

Gazette



Goodwin House
Alexandria

Saturday March 23, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

Easter Sunday Brunch

On Easter Sunday March 31st, reservations will be required for the Alexandria, the Arbor Room, and the Fillmore Lounge. The communal table will be available as well. Call (703) 824-1102 to make a reservation. Eat-in and carry-out service will be available in the Bistro with no reservations. The Mixing Bowl will be closed all day. Breakfast will be served in the Bistro only from 7:30 to 9:00 am. Brunch will be served from 11:30 am to 1:30 pm in all open venues. Supper will be served in the Bistro only from 3:30 to 6:00 pm.

*Sterling Lindsay,
Director of Dining Services*

Send Updates: Spring 2024 Directory Coming Soon

I am working on the spring 2024 printed directory. If you would like to update any information from the fall 2023 directory, please contact me by March 31st: hcanary@goodwinliving.org or 703-824-1004.

*Hilary Canary,
Communications Coordinator*

Washington Nationals Opening Day and Home Opener

**Opening Day: Thursday March 28th
at 4:10 pm**

**Home Opener: Monday April 1st at
4:05 pm**

Living Room

Come and root for the home team for both their Opening Day and Home Opener. Opening day will be against the Cincinnati Reds and the Home Opener will be against the Pittsburgh Pirates. Both games will be on the large screen in the living room and there will be baseball themed snacks and beverages. Let's Go, Nats!

Jennifer Bennett, Events Coordinator



Therapist-led Core Strengthening and Pelvic Floor Exercises Class

Wednesdays from 10:00–10:45 am
Starting on April 3rd
GX Studio

We invite you to join us for another round of exercise class led by our occupational therapists. Classes will be held every Wednesday for eight weeks, starting on April 3rd. These fun classes will vary, with exercises that target core strengthening, strengthening muscles from the upper back to the pelvic floor, and improving posture and stability.

The main goal of these classes is to enhance posture and balance and address urinary incontinence concerns. Class is limited to 14 participants, and the sign-up sheet is behind the special events tab in the Activities Binder. Please join our therapist to cultivate a stronger core and increase your confidence in your physical movements. We can't wait to see you there.

GHA Rehab Team

Dick's Teaser

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

THE ROADdrive

**Answers on page 9*

Dick Pellerin, Resident



April GHA Book Club Meeting

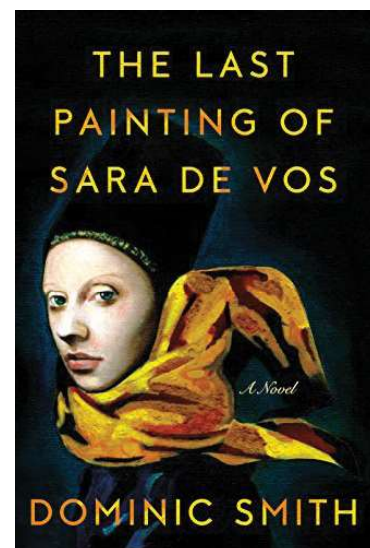
Tuesday April 16th at 2:00 pm
Residents' Conference Room

At the April meeting we will be discussing *The Last Painting of Sara de Vos*, by Dominic Smith. This historical novel concerns an impressive painting done by a fictional female Dutch painter in the mid-1600s, and a fictional female art historian who forges that painting in New York City in the mid-1950s. The resolution of this story comes in the year 2000 in Australia. The author explores the world of artists and the effect of magnificent art on those who see it.

If you would like to borrow this book and come to the April Book Club meeting, you can sign up in the Activities Binder on the Book Club page behind the orange tab towards the back of the binder.

New Readers are always welcome!

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



Spring Menu Changes

Chef Derek and I have been doing our jobs for a long time, and we often joke that nothing seems to surprise us anymore. This week, we were surprised. Inspired by the success of Life Enrichment's Oreo taste test, residents have requested that Oreos be a featured dessert on the new Spring menu! We have added them to the menu this upcoming week and we hope you enjoy them.

