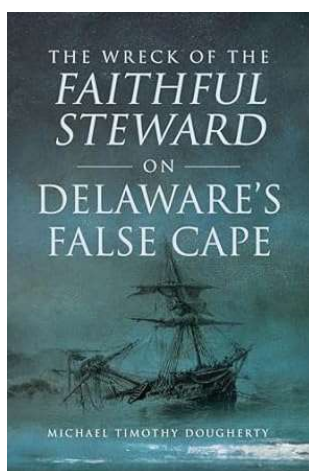


Saturday March 31, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

Book Review: The Wreck of the Faithful Steward

Wednesday April 3rd at 3:00 pm
Auditorium



Michael Timothy Dougherty, local author of *The Wreck of the Faithful Steward*, will give a presentation at GHA. The Faithful Steward was a ship carrying 350 Irish migrants to our shores. It

was wrecked just before reaching its destination. The book is a non-fiction account that paints a chilling picture of this event, which occurred in the waters between Rehoboth and Bethany beaches in a deadly hurricane in 1785. The book, released in 2023, includes highly original research and illuminates one of the most overlooked migrant narratives of the 18th century.

Michael will be here to present his book and story. He is a scuba diver, a federal immigration and trade lawyer, and a lifelong resident of Alexandria and Potomac, Maryland. This promises to be an interesting, well-researched account.



Joanne Tomasello,
Resident

StrongerMemory Group

Wednesdays at 10:00 am
Starting on April 3rd
Resident Conference Room

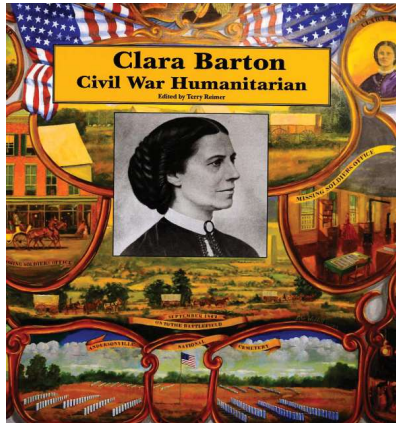
The Brain Health Team is offering weekly StrongerMemory group sessions for residents interested in learning more about brain health and how to improve memory with the StrongerMemory program. Weekly sessions will focus on various brain health topics and act as an additional source of motivation as residents work on the StrongerMemory program independently.

StrongerMemory by Goodwin Living is a breakthrough program that helps improve brain health. We designed it for everyone, whether you have a diagnosis of mild cognitive impairment or simply strive to thrive as you age. With simple exercises, StrongerMemory stimulates the part of the brain that helps retrieve memories. It's also effective, easy to use, and fun!

If you're interested in learning more, please feel free to attend a weekly session. Contact Jessica Fredericksen, Director of Brain Health, at jfredericksen@goodwinliving.org or 703-578-7431 with any questions.

Jessica Fredericksen,
Director of Brain Health

Mark Your Calendars, Book Lovers! Upcoming Author's Talk



Sunday April 7th 2:00-4:00 pm
Auditorium

Two local chapters of the Philanthropic Education Organization (P.E.O.) are sponsoring an Author's Talk. The talk will feature two authors of *Clara Barton: Civil War Humanitarian*: Terry Reimer, editor and author, and Paula Tarnapol Whitacre, contributing author. Refreshments will be provided and there will be a book signing after the talk.

The book details Barton's relief work during the Civil War and her groundbreaking efforts in the Missing Soldiers Office. It includes an analysis of her diaries, her trips to the front, and a look at Barton's legacy today.

Ms. Reimer is the Director of Research at the National Museum of Civil War Medicine in Frederick, Maryland and Ms. Whitacre is an Alexandria-based editor and author of *A Civil Life in an Uncivil Time*.

Judy Hansen, Resident

Calling All Music Lovers!

Tuesday April 2nd at 10:30 am
Auditorium

The Melody Makers Choir will be showcasing their informal performance, or "informance," on Tuesday, April 2nd. Everyone is invited to attend. Please join us in celebrating everyone's hard work over this past semester!

Abigail Hanlon, Music Therapist

Dick's Teaser

All of the answers below begin with a single letter, such as X-ray, V chip or I beam.

