

Gazette



Goodwin House
Alexandria

Saturday May 4, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

New COVID-19 Protocols May Mean Changes

Due to potential shifts in COVID-19 protocols, it is possible that announcements and activities in this *Gazette* will change in the coming weeks. Currently, we are hoping to be back to regular scheduling by Sunday May 12th. Please check Uniguest/Touchtown for the most up-to-date information about changes to and cancellations of events and activities. You can also find general information about our COVID-19 protocols on Uniguest/Touchtown under “COVID-19 Updates.” If you need assistance with getting connected to Uniguest/Touchtown, please reach out to Hilary Canary (hcanary@goodwinliving.org; 703-824-1004). Thanks so much for your cooperation and patience at this time!

Hilary Canary,
Communications Coordinator

COVID Numbers

Cases as of May 2nd:

Independent Living: 27

Assisted Living: 3

Small Houses: 1

Team Members: 11

Next Teaching Company: Notorious London

Wednesdays at 11:00 am

Replay: Thursdays at 11:00 am

Channel 972



In the 12 lessons of *Notorious London: A City Tour*, you will experience a rich sampling of some of the city’s most shocking stories and infamous personalities. Taught by Professor Paul Deslandes of the University of Vermont, *Notorious London* dips into various regions and eras of London’s past to give you a multifaceted look into this remarkable metropolis. From the destruction of St. Paul’s Cathedral and the dark history of the Tower of London to the decadence of the *fin de siècle* and the chaos of World War II and beyond, these stories bring London to life. This series will be shown over the course of six weeks, with two 30 minute lectures being shown each week. For a course summary, contact Jen (jbennett@goodwinliving.org; ext.1225.)

Jennifer Bennett, Events Coordinator

Pop-up DASH Bus Trip: Ikebana and Art Exhibit at the Torpedo Factory

Friday May 10th
Departing at 1:00 pm
From the Lobby

Try something new: come join us for a DASH bus trip (the DASH bus is free) to the Torpedo Factory in Old Town. We will visit an art exhibit with beautiful live floral Ikebana displays. Among the 20 floral exhibits will be one by our own DiAna Hart Smith. The exhibition is held every other year and features Sogetsu Ikebana floral installations designed to coordinate with Torpedo Factory artists' work. Many of the artists' studios are open on Fridays, so you'll have a chance to view other artwork.

We'll meet in the lobby, walk down the hill to the bus stop, take the DASH bus 31 to Old Town (City Hall), and then walk two blocks downhill to the Torpedo Factory. We'll spend about an hour and a half at the exhibit and then come back via the DASH bus. The approximate travel time will be 15-20 minutes once we're on the bus, depending on traffic. The sign-up sheet will be available on Monday May 6th, at 10:00 am.



*Karen Thunberg, Resident,
Trips and Outings Committee*

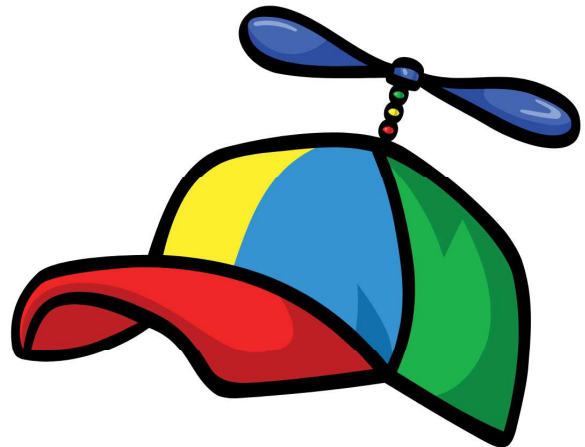
Bit of Fun Friday: Hat Day

Friday May 10th

Don't put that derby hat away quite yet. It's hat day. They come in all shapes and sizes and are for all sorts of occasions. Are you a Derby Darling or a Nats Fan? Or just to keep the sun out of your eyes. Share your favorite hat this Friday.

This all-day event is to encourage discussions between members of our community (residents, team members, and visitors).

