

# Gazette



Goodwin House  
Alexandria

Saturday May 11, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

## Lunch and Learn: Traveling with our Sketchbooks

**Saturday May 18<sup>th</sup> at noon  
Auditorium**

A presentation of visual memories by Alice Kale, Sue Lynch, and Alison Schroeder. Bring your Bistro lunch and come enjoy a slide show and our sketchbooks from travels all over the world. We will answer questions about how you can keep your own memories of special places.



*Sue Lynch, Resident*



## Saturday Morning Live: Fred Gottemoeller

**Saturday May 25<sup>th</sup> at 10:30 am  
Auditorium & CH 973**

We were all glued to our TV sets in late March as we watched Baltimore's Francis Scott Key Bridge die a quick death, and I, like many of us, asked "why?" and "how?." Two months have passed, the cleanup is well underway, and answers to some of those questions have started to emerge. Now, the question is: What's next? Saturday Morning Live will bring back our own resident bridge designer, Fred Gottemoeller. He was the architect of the beautiful Woodrow Wilson Bridge. He will share his thoughts with Goodwin House Alexandria on the longer-term impacts of the Francis Scott Key Bridge collision and Baltimore's likely next step. Fred is a gifted speaker with knowledge that few of us have. Join us to hear more about it.

*Speakers' Forum*

## COVID Numbers Cases as of May 10<sup>th</sup>:

Independent Living: 2  
Assisted Living: 0  
Small Houses: 1  
Team Members: 1

## Dining Dollars Allocations

The summary below is provided to ensure everyone has the same understanding of the allocation of dining dollars. As you can see, everyone receives dollars for the total number of days in the month (29, 30, or 31), but the start of the new allocation is staggered within the month according to the first initial of your last name. If you have any questions, please contact Adrian Graham, Dining Operations Manager.

Last Name	Monthly Start Date	Monthly End Date
A-G	1st day of each month	Last day of same month
H-O	11th day of each month	10th day of following month
P-Z	21st day of each month	20th day of following month

*Adrian Graham,  
Dining Operations Manager*

## Contract Talks

**Thursday May 16<sup>th</sup> at 3:00 pm  
Auditorium**

Join Sue Dolton and Monica Thomas to review your Goodwin House contract and get your questions answered.

*Monica Thomas,  
Director of Social Work*

## Fitness Survey Feedback: Seated Class



This is the final response to the fitness survey feedback. Some residents were requesting a class for those who have limited mobility, use a wheelchair, or prefer a gentler approach to their workout. We already have a seated class (though it includes the option to stand) called Yoga Strength. However, to avoid any further confusion, we are changing the name to Seated Strength. It will continue to meet in the Fitness Studio on Tuesdays and Thursdays at 10:00 am. We work on strengthening the whole body, increasing our heart rates with some cardio, and improving flexibility and mobility to help gain a better range of motion.

Thank you again for your participation in the survey. If you have any questions or concerns about anything fitness-related, please feel free to contact Christie or Leslie.

*Christie Thomas,  
Fitness & Aquatics Coordinator*

## Spiritual Life

### Living by Heart

Wednesday May 15<sup>th</sup> 2:00 pm  
Chapel



The May theme for our monthly arts and spirituality gathering is “May Day! May Day!” Who is celebrating? Who

is demonstrating? Who is crying for help? Bring a song, poem, story, object, image, or memory to illustrate your thoughts. All are welcome.



### Day of Pentecost

Sunday May 19<sup>th</sup>  
9:00 am Chapel & CH 974  
10:30 am Auditorium & CH 973



**Wear Red**

For the Day of Pentecost, the celebration of the gift of the Holy Spirit on the 50th day of Easter, it is a tradition to wear red for the color of the flames of the Holy Spirit.

(Orange and yellow are also fine!) Put on your dresses, shirts, pants, socks, ties, scarves, sweaters, jewelry, robe, slippers, shoes, pjs, whatever! Service materials (located at the entrance to the Chapel and on Uniguest/Touchtown

at [www.gh-a.org](http://www.gh-a.org) in Chaplaincy Notes/ Service Materials) will include the Lord’s Prayer in several languages. You can practice ahead of time and use whichever form you choose!



*Bruce Stewart, Director of Chaplaincy Services*

### Dick’s Teaser

Each of the words of the solution for the following begin with the initials M and M.

1. She wrote *Gone with the Wind*.
2. If the time on your parking meter runs over, she’ll give you a parking ticket.
3. The term to describe a Native American healer and spiritual leader.
4. A famous French mime.
5. The highest mountain peak in North America, better known in Alaska as Denali.
6. The phrase used to describe Superman’s alter ego Clark Kent.
7. A seaman dedicated to commercial rather than military activity.
8. Felt-tip pens.



