

Gazette



Goodwin House
Alexandria

Saturday March 16, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

Saturday Morning Live: Residents in Action

**Saturday March 23rd at 10:30 am
Auditorium & CH 973**

Have you ever wondered what the Memorial Chapel Outreach Committee does? Are you interested in how they are helping high school students, refugees, team members seeking U.S. citizenship, and local non-profits? How can GHA residents be involved in these activities?

A panel of eight residents from the Outreach Committee will share their outreach efforts into our Alexandria community and here at GHA. Come and hear their stories about what they do and the pleasure they have in helping others.



Speakers' Forum

Market Place Sale

**Thursday March 21st at
9:30–11:30 am and 2:30–4:00 pm**

Spring is in the air! Get in the spirit with a visit to the Market Place behind the red door. Hope to see you there.

Dick Wilson, Resident

Girl Scout Cookies and Wine Tasting

**Thursday March 21st at 2:30 pm
Dominion Dining Room**

What's your favorite Girl Scout Cookie? In celebration of the founding of the Girl Scouts in March of 1912, join us as we learn what wines pair best with four flavors Girl Scout Cookies. This event is in the Dominion Assisted Living Dining Room and is open to all residents. A sign-up sheet will be available in the Activities Binder under the special events tab.

*Brianna Johnson,
Therapeutic Recreation Supervisor*



Resident Fitness Survey

The Fitness team, Leslie LaPlace and Christie Thomas, would like to know about your use, or non-use, of the Fitness facilities (gym, pool, and classes), and why you may not be taking advantage of these resources. Your answers will help us to plan future activities to reach more residents and help you live a healthier lifestyle.

On or around March 18th, you will receive an email with a Survey Monkey link to a five-question survey, which should take less than two minutes to complete. You can reply on your computer. If you don't have a computer, or don't wish to use it for this purpose, paper copies of the survey will be available in the GHA Business Center. Please respond by computer or paper copy no later than Monday April 1st. Paper responses should be left at the Reception Desk for Life Enrichment.

Please contact Leslie with any questions.

Leslie LaPlace, Fitness Manager



On the Pulse (Survey)

Thank you for filling out the dining pulse survey! One area you helped us identify as needing improvement was the overall quality of the food. We believe quality and consistency go hand in hand. To be consistent with our quality, our executive chef, sous chefs, and supervisors will taste each dish prior to service to ensure it meets our standards. We are also working to eliminate items from the menu that do not retain their desired consistency and temperature well. Chef Derek and Alex review the menus weekly to identify areas for improvement, so we can ensure that we are making adjustments before there are problems. Please keep giving us feedback regarding what we're doing well and what still needs improvement. We love hearing from you!

Alex Freiman, Dietitian

Reminder: Town Hall Agenda

**Wednesday March 20th at 3:00 pm
Auditorium-ABC & CH 973**

The next Town Hall meeting will take place on March 20th. If you have any questions or topics that you would like to discuss, please let me know.



*Barbara D'Agostino,
Executive Director*

Dick's Teaser

In the following, each of the two-word answers begin with the letters D and D.

1. Nickname for the two-story red buses in London
2. Father who doesn't pay his court-ordered child support
3. Chicago-style pizza
4. Rock Hudson's frequent costar
5. In this type of race, the cars deliberately crash into one another until the last vehicle that can still move wins.
6. He's the third-most popular cartoon character of all time, after Bugs Bunny (#1) and Mickey Mouse (#2).
7. Person appointed to make sure that everyone gets home safely after a night of drinking
8. Designated for exit from the military for serious offenses



**Answers on page 5
Dick Pellerin, Resident*



Use less water by taking a shorter shower and turning the faucet off while brushing your teeth.

How To Fall-Proof Your Home

Follow these easy suggestions to keep you and your loved ones fall free.

1. **Avoid Slip Hazards:** Install grab bars in the shower and by the toilet. Use a shower chair.
2. **Maintain Good Lighting:** Use nightlights in the bathroom and hallways.
3. **Clear Away Clutter:** Make sure that all walking pathways are free from clutter.
4. **Focus On Accessibility:** Everyday items should be within reach. Ensure your furniture is easy to get in and out of.

Finally, take preventative measures by making positive lifestyle changes. Encourage healthy eating and regular exercise, particularly exercise that supports balance and lower-body strength.



