

# Gazette



Goodwin House  
Alexandria

Saturday April 20, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

## Earth Day Celebration

**Monday April 22<sup>nd</sup>**

**11:00 am–1:30 pm**

**Courtyard**

GHA is celebrating Earth Day! It will be a fun afternoon with:

- live music;
- a strolling magician;
- a cookout in the courtyard featuring meatless offerings;
- a farmers' market featuring healthy vegetable produce;
- baby farm animals;
- an art project sponsored by the GHA Art Studio;
- a 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.



*Jennifer Bennett,  
Events Coordinator*



## Earth Day Sustainability Talk

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

**Auditorium**

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

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



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

## Beauregard Neighborhood Cleanup

**Saturday April 27<sup>th</sup> 10:00 am–Noon  
Lobby**

In celebration of Earth Day, Goodwin Living is hosting a cleanup of the Beauregard Neighborhood.

Come join us as we work to spruce up the neighborhood we call home. You can sign up in the Activities Binder located near the Reception Desk. Light breakfast will be available at 9:30 am.

*Katiana Jolimeau, Executive Assistant*

## Grounds Committee Earth Day Activity

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

Like to play in the dirt... find joy in gardening? Join us during the Earth Day activities.

The Grounds Committee invites all of you past, current, and wannabe gardeners to join us in the 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 to do so. In preparation for our work, our Grounds Supervisor will have prepared these beds. Please bring your gloves, kneeling pads, trowels, hats, etc., if you have them. Many hands make light work, and our end result will further enhance our lovely gardens. If you have any questions, please contact Debby Christie or Judy Hansen.



*Judy Hansen, Co-Chair,  
Grounds Committee*



Plastic Recycling Update: GHA's contractor takes items marked #1 and #2 for recycling. Other plastics go in the trash.

## Dining Services Updates

### Earth Day Celebration

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

Join us for Dining Service's annual Earth Day celebration! We will be setting up a farmers' market so you can purchase some fresh and delicious produce. In addition, we will be grilling some of your favorite foods for lunch, along with some sustainable plant-based options. Both team members and residents are encouraged to attend, and we look forward to seeing you there!

### Whole Wheat Wins!

Thank you so much for all your feedback regarding the whole wheat bread. We are planning on keeping this a staple option from now on, and we hope you continue to enjoy it. Please continue to give us feedback on how we are doing through the comment section of Touchtown/Uniguest. Although we love a lively discussion, team members cannot reliably respond to comments submitted through Google Groups.

### Dining Services Town Hall

**Friday April 26<sup>th</sup> at 2:00 pm  
Auditorium**

We encourage you to attend the Dining Services Town Hall for more information regarding all dining related updates.

*Alex Freiman, Dietitian*

## It's Your Choice: Dining Made Easier!

Starting April 23rd, you can avoid the hassle of waiting in line or missing a meal! Simply order your Bistro or Mixing Bowl meal on your computer or mobile device through Volante and pick it up at your scheduled time. If you don't use such devices, you also have the option of using a kiosk in the Bistro.

In addition, it's now easier to get table reservations for all venues that currently accept them. While you can still call two days in advance for a reservation, you can also use your computer or mobile device to make a reservation on Libro, the new online reservation system. The time limit still applies, but there's no need to wait for a call a few hours before dinner—get immediate confirmation!

Starting on April 23rd, you can register for Volante at <https://goodwinliving.volanteeats.com/?rg=07701> (the link is also available on Touchtown/Uniguest under Dining Information). You can also contact Adrian Graham (703-824-1017; [agraham@goodwinliving.org](mailto:agraham@goodwinliving.org)) to get help with registration and initial training. Additional training will be announced at a later time.

It's your choice, but if you want to make things a bit easier for yourself, contact Adrian and give it a try!

*Adrian Graham,  
Dining Operations Manager*

## Democratic Primary Candidate Forums

**Wednesday April 24<sup>th</sup> and  
Wednesday May 29<sup>th</sup> at 7:00 pm  
Living Room, Online, and at  
Alexandria Police Department**



The Alexandria Federation of Civic Associations (AFCA) is presenting candidate forums for the Democratic primary election on June 18th. The forums are open to the public at Alexandria Policy Department headquarters, 3600 Wheeler Avenue, at 7:00 pm. The first forum was on March 27th. The next forums are on April 24th and May 29th. To access the forums, go to the AFCA website, <https://alexafca.org>.

