

August 24, 2024

4800 Fillmore Avenue, Alexandria, VA, 22311

Residents' Council's Role = Your Important Part

Residents' Council's (RC) role is to *advise* GHA management of needs or problems and to *propose* possible solutions and/or improvements. RC members *represent the rest of us*: they "work for us" dealing with GHA's Administration for our well-being, safety, joy and peace. And now it's time to fill this year's vacancy—with new tweaks!

In recent years, new RC members have been approved by acclamation. This year's RC has encouraged the Nominating Committee to provide *more* than one name per vacancy, which means *election by ballot*. Residents are invited to suggest possibilities (including oneself) to be considered for *four nominees* to fill the *one vacancy*.

Please send suggestions to Judy Bryan [judybryan819@gmail.com] through Sunday August 25th. The slate will be announced (photos and bios posted, Gazette) in early September, well before the election on September 18th Town Hall.

Thank you for participating!

RC Nominating Committee

November General Election Schedule

For more information or help, contact any GHA Voting Aide on the list in the Residents' Business Center and see the full early voting schedule there.

Fri. Sept. 20: Permanent absentee ballots mailed to voters who have requested them.

Fri. Sept. 20: First day of in-person early voting. Weekdays only, Alexandria Registrar's Office, 132 N. Royal St., Suite 100.

Sat. Oct. 5: First day of weekend in-person early voting.

Tues. Oct. 15: Deadline to register or change registration without having to vote a provisional ballot.

Fri. Oct. 25: Deadline to request a mailed absentee ballot.

Sat. Nov. 2: Last day of in-person early voting.

Tues. Nov. 5: Election Day. Poll is at The View Alexandria. GHA runs a circuit bus to 10:00 am-4:00 pm.

Laura Lawson, Resident

BYOConversation: “Learning and Turning— Memories from the School of Hard Knocks”

**Monday August 26th, 10:00 a.m. -
10:45 a.m.**
Living Room

In your own school of hard knocks, how did you learn to turn to smarter ways? Some of my Learning-Turning moments:

To prove I was too sick to go to school, stuck the thermometer into the hot oatmeal. At age 12, took a deep deep drag on an unfiltered Camel cigarette. At a casino in Vegas, “Just a few more quarters.”

Ignored sign, “Bridge freezes first.” Decided: “I don’t need a script, I can wing it.” Declared: “Best anchor ever made, holds on any bottom, any wind.”

“Hey, Mom and Dad won’t be back till noon tomorrow, c’mon over – and bring your friends.” Famous last words: “Nah, these Potomac squalls are harmless.”

As I tried to unhook the bluefish: “Nah, don’t need gloves.” Argued with the traffic cop. When my hostess offered her hand in welcome, I handed her my suitcase.

Welcome to BYOConversation – to speak or listen!



Jonathan Bryan, Resident

How the Home Health Team Recommends You Keep Moving!

To help older adults stay active at home, focus on these strategies:

- ♦ **Daily Walks:** Take regular, short walks around the home or yard to improve cardiovascular health.
- ♦ **Chair Exercises:** Incorporate seated leg lifts, arm circles, and seated marches for gentle strength training.
- ♦ **Strength Training:** Use light weights or resistance bands to maintain muscle strength.
- ♦ **Balance Exercises:** Practice standing on one leg or heel-to-toe walking to enhance stability.
- ♦ **Stretching:** Perform gentle stretches to maintain flexibility and prevent stiffness.
- ♦ **Functional Tasks:** Engage in activities like gardening or light housework to stay active.

These activities help support mobility, balance, and overall well-being.

Kerri Mai, Home Health Administrator

Saturday Morning Live

The State of the U.S. Economy and the Struggle to Bring Inflation under Control

**September 7th at 10:30 a.m.
Auditorium**

Have you ever wondered how the U.S. economy works and how the Federal Reserve Board works to control inflation? Join us for this informational talk by an economic insider.

David Wilcox is currently a senior fellow at the Peterson Institute for International Economics and director of U.S. economic research at Bloomberg Economics. Prior to joining Peterson and Bloomberg, he served for many years on the staff of the Federal Reserve Board, including as deputy director and director of the Division of Research and Statistics. In the latter role, Wilcox functioned as the chief economist of the Division, a senior adviser to three successive chairs of the Federal Reserve Board, the Division's lead for strategic direction, and its chief manager.

Art Sauer, Resident



Pool Closure

The pool will be closed for the Labor Day Holiday, Monday September 2nd and will reopen on Tuesday, September 3rd.