GHA Home Care Department



Resident Mentorship Program

“Sign me up!” That’s how one eager resident responded when she heard about the Mentorship Program.

Goodwin Living’s Foundation-sponsored internship program hosts student interns in many departments and pairs each with a resident mentor. They get to know one another, talk about milestones in life, and share their Goodwin Living experience. It’s really about spending quality time in friendly conversation with a young person. It is often reported to be the highlight of the intern’s experience! They love us!

We are grateful to have attracted nearly a dozen mentors here at GHA but are hoping to recruit more for the upcoming June-August term. Mentors meet with interns once a week for 35–45 minutes over 8–10 weeks. Vacations of less than two weeks can be accommodated. Zoe Marcuse, our People Engagement Manager, is the leader of this program, and provides an orientation and ideas for conversation.

Quotes from previous mentors: “I learned so much!” and “I was inspired by their optimism.” Feel free to ask recent mentors about their experience. They include Khacki Berry, Jim Bradley, Dale Brown, James Hoben, Nancy Leisch, Jill and Carl Miller, Jean Schweighauser, and Betty Wallace. More Info? Contact Pat Gottemoeller, GHA Resident Mentorship Liaison.

Pat Gottemoeller, GHA

Resident Mentorship Liaison



Goodwin Living
Foundation

Together, We Change Lives.

“In Tune” with Wellness: The Therapeutic Benefits of Music for Older Adults!

Music therapy offers a holistic approach to supporting the health and well-being of older adults, addressing their physical, emotional, cognitive, and social needs through the transformative power of music.

Did You Know?

- **49:** The average number of residents that receive music therapy services on a weekly basis either in group or individual settings
- **25:** The number of residents that are a part of the Melody Makers program
- **32:** The number of lives (residents and loved ones) that have been touched by the Heartbeat Recording project to date

Attend the Town Hall on March 20th for a live presentation of two new fascinating types of music therapy technology that are now available to residents and family members. Generous donors to the Goodwin Living Foundation provide for the music therapy positions at GHA and GHBC.

The Foundation Team

Please Welcome New Residents!

A warm welcome from your new GHA friends to:

- Susan & Bruce Conklin in #259 on March 5th
- Jose (“Josie”) Croll, in #344 on March 14th

The Hospitality Committee



COVID Numbers

Cases as of March 15th:

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

Dick's Teaser Solution

1. Double Deckers
2. Deadbeat Dad
3. Deep Dish
4. Doris Day
5. Demolition Derby
6. Donald Duck
7. Designated Driver
8. Dishonorable Discharge



Dick Pellerin, Resident

BYOConversation: “To Forgive, First...”

**Monday March 18th at
10:00–10:45 am
Living Room**

In all our years we’ve had many grievances and conflicts to forgive, or forget, or forebear, or forfeit—even forswear!

What happens during forgiving? When, why, how do you forgive? What’s it like to be forgiven? Can you forgive yourself?

How to ask for forgiveness? And what if you’re refused? Or if someone refuses to accept your forgiveness?

Can you forgive and forget? How do you respond to “Just move on” or “Get over it” or “Time heals all wounds” or “This too will pass”?

How does forgiveness work, anyhow? What benefits? Costs? Can you forgive one-way, solo? What changes when forgiveness happens? Where are the boundaries—the unforgivable? Do you have a favorite forgiveness story?

What do we learn from Rwanda? Northern Ireland? South Africa? The Amish?

Know anything about “Ubuntu”? Interdependence?

All are invited to gather for conversation and friendship, to speak or just listen.



Jonathan Bryan, Resident

Chaplaincy Services

Field Trip to the National Gallery of Art with Chaplain Bruce Stewart

Thursday March 28th

1:30 pm departure

No entrance fee

Transportation fee: \$20

Please join us for a guided tour with Chaplain Bruce Stewart to reflect on the Mark Rothko “Paintings on Paper” in the context of the Stations of the Cross. Sign up in the Activities Binder near the Front Desk. Please include your email to be contacted about details.

Alison Schroeder, Arts Coordinator

Lenten Series 2024: The Ocean: Whose Water is This? Part 5

Tuesday March 19th at 4:00 pm
Auditorium & Channel 973



The topic this week is: Source of Inspiration for a Global Community. Our speaker will be our own Chaplain Bruce, Director of Chaplaincy at GHA and Director of the Center for Liturgy and the Arts.

