fought Two Wars* — CH 972

3:30: Seated Meditation — CHP & CH 974

6:30: Music Appreciation Group with Abby — RDR

7:30: Environmental Film: *Water: The Molecule That Made Us* — CH 972  
(See the article on page 6.)

## Tuesday February 13

10:00: Yoga Strength — GX & CH 975

10:00: Vendor: Mary Kay Cosmetics — CC

11:00: Bible Study — CHP

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

1:30: Mah Jongg — LR

2:00: Movie: *Ransom* — CH 972 (See page 10.)

2:30: Dancerize with Line — ST

6:30: American Songbook with Abby — RDR

7:30: Mardi Gras Celebration! — AUD  
(See the article on page 7.)

## Wednesday February 14

9:00: Ash Wednesday Service — CHP & CH 974

10:00: Therapist-Led Core  
Strengthening and Pelvic Exercise Class  
— GX

10:30: Ash Wednesday Service — AUD  
& CH 973

10:45: Resident Activities Committee  
— RCR

11:00 am–12:30 pm: Foundation Giving  
Day Table — LBY (See the article on  
page 1.)

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.)

12:00: Directors' Lunch with Brian  
Patterson — BST

2:00: Ash Wednesday Service — RDR

3:00: Valentine's Bar — RAR

3:30 pm–5:00 pm: Foundation Giving  
Day Table — LBY (See the article on  
page 1.)

3:30: Art & Sound Meditation — RCR  
(See the article on page 4.)

7:30: Bingo — AUD (See the article on  
page 7.)

## Thursday February 15

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

10:30: Green Team Meeting — AR

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

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

Noon: French Conversation Table —  
BST Table 11

1:00: GHA Bell Ringers Choir —  
AUD-A

1:00: Low Vision Support Group — BR

1:00: Technology Committee — RCR

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

1:45: Music Therapy with Abby —  
DDR

2:00: Touchtown Workshop — FL (See  
the article on page 3.)

2:00: Open Studio — AS

3:30: GHA Players Performance:  
Valentine Time — AUD & CH 973 (See  
the article on page 1.)

7:15: Trivia Night — AUD (See the  
article on page 1.)

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

## Friday February 16

10:00: Replay of Thursday Movie:  
*French Exit* — CH 972 (See page 11.)

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

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

2:00: The Wandering Docent — AUD  
and CH 973 (See the article on page 7.)

3:30: Seated Meditation — CHP & CH  
974

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

### Saturday February 17

10:30: Advanced Tai Chi with Instructor  
— GX

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

Noon: Lunch and Learn — AUD (See  
the article on page 2.)

3:00: Weekend Wii Bowling — GX

3:30: Jewish Bible Study — **Canceled**

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

### Sunday February 18

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH  
973

2:30: Acrylic painting with Alison —  
RAR

6:30: Movie: *Ray* — CH 972 (See page  
12.)

## **Small House Schedule**

### Sunday February 11

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH  
973

11:30: Chaplain Visits — SH-A

1:30: Chocolate and Conversations with  
Kim — WL

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

5:00–9:00: Super Bowl Party — FL  
(See the article on page 3.)

6:30: Movie: *The Reader* — CH 972  
(See page 9.)

### Monday February 12

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

10:30: Mindful Mornings — WL

Noon: German Conversation Table —  
BST Table 11

2:30: Valentine's Tea Party — WL

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

3:00: *Tuskegee Airman: They Fought  
Two Wars* — CH 972

3:30: Seated Meditation — CHP & CH 974

5:45: After Dinner Conversations — MH

7:30: Environmental Film: *Water: The Molecule That Made Us* — CH 972 (See the article on page 6.)

## Tuesday February 13

10:00: Vendor: Mary Kay Cosmetics — CC

10:30: PowerBraining — PW

11:00: Bible Study — CHP

1:30: Music Therapy — WL

2:00: Elder Grow — MH

2:00: Movie: *Ransom* — CH 972 (See page 10.)

2:30: Dancerize with Line — ST

3:00: Theatrical Tuesdays: Yankee Doodle Dandy — OQ

## Wednesday February 14

9:00: Ash Wednesday Service — CHP & CH 974

10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — GX

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

10:30: Ash Wednesday Service — AUD & CH 973

11:00: Art with Alison — BL

11:00: Prayer Group — CHP

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

2:00: Ash Wednesday Service — RDR

2:30: Small House Residents Council — MH

## Thursday February 15

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

11:00: Scripture, Songs & Prayers — **Canceled**

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: Low Vision Support Group — BR

2:00: Dog Visits with Sara and Moriah — SH-A

3:30: GHA Players Performance: Valentine Time — AUD & CH 973 (See the article on page 1.)

3:00: Matinee Documentary: *Secrets of Saqqara Tomb* — WL

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



## Friday February 16

10:00: Replay of Thursday Movie:  
*French Exit* — CH 972 (See page 11.)

10:30: Seated Exercise — OQ

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

12:00: Director's Lunch with Chandra  
— PW

2:00: The Wandering Docent — AUD &  
CH 973 (See the article on page 7.)

2:30: Nutrition with Alex: Snacks —  
MH

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 February 17

10:30: Dog Visits

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

3:00: Music with Barbara — OQ

3:30: Jewish Bible Study — **Canceled**

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

## Sunday February 18

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 — SH-A

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

6:30: Movie: *Ray* — CH 972 (See page  
12.)

## 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 =	