Leslie LaPlace, Fitness Manager

Dick's Teaser

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

poFISHnd



*See the answer on page 8.
Dick Pellerin, Resident*

GREEN TEAM HINTS

A slight change in our plastic bag collection: please OMIT bags that have black or dark blue linings.

They cause the final recycled park bench to have leopard spots that are considered to be aesthetically unpleasing.

Book Review

**August 29th at 3:00 p.m.
Auditorium**

A Radical Suffragist by Local Author,
Shirley Marshall

Shirley Marshall is a social historian, researcher and management consultant. An Air Force veteran, Shirley earned a law degree from UVA and also worked in social services.

The book is based on Marshall's research on Elizabeth Handy's writings, including her time in D.C. in the early part of the 20th century during the women's movement and the quest for voting rights.

Mark your calendar.



Joanne Tomasello, Resident

Reminder: New Protocol for Gazette Submissions

Please submit all future Gazette articles to Gazette@goodwinliving.org by 4:00 p.m. on Friday.

Kim Butler, Director of Life Enrichment

COVID Numbers

Cases as of August 24th:

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 4

The Library

Have you been to the library lately? We get new books every month and welcome your suggestions. But we need your cooperation—we need to have you return the books when you have finished reading them. Unfortunately there is a list of about a hundred books missing from our shelves; are any of them lying around in your apartment?

Our rules are really simple: just sign out your book on the sheet provided on the librarian's desk, or have the volunteer on duty sign them out on the computer for you. You can keep them for a month. If you have not finished a book by the time it is due, you can bring it in to be signed out again. And you can reserve a book if it is already in use.

If you have received an overdue notice, please check your apartment; there are no fines for overdue books. We can keep supplying you with books, but only if you bring them back!

Library Committee



Diversity, Equity, Inclusion & Belonging (DEIB)

September— Calendar Quote and Featured Author

Julia Alvarez: “The point is not to pay back kindness, but to pass it on.”

Julia Alvarez is an American poet, novelist and essayist. Born in New York City, she spent the first ten years of her life in her parents’ home country, the Dominican Republic. Her work examines the expectations of women and explores stereotypes in both Dominican and American cultures.

September 5 – GL Foundation started (1989)

September 8-14 – International House-keeping and Environmental Services Week

September 15 – Hispanic Heritage Month starts

September 16 – The Prophet’s Birthday

September 16-22 – Falls Prevention Awareness Week

September 17 – Constitution Day

September 26 – GH Development Corporation started (2001)

Sept. 30 - Oct. 6 – Active Aging Week

DEIB Committee

True Belonging: Name It, Aim It, Claim It

Monday August 26th from
2:00-3:00 p.m. or 3:30-4:40 p.m.
Auditorium

Join the discussion on True Belonging. Residents, and team members are invited to this dynamic one-hour training with a focus on inclusion and belonging.

DEIB Committee



In Memoriam

ALICE SCHMIDT
August 17, 2024

“JaJa’s African Hair Braiding” at Arena Stage

Sunday, September 15th

Departure: 1:00 p.m.

Ticket Price: \$40

Transportation: \$20

Join us for our first play of the new season—Arena Stage’s production of the successful New York play, “JaJa’s Hair African Braiding.” *The New York Times* review wrote “set in a Harlem hair braiding shop it is a hot and hilarious workplace sitcom.” *Variety* wrote that the play brings to life a seemingly mundane space as you learn about the relationships between the women in the shop, their personalities, their daily lives, the attitudes of their customers—Black womanhood’s joys, delights, pains and sorrows.” This play garnered five Tony nominations. Run time is about 90 minutes. There is an elevator for those who may need it.

Sign-up sheet will be posted Monday, August 24 at 10:00 am.

PLEASE NOTE: Signing up for a ticket is just like buying a ticket at the box office. Should you need to cancel, the cost of the ticket will be your responsibility unless you can find someone to take your place— either from a possible waitlist or another GHA / GHBC/GHTV resident.

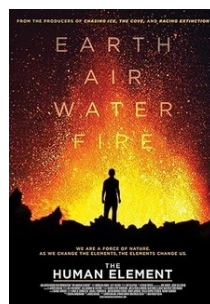
*Karen Thunberg, Resident
Trips and Outings Committee*

Environmental Film: “The Human Element”

Monday, August 26th at 7:30 p.m.
Ch 972



Human activity has now surpassed all other forces shaping our world. James Balog's work has challenged us to contemplate our place in, and responsibility to, the natural world. Balog investigates how alternating the elements is in turn affecting everyday Americans right now. "The Human Element" features subjects who are often overlooked victims of climate change. Balog argues that humans are part of the whole system of nature and not apart from it. He finds great hope that the fifth element, the human element, can bring the whole system back into balance.



