

# Gazette



Goodwin House  
Alexandria

Saturday April 13, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

## Democratic Mayoral Candidate Discussion

Wednesday April 17<sup>th</sup> at 7:00 pm  
Living Room & Zoom

The League of Women Voters of Arlington and Alexandria City is sponsoring this discussion with Alexandria mayoral candidates Aliyah Gaskins, Amy Jackson, and Steven Peterson. Gaskins is a member of the City Council, Jackson is Vice-Mayor, and Peterson is a local real-estate developer. This primary election will be held on June 18th. Also on the primary ballot will be candidates for the Alexandria City Council.

Come to the Living Room to watch or sign up to watch on Zoom at home by going to [www.https://my.lwv.org/virginia/arlington-and-alexandria-city.org](https://my.lwv.org/virginia/arlington-and-alexandria-city.org), scrolling down, and clicking on the “Register for this Event” button.



*Laura Lawson, Resident*



## SML Presentation: Rose Gottemoeller Returns to GHA April 20<sup>th</sup>

Saturday April 20<sup>th</sup> at 10:30 am  
Auditorium



Many of us will recall with enthusiasm Rose Gottemoeller’s insights on the Ukraine-Russia conflict as part of our Saturday Morning Live program. Her topic this time is “NATO’s Role in Settling the Ukraine Conflict.” Formerly, she served as the Deputy Secretary General of NATO and as the chief negotiator for the New Strategic Arms Reduction Treaty. A copy of her book, *Negotiating the New START Treaty*, is available in the Library.



*Speakers’ Forum*

# Lunch and Learn: The Alexandria Community Trust



**Saturday April 20<sup>th</sup> at noon  
Fillmore Lounge**

Come see what wonderful things The Alexandria Community Trust is doing in our city! Established twenty years ago, the ACT brings the community together to elevate local philanthropic giving and engagement. Their Spring2ACTion Giving Day has been the model for giving days across the country. Last year, 186 Alexandria nonprofits participated and over 8,300 people donated to raise \$2.95M for local nonprofits. This day is an indispensable platform for local nonprofits to engage the community and raise critical funds that directly support their individual missions. ACT also meets Alexandria's most pressing challenges through initiatives such as the Alexandria Resilience Fund, Racial Equity work, emergency and capacity-building grants to local nonprofits, and the Youth Support Network.

ACT also bolsters philanthropy in Alexandria and beyond by managing charitable funds and serving as a thought-partner for individuals, families, businesses, and nonprofits.

*Sue Lynch, Resident*



Goodwin Living  
Foundation

## New Music Therapy Tool

At the recent Town Hall, our talented music therapists, Samantha Tedrow and Abigail Hanlon, discussed their work and featured the Crdl, the care instrument designed to create impactful connections between people.

Some residents asked about the cost of the Crdl. With shipping, our costs were approximately \$8,000 and the Foundation budgeted this amount when we were looking at priorities for this year. The first instrument was funded from a bequest that was restricted for the GHBC Terrace; the second instrument was paid for from a restricted fund designated for the GHA healthcare center.

Currently, the instruments are used only in our assisted living, healthcare, and memory support areas. The majority of the funding for music therapy goes to support the salaries of our 2 music therapists and that remains the priority for now, though we aim to add additional instruments and programming as need and funding allows. If you have any questions about supporting music therapy, please contact Valerie Burke at [vburke@goodwinliving.org](mailto:vburke@goodwinliving.org) or 703-824-1345.

*The Foundation Team*

# GHA Encore Chorale Present Their Spring Concert

Friday April 19<sup>th</sup> at 11:00 am  
Auditorium

Our Chorale of 31 residents will be pleased to entertain you with our concert of choral music, both popular and classical songs.

Please come and join us and let us show you how GHA residents can be awesome.

*Kathleen Dunn,  
Chorale Coordinator and Resident*



## Dick's Teaser

The following are three of my favorite license plates. Can you tell me what they say or mean?

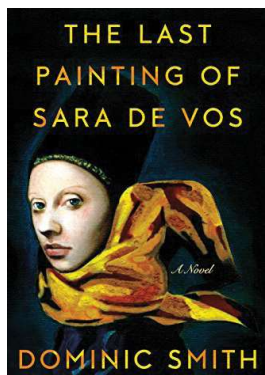
1. PAWTROL
2. KBREDY
3. PPM D

*\*Answers on page 9  
Dick Pellerin, Resident*



# April GHA Book Club Meeting

Tuesday April 16<sup>th</sup> 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 novel concerns an impressive painting done by a fictional female Dutch painter in the mid-1600s, and a fictional art historian who forges that painting in N.Y.C. in the mid-1950s. Resolution of this story comes about in the year 2000 in Australia.