This is the final program in our series this year. Please join us!

Living by Heart

Wednesday March 20th at 2:00 pm
Chapel

Living by Heart, our monthly arts and spirituality gathering, has moved to the third Wednesday of the month. For March our theme is “Winds of Change.” When has your life changed direction? What has hung on through the storms of life? When has something blown in or out of your life? Bring a song, poem, story, object, image, or memory to illustrate your thoughts. All are welcome.



St. Patrick's Mass

Sunday March 17th 1:00–6:00 pm
Chapel



Come to the Chapel for a wee sit on St. Patrick's Day and enjoy Philip Green's “St. Patrick's Mass” in the style of lilting Irish melodies. About 35 minutes in length, it will play continuously 1:00–6:00 pm.

Holy Week Schedule: March 23rd–March 31st



Saturday March 23rd

10:00 am: Making Palm Crosses —
CHP

Sunday March 24th

9:00 am: Palm Sunday (Passion acc. to
Mark) — CHP & CH 974

10:30 am: Palm Sunday (Passion acc. to
Mark) — AUD & CH 973

Monday March 25th

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

3:30 pm: Seated Meditation — CHP &
CH 974

Tuesday March 26th

10:30 am: Renewal of Vows for
Diocesan Clergy — Immanuel Church
on the Hill

11:00 am: Bible Study — CHP

Wednesday March 27th

11:00 am: Prayer Group — CHP

Thursday March 28th

11:00 am: Maundy Thursday Service —
AUD & CH 973

1:30 pm: Rothko & Stations of the
Cross — National Gallery trip (**Sign-up
required**)

7:00 pm: Maundy Thursday/Stripping of
the Altar — CHP & CH 974

Friday March 29th

3:00 pm: Good Friday Liturgy/Passion
account to John — CHP & CH 974

Good Friday Offering for Diocese of
Jerusalem & Middle East

3:30 pm: Seated Meditation —
Recorded CH 971

Sunday March 31st

9:00 am: Easter Day — CHP & CH 974
(Alleluia! Ring your bells!)

10:30 am: Easter Day — AUD & CH
973 (Alleluia! Ring your bells!)

*Bruce Stewart,
Director of Chaplaincy Services*

Directors' Dutch Lunches

Wednesday March 20th at noon The Bistro

This week's lunch is with Derek
Campbell, Executive Chef. The sign-up
sheet is in the Activities Binder.

Merrily Wolf, Executive Assistant

Events

St. Patrick's Day Celebration

**Sunday March 17th at 7:30 pm
Auditorium**

The Jazz Trotters (Irish Edition) will be performing some Irish Favorites. There will be drinks and St. Paddy's day desserts available while you are enjoying all of the festivities. Come on and get your green on!



Jazz Musical Education with Quentin Walston

**Monday March 18th at 3:00 pm
Auditorium**

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.

Surprise Alfred Hitchcock Movie

**Friday March 22nd at 2:00 pm
Auditorium**

Have you seen the Alfred Hitchcock wall outside of the library? Make sure you do and vote for your favorite Alfred Hitchcock movie to watch on March 22nd. We will have trivia, popcorn, sodas and have the movie shown on the big screens. Make sure to vote and join us!

Saturday Concert: Irish Breakfast Band

**Saturday March 23rd at 2:00 pm
Auditorium**

The Irish Breakfast Band is a diverse group of D.C., Northern Virginia, and Maryland residents who meet Saturday mornings for a potluck breakfast. After breakfast, they rehearse their repertoire of Celtic tunes. These Saturday meetings are usually held at a different house each week, with attendance often exceeding a dozen musicians, though rarely the exact same set two weeks in a row. Dancers often perform traditional steps accompanied by the band. Dancers from the Boyle School of Irish Dance and sometimes other local schools are often featured with performers of all ages dancing in both hard and soft shoes.

Events, Cont.

Cherry Blossom Shuttle Tours



We will offer multiple trips to see the cherry blossoms during the upcoming weeks. The tours will travel around the Tidal Basin, to the other side of Hain's Point along the Potomac River, and back to GHA. Each trip will be about one hour long, and you will stay in the shuttle for the duration. There will be a sign-up sheet for the trips in the Community Outings tab in the Activities Binder. The shuttle will leave at the times listed below.