Alex Freiman, Dietitian



On the Pulse (Survey)

Thank you for filling out the Dining Pulse Survey! From your feedback, we learned that we need to improve the attentiveness of our Dining Services team members. Although we hear that you love our servers, we could all use a little training every once in a while to sharpen our skills. Our server trainings are focused on portraying charisma, using appropriate body language, and most importantly, making eye contact. We are also training our servers to ensure that they feel like

they have the confidence to provide a solution to every problem. We will be conducting server evaluations monthly to help build this confidence, and to hold our team accountable. Look for more attentiveness during mealtime in the form of more visits to your table and improved communication. Please keep giving us feedback regarding what we're doing well, and what still needs improvement. We love hearing from you!

Alex Freiman, Dietitian

Lessons From the Blue Zones

April 10th at 2:00 pm

Auditorium

Registration: \$7.00

What if I told you that living a longer life could include pasta, happy hours, and naps? Join our Registered Dietitian Alex Freiman and Chef Brian Patterson to learn about the five Blue Zones; areas in the world where people are living longer and better than ever. After the lecture, we will try different foods and a glass of wine from these five regions. You can confirm your attendance by emailing AFreiman@goodwinliving.org. All attendees will be entered to win the Blue Zones Kitchen cookbook.

Alex Freiman, Dietitian

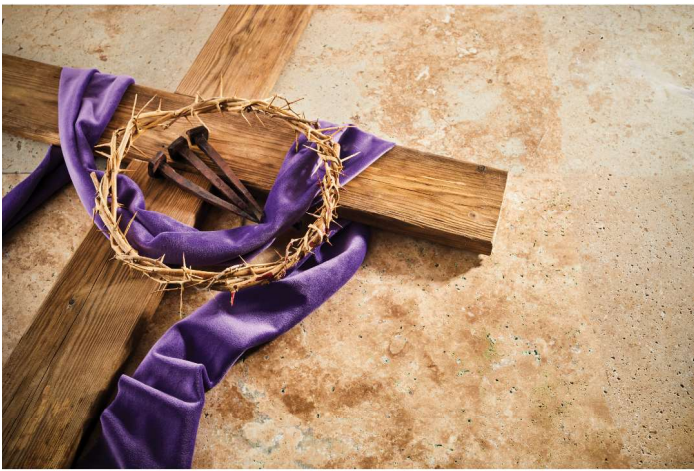
Chaplaincy Services

Reminder: Monthly Clothing Drive

**Wednesday March 27th
from 9:00–11:30 am
Game Room, G-1 Promenade**

Your donations of clean, useable clothing assist the work of Northern Virginia Family Services through resale at the Clock Tower Thrift Shop in Falls Church. Thank you!

Reminder: 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*

Environmental Film: *Antarctica: A Year on the Ice*

**Monday March 25th at 7:30 pm
Channel 972**

Antarctica: A Year on the Ice is a visually stunning journey to the end of the world. We experience the beauty and brutality of the most severe environment on Earth along with the hardy and devoted people who call it home year-round. Capturing epic battles against helacious storms, quiet reveries of nature's grandeur, and everyday moments of humanity, Anthony Powell's documentary reveals a close knit international community of scientists, craftsmen, and laborers who thrive in a land few have ever experienced. Filmed over the course of ten years on the continent, *Antarctica* combines spectacular photography and a deeply personal adventure to capture the splendor of Antarctica.

It chronicles a year of time spent living and working at remote stations—from the summer season (Oct.–Feb.) when the sun shines 24 hours a day to the long dark winter (Feb.–Oct.) where the sun goes down for four long months and darkness envelopes the environment. The film focuses on the everyday workers who keep the stations and the equipment running so the scientists can complete their work.

The Green Team



Whenever possible, wash clothes in cold water in full loads.

Spring Training in Fort Myers

GHA residents recently attended a Washington Nationals vs. Minnesota Twins game in Fort Myers, Florida. Thad Levine is the General Manager of the Twins and the son of GHA residents Michael and Rozanna Levine.



Pictured left to right: Michael Levine, Mark Raabe, Sue Padgett, and Thad Levine.

