

Citizenship Celebration

1:30 p.m. Tuesday, Sept. 17 |
Auditorium

Goodwin Living celebrates annually those team members who have begun their journeys to U.S. citizenship and those who have completed their journeys with the oath of allegiance to the U.S. Please join us to celebrate the team members you help us support and uplift. Hear from Goodwin Living President and CEO **Rob Liebriech** and program creator, Goodwin Living resident **Rita Siebenaler**.



Goodwin Living
Foundation

This year, we are thrilled to again provide a private screening of a short documentary produced by professional filmmakers about Goodwin Living citizenship grant recipients, **Eric Frimpong**, and his resident tutors, **Jill and Carl Miller**. You won't want to miss this inspiring event that celebrates our Goodwin Living Citizenship Program. We look forward to celebrating with you!

The Foundation Team



Residents participated in the new beginners line dancing class with **Maria Delpizzo** (right) on Sept. 9. The class continues at 1 p.m. every Monday in the group fitness studio.

Ask the Fire, Police Chiefs

Speakers at our Sept. 18 Town Hall will include Alexandria Fire Chief Felipe Hernandez and Interim Chief of Police Raul Pedroso. If you have questions for either of the chiefs, please send them to me by email or leave them at the Reception Desk by Monday, Sept. 16.

*G. Theresa Thomas, Associate
Executive Director*



Town Hall Agenda

3 p.m. Wednesday, Sept. 18 | Auditorium & CH 973

The following department leaders are scheduled to speak at the upcoming townhall meeting: Executive Director **Barbara D'Agostino**, special guests Fire Chief **Felipe Hernandez, Jr.** and Interim Chief of Police **Raul Pedroso**, Director of Life Enrichment **Kim Butler**, Director of Chaplain Services **Bruce Stewart**, Chief Strategy and Marketing Officer **Lindsay Hutter** and Director of Sales **Sue Dolton**.

Additionally, Infection Preventionist **Emma Okul** will provide a flu and COVID-19 vaccine update, and resident **Judy Bryan** will explain the Resident Council voting.

Barbara D'Agostino, Executive Director

November Election Update

On Friday, Sept. 20, permanent absentee ballots will be mailed to voters who have requested them. It's also the first day of in-person early voting at the Alexandria Registrar's Office, 132 N. Royal St., Suite 100. See the complete list of dates, times and locations in the Residents' Business Center.

To register, check your registration status or request a mail-in absentee ballot, go to vote.elections.virginia.gov/VoterInformation.

For information or help with voting

contact any of the GHA Voting Aides listed in the Residents' Business Center.

Laura Lawson, Resident

Dick's Teaser

All the answers for the following are semordnilaps – words that spelled forward mean one thing, but spelled backwards mean another. For example, consider the words decaf and faced.

1. Forward it describes the motion of a river; backward it's the largest member of the dog family.
2. Forward it's the main feature of a bureau; backward it's the sum of money offered for information that helps solve a crime.
3. Forward it's the absorbent sheet a baby wears; backwards it means to have settled a loan.
4. Forward it means to bring a letter or package to the proper recipient; backwards it means hated or despised.
5. Forward it means a slightly naughty term for buttocks; backwards it means to rebuff or ignore another person.
6. Forward they're cartographical charts; backwards it's unwanted mail.

See the answers on page 10.

Dick Pellerin, Resident

Residents' Council Nominees — Vote Sept. 18

*If you plan to be away and want to vote early, contact Judy Bryan
See Uniquist or library binders for full biographies*

Irma Canan



Since moving to GHA from CA in 2022, I have volunteered with the Seniors4Seniors high school student mentoring program; the *Gazette* editing pool; the Foundation's resident advisory committee; and the GHA visioning committee.

During the past 15 years, I have lived in four nonprofit senior communities, serving in various board positions, including Recording Secretary, Resident Council Chair and Vice Chair, member of CCRC and Foundation Board of Directors. My husband and I have visited dozens of senior communities around the nation, always interested in learning more about inspired aging. I look forward to learning and collaborating as part of Council.

John Ronveaux

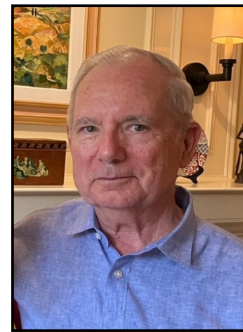


I have been involved with GHA since 1995 when my mother became a resident and stayed for 13 years. I arrived in February 2020.