For our May Book Club meeting, we will be reading the novel *Her Majesty's Frightfully Secret Service*, by Rhys Bowen. Penniless Lady Georgiana travels to the Italian Lake country at the request of her distant cousin Queen Mary to keep her eyes on David, the Prince of Wales, and his love interest, Mrs. Simpson, and to support a dear friend about to give birth. She ends up assisting her mother, who is suspected of murdering a Nazi General.

If you would like to borrow this book and come to the May meeting, you can sign up in the Activities Binder on the Book Club page behind the orange tab, towards the end of the binder. New Readers are always welcome!



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

## Missing Melissa... A Book of Poetry by One of Our Own!

Wednesday April 17<sup>th</sup> at 11:00 am  
Living Room



Most of us have lost someone very dear to us, and no one is ever the same—including GHA residents Marti and Ira Kirschbaum. The Kirschbaums lost one of their two daughters, Melissa,

in 2006. Shortly after Melissa's death, Marti began exploring the tragedy through poetry. Her poems, written over several months, were published in the book *Missing Melissa*, which is in GHA's library. The poems are highly moving and reflect the life that was lost and Marti and Ira's search for healing.

Many have read the poems and were sorry to have missed Marti's earlier readings of excerpts from *Missing Melissa*. With this in mind, Marti will hold another reading on Wednesday, April 17<sup>th</sup>. Hopefully, you can attend—and if you have the book, please bring it to follow along.

Please mark your calendars. Be prepared for a very moving experience if it's your first reading, or share the experience again!



Kathi Menda, Resident

## If I Write It, They Will Read It!: A 93-Year-Old Resident Has Faith in His New Book

Life does not stop when a resident moves to the Health Care Center. The move provided an opportunity for Richard Boeke to continue his work and finish his last book. Richard Boeke and his daughter, Diana, have collaborated on putting together some of his best work over the years. The result is now available online as an e-book or paperback. The title is: *Fideology: Building Trust through the Shared Experience of Faith at the Root of the World's Religions*. Fideology refers to "faith as trust." The word, coined by Richard, is based on the same Greek roots as fidelity, confidence, and bona fide. Richard credits his teacher Professor Wilfred Cantwell Smith, friend and mentor Huston Smith, and many other faith leaders with much of the inspiration for this book. The book is part personal faith journey, part autobiography, part liturgical service, and part scholarly discourse. This compilation documents a remarkable life's work, weaving the personal, political, and spiritual into a tapestry-like tribute to world peace.

All our best, or as Richard likes to say, Kansha! (Blessings and Gratitude)

*Jackie Barbarito, Health Care Center Administrator; Diana Boeke, daughter of Richard and Joepie Boeke*

## Happening Around Town: Shakespeare Theatre's *Macbeth*

Shakespeare Theatre's *Macbeth* with Ralph Fiennes and Indira Varma is sold out but you still have a chance to get a ticket!

STC is partnering with TodayTix to offer a limited number of \$20 tickets for every performance. Online go to [shakespearetheatre.org](http://shakespearetheatre.org). Under *Macbeth* "Tickets" scroll down to the TodayTix Lottery. Follow prompts to enter.

**Note:** The play will be held at the former BET Studios at 1301 W Street NW (20 minutes from Harmon Hall). Next to the Theater is a secure parking lot (cost \$18). Shakespeare Theatre will provide a free shuttle service for patrons before and after the show from the Rhode Island Ave-Brentwood Metro station.



*Karen Thunberg, Resident,  
Trips and Outings Committee*

## Earth Day Gardening Volunteers

**Monday April 22<sup>nd</sup> at 2:00 pm  
Garden box area off the Courtyard**

There are a number of perennials and small shrubs that need to be transplanted from crowded areas to more bare ones in our gardens, and we would love your help in doing so.



*Debby Christie and Judy Hansen,  
Chairs, Grounds Committee*

## Happening Around Town: Signature Theater Bargain Right in our Neighborhood



Less than two miles away in Shirlington, Signature Theater, 4200 Campbell Avenue, is an award-winning regional theater. One hour before each show, Signature sells RUSH Tickets for \$30. These tickets are available only in-person, at the box office: No phone or online sales.

You can easily check ticket availability online at [sigtheatre.org/calendar](http://sigtheatre.org/calendar). When the calendar comes up, pick your date. The black-outlined white circle indicates seat availability.

