

June 15, 2024

4800 Fillmore Avenue, Alexandria, VA, 22311

## Congressman Beyer at Saturday Morning Live

**Saturday June 22<sup>nd</sup> at 10:30 am  
Auditorium**



Congressman Don Beyer, our local congressional representative, will be the speaker on Saturday June 22nd. His topic will be "AI and Politics." The Congressman has been studying artificial

intelligence (AI) at George Mason University. You won't want to miss this very timely conversation.

*SML Forum*

## Director's Dutch Lunch

**Wednesday June 19<sup>th</sup> at noon  
The Bistro**

This week's lunch is with Barbara D'Agostino, Executive Director.

The sign-up sheet is in the Activities Binder or stop by to see if there is space.

*Merrily Wolf, Executive Assistant*

## Tickets for *A Beautiful Noise: The Neil Diamond Musical*

**Sunday December 8<sup>th</sup>  
Departing at 1:00 pm  
Ticket Prices: See below  
Transportation: \$20**

*A Beautiful Noise: The Neil Diamond Musical* is only scheduled to run for one week.

We have reserved three orchestra tickets (\$139.25 each) and ten tickets for the rear mezzanine (\$85.25 each). Full ticket costs will be charged to your July account. No stairs are required to access the rear mezzanine seats. There is an elevator for those who may need it. A sign-up sheet will be posted Monday, June 17 at 10:00 am. Please be sure to mark your choice of seating. Tickets will be on a first-come basis.

**Please note:** Due to the popularity of this musical and the small number of tickets available, residents should only sign up for themselves, in order to give others an opportunity to attend. Be sure to sign up for the wait list.

*Judy Howard, Resident*

## Goodwin Living CFO to Meet with Finance Committee

**Wednesday June 19<sup>th</sup> at 10:30 am  
Arbor Room**



Goodwin Living Chief Financial Officer Xan Smith will meet with the Resident Council Finance Committee at their June meeting. Residents are

invited to attend, and, time permitting, may ask questions.

The primary topic is the capital budget. Specific questions include Capital Budget Planning: What is our capital planning process, and how can it be improved? Capital Budget Execution: What changes can be made to our current processes to improve our on-time project completion rate? Resident Apartment Renovations: Will the current budget cover our needs for the remainder of the fiscal year?

*Karl VanNewkirk,  
Chair, Finance Committee*

## Primary Election Day: Tuesday June 18th

Our polling place is in the Auditorium at The View Alexandria, right across Beauregard. The polls are open from 6:00 am-7:00 pm. GHA will run a circuit bus from 10:00 am to 2:00 pm.

*Laura Lawson, Resident*

## Dick's Teaser

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

T  
H  
G  
I  
A  
R  
T  
S



*See the answer on page 9*

*Dick Pellerin, Resident*

## The Environmental Services Committee Meeting

**Monday June 17<sup>th</sup> at 3:00 pm  
Fillmore Lounge**

The Environmental Services Committee hold its monthly meeting. We will continue our work on improving handling of recyclables, compostables, and other waste. Hopefully we will be able to respond to residents' questions about how best to use the disposals in our apartment kitchen sinks.

*Peggy Burke,  
Chair, Environmental Services Committee*



## The Green Team: Nearby Parks



### **Meadowlark Botanical Gardens**

**9750 Meadowlark Gardens Ct,  
Vienna, VA (17 miles from GHA)  
Hours for April–October: 10:00 am–  
6:30 pm  
Gardens are open until 7:00 pm  
Contact: 703-255-3631**

The core of this NOVA regional park is an all-seasons public garden for strolling and relaxing: 95-acres of paved and natural paths, three lakes, forest and botanical gardens harboring thousands of plants and wildlife.

Meadowlark is also a center for environmental and horticultural education, conservation, and community activities. Enter through the Visitor Center, which features a gift shop and restrooms. Dogs are not allowed in the garden, but can use the perimeter path. There is an entrance fee and ample parking.

**Directions:** Right on Beauregard, 0.5 mile to left on Rt 7; 2.5 mi to right on Wilson Blvd, 0.2 mile to left on Roosevelt Blvd, 1 mile to left on Washington Blvd. 0.4 mile to merge onto I-66W

(toll), 1 mile to keep right to VA-267 (toll), 6 miles to Exit 15 onto Trap Rd. U-Turn, continue on Trap Rd 0.9 mile to right on Beulah Rd and 0.8 mile to Gardens.