The upcoming forums will be shown live on the website and will be available there after the events. The link to the live presentation will be posted on the AFCA website on the Monday before each event. We will show the upcoming live forums on-screen in the Living Room.

*Laura Lawson, Resident*



## Saturday Morning Live: Ned Tillman, History of the Chesapeake Watershed

Saturday April 27<sup>th</sup> at 10:30 am  
Auditorium

Award-winning author Ned Tillman will be the Green Team-sponsored speaker for the April 27th Saturday Morning Live. Ned has published four books exploring the nexus of humans, nature, and what the future might bring.

His latest book, *Good Endeavour*, is a timely look at the history of the Chesapeake Watershed, which is a microcosm of America. Ned will show how he used primary family sources to create compelling insights into how our ancestors might have dealt with the major issues of their time, similar to the ones we face today. Using colorful characters from the book and engaging anecdotes on the settling and growth of America, Ned will weave together the history of Native Americans, enslaved persons, suffragettes, abolitionists, and the growth of our manufacturing industry, exploring their impact on the Chesapeake.

A life-long resident of the area, Ned has witnessed many changes to

this region. He is the author of the award-winning book *The Chesapeake Watershed*, as well as *Saving the Places We Love*, and two novels, *The Big Melt*, and *Good Endeavor*, copies of which will be available after the talk.



*Green Team, Speakers' Forum*

## Environmental Film: 2040

Monday April 22<sup>nd</sup> at 7:30 pm  
Channel 972



*2040* is a refreshingly optimistic film, and appropriate for Earth Day.

Selected as one of the Best Environmental Films of 2023, *2040* explores what the future could look

like by the year 2040 if we embraced the solutions already available to us to improve our planet. Director Damon Gameau blends documentary with dramatized sequences to create a vision of how these solutions could regenerate the world.

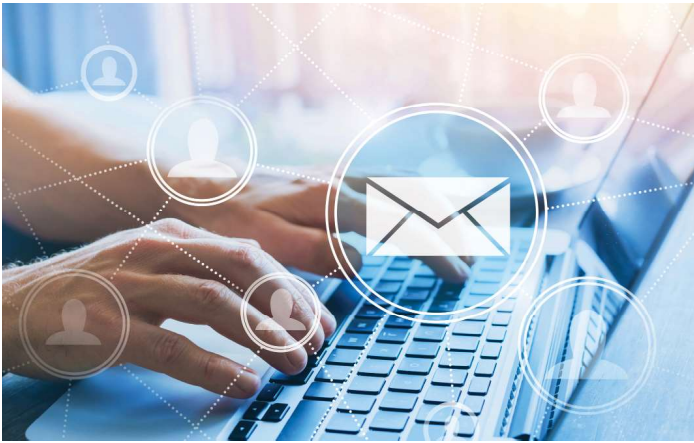
**Bonus viewing:** Learn how a community led by housewives and mothers fought to protect their families from toxic waste in the documentary, *Poisoned Ground: The Tragedy at Love Canal*, premiering on PBS April 22<sup>nd</sup> at 9:00.



*The Green Team*



## Bits and Bytes



### Reminders:

1. Pop-Up Technology Assistance: Occurs each Wednesday from 4:00-5:00 pm in the Lobby behind the fountain. Sign-up sheets go into the Activities Binder under Special Events on Monday morning by 10:00 am. Drop-ins will be accommodated and added to the sign-up sheet upon arrival.
2. Tech Time: Is on the 4th Tuesday of each month from 10:00 am-noon in the Arbor Room. Look for the sign-up sheet in the Activities Binder by 10:00 am on the Friday before.
3. Recycling: Devices (phones, tablets, laptops, computers, printers) that are NOT broken can be brought to Tech Time. You need to submit a list of your items with your contact information for them to be accepted. Broken items can be recycled by bringing them to the IT office on G-2. IT then destroys them and recycles the materials.

### New Updates:

1. The Tech Committee is working to expand the number of Technology Pop-Up sessions. Feedback would be welcomed.
2. Expect to hear more as the Tech Committee works with the administration on resident services and technology.

