

# Gazette



Goodwin House  
Alexandria

Saturday July 27, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

## Building Power Washing

9:00 am–5:00 pm

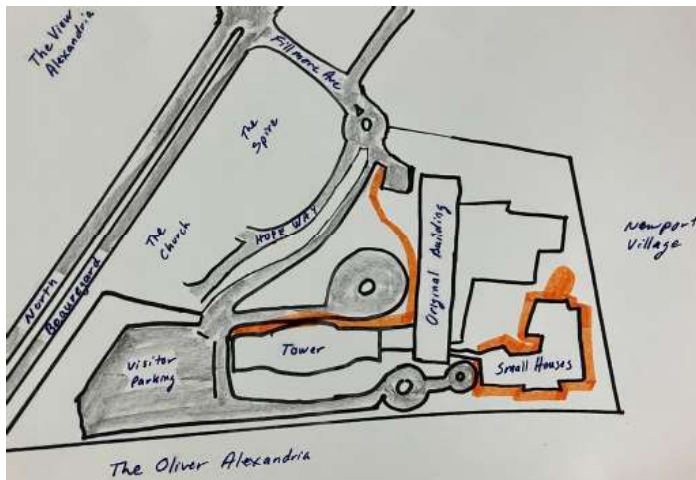
August 5<sup>th</sup>–22<sup>nd</sup>

CertaPro Painters will be on campus to power wash the exterior of the Small Houses, the interior and exterior walls of the Stonebrook courtyard, and the front façade of the Original Building and the Tower.

They will start by the Original Building loading dock, working their way up to the employee entrance in the Tower. Upon completing the front façade completion, they will move on to the Small Houses. Depending on the weather, this project will take a week and a half to two and a half weeks to complete.

For questions, please contact Facilities Management at 703-824-1300.

*Merrily Wolf, Executive Assistant*



## “Volar” exhibition of artwork by Marta Gutierrez

July 31<sup>st</sup>–September 10<sup>th</sup>

Small House Gallery

Reception: Friday August 9<sup>th</sup> at 4:00 pm

Colombian artist Marta Gutierrez will be exhibiting her new series, “Volar” in GHA’s Small House Gallery. There are Unique mixed media artworks that ustraddle the line between painting and sculpture celebrate the color, line, and whimsical personalities of over-sized tropical birds.

*Alison Schroeder, Arts Coordinator*



## Trip to Franciscan Monastery

**Thursday August 15<sup>th</sup>**

**Departure: Noon**

**Total Cost: \$25**

Join us on this guided tour. Named one of the five most beautiful places that tourists miss when sightseeing in Washington, DC, the Franciscan Monastery of the Holy Land in America was built between 1898–99 in the Neo-Byzantine style. Beneath the church is a replica of the Roman catacombs. The catacombs are accessible only by steps, but the main church has spectacular mosaics to sit and enjoy while others explore the catacombs.

After your tour of the church, walk along the portico and enjoy the upper gardens. The lower gardens include shrines as well as plants from the Holy Land not normally seen growing outside in Washington. There is also a breathtaking view of the non-monument side of Washington. On hot summer days, you can smell the resin in the pine trees, reminding you of the Holy Land.

A \$5 donation per person to the Monastery has been included in the cost of the trip, but feel free to make additional donations. Signup sheet will be available Monday July 29th at 10:00 am.

*Luella VanNewkirk, Resident,  
Trips and Outings Committee*

## Postponed: Enjoying Wine 102

Unfortunately, we must postpone Enjoying Wine 102, the five-week beginners' wine-tasting class scheduled to start on July 30th, to be taught by resident Bob Nichols. The course requires significant support from Dining Services, and we have faced the unhappy fact that the COVID-19 outbreak and subsequent short-staffing have made it impossible for us to present the course that residents expect and deserve.

Thanks to everyone for your interest. We plan to offer the course sometime in the Fall—so watch the Gazette for an announcement.