1. A brand of cotton swab
2. Surgical baby delivery
3. June 6, 1944
4. Cut of steak also called Porterhouse
5. Do-it-yourself moving equipment company
6. Genetically, this separates the men from the women
7. U.S. clothing retailer with a popular catalog
8. Discount store chain formerly known as S. Kresge Company

**Answers on page 6*

Dick Pellerin, Resident



“People and Places” Exhibition of Artwork by Gretchen Thompson

**Exhibition: April 3rd-May 7th
Reception: Friday April 12th at
4:00 pm
Small House Gallery**

GHA resident Gretchen Thompson will exhibit a selection of watercolor paintings in the Small House Gallery. Please join us for a wine and cheese reception with the artist.



*Alison Schroeder,
Arts Coordinator*

“Poiesis” Art Exhibition April 3rd-May 7th Living Room & Art Studio Gallery Poetry reading and reception: Friday April 5th at 4:00 pm Living Room

In celebration of National Poetry Month, we will be showing work by artists at GHA and from the local community who have paired visual art with poetry. We will have a poetry reading in the Living Room followed by a wine and cheese reception in the Art Studio Gallery.



*Alison Schroeder,
Arts Coordinator*

COVID Numbers

Cases as of March 15th:

Independent Living: 4
Assisted Living: 0
Small Houses: 5
Team Members: 0

Field Trip to the Dumbarton Oaks Museum

**Friday April 26th
1:30 pm departure, Lobby
Entrance Fee: free
Transportation Fee: \$20**



Please join us in visiting the incredible collections of Byzantine and Pre-Columbian art at Dumbarton Oaks. Sign-up is available in the Activities Binder near the Front Desk. Please include your email to be in touch about details.



*Alison Schroeder,
Arts Coordinator*



To reduce junkmail, the FTC recommends DMAchoice.org. Their do-not-mail service is effective for ten years; there is a four-dollar processing fee to register.

Welcome to our New Assisted Living Administrator at GHA!



Kaleb Campbell has been a Licensed Nursing Home Administrator in Virginia since January 2023. Most recently, he was the Executive Director at Ashland Nursing and Rehabilitation.

Prior to that, he held a role as Assistant Administrator and Director of Social Services for Consulate Healthcare. Kaleb earned a bachelor's degree from Virginia Commonwealth University in sociology and medical humanities and went on to earn a master's in gerontology. He has a passion for the field of aging and for working with older adults.

Kaleb is a native of Staunton, VA, and enjoys going home to visit his family and spending time outside, especially visiting vineyards and kayaking in the summer. He also enjoys exploring local shops and places to eat. Kaleb has two dachshunds, Mickie and Finley. He is very excited to join Goodwin House Alexandria starting on April 2nd!

*Jackie Barbarito,
Health Care Center Administrator*

New Cosmetologist: Tracy Pham



I graduated from the Cosmetology and Beauty School in Houston, Texas, in 2010 and have more than ten years of work experience.

I have my cosmetology license, and in addition to hair care, I also provide nail services and facials. I enjoy providing great services for my clients and believe everyone deserves to feel beautiful.

I am happily married and have a handsome dog and cat as my children.

I enjoy traveling and outdoor activities. I just picked up pickleball as one of my favorite hobbies.

Tracy Pham, Cosmetologist

Announcing: Hearing Aid Collection

Hearing aids, cases, and unused hearing aid batteries are now being collected for the Lions Club. Like the eyeglass collection, these items will be refurbished and distributed to people who need them in underserved communities around the world. Labeled boxes for both collections are in the cabinet just past the Activities Binder.

Doug Wade, Resident

Spring Salon Special



Welcome the Spring Season with our monthly Specials! Take advantage of these special deals during the month of April.

Nails: Spa Manicure and Spa Pedicure Special!: \$65 (originally \$76)

Hair: Hilites or Lowlites Special!: \$75 (originally \$90.00)

Appointments can be made by calling 703-824-1333 or via Touchtown (under the Beauty Salon icon).

*Lady Peralta-Pinto,
Salon Manager*

Please Welcome New Residents!