I am a member of the Spiritual Life Committee, in charge of and serve as the Spotters/Spottees for Chapel services, provide microphones for speakers at BYOC and handle wheelchairs for participants in activities from the Small House.

I am here to help in any way.

Michael Stephens



I moved to 1st floor Tower apartment in July 2023. My wife Sharman and I had decided long before our move to make GHA our retirement home based on the experience of my mother at GHBC many years ago.

I am an avid GHA bridge player and since becoming a full-time resident, have been active on the Floral Arts and Library committees. I have also volunteered to organize the GHA Blood Drive this fall.

Joanne Tomasello



I came to Goodwin House in April of 2022. I have enjoyed exercise classes, attend SML and BYOC regularly and participate in some art activities. I work with melodie makers, choral and bell choir.

I have two adult children and four grandchildren, all out of college. I am grateful to be here with many old and new friends.

Announcements

Keep Your Friends Up to Date

These programs can help keep resident's friends at GHA informed about their health status.

Sick List — A notebook in the Residents' Business Center lists the names of residents who have gone to (or returned from) the hospital or who have been transferred to (or from) a higher level of care at GHA. The list says where residents have been moved to, but gives no medical information. The Reception Desk has forms to include resident's names on the Sick List.

Confidant Program — Residents may designate a fellow resident as their "Confidant." If a resident is hospitalized or transferred, the Reception Desk will contact their Confidant as soon as possible (between 9 a.m. and 8 p.m.). While no action is required of the Confidant,

they will be notified of the resident's whereabouts. Forms to designate a Confidant are in the Social Work office.

Questions about either program? Please contact Monica Thomas, Director of Social Work at 703-824-1583.

*Monica Hutchins-Thomas,
Director of Social Work*

Accessing the Gazette on Phones, iPads

Life Enrichment and Uniguest are aware of the inability to open the emailed *Gazette* links on phones and iPads; however, the links are still working if they are opened on desktop and laptop computers. Hard copies of the *Gazette* are available in the Resident Business Center or ask Reception for a copy. Life Enrichment can also email residents a copy upon request.

Uniguest is working on the issue and has communicated that it will take some time until the problem is fixed. Life Enrichment will notify residents when the issue has been resolved.

Kim Butler, Director of Life Enrichment

The Gazette is a weekly publication of Goodwin House Alexandria. Its purpose is to serve and inform residents of community announcements, upcoming events and activities. Submissions should be sent to gazette@goodwinliving.org by 4 p.m. Friday to appear in the following week's issue. Late submissions are not guaranteed to be included. The Gazette is distributed via email Fridays and print Saturdays.

Talia Takes a Tumble: A Health Care Tale

Episode 2 in the mini series is now available on Uniguest under the tab, Health Services and Supports. In “Episode 2: Talia is Transferred to Rehab at GHA,” Talia is transferred from the hospital to in-patient rehabilitation at GHA. It answers the questions of how in-patient rehabilitation works and is paid for.

This series is from the Health Services Committee in its efforts to illustrate how some of the GHA support services work.



*Sara Fein, Resident
and Health Services Committee*

GREEN TEAM HINTS

Place some green bags from Dining Services in your shopping tote bag. Use them when selecting fruits and vegetables instead of the plastic bags provided in store.

*Pat Gottemoeller, Resident and
Green Team Coordinator*

COVID Numbers

Cases as of Sept. 12, 2024

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 0

Chaplaincy Services

Living by Heart

2 p.m. Wednesday, Sept. 18 | Chapel

As many students are starting back to school, the September theme for our monthly arts and spirituality gathering is “School of Life.” What are you studying now? Who have been your teachers? What have you learned from life? What was a difficult lesson to learn? Bring a song, poem, story, object, image or memory to illustrate your thoughts. All welcome.



*Bruce Stewart,
Director of Chaplain Services*

Director’s Dutch Lunch

**Noon Wednesday, Sept. 18 |
The Bistro**

A GHA director will be dining in The Bistro weekly to meet with residents. This week’s lunch is with Executive Chef **Derek Campbell**.

