

June 8, 2024

4800 Fillmore Avenue, Alexandria, VA, 22311

Getting Up & Down from the Floor Workshop

Tuesday, June 25th 1:30–3:00 pm
Auditorium A
Sign-up Required

Come learn safe ways of getting down to the floor and back up... important skills as we get older. You will also learn accommodations for hip and knee issues. This workshop covers the same skills as the prior workshops of the same name. Come for the first time or join for a refresher. The sign-up sheet will be in the Activity Book behind the blue Fitness tab. Sign-up is required.



Leslie LaPlace, Fitness Manager

Market Place Half-Price Sale

Thursday June 13th
9:30–11:30 am and 2:30–4:00 pm

This is a big one! All furniture and home goods are half price. There will be \$1 items and two-for-\$1 items. Come to the red door and enjoy!



Dick Wilson, Resident

“Birds & Landscapes” Exhibition of Artwork by Bob Burnett

Exhibition: June 21st–July 30th
Reception: Friday June 21st, 4:00 pm
Small House Gallery



Local photographer and son-in-law of longtime GHBC resident Betty Allan, Bob Burnett will be exhibiting selected photographs of landscapes and

birds in the Small House Gallery.

After a long career as a film & video creative director that earned him upwards of 175 film festival and industry awards, as well as having directed the short films, "The Art of Richard Thompson" and "Edward Hopper & Marshall's House," he changed his artistic direction to photography. He considers himself a "bird documentarian" and aims to experience through a photographic moment in a bird's world.



*Alison Schroeder,
Arts Coordinator*

Lunch & Learn

**Saturday June 15th at 12:15 pm
Auditorium**



Lunch & Learn will welcome Imam Yahya Luqman. Imam Luqman will introduce us to the Ahmadiyya branch of Islam. Officially the Ahmadiyya Muslim Jama'at, it is an Islamic messianic movement founded in 1889 in British India by Miza Ghulam Ahmad.

Mr. Luqman was born in Pakistan. When he was quite young, he moved to the U.S. with his family for his father to pursue a Ph.D. at the University of Arkansas. The family relocated to Oregon, where Mr. Luqman was raised. He subsequently spent seven years studying Islam and comparative religions in Pakistan. He is the Imam at the American Fazi Mosque in northwest DC, the oldest mosque in Washington. In addition to his duties as an imam, Mr. Luqman is a leader on behalf of Ahmadiyya's interaction with political and religious leaders in pursuit of world peace and international understanding.

Residents can pick up their lunch be-

ginning at 11:15 to make their way to the Fillmore. The program will begin around 12:15 and last about an hour.



Ken Hopper, Resident

BYOConversation: Evaluating BYOC Part III

**Monday June 10th
From 10:00 to 10:45 am
Living Room**

During our moderator Jonathan Bryan's three-week absence, he invited us to evaluate our weekly BYOC get-togethers. On May 20th and June 3rd, we discussed what has worked well; what could be improved; new directions we could try; the value of our discussions to attendees, and what values our discussions should reflect.

Today's BYOC is our opportunity to discuss our evaluation with Jonathan. Come take part in—or just listen to—the evaluation and help shape BYOC going forward.



Lory Manning, Resident

COVID Numbers

Cases as of June 7th:

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

Welcome New Chaplain Intern: Greg Williams



Greg Williams joins the summer unit of Clinical Pastoral Education with Goodwin Living and will have his first day at GHA on June 5th. He is an Episcopal Seminarian and Pos-

tulant for Holy Orders from the Diocese of Southern Ohio, entering his third year at Virginia Theological Seminary in Alexandria. Greg grew up in the Shenandoah Valley of Virginia and has also lived in Cincinnati, Ohio. He loves wit and wordplay whether in poetry, puns, prose, prayer, or preaching. Greg loves connecting with people over coffee, tea, board games, sports, music, and faith.

He writes: "I'm excited to begin CPE and learn and grow into the pastoral ministry to which God is calling me. I look forward to getting to know you and learn from you as well." Please introduce yourselves and let him know what it means for you to be a part of this community.

*Bruce Stewart,
Director of Chaplaincy Services*

Dick's Teaser

Compound words are words made up of two smaller words, such as bread-box and wristwatch. In each of the following, I'll give you the second half of some compound words and you have to find the one word that is the first half of all of those words. For example, if I give you weed, sick and coast, the answer would be sea, giving us seaweed, seasick and seacoast.