Residents' Council Listens

**Tuesday March 26th at 3:00 pm
Auditorium**

Speak about whatever is on your mind. No management will be present. Council members will try to provide a reply, or at least will provide an answer as soon as possible.

Social Work Updates

Social Work Month

March is Social Work Month!
Please thank the Social Workers at GHA
for the work they do on your behalf.
They are:

- Hilary Wurzbach, Small House Social Worker
- Kyleah Harper, Assisted Living Social Worker
- Monica H. Thomas, Director of Social Worker/Residential Living Social Worker



Spanish Conversation Table

Friday April 5th at noon
Bistro Table 11

The French and German tables have been so popular, that we have received a request to start a Spanish conversation table. On the first Friday of every month, residents can gather for conversation in Spanish. The first meeting will be on April 5th at noon.

Upcoming Social Work Events

Thursday April 18th at 1:00 pm
Arbor Room

The Low Vision Group will host the Virginia Department of the Blind and Visually Impaired on April 18th. They will speak about assistive technology options for those with low vision and will describe the services the department can provide to our residents.

*Monica Thomas,
Director of Social Work*

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.

Jennifer Bennett, Events Coordinator



Bits and Bytes: Pop-up Technology Assistance

**Wednesdays at 4:00 pm
Lobby**

The Tech Committee knows you want more opportunities to resolve issues with your mobile devices. Starting on Wednesday March 27th, pop-up technology assistance will be available from 4:00-5:00 pm in the Lobby. A volunteer, Holly Deutsch, will be available at the Chess table to provide help.

Note the Change in Process:
We are asking you to sign-up in the Activities Binder under the special events tab. This is so we can ensure that Holly will have some residents to work with. You can still drop in, but those who sign-up will have priority. Remember to bring your relevant passwords and paper on which to take notes!

We plan to offer the Wednesday Pop Up each week and work to add about four more different days and times. We welcome your feedback, especially since more sessions are in the works.

Note: Pop-Up sessions are not designed to be extensive teaching sessions—they work best for resolving the multitude of problems that leave us unable to get our devices to work the way we want them to.

*Judy Curtis and Kathi Menda,
Technology Committee Co-Chairs*

Fitness Surveys

Don't forget about the fitness surveys! They were sent out via email, and physical copies are available in the Resident Business Center. They are due back by Monday April 1st.

Leslie LaPlace, Fitness Manager



Resident Wellness Series Part One Broadcast

**Friday March 29th
at 7:15 pm
Channel 971**



Did you miss the first lecture in our resident wellness series? You can view a broadcast of this

event, which featured presentations by Goodwin Living Dietitians and fitness professionals on the effects of nutrition and physical activity on sarcopenia (age related muscle loss). The video will also be available for you to watch at your convenience on Touchtown, via Video Links>Fitness.

Leslie LaPlace, Fitness Manager

BYOConversation: Emerging Awareness

**Monday March 29th 10:00-10:45 am
Living Room**

Catching on... realizing... getting the picture—my awareness of our culture's various injustices and poor practices emerged slowly from youth to age: Stop segregating, discriminating; discourage smoking; strengthen civil rights; guarantee voting; quit DUI; wear seat belts; etc., etc. Perhaps you had similar consciousness-raising.

I think “emerging awareness” expanded our moral, civic, ethical persuasions, shaped attitudes, changed minds, moved opinions.

Care to discuss this, explore how it worked, what happened to us—maybe from nothing much to a lot? In BYOC, let's pool our experiences about emerging awareness.

How does consciousness grow? What “fertilizes” the growth? In “growth spurts”?

Were these emergences like “a dawn of awareness”? What awareness would you like to emerge in our culture?

BYOC offers a context of friendship to explore such questions. We helped shape the future we live in. Let's talk about that.

Jonathan Bryan, Resident

Men's Lunch and Conversation

**Saturday April 6th at noon
Arbor Room**

John Berry will lead a discussion on what the US Armed Forces have learned through the Russian invasion of Ukraine.

Lunch: sign up if you want to make your own sandwich for \$8 or pick up your lunch at the Bistro, both of which come out of your dining dollars.