If you would like to participate in one of these Dutch Lunch opportunities, sign-up in the activities book or go to the designated table.

Merrily Wolf, Executive Assistant

Celebrity Bartender

**4 p.m. Thursday, Sept. 19 | Richmond
Activities Room (Assisted Living)**

Join Celebrity Bartender **Bruce Stewart**, Directory of Chaplain Services, as he serves up residents a surprise of cocktails and treats.

From the Art Studio

Upcoming Art Exhibitions

“Poems and Paintings”

Through Oct 15 | Small House Gallery
Reception: 4 p.m. Sept. 24

GHA resident artist and poet **Linda Carder** will exhibit a selection of her poetry and artwork. The work was inspired by her life as an artist and educator and by the spiritual work she did after being ordained through the United Church of Christ.

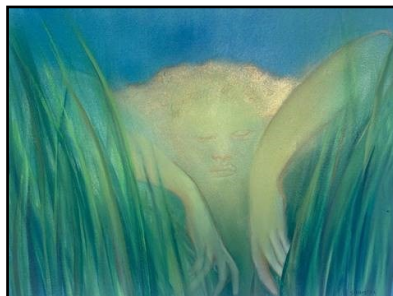


“Manger me a Christmas,” by **Linda Carder**

“Reverie”

Through Sept. 27 | GHBC Crossroads Gallery
Reception: 2-4 p.m. Sept. 26

GHA Arts Coordinator **Alison Schroeder** is exhibiting a selection of paintings about dreaming: the abstraction, vision, audacity and underlying truths we find there. There will be a free shuttle available on a loop between 3-4 p.m. on the day of the reception. Sign up for the shuttle in the



“Riches” by **Alison Schroeder**

activities binder.



Alison Schroeder, Creative Arts Coordinator

Photo Club Field Trip

10 a.m.-3 p.m. Oct. 17 | Studio Gallery and The Phillips Collection
\$15 entrance fee, \$20 transportation fee

New GHA resident **Gary Anthes** will give attendees a guided tour of his solo photography show at Stu-



dio Gallery, where he will be exhibiting work from his series, “The Great Plains of the U.S.” We will then visit The Phillips to self-guide our way through the special exhibition, “Where We Meet,” and their permanent collection. Priority will be given to members of the GHA Photography Club. Sign up in the activities binder.

From “The Great Plains of the U.S. series” by **Gary Anthes**



Alison Schroeder, Creative Arts Coordinator

Around Goodwin House Alexandria

Spotlight: Aklile Berhanu

Aklile Berhanu has worked for Goodwin Living Home Care since 2017. She has remained a dedicated professional and is currently the primary care aide for one of our residents who resides on Assisted Living (AL). With Aklile's support, the resident continues to thrive in her AL environment. Aklile escorts her to all of her social and medical appointments, maintaining her quality of life, health and happiness. Aklile became her main caregiver after the resident's brother passed away, and she helped the resident to grieve and honor his memory daily in a healthy way. She has become a member of their family, from brother to sister and beyond.

*Shunquanna Woolard,
Home Care Operations Manager*

September is World Alzheimer's Month

Dementia is a brain condition that affects parts of the brain that control thought, memory and language. Alzheimer's disease is the most common form of dementia.

Speech-Language Pathologists (SLPs) can help individuals with Alzheimer's disease in many ways, including:

- **Communication:** SLPs can help individuals express their ideas, wants and needs. They can also help to improve communication through reading, gestures and writing.
- **Swallowing:** SLPs can help those with swallowing difficulties by analyzing their swallowing, teaching compensatory strategies, and providing diet texture trials. We can also help adjust posture to reduce the risk of aspiration.
- **Cognitive tasks:** SLPs can help with cognitive tasks, such as following multi-step directions, short term memory recall, sequencing, etc.

SLPs create individualized treatment plans, considering one's current cognitive status. We also work with family members and caregivers to help promote communication, safety and cognitive skills.

If you or a loved one are having trouble with any of the areas mentioned or with routine activities, please call the rehab department at 703-824-1244 to schedule an evaluation with our Speech-Language Pathologist.

*Meredith Kotoski, CCC-SLP
Speech Pathologist*



A purple ribbon signifies dignity, respect and perseverance for Alzheimer's awareness.