- Friday March 22nd: 10:00 am
- Monday March 25th: 2:30 pm
- Tuesday March 26th: 2:00 pm

There is no transportation cost for this trip. **Sign up is required.** If fewer than five people sign up for a time, that trip will be canceled. Sign-up sheets will be out on Monday morning by 10:00 am.



The Wandering Docent

**Tuesday March 26th at 2:00 pm
Auditorium**

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.



Lunch Trip: Corso (Shirlington)

**Thursday March 28th at 11:30 am
Transportation Cost: \$6**

Menu items will include Italian-American classics such as chicken Vesuvio, bone-in veal parmesan, and carbonara with hand-made pasta. A gourmet retail market is located in the front of the restaurant, featuring fresh pastas, sauces, Italian cheeses, salumi, and Italian wine. **Sign up required.**



*Jennifer Bennett,
Events Coordinator*

GHA Google Group Guidelines

The GHA Google Group is an in-house internet discussion group that allows residents and staff to exchange information on upcoming events, changes in GHA rules and regulations, and local neighborhood activities. As a resident-managed information system, the GHA Google Group is a useful adjunct to the official Goodwin House correspondence. For your information:

- You may enroll or change enrollment in the GHA Google Group by contacting Don Bradley at (571) 643-6654 or bradley38@comcast.net.
- Post to the GHA Google Group by emailing to gharesidents@googlegroups.com.
- You may enroll, receive postings, and send posting from any legitimate email address. (You do not have to have a gmail account.)
- The GHA Google Group does not prescreen individual postings. Rather, the Group relies upon the good sense and goodwill of its members.

Don Bradley, Resident

Nova Art Exhibition

March 19th–April 24th

Northern Virginia Community College (Alexandria Campus) and Goodwin Living (GL) have been collaborating on ways to foster relationships among their students, faculty, and our residents. This spring, GL will host an art exhibition in NOVA's library, starting Tuesday March 19th and running for five weeks until Wednesday April 24th.

The exhibition is called "Neighbors." We will be displaying works of art by residents from all three communities. Residents are welcome to visit the exhibition on their own during the five-week showing. (You will need to use your own transportation.) Parking in hourly pay lots at NOVA is free after 3:45 pm Monday through Friday and all day on weekends.

Do please join us at NOVA for a closing reception on Wednesday April 24th from 4:00–6:00 pm to admire and speak with the artists about their works and to meet the NOVA art students. A sign-up sheet will be available in the Activities Binder on Monday April 8th for those who would like to attend. The shuttle will make several trips back to the community if you do not wish to stay for the entire event. A reminder of the closing reception will be advertised in the Gazette at a later date.



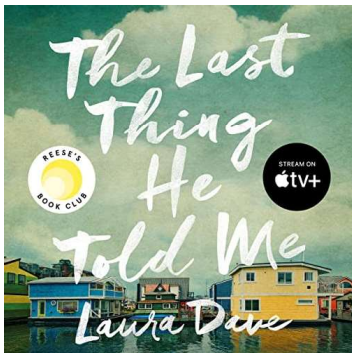
*Kim Butler,
Director of Life Enrichment*

March GHA Book Club Meeting

Tuesday March 19th at 2:00 pm
Resident's Conference Room

At the March GHA Book Club meeting, we will be discussing *The Last Thing He Told Me* by Laura Dave. In this mystery/thriller, Hannah's husband disappears, leaving a message asking her to protect her step-daughter. In this quick-moving novel, secrets are revealed.

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



Touchtown Workshop

Thursday March 21st at 2:00 pm
Fillmore Lounge

Touchtown is the central hub for communication at GHA. It is the most up-to-date source for event announcements, cancellations, and location changes. Whether you're a Touchtown newbie or an old pro, you may learn something new at the upcoming Touchtown workshop. Bring your tablet or smartphone so that you can follow along.

*Hilary Canary,
Communications Coordinator*

In Memoriam

MARYLOU "LOU" COOK
March 8, 2024

HUGH NUGENT
March 11, 2024

Open House for Prospective Residents

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

Sales will host an open house event for prospective residents. This is our event for Priority Club members to view a variety of apartment styles, and we are expecting a large crowd. We are pleased that this year, representatives from our Home and Community Based Services will be present to provide information to Priority Club members. This will include: Goodwin Rehabilitation, Goodwin Home Health, Goodwin House Home Care, Goodwin Living At Home, Goodwin Hospice, the Goodwin Living Foundation, and the Brain Health Team. We thank you in advance for making our guests feel welcome.