1. Beam, shine, walk, light
2. Back, house, land, grocer
3. Bow, coat, drop, forest
4. Hammer, ass, knife, pot
5. Mother, father, stand
6. Hound, thirsty, stream
7. Study, wear, privileged
8. Quake, shaking, worm
9. Catcher, fight, wood, house



Dick Pellerin, Resident

See the possible solutions on page 7.

Reminder: Pool Closed for Two Weeks

This is a reminder that the pool will be closed from Monday June 10th through Saturday June 22nd, barring any unexpected complications. For safety reasons, the pool deck must be resurfaced. The pool will be cleaned while it is empty. Thank you for your patience.

Leslie LaPlace, Fitness Manager

2024 Primary Candidate Events Online

Republican Primary, U.S. Senate

- The Family Foundation, Candidate Debate, <https://youtu.be/eR-ck-wZ8ggU>

Democratic Primary, Alexandria Mayor and City Council

- Alexandria Federation of Civic Associations, Candidate Forum I, <https://alexafca.org/>; scroll down.
- Alexandria Federation of Civic Associations, Candidate Forum II. A technical problem meant that this event was not recorded.
- Alexandria Federation of Civic Associations, Candidate Forum III, <https://alexafca.org/>; scroll down.
- Alexandria Democratic Committee, Mayoral Debate, www.alexdem.org, scroll down and click on red box, "Click here to learn more." Scroll down to the recording.
- Alexandria Democratic Committee, City Council Debate, www.alexdem.org. Scroll down and click on red box, "Click here to learn more." Scroll down to the recording. (Posted soon if not up yet.)



Laura Lawson, Resident

Call for Volunteers

In search of a few wonderful people who would volunteer to transport wheelchair-using residents from the Small Houses to programs within Goodwin House. Your service might be one or two trips per week to programs you were planning to attend already. Plus, it would ensure your attendance, because you now have another reason to go. If this opportunity warms your empathetic heart, please contact Luella VanNewkirk: (luellavannewkirk@comcast.net, 571-338-8402, apt. 852)



Luella VanNewkirk, Resident



Submissions for the June 22nd Gazette

Hilary Canary will be out of the office while the June 22nd *Gazette* is being prepared. For this reason, all articles for publication should be sent to Kim Butler. Submissions for the June 22nd *Gazette* are due by Friday June 14th. **We will not be able to accept any late submissions**, so please plan accordingly!

Hilary Canary,

The Green Team



Nearby Parks: Theodore Roosevelt Island

**GW Memorial Pkwy
Arlington (7 miles from GHA)
Hours: 6:00 am-10:00 pm**

Theodore Roosevelt Island is a tribute and memorial to our 26th president and his vision for conservation of the country's natural places. Although it looks natural, the 88.5-acre island was cleared and landscaped by CCC workers in the 1930s to look like old growth. Three pea-gravel trails, 0.33, 0.75 and 1.5 miles long, pass through woods, upland, and swamp habitats. A plaza and statue honor Theodore Roosevelt. Rangers lead tours on Saturdays at 10:30 am. Bicycles are not allowed, but leashed dogs are ok. The Trailblazers are going to Theodore Roosevelt Island on Monday June 10th. Sign up in the Activities Binder. Look under the "Green Team" icon on Uniguest to find driving directions.

Website: <https://www.nps.gov/this/planyourvisit/brochures.htm>.

Martie McDowall, Green Team Researcher

Environmental Film: *Bluebirds of Antietam*



**Monday June 10th at 7:30 pm
Channel 972**

Bluebirds of Antietam is a beautifully filmed short documentary that has special significance for GHA residents. The documentary is about how our own GHA resident and friend Mark Raabe and his late wife, Jean, spent decades working to save the Eastern Bluebird population.

After spotting a bluebird outside of their home near the Antietam National Battlefield in Sharpsburg, Maryland, in the 1970s, the couple began to build cedar boxes to give the bluebirds a place to make nests and lay eggs. For years, the Raabes monitored the boxes, protecting eggs and young fledglings.

Since 1979, the Raabes' efforts have led to the fledging of more than 10,000 bluebirds and the development of one of the oldest continually monitored bluebird trails in the United States.