*\*Answers on page 7  
Dick Pellerin, Resident*



## Events

### Night Bingo

**Tuesday May 14<sup>th</sup> at 7:30 pm**  
**Auditorium**

Come to to enjoy games of bingo. There are always prizes, laughter, and fun!



### Memorial Day Concert with the Surf Jaguars

**Monday May 27<sup>th</sup> at 2:00 pm**  
**Courtyard**



Come to the Courtyard for a Memorial Day concert with the Surf Jaguars, grab a beverage and a snack, and enjoy the afternoon! The Surf Jaguars play a variety of vintage shows. They perform an easy-listening mix of Yacht Rock, Surf, Rockabilly/Country, and other classic tunes that never die, including the Ventures, Beach Boys, Chuck Berry, and many more!



### Place A Memorial Day Flag

**Monday May 27<sup>th</sup>**  
**11:30 am–1:00 pm**

In remembrance of a family member, friend, or neighbor, come place a flag in the Courtyard on Memorial Day and write a note on the white board.



### Evening Concert with Thomas Pandolfi

**Friday May 24<sup>th</sup> at 7:30 pm**  
**Auditorium**

American pianist Thomas Pandolfi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audiences worldwide. He is showered with superlatives by critics for his passionate artistry and amazing technique. His remarkably warm and communicative tone uniquely “sings,” projecting the poetry and emotion of whatever he plays—Thomas truly touches the hearts of all who hear him. His virtuosity is breathtaking, and his sense of phrasing and command of style are marvelously convincing.



## Events, Cont.

### **Courtyard Concert with Vladimir's Jass-Atelier**

**Thursday May 16<sup>th</sup> 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*

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## **Uniguest/Touchtown Workshop**

Uniguest/Touchtown is the central hub for communication at GHA. It is the most up-to-date source for event announcements, cancellations, and location changes. Whether you're a Uniguest newbie or an old pro, you may learn something new at the upcoming workshop. We will go over 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*

## **Town Hall Agenda**

**Wednesday May 15<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: Barbara D'Agostino
- Home Health Care: Kerri Mai
- COVID Outbreak: Emma Okul
- Chapel Update: Bruce Stewart
- Life Enrichment: Kim Butler
- Psychotherapist: Greta Christ
- RAVE Update and Sprinkler Incident: Theresa Thomas

*Barbara D'Agostino,  
Executive Director*

## **Directors' Dutch Lunches**

**Wednesday May 15<sup>th</sup> at Noon  
The Bistro**

This week's lunch is with Monica Hutchins-Thomas, Director of Social Work. Sign up on the sheet in the Activities Binder, or pop by to see if there is space.

*Merrily Wolf, Executive Assistant*

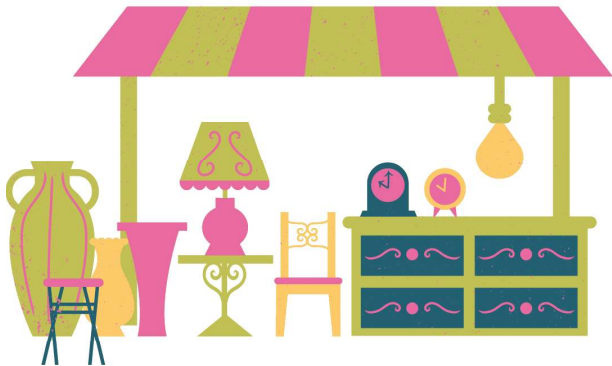
## Market Place Sale

Thursday May 16<sup>th</sup>

9:30–11:30 and 2:30–4:00

We have furniture, household goods, and lamps. We are all feeling good now, so come on down to the red door and shop with us.

*Dick Wilson, Resident*



## BYOConversation: Evaluating—How and Why

Monday May 13<sup>th</sup>

From 10:00–10:45 am

Living Room

Yes, let's gather this Monday to explore "evaluating." We evaluate a lot—but why? And how? And also: "evaluating BYOC." We've had these BYOConversations for 2 1/2 years. What has worked well? Could be improved? What new directions to try? Etc., etc.

We can also spend some time planning for the three following Mondays (May 21st, May 28th, and June 3rd), when Judy and I will be away, traveling.

I hope that, sometime in those three sessions, "evaluating BYOC" gets further discussed, carefully and thoroughly.

If so, on June 10th, when I'm back, our BYOConversation can process a full evaluation of its past and plan its future. (I feel strongly about the power of open evaluation and feedback to build potential; I hope BYOC benefits from this approach.)