*Life Enrichment*



### Dick's Teaser

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

**T E S S M A L L T I N E**



*\*Answers on page 5*

*Dick Pellerin, Resident*

## Goodwin House Alexandria Life Enrichment Pulse Survey

**July 19<sup>th</sup>–Aug 2<sup>nd</sup>**

Paper and online Life Enrichment Pulse surveys were sent out on July 19<sup>th</sup> to obtain your viewpoint and see if there have been any changes in satisfaction since our last Holleran survey. If you have not yet completed your survey yet, please complete it and turn it into the Reception Desk by the close of business on Friday, August 2<sup>nd</sup>. Additional paper copies may be found at the Reception Desk, or you may complete the survey online at <https://forms.office.com/r/EwqB6LLdme>

*Barbara D'Agostino, Executive Director*

## Parting Is Such Sweet Sorrow: Hilary Canary, Our Communications Coordinator, is Leaving GHA

Hilary has decided to go back into the classroom to teach high school English. Her last day at GHA is August 1, 2024. We wish her all the best and she will be missed. Going forward, until we find a replacement, please submit all articles by 4:00 pm on Fridays (no later) to Kim Butler ([kbutler@goodwinliving.org](mailto:kbutler@goodwinliving.org)) and Leslie Laplace ([llaplace@goodwinliving.org](mailto:llaplace@goodwinliving.org)). If you have any questions about Uniguest, please contact Kim.

*Kim Butler, Director of Life Enrichment*

## BYOConversation: “Curious stuff: Dialects, Jargon, Clothing, Food, Expressions, Superstitions, etc.”

**Monday July 29<sup>th</sup> 10:00–10:45,  
Living Room**

Some time ago, on my first day in kindergarten, I was saying “toMAHtoe” and “ggeeyahden kyhart.” Not the second day. These were my parents’ curious pronunciations from Petersburg, Virginia, leftovers from some dialect.

So in BYOConversation, let’s hear your curiosities: professional jargon (“floppy disk”?), sayings (“hit the road”?), bizarre foodstuff (“blood pud”?), mispron[o]unciations, slang (“Hot!,” “Cool!”), regionalisms (Charlie from Charleston: “Ah gotta let det at the get at et.” Huh?). Strange habits and behaviors (“Rabbit, rabbit!”).

In your growing-up region, any cultural peculiarities? Ever done or said something perfectly normal in your earlier environment but way off base in your new environment? All are most welcome to come to BYOC to speak or just listen!

*Jonathan Bryan, Resident*

## Reminder: Saturday Morning Live

**Saturday August 3<sup>rd</sup> at 10:30 am  
Auditorium & CH 972**

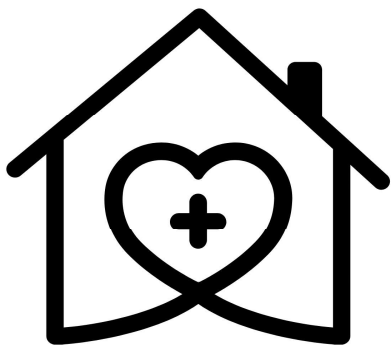
Dr David Maune will tell us about his mapping of Alaska.

*Speakers’ Forum*

## Home Safety Reminders from Goodwin Home Health

For older adults, home safety is paramount to prevent falls and ensure independent living. Remove hazards like loose rugs and clutter to minimize tripping risks. Install grab bars and non-slip mats in bathrooms to aid mobility. Ensure adequate lighting in hallways, stairs, and outdoor pathways. Keep essential items within easy reach to avoid excessive bending or reaching. Regularly check smoke detectors and carbon monoxide alarms. Consider a medical alert system for emergencies. Finally, have regular vision and hearing check-ups to maintain awareness of surroundings. These measures promote a safe and comfortable home environment, and maintain well-being and independence.

*Goodwin Home Health*



## COVID Numbers

**As of Friday July 26<sup>th</sup>**

Team Members: 2

Residential Living: 0

Assisted Living: 0

Small Houses: 0

## Events

### Reminder: Appraisal Roadshow

**Tuesday July 30<sup>th</sup> at 2:00 pm  
Auditorium**

If you have something you would like appraised, please sign up in the Activities Binder (Special Activities tab) with a brief description of what you will be bringing down to the Auditorium to be appraised. Even if you don't have anything to be appraised, come to the Auditorium and learn about the different items that you have been wondering about.

### Celebrate Elvis Presley at the GHA Sock Hop

**Wednesday July 31<sup>st</sup> at 2:00 pm  
Auditorium**

Mark your calendars to celebrate Elvis Presley on Wednesday July 31<sup>st</sup>! Elvis Aaron Presley (January 8, 1935–August 16, 1977), was an American singer and actor. Known as the “King of Rock and Roll,” he is regarded as one of the most significant cultural figures of the 20th century. We will be turning the Auditorium into a Sock Hop with live music, a Dance Floor and some Elvis inspired goodies! We hope you can join us!