*Judy Curtis, Chair,  
Technology Committee*

### Dick's Teaser

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

**THOUGHTS**

**> THOUGHTS**

**THOUGHTS**



*\*Answers on page 8*

*Dick Pellerin, Resident*

### Residents' Council Listens

**Tuesday April 23<sup>rd</sup> at 3:00 pm  
Auditorium**

This is a valuable opportunity for residents to engage with members of the Residents' Council about any issue on their minds.

*Ken Hopper, Chair, Residents' Council*

## Directors' Dutch Lunches

### **This Week's Lunch**

**Wednesday April 24<sup>th</sup> at Noon  
The Bistro**

This week's lunch is with Liz Pomerleau, GHBC Director of Clinical Pastoral Education within the Chaplaincy department. Sign up in the Activities Binder, or pop by to see if there is space.

### **May Lunches**

The GHA directors will be dining in The Bistro each Wednesday at noon to meet with residents. If you would like to participate in one of these Dutch-lunch opportunities to talk to our management team, there will be a sign-up sheet in the activities book and a designated table. The May line up is:

- May 1: Mary Kate Roberts, Director of Development, Foundation
- May 8: Merrily Wolf, Executive Assistant
- May 15: Monica Hutchins-Thomas, Director of Social Work
- May 22: Selam Belete, Reception Desk Mgr.
- May 29: Sterling Lindsay, Dir. Of Dining Services



*Merrily Wolf,  
Executive Assistant*

## **Touchtown Rebrand**

Touchtown has recently rebranded to “Uniguest.” With this change, you may have noticed that the appearance of the app icon has changed on your smartphone or tablet. The icon will now appear as a blue square with a yellow u, pictured below. Apps need to update in order for changes like this to be enacted. If you are still seeing the classic Touchtown logo on your device, it is likely because your app has not yet updated. You should see the icon change in the near future.

The functionality of the app will stay exactly the same, and you can find it in the same place that it's been in the past. The only change is to the name and the appearance of the icon. In GHA communications for the near future, we will refer to the app as Uniguest/ Touchtown in order to limit confusion as much as possible. If you have any questions about this change, please contact Hilary Canary at [hcanary@goodwinliving.org](mailto:hcanary@goodwinliving.org)

*Hilary Canary,  
Communications Coordinator*



## Goodwin Hospice Provides Compassionate Care and Comfort

Goodwin Hospice is a not-for-profit, Medicare-certified service that provides compassionate end-of-life care. Goodwin Hospice has offered this specialized care to residents on our campuses since 1996. Today, we also deliver care to those ages 18 and older in their private homes, in other senior living communities, and in healthcare facilities throughout the Northern Virginia area.

- Goodwin Hospice served 622 families in 2023.
- Thanks to the generous donors of the Goodwin Living Foundation, 218 hospice patients received massage therapy and end-of-life doula care in 2023.
- Goodwin Hospice puts great emphasis on providing high quality, patient-centered care to our patients and their loved ones. Goodwin Hospice received a 4-star rating from Medicare.gov in February 2024. This rating is the highest in the hospice category in Northern Virginia.

If you have any questions or need additional information, please reach out directly to [Hospice@GoodwinLiving.org](mailto:Hospice@GoodwinLiving.org) or 703-578-7108.

*Nana Sarpong, Hospice Administrator*

## Flower Power at GHA

The Floral Arts Committee is eager to talk with residents who “like to play with flowers.” If you have experience in arranging through a Garden Club or at a faith community or want to switch backyard gardening skills to arranging, we’d like to encourage you to join our committee. Members work with partners for a given week four times a year to make the arrangements in our lobbies. We offer training and “shadowing” experiences to help build skills. Contact Meredith Wade, Marilyn Gould, Teddye Clayton, or Bonnie Keightley for the details.

*Meredith Wade, Chair,  
Floral Arts Committee*



## COVID Numbers

### Cases as of April 19<sup>th</sup>:

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 0

## Reminder: Monthly Clothing Drive

Wednesday April 24<sup>th</sup>

9:00–11:30 am

Game Room, G-1 Promenade

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

*Bruce Stewart,  
Director of Chaplaincy Services*



## Dick's Teaser Solution

What is represented is the expression “**second thoughts.**”



*Dick Pellerin, Resident*

## Save the Dates

The Northern Virginia Senior Olympics will be held September 14-29. Registration will be open July 1 – August 29. Details to come.