Merrily Wolf, Executive Assistant



Dick's Teaser

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

one		the other
one		the other
one		the other
one	and	the other
one		the other
one		the other



**Answers on page 5
Dick Pellerin, Resident*

May Salon Specials

You've heard it: April showers bring May flowers. Choose any of these special promotions to relax and enjoy.

- **One-hour classic European facial for \$65 (regularly \$80):** the facial includes steam cleansing, exfoliation, manual extractions, masks, and a moisturizing facial massage. Products used are from Dermalogica, a certified-cruelty free, gluten-free, and vegan brand that is free of artificial color, fragrances, mineral oil, lanolin, S.D. alcohol, parabens, and microplastics.
- **Eyebrow shaping with tinting for \$20 (regularly \$28):** Brow shaping involves waxing and tweezing along your brow's natural lines to ensure a perfect contour. Eyebrow tinting involves applying a safe, semi-permanent tint to shape, define, and enhance your brows.
- **Keratin complex treatment for \$185.00 (regularly \$200):** Keratin treatment is a revitalizing and rejuvenating system that seals keratin into the hair cuticle to lock out frizz-causing humidity.

*Lady Piralta-Pinto,
Beauty Salon Manager*

"Traveling with my Sketchbooks" Exhibition of Artwork by Sue Lynch

Exhibition: May 8th–June 19th

Reception: May 17th at 4:00 pm
Small House Gallery



GHA resident Sue Lynch worked as an artist at the Torpedo Factory Art Center in Alexandria, for many years and has received many awards, including winning the annual Virginia Watercolor Exhibition, and first place in the Fairfax Council of the Arts Exhibition. She has been a signature member of the American Society of Marine Artists, as well as winning national marine art shows.

Her work is in many private, government, and corporate collections throughout the world. Sue has been affiliated with Studio Gallery, Annapolis Marine Art Gallery, and Spectrum Gallery, as well as showing at Zenith Gallery, the Athenaeum, and others.

This show features watercolors based on her travels over many years. I hope you enjoy it!



*Alison Schroeder,
Arts Coordinator*

Fitness Survey Feedback



Christie and Leslie appreciate the responses to the recent article on fitness at GHA. The responses included some misunderstandings that need to be addressed, especially that current class times are not convenient and that classes won't change. The following information should clarify the article.

- About 16% of respondents mentioned that class times weren't convenient. Class times are based on a general understanding of residents' and team members' schedules. In addition to classes, private sessions are offered. These are important since the fees paid by residents go directly into the budget for new equipment.
- Based on the article, some residents thought that current classes and times would never change. We regularly consider changing class formats or adding sessions and workshops. Afternoon sessions are difficult to schedule for a variety of reasons, but we will keep this possibility in mind.

- It is time consuming to tape, edit, and upload a session. Therefore, we maintain a library of classes on Uniguest/Touchtown. In addition, in a few weeks we will begin airing previously recorded classes on Channel 971. Also, as many already do, residents can record record classes on Channel 975.
- Upcoming workshops will cover how to use machines, dumbbells, and other equipment in the gym. We will also cover basic exercises you can do. Pilates will be coming in late summer/early fall. When we have more details, we will announce them in the *Gazette*.

The Fitness team welcomes your comments. Feel free to contact Christie or Leslie with any questions.

Leslie LaPlace, Fitness Manager

Don't Keep Me



GHA shopping carts are for short-term use and should be returned to their designated storage areas immediately after use. Please help your fellow residents by returning carts promptly.

Shopping cart handles are labeled with the storage location (Tower Garage, Reception Desk, and Small House Garage).

*G. Theresa Thomas,
Associate Executive Director*

Canceled Due to COVID Restrictions: BYOConversation



Monday May 6th

Very sorry about this. Maybe we can gather next Monday, May 13?

But, anyhow, I'll be traveling from May 14 to June 5, so BYOC will be whatever residents want to do on May 20, May 27, and June 3.

This week I had planned to offer "Settle, Accept, Move on – dealing with poor options." Next week (May 13) I planned "Evaluation: assessing pros and cons." If COVID permits, maybe they would be interesting topics to explore while I'm gone.