Check Uniguest/Green Team/Nearby Parks to access the website for any of the parks in our Nearby Park Series. Clicking on the website will then provide information on hours, maps, tours, workshops, rentals, exhibits and events. Yay, trail maps!

*Martie McDowall, Green Team Researcher*

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## **Interim Catering Manager**

Effective immediately, Brian Patterson, Innovation and Development Chef, is acting Catering Manager until further notice. For requests for catering, please call 703-824-1295, or send your inquiry by email directly to BOTH [bpatterson@goodwinliving.org](mailto:bpatterson@goodwinliving.org) and [asmith@goodwinliving.org](mailto:asmith@goodwinliving.org)

## **Name the New Dining Services Robots**

Beginning Saturday June 15th, be on the lookout in the Bistro for a “Name the Robots Comment Box.” We look forward to reviewing your suggestions for names for the new Dining Services robots.

*Brian Patterson,  
Culinary Innovation & Development Chef*

## Reminder: Getting Up & Down from the Floor Workshop

**Tuesday June 25<sup>th</sup> 1:30–3:00 pm**  
**Auditorium-A**  
**Sign-up Required**

Come learn strategies for safely getting down to the floor and back up, or just practice in a monitored environment. The hands-on workshop will cover strategies for hip and knee issues as well. The sign-up sheet is in the Activities Binder behind the blue Fitness tab. Sign-up is required.

*Leslie LaPlace, Fitness Manager*

## Reminder: How-to Fitness Workshops

**Starts Wednesday June 26<sup>th</sup> for 8 sessions, 1:00 pm – 2:15 pm**  
**Fitness Center & GX Studio**  
**Sign-up Required, Maximum of 8**

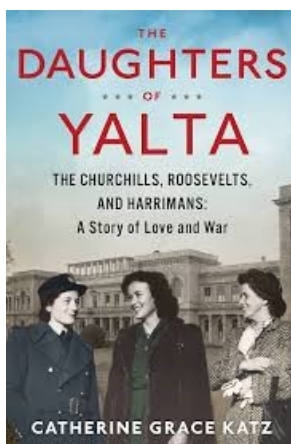
This 8-session Fitness Workshop will cover different exercises you can perform using various pieces of equipment. Class size is limited to 8, and a sign-up sheet is available in the Activities Binder behind the blue Fitness tab. As always, if you have any questions, please contact Leslie or Christie.

*Leslie LaPlace, Fitness Manager*

## June Book Club Meeting

**Tuesday June 18<sup>th</sup> at 2:00 pm**  
**Residents' Conference Room**

At the June Book Club meeting we will be discussing *Remains of the Day* by Kazuo Ishiguro, the fictional reminiscences of a British butler. Please remember to return your borrowed book at the meeting.



The GHA Book Club will take a vacation in July and August. On September 17th we'll discuss *The Daughters of Yalta* by Catherine Grace Katz. The book tells the story of Sarah

Churchill (daughter of Winston Churchill), Anna Roosevelt (daughter of FDR), and Kathleen Harriman (daughter of Averell Harriman), all of whom accompanied their fathers to the Yalta Conference, where they had roles that were unofficial but nonetheless important.

If you would like to borrow this book and come to the September Book Club meeting, sign up in August in the Activities Binder, on the Book Club page behind the orange tab, towards the back of the binder. The books will be placed into GHA mailboxes when they arrive the third week of August. The GHA Book Club welcomes new Readers!

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



## Chaplaincy Services

### Living by Heart

Wednesday June 19<sup>th</sup> at 2:00 pm  
Chapel



The June theme for our monthly arts and spirituality gathering is “Pride & Prejudice.” How do you respect yourself & others? When have you seen or experienced prejudice? When have you been outspoken or kept silent? What is your superpower, and how do you use it? Bring a song, poem, story, object, image, or memory to illustrate your thoughts. All are welcome.

### GENERAL CONVENTION: June 23<sup>rd</sup> –28<sup>th</sup>

Every three years, the Episcopal Church gathers its bishops and hundreds of clergy and lay delegates repre-



senting every diocese to listen, discuss, learn, and worship together, and to carry on legislative work. The 81st General Convention

will meet in Louisville, KY, June 23rd–28th. The Presiding Bishop to succeed The Most Rev. Michael Bruce Curry will be elected during this convention.