Group Events

BYOConversation: Snatching Success from the Jaws of Defeat – and Vice Versa

10 a.m. Monday, Sept. 16 | Living Room

Remember when a setback led to unexpected success? Such as, I didn't get my preference, but my second choice surprised me with unexpected benefits.

How about the opposite: a success led to a setback? Such as, I got my first choice, but it turned out to have serious disadvantages. So what have we experienced: success snatched from the jaws of defeat? Or vice versa: defeat snatched from the embrace of success? Or both? What lessons have we drawn from these? Try, try again? Expect the worst? Hope springs eternal? O woe is me? And what homely counsel do we offer youngsters who come to us with disappointments?

Remember the general who responded to the report that they were surrounded, "Good. They can't get away from us this time."

BYOConversation welcomes you to 45 minutes of congenial discussion in the Living Room to speak or listen.



Jonathan Bryan, Resident

Learn More About Medical Services Offered

1 p.m. Tuesday, Sept. 17 | Fillmore Lounge

If you've ever been unclear or wondered about the medical offerings for GHA residents, you're invited to attend a special presentation by Director of Nursing and Clinical Services **Cathy Farmer** and Health Information Manager **Carrie Fowler**. If possible, **Dr. Koroma-Nelson** will drop in to introduce herself, as well.

This presentation has been offered only for newcomers for the past two years, but because there may be other residents who would like to have this opportunity, it's being offered for anyone to attend. Bring your questions, learn more, and feel more comfortably knowledgeable – before you need them!



*Judy Bryan,
Hospitality Committee*

Night, Afternoon Bingo

7:30 p.m. Sept. 17 | Auditorium

2 p.m. Sept. 25 | Auditorium

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



Jennifer Bennett, Events Coordinator

The Wandering Docent

2 p.m. Tuesday, Sept. 24 | Auditorium and CH 973

Most visitors spend less than a minute viewing individual pieces of art at a museum. The Wandering Docent helps audiences better understand art so they can spend more time appreciating paintings, sculpture, ancient ritual objects, medieval-era luxury items and ordinary trinkets from various cultures, regions and time periods.



Jennifer Bennett, Events Coordinator

Enjoying Wine 102

2-3:30 p.m. Tuesdays, Oct. 1-29 | Private Dining Room
Cost: \$200, paid in advance

Want to learn about wine and get more enjoyment from drinking it? GHA is offering a beginners' wine-tasting class for 10 residents, taught by resident and serious wine collector **Bob Nichols**.

This five-week course will cover white and red wines. Each session builds on the previous week's experience. The fee covers Dining Services' costs for wine, cheese and labor. You may not use Dining Dollars. Bob will provide wines from his collection at no charge. Any money left over will be donated to the Goodwin Living Foundation. This is not a wine and cheese party, but rather a seminar and lab combined.

More course details will be posted by Sept. 21 in the events sign-up book

under Special Activities. The sign-up sheet will be posted Sept. 24.



Jennifer Bennett, Events
Coordinator

Comedy of Errors

Sunday, Oct. 6 | Shakespeare Theatre
Departure: 1 p.m.

Tickets: \$53

Transportation: \$20

Join us for the first play of Shakespeare Theatre's new season, *Comedy of Errors*, with two sets of identical twins, two cities and one disastrously hilarious misunderstanding. Artistic Director Simon Godwin tackles Shakespeare's play *Comedy of Errors*. Lookalikes Alex Brightman and David Fynn come together to add a splash of rock 'n' roll to Shakespeare's most deliriously funny play. Be a part of this raucous reflection of families lost and found, topsy turvy love and the utterly human desire to belong.

A sign-up sheet will be posted at 10 a.m. Monday, Sept. 16. There is an elevator at the theater for those who may need it.

Note: Signing up for a ticket is just like buying a ticket at the box office. If 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

Dick's Teaser Solutions

1. Flow, wolf
2. Drawer, reward
3. Diaper, repaid
4. Deliver, reviled
5. Buns, snub
6. Maps, spam

In case you're wondering, semordnilaps are "cousins" to palindromes, which are words that are spelled the same forwards and backwards, such as radar and mom.