Ken Hopper, Resident



Directors' Dutch Lunches

**Wednesday March 27th
Noon–1:00 pm
The Bistro**

This week's lunch is with Connie Lee, Rehab Director. Sign up in the Activities Binder, or pop by the table and join if there is space.

Merrily Wolf, Executive Assistant

Trip to the National Symphony at the Kennedy Center



Friday May 3rd

10:15 am departure

Ticket cost \$26.25–\$64.00

Transportation cost: \$20.00

Manfred Honeck, whose 2020 recording of Bruckner's Ninth Symphony earned him three Grammy nominations, presents this gripping unfinished work. NSO Concertmaster Nurit Bar-Josef showcases her beautiful playing in Beethoven's rarely heard Romances for Violin and Orchestra.

We do not know at this time how many tickets we will be able to obtain. If you are interested, sign up in the Activities Binder near the Reception Desk starting on Monday at 10:00 am. You will be contacted by April 3rd with further information.

Alice Kale,

Resident Trips and Outings Committee

COVID Numbers

Cases as of March 22nd:

Independent Living: 6

Assisted Living: 0

Small Houses: 6

Team Members: 1

Small Ship Cruising

Art Sauer spoke at the March 7th meeting of the Resident Trips and Outings Committee about the possibility of forming a group to go on a small ship cruise through American Cruise Lines.

Art recently got communications from the American Cruise Lines about several itineraries offering discounts from \$1,000–\$2,000 plus free airfare. He is investigating further. We may also be able to get a group discount.

If you might participate, please send Art an email (art_sauer@hotmail.com). He will only send emails to those who are interested, so as not to clog up anyone's inbox.

Alice Kale,

Resident Trips and Outings Committee

Saturday Movie Note

**Saturday March 23rd at 7:15 pm
Channel 972**

The previous edition of the *Gazette* did not list a movie for Saturday March 23rd. *The Eternal Sunshine of the Spotless Mind* will play on that date.

Dick's Teaser Solution

What is represented is the expression “**drive on the right side of the road.**”



Dick Pellerin, Resident

The Weekly Schedule

Sunday March 24, 2024–Sunday March 31, 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 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.

Monday March 25

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 8.)

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

10:00: Trail Blazers: Burke Lake —
LBY

11:00: Grounds Committee — RCR

11:00: Just Dance Class — AUD-A

Noon: German Conversation Table —
BST Table 11

3:00: Art Film — **Canceled**

3:30: Seated Meditation — CHP & CH
974

7:30: Environmental Film: *Antarctica:
A Year on the Ice* — CH 972 (See the
article on page 5.)

Tuesday March 26

- 7:45: Morning Yoga — GX, CH 975 & ZOOM
- 9:00: Strength & Stretch Class — GX & CH 971
- 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
- 11:00: Bible Study — CHP
- 1:15: New: Total Brain Health Program — GX
- 1:30: Mah Jongg — LR
- 2:00: Wii Bowling — GX
- 2:00: The Wandering Docent — AUD
(See the article on page 6.)
- 2:00: Movie: *The Bucket List* — CH 972

The Bucket List, 2007, Comedy/Adventure, PG-13, 97 m. Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their

doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.

3:00: Residents' Council Listens — AUD (See the article on page 5.)

4:30: Advanced Tai Chi — GX

Wednesday March 27

- 9:00: Fun & Fitness — GX & CH 975
- 9:00–11:30: Clothing Collection — GR
(See the article on page 4.)
- 9:30: Aqua Fun — **Canceled**
- 9:30–11:30: Market Place Accepts Donations — MP
- 11:00: Prayer Group — CHP
- 11:00: Teaching Company: *12 Women Who Shaped America: 1619 to 1920* — CH 972

Lecture 5: *Catharine Beecher, Author and Educator*

Lecture 6: *Victoria Woodhull, 1872 Presidential Candidate*

Noon: Director's Dutch Lunch — BST
(See the article on page 8.)