Signature is a short drive down Beauregard. Free parking is available on either side of the Theatre. It's a quick cab or Uber ride, or you can take Metrobus 7A from the stop at the corner of Fillmore and Beauregard, using your SmartTrip card, your SeniorSmartTrip card, or \$2 in cash, exact change only.

Watch for future article, highlighting similar programs at Shakespeare Theatre and Arena Stage.



*Alice Kale, Resident Trips  
and Outings Committee*

## Field Trip to the Phillips Collection

Friday May 17<sup>th</sup> or Friday May 24<sup>th</sup>  
1:30 pm departure  
\$15 entrance fee  
\$20 transportation fee

Please join us for a guided tour of “Bonnard’s Worlds,” the first major retrospective of Pierre Bonnard’s work at The Phillips Collection in twenty years. The exhibit explores the sensory spheres of experience that fueled the French artist’s creative practice. Sign-up is available in the Activities Binder near the Front Desk. Please include your email to be in touch about details!



*Allison Schroeder,  
Arts Coordinator*



## BYOConversation: “Questions”

Monday April 15<sup>th</sup> 10-10:45  
Living Room

In BYOConversation this week, would you like to discuss the topic of questions?

For starters: Do you like questions? How have you used questions in your life? Which questions have had changing or elusive answers? What questions still have you stumped? Are these stupid questions?

What are your most interesting, or challenging, or nagging questions?

Do you prefer to answer a speculative question (“the best international cooking?”), or informational (“the Chiefs’ quarterback?”), or ambiguous (the shortest distance between two points?”), or nostalgic (“the best pet/car/movie/book ever?”)?

Quandaries and dilemmas—  
What’s the meaning of life? Who’s the best pitcher? Which horse in the fourth? Why is there air?

Since you will be welcome in BYOC to just listen, to ask questions, to answer questions, to ignore the questions, to steer the questions in a more interesting direction, will you be willing to drop in? Is that open enough?



*Jonathan Bryan, Resident*

## Chaplaincy Services

### **Reminder: Guest Preacher Bill Brennan, Chaplain Intern**

**Sunday April 14<sup>th</sup>**

**9:00 am Chapel & Channel 974**

**10:30 am Auditorium & Channel  
973**



We once again welcome Bill Brennan, chaplain intern at GHA in the Winter unit of Clinical Pastoral Education, as our preacher this Sunday at both services. Bill

has been enjoying getting to know you. His graduation will be coming soon, so please take this opportunity to come to hear him speak.



### **Graduation for Chaplain Interns**

**Friday April 19<sup>th</sup> at 2:00 pm**

**GHBC Chapel & Parlor**

**Sign-up for transportation**

Please join in showing our appreciation for the ministries of our winter Chaplain Interns in the Goodwin Living Clinical Pastoral Education program. Bill Brennan served here at GHA. Melissa Rasnake served with Goodwin Hospice. Other students served at GHBC, TVA, and at local hospitals. Graduation will be hosted at

GHBC. Refreshments will be served at the conclusion of the program. Transportation by GHBC bus is available. Depart from GHA at 1:30 pm and return about 4:00 pm. Sign up in the Activities Binder. A Zoom link will also be available.



### **Living by Heart**

**Wednesday April 17<sup>th</sup> at 2:00 pm  
Chapel**



The April theme for our monthly arts and spirituality gathering is “This Awesome Earth.” What natural wonders have you seen? Where in the world are you

most at home? What would you like protected or preserved? If you could be any creature, what would you be? Bring a song, poem, story, object, image or memory to illustrate your thoughts. All are welcome.



*Bruce Stewart,  
Director of Chaplaincy Services*

## World Music Therapy Week!

April 10<sup>th</sup>-15<sup>th</sup>

This year marks the first celebration of World Music Therapy week from April 10th-15th! Music therapy uses evidenced-based music interventions provided by a credentialed music therapist to help individuals achieve specific goals. Goals can include maintaining cognitive and motor functioning, decreasing anxiety and pain, and increasing connection and legacy-building between individuals and their loved ones during end-of-life care.

Music therapy is part of a larger collection of creative arts therapies, such as art therapy and dance/movement therapy. Look for forthcoming monthly articles in the *Gazette* with more information about the other types of creative arts therapy.

To celebrate World Music Therapy week, there will be a music therapy program on April 23rd at 10:30 am in Auditorium-A. Abigail Hanlon will facilitate a music therapy session using instruments, the CRDL (pronounced: cradle), and singing to show how music therapy can benefit several areas of wellbeing! No musical experience or talent is required. A signup sheet will be placed behind the “Activities” tab in the Activities Binder. If interested, please sign up before Friday April 19th. For questions, contact Abigail Hanlon at ext. 1393 or [ahanlon@goodwinliving.org](mailto:ahanlon@goodwinliving.org).