Looking forward to resuming our interesting conversations on June 10th.



Jonathan Bryan, Resident

Dick's Teaser Solution

What is represented is the expression "six of one and half-dozen of the other."



Dick Pellerin, Resident

Parkinson's & Movement Disorder Support Group

Third Wednesdays at 2:00 pm
Residents' Conference Room

Tailored to the needs of individuals living with Parkinson's and other movement disorders, our group provides a confidential space for the exchange of experiences, insights, and coping mechanisms. Under the guidance of Jessica Fredericksen, Director of Brain Health, sessions incorporate a blend of informative discourse, guest presentations, and therapeutic activities aimed at fostering empowerment and solidarity. Whether you have been recently diagnosed or are a seasoned veteran, we invite you to join us in embracing a community founded on resilience and optimism. This group will meet monthly. Our next meeting will be on Wednesday May 15th.



*Jessica Fredericksen,
Director of Brain Health*



If you are unable to find or read the numbers #1 or #2 on plastic items for recycling, don't guess! They are trash.

Events

Jazz Musical Education Class with Quentin Walston

**Tuesday May 14th at 3:30 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.



Courtyard Concert with Vladimir's Jass-Atelier

**Thursday May 16th at 4:00 pm
Courtyard**

Courtyard Concerts are Back! Vladimir's Jass-Atelier is a traditional American jazz trio with a banjo bass and horn. They play classic arrangements of instrumental and vocal songs from the early part of the 20th century from the great American songbook.



*Jennifer Bennett,
Events Coordinator*



Sign-up Reminder: Antietam Trip on June 20th

Interested in going on the trip to the Antietam Battlefield? There's no time like the present to add your name to the list. For the trip to take place we need eight to ten more people to sign up. Why the push so far in advance? We will need to pay the bus company in full in May, well in advance of the departure date. Hope to see you on the bus.

*Karen Thunberg,
Trips and Outings Committee*

NEWS FLASH
OH! OH!

AFTER THE Symphonychoras,
FOOT STOMPING CONCERT IN
THE AUDITORIUM ON SUNDAY, THE
CHORAL DIRECTOR ASKED ANY
ONE IN THE AUDIENCE TO JOIN
THE GROUP. AFTER THEIR 50 SEATER
BUS LEFT, IT WAS NOTICED THAT
TWO OF OUR FINEST SINGING
MICE WERE GONE! WE WISH THEM
WELL AND LOOK FORWARD TO THEIR
NEXT TOUR STOP HERE.

JANIE
JORDAN



ON THE ROAD
AGAIN

The Weekly Schedule

Sunday May 5, 2024–Sunday May 12, 2024

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

Sunday May 5

- 8:15: Classical Stretch — GX
- 9:00: Holy Eucharist — CH 974
- 10:30: Holy Eucharist — CH 973
- 6:30: Movie: *Ben-Hur, Pt.2* — 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. This will be part two of the movie that we aired part one of on Sunday April 28th. (CAST: Charlton Heston, Jack Hawkins, Haya Harareet, Stephen Boyd, Hugh Griffith)

Monday May 6

- 9:00: Fun & Fitness — CH 975 & GX **(room limit of 8 people)**
- 9:30: Aqua Fun— POOL **(limit of 4 people)**
- 10:00: 12-Step Meeting — Please call 202-701-9291 for additional information.
- 10:00: BYOConversation — **Canceled**
- 10:00: Catholic Mass & Rosary — CH 974
- 10:00: Trail Blazers: Bon Air Park — LBY (masks are required on the shuttle)
- 11:00: Just Dance Class — **Canceled**
- Noon: German Conversation Table — **Canceled**
- 3:00: Intermediate Computers II — **Canceled**
- 3:30: Seated Meditation — CH 971
- 4:30: Birthday Party — **Postponed to May 13th**