Livestream broadcasts of many services and events will be available on both the Episcopal Church’s Facebook and YouTube pages, and on the General Convention Media Hub. Worship materials will be available in English, Spanish, and French. Links to view the livestream are below:

- <https://www.facebook.com/episcopalian/>
- <https://www.youtube.com/c/TheEpiscopalChurchCinema>
- <https://media.episcopalchurch.org/video/>

*Bruce Stewart,  
Director of Chaplaincy Services*

## Pool Lockers

There is an issue in the men’s locker room (next to the pool area) with most of the lockers with locks from non-residents. If you are a regular user of the pool and would like to keep items in a locker, please see Christie or Leslie to register a locker number. All lockers need to be registered or emptied by June 19th, or their locks will be cut and contents taken to Reception/Lost & Found. Thank you for your cooperation.

*Leslie LaPlace, Fitness Manager*

### In Memoriam

Susan Swift

June 10, 2024

John Eliff

June 9, 2024

## Goodwin Home Health vs Outpatient Rehab: What is the difference?

Home Health is available to all residents of every Goodwin Living community, as well as in the surrounding extended community. It allows medical care and therapy in your home after an illness, surgery, or hospitalization and is covered 100% by Medicare Part A. It focuses on improving daily living activities and safety in the comfort of your home environment.

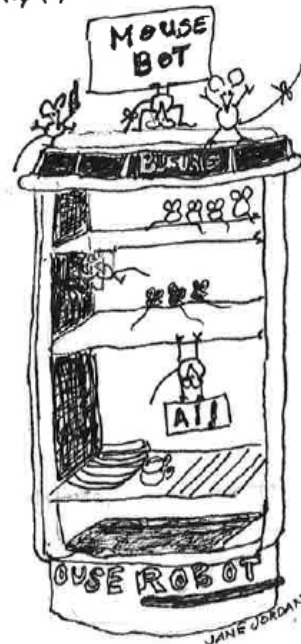
Outpatient Rehab requires you to visit our rehab gym for structured therapy sessions. Outpatient is covered by Medicare Part B and requires a copayment. Outpatient uses gym equipment and group support to focus strengthening exercises, and long-term goals for safety outside of the home environment.

*GHA Home Health*

## Looking for Projectionists for Weekly Movies

Did you know that the evening movies that are shown each week are possible because of your fellow residents? If you would be interested in learning how to do be a projectionist please contact Jennifer Bennett in the Life Enrichment Office, 703-824-1225 or via email [jbenett@goodwinhouse.org](mailto:jbenett@goodwinhouse.org). Training will be given, and this service requires 1 to 2 evenings each month.

HOORAY .  
THE MICE ARE CELEBRATING  
THEIR RETURN TO THE BISTRO  
WITH THEIR COUSINS THE  
MICE ROBOTS WHO THEY  
ARE HELPING TO TRAIN  
BECAUSE THEY ARE SO FAMILIAR  
WITH THE BISTRO, A HOME  
AWAY FROM HOME



## COVID Numbers

**Cases as of June 15<sup>th</sup>:**

Independent Living: 0

Assisted Living: 0

Small Houses: 0

## Events

### **Tuskegee Airman**

**Tuesday June 18<sup>th</sup> 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 17<sup>th</sup> at 11:00 am  
Courtyard**

Come join in for a Pride Walk and learn some facts along the way as we round 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 Services 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 with you if do not want to purchase a bag lunch.



### **Evening Concert: Jesse and Seth**

**Tuesday June 18<sup>th</sup> 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 19<sup>th</sup> at 2:30 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. Reenactor Dianne Fai-

son 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



## Do You Love Movies? Join the Movie Committee!

If you enjoy the movies we show each week and would like to help in the selection of future films, why not come to the monthly movie committee meetings? They are held on the third Tuesday of each month at 11:00 am in the Bishops' Room.

## National Beatles Day

Tuesday June 25<sup>th</sup> at 4:00 pm  
Courtyard

Are you a fan of the Beatles? Did you know there was a National Beatles Day? Join us in the Courtyard with the band Soulfire, who will be doing a concert of Beatles songs. Prior to the concert, check out the wall outside our library for Beatles facts, trivia, and other surprises.

Soulfire is an Arlington-based band that was founded at Trinity Presbyterian Church. It was started over a mutual love of The Beatles, but the band's repertoire has grown to cover everything from 1950s rockabilly to songs on the radio today.