The documentary shares the Raabes' tale and details the continuing efforts to save the bluebirds in Antietam



The Green Team

Events

Tuskegee Airman

**Tuesday June 18th at 2:30 pm
Auditorium**

Join us and guest speaker Deborah Keith as she tells the history of the Tuskegee Airmen. Deborah Keith is the niece of a Red Tail fighter pilot.

Tentatively scheduled to attend via Zoom or in person is Documented Original Tuskegee Airman Lt. Col. Shelton Ivan Ware.



*Brianna Johnson,
Therapeutic Recreation Supervisor*

Pride Walk and Picnic

**Monday June 17th at 10:30 am
Courtyard**

Come join-in for a Pride Walk around the building and then meet up in the Courtyard for a Pride Picnic. Everyone is invited, whether you participate in the walk or not. Dining will have a choice of bag lunches (\$7.95) for you to pick up while enjoying time with your neighbors. If you are interested in a bag lunch, please sign-up in the Activities Binder under the "Special Events" tab. You are welcome to bring your own lunch out to the Courtyard with you if do not want to purchase a bag lunch.



Evening Concert: Jesse and Seth

**Tuesday June 18th at 7:30pm
Auditorium**



Azalea City Recordings artists Jesse Palidofsky & Seth Kibel showcase toe-tapping music from the 1930s through the 1970s: from Benny Goodman to Fats Domino, Hoagy Carmichael to Cole Porter, Jerome Kern to Rodgers & Hammerstein, Nat King Cole to Frank Sinatra to Harry Belafonte and John Denver, to music from New Orleans, Latin America, the Caribbean, and the Yiddish theater. Jesse accompanies his soulful vocals with tasteful piano, guitar, and harmonica arrangements. Seth is one of the Mid Atlantic's premier woodwind specialists, and he has won a remarkable 30 WAMMIES (Washington Area Music Awards) for his clarinet, flute, and saxophone playing. Jesse and Seth bring an engaging, highly-interactive performance that is guaranteed to get your heart singing and to cure what ails you!



The Spirit of Harriet Tubman

Wednesday June 19th at 2:00 pm
Auditorium



Travel back to the 1800s, where millions of people worked to overcome the chains, dehumanization and brutality of the darkest hours of our country. Reen-

actor Dianne Faison will perform *The Spirit of Harriet Tubman* live at GHA. *The Spirit of Harriet Tubman* is a one-woman play that takes us through the life and legacy of one of the most prominent conductors of the Underground Railroad. Take a bold and sincere look at many of Harriet Tubman's inspiring, first-hand reflections on the meaning of her mission.



Brianna Johnson,
Therapeutic Recreation Supervisor

Evening Bingo

Tuesday July 18th at 7:30 pm
Auditorium

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



Jennifer Bennett,
Events Coordinator

Bit of Fun Tie-Dye Day

Friday June 14th

We are welcoming summer with a splash of color. Tie-dye and summer seem to go hand in hand. Show off your favorite tie-dye clothing or accessory.

Bit of Fun Fridays are the second Friday of each month. These events are to encourage conversations and connections.

Merrily Wolf, Executive Assistant

Dick's Teaser Solution

Possible solutions are:

1. Moon: moonbeam, moonshine, moonwalk, moonlight
2. Green: greenback, greenhouse, Greenland, greengrocer
3. Rain: rainbow, raincoat, raindrop, rainforest
4. Jack: jackhammer, jackass, jack-knife, jackpot
5. Grand: grandmother, grandfather, grandstand
6. Blood: bloodhound, blood-thirsty, bloodstream
7. Under: understudy, underwear, underprivileged
8. Earth: earthquake, earthshaking, earthwork
9. Dog: dogcatcher, dogfight, dogwood, doghouse



Dick Pellerin, Resident

Town Hall

**Wednesday June 12th at 3:00 pm
Auditorium-ABC & CH 973**

Note the change of date! 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, please let me know.