*Leslie LaPlace, Fitness Manager*

## Popup Metro Trip Whistler: Streetscapes Freer Gallery of Art

Friday April 26<sup>th</sup>

Departing at 9:15 am  
from the Living Room

Try something new—come join us for a DASH bus/Metro trip to the National Museum of Asian Art Freer Gallery, to see a James McNeill Whistler exhibit of streetscapes. Washington Post art critic Sebastian Smee says that the “obscure streetscapes,” might be Whistler’s “most hypnotic work.” He calls the exhibit “a gem” and indicates that “Whistler loved making pictures of street life, building facades and stores... He was committed to these subjects over the long term.”

You must have a SmarTrip card with money on it to participate. You can find instructions for how to get a SmarTrip card on Touchtown via Trips>Public Transportation Guide>Getting a Senior SmarTrip Card. We’ll meet in the Living Room, walk down the hill to the bus stop, go to the Pentagon Metro Station and on to the museum. We will spend about an hour and a half in the museum and then come back via the Metro and bus. Approximate travel time is 40 minutes once we’re on the bus.

Signup sheet will be available on Monday April 22nd at 10:00 am.

*Karen Thunberg, Resident,  
Trips and Outings Committee*



## Trip to Antietam National Battlefield: Maryland

Thursday June 20<sup>th</sup>

Departing at 8:00 am  
from the Living Room

Cost: \$83



Join us for a coach trip to Antietam National Battlefield, site of a pivotal Civil War battle. Price includes transportation (big bus with bathroom), box lunch from Bittersweet Catering

and park entrance fee. We'll start at the Visitor Center where we can view an informative film about the battle and stop by the Museum. Reboard the bus for a box lunch.

With our own Mark Raabe as our guide, we'll tour the Battlefield. Mark has a cabin adjacent to the Battlefield. (Unfortunately, this is not accessible by our bus.) Mark has monitored Eastern bluebird nesting boxes on the Battlefield for years. We hope to see bluebirds flying about as we tour this historic site. We plan to stop and get off the bus at several locations on the Battlefield (weather permitting). Then, we'll come back to the Visitor Center for a stop at the facilities before heading home.

In conjunction with this trip, the Green Team will be airing the 21-minute movie, *Blue Birds of Antietam*, on Monday, May 13, at

7:30 pm on the in-house channel. This film features bluebird recovery and conservation efforts on the Battlefield.

Expect moderate walking. The Visitor Center is ADA compliant.

Signup sheet will be available Monday, April 22 at 10 am.

*Karen Thunberg, Trips and Outings  
Committee*

## Overnight Trip: Underground Railroad, Harriet Tubman's Journey to Freedom

Wed. May 8<sup>th</sup>–Thurs. May 9<sup>th</sup>  
Cost: \$420

GHBC is sponsoring this tour, which includes a luxurious bus, driver, one night in a hotel, a private guide, a luncheon river cruise on a steam boat on the Choptank River, visits to the Blackwater National Wildlife Refuge and the Harriet Tubman Visitors Center, plus two additional meals. This is the first overnight tour since the pandemic and looks like an exceptional one. Spaces for six people are available. The cost is \$420. If you share a room, the cost will be reduced accordingly.

Complete information is in the Activities Binder by the mail room. To sign up or for further information, please contact Mary McClelland, 703-578-7511.

*Alice Kale,  
Trips and Outings Committee*

## Events

### **Afternoon Concert with Ernie Tolley**

**Wednesday April 24<sup>th</sup> at 3:00 pm Auditorium**

Guitarist/Vocalist Ernie Tolley will perform popular standard songs from the 1930's, 40's, 50's and more. Songs from Nat King Cloe, Frank Sinatra, Ella Fitzgerald, Billie Holiday, Fats Domino, Hank Williams, the Everly Brothers and Elvis just to mention a few. Please stop by for a swinging afternoon of music.

### **Kentucky Derby Celebration**

**Saturday May 4<sup>th</sup> at 5:30 pm Auditorium**

Celebrate the greatest two minutes in sports with a Kentucky Derby party. The Kentucky Derby is more than a horse race, it's a long-standing tradition—and an excellent reason for a party! There will be live music and the race will be projected onto big screens in the Auditorium. There will be mint juleps and snacks. Make sure to dress up with your favorite hat for the celebration!