## **Lunch Trip: The Wharf (Old Town Alexandria)**

**Friday August 9<sup>th</sup> at 11:30 am  
Lobby, Transportation: \$7**

Located in the heart of Old Town Alexandria, The Wharf restaurant offers a cozy yet sophisticated atmosphere. Their menus capture a unique blend of innovative recipes and traditional seafood dishes. If you are interested in going to The Wharf, please sign-up in the Activities Binder. The sign-up sheet will be out on Monday July 29<sup>th</sup> at 10:00 am. The cost of your meal, transportation, plus the cost of the escort's meal (split among the other residents attending) will be billed to your monthly statement.

## **National Night Out**

**Tuesday August 6<sup>th</sup> 4:00–7:00 pm  
Courtyard**

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. We have invited officers from the Alexandria City Police, Sheriff and Fire Departments. Dining will be grilling in the Courtyard, and we will have extra tables set up so you can enjoy your dinner outside with your neighbors! There will live music with Davis Bradley from 4:00–5:00 pm and Indigo Combo from 6:00 pm–7:00 pm. We will also be roasting S'mores from 5:00–6:00pm from our firepit!

*Jennifer Bennett, Events Coordinator*

## **Diversity, Equality, and Inclusion Updates: August**

“This we know: The earth does not belong to man; man belongs to the earth. This we know: All things are connected like the blood which unites one family. All things are connected”

Chief Si'ahl was a Suquamish and Duwamish chief during the 1800s. He is sometimes known as Chief Seattle, because “Seattle” is the Anglicization of Si'ahl. Regarded as a venerable leader and respected for his peaceful ways, Chief Si'ahl became known for building friendly relations with European immigrants when they arrived in his native lands.

- National Immunization Awareness Month
- August 2<sup>nd</sup>: Goodwin Living At Home Launched (2013)
- August 9<sup>th</sup>: International Day of the World's Indigenous Peoples
- August 20<sup>th</sup>: National Radio Day
- August 23<sup>rd</sup>: International Day for the Remembrance of the Slave Trade
- August 25<sup>th</sup>: GHA Opened in 1967

*DEI Committee*

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

What is represented is the expression “small intestine.”



*Dick Pellerin, Resident*

## Reminder: New Program, Recycling Plastic Bags & Other Plastic

The first preference is to use reusable bags for your grocery and other shopping whenever possible. But when plastic bags accumulate in your apartment, the Green Team is now offering a recycling location onsite for everyone to use. So gather together your plastic grocery and retail store bags, ziploc and produce bags, dry cleaning bags, bread wraps, cereal box liners, film wrap packaging, plastic mailers, bubble wrap. Squeeeeeze all the air out that you possibly can to make a small package. Place it in the labeled container in the business office. There is a helpful poster above the container. GT volunteers will take the collected items to a local grocery store where it will be transferred to NEXTREX, a company that uses the plastic to build earth-friendly decking, railing and park benches. Thanks for your participation!

*Pat Gottemoeller, Green Team*



Put a few of the green compostable bags in your reusable grocery bag and take them to the grocery store for loose produce items.

## News from the Alexandria Health Department

Our Health Department sent notification this week about a multi-state Listeria outbreak. They asked that we remind residents to not eat meat sliced at any deli counter when grocery shopping or dining outside of our community. People 65 years and older are at higher risk of severe disease.

Symptoms of this disease can include fever, muscle aches, nausea, vomiting, and diarrhea. Symptoms can start within two weeks of exposure. Please contact your provider or the Clinic if you are experiencing any of these symptoms.

To learn more please visit <https://www.cdc.gov/listeria/index.html>.