*Abigail Hanlon, Music Therapist*

## Celebrating Occupational Therapy Month



Did you know April is Occupational Therapy (OT) month? Many people understand what Physical Therapy is but are unsure of what OT entails. OT is a specialty that involves helping people develop, maintain, or recover the skills they need for daily activities that are meaningful and necessary, such as getting dressed, showering, or preparing meals.

One of the toughest parts of aging is losing the ability to do things that once were simple. A big part of an OT's job is to help patients overcome the struggles of daily life. OTs help patients by improving their fine motor skills, strength, dexterity, and range of motion. Even small improvements in these areas can make a difference when it comes to completing a daily task. Additionally, an OT can help with managing pain and recovering from injuries.

The type of OT a person receives will vary based on their needs. If you feel that you may need OT, please contact our rehab department at 703-824-1244. Your friendly Occupational Therapists can help!

*GHA Rehab*



## Lauren Leithiser: New Recreation Coordinator



Lauren Leithiser joined Goodwin House Alexandria on April 8th as a Recreation Coordinator. She will primarily work in Assisted Living. She came to us from The Providence Fairfax, where she spent 20 months as a Community Life Associate, providing recreation programming for residents in assisted living and memory care. Lauren's favorite part of her job was getting to know each of the residents during one-on-one activities, as well as during outings. Even though Lauren was born in Russia, she has been a Fairfax County resident since 1999. Lauren attended Lake Braddock Secondary School in Burke, Virginia, and graduated from Longwood University in May 2022 with a B.S. in therapeutic recreation.

*Brianna Johnson,  
Therapeutic Recreation Supervisor*

## Thank You for Your Suggestions and Questions

The Residents' Council thanks those of you who have used the Suggestion Boxes in the last few months. Questions and concerns have been fielded re: maintenance requests, knowledgability of team members at the Reception Desk about guest apartments, locking of Suggestion Boxes, and reasoning behind why the Goodwin Living Foundation now campaigns for funds more than once a year. In all cases, GHA management and the Goodwin Living Foundation staff have answered these questions. If names are left with the comments, the residents are informed of their responses and have their concerns resolved.

Keep the suggestions, questions, and concerns coming!

*Residents' Council*

### Dick's Teaser Solution

1. PAWTROL was the license plate on a Fairfax County Police car that is part of their **K-9 unit**.
2. KBREDY was on a car that obviously belongs to someone who is proud of having been born and **bred in Kentucky**.
3. PPMMD was on a car belonging to a **Urologist**.



*Dick Pellerin, Resident*

## Fitness Survey Feedback

Thank you again to those who completed the Fitness Survey. We are reviewing the comments to see how we can better meet resident needs.

There was a lot of feedback concerning class times. Because of other programs offered during the day, the early morning seems to be the best time for most residents to exercise. In the past, we have had programs after lunch, but found that attendance is not consistent.

The Fitness team also has classes and personal training clients, which limits our availability. The Studio is used for other fitness-related activities, so there's very little open time available for classes.

The 9:00 am classes are broadcast on Channel 975, so you can follow along in your home. Additionally, if you have a DVR machine, you may be able to record classes and play them back.

We can set up a class video to play on Channel 971 once a week on Mondays at 2:00 pm. We'll let you know when that's starting.

We are looking to add additional classes in the future, so *always* read the Gazette. This will require some schedule juggling, so please have patience.

Thank you for your continued support and don't hesitate to reach out with any questions or feedback.

*Leslie LaPlace, Fitness Manager*

## Another New Canine Resident!



Please welcome Mr. Tee from Tennessee, GHA's newest canine resident! He is the perfect stereotypical Southern gentleman—polite, laid-back, waits for his lady to walk by her side. Mr. Tee is a 12-year-old black

Chihuahua who was recently adopted by new resident Polly Gordon. Polly moved into GHA in late February with the intent of adopting a dog—and we're happy she quickly found the right one for her and us! For those who may be a little uncomfortable around dogs, please be assured he has met all requirements and is safe and friendly. He's also very small! However, like many of us, he may be a little hesitant and need time to adjust. As a reminder, always ask before reaching out to pet a new dog. And those of you who carry dog treats, remember—he needs to watch his weight!

*Kathi Menda, Resident (DOGS lead)*

## COVID Numbers

### Cases as of April 12<sup>th</sup>:

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 1

## NOVA Concerts

As we continue our collaboration with NOVA, GL residents are invited to attend two concerts by their Alexandria Campus music students and department. A sign-up sheet for each concert will be available in the Community Outings tab on Monday, April 15th.