Tuesday May 7

- 7:45: Morning Yoga — CH 975 & Zoom
- 9:00: Strength & Stretch Class — GX & CH 975 **(limit of 8 people)**
- 9:30–Noon: Credit Union Open — PR
- 10:00: Painting and Drawing — **Canceled**
- 10:00: Yoga Strength — GX & CH 975 **(limit of 8 people)**
- 10:00: Bus to Giant Food — LBY
- 10:00: Residents' Council Meeting — **Postponed to May 14th**
- 11:00: Bible Study — **Canceled**
- 1:15: Total Brain Health Program — **Canceled**
- 1:30: Mah Jongg — **Canceled**
- 2:00: Wii Bowling — **Canceled**
- 2:00: Movie: *The Beautiful Game* — CH 972

The Beautiful Game, 2024, Sport/Drama, PG-13, 125 m. Mal is the manager of England's homeless football team, taking his players to Rome with the hope of being crowned champions of the Homeless World Cup. He brings with them a talented striker, Vinny, who could give them a real chance at winning. (CAST: Bill Nighty, Michael Ward, Valeria Golino, Susan Wokoma, Callum Scott Howells)

- 3:00: By Hand: Creative Writers Group — 9th Floor Lounge
- 4:30: Advanced Tai Chi — **Canceled**
- 7:30: Evening Cabaret — **Postponed to July 16th**

Wednesday May 8

- 9:00: Fun & Fitness — GX & CH 975 **(limit of 8 people)**
- 9:30: Aqua Fun — POOL **(limit of 4 people)**
- 9:30: Market Place Accepts Donations — MP
- 10:00: StrongerMemory — **Canceled**
- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — **Canceled**
- 10:45: Resident Activities Committee — **Postponed to May 15th**
- 11:00: Prayer Group — **Canceled**
- 11:00: Teaching Company: *Notorious London*
- Episode 1: *Oscar Wilde's Decadent London*
- Episode 2: *St. Paul's Cathedral in Faith, Fire, and Sin*
- Noon: Director's Dutch Lunch — **Canceled**
- 1:00: Duplicate Bridge — **Canceled**

3:30: Art & Sound Meditation —
Canceled

4:00: Pop-up Technology Assistance —
Canceled

Thursday May 9

7:45: Morning Yoga — CH 975 &
Zoom

9:00: Strength & Stretch Class limit of 8
— GX & CH 975 (**limit of 8 people**)

9:30: Aqua Fun — POOL (**limit of 4
people**)

9:30: Chess — **Canceled**

10:00: Yoga Strength — GX & CH 975
(**limit of 8 people**)

10:00: Ceramics — **Canceled**

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

11:00: Ascension Day Service — CH
973

11:00: Replay of Teaching Company —
CH 972 (See page 8.)

11:00: Wii Bowling — **Canceled**

Noon: French Conversation Table —
Canceled

1:00: GHA Bell Ringers Choir —
Canceled

1:00: Library Committee Meeting —
Postponed to May 23rd

1:15: Total Brain Health Program —
Canceled

2:00: Open Studio — **Canceled**

2:15: Advanced Line Dancing — GX

3:00: GHA Players Meeting —
Canceled

7:15: Movie: *Scent of a Woman* — CH
972

Scent of a Woman, 1992, Drama/
Melodrama, R, 156 m. Frank is
a retired Lt. Col. in the US army.
He's blind and impossible to get
along with. Charlie is at school
and is looking forward to going
to college. To help pay for a trip
home for Christmas, he agrees to
look after Frank over Thanksgiving.
Frank's niece says this will be easy
money, but she didn't reckon on
Frank spending his Thanksgiving in
New York. (CAST: Al Pacino, Chris
O'Donnell, James Rebhorn, Philip S.
Hoffman, Nicholas Sadler)

Friday May 10

****Bit of Fun Friday: Hat Day (See the
article on page 2.)****

7:45: Morning Yoga — CH 975 &
Zoom

9:00: Fun & Fitness — CH 975 & GX
(**limit of 8 people**)

9:45: Shuttle to Target — LB Y

10:00: Replay of Thursday Movie: *Scent of a Woman* — CH 972

10:30: GHA Encore Chorale Rehearsal — **Canceled**

1:30: Shanghai — **Canceled**

2:00: Quilting Bees — **Canceled**

3:30: Seated Meditation — CH 971

4:30: Advanced Tai Chi — GX (**limit of 8 people**)