Dick Pellerin, Resident

Cancelations

The following regularly scheduled events have been canceled:

Monday, Sept. 16

11:00: Small House Bell Choir

Tuesday, Sept. 17

11:00: All Bible Study

1:30 Art & Sound Meditation

3:00: By Hand: Creative Writers Group

3:30: Small House Music Therapy with Abigail

Wednesday, Sept. 18

10:30: Small House Music & Movement

11:00: Art with Alison

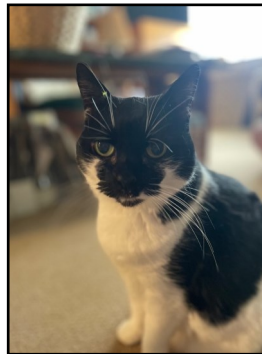
Thursday, Sept. 19

10:30: Green Team Committee Meeting

Friday, Sept. 20

11:30: Lunch Outing: Mia's Italian Kitchen

Adopt a New Friend



Cindy is a very sweet and loving 13-year-old cat who needs a new permanent home.

Peggy Errington is her owner and would be happy to answer any questions. She can be reached at 520-237-1906.

You can also reach out to Monica Thomas at 703-824-1583 for more information or to set up a visit with Cindy.

*Monica Hutchins-Thomas,
Director of Social Work*

Event Reminders

Tour the Kitchen with the Executive Chef

10 a.m. Tuesday, Sept. 17

10 a.m. Thursday, Sept. 19

The Bistro

Go behind-the-scenes at Dining Services with Executive Chef **Derek Campbell** and Assistant Director of Dining Services **Daniel Keiper**.

*Daniel Keiper,
Assistant Director of Dining Services*

The Weekly Schedule

Sunday, Sept. 15, 2024-Sunday, Sept. 22, 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, Sept. 15

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 6:30: Movie: *I am Woman* (CH 972)

I Am Woman (2019), Musical/Biography/Drama, TV-MA, 1h 56m.
Cast: Evan Peters, Danielle Macdonald, Chris Powell. The story of 1970s musician and activist Helen Reddy.

Monday, Sept. 16

- 9:00: Trail Blazers—Fort Hunt (LBY)
- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 10:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)
- 10:00: BYOConversation (LR)
(See page 8.)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 11:00: Just Dance Class (AUD-A)

- 12:00: German Conversation Table
(Bistro Table 11)
- 1:00: Beginning Line Dancing (GX)
- 3:00: Environmental Services
Committee (FL)
- 3:30: Seated Meditation (CH 971)
- 4:30: Happy Hour/Meet & Greet New
Residents (LR)

Tuesday, Sept. 17

- 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 (LBY, sign-up
required)
- 10:00: Facilities Committee (RCR)
- 11:00: Bible Study (Canceled)**
- 11:00: Movie Committee (BR)

- 1:00: GHA Clinic/Medical Presentation (FL) (See page 8.)
- 1:15: Total Brain Health Program (GX)
- 1:30: Art & Sound Meditation (Canceled)**
- 1:30: Citizenship Celebration (AUD) (See page 1.)
- 1:30: Mah Jongg (LR)
- 2:00: GHA Book Club (RCR)
- 2:00: Health Services Committee (AR)
- 2:00: Movie: *The Wonderful Story of Henry Sugar* (CH 972)
- The Wonderful Story of Henry Sugar* (2023). Comedy/Adventure, PG, 40m. Cast: Ralph Fiennes, Benedict Cumberbatch, Dev Patel. Chronicles a variety of stories, but the main one follows Henry Sugar, who is able to see through objects and predict the future with the help of a book he stole.
- 2:00: Wii Bowling (GX)
- 3:00: By Hand: Creative Writers Group (Temporarily Canceled)**
- 4:30: Advanced Tai Chi (GX)
- 7:30: Night Bingo (AUD) (See page 8.)