1. Welcome: Barbara D'Agostino
2. Telling the Outreach Story to Newcomers: John Berry
3. Introduction & Toiletry Guide: Bruce Stewart
4. Robot Demonstration: Sterling Lindsay
5. Resident Elopement Drill: Theresa Thomas
6. Congratulations to Recent Grads: Trish Povlitz

Barbara D'Agostino,

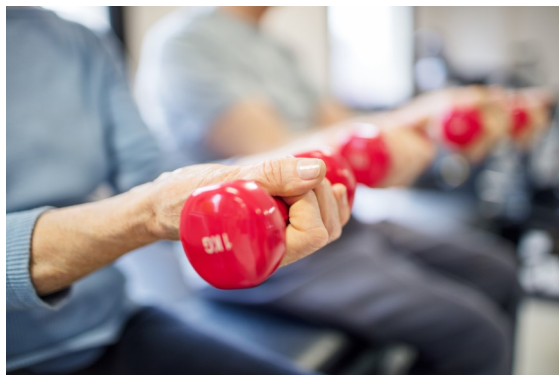
Home Care Update: Couples Care

Goodwin House Home Care now provides "Couples Care." Couples care means that one caregiver can help both partners with activities of daily living care during one visit. Our compassionate caregivers understand how to address the specific needs that a couple may have, allowing them to provide the type of service that best suits the couple. If you want to know more, please call Shunquanna Woolard at 703-578-7632.

GHA Home Care

How-to Fitness Workshops

**Wednesdays at 1:00 pm, starting on
June 26th, running for 8 sessions,
Fitness Center & GX Studio
Sign-up Required, Maximum of 8**



Ever wonder how to put together your own fitness routine? Starting Wednesday June 26th, Christie and Leslie will be offering an 8-session workshop to help you get started with a fitness regimen. Each workshop will focus on a specific group of muscles, i.e. back, chest, shoulders, using various pieces of equipment: machines, bands, and weights. We will also provide modifications for participants with any joint issues.

Since we will be conducting a class in the fitness space, we kindly request that you please refrain from using the fitness center weight equipment during class time. (Cardio machines will be available for use).

Class size is limited to 8 and a sign-up sheet will be available in the Activities Binder behind the blue Fitness tab. As always, if you have any questions, please contact Leslie or Christie.

Leslie LaPlace, Fitness Manager

The Weekly Schedule

Sunday June 9, 2024 — Sunday June 16, 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 June 9

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *The Lion King* — CH 972

The Lion King, 1994, Family/Musical, G, 88 m. This Disney animated feature follows the adventures of the young lion Simba (Jonathan Taylor Thomas), the heir of his father, Mufasa (James Earl Jones). Simba's wicked uncle, Scar (Jeremy Irons), plots to usurp Mufasa's throne by luring father and son into a stampede of wildebeests. But Simba escapes, and only Mufasa is killed. Simba returns as an adult (Matthew Broderick) to take back his homeland from Scar with the help of his friends Timon (Nathan Lane) and Pumbaa (Ernie Sabella).

Monday June 10

9:00: Fun & Fitness — GX & CH 975

9:00: Trail Blazers: Roosevelt Island — LBY (See the article on page 5.)

9:30: Aqua Fun — **Canceled**

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

10:00: BYOConversation — LR (See the article on page 2.)

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

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 — CHP & CH 974

7:30: Environmental Film: *Bluebirds of Antietam* — CH 972 (See the article on page 5.)

Tuesday June 11

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: Seated Strength (video with Christie) — GX & CH 971

10:00: Bus to Giant Food — LBY (**Sign-up required.**)

10:00: Vendor: Mary Kay Cosmetics — CC

11:00: Bible Study — **Canceled**

1:15: Total Brain Health Program — GX

1:30: Mah Jongg — LR

2:00: Wii Bowling — GX

2:00: Movie: *Unfrosted* — CH 972

Unfrosted, 2024, Comedy/Drama, PG-13, 93 m. In 1963, Kellogg's and Post, sworn cereal rivals, race to create a pastry that will change the face of breakfast forever. (CAST: Jerry Seinfeld, Melissa McCarthy, Jim Gaffigan, Max Greenfield, Hugh Grant)

4:30: Advanced Tai Chi — GX

Wednesday June 12

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — **Canceled**

9:30: Market Place Accepts Donations — MP

10:00: StrongerMemory — FL

10:00: Vendor: Kim's Ritzy Bling — CC

10:45: Resident Activities Committee — RCR

11:00: Prayer Group — CHP

11:00: Teaching Company: *Notorious London* — CH 972

Episode 11: *Fading Empire and the 1897 Diamond Jubilee*

Episode 12: *The Prying Eyes of London CCTV*

Noon: Director's Dutch Lunch: Theresa Thomas, Associate Executive Director — BST

1:00: Duplicate Bridge — LR

3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 8.)