### **Evening Cabaret: "Once Upon a Time on Washington's Finest Pianos"**

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

Pianist Jeff Hayes will play audience favorites from his years performing at hotels, lounges, and parties. He'll share both humorous and heartfelt stories about the songs and the fans who requested them. The Cabaret will feature vocalists from Mini-Musicals on the Move

### **Evening Concert: Double Play Tuba and Flute**

**Wednesday May 8<sup>th</sup> at 7:30pm Auditorium**

Double Play Flute and Tuba celebrates as the world's only full-time professional flute and tuba duo, their repertoire "covers" a span of 300 years! This husband and wife team has performed for, entertained and "informed" audiences of all ages in 45 states, the District of Columbia, and Mexico. They have appeared in venues and for organizations as varied as the Arizona Diamondbacks, a 1779 Town Hall in Mt. Washington, MA (Berkshires), churches, libraries and schools and of course... retirement communities!

*Jennifer Bennett, Events Coordinator*

## Fitness Survey Feedback

Did you know that the Fitness Team has been offering a Monday Yoga & Flexibility class called Yoga Flow at 2:00 pm? This class is for those that can easily get on and off from the floor without any support. It is an energizing and dynamic class that will help you build strength, stamina, and flexibility. You will learn to synchronize the breath with your poses. There are three slots open. Let Christie know if you are interested in taking any of these classes (cthomas03@goodwinliving.org or 703-824-1025).

*Christie Thomas,  
Fitness and Aquatics Coordinator*

## Reminder: Saturday Morning Live (Time Has Been Changed!)

**Saturday April 20<sup>th</sup> at 10:00 am Auditorium**

Saturday Morning live will begin at 10:00 am tomorrow, instead of its usual start time of 10:30 am. Come to hear Rose Gottemoeller's insights on the Ukraine-Russia conflict.

*Speakers' Forum*

## BYOConversation: "Happiness, pursuit of"

**Monday April 22<sup>nd</sup>  
10:00–10:45 am  
Living Room**



In our long lives we have, I suppose, pursued happiness. What is happiness, anyhow? Is it obvious at the time, or only in retrospect?

What brought us happiness? What unlikely, unexpected, ironic events or conditions? What predicted unhappiness turned out to be happy? (Or predicted happiness, but then not so much?) Can you control it, like adjusting the hot and cold water faucets? Do we measure happiness on a continuum, with "happy" on one end and "unhappy" on the other? Do you have to be happy about everything to be happy enough? Is happiness seasonal (winter, spring, etc.—or youth, middle age, elderly, etc)?

Can you create happiness by force of will ("I will (am determined to)) be happy." Let's discuss. BYOConversation invites all residents to the Living Room for 45 minutes of friendly conversation, with good audibility, light moderation, to speak up or just listen. Welcome!



*Jonathan Bryan, Resident*

# The Weekly Schedule

**Sunday April 21, 2024–Sunday April 28, 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, consult Uniguest/Touchtown at [www.gh-a.org](http://www.gh-a.org)\*\*

**\*\*Note for Saturday April 20th:  
Saturday Morning Live will begin  
thirty minutes earlier than usual, at  
10:00 am\*\***

## 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 or AUD (weather dependent)  
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) the local diner who'll serve him.

## Monday April 22

- 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 11.)  
10:00: Catholic Communion & Rosary — CHP & CH 974  
10:00: Trail Blazers: Huntley Meadows — LBY  
11:00: Grounds Committee — RCR  
11:00: Just Dance Class — AUD-A  
11:00: Earth Day Events — CTY (See the article on page 1.)  
Noon: German Conversation Table — BST Table 11  
2:00: Earth Day Sustainability Talk — AUD (See the article on page 1.)  
2:00: Grounds Committee Earth Day Activity — CTY (See the article on page 2.)  
3:30: Seated Meditation — CHP & CH 974



7:30: Environmental Film: *2040* — CH 972 (See the article on page 4.)

## Tuesday April 23

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-noon: Tech Time Mobile Device Drop-In Clinic — AR (See the article on page 5.)