A warm welcome from your new GHA friends to:

- Nancy Eckert in #212 on March 25th
- Mr. Randy Garber in #858 on March 26th
- Tim and Anne Dols in #319 on March 27th

Hospitality Committee



Trip to Portrait Gallery: Orchids, Amazing Adaptations

Thursday, April 18th at 11:15 am

Entrance: Free

Transportation: \$20

The Smithsonian Gardens and U.S. Botanic Gardens yearly orchid show is taking place at the Portrait Gallery this year. Join us to see the stunning display of almost 350 varieties of orchids filling the Kogod Courtyard. Did you know that orchids are found on every continent except Antarctica? This gorgeous presentation showcases how orchids have adapted to their many different environments and intersperses orchid-themed artwork with the exquisite flowers.

Enjoy a light lunch from the Courtyard Cafe, including sandwiches and wraps for \$13, coffee, and dessert options (some with orchid-inspired flavors such as vanilla) from the Courtyard Cafe. Tables in the Courtyard allow you to view the orchids while eating. Custom-made orchid themed items are available in the Museum Store.

Expect moderate walking. The museum is ADA compliant. Masks are optional. You will be required to pass through a metal detector to enter the museum. The sign-up sheet will be available on Monday April 1st at 10:00 am.

*Luella VanNewkirk,
Trips and Outings Committee*

Chaplaincy Services

Reminder: Easter Sunday Services

Sunday March 31st

9:00 am Easter Day

CHP & CH 974

10:30 am Easter Day

AUD & CH 973

Ring your bell for every Alleluia!

Passover Seder

Thursday April 11th 4:00–5:30 pm

Auditorium

Sign-up required

Rabbi Gail Fisher, Chaplain Bruce, and several residents are preparing our Passover Seder, sponsored by the Spiritual Life Committee. Dining Services is preparing the ceremonial ingredients and the dinner to follow. Seating is limited, sign-up is required, and residents will have priority. Following the ritual portions, participants may proceed to the dining venues, where the Passover meal will be on the menu at the regular dinner charge. The first thirty people who arrive may continue the dinner together in the Arbor Room. To be included, you must sign-up by Monday April 8th in the Activities Binder, contact the Chaplain's Office at 703-824-1284, or email Chaplain Bruce at bstewart@goodwinliving.org.

Bruce Stewart,

Where Have All the Flowers Gone?

The Floral Arts Workroom (426) has been closed for a complete renovation. During April, Floral Committee members will be working out of their kitchens to make at least a few arrangements. Our flower supply will temporarily end around Easter, but we have our reputation to defend and will find a way to keep GHA bloomin' beautiful. On behalf of the Committee, thank you very much for your words of appreciation and encouragement.

Meredith Wade



Dick's Teaser Solution

1. Q-tip
2. C-section
3. D-Day
4. T-bone
5. U-Haul
6. Y chromosome
7. J. Crew
8. Kmart



Dick Pellerin, Resident

On the Pulse (Survey)

Thank you for filling out the Dining Services pulse survey! An area of improvement you helped us identify was the accuracy of your orders. To improve this, we have trained the staff in the 3 C's method. The expeditor will **check** the ticket for names, exclusions, or errors. They will then **collect** the food items included in the order. Finally, they will review the ticket one last time and **correct** prior to delivering any missing items. You may have seen our staff doing this already! Please let us know immediately if an error is made with your meal, so we can correct it. Please continue to share feedback with us regarding how we are doing, as our team strives to provide an excellent dining experience for you.

April 1-7: How About Whole Wheat?

Currently our two most popular breads are white and wheat, but we are curious to see if whole wheat would be an option people would enjoy. Whole wheat bread is higher in fiber and other nutrients than its white or wheat counterpart. For the week of April 1-7, we will be offering whole wheat bread in the Bistro. You can show your support for this product by ordering it. If it seems to be something residents are enjoying and choosing, we will consider adding it to our offerings.

Alex Freiman, Dietitian

Cookies and Conversation with Xan Smith, Goodwin Living CFO

**Wednesday April 3rd at 1:00 pm
Fillmore Lounge**

Please join us for Cookies and Conversation with Rob Liebreich, Goodwin Living CEO. Note that the location is different from in the past. All residents are invited. GHA is very fortunate that Rob, CFO Xan Smith, and COO Chandra Kumar make themselves available to residents to ensure that we have ample opportunity to learn how decisions are made. Xan Smith will be joining us for Cookies and Conversation on April 9th.