*Dick Bennett,
Green Team Film Coordinator*

Events

Labor Day Concert Courtyard Concert: Combo Indigo Band

**Monday September 2nd at 1:00pm
Courtyard**

Come to the Courtyard for a Labor Day concert with Combo Indigo Band. They play and sing a mix of rhythm & blues, pop, bluegrass, and country—showing off their improvisational skills with this fun music. Dining Services will be doing their last grilling of the year out there so grab your lunch and enjoy the afternoon! There will be extra tables brought out to the courtyard.

No More DMV Visits

Before COVID-19, Virginia's Department of Motor Vehicles made field visits to GHA to help residents with auto registration, drivers' licenses, state I.D.s, etc. Several residents have asked when these visits will resume. Unfortunately, the state of Virginia canceled this outreach program a couple of years ago. Life Enrichment is on the list to be contacted if the services are reinstated.

*Jennifer Bennett,
Events Coordinator*

Mark Your Calendars for GHA Vegas Night

**Tuesday September 10th
from 4:30pm – 8:00pm
Living Room and Auditorium**

GHA will be turning our Living Room into a dinner lounge with a buffet dinner and lounge piano player, Jeff Hayes. Our Auditorium will be turned into a Vegas Night with Blackjack, Roulette, Texas Hold'em and Craps tables as well as a few slot machines! No real gambling involved: Our Vegas Night is bringing the feel of a Las Vegas casino to our auditorium without real money on the line. All guests get "funny money" or chips with no cash value to play games you would typically see in Vegas. We will have professional dealers, known as croupiers, manage the tables. These professionals run the games, adding to the authentic casino experience.

- ♦ Dinner will be available from 4:30 p.m.—7:00 p.m. in the Living Room. Dinner still will be offered in the Bistro; however, there will be no dining in the Alexandria Room, Arbor Room or Fillmore Lounge.
- ♦ Beer and Wine Bar open from 5:00 p.m.—7:30 p.m.
- ♦ Casino open from 5:00 p.m.—8:00 p.m.



*Kim Butler,
Director of Life Enrichment*

Administrative Staff Holiday Monday September 2nd

Goodwin House administrative team members will have off Monday, September 2nd due to the Labor Day holiday.

The Fillmore Market, the Pool, CVS, and the Beauty Salon will be closed.



Dining Robots

The community has spoken, and the results are in! The robots in Dining Services are heretofore known as Romeo and Juliette!

Dick's Teaser Solution

What is represented is the expression "big fish in a small pond."

Dick Pellerin, Resident



Floral Arts Studio Open House

Tuesday August 27th
10-11:30 and 1:30-3
Apt. 426

The GHA community is invited to see the newly renovated and beautiful Floral Arts Studio. Drop in during the morning or afternoon to see where all the beauty happens and watch a committee member create an arrangement. If you are interested in learning the craft, joining the Committee, or just want to visit, do come by!

Meredith Wade
Floral Arts Committee Chair



Director's Dutch Lunch

Wednesday August 28st at Noon
The Bistro

This week's lunch is with Kim Butler, Director of Life Enrichment.

The sign-up sheet is in the Activities Binder or just stop by the Bistro to see if there is space at the table to join her.

Merrily Wolf, Executive Assistant



The Weekly Schedule

Sunday August 25, 2024 — Sunday September 1, 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 August 25

8:15: Classical Stretch—GX

9:00: Holy Eucharist—CHP & CH 974

10:30: Holy Eucharist—AUD & CH 973

6:30: Movie: *Prime*—CH 972

Prime, 2005, Comedy, PG-13, 1h 45m

A career driven professional from Manhattan is wooed by a young painter, who also happens to be the son of her psychoanalyst. (CAST: Uma Thurman, Meryl Streep, Bryan Greenberg)

Monday August 26

9:00: Fun & Fitness—GX & CH 975

9:00: Trail Blazers - Green Spring Gardens—LBY

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 2.)

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

11:00: Grounds Committee—RCR

11:00: Just Dance Class—AUD-A

12:00: German Conversation Table (BST Table 11)

2:00: Goodwin House Alexandria is turning 57 — LR

2:00: True Belonging—AUD (See the article on page 5.)

3:30: Seated Meditation—CHP & CH 974

7:30: Environmental Film—CH 972 (See the article on page 6.)