### **Applied Instrumental Recital**

**Friday April 26<sup>th</sup> at 7:00 pm**  
**Meet in the Lobby for the Shuttle**

Alexandria's instrumental music students will each perform selections that they have been perfecting during the semester.

### **Jazz Concert**

**Tuesday April 30<sup>th</sup> at 7:30 pm**  
**Meet in the Lobby for the Shuttle**

Directed by Shannon Gunn. The NOVA Nighthawks, NOVA Jazz Combos, and Special Guests will perform in celebration of International Jazz Day.



*Kim Butler,*  
*Director of Life Enrichment*



## **Town Hall Agenda**

**Wednesday April 17<sup>th</sup> at 3:00 pm**  
**Auditorium-ABC & CH 973**

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

- Welcome, Ceca Winners, and Basketball Court: Barbara D'Agostino
- Education and Loan Assistance: Melinda Gren
- Garage Update: Jesse Villatoro & Nelson Escobar
- Finance Committee: Karl VanNewkirk
- Introduction of Kaleb Campbell: Jackie Barbarito
- Chapel Update: Bruce Stewart
- Diversity, Equality & Inclusion: Jeanne Hobbs
- Updates on RAVE, Archway, and Kitchen: Theresa Thomas



*Barbara D'Agostino,*  
*Executive Director*

## **Market Place Sale**

**Thursday April 18<sup>th</sup>**  
**9:30-11:30 am and 2:30-4:00 pm**  
**Market Place**

April is blooming and so are we! Come on down to the MP and shop to you hearts content.

*Dick Wilson, Resident*

## Sustainability Talk

**Monday April 22<sup>nd</sup> at 2:00 pm**  
**Auditorium**

Join us for the second lecture in our Resident Wellness Series, that will focus on the communal dimension of wellness. The Chief Officer of Sustainability at Glenstone Museum of Modern Art, Paul Tukey, will be sharing valuable tips and information on sustainability.

Don't miss this opportunity to learn from experts and take steps towards improving your overall well-being. We hope to see you there!



*Alison Neov, Registered Dietitian  
Manager, RD, CSG*



Come to the GHA Earth Day Celebration 4/22 to learn about updated Recycling Guidelines.

## Directors' Dutch Lunches

**Wednesday April 17<sup>th</sup> at noon**  
**The Bistro**

This week's lunch is with Lindsay Hutter, Chief Strategy and Marketing Officer, GL Home Office. The sign-up sheet is in the activities Binder.



*Merrily Wolf, Executive Assistant*

## Events

### Courtyard Celebration

**Monday April 22<sup>nd</sup>**  
**11:00 am–1:30 pm**

GHA is celebrating Earth Day on Monday April 22<sup>nd</sup> out in our courtyard. It will be a fun afternoon with:

- Live music,
- A cookout in the courtyard featuring meatless offerings,
- A farmer's market featuring healthy vegetable produce.
- Baby farm animals,
- Art project sponsored by the GHA Art Studio,
- Grounds replanting project sponsored by the GHA Grounds Committee,
- Green Team information tables focused on compostable issues, food and the environment, and environmental best practices.



## Events, Cont.

### **Jazz Musical Education with Quentin Walston**

**Monday April 15<sup>th</sup> at 3:00 pm  
Auditorium and Channel 973**

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

### **Evening Bingo**

**Wednesday April 17<sup>th</sup> at 7:30 pm  
Auditorium**

Come to the Auditorium to enjoy bingo, there are always prizes, laughter, and fun!



### **Shuttle Service to ASO Concert**

**Saturday April 20<sup>th</sup> at 7:00 pm  
Lobby**

A Shuttle will be provided to and from the Schlesinger Center for the upcoming Alexandria Symphony Concert (ASO) concert on April 20th. Please sign-up in the Activities binder under Community Outings. GHA will not be purchasing the tickets to the concert.

### **Sunday Concert with the SymphoNYChorus**

**Sunday April 21<sup>st</sup> at 2:00 pm  
Courtyard (Auditorium if inclement weather)**

The SymphoNYChorus is a group of volunteers (choir and orchestra) committed to professional excellence with members coming together from all boroughs of New York City and the surrounding tri-state area. Their music spans across several genres: gospel, contemporary, classical, Broadway, spirituals, and more. The concert will last about 90 minutes.

*Jennifer Bennett, Events Coordinator*

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### **Touchtown Workshop**

**Thursday April 18<sup>th</sup> 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. We will go over Touchtown basics for the first thirty minutes and then launch into highlighting two useful but lesser-known apps and answering any questions or concerns that attendees bring to the table. Bring your tablet or smartphone so that you can follow along.