Ken Hopper, Resident



In Memoriam

PAMELA AYERS DAVIS
March 23, 2024

BYOConversation: Spring is Springing

**Monday April 1st
from 10:00-10:45 am
Living Room**

New life abounds! Greening up, flowering, blossoming, reviving. Out of darkness into light. Restoration. Newness.

All these figures and themes become real in these spring days and nights. Like to share your spring-y experiences from the past – and your spring-y expectations for the future?

In our lives do we have “springtime,” when opportunities and new realities come up (along with the weeds!), seeds of new life sprout, leaf, bloom?

We could reflect on occasions of refreshing... restoring... recovering... reviving... rejuvenating... revitalizing... strengthening... rectifying... life-giving... rehabilitating... recuperating.

Hear e.e.cummings on springtime: “...the leaping greenly spirits of trees/ and a blue dream of sky; and for everything/which is natural which is infinite which is yes/...this is the sun’s birthday; this is the birth/day of life and love and wings; and of the gay/great happening illimitably earth)....” (Strange punctuation!)

All invited–talk or just listen.

Jonathan Bryan, Resident

Wheelchair Transport Volunteer Training

**Tuesday April 2nd at 1:00 pm
Auditorium**

The Resident Health Committee has been asked to facilitate residential living transportation volunteers for Assisted Living and Health Care residents who use wheelchairs.

Volunteers for this role should be in good health and need to attend transportation training that will be taught by Goodwin Living Rehabilitation Services.

*Cathy Farmer,
Director of Clinical Services*

Reminder: Volunteer Hours

Don’t forget to submit your monthly volunteer hours. Not only do they help qualify Goodwin Living as a non-profit organization, but they help us to create and maintain a list of active volunteers. Volunteers for the past year will be invited to a volunteer appreciation event in late April, and the best way to ensure that your name is on our list of invitees is to submit your volunteer hours!

You can find blank volunteer time sheets on the wall by the Activities Binder. Completed forms can be returned to the Life Enrichment Office or to the Reception Desk. We appreciate your help and volunteerism!

*Hilary Canary,
Communications Coordinator*

Events

Afternoon Concert with Davis Bradley

Tuesday April 2nd At 4:00 pm Auditorium



Kathy Davis and Bradley Bishop have teamed up to present a one-of-a-kind musical experience that is exciting and entertaining. The innovative duo has drawn from their individual bluegrass, old time, and swing influences to create something magical while remaining true to the roots of the music they love. You can expect to hear fresh renditions of the classics as well as several original compositions. This dynamic song mix has helped to extend their combined reach, holding the door wide open to welcome those in search of something new and unique!

Cherry Blossom Celebration

Wednesday April 11th at 2:00 pm Living Room

Come to the Living Room to enjoy some Cherry Blossom Tea and other Cherry inspired items. The Cherry Blossom Parade from 2023 will be playing on the big screen.

Afternoon Program with Maestro Jim Ross

Friday April 12th at 2:00 pm Auditorium

Alexandria Symphony Orchestra Music Director James Ross (“Maestro Jim”) returns to Goodwin House! He will share intel and insider info surrounding the upcoming ASO performance on April 20th. The performance will feature living Cuban composers, New York grit, Russian turmoil, and a new Alexandria Shuffle to close out the 80th Anniversary season of our city’s beloved orchestra.

Jennifer Bennett, Events Coordinator



Ambassador Courville

Thursday April 4th at 2:00 pm Auditorium

Join us to hear from Ambassador Cindy Courville on the political trends and issues related to Argentina and parallels to the United States .

*Brianna Johnson,
Therapeutic Recreation Supervisor*

The Weekly Schedule

Sunday March 31, 2024–Sunday April 7, 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 31

8:15: Classical Stretch — GX

9:00: Easter Sunday — CHP & CH 974

10:30: 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)

10:00: Communications Committee — RCR

10:00: BYOConversation — LR (See the article on page 8.)

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

10:00: Trail Blazers: Jones Point Park — LBY

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

4:00: Nationals Home Opener — LR (Birthday party rescheduled to April 8th)

Monday April 1

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — POOL

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

10

Tuesday April 2

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

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

9:30-Noon: Credit Union Open — PR

Wednesday April 3

10:00: Painting and Drawing — AS

10:00: Yoga Strength — GX & CH 975

10:00: Bus to Giant Food — LBY

10:00: Residents' Council Meeting — RCR

10:30: Melody Makers Choir Spring Performance — AUD (See the article on page 2.)