*Faith Hall,
Sales and Marketing Coordinator*

The Weekly Schedule

Sunday March 17, 2024–Sunday March 24, 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 March 17

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

1:00–6:00: St. Patrick's Mass — CHP
(See the article on page 6.)

6:30: Movie: *Shakespeare in Love* —
CH 972

Shakespeare in Love, 1998, Comedy/Romance, R, 123 m. *Shakespeare in Love* is a romantic comedy for the 1990s set in the 1590s. It imaginatively unfolds the witty, sexy and timeless tale behind the creation of the greatest love story ever told. A young Shakespeare (Joseph Fiennes) is out of cash and ideas, he meets his ideal woman and she inspires him to write one of his most famous plays.

7:30: St. Patrick's Day Celebration —
AUD (See the article on page 8.)

Monday March 18

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 Mass & Rosary — CHP
& CH 974

10:00: Trail Blazers: Daingerfield Island
— LBY

11:00: Just Dance Class — AUD-A

3:00: Art Film — **Canceled**

3:00: Jazz Musical Education with
Quentin Walston — AUD (See the
article on page 8.)

3:30: Seated Meditation — CHP & CH
974

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

Tuesday March 19

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 — LBV
 10:00: Facilities Committee — RCR
 10:00: Seamstress — Apt. 426
 11:00: Bible Study — CHP
 11:00: Movie Committee — AR
 1:15: Total Brain & Body Fitness — GX & CH 975
 1:30: Mah Jongg — LR
 2:00: GHA Book Club — RCR (See the article on page 11.)
 2:00: Health Services Committee — AR
 2:00: Wii Bowling — GX
 2:00: Movie: *Stand By Me* — CH 972

Stand By Me, 1985, Adventure/Thriller, R, 89 m. After learning that a stranger has been accidentally killed near their rural homes, four Oregon boys decide to go see the body. On the way, Gordie Lachance (Wil Wheaton), Vern Tessio (Jerry O'Connell), Chris Chambers (River Phoenix) and Teddy Duchamp (Corey Feldman) encounter a mean junk man and a marsh full of leeches, as they also learn more about one another and their very different home lives. Just a lark at first, the boys' adventure evolves into a defining event in their lives.

3:00: By Hand: Creative Writers Group — 9th Floor Lounge

4:00: Lenten Series: Part 5 — AUD & CH 973 (See the article on page 6.)
 4:30: Advanced Tai Chi — GX

Wednesday March 20

9:00: Fun & Fitness — GX & CH 975
 9:30: Aqua Fun — POOL
 9:30–11:30: Market Place Accepts Donations — MP
 10:30: Farm Animal Visits — CTY
 11:00: Prayer Group — CHP
 11:00: Teaching Company: *12 Women Who Shaped America: 1619 to 1920* — CH 972

Lecture 3: *Sacagawea, Shoshone Diplomat and Guide*

Lecture 4: *Sojourner Truth, Crusader for Human Rights*

Noon: Director's Lunch with Executive Chef Derek Campbell — BST (See the article on page 7. **Sign-up required.**)

2:00: Hospitality Committee — RCR

2:00: Living by Heart — CHP (See the article on page 6.)

3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 2.)

Thursday March 21

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

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

9:30: Aqua Fun — **Canceled**

9:30–11:30: Open House for Prospective Residents — GHA (See the article on page 11.)

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

9:30–11:00: Chess — FL

10:00: Yoga Strength — GX & CH 975

10:00: Ceramics — AS

10:30: Green Team Committee 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 — AUD & CH 973

11:00: Replay of Teaching Company — CH 972 (See page 13.)

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 — AR

1:00: Technology Committee — RCR

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

1:30: Shanghai — **Canceled**

2:00: Knitters and Crocheters — CHP

2:00: Touchtown Workshop — FL (See the article on page 11.)

2:00: Open Studio — AS

2:15: Advanced Line Dancing — GX

2:30: Girl Scout Cookies and Wine Tasting — DDR (See the article on page 1.)

2:30–4:30: Open House for Prospective Residents — GHA (See the article on page 2.)