*Cathy Farmer,  
Director of Clinical Services*

# The Weekly Schedule

**Sunday July 21, 2024–Sunday July 28, 2024**

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**\*\*Events listed in this calendar may be subject to change after the time of printing. For the most up-to-date schedule, consult Uniguest/Touchtown at [www.gh-a.org](http://www.gh-a.org)\*\***

## Sunday July 28

8:15: Classical Stretch — GX

9:00: Holy Eucharist with  
Guest Preacher and Presider,  
Rev. Stephen Shepherd  
— CHP & CH 974

10:30: Holy Eucharist with Guest  
Preacher and Presider, Rev. Stephen  
Shepherd — AUD & CH 973

6:30: Movie: *A Passage to India* — CH  
972

*A Passage to India*, 1984,  
Adventure/Drama, PG, 164 m. Based  
on the renowned E.M. Forster novel,  
this expansive period drama centers  
on the changing dynamic between  
British colonials and native locals  
in India during the 1920s. When an  
outing to explore scenic caves ends  
in English tourist Adela Quested  
(Judy Davis) accusing Indian doctor  
Aziz Ahmed (Victor Banerjee) of  
rape, the incident results in a major  
court case, one that reinforces  
tensions between the British Empire  
and the growing movement towards  
Indian independence.

## Monday July 29

9:00: Fun & Fitness — GX & CH 975

9:00: Trail Blazers (Dyke Marsh) —  
LBV

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 3.)

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

10:00: Praying the Rosary — CHP &  
CH 974

11:00: Just Dance Class — AUD-A &  
CH 971

Noon: German Conversation Table —  
BST Table 11

3:30: Seated Meditation — CHP & CH  
974

## Tuesday July 30

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 — GX & CH 975

10:00: Bus to Giant Food — LBY (**Sign up Required**)

11:00: Bible Study — **Canceled**

1:15: Total Brain Health Program — GX

1:30: Mah Jongg — LR

2:00: Appraisal Roadshow — AUD (See the article on page 4.)

2:00: Wii Bowling — GX

2:00: Movie: *To Die For* — CH 972

*To Die For*, 1995, Comedy/Crime, R, 106 m. Suzanne Stone (Nicole Kidman) is a weather reporter at her small-town cable station, but she dreams of being a big-time news anchor. However, she feels that her middle-class husband (Matt Dillon) is holding her back, so she decides to have him murdered. For this, she enlists Jimmy (Joaquin Phoenix), a high school boy who is enamored with her. The plan doesn't work exactly as she intended, though, and her husband's family starts to suspect that she was involved in his death.

4:30: Advanced Tai Chi — GX

## Wednesday July 31

9:00: Fun & Fitness — GX & CH 975

9:00: Clothing Collection — GR

9:30: Aqua Fun — POOL

9:30: Market Place Accepts Donations — MP

10:00: StrongerMemory — FL

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

11:00: Prayer Group — CHP

11:00: Teaching Company: *The Great Revolutions of Modern History* — CH 972

Lecture 9: *The French Revolution: Fraternity and Terror*

Lecture 10: *Haiti: Trailblazer of Democracy and Failure*

Noon: Director's Dutch Lunch — BST

3:00: Elvis Sock Hop — AUD-AB (See the article on page 4.)

4:00: Pop-up Technology Assistance — LBY

## Thursday August 1

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

10:45: 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 8.)

11:00: Wii Bowling — GX

Noon: French Conversation Table —  
BST Table 11

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

1:15: Total Brain Health Program —  
GX

1:30: Shanghai — LR

2:00: Open Studio — AS

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

3:00: GHA Players Meeting — RCR

4:00: Celebrity Bartender — FL

7:15: Movie: *Hit Man* — CH 972

*Hit Man*, 2023, Comedy/Action,  
R, 115 m. When not teaching at the  
University, Professor Gary Johnson  
offers his services to the local police  
department as an undercover gun-

for-hire. His job is to pose as a hit  
man and trap people to reveal their  
intention to pay for getting someone  
killed. He does this job well, and his  
superiors are happy. It doesn't last  
long, though, as he botches up a case  
when he gets romantically involved  
with a beautiful woman client who  
is trying to escape from an abusive  
husband. (CAST: Glen Powell, Adria  
Arjona, Retta)

## Friday August 2

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

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie: *Hit  
Man* — CH 972

10:00: Shuttle to Trader Joe's — LBY

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

11:00: Fireside Chats with the  
Residents' Council — LR

Noon: Spanish Conversation Table —  
BST Table 11

2:00: Quilting Bees — BR

2:00: Party Bridge — LR

3:30: Seated Meditation — CHP & CH  
974

4:00: Iris Paper Folding and Upcycling  
— ASG

4:30: Advanced Tai Chi — GX

4:30: Sabbath Service — CHP & CH  
974

## Saturday August 3

8:15: Classical Stretch — GX

10:30: Saturday Morning Live — AUD & CH 973 (See the article on page 6.)