10:30: Music Therapy Program — AUD A

11:00: Bible Study — CHP

1:15: Total Brain Health Program — GX

1:30: Mah Jongg — LR

2:00: Wii Bowling — GX

2:00: Movie: *Bad Times @ El Royale* — CH 972

*Bad Times @ El Royale*, 2018, Thriller, R, 142 m. The El Royale is run-down hotel that sits on the border between California and Nevada. It soon becomes a seedy battleground when seven strangers—a cleric, a soul singer, a

traveling salesman, two sisters, the manager and the mysterious Billy Lee—converge on a fateful night for one last shot at redemption before everything goes wrong. (CAST: Jeff Bridges, Cynthia Erivo, Dakota Johnson, Jon Hamm, Cailee Spaeny)

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

4:30: Advanced Tai Chi — GX

## Wednesday April 24

9:00: Fun & Fitness — GX & CH 975

9:00: Clothing Collection — GR (See the article on page 8.)

9:30: Aqua Fun — POOL

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

10:00: StrongerMemory — FL

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

10:30: Finance Committee Meeting — AR

11:00: Prayer Group — CHP

11:00: Teaching Company: *12 Women Who Shaped America: 1619 to 1920* — CH 972

Lecture 11: *Alice Paul, National Woman's Party Leader*

Lecture 12: *Mary Church Terrell: Suffrage to Civil Rights*

Noon: Directors' Dutch Lunch: Liz Pomerleau, GHBC Director of Clinical Pastoral Education — BST (See the article on page 6.)

1:00: Duplicate Bridge — LR

2:00: Caregiver Support Group — RCR

3:00: Afternoon Concert: Ernie Tolley — AUD (See the article on page 10.)

3:30: Art & Sound Meditation —

**Canceled**

3:30: Goodwin Living Artist Present "NEIGHBORS" Closing Reception — NOVA Alexandria Library (Sign up for GHA shuttle behind the green tab)

4:00: Pop-up Technology Assistance — LBY (See the article on page 5.)

7:00: Democratic Primary Candidate Forums — LR (See the article on page 3.)

## Thursday April 25

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

10:00: New Vendor: Arts of Asia — CC

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

11:00: Newcomers' Group — AR

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

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

11:00: Wii Bowling — GX

Noon: French Conversation Table — BST Table 11

1:00: GHA Bell Ringers Choir — AUD-A

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

2:00: Dining Committee — RCR

2:00: Open Studio — AS

2:15: Advanced Line Dancing — **Canceled until further notice**

3:00: GHA Players Meeting — RCR

7:15: Movie: *The French Dispatch* — CH 972

*The French Dispatch*, 2021, Comedy/Romance, R, 108 m. A love letter to journalists set in an outpost of an American newspaper in a fictional 20th-century French city that brings to life a collection of stories published in "The French Dispatch." (CAST: Owen Wilson, Benicio del Toro, Adrien Brody, Tilda Swinton, Léa Seydoux)

## Friday April 26

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

9:00: Fun & Fitness — GX & CH 971

10:00: Replay of Thursday Movie: *The French Dispatch* — CH 972 (See page 14.)

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

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

1:30: Shanghai — LR

2:00: Dining Services Town Hall — AUD (See the article on page 2.)

2:00: Quilting Bees — RCR

3:30: Seated Meditation — CHP & CH 974

4:30: Advanced Tai Chi — GX

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

7:00: Applied Instrumental Recital — NOVA AFA Fine Arts building (The shuttle will be leaving GHA's lobby at 6:45 pm.)

10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 4.)

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 Hurt Locker* — CH 972

*The Hurt Locker*, 2008, War/Action, R, 131 m. Following the death of their well-respected Staff Sergeant in Iraq, Sergeant JT Stanborn and Specialist Owen Eldridge find their Explosive Ordnance Disposal unit saddled with a very different team leader. Staff Sergeant William James is an inveterate risk-taker who seems to thrive on war, but there's no denying his gift for defusing bombs. (CAST: Jeremy Renner, Anthony Mackie, Brian Geraghty, Guy Pearce, Christian Camargo)

## Saturday April 27

8:15: Classical Stretch — GX

10:00–Noon: Beauregard Neighborhood Clean Up — LBY (See the article on page 1.)

## Sunday April 28

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

*Ben-Hur*, 1959, Adventure/Action, G, 207 m. Epic drama about an aristocratic Jew living in Judaea who incurs the wrath of a childhood friend, now a Roman tribune. Although forced into slavery on a galley and compelled to witness the cruel persecution of his family, he survives, harbouring dreams of vengeance. A battle at sea and a chariot race are among the memorable sequences. The film used 300 sets at Rome's Cinecitta Studios and won a record 11 Oscars. (CAST: Charlton Heston, Jack Hawkins, Haya Harareet, Stephen Boyd, Hugh Griffith)

## **Richmond & Dominion Schedule**

### 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 or AUD (weather dependent)  
3:00: Strength & Stretch Chair Exercise — Channel 971 & RAR  
6:30: Movie: *As Good As it Gets* — CH 972 (See page 12.)