Tuesday August 27

7:45: Morning Yoga—GX, CH 975 & ZOOM

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

9:30: Credit Union Open—PR

10:00: Painting and Drawing—AS

10:00: Seated Strength—GX & CH 975

10:00: Bus to Giant Food—Lobby— **Sign up required**

10:00: Seamstress—**Canceled**

10:00: Tech Time Mobile Device Drop-In Clinic—AR
 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: *Patch Adams*—CH 972

Patch Adams (1998) PG-13
 Biographical Comedy Drama, 1h 55m. The true story of a heroic man, Hunter "Patch" Adams, who was determined to become a medical doctor because he enjoyed helping people. He ventured where no doctor had ventured before, using humour and pathos. (CAST: Robin Williams, Monica Potter, Philip Seymour Hoffman)

3:00: Residents' Council Listens—FL
 4:30: Advanced Tai Chi—GX

Wednesday August 28

9:00: Fun & Fitness—GX & CH 975
 9:00: Clothing Collection—GR
 9:30: Aqua Fun—POOL
 9:30—11:30: Market Place Accepts Donations—MP
 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class—GX

10:00: Stronger Memory—FL
 11:00: Prayer Group—CHP
 11:00: Teaching Company—*The Great Revolutions of Modern History*
 Lecture 17: *The Cuban Revolution with Fidel and Che*
 Lecture 18: *The Revolutionary Year of 1968*—CH 972
 12:00: Director's Dutch Lunch—BST
 (See the article on page 8.)
 1:00: Duplicate Bridge LR
 2:00: Caregiver Support Group—BR
 2:00: 90s Tea Party—AUD
 3:30: Art & Sound Meditation—RCR
 4:00: Pop-up Technology Assistance—**Canceled**

Thursday August 29

7:45: Morning Yoga—GX, CH 975 & ZOOM
 9:00: Strength & Stretch Class—GX & CH 971
 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 Teaching Company—CH 972 (See page 10.)

11:00: Wii Bowling—GX

12:00: French Conversation Table (BST Table 11)

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

1:15: Total Brain Health Program—GX

2:00: Open Studio—AS

2:15: Advanced Line Dancing—GX

3:00: Book Review: *A Radical Suffragist*—AUD (See the article on page 4.)

3:00: GHA Players Meeting—RCR

7:15: Movie: *The Highwaymen*—CH 972

The Highwaymen (2019) PG-13
Western Drama, 2h 12m. Follows the untold true story of the lawmen who brought down Bonnie and Clyde. When the full force of the FBI and the latest forensic technology aren't enough to capture the nation's most notorious criminals, two former Texas Rangers (Kevin Costner and Woody Harrelson) must rely on their gut instincts and old school skills to get the job done.

Friday August 30

7:45: Morning Yoga—GX, CH 975 & ZOOM

9:00: Fun & Fitness—GX & CH 971

10:00: Replay of Thursday Movie—CH 972

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

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 August 31

8:15: Classical Stretch—GX

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: *Crossing Delancey*—CH 972

Crossing Delancey (1988) PG
Comedy, 1h 30m. Isabelle (Amy Irving) is a 33-year-old Manhattan single whose life revolves around the New York bookshop where she

works and the intellectual friends of both sexes she meets there. Her grandmother remains less than impressed and decides to hire a good old-fashioned Jewish matchmaker to help along Isabelle's love life. Enter pickler Sam (Peter Riegert), who immediately takes to Isabelle.

Sunday September 1

8:15: Classical Stretch—GX

9:00: Holy Eucharist—CHP & CH 974

10:30: Holy Eucharist—AUD & CH 973

6:30: Movie: *Monty Python and the Holy Grail*—CH 972

Monty Python and the Holy Grail (1975) PG Comedy/Adventure, 1h 31m. The gut-bustlingly hilarious British cult classic— is a comedic satire of the grim Middle Ages as told through the story of King Arthur and framed by a modern-day murder investigation. When the mythical king of the Britons leads his knights on a quest for the Holy Grail, they face a wide array of horrors, including a persistent Black Knight, a three-headed giant, a cadre of shrubbery-challenged knights, the perilous Castle Anthrax, a killer rabbit, a house of virgins, and a handful of rude Frenchmen.

Richmond & Dominion Schedule

Sunday August 25

9:00: Holy Eucharist—CHP & CH 974

10:30: Holy Eucharist—AUD & CH 973

11:00: Open Recreation—AL - All

6:30: Movie: *Prime*—CH 972 (See page 9.)

Monday August 26

9:30: Aqua Fun—POOL

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: Grounds Committee—RCR

11:00: Just Dance Class—AUD-A

12:00: German Conversation Table (BST Table 11)

2:00: Goodwin House Alexandria is turning 57—LR

2:00: True Belonging—AUD (See the article on page 5.)

3:30: Seated Meditation—CHP & CH 974

7:30: Environmental Film—CH 972 (See the article on page 6.)