10:30: Advanced Tai Chi with Instructor — GX

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

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Salmon Fishing in the Yemen* — CH 972

*Salmon Fishing in the Yemen*, 2011, Romance/Comedy, PG-13, 112 m. Dr. Alfred Jones (Ewan McGregor) is a fisheries scientist who one day receives an unusual request: A businesswoman named Harriet Chetwode-Talbot (Emily Blunt) wants his help in fulfilling a wealthy sheik's (Amr Waked) request to bring sport fishing to Yemen. Jones declines at first, but when the British prime minister's spokeswoman latches on to the project as a way to improve Middle East relations, he joins in. Romance blooms as Jones and Harriet work to make the sheik's dream come true.

## Sunday August 4

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *Molly's Game* — CH 972

*Molly's Game*, 2017, Crime/Thriller, R, 140 m. The true story of Molly Bloom, a beautiful, young, Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents wielding automatic weapons. Her players included Hollywood royalty, sports stars, business titans and finally, unbeknown to her, the Russian mob. Her only ally was her criminal defense lawyer Charlie Jaffey, who learned there was much more to Molly than the tabloids led people to believe. (CAST: Jessica Chastain, Idris Elba, Kevin Costner, Michael Cera, Jeremy Strong)

## **Richmond & Dominion Schedule**

### Sunday July 28

9:00: Holy Eucharist with Guest Preacher and Presider, Rev. Stephen Shepherd — CHP & CH 974

10:30: Holy Eucharist with Guest Preacher and Presider, Rev. Stephen Shepherd — AUD & CH 973

11:00: Open Recreation — Assisted Living-All

6:30: Movie: *A Passage to India* — CH 972 (See page 7.)

## Monday July 29

9:30: Aqua Fun — POOL  
10:00: BYOConversation — LR (See the article on page 3.)  
10:00: Catholic Mass & Rosary — CHP & CH 974  
10:00: Praying the Rosary — CHP & CH 974  
11:00: Body & Balance Exercise Program — GX  
11:00: Just Dance Class — Auditorium-A & Channel 971  
12:00: German Conversation Table — Bistro Table 11  
3:00: Summer Happy Hour Meet and Greet — RDR  
3:30: Seated Meditation — CHP & CH 974

## Tuesday July 30

10:00: Seated Strength — GX & CH 975  
11:00: Bible Study — **Canceled**  
1:15: Total Brain Health Program — GX  
1:30: Mah Jongg — LR  
2:00: Appraisal Roadshow — AUD (See the article on page 4.)  
2:00: Movie: *To Die For* — CH 972 (See page 8.)  
2:30: Guess the Musical — RAR

## Wednesday July 31

9:00: Clothing Collection — GR  
9:30: Aqua Fun — POOL  
10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — Fitness Studio  
11:00: Body & Balance Exercise Program — GX  
11:00: Prayer Group — CHP  
11:00: Teaching Company: *The Great Revolutions of Modern History* — CH 972 (See page 8.)  
3:00: Elvis Sock Hop — AUD-AB (See the article on page 4.)  
4:00: Pop-up Technology Assistance — LBY

## Thursday August 1

9:30: Aqua Fun — **Canceled**  
9:30: Chess — LR  
10:00: Seated Strength — GX & CH 975  
10:00: Ceramics — AS  
10:45: Talking Books Librarian — Library Work Room or in your apartment by appointment; call 703-824-1583  
11:00: Richmond Resident Council Meeting — RAR  
11:00: Scripture, Songs & Prayers — AUD & CH 973

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

Noon: French Conversation Table —  
BST Table 11

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

1:15: Total Brain Health Program —  
GX

1:45: Music Therapy with Abby —  
DDR

2:00: Holy Eucharist — RDR

2:00: Scripture, Songs, & Prayers —  
RDR

2:00: Open Studio — AS

7:15: Movie: *Hit Man* — CH 972 (See  
page 9.)

### Friday August 2

10:00: Replay of Thursday Movie: *Hit  
Man* — CH 972 (See page 9.)