11:00: Bible Study — CHP

1:00: Wheelchair Transport Volunteer Training — AUD (See the article on page 8.)

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

1:30: Mah Jongg — LR

2:00: Movie: *Julia* — CH 972

Julia, 2021, Documentary, PG-13, 95 m. Julia tells the story of the legendary cookbook author and television superstar who changed the way Americans think about food, television, and even about women.

2:00: Wii Bowling — GX

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

4:00: Afternoon Concert with Davis Bradley — AUD (See the article on page 9.)

4:30: Advanced Tai Chi — GX

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — POOL

9:30: Market Place Accepts Donations — MP

10:00: Vendor: Kim's Ritzy Bling — CC

10:00: StrongerMemory Group — RCR (See the article on page 1.)

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: Jackie Barbarito, Administrator of Health Care — BST

2:00: Chapel Outreach Committee — RCR

1:00: Cookies and Conversations with Rob Leibrieck — FL (See the article on page 7.)

3:00: Book Review: *The Wreck of the Faithful Steward* — AUD (See the article on page 1.)

4:00: Pop-up Technology Assistance — LBY

Thursday April 4

7:45: Morning Yoga — GX, CH 975 & ZOOM
9:00: Strength & Stretch Class — GX & CH 975
9:30: Aqua Fun — **Canceled**
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: Scripture, Songs & Prayers — AUD & CH 973
11:00: Replay of Teaching Company — CH 972 (See page 11.)
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: Shanghai — LR
2:00: Ambassador Courville Series — AUD (See the article on page 10.)
2:00: Holy Eucharist — RDR
2:00: Open Studio — AS
2:15: Advanced Line Dancing — GX

3:00: GHA Players Meeting — RCR

7:15: Movie: *Nomadland* — CH 972

Nomadland, 2020, Documentary/Western, R, 108 m. A woman in her sixties who, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. (CAST: Frances McDormand, David Strathairn, Linda May, Charlene Swankie, Bob Wells)

Friday April 5

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

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie: *Nomadland* — CH 972

10:00: Shuttle to Trader Joe's — LBY

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

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

Noon: Spanish Conversation Table — BST Table 11

2:00: Quilting Bees — RCR

2:00: Party Bridge — LR

3:30: Seated Meditation — CHP & CH 974

4:00: Poetry Reading and Reception — LR (See the article on page 3.)

4:30: Advanced Tai Chi — GX

4:30: Sabbath Service — CHP & CH 974

Saturday April 6

8:15: Classical Stretch — GX

10:30: Advanced Tai Chi with Instructor — GX

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

NOON: MEN'S LUNCH

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Tommy* — CH 972

Tommy, 1975, Musical/Fantasy, PG, 111 m. After seeing his stepfather murder his father during an argument over his mother, young Tommy goes into shock, suddenly becoming psychosomatically deaf, dumb and blind. As a teenager, Tommy stumbles upon a pinball machine and discovers he is a natural prodigy at the game. Fame and fortune follow for Tommy, as he becomes a pinball champion and later the messiah of a religious cult, which views his pinball skills as a miraculous sign of divine intervention. (CAST: Ann-Margret, Oliver Reed, Roger Daltrey, Elton John, Tina Turner)

Sunday April 7

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

2:00-4:00: Author's Talk: Clara Barton: Civil War Humanitarian — AUD (See the article on page 2.)

6:30: Movie: *Barbie* — CH 972

Barbie, 2023, Comedy/Fantasy, 2023, 114 m. Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. (CAST: Margot Robbie, Ryan Gosling, America Ferrera, Ariana Greenblatt, Rhea Perlman)

Richmond & Dominion Schedule

Sunday March 31

9:00: Easter Sunday — CHP & CH 974

10:30: Easter Sunday — AUD & CH 973

1:00: Easter Treat Pass — Assisted Living

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

Monday April 1

10:00: BYOConversation — LR (See the article on page 8.)
10:00: Catholic Mass & 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
3:00: Art Film — **Canceled**
3:30: Seated Meditation — CHP & CH 974
4:30: Birthday Party — LR