3:30: Art & Sound Meditation — RCR

4:00: Pop-up Technology Assistance — LBY

Thursday June 13

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

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

9:30: Aqua Fun — **Canceled**

9:30: Chess — LR

9:30–11:30: Market Place Sale — MP (See the article on page 1.)

10:00: Seated Strength — GX & CH 975

10:00: Ceramics — AS

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

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

11:00: Replay of Teaching Company — CH 972

11:00: Wii Bowling — GX

Noon: French Conversation Table — BST Table 11

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

1:00: Library Committee Meeting — RCR

1:15: Total Brain Health Program — GX

2:00: Marketing Committee Meeting — RCR

2:00: Open Studio — AS

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

2:30–4:00: Market Place Sale — MP (See the article on page 1.)

3:00: GHA Players Meeting — RCR

7:15: Movie: *No Way Out* — CH 972

No Way Out, 1987, Thriller/Action, R, 114 m. Navy Lt. Tom Farrell (Kevin Costner) meets a young woman, Susan Atwell (Sean Young), and they share a passionate fling. Farrell then

finds out that his superior, Defense Secretary David Brice (Gene Hackman), is also romantically involved with Atwell. When the young woman turns up dead, Farrell is put in charge of the murder investigation. He begins to uncover shocking clues about the case, but when details of his encounter with Susan surface, he becomes a suspect as well.

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

Friday June 14

** Bit of Fun Friday: Tie-dye Day (See the article on page 7.)**

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

9:00: Fun & Fitness — GX & CH 975

9:45: Shuttle to Target — LBY

10:00: Replay of Thursday Movie: *No Way Out* — CH 972

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

1:30: Shanghai — LR

2:00: Quilting Bees — BR

3:30: Seated Meditation — CHP & CH 974

4:30: Advanced Tai Chi — GX

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

Saturday June 15

8:15: Classical Stretch — GX

10:30: Advanced Tai Chi with Instructor — GX

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

12:15: Lunch & Learn — AUD (See the article on page 2.)

3:00: Weekend Wii Bowling — GX

3:30: Jewish Bible Study — CHP

7:15: Movie: *To Kill a Mockingbird* — CH 972

To Kill a Mockingbird, 1962, Mystery/Thriller, NR, 129 m. Scout Finch (Mary Badham), six, and her older brother, Jem (Phillip Alford), live in sleepy Maycomb, Ala., spending much of their time with their friend Dill (John Megna) and spying on their reclusive and mysterious neighbor, Boo Radley (Robert Duvall). When Atticus (Gregory Peck), their widowed father and a respected lawyer, defends a black man named Tom Robinson (Brock Peters) against fabricated rape charges, the trial and tangent events expose the children to evils of racism and stereotyping.

Sunday June 16

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *The Color Purple* — CH 972

The Color Purple, 1985, Drama/Historical, PG-13, 154 m. An epic tale spanning forty years in the life of Celie (Whoopi Goldberg), an African-American woman living in the South who survives incredible abuse and bigotry. After Celie's abusive father marries her off to the equally debasing "Mister" Albert Johnson (Danny Glover), things go from bad to worse, leaving Celie to find companionship anywhere she can. She perseveres, holding on to her dream of one day being reunited with her sister in Africa. Based on the novel by Alice Walker.

Richmond & Dominion Schedule

Sunday June 9

9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
11:00: Open Recreation — Assisted Living-All
6:30: Movie: *The Lion King* — CH 972 (See page 9.)

Monday June 10

10:00: BYOConversation — LR (See the article on page 2.)
10:00: Catholic Communion & 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
1:00: Photo Club Meeting — AS
2:00: Spiritual Life Committee — RCR
2:30: Dancercize with Line — GX
3:30: Seated Meditation — CHP & CH 974
7:30: Environmental Film: *Bluebirds of Antietam* — CH 972 (See the article on page 5.)

Tuesday June 11

10:00: Seated Strength (video w/ Christie) — GX & CH 971
10:00: Vendor: Mary Kay Cosmetics — CC
11:00: Bible Study — **Canceled**
1:15: Total Brain Health Program — GX
1:30: Mah Jongg — LR
2:00: Movie: *Unfrosted* — CH 972 (See page 10.)