Jennifer Bennett,  
Events Coordinator



## Dick's Teaser Solution

What is represented is the expression "straight up."

Dick Pellerin, Resident



# The Weekly Schedule

Sunday June 16, 2024 — Sunday June 23, 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](http://www.gh-a.org)\*\*

## 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.

## Monday June 17

9:00: Fun & Fitness — GX & CH 975

9:00: Trail Blazers: Dora Kelley — LBY

9:30: Aqua Fun — **Canceled**

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

10:00: BYOConversation — LR

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

11:00: Pride Walk and Picnic — CTY  
(See the article on page 7.)

11:00: Just Dance Class — AUD-A

Noon: German Conversation Table —  
BST Table 11

1:00: Brain Health Expo — AUD

3:00: Environmental Services Committee  
— FL (See the article on page 2.)

3:30: Seated Meditation — CHP & CH 974

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

## Tuesday June 18

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

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

9:30–Noon: Credit Union Open — PR

10:00-2:00: Primary Election circuit bus to the polls. (See the article on page 2.)

10:00: Painting and Drawing — AS

10:00: Seated Strength — GX & CH 975

10:00: Bus to Giant Food — LBY

10:00: Facilities Committee — RCR

11:00: Bible Study — **Canceled**

11:00: Movie Committee — BR (See article on page 8.)

1:15: Total Brain Health Program — GX

1:30: Mah Jongg — LR

2:00: GHA Book Club — RCR (See the article on page 4.)

2:00: Health Services Committee — **Canceled**

2:00: Wii Bowling — GX

2:00: Movie: *The Guernsey Literary and Potato Peel Pie Society* — CH 972

*The Guernsey Literary and Potato Peel Pie Society*, 2018, Romance/War, NR, 124 m. In 1941, on the island of Guernsey, four friends are stopped by soldiers for breaching curfew during German occupation. To avoid arrest, they say they were returning from a meeting of their book club, hastily named "The Guernsey Literary and Potato Peel Pie Society."

2:30: Tuskegee Airman — AUD & CH 973 (See the article on page 7.)

3:00: By Hand: Creative Writers Group — 9th Floor Lounge, Original Building

4:30: Advanced Tai Chi — GX

7:30: Evening Concert with Jesse and Seth — AUD (See the article on page 7.)

## Wednesday June 19

9:00: Fun & Fitness — GX & CH 975

9:30: Aqua Fun — Canceled — POOL

9:30: Market Place Accepts Donations — MP

10:00: StrongerMemory — FL

10:30: Finance Committee Meeting — AR (See the article of page 2.)

10:30: Farm Animal Visits — CTY & AUD

11:00: Prayer Group — CHP

11:00: Teaching Company: — **Canceled** returning July 3<sup>rd</sup>

Noon: Director's Dutch Lunch — BST (See the article on page 1.)

2:00: Hospitality Committee — RCR

2:00: Living by Heart — CHP (See the article on page 5.)

2:00: Parkinson's Disease Support Group — BR

2:30: The Spirit of Harriet Tubman Performance — AUD-AB (See the article on page 8.)

4:00: Pop-up Technology Assistance — LBY

## Thursday June 20

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

10:00: Seated Strength — GX & CH 975

10:00: Ceramics — AS

10:30: Green Team Committee Meeting — **Canceled**

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

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

11:00: Replay of Teaching Company — **Canceled**

11:00: Wii Bowling — GX

Noon: French Conversation Table — **Canceled**

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

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: Open Studio — AS

2:00: GHA Players Meeting — AUD-A

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

7:15: Movie: *Nyad* — CH 972

*Nyad*, 2023, Sports/Drama, PG-13, 120 m. Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida. (CAST: Annette Bening, Jodie Foster, Rhys Ifans, Karly Rothenberg, Anna Harriette Pittman)

## Friday June 21

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

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie: *Nyad* — CH 972

10:00: Trip: Bradlee Shopping Trip — LBY

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

2:00: Quilting Bees — BR

2:00: Party Bridge — FL **one-time location change**

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 22

8:15: Classical Stretch — GX

10:30: Advanced Tai Chi with Instructor — GX

10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 1.)