4:30: Jewish Sabbath Service — CH 971

Saturday May 11

8:15: Classical Stretch — GX

10:30: Advanced Tai Chi with Instructor — GX (**limit of 8 people**)

11:30: Beginners' Tai Chi with Instructor — GX (**limit of 8 people**)

3:00: Weekend Wii Bowling — **Canceled**

7:15: Movie: *Winter's Bone* — CH 972

Winter's Bone, 2010, Thriller/Mystery, R, 100 m. Faced with an unresponsive mother and a criminal father, Ozark teenager Ree Dolly (Jennifer Lawrence) does what she can to manage the household and take care of her two younger siblings. Informed by the sheriff (Garret Dillahunt) that their father put their home up for bond and then disappeared, Ree sets out on

a dangerous quest to find him. Her entire family's fate now in her hands, Ree challenges her outlaw kin's code of silence and risks her life to learn her father's fate.

Sunday May 12

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *North by Northwest* — CH 972

North by Northwest, 1959, Thriller/Mystery, NR, 136 m. This classic suspense film, directed by Alfred Hitchcock, finds New York City ad executive Roger O. Thornhill (Cary Grant) pursued by ruthless spy Phillip Vandamm (James Mason) after Thornhill is mistaken for a government agent. Hunted relentlessly by Vandamm's associates, the harried Thornhill ends up on a cross-country journey, meeting the beautiful and mysterious Eve Kendall (Eva Marie Saint) along the way. Soon Vandamm's henchmen close in on Thornhill, resulting in a number of iconic action sequences.

Richmond & Dominion Schedule

Sunday May 5

- 9:00: Holy Eucharist — CH 974
10:30: Holy Eucharist — CH 973
11:00: Open Recreation — **Canceled**
6:30: Movie: *Ben-Hur, Pt.2* — CH 972
(See page 7.)

Monday May 6

- 10:00: BYOConversation — **Canceled**
10:00: Catholic Mass & Rosary — CH 974
11:00: Body & Balance Exercise Program — GX
11:00: Just Dance Class — **Canceled**
12:00: German Conversation Table — **Canceled**
3:00: Art Film — **Canceled**
3:00: Intermediate Computers II — **Canceled**
3:30: Seated Meditation — CH 971
4:30: Birthday Party — **Postponed to May 13th**

Tuesday May 7

- 10:00: Yoga Strength limit of 8 — GX & CH 975 (**limit of 8**)
10:00: Residents' Council Meeting — **Postponed to May 14th**
11:00: Bible Study — **Canceled**
1:15: Total Brain Health Program — **Canceled**
1:30: Mah Jongg — **Canceled**
2:00: Movie: *The Beautiful Game* — CH 972 (See page 8.)
3:00: By Hand: Creative Writers Group — 9th Floor Lounge
3:00: Tea Timers — RDR
7:30: Evening Cabaret: "Once Upon a Time on Washington's Finest Pianos" — **Canceled**

Wednesday May 8

- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — **Canceled**
10:45: Resident Activities Committee — **Postponed to May 15th**
11:00: Body & Balance Exercise Program — **Canceled**
11:00: Prayer Group — **Canceled**
11:00: Teaching Company: *Notorious London* — CH 972 (See page 8.)

Noon: Directors Lunch with Merrily Wolf — **Canceled**

3:30: Art & Sound Meditation — **Canceled**

4:00: Pop-up Technology Assistance — **Canceled**

Thursday May 9

9:30: Chess — **Canceled**

10:00: Yoga Strength — GX & CH 975
(**limit of 8**)

10:00: Ceramics — **Canceled**

10:30: Dominion Resident Council Meeting — **Canceled**

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

11:00: Ascension Day Service — CH 973

11:00: Replay of Teaching Company — CH 972 (See page 8.)

12:00: French Conversation Table — **Canceled**

1:00: GHA Bell Ringers Choir — **Canceled**

1:15: Total Brain Health Program — **Canceled**

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

2:00: Open Studio — **Canceled**

7:15: Movie: *Scent of a Woman* — CH 972 (See page 9.)