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

3:00: GHA Players Meeting — RCR

7:15: Movie: *Death on the Nile* — CH 972

Death on the Nile, 2022, Mystery/Crime, PG-13, 127 m. Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. (CAST: Tom Cateman, Annette Bening, Kenneth Branagh, Russell Brand, Ali Fazal)

Friday March 22

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

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie:
Death on the Nile — CH 972

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

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

1:30: Shanghai — LR

2:00: Quilting Bees — RCR

2:00: Surprise Alfred Hitchcock Movie — CH 972 (See the article on page 8.)

3:30: Seated Meditation — CHP & CH 974

4:30: Advanced Tai Chi — GX

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

Saturday March 23

8:15: Classical Stretch — GX

10:00: Making Palm Crosses — CHP

10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 1.)

10:30: Advanced Tai Chi with Instructor — GX

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

2:00: Saturday Concert: Irish Breakfast Band and Dancers — AUD (See the article on page 8.)

3:00: Weekend Wii Bowling — GX

Sunday March 24

8:15: Classical Stretch — GX

9:00: Holy Eucharist: Palm Sunday — CHP & CH 974

10:30: Holy Eucharist: Palm Sunday — AUD & CH 973

6:30: Movie: *It Happened One Night* — CH 972

It Happened One Night, 1934, Comedy/Romance, NR, 105 m. In Frank Capra's acclaimed romantic comedy, spoiled heiress Ellie Andrews (Claudette Colbert) impetuously marries the scheming King Westley, leading her tycoon father (Walter Connolly) to spirit her away on his yacht. After jumping ship, Ellie falls in with cynical newspaper reporter Peter Warne (Clark Gable), who offers to help her reunite with her new husband in exchange for an exclusive story. But during their travels, the reporter finds himself falling for the feisty young heiress.

Richmond & Dominion Schedule

Sunday March 17

9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
1:00–6:00: St. Patrick's Mass — CHP
(See the article on page 6.)
2:30: Jeopardy! — RAR
6:30: Movie: *Shakespeare in Love* — CH 972 (See page 12.)
7:30: St. Patrick's Day Celebration — AUD (See the article on page 8.)

Monday March 18

10:00: BYOConversation — LR (See the article on page 5.)
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 — **Canceled**
3:30: Seated Meditation — CHP & CH 974
4:30: Happy Hour/Meet & Greet New Residents — LR

Tuesday March 19

10:00: Yoga Strength — GX & CH 975
10:00: Facilities Committee — RCR
10:00: Seamstress — Apt. 426
11:00: Bible Study — CHP
11:00: Movie Committee — AR
1:15: Total Brain & Body Fitness — GX & CH 975
1:30: Mah Jongg — LR
1:30: Music With Jesse — AUD
2:00: Health Services Committee — AR
2:00: Movie: *Stand By Me* — CH 972 (See page 13.)
3:00: Birthday Party & Music with Jesse — RDR
3:00: By Hand: Creative Writers Group — 9th Floor Lounge
4:00: Lenten Series: Part 5 — AUD & CH 973 (See the article on page 6.)
6:30: Music Appreciation with Abby — RDR

Wednesday March 20

10:30: Farm Animal Visits — CTY
11:00: Body & Balance Exercise Program — GX
11:00: Prayer Group — CHP
11:00: Teaching Company: *12 Women Who Shaped America: 1619 to 1920* — CH 972 (See page 13.)

Noon: Director's Lunch with Executive Chef Derek Campbell — BST (See the article on page 7.)

2:00: Living by Heart — CHP (See the article on page 6.)

3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 11.)

Thursday March 21

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: Green Team Committee 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 — AUD & CH 973

11:00: Replay of Teaching Company — CH 972 (See page 13.)

Noon: French Conversation Table — BST Table 11

1:00: GHA Bell Ringers Choir — AUD-A

1:00: Low Vision Support Group — AR

1:00: Technology Committee — RCR

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

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

2:00: Touchtown Workshop — FL (See page 11.)

2:00: Open Studio — AS

2:30: Girl Scout Cookies and Wine Tasting — DDR (See the article on page 1.)

2:30: Cookie and Wine tasting with Alex — DDR

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

7:15: Movie: *Death on the Nile* — CH 972 (See page 14.)