I hope this sits well with those interested in BYOC—I look forward to our BYOConversation this Monday (May 13th) and then to resuming them on June 10th.

*Jonathan Bryan, Resident*





## What is Rehabilitation Therapy?

Rehabilitation therapy refers to evaluations, interventions, and treatments that help individuals regain functionality they've lost. Our therapy team consists of physical therapists, occupational therapists, and a speech-language pathologist, all of whom work together to provide care to residents whose lives have been affected by disease, injury, or disability.

As a team, our therapists help to address impairments in one's ability to move, speak, eat, walk, dress themselves, and otherwise participate in their normal daily lives.

### **Physical therapy (PT):**

PT helps with the treatment of injuries and disabilities by using exercise, manual therapy, education, and therapeutic activity as warranted. Our PTs' primary goals are to help individuals improve their movement and function, and also reduce their pain.

### **Occupational therapy (OT):**

OTs work with people who've had illnesses, injuries, and disabilities that prevent them from participating in their normal daily activities. OTs help with bathing, dressing, toileting, and more. In some cases, that involves using assistive technology, or it might require providing splinting, bracing, or other devices.

## **Speech-language Pathology (SLP):**

An SLP helps to improve one's ability to communicate and/or swallow. SLPs can work on many aspects of communication, including speech production, fluency (stuttering), language, cognition, voice, resonance, and hearing. They can also assist with swallowing.

The services provided by SLPs can be either rehabilitative (helping patients to regain what they have lost) or habilitative (helping patients to maintain or improve communication and/or swallowing ability).

If you believe you may benefit from any of our therapeutic disciplines or have questions regarding how we can help you, please call the rehab department at 703-824-1244. We look forward to hearing from you!

*Meredith Kotoski, Speech Therapist*

### **Dick's Teaser Solution**

1. Margaret Mitchell
2. Meter Maid
3. Medicine Man
4. Marcel Marceau
5. Mount McKinley
6. Mild-Mannered
7. Merchant Marine
8. Magic Markers



*Dick Pellerin, Resident*

# The Weekly Schedule

**Sunday May 12, 2024–Sunday May 19, 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)\*\*

## Sunday May 12

- 8:15: Classical Stretch — **Canceled**
- 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 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.

## Monday May 13

- 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 Communion & Rosary — CHP & CH 974
- 10:00: Trail Blazers: Green Spring — LBY
- 11:00: Just Dance Class — AUD-A
- Noon: German Conversation Table — BST Table 11
- 1:00: Photo Club Meeting — AS
- 2:00: Spiritual Life Committee — RCR
- 3:30: Seated Meditation — CH 971
- 4:30: GHA Monthly Birthday Party — LR
- 7:30: Environmental Film — **Canceled**



## Tuesday May 14

- 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 — LB Y
- 10:00: Residents' Council Meeting — RCR
- 10:00: Vendor: Mary Kay Cosmetics — CC
- 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: *Mending the Line* — CH 972
- Mending the Line*, 2022, Drama/War, R, 122 m. After returning to the United States, a wounded veteran develops a friendship with a headstrong fly fisherman and a talented photographer turned librarian. (CAST: Brian Cox, Sinqua Walls, Perry Mattfeld, Patricia Heaton, Wes Studi)
- 3:30: Jazz Education with Quentin Walston — AUD & CH 973
- 4:30: Advanced Tai Chi — GX
- 7:30: Night Bingo — AUD (See the article on page 4.)

## Wednesday May 15

- 9:00: Fun & Fitness — GX & CH 975
- 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: Farm Animal Visits — CTY/AUD
- 11:00: Prayer Group — CHP
- 11:00: Teaching Company: *Notorious London* — CH 972
- Lecture 3: *Getting Blitzed at London's Café de Paris*
- Lecture 4: *On Carnaby Street during the Swinging '60s*
- Noon: Director's Dutch Lunch — BST (See the article on page 5.)
- 2:00: Hospitality Committee — RCR
- 2:00: Living by Heart — CHP
- 3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 5.)
- 4:00: Pop-up Technology Assistance — LB Y

## Thursday May 16

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 6.)

10:00: Vendor: Parklawn Jewelry — CC

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 9.)

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 — BR

1:00: Technology Committee — RCR

1:15: Total Brain Health Program — GX

1:30: Shanghai — LR

2:00: Knitters and Crocheters — CHP

2:00: Uniguest/Touchtown Workshop — FL (See the article on page 5.)

2:00: Open Studio — AS

2:15: Advanced Line Dancing — **Canceled**

2:30–3:30: Market Place Sale — MP  
(See the article on page 6.)