Friday May 10

****Bit of Fun Friday: Hat Day (See the article on page 2.)****

10:00: Replay of Thursday Movie: *Scent of a Woman* — CH 972 (See page 9.)

10:30: GHA Encore Chorale Rehearsal — **Canceled**

3:30: Seated Meditation — CH 971

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

Saturday May 11

10:30: Advanced Tai Chi with Instructor — GX (**limit of 8 people**)

11:30: Beginners' Tai Chi with Instructor — GX (**limit of 8 people**)

3:00: Weekend Wii Bowling — **Canceled**

7:15: Movie: *Winter's Bone* — CH 972 (See page 10.)

Sunday May 12

9:00: Holy Eucharist — CH 974

10:30: Holy Eucharist — CH 973

11:00: Open Recreation — **Canceled**

6:30: Movie: *North by Northwest* — CH 972 (See page 10.)

Small House Schedule

Sunday May 5

- 9:00: Holy Eucharist — CH 974
10:30: Holy Eucharist — CH 973
11:30: Chaplain Visits — SH-A
1:30: Chef's Table Making Lemonade — OQ
3:00: Open Recreation/Strength & Stretch Chair Exercise — CH 971
6:30: Movie: *Ben-Hur, Pt.2* — CH 972 (See page 8.)

Monday May 6

- 10:00: Catholic Mass & Rosary — CH 974
10:30: Reading2Connect — WL
11:00: Small House Bell Choir — RP
12:00: German Conversation Table — **Canceled**
2:30: Tea Party Cart — SH-A
3:00: Art Film — **Canceled**
3:00: Intermediate Computers II — **Canceled**
3:30: Seated Meditation — CH 971
5:45: After Dinner Conversations — WL

Tuesday May 7

- 10:00: Residents' Council Meeting — **Postponed to May 14th**
10:30: Seated Exercise — PW
11:00: Bible Study — **Canceled**
1:30: Music Therapy — WL
2:00: Movie: *The Beautiful Game* — CH 972 (See page 8.)
4:00: Individual Visits — JA
6:30: Music Therapy with Abigail — OQ
7:30: Evening Cabaret — **Canceled**

Wednesday May 8

- 10:15: Equine Therapy with Barbara — SH-A
10:30: Music and Movement — RP
11:00: Art with Alison — **Canceled**
11:00: Prayer Group — **Canceled**
11:00: Teaching Company: *Notorious London* — CH 972 (See page 8.)
Noon: Director's Dutch Lunch — **Canceled**
2:30: Small House Resident Council — **Canceled**
4:00: Pop-up Technology Assistance — **Canceled**

Thursday May 9

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

11:00: Ascension Day Service — CH
973

11:00: Replay of Teaching Company —
CH 972 (See page 8.)

Noon: Chaplain Visits — SH-A

Noon: French Conversation Table —
Canceled

2:30: Individual Visits — SH-A

3:00: Matinee Documentary: Our Living
World — OQ

7:15: Movie: *Scent of a Woman* — CH
972 (See page 9.)

Friday May 10

****Bit of Fun Friday: Hat Day (See the
article on page 2.)****

10:00: Replay of Thursday Movie: *Scent
of a Woman* — CH 972 (See page 9.)

10:30: Seated Exercise — OQ

Noon: Director's Lunch with Theresa —
ST

2:30: Courtyard Promenade — SH-A

3:00: Music Therapy with Abby — OQ

3:30: Seated Meditation — CH 971

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

8:00: Evening Check-in — SH-A

Saturday May 11

10:30: Dog Visits — SH-A

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

3:00: Music with Barbara — OQ

7:15: Movie: *Winter's Bone* — CH 972
(See page 9.)

Sunday May 12

9:00: Holy Eucharist — CH 974

10:30: Holy Eucharist — CH 973

11:30: Chaplain Visits — SH-A

1:30: Short Stories — PW





3:00: Open Recreation/Strength &
Stretch Chair Exercise — CH 971

6:30: Movie: *North by Northwest* — CH
972 (See page 10.)

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 & 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> |
|--|--|--|

WELLNESS ICONS

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