10:00: Shuttle to Trader Joe's — LBY

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

11:00: Fireside Chats with the  
Residents' Council — LR

Noon: Spanish Conversation Table —  
BST Table 11

2:00: Party Bridge — LR

2:45: Drumming Circle with Rick —  
AUD

3:30: Seated Meditation — CHP & CH  
974

4:30: Sabbath Service — CHP & CH  
974

### Saturday August 3

10:30: Saturday Morning Live — AUD  
& CH 973 (See the article on page 6.)

3:00: Weekend Wii Bowling — GX

7:15: Movie: *Salmon Fishing in the  
Yemen* — CH 972 (See page 10.)

### Sunday August 4

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH  
973

11:00: Open Recreation — Assisted  
Living — All

6:30: Movie: *Molly's Game* — CH 972  
(See page 10.)

## **Small House Schedule**

### Sunday July 28

9:00: Holy Eucharist with Guest  
Preacher and Presider, Rev. Stephen  
Shepherd — CHP & CH 974

10:30: Holy Eucharist with Guest  
Preacher and Presider, Rev. Stephen  
Shepherd — AUD & CH 973

11:30: Chaplain Visits — SH-A



1:30: Afternoon Activities with Lauren — PW

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

6:30: Movie: *A Passage to India* — CH 972 (See page 7.)

### Monday July 29

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

10:00: Praying the Rosary — CHP & CH 974

10:30: Hastings College Spring Handbell Choir Concert — CH 971

10:30: Reading2Connect — WL

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

11:15: Seated Kickboxing — Stonebrook Den

Noon: German Conversation Table — BST Table 11

2:30: Tea Party — PW

3:00: Visits with Monica — SH-All

3:30: Seated Meditation — CHP & CH 974

### Tuesday July 30

10:00: Seated Strength — GX & CH 975

10:30: Seated Exercise — PW

11:00: Bible Study — **Canceled**

11:00: Outdoor Club — SH-All

1:30: Music Therapy — **Canceled**

2:00: Movie: *To Die For* — CH 972

4:00: Individual Visits — JA

6:30: Music Therapy with Abigail — **Canceled**

6:30: Resident's Choice Musical — CH 971

### Wednesday July 31

9:00: Clothing Collection — GR

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

10:30: Music and Movement — RP

11:00: Art with Alison — BL

11:00: Outdoor Club — SH-All

11:00: Prayer Group — CHP

11:00: Teaching Company: *The Great Revolutions of Modern History* — CH 972 (See page 8.)

Noon: Director's Dutch Lunch — BST

2:00: Exercise with Christie — **Canceled**

2:30: Brain Games: Finish the Phrase — Ch. 971

3:00: Elvis Sock Hop — AUD-AB (See page 4.)

4:00: Pop-up Technology Assistance — LBY

## Thursday August 1

10:00: Seated Strength — GX & CH 975

10:45: 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 8.)

Noon: Chaplain Visits — SH-A

Noon: French Conversation Table — BST Table 11

2:00: Dog Visits with Sara and Moriah — SH-A

2:30: Individual Visits — SH-A

3:00: Visits with Monica — SH-All

7:15: Movie: *Hit Man* — CH 972 (See page 9.)

## Friday August 2

10:00: Replay of Thursday Movie: *Hit Man* — CH 972 (See page 9.)

10:30: Seated Exercise — OQ

Noon: Director's Lunch with — MH

Noon: Spanish Conversation Table — Bistro Table 11

2:30: Courtyard Promenade — SH-A

2:45: Drumming Circle with Rick — AUD

3:00: Music Therapy with Abby — OQ

3:30: Seated Meditation — CHP & CH 974

4:30: Sabbath Service — CHP & CH 974

8:00: Evening Check-in — SH-A

## Saturday August 3

10:30: Dog Visits — SH-A

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

3:00: Music with Barbara — **Canceled**

7:15: Movie: *Salmon Fishing in the Yemen* — CH 972 (See page 10.)

## Sunday August 4

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

11:30: Chaplain Visits — SH-A

1:30: Activity's with Lauren — OQ

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

6:30: Movie: *Molly's Game* — CH 972 (See page 10.)

## 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 = All Small Houses

SHG = Small House Gallery

SN = Small House Shenandoah

WL = Small House Willis

## WELLNESS ICONS

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