*Hilary Canary,  
Communications Coordinator*

# The Weekly Schedule

**Sunday April 14, 2024–Sunday April 21, 2024**

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\*\*Events listed in this calendar may be subject to change after the time of printing. For the most up-to-date schedule, please consult Touchtown at [www.gh-a.org](http://www.gh-a.org)\*\*

## Sunday April 14

- 8:15: Classical Stretch — GX
- 9:00: Holy Eucharist with Guest Preacher Bill Brennan — CHP & CH 974 (See the article on page 7.)
- 10:30: Holy Eucharist with Guest Preacher Bill Brennan — AUD & CH 973 (See the article on page 7.)
- 6:30: 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. Based on Agatha Christie's tale of unbridled passion and incapacitating jealousy, this tale is filled with wicked twists and turns that will have you guessing until the shocking finale. (CAST: Tom Bateman, Annette Bening, Kenneth Branagh, Russell Brand, Ali Fazal)

## Monday April 15

- 9:00: Fun & Fitness — GX & CH 975
- 9:30: Aqua Fun — POOL
- 10:00: 12-Step Meeting — Please call 202-701-9291 for additional information.
- 10:00: BYOConversation — LR (See the article on page 6.)
- 10:00: Catholic Mass & Rosary — CHP & CH 974
- 10:00: Trail Blazers: Long Branch — LB Y
- 11:00: Just Dance Class — AUD-A
- Noon: German Conversation Table — BST Table 11
- 3:00: Environmental Services Committee Meeting — FL
- 3:00: Musical Education Series with Quentin Walston — AUD & CH 973 (See the article on page 13.)
- 3:30: Seated Meditation — CHP & CH 974
- 4:30: Happy Hour/Meet & Greet New Residents — LR

## Tuesday April 16

- 7:45: Morning Yoga — GX, CH 975 & ZOOM
- 9:00: Strength & Stretch Class — GX & CH 975
- 9:30–Noon: Credit Union Open — PR
- 10:00: Painting and Drawing — AS
- 10:00: Yoga Strength — GX & CH 975
- 10:00: Bus to Giant Food — LBY
- 10:00: Facilities Committee — RCR
- 10:00: New Vendor: Nohra Sisters Wreaths — CC
- 11:00: Bible Study — CHP
- 11:00: Movie Committee — AR
- 1:15: Total Brain Health Program — GX
- 1:30: Mah Jongg — LR
- 2:00: GHA Book Club — RCR (See the article on page 3.)
- 2:00: Health Services Committee — AR
- 2:00: Wii Bowling — GX
- 2:00: Movie: *Serena* — CH 972
- Serena*, 2014, Romance/Thriller, R, 110 m. In Depression-era North Carolina, the barren wife (Jennifer Lawrence) of an ambitious timber baron (Bradley Cooper) sets out to murder the woman who bore her husband an illegitimate son.
- 3:00: By Hand: Creative Writers Group — 9th Floor Lounge
- 4:30: Advanced Tai Chi — GX

## Wednesday April 17

- 9:00: Fun & Fitness — GX & CH 975
- 9:30: Aqua Fun — POOL
- 9:30–11:30: Market Place Accepts Donations — MP
- 10:00: StrongerMemory — AR
- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — GX
- 11:00: Poetry Reading: *Missing Melissa* by Marti Kirschbaum — LR (See the article on page 4.)
- 11:00: Prayer Group — CHP
- 11:00: Teaching Company: *12 Women Who Shaped America: 1619 to 1920* — CH 972
- Lecture 9: *Isabella Stewart Gardner, Art Museum Pioneer*
- Lecture 10: *Frances Benjamin Johnston, Photographer*
- Noon: Director's Dutch Lunch: Lindsay Hutter, Chief Strategy and Marketing Officer — BST (See the article on page 12.)
- 2:00: Hospitality Committee — RCR
- 2:00: Living by Heart — CHP
- 3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 11.)
- 4:00: Pop-up Technology Assistance — LBY

7:00: Democratic Mayoral Candidate Discussion — LR & Zoom (See the article on page 1.)

7:30: Evening Bingo — AUD (See the article on page 13.)

## Thursday April 18

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

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

9:30: Aqua Fun — POOL

9:30: Chess — LR

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

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 15.)

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 Health Program — GX

1:30: Shanghai — LR

2:00: Knitters and Crocheters — CHP

2:00: Touchtown Workshop — FL (See the article on page 13.)