Tuesday August 27

10:00: Seated Strength—GX & CH 975

10:00: Seamstress—**Canceled**

10:00: Tech Time Mobile Device Drop-In Clinic—AR

11:00: Bible Study—**Canceled**

1:15: Total Brain Health Program—GX

1:30: Mah Jongg—LR

2:00: Movie: *Patch Adams*—CH 972 (See page 10.)

3:00: Residents' Council Listens—FL

Wednesday August 28

9:00: Clothing Collection—GR

9:30: Aqua Fun—POOL

9:30—11:30: Market Place Accepts Donations—MP

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

11:00: Body & Balance Exercise Program—GX

11:00: Prayer Group—CHP

11:00: Teaching Company—CH 972

1:00: Duplicate Bridge—LR

2:00: 90s Tea Party—AUD

3:30: Art & Sound Meditation—RCR

4:00: Pop-up Technology Assistance—**Canceled**

Thursday August 29

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: Teaching Company—CH 972

12:00: 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: Open Studio—AS

3:00: Book Review: *A Radical Suffragist*—AUD (See article on page 4.)

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

Friday August 30

- 10:00: Replay of Thursday Movie—CH 972 (See page 11.)
- 10:30: GHA Encore Chorale Rehearsal—**Canceled until September**
- 2:30: AL Balcony Grand Opening Ceremony—RAR
- 3:30: Seated Meditation—CHP & CH 974
- 4:30: Jewish Sabbath Service of Comfort & Healing—CH 971

Saturday August 31

- 10:30: Morning Trivia: Do you remember the 60s and 70s?—CH 971
- 2:00: Open Recreation/ Strength & Stretch Chair Exercise—CH 971
- 3:00: Weekend Wii Bowling—GX
- 7:15: Movie: *Crossing Delancey*—CH 972 (See page 11.)

Sunday September 1

- 9:00: Holy Eucharist—CHP & CH 974
- 10:30: Holy Eucharist—AUD & CH 973
- 11:00: Open Recreation—AL- A
- 6:30: Movie *Monty Python and the Holy Grail*—CH 972 (See page 12.)

Small House Schedule

Sunday August 25

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

Monday August 26

- 10:00: Catholic Communion & Rosary—CHP & CH 974
- 10:30: Daily Chronicles—WL
- 11:00: Small House Bell Choir—**Canceled**
- 12:00: German Conversation Table (BST Table 11)
- 2:00: Goodwin House Alexandria is turning 57—LR
- 2:30: Tea Party—PW
- 3:00: Volunteer Visits—SH-A
- 3:30: Seated Meditation—CHP & CH 974
- 7:30: Environmental Film—CH 972 (See article on page 6.)

Tuesday August 27

- 10:00: Seated Strength—GX & CH 975
- 11:00: Bible Study—**Canceled**
- 11:00: Visit with Miranda—SH-A
- 1:30: Music Therapy—**Canceled**
- 1:30: Dog visits with Cashew—SH-A
- 2:00: Movie: *Patch Adams*—CH 972 (See page 10.)
- 3:00: Tea and Bingo—ST
- 4:00: Individual Visits—JA
- 6:30: Music Therapy with Abigail—OQ

Wednesday August 28

- 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: Prayer Group—CHP
- 11:00: Teaching Company—CH 972
- 11:00: Visits with Miranda—SH-A
- 12:00: Director's Dutch Lunch—BST (See the article on page 8.)
- 2:00: 90s Tea Party—AUD
- 2:30: Brain Games: Finish the Phrase—CH 971

- 4:00: Pop-up Technology Assistance—**Canceled**

Thursday August 29

- 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: Teaching Company—CH 972
- 12:00: Chaplain Visits—SH-A
- 12:00: French Conversation Table (BST Table 11)
- 2:30: Healthy Habits with Alex—ST
- 2:30: Individual Visits—SH-A
- 3:00: Book Review: *A Radical Suffragist*—AUD (See the article on page 4.)
- 3:00: Volunteer Visits—SH-A
- 7:15: Movie: *The Highwaymen*—CH 972 (See page 11.)

Friday August 30

- 10:00: Replay of Thursday Movie—CH 972 (See page 11.)
- 11:00: Flower Arranging Group—ST
- 12:00: Director's Lunch—MH

2:30: Who Sang It? — SN
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 August 31

10:30: Dog Visits—SH-A
3:00: Music with Barbara—OQ
7:15: Movie: *Crossing Delancey*—CH 972 (See page 11.)

Sunday September 1

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: *Monty Python and the Holy Grail*—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 =