Tuesday April 2

10:00: Yoga Strength — GX & CH 975
10:00: Residents' Council Meeting — RCR
10:30: Melody Makers Choir Spring Performance — AUD (See the article on page 2.)
11:00: Bible Study — CHP
1:15: NEW: Total Brain Health Program — GX
1:30: Mah Jongg — LR
2:00: Movie: *Julia* — CH 972 (See page 11.)
3:00: By Hand: Creative Writers Group — 9th Floor Lounge
3:00: Tea Timers — RDR

Wednesday April 3

10:00: Vendor: Kim's Ritzy Bling — CC
10:00: StrongerMemory Group — RCR (See the article on page 1.)
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.)
12:00: Director's Dutch Lunch: Jackie Barbarito, Administrator of Health Care — BST
1:00: Cookies and Conversations with Rob Leibrieck — FL (See the article on page 7.)
2:00: Chapel Outreach Committee — RCR
2:30: Ambassador Courville Series — RAR
3:00: Book Review: The Wreck of the Faithful Steward — AUD (See the article on page 1.)
4:00: Pop-up Technology Assistance — LBY

Thursday April 4

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: Richmond Resident Council
Meeting — RDR

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 —
DDR

2:00: Ambassador Courville Series —
AUD (See the article on page 10.)

2:00: Holy Eucharist — RDR

2:00: Open Studio — AS

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

Friday April 5

10:00: Replay of Thursday Movie —
CH 972

10:00: Shuttle to Trader Joe's — LBY

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

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

Noon: Spanish Conversation Table —
BST Table 11

2:45: Drumming Circle with Rick —
AUD-AB

3:30: Seated Meditation — CHP & CH
974

4:00: Poetry Reading and Reception —
LR (See the article on page 3.)

4:30: Sabbath Service — CHP & CH
974

Saturday April 6

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: *Tommy* — CH 972 (See
page 13.)

Sunday April 7

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH
973

2:00-4:00: Author's Talk: Clara Barton:
Civil War Humanitarian — AUD (See
the article on page 2.)

3:00: Strength & Stretch Chair Exercise
— CH 971

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

Small House Schedule

Sunday March 31

9:00: Easter Sunday — CHP & CH 974
10:30: Easter Sunday — AUD & CH 973
11:30: Chaplain Visits — SH-A
1:30: Easter Treat Pass — SH-All
3:00: Open Recreation/ Strength & Stretch Chair Exercise — SH-All
6:30: Movie: *Hero* — CH 972 (See page 10.)

Monday April 1

10:00: Catholic Mass & Rosary — CHP & CH 974
10:30: Reading2Connect — WL
11:00: Small House Bell Choir — RP
12:00: German Conversation Table — Bistro Table 11
2:30: Tea Party — **Canceled**
2:30: Afternoon Musical: Dolly Parton — OQ
3:00: Art Film — **Canceled**
3:30: Seated Meditation — CHP & CH 974
5:45: After Dinner Conversations — BL

Tuesday April 2

10:00: Residents' Council Meeting — RCR
10:30: Melody Makers Choir Spring Performance — AUD (See the article on page 2.)
11:00: Bible Study — CHP
1:30: Music Therapy — WL
2:00: Movie: *Julia* — CH 972 (See page 11.)
4:00: Individual Visits — JA
6:00: Soothing Sounds with Abby — OQ

Wednesday April 3

10:15: Equine Therapy with Barbara — **Canceled**
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 11.)
Noon: Director's Dutch Lunch: Jackie Barbarito, Administrator of Health Care — BST
2:30: Brain Games: Seated Baseball — WL
4:00: Pop-up Technology Assistance — LBY

Thursday April 4

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

2:00: Ambassador Courville Series —
AUD (See the article on page 10.)

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

3:00: Matinee Documentary — WL

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

Friday April 5

10:00: Replay of Thursday Movie —
CH 972

10:30: Seated Exercise — OQ

Noon: Director's Lunch with Theresa —
MH

Noon: Spanish Conversation Table —
BST Table 11

2:45: Drumming Circle with Rick —
AUD

3:30: Seated Meditation — CHP & CH
974

4:30: Sabbath Service — CHP & CH
974

Saturday April 6

10:30: Dog Visits — SH-A

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

3:00: Music with Barbara — OQ

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

Sunday April 7

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH
973

11:30: Chaplain Visits — SH-A

1:30: Conversations with Kim — MH

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

6:30: Movie: *Barbie* — 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 =	