Wednesday June 12

10:00: Vendor: Kim's Ritzy Bling — CC
10:45: Resident Activities Committee — RCR
11:00: Body & Balance Exercise Program — GX
11:00: Prayer Group — CHP
11:00: Teaching Company: *Notorious London* — CH 972 (See page 10.)
Noon: Director's Dutch Lunch: Theresa Thomas, Associate Executive Director — BST
3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 8.)
3:30: Art & Sound Meditation — RCR
4:00: Pop-up Technology Assistance — LBY

Thursday June 13

9:30: Chess — LR

9:30–11:30: Market Place Sale — MP (See the article on page 1.)

10:00: Seated Strength — GX & CH 975

10:00: National Doughnut Day — DDR

10:00: Ceramics — AS

10:30: Dominion Resident Council Meeting — DDR

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

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

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

1:15: Total Brain Health Program — GX

1:45: Music Therapy with Abby — DDR

2:00: Open Studio — AS

2:30–4:00: Market Place Sale — MP (See the article on page 1.)

7:15: Movie: *No Way Out* — CH 972 (See page 11.)

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

Friday June 14

** Bit of Fun Friday: Tie-dye Day (See the article on page 7.)**

10:00: Replay of Thursday Movie: *No Way Out* — CH 972 (See page 11.)

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

Saturday June 15

10:30: Advanced Tai Chi with Instructor — GX

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

3:00: Weekend Wii Bowling — GX

3:30: Jewish Bible Study — CHP

7:15: Movie: *To Kill a Mockingbird* — CH 972 (See page 12.)

Sunday June 16

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

11:00: Open Recreation — Assisted Living-All

6:30: Movie: *The Color Purple* — CH 972 (See page 12.)

Small House Schedule

Sunday June 9

9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
11:30: Chaplain Visits — SH-A
1:30: Activities with Lauren — OQ
3:00: Open Recreation/Strength & Stretch Chair Exercise — CH 971
6:30: Movie: *The Lion King* — CH 972
(See page 9.)

Monday June 10

10:00: Catholic Communion & Rosary — CHP & CH 974
10:30: Reading2Connect — WL
11:00: Small House Bell Choir — **Canceled**
11:00: The Great Sing-along Show with Keely Gray — CH 971
Noon: German Conversation Table — BST Table 11
2:30: Dancercize with Line — GX
2:30: Tea Party — MH
3:30: Seated Meditation — CHP & CH 974
7:30: Environmental Film: *Bluebirds of Antietam* — CH 972 (See the article on page 5.)

Tuesday June 11

10:00: Vendor: Mary Kay Cosmetics — CC
11:00: Bible Study — **Canceled**
11:00: Summer Sing Along — ST
1:30: Music Therapy — WL
1:30: Dog visits with Cashew — SH-A
2:00: Elder Grow — MH
2:00: Movie: *Unfrosted* — CH 972 (See page 10.)
4:00: Individual Visits — JA
6:30: Music Therapy with Abigail — OQ

Wednesday June 12

10:15: Equine Therapy with Barbara — SH-A
10:30: Music and Movement — RP
11:00: Prayer Group — CHP
11:00: Teaching Company: *Notorious London* — CH 972 (See page 10.)
Noon: Director's Dutch Lunch: Theresa Thomas, Associate Executive Director — BST
2:00: Exercise with Christie — **Canceled**
2:00: Residents' Council — MH
2:30: Brain Games — WL
3:00: Town Hall — AUD-ABC & CH 973
(See the article on page 8.)
4:00: Pop-up Technology Assistance — LBY

Thursday June 13

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 10.)

Noon: Chaplain Visits — SH-A

Noon: French Conversation Table — **Canceled**

2:30: Individual Visits — SH-A

3:00: Movie Matinee — OQ

7:15: Movie: *No Way Out* — CH 972 (See page 11.)

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

Friday June 14

**** Bit of Fun Friday: Tie-dye Day (See the article on page 7.)****

10:00: Replay of Thursday Movie: *No Way Out* — CH 972 (See page 11.)

10:30: Seated Exercise — ST

Noon: Director's Lunch with Theresa — RP

1:30: Hydration Station: Ice Tea Cart — SH-All

3:00: Music Therapy with Abby — OQ

3:30: Seated Meditation — CHP & CH 974

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

8:00: Evening Check-in — SH-A

Saturday June 15

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: *To Kill a Mockingbird* — CH 972 (See page 12.)

Sunday June 16

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

11:30: Chaplain Visits — SH-A

1:30: Activities with Lauren — OQ






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

6:30: Movie: *The Color Purple* — CH 972 (See page 12.)

LOCATION KEY

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

WELLNESS ICONS

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