Wednesday, Sept. 18

- 9:00: Fun & Fitness (GX & CH 975)

- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Accepts Donations (MP)
- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class (GX)
- 10:00: StrongerMemory (FL)
- 10:30: Farm Animal Visits (CTY & AUD)
- 10:30: Finance Committee Meeting (AR)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company — *The Great Revolutions of Modern History* (CH 972)
- Lecture 23 — *The Revolutionary Year of 1989*
- Lecture 24 — *The TV Revolution in Your Living Room*
- 12:00: Director's Dutch Lunch with Derek Campbell (BST) (See page 5.)
- 2:00: Hospitality Committee (RCR)
- 2:00: Living by Heart (CHP) (See page 5.)
- 3:00: Town Hall (AUD-ABC & CH 973) (See page 2.)
- 4:00: Pop-up Technology Assistance (LBV)

Thursday, Sept. 19

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Strength & Stretch Class (GX & CH 975)
- 9:30: Chess (LR)
- 9:30: Market Place Sale (MP)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Ceramics (AS)
- 10:30: Green Team Committee Meeting (Canceled)**
- 11:00: Scripture, Songs & Prayers (AUD & CH 973)
- 11:00: Teaching Company (CH 972) (See page 12.)
- 11:00: Wii Bowling (GX)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: GHA Bell Ringers Choir (AUD-B)
- 1:00: Low Vision Support Group (BR)
- 1:00: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)
- 1:00: Technology Committee (RCR)
- 1:15: Total Brain Health Program (GX)
- 1:30: Shanghai (LR)

- 2:00: Knitters and Crocheters (CHP)
- 2:00: Uniguest/Touchtown Workshop (FL)
- 2:00: Open Studio (AS)
- 2:15: Advanced Line Dancing (GX)
- 2:30: Market Place Sale (MP)
- 3:00: GHA Players Meeting (RCR)
- 3:00: Holy Eucharist (RDR)
- 4:00: Celebrity Bartender with Bruce Stewart (RAR) (See page 5.)
- 7:15: Movie: *Lift* (CH 972)

Lift (2024), Action/Comedy, PG-13, 1h 47m. Cast: Kevin Hart, Gugu Mbatha-Raw, Sam Worthington. Follows a master thief and his Interpol agent ex-girlfriend who team up to steal \$500 million in gold bullion being transported on an A380 passenger flight.

Friday, Sept. 20

- 7:45: Morning Yoga (GX, CH 975 & Zoom)
- 9:00: Fun & Fitness (GX & CH 975)
- 10:00: Replay of Thursday Movie: *Lift* (CH 972)
- 10:00: Trip: Bradlee Shopping Trip (LBY)

10:30: GHA Encore Chorale Rehearsal (AUD-A)

2:00: Quilting Bees (BR)

2:00: Party Bridge (LR)

3:30: Seated Meditation (CH 971)

4:30: Advanced Tai Chi (GX)

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

Saturday, Sept. 21

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)

3:30: Jewish Bible Study (CHP)

7:15: Movie: *Body Heat* (CH 972)

Body Heat (1981), Thriller/Romance, R, 1h 53m. Cast: William Hurt, Kathleen Turner, Richard Crenna. During an extreme heatwave, a beautiful Florida woman and a seedy lawyer engage in an affair while plotting the murder of her rich husband.

Sunday, Sept. 22

8:15: Classical Stretch (GX)

9:00: Holy Eucharist (CHP & CH 974)

10:30: Holy Eucharist (AUD & CH 973)

6:30: Movie: *The Apartment* (CH 972)

The Apartment (1960), Comedy/Romance, NR, 2h 5m. Cast: Jack Lemmon, Shirley MacLaine, Fred MacMurray. A Manhattan insurance clerk tries to rise in his company by letting its executives use his apartment for trysts, but office politics and his own romantic hopes complicate matters.

Richmond & Dominion Schedule

Sunday, Sept. 15

9:00: Holy Eucharist (CHP & CH 974)

10:30: Holy Eucharist (AUD & CH 973)

2:30: Game Hour: Jumbo Cross Word Puzzle (RAR)

3:30: Individual Visits

6:30: Movie: *I Am Woman* (CH 972)
(See page 11.)

Monday, Sept. 16

- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation (LR)
(See page 8.)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 11:00: Body & Balance Exercise Program (GX)
- 11:00: Just Dance Class (AUD-A)
- 12:00: German Conversation Table (Bistro Table 11)
- 3:30: Seated Meditation (CH 971)
- 4:30: Happy Hour/Meet & Greet New Residents (LR)

Tuesday, Sept. 17

- 10:00: Seated Strength (GX & CH 975)
- 10:00: Facilities Committee (RCR)
- 11:00: Bible Study (Canceled)**
- 11:00: Movie Committee (BR)
- 1:00: GHA Clinic/Medical Presentation (FL) (See page 8.)
- 1:15: Total Brain Health Program (GX)
- 1:30: Art & Sound Meditation (RCR)
- 1:30: Citizenship Celebration (AUD)
(See page 1.)