2:00: Open Studio — AS

2:15: Advanced Line Dancing — GX

2:30–4:00: Market Place Sale — MP (See the article on page 11.)

3:00: GHA Players Meeting — RCR

7:15: Movie: *Top Gun: Maverick* — CH 972

*Top Gun: Maverick*, 2022, Action/Thriller, PG-13, 131 m. After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. (CAST: Tom Cruise, Miles Teller, Jennifer Connelly, Jon Hamm, Glen Powell)



## Friday April 19

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

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie: *Top Gun: Maverick* — CH 972 (See page 16.)

10:00: Trip: Bradlee Shopping Trip — LBY

11:00: GHA Encore Chorale Spring Concert — AUD (See the article on page 3.)

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

2:00: Quilting Bees — RCR

2:00: Party Bridge — LR

3:30: Seated Meditation — CHP & CH 974

4:30: Advanced Tai Chi — GX

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

## Saturday April 20

8:15: Classical Stretch — GX

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

Noon: Lunch and Learn — FL (See the article on page 14.)

3:00: Weekend Wii Bowling — GX

3:30: Jewish Bible Study — AUD

7:00: Shuttle to ASO Concert — LBY (See the article on page 13.)

7:15: Movie: *Bang the Drum Slowly* — CH 972

*Bang the Drum Slowly*, 1973, Sport/Thriller, PG, 98 m. When hotshot pitcher Henry Wiggen (Michael Moriarty) is signed to the New York Mammoths, his confident ways quickly win over his teammates. He's quite the opposite of Bruce Pearson (Robert De Niro), the team's simpleminded catcher, who has difficulty connecting with others. But when Henry discovers that Bruce has been hiding that he was recently diagnosed with a fatal form of cancer, the unlikely pair become close. Despite Henry's efforts to look out for Bruce, however, team tensions rise.

## Sunday April 21

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

1:00: Sunday Concert: The SymphoNYChorus — CTY (AUD if inclement weather. See the article on page 13.)

6:30: Movie: *As Good As it Gets* — CH 972

*As Good As it Gets*, 1997, Comedy/Romance, PG-13, 139 m. Melvin Udall (Jack Nicholson) is an obsessive-compulsive writer of romantic fiction who's rude to everyone he meets, including his gay neighbor Simon (Greg Kinnear), but when he has to look after Simon's dog, he begins to soften and, if still not completely over his problems, finds he can conduct a relationship with the only waitress (Helen Hunt) at the local diner who'll serve him.

## **Richmond & Dominion Schedule**

### **Sunday April 14**

9:00: Holy Eucharist with Guest Preacher Bill Brennan — CHP & CH 974 (See the article on page 7.)

10:30: Holy Eucharist with Guest Preacher Bill Brennan — AUD & CH 973 (See the article on page 7.)

11:00: Open Recreation — Assisted Living-All

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

6:30: Movie: *Death on the Nile* — CH 972 (See page 14.)

### **Monday April 15**

10:00: BYOConversation — LR (See the article on page 6.)

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: Musical Education Series with Quentin Walston — AUD & CH 973 (See the article on page 13.)

3:30: Seated Meditation — CHP & CH 974

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

### **Tuesday April 16**

10:00: Yoga Strength — GX & CH 975

10:00: Facilities Committee — RCR

10:00: Seamstress — Apt. 426

10:00: New Vendor: Nohra Sisters Wreaths — CC

11:00: Bible Study — CHP

11:00: Movie Committee — AR

1:15: Total Brain Health Program — GX

1:30: Mah Jongg — LR

2:00: Health Services Committee — AR  
2:00: Movie: *Serena* — CH 972 (See page 15.)  
3:00: By Hand: Creative Writers Group — 9th Floor Lounge

### Wednesday April 17

10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — GX  
11:00: Poetry Reading: *Missing Melissa* by Marti Kirschbaum — LR (See the article on page 4.)  
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 15.)  
Noon: Director's Dutch Lunch: Lindsay Hutter, Chief Strategy and Marketing Officer — BST (See the article on page 12.)  
2:00: Living by Heart — CHP  
2:30: Healthy Habits with Alex — DDR  
3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 11.)  
4:00: Pop-up Technology Assistance — LBY

7:00: Democratic Mayoral Candidate Discussion — LR & Zoom (See the article on page 1.)  
7:30: Evening Bingo — AUD (See the article on page 13.)

### Thursday April 18

9:30: Chess — LR  
9:30: Market Place Sale — MP  
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 15.)  
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: NEW: Total Brain Health Program — GX

1:45: Music Therapy with Abby —  
DDR

2:00: Touchtown Workshop — FL (See  
the article on page 13.)