3:00: Contract Talks — AUD (See the article on page 2.)

3:00: GHA Players Meeting — RCR

4:00: Courtyard Concert: Vladimir's Jass-Atelier — CTY (See the article on page 5.)

7:15: Movie: *La La Land* — CH 972

*La La Land*, 2016, Musical/Romance, PG-13, 128 m. Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

## Friday May 17

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

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie: *La La Land* — CH 972

10:00: Trip: Bradlee Shopping Trip — LBY

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

11:00: Vendor: Deb's Handmade Jewelry — **Canceled**

1:30: Field Trip to the Phillips Collection — LBY (**Sign-up required**)

2:00: Quilting Bees — BR

2:00: Party Bridge — LR

3:30: Seated Meditation — CH 971

4:00: Art Reception for Sue Lynch — SHG

4:30: Advanced Tai Chi — GX

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

## Saturday May 18

8:15: Classical Stretch — **Canceled**

10:30: Advanced Tai Chi with Instructor — GX

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

Noon: Lunch and Learn: Traveling with our Sketchbooks — AUD (See the article on page 1.)

3:00: Weekend Wii Bowling — GX

3:30: Jewish Bible Study — CHP

7:15: Movie: *Blood Simple* — CH 972  
*Blood Simple*, 1984, Thriller/Crime, R, 96 m. *Blood Simple* was the first feature film from Joel and Ethan Coen. This stylish crime thriller premiered at film festivals in 1984. "Blood Simple" begins deep in the heart of Texas, where a jealous saloon owner hires a cheap divorce detective to kill the saloon owner's younger wife and her bartender lover. But the detective gets a better idea: he follows the two lovers, and...

## Sunday May 19

8:15: Classical Stretch — **Canceled**

9:00: Day of Pentecost — CHP & CH 974 (See the article on page 3.)

10:30: Day of Pentecost — AUD & CH 973 (See the article on page 3.)

6:30: Movie: *Best Years of Our Lives* — CH 972

*Best Years of Our Lives*, 1946, War/Romance, NR, 172 m. Fred, Al, and Homer are three World War II veterans facing difficulties as they re-enter civilian life. Fred (Dana Andrews) is a war hero who, unable to compete with more highly skilled workers, has to return to his low-wage soda jerk job. Bank executive Al (Fredric March) gets into trouble for offering favorable loans to veterans. After losing both hands in the war, Homer (Harold Russell) returns to his loving fiancée, but must struggle to adjust.

# Richmond & Dominion Schedule

## Sunday May 12

- 9:00: Holy Eucharist — CHP & CH 974  
10:30: Holy Eucharist — AUD & CH 973  
11:00: Open Recreation — **Canceled**  
6:30: Movie: *North by Northwest* — CH 972 (See page 8.)

## Monday May 13

- 10:00: BYOConversation — LR (See the article on page 6.)  
10:00: Catholic Communion & Rosary — CH 974  
11:00: Body & Balance Exercise Program — GX  
11:00: Just Dance Class — AUD-A  
Noon: German Conversation Table — BST Table 11  
1:00: Photo Club Meeting — AS  
2:00: Spiritual Life Committee — RCR  
3:30: Seated Meditation — CH 971  
7:30: Environmental Film — **Canceled**

## Tuesday May 14

- 10:00: Yoga Strength — GX & CH 975  
10:00: Residents' Council Meeting — RCR  
10:00: Vendor: Mary Kay Cosmetics — CC  
11:00: Bible Study — CHP  
1:15: Total Brain Health Program — GX  
1:30: Mah Jongg — LR  
2:00: Movie: *Mending the Line* — CH 972 (See page 9.)  
2:30: Healthy Habits with Alex — DDR  
7:30: Night Bingo — AUD (See the article on page 5.)

## Wednesday May 15

- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — GX  
10:30: Farm Animal Visits — CTY/AUD  
11:00: Body & Balance Exercise Program — GX  
11:00: Prayer Group — CHP  
11:00: Teaching Company: *Notorious London* — CH 972 (See page 9.)  
Noon: Directors' Lunch — BST (See the article on page 5.)  
2:00: Living by Heart — CHP



3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 5.)

4:00: Pop-up Technology Assistance — LBY

## Thursday May 16

9:30: Chess — LR

9:30–11:30: Market Place Sale — MP (See the article on page 6.)

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 9.)

Noon: French Conversation Table 11 — BST

1:00: GHA Bell Ringers Choir — AUD-A

1:00: Low Vision Support Group — BR

1:00: Technology Committee — RCR

1:15: Total Brain Health Program — GX

1:45: Music Therapy with Abby — DDR

2:00: Uniguest/Touchtown Workshop — FL (See the article on page 5.)