### Monday April 22

- 10:00: BYOConversation — LR (See the article on page 11.)  
10:00: Catholic Communion & Rosary — CHP & CH 974  
Noon: Farm Animal Visits — CTY & AUD  
11:00: Grounds Committee — RCR  
11:00: Just Dance Class — AUD-A  
11:00: Earth Day Events — CTY (See the article on page 1.)  
Noon: German Conversation Table — BST Table 11



3:00: Art Film — **Canceled**  
3:30: Seated Meditation — CHP & CH 974  
7:30: Environmental Film: *2040* — CH 972 (See the article on page 4.)

## **Tuesday April 23**

10:00: Yoga Strength — GX & CH 975  
10:00-noon: Tech Time Mobile Device Drop-In Clinic — AR (See the article on page 5.)  
11:00: Bible Study — CHP  
1:15: NEW: Total Brain Health Program — GX  
1:30: Mah Jongg — LR  
2:00: Movie: *Bad Times @ El Royale* — CH 972 (See page 13.)  
3:00: Residents' Council Listens — AUD (See the article on page 5.)

## **Wednesday April 24**

9:00: Clothing Collection — GR (See the article on page 8.)  
10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — GX  
10:30: Finance Committee Meeting — AR  
11:00: Body & Balance Exercise Program — GX

11:00: Prayer Group — CHP  
11:00: Teaching Company: 12 Women Who Shaped America: 1619 to 1920 — CH 972 (See page 13.)  
Noon: Directors' Dutch Lunch: Liz Pomerleau, GHBC Director of Clinical Pastoral Education — BST (See the article on page 6.)  
3:00: Afternoon Concert: Ernie Tolley — AUD (See the article on page 10.)  
3:30: Art & Sound Meditation — **Canceled**  
3:30: Goodwin Living Artist Present "NEIGHBORS" Closing Reception — NOVA Alexandria Library (Sign up for the GHA shuttle behind the green tab.)  
4:00: Pop-up Technology Assistance — LBY (See the article on page 5.)

## **Thursday April 25**

9:30: Chess — LR  
10:00: Yoga Strength — GX & CH 975  
10:00: Ceramics — AS  
10:00: New Vendor: Arts of Asia — CC  
10:30: Talking Books Librarian — Library Work Room or in your apartment by appointment; call 703-824-1583  
11:00: Scripture, Songs & Prayers — AUD & CH 973  
11:00: Replay of Teaching Company — CH 972 (See page 13.)

Noon: French Conversation Table —  
BST Table 11

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

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

1:45: Music Therapy with Abby —  
DDR

2:00: Open Studio — AS

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

## Friday April 26

10:00: Replay of Thursday Movie: *The French Dispatch* — CH 972 (See page 14.)

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

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

3:30: Seated Meditation — CHP & CH 974

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

7:00: Applied Instrumental Recital —  
NOVA AFA Fine Arts building — The shuttle will be leaving GHA's lobby at 6:45pm

## Saturday April 27

10:30: Advanced Tai Chi with Instructor  
— GX

10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 4.)

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

3:00: Weekend Wii Bowling — GX

7:15: Movie: *The Hurt Locker* — CH 972 (See page 15.)

## Sunday April 28

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

11:00: Open Recreation — Assisted Living-All

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

6:30: Movie: *Ben-Hur* — CH 972 (See page 16.)

## **Small House Schedule**

### 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 or AUD — Weather Dependent

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

6:30: Movie: *As Good As it Gets* — CH 972 (See page 12.)

## Monday April 22

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

Noon: Farm Animal Visits — CTY & AUD

10:30: Reading2Connect — **Canceled**

11:00: Small House Bell Choir — **Canceled**

11:00: Earth Day Events — CTY (See the article on page 1.)

Noon: German Conversation Table — BST Table 11

2:30: Tea Party — **Canceled**

3:30: Seated Meditation — CHP & CH 974

5:45: After Dinner Conversations — SN

7:30: Environmental Film: *2040* — CH 972 (See the article on page 4.)