1:00: Duplicate Bridge — LR

2:00: Caregiver Support Group — AR

3:30: Art & Sound Meditation — RCR

4:00: Art Reception for Lucy Johnson — ASG

4:00: Pop-up Technology Assistance — LBY (See the article on page 7.)

Thursday March 28

7:45: Morning Yoga — GX, CH 975 & ZOOM
9:00: Strength & Stretch Class — GX & CH 971
9:30: Aqua Fun — POOL
9:30: Chess — LR
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 — **Canceled**
11:00: Maundy Thursday Service — 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: NEW: Total Brain Health Program — GX
1:30: Field Trip to the National Gallery of Art with Chaplain Bruce Stewart — LBY (**Sign-up Required**)
2:00: Dining Committee — RCR
2:00: Open Studio — AS

2:15: Advanced Line Dancing — GX
3:00: GHA Players Meeting — RCR
4:10: Washington Nationals Opening Game — LR (See the article on page 1.)
7:00: Maundy Thursday Service — CHP & CH 974
7:15: Movie: *Dog* — CH 972

Dog, 2022, Comedy/Adventure, PG-13, 101 m. With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance of finding happiness.

Friday March 29

7:45: Morning Yoga — GX, CH 975 & ZOOM
9:00: Fun & Fitness — GX & CH 971
10:00: Replay of Thursday Movie: *Dog* — CH 972
10:30: GHA Encore Chorale Rehearsal — AUD-A
11:00: Harun African Arts & Crafts — LBY
2:00: Quilting Bees — RCR
3:00: Good Friday Service — CHP & CH 974

3:30: Seated Meditation — CH 971
(Recorded Only)

4:30: Advanced Tai Chi — GX

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

7:15: Wellness Series Part 1 — CH 971
(See the article on page 7.)

Saturday March 30

8:15: Classical Stretch — GX

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: *The Graduate* — CH 972

The Graduate, 1967, Comedy/
Romance, PG, 106 m. Benjamin
Braddock (Dustin Hoffman) has
just finished college and, back at
his parents' house, he's trying to
avoid the one question everyone
keeps asking: What does he want
to do with his life? An unexpected
diversion crops up when he is
seduced by Mrs. Robinson (Anne
Bancroft), a bored housewife
and friend of his parents. But
what begins as a fun tryst turns
complicated when Benjamin falls
for the one woman Mrs. Robinson
demanded he stay away from, her
daughter, Elaine (Katharine Ross).

Sunday March 31

8:15: Classical Stretch — GX

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

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

6:30: Movie: *Hero* — CH 972

Hero, 1992, Comedy/Drama, PG-13,
118 m. Bernie LaPlante is having a
rough time. He's divorced, his ex-
wife hates him, and has custody of
their son. The cops are setting a trap
for him, then to top it all, he loses a
shoe while rescuing passengers of
a plane crash. Being a thief who is
down on his luck, he takes advantage
of the rescue, but then someone
else claims credit for it. (CAST:
Dustin Hoffman, Geena Davis, Andy
Garcia, Joan Cusack)

Richmond & Dominion Schedule

Sunday March 24

9:00: Palm Sunday — CHP & CH 974
10:30: Palm Sunday — AUD & CH 973
2:30: Movie Matinee — RAR
6:30: Movie: *It Happened One Night* —
CH 972 (See page 10.)

Monday March 25

10:00: BYOConversation — LR (See
the article on page 8.)
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
Noon: German Conversation Table —
BST Table 11
3:00: Art Film — **Canceled**
3:30: Seated Meditation — CHP & CH
974
7:30: Environmental Film: *Antarctica:
A Year on the Ice* — CH 972 (See the
article on page 5.)

Tuesday March 26

10:00: Yoga Strength — GX & CH 975
10:00: Tech Time Mobile Device Drop-
In Clinic — AR
11:00: Bible Study — CHP

1:15: NEW: Total Brain Health Program
— GX

1:30: Mah Jongg — LR

2:00: The Wandering Docent — AUD
(See the article on page 6.)

2:00: Movie: *The Bucket List* — CH 972
(See page 11.)