2:00: Open Studio — AS

2:30–3:30: Market Place Sale — MP (See the article on page 6.)

3:00: Contract Talks — AUD (See the article on page 2.)

4:00: Courtyard Concert: Vladimir's Jass-Atelier — CTY (See page 5.)

7:15: Movie: *La La Land* — CH 972 (See page 10.)

## Friday May 17

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

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

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

1:30: Field Trip to the Phillips Collection — LBY (**Sign-up required**)

2:30: Movie Matinee: *The Sound of Music*, Part 1 — RAR

3:30: Seated Meditation — CH 971

4:00: Art Reception for Sue Lynch — SHG

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

## Saturday May 18

10:30: Advanced Tai Chi with Instructor — GX

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

Noon: Lunch and Learn "Traveling with our Sketchbooks" — AUD (See the article on page 1.)

3:00: Weekend Wii Bowling — GX

3:30: Jewish Bible Study — CHP

7:15: Movie: *Blood Simple* — CH 972 (See page 11.)

## Sunday May 19

9:00: Day of Pentecost — CHP & CH 974 (See the article on page 3.)

10:30: Day of Pentecost — AUD & CH 973 (See the article on page 3.)

11:00: Open Recreation — Assisted Living-All

6:30: Movie: *Best Years of our Lives* — CH 972 (See page 11.)

## Small House Schedule

### 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 8.)

### Monday May 13

10:00: Catholic Communion & Rosary — CH 974

10:30: Reading2Connect — WL

11:00: Small House Bell Choir — RP

Noon: German Conversation Table — BST Table 11

2:30: Tea Party Cart — SH-A

3:30: Seated Meditation — CH 971

5:45: After Dinner Conversations — PW

7:30: Environmental Film — **Canceled**

### Tuesday May 14

10:00: Residents' Council Meeting — RCR

10:00: Vendor: Mary Kay Cosmetics — CC

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: *Mending the Line* — CH 972 (See page 9.)  
4:00: Individual Visits — MH  
6:30: Music Therapy with Abigail — OQ

### Wednesday May 15

10:15: Equine Therapy with Barbara — SH-A  
10:30: Farm Animal Visits — CTY/AUD  
10:30: Music and Movement — RP  
11:00: Art with Alison — BL  
11:00: Prayer Group — CHP  
11:00: Teaching Company: *Notorious London* — CH 972 (See page 9.)  
Noon: Director's Dutch Lunch — BST (See the article on page 5.)  
2:00: Exercise with Christie — MH  
2:00: Living by Heart — CHP  
2:30: Brain Games: Finish the phrase — WL  
3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 5.)  
4:00: Pop-up Technology Assistance — LBY

### Thursday May 16

10:30: Talking Books Librarian — Library Work Room or in your apartment by appointment; call 703-824-1583.  
11:00: Bell Choir — RP  
11:00: Scripture, Songs & Prayers — AUD & CH 973  
11:00: Replay of Teaching Company — CH 972 (See page 9.)  
12:00: Chaplain Visits — SH-A  
Noon: French Conversation Table 11 — BST  
1:00: Low Vision Support Group — BR  
2:00: Dog Visits with Sara and Moriah — SH-A  
2:30: Healthy Habits with Alex — ST  
2:30: Individual Visits — SH-A  
3:00: Matinee Documentary: *Surviving Paradise: A Family Tale* — WL  
4:00: Courtyard Concert: Vladimir's Jass-Atelier — CTY (See the article on page 5.)  
7:15: Movie: *La La Land* — CH 972 (See page 10.)

### Friday May 17

10:00: Replay of Thursday Movie: *La La Land* — CH 972 (See page 10.)  
10:30: Seated Exercise — OQ

11:00: Volleyball — ST  
11:00: Vendor: Deb's Handmade Jewelry — CC  
Noon: Director's Lunch with Cathy — JA  
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

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

6:30: Movie: *Best Years of our Lives* — CH 972 (See page 11.)

### **Saturday May 18**

10:30: Dog Visits — SH-A  
2:00: Open Recreation/ Strength & Stretch Chair Exercise — CH 971  
3:00: Music with Barbara — OQ  
3:30: Jewish Bible Study — CHP  
7:15: Movie: *Blood Simple* — CH 972 (See page 11.)

### **Sunday May 19**






9:00: Day of Pentecost — CHP & CH 974 (See the article on page 3.)  
10:30: Day of Pentecost — AUD & CH 973 (See the article on page 3.)  
11:30: Chaplain Visits — SH-A  
1:30: Jewelry Making — WL



## LOCATION KEY

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| <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 =	