Friday March 22

10:00: Replay of Thursday Movie: *Death on the Nile* — CH 972 (See page 14.)

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

2:00: Surprise Alfred Hitchcock Movie — CH 972 (See the article on page 8.)

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

3:30: Seated Meditation — CHP & CH 974

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

Saturday March 23

- 10:00: Making Palm Crosses — CHP
10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 1.)
10:30: Advanced Tai Chi with Instructor — GX
11:30: Beginners' Tai Chi with Instructor — GX
2:00: Saturday Concert: Irish Breakfast Band and Dancers — AUD (See the article on page 8.)
3:00: Weekend Wii Bowling — GX

Sunday March 24

- 9:00: Holy Eucharist: Palm Sunday — CHP & CH 974
10:30: Holy Eucharist: Palm Sunday — AUD & CH 973
1:00–6:00: St. Patrick's Mass — CHP (See the article on page 6.)
2:30: Movie Matinee — RAR
6:30: Movie: *It Happened One Night* — CH 972 (See page 15.)

Small House Schedule

Sunday March 17

- 9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
11:30: Chaplain Visits — SH-A
1:30: St Patrick's Day Lucky Numbers Game — OQ
3:00: Open Recreation/Strength & Stretch Chair Exercise — SH-All
6:30: Movie: *Shakespeare in Love* — CH 972 (See page 12.)

Monday March 18

- 10:00: Catholic Mass & Rosary — CHP & CH 974
10:30: Mindful Mornings — WL
11:00: Small House Bell Choir — **Canceled**
2:30: Tea Party — **Canceled**
2:30: Therapeutic Coloring — OQ
3:00: Art Film — **Canceled**
3:30: Seated Meditation — CHP & CH 974
5:45: After Dinner Conversations — **Canceled**

Tuesday March 19

10:30: PowerBraining — WL
11:00: Bible Study — CHP
1:30: Music Therapy — **Canceled**
1:30: Music With Jesse — AUD
2:00: Movie: *Stand By Me* — CH 972
(See page 13.)
3:00: Theatrical Tuesdays: Diana the Musical — OQ
4:00: Individual Visits — RP
4:00: Lenten Series: Part 5 — AUD & CH 973 (See the article on page 6.)

Wednesday March 20

10:15: Equine Therapy with Barbara — SH-A
10:30: Farm Animal Visits — CTY/AUD
10:30: Music and Movement — Rappahannock Den
11:00: Art with Alison — BL
11:00: Prayer Group — CHP
11:00: Teaching Company: *12 Women Who Shaped America: 1619 to 1920* — CH 972 (See page 13.)
2:00: Living by Heart — CHP (See the article on page 6.)
2:30: Brain Games: A Morel Adventure — OQ
3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 11.)

Thursday March 21

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 13.)
Noon: Chaplain Visits — SH-A
Noon: French Conversation Table — BST Table 11
1:00: Low Vision Support Group — AR
2:00: Dog Visits with Sara and Moriah — SH-A
3:00: Matinee Documentary: *Unknown the lost Pyramid* — WL
7:15: Movie: *Death on the Nile* — CH 972 (See page 14.)

Friday March 22

10:00: Replay of Thursday Movie: *Death on the Nile* — CH 972 (See page 14.)
10:30: Seated Exercise — OQ
12:00: Director's Lunch with Chandra — BL
2:00: Surprise Alfred Hitchcock Movie — CH 972 (See the article on page 8.)
2:30: Reading2Connect — WL

3:00: Music Therapy with Abby —
Canceled

3:00: Therapeutic Coloring — OQ

3:30: Seated Meditation — CHP & CH
974

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

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

6:30: Movie: *It Happened One Night* —
CH 972 (See page 15.)

Saturday March 23

10:00: Making Palm Crosses — CHP

10:30: Dog Visits — SH-A

10:30: Saturday Morning Live — AUD
& CH 973 (See the article on page 1.)

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

2:00: Saturday Concert: Irish Breakfast
Band and Dancers — AUD (See the
article on page 8.)

3:00: Music with Barbara — OQ

Sunday March 24

9:00: Holy Eucharist: Palm Sunday —
CHP & CH 974

10:30: Holy Eucharist: Palm Sunday —
AUD & CH 973

11:30: Chaplain Visits — SH-A

1:30: Haikus with Hilary — MH

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 =	