3:00: Residents' Council Listens —
AUD

6:30: Music Appreciation with Abby —
RDR

Wednesday March 27

9:00: Clothing Collection — GR

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 11.)

Noon: Directors Lunch with Connie Lee
— BST (See the article on page 8.)

3:30: Art & Sound Meditation — RCR

4:00: Pop-up Technology Assistance —
LBY (See the article on page 7.)

4:00: Art Reception for Lucy Johnson
— ASG

Thursday March 28

9:30: Chess — LR

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: Music Therapy with Abby —
DDR

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

1:15: NEW: Total Brain Health Program
— GX

1:45: Music Therapy with Abby —
Canceled

2:00: Open Studio — AS

7:00: Maundy Thursday Service — CHP
& CH 974

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

Friday March 29

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

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

3:00: Good Friday Service — CHP &
CH 974

3:30: Seated Meditation — CHP & CH
974

3:30: Seated Meditation — CH 971
(Recorded Only)

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

7:15: Wellness Series Part 1 — CH 972
(See the article on page 7.)

Saturday March 30

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: *The Graduate* — CH 972
(See page 13.)

Sunday March 31

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

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

1:00: Easter Treat Pass — Assisted
Living

6:30: Movie: *Hero* — CH 972 (See page
13.)

Small House Schedule

Sunday March 24

9:00: Palm Sunday — CHP & CH 974
10:30: Palm Sunday — AUD & CH 973
11:30: Chaplain Visits — SH-A
1:30: Conversations with Hilary — MH
3:00: Open Recreation/ Strength & Stretch Chair Exercise — SH-All
6:30: Movie: *It Happened One Night* — CH 972 (See page 10.)

Monday March 25

10:00: Catholic Communion & Rosary — CHP & CH 974
10:30: Mindful Mornings — WL
11:00: Small House Bell Choir — **Canceled**
Noon: German Conversation Table — BST Table 11
2:30: Tea Party — SN
3:00: Art Film — **Canceled**
3:30: Seated Meditation — CHP & CH 974
5:45: After Dinner Conversations — MH
7:30: Environmental Film: *Antarctica: A Year on the Ice* — CH 972 (See the article on page 5.)

Tuesday March 26

10:30: PowerBraining — PW
11:00: Bible Study — CHP
1:30: Music Therapy — **Canceled**
2:00: Elder Grow — MH
2:00: Movie: *The Bucket List* — CH 972 (See page 11.)
3:00: Theatrical Tuesdays: Annie — OQ
4:00: Individual Visits — SN
2:00: The Wandering Docent — AUD (See the article on page 6.)

Wednesday March 27

9:00: Clothing Collection — GR
10:15: Equine Therapy with Barbara — SH-A
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 11.)
12:00: Director's Dutch Lunch — BST
1:30: Music and Movement — **Canceled**
2:00: Flower Arranging — Stonebrook Garden
2:30: Cherry Tree Games — WL
4:00: Art Reception for Lucy Johnson — ASG

Thursday March 28

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: Chaplain Visits — SH-A

Noon: French Conversation Table —
BST Table 11

1:00: Dog visits with Cashew — SH-A

3:00: Matinee Documentary: *Spycraft*
— WL

7:00: Maundy Thursday Service — CHP
& CH 974

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

Friday March 29

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

10:30: Seated Exercise — OQ

11:15: Volleyball — ST

12:00: Director's Lunch with Barbara
— OQ

3:00: Good Friday Service — CHP &
CH 974

3:00: Music Therapy with Abby — OQ

3:30: Seated Meditation — CH 971
(Recorded Only)

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

7:15: Wellness Series Part 1 — CH 972
(See the article on page 7.)

Saturday March 30

10:30: Dog Visits — SH-A

2:00: Open Recreation/ Strength &
Stretch Chair Exercise — SH-All and
Channel 971

3:00: Music with Barbara — OQ

7:15: Movie: *The Graduate* — CH 972
(See page 13.)

Sunday March 31

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

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

1:00: Easter Treat Pass — SH-A

6:30: Movie: *Hero* — 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 =	