- 1:30: Mah Jongg (LR)
- 1:30: Music with Jesse (PW)
- 2:00: Health Services Committee (AR)
- 2:00: Movie: *The Wonderful Story of Henry Sugar* (CH 972) (See page 12.)
- 3:00: Birthday Party & Music with Jesse (RDR)
- 3:00: By Hand: Creative Writers Group (Temporarily Canceled)**
- 7:30: Night Bingo (AUD)
(See page 8.)

Wednesday, Sept. 18

- 9:30: Aqua Fun (POOL)
- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class (GX)
- 10:30: Farm Animal Visits (CTY & AUD)
- 10:30: Finance Committee Meeting (AR)
- 11:00: Body & Balance Exercise Program (GX)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company (CH 972)
(See page 12.)
- 2:00: Living by Heart (CHP)
(See page 5.)

- 3:00: Town Hall (AUD-ABC & CH 973) (See page 2.)
- 4:00: Pop-up Technology Assistance (LBY)

Thursday, Sept. 19

- 9:30: Chess (LR)
- 9:30: Market Place Sale (MP)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Ceramics (AS)
- 10:30: Green Team Committee Meeting (Canceled)**
- 11:00: Scripture, Songs & Prayers (AUD & CH 973)
- 11:00: Teaching Company (CH 972) (See page 12.)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: GHA Bell Ringers Choir (AUD-B)
- 1:00: Low Vision Support Group (BR)
- 1:00: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)
- 1:00: Technology Committee (RCR)
- 1:15: Total Brain Health Program (GX)
- 1:45: Music Therapy with Abby (DDR)

- 2:00: Uniguest/Touchtown Workshop (FL)
- 2:00: Open Studio (AS)
- 2:30: Market Place Sale (MP)
- 3:00: Holy Eucharist (RDR)
- 4:00: Celebrity Bartender Series with Bruce Stewart (RAR) (See page 5.)
- 7:15: Movie: *Lift* (CH 972) (See page 13.)

Friday, Sept. 20

- 10:00: Replay of Thursday Movie: *Lift* (CH 972)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 11:30: Lunch Outing: Mia's Italian Kitchen (Canceled)**
- 2:00: Party Bridge (LR)
- 3:30: Seated Meditation (CH 971)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, Sept. 21

- 10:30: Morning Stretches (CH 971)
- 2:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971)

- 3:00: Weekend Wii Bowling (GX)
- 3:30: Jewish Bible Study (CHP)
- 7:15: Movie: *Body Heat* (CH 972)
(See page 13.)

Sunday, Sept. 22

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:30: Poem Club (RAR)
- 6:30: Movie: *The Apartment* (CH 972)
(See page 14.)

Small Houses Schedule

Sunday, Sept. 15

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: September Picture It (OQ)
- 3:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 6:30: Movie: *I Am Woman* (CH 972)
(See page 11.)

Monday, Sept. 16

- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 10:30: Seated Exercise (MH)
- 11:00: Small House Bell Choir (Canceled)**
- 12:00: German Conversation Table (Bistro Table 11)
- 2:30: Tea Party (MH)
- 3:00: Volunteer Visits (SH-All)
- 3:30: Seated Meditation (CH 971)

Tuesday, Sept. 17

- 10:00: Seated Strength (GX & CH 975)
- 11:00: Bible Study (Canceled)**
- 11:00: Outdoor Club (SH-All)
- 1:30: Music With Jesse (PW)
- 2:00: Movie: *The Wonderful Story of Henry Sugar* (CH 972) (See page 12.)
- 3:30: Music Therapy with Abigail (Canceled)**
- 4:00: Individual Visits (JA)
- 6:30: Music Therapy with Abigail (OQ)

Wednesday, Sept. 18

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

**10:30: Music and Movement
(Canceled)**

10:30: Farm Animal Visits (CTY &
AUD)

11:00: Art with Alison (Canceled)

11:00: Prayer Group (CHP)

11:00: Teaching Company (CH 972)