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

3:00: Weekend Wii Bowling — GX

7:15: Movie: *8 1/2* — CH 972

*8 1/2*, 1963, Fantasy/Comedy, NR, 138 m. Troubled Italian filmmaker Guido Anselmi (Marcello Mastroianni) struggles with creative stasis as he attempts to get a new movie off the ground. Overwhelmed by his work and personal life, the director retreats into his thoughts, which often focus on his loves, both past and present, and frequently wander into

fantastical territory. As he tries to sort out his many entanglements, romantic and otherwise, Anselmi finds his production becoming more and more autobiographical.

## Sunday June 23

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *Roman Holiday* — CH 972

*Roman Holiday*, 1953, Comedy/Romance, G, 118 m. Overwhelmed by her suffocating schedule, touring European princess Ann (Audrey Hepburn) takes off for a night while in Rome. When a sedative she took from her doctor kicks in, however, she falls asleep on a park bench and is found by an American reporter, Joe Bradley (Gregory Peck), who takes her back to his apartment for safety. At work the next morning, Joe finds out Ann's regal identity and bets his editor he can get exclusive interview with her, but romance soon gets in the way.



# Richmond & Dominion Schedule

## 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 9.)

## Monday June 17

9:30: Aqua Fun — **Canceled**  
10:00: BYOConversation — LR  
10:00: Catholic Mass & Rosary — CHP &  
CH 974  
11:00: Pride Walk and Picnic — CTY  
(See the article on page 7.)  
11:00: Body & Balance Exercise Program  
— GX  
11:00: Just Dance Class — AUD-A  
Noon: German Conversation Table —  
BST Table 11  
1:00: Brain Health Expo — AUD  
3:30: Seated Meditation — CHP & CH  
974  
4:30: Happy Hour/Meet & Greet New  
Residents — LR

## Tuesday June 18

10:00-2:00: Primary Election circuit bus  
to the polls (See the article on page 2.)  
10:00: Seated Strength — GX & CH 975  
10:00: Facilities Committee — RCR  
11:00: Bible Study — **Canceled**  
11:00: Movie Committee — BR  
1:15: Total Brain Health Program — GX  
1:30: Mah Jongg — LR  
2:00: Health Services Committee:  
Canceled — **Canceled**  
2:00: Movie: *The Guernsey Literary and  
Potato Peel Pie Society* — CH 972 (See  
page 10.)  
2:30: Tuskegee Airman — AUD and CH  
973 (See the article on page 7.)  
3:00: By Hand: Creative Writers Group  
— 9th Floor Lounge, Original Building  
7:30: Evening Concert with Jesse and  
Seth — AUD (See the article on page 7.)

## Wednesday June 19

10:30: Farm Animal Visits — CTY &  
AUD  
11:00: Body & Balance Exercise Program  
— GX  
11:00: Prayer Group — CHP

11:00: Teaching Company: — **Canceled**  
returning July 3<sup>rd</sup>

2:00: Living by Heart — CHP

2:30: The Spirit of Harriet Tubman  
Performance — AUD-AB (See the article  
on page 8.)

4:00: Pop-up Technology Assistance —  
LBY

## Thursday June 20

9:30: Chess — LR

10:00: Seated 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: —  
Canceled

Noon: French Conversation Table —  
**Canceled**

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

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: Open Studio — AS

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

## Friday June 21

10:00: Replay of Thursday Movie: *Nyad*  
— CH 972 (See page 11.)

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

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

2:30: Cheese Tasting with Lauren —  
DDR

3:30: Seated Meditation — CHP & CH  
974

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

## Saturday June 22

10:30: Advanced Tai Chi with Instructor  
— GX

10:30: Saturday Morning Live — AUD &  
CH 973 (See the article on page 1.)

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

3:00: Weekend Wii Bowling — GX

7:15: Movie: *8 1/2* — CH 972 (See page  
12.)

## Sunday June 23

9:00: Holy Eucharist — CHP & CH 974  
10:30: Holy Eucharist — AUD & CH 973  
11:00: Open Recreation — Assisted Living-All  
6:30: Movie: *Roman Holiday* — CH 972  
(See page 12.)

## Small House Schedule

### 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 9.)

### Monday June 17

10:00: Catholic Mass & Rosary — CHP & CH 974  
10:30: Reading2Connect — WL  
11:00: Small House Bell Choir — **Canceled**  
11:00: Music with Lindi Moo — CH 971

Noon: German Conversation Table — BST Table 11

1:00: Brain Health Expo — AUD

2:30: Tea Party — RP

3:30: Seated Meditation — CHP & CH 974

### Tuesday June 18

10:30: Seated Exercise — PW

11:00: Bible Study — **Canceled**

1:30: Music Therapy — WL

2:00: Movie: *The Guernsey Literary and Potato Peel Pie Society* — CH 972 (See page 10.)

