

Building Power Washing

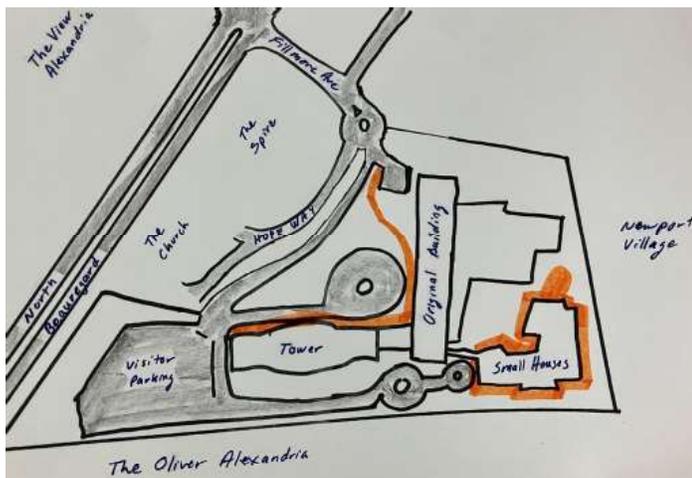
9:00 am–5:00 pm
August 5th–22nd

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 31st–September 10th

Small House Gallery

Reception: Friday August 9th 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 15th
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 19th–Aug 2nd

Paper and online Life Enrichment Pulse surveys were sent out on July 19th 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 2nd. 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) and Leslie Laplace (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 29th 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 3rd at 10:30 am Auditorium & CH 972

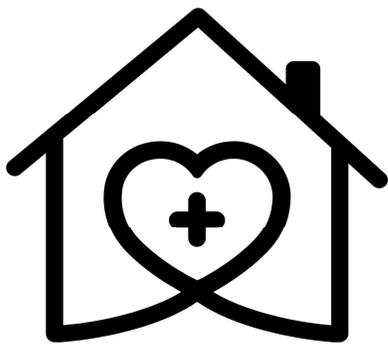
Dr David Maune will tell us about his mapping of Alaska.

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 26th

Team Members: 2

Residential Living: 0

Assisted Living: 0

Small Houses: 0

Events

Reminder: Appraisal Roadshow

Tuesday July 30th 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 31st at 2:00 pm Auditorium

Mark your calendars to celebrate Elvis Presley on Wednesday July 31st! 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 9th 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 29th 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 6th 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 Smores 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 2nd: Goodwin Living At Home Launched (2013)
- August 9th: International Day of the World's Indigenous Peoples
- August 20th: National Radio Day
- August 23rd: International Day for the Remembrance of the Slave Trade
- August 25th: 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

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 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

Wednesday July 31

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

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

10

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 — LBV

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

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

WELLNESS ICONS

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