## Tuesday April 23

10:30: Seated Exercise — PW

11:00: Bible Study — CHP

1:30: Music Therapy — WL

1:30: Dog visits with Cashew — SH-A

2:00: Elder Grow — MH

2:00: Movie: *Bad Times @ El Royale* — CH 972 (See page 13.)

4:00: Individual Visits — JA

6:30: Music Therapy with Abigail — OQ

## Wednesday April 24

9:00: Clothing Collection — GR (See the article on page 8.)

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 13.)

Noon: Directors' Dutch Lunch: Liz Pomerleau, GHBC Director of Clinical Pastoral Education — BST (See the article on page 6.)

2:00: Exercise with Christie — MH

2:30: Brain Games: Flower Arranging — ST

3:00: Afternoon Concert: Ernie Tolley — AUD (See the article on page 10.)

3:30: Goodwin Living Artist Present “NEIGHBORS” Closing Reception — NOVA Alexandria Library (sign up for the GHA shuttle behind the green tab.)

4:00: Pop-up Technology Assistance — LBY (See the article on page 5.)

## **Thursday April 25**

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

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

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

Noon: Chaplain Visits — SH-A

Noon: French Conversation Table — BST Table 11

2:30: Individual Visits — SH-A

3:00: Matinee Documentary: *Hidden Lives of Pets* — WL

7:15: Movie: *The French Dispatch* — CH 972 (See page 14.)

## **Friday April 26**

10:00: Replay of Thursday Movie — CH 972

10:30: Seated Exercise — OQ

12:00: Director’s Lunch with Chandra — WL

20

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

7:00: Applied Instrumental Recital — NOVA AFA Fine Arts building — The shuttle will be leaving GHA’s lobby at 6:45 pm.

## **Saturday April 27**

10:30: Dog Visits — SH-A

10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 4.)

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

3:00: Music with Barbara — OQ

7:15: Movie: *The Hurt Locker* — CH 972 (See page 15.)

## **Sunday April 28**

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

11:30: Chaplain Visits — SH-A

1:30: Gaming Hour with Kim — OQ

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






6:30: Movie: *Ben-Hur* — CH 972 (See page 16.)



## LOCATION KEY

- |  |  |  |
|--|--|--|
| <p>AR = Arbor Room next to the Dining Room/Bistro</p> <p>AS = Art Studio</p> <p>ASG = Art Studio Gallery</p> <p>AUD-A = Auditorium A</p> <p>AUD-B = Auditorium B</p> <p>AUD = Auditorium AB</p> <p>AUD-ABC = Auditorium ABC</p> <p>BL = Small House Bluestone</p> <p>BR = Bishops' Room First Floor Tower</p> <p>BST = Bistro</p> <p>CC = Concourse</p> <p>CH 971 = Channel 971</p> <p>CH 972 = Channel 972</p> <p>CH 973 = Channel 973</p> <p>CHP = Chapel</p> <p>CL = Clinic</p> <p>CTY = Courtyard</p> <p>DDR = Dominion Dining Room, Original Building 2nd Floor</p> <p>FL = Fillmore Lounge</p> | <p>FP = Fillmore Patio</p> <p>GR = Game Room on Promenade</p> <p>GX = Group EX Studio</p> <p>JA = Small House James</p> <p>LBY = Lobby</p> <p>LR = Living Room</p> <p>MH = Small House Meherrin</p> <p>MP = Market Place on Promenade</p> <p>OQ = Small House Occoquan</p> <p>POOL = Swimming Pool on Promenade</p> <p>PT = Physical &amp; Occupational Therapy on Promenade</p> <p>PR = Promenade</p> <p>PSCR = Promenade Small Conference Room</p> <p>PW = Small House Powell</p> <p>RAR = Richmond Activities Room, Original Building 3rd Floor</p> <p>RCR = Residents' Conference Room</p> | <p>RDR = Richmond Dining Room, Original Building 3rd Floor</p> <p>ROOF = Rooftop Deck</p> <p>RP = Small House Rappahannock</p> <p>SH-A = All Small Houses</p> <p>SHG = Small House Gallery</p> <p>SN = Small House Shenandoah</p> <p>WL = Small House Willis</p> |
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## WELLNESS ICONS

Communal =	
Emotional =	
Intellectual =	
Physical =	
Social =	
Spiritual =	