2:00: Open Studio — AS

2:30: Market Place Sale — MP

7:15: Movie: *Top Gun: Maverick* — CH  
972 (See page 16.)

Noon: Lunch and Learn — FL (See the  
article on page 14.)

3:00: Weekend Wii Bowling — GX

3:30: Jewish Bible Study — AUD

7:00: Shuttle to ASO Concert — LBY  
(See the article on page 13.)

7:15: Movie: *Bang the Drum* — CH 972  
(See page 17.)

### Friday April 19

10:00: Replay of Thursday Movie: *Top  
Gun: Maverick* — CH 972 (See page  
16.)

11:00: GHA Encore Chorale Spring  
Concert — AUD-A (See the article on  
page 3.)

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

2:30: Movie Matinee — RAR

3:30: Seated Meditation — CHP & CH  
974

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

### Sunday April 21

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH  
973

11:00: Open Recreation — Assisted  
Living-All

1:00: Sunday Concert: The  
SymphoNYChorus — CTY (AUD if  
inclement weather. See the article on  
page 13.)

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

6:30: Movie: *As Good As it Gets* — CH  
972 (See page 18.)

### Saturday April 20

10:30: Advanced Tai Chi with Instructor  
— GX

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

# Small House Schedule

## Sunday April 14

- 9:00: Holy Eucharist with Guest Preacher Bill Brennan — CHP & CH 974 (See the article on page 7.)
- 10:30: Holy Eucharist with Guest Preacher Bill Brennan — AUD & CH 973 (See the article on page 7.)
- 11:30: Chaplain Visits — SH-A
- 1:30: Short Stories With Hilary — MH
- 3:00: Open Recreation/Strength & Stretch Chair Exercise — SH-All
- 6:30: Movie: *Death on the Nile* — CH 972 (See page 14.)

## Monday April 15

- 10:00: Catholic Mass & Rosary — CHP & CH 974
- 10:30: Reading2Connect — WL
- Noon: German Conversation Table — BST Table 11
- 2:30: Tea Party — **Canceled**
- 2:30: Therapeutic Coloring — OQ
- 3:00: Art Film — **Canceled**
- 3:00: Musical Education Series with Quentin Walston — AUD & CH 973 (See the article on page 13.)
- 3:30: Seated Meditation — CHP & CH 974
- 5:45: After Dinner Conversations — **Canceled**

## Tuesday April 16

- 10:00: New Vendor: Nohra Sisters Wreaths — CC
- 10:30: Seated Exercise — PW
- 11:00: Bible Study — CHP
- 1:30: Music Therapy — WL
- 2:00: Movie: *Serena* — CH 972 (See page 15.)
- 2:30: Outdoor Exploration — BL
- 4:00: Individual Visits — JA
- 6:30: Music Therapy with Abigail — OQ

## Wednesday April 17

- 10:15: Equine Therapy with Barbara — SH-A
- 10:30: Music and Movement — RP
- 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 15.)
- Noon: Director's Dutch Lunch: Lindsay Hutter, Chief Strategy and Marketing Officer — BST (See the article on page 12.)
- 2:00: Exercise with Christie — MH
- 2:00: Living by Heart — CHP

2:30: Brain Games: Dessert Burritos —  
WL

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

4:00: Pop-up Technology Assistance —  
LBY

### Thursday April 18

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

11:00: Small House Bell Choir — RP

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

11:00: Replay of Teaching Company —  
CH 972 (See page 15.)

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

2:30: Individual Visits — SH-A

3:00: Matinee Documentary: Life in  
Color — OQ

7:15: Movie: *Top Gun: Maverick* — CH  
972 (See page 16.)

### Friday April 19

10:00: Replay of Thursday Movie —  
CH 972

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

11:00: GHA Encore Chorale Spring  
Concert — AUD-A (See the article on  
page 3.)

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

2:30: Courtyard Promenade — SH-A

3:00: Music Therapy with Abby — OQ

3:30: Seated Meditation — CHP & CH  
974

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

### Saturday April 20

10:30: Dog Visits — SH-A

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

3:00: Music with Barbara — OQ

3:30: Jewish Bible Study — AUD

7:15: Movie: *Bang the Drum* — CH 972  
(See page 17.)

## Sunday April 21

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH  
973

11:30: Chaplain Visits — SH-A

1:00: Sunday Concert: The  
SymphoNYChorus — CTY (AUD if  
inclement weather. See the article on  
page 13.)

1:30: Art With Alison — SH-All

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

6:30: Movie: *As Good As it Gets* — CH  
972 (See page 18.)

## 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 =	