2:30: Tuskegee Airman — AUD & CH 973 (See the article on page 7.)

4:00: Individual Visits — JA

6:30: Music Therapy with Abigail — OQ

7:30: Evening Concert with Jesse and Seth — AUD (See the article on page 7.)

### Wednesday June 19

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

10:30: Farm Animal Visits — CTY & AUD

10:30: Music and Movement — **Canceled**

11:00: Art with Alison — BL  
 11:00: Prayer Group — CHP  
 11:00: Teaching Company: — **Canceled**  
 returning July 3<sup>rd</sup>  
 Noon: Director's Dutch Lunch — BST  
 (See the article on page 1.)  
 2:00: Exercise with Christie — MH  
 2:00: Living by Heart — CHP  
 2:30: Brain Games — **Canceled**  
 2:30: The Spirit of Harriet Tubman  
 Performance — AUD-AB (See the article  
 on page 8.)  
 4:00: Pop-up Technology Assistance —  
 LBY

## Thursday June 20

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 —  
**Canceled**  
 Noon: Chaplain Visits — SH-A  
 Noon: French Conversation Table —  
**Canceled**  
 1:00: Low Vision Support Group — BR  
 2:00: Dog Visits with Sara and Moriah  
 — SH-A

2:30: Individual Visits — SH-A  
 3:00: Movie Matinee — OQ  
 7:15: Movie: *Nyad* — CH 972 (See page  
 11.)

## Friday June 21

10:00: Replay of Thursday Movie: *Nyad*  
 — CH 972 (See page 11.)  
 10:30: Seated Exercise — OQ  
 11:00: Vendor: Deb's Handmade Jewelry  
 — CC  
 Noon: Director's Lunch with Cathy —  
 PW  
 2:30: Hydration Station: Ice Tea Cart —  
**Canceled**  
 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 22

10:30: Dog Visits — SH-A  
 10:30: Saturday Morning Live — AUD &  
 CH 973 (See the article on page 1.)  
 2:00: Open Recreation/ Strength &  
 Stretch Chair Exercise — CH 971



3:00: Music with Barbara — OQ

7:15: Movie: *8 1/2* — CH 972 (See page 12.)

## Sunday June 23

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

11:30: Chaplain Visits — SH-A

1:30: Hydration Station — OQ

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

6:30: Movie: *Roman Holiday* — CH 972  
(See page 12.)

## LOCATION KEY

AR = Arbor Room next to the Dining Room/Bistro  
 AS = Art Studio  
 ASG = Art Studio Gallery  
 AUD-A = Auditorium A  
 AUD-B = Auditorium B  
 AUD = Auditorium AB  
 AUD-ABC = Auditorium ABC  
 BL = Small House Bluestone  
 BR = Bishops' Room First Floor Tower  
 BST = Bistro  
 CC = Concourse  
 CH 971 = Channel 971  
 CH 972 = Channel 972  
 CH 973 = Channel 973  
 CHP = Chapel  
 CL = Clinic  
 CTY = Courtyard  
 DDR = Dominion Dining Room, Original Building 2nd Floor  
 FL = Fillmore Lounge  
 FP = Fillmore Patio  
 GR = Game Room on Promenade

GX = Group EX Studio  
 JA = Small House James  
 LBY = Lobby  
 LR = Living Room  
 MH = Small House Meherrin  
 MP = Market Place on Promenade  
 OQ = Small House Occoquan  
 POOL = Swimming Pool on Promenade  
 PT = Physical & Occupational Therapy on Promenade  
 PR = Promenade  
 PSCR = Promenade Small Conference Room  
 PW = Small House Powell  
 RAR = Richmond Activities Room, Original Building 3rd Floor  
 RCR = Residents' Conference Room  
 RDR = Richmond Dining Room, Original Building 3rd Floor  
 ROOF = Rooftop Deck  
 RP = Small House Rappahannock

SH-A = Small Houses  
 SHG = Small House Gallery  
 SN = Small House Shenandoah  
 WL = Small House Willis

## WELLNESS ICONS

Communal =



Emotional =



Intellectual =



Physical =



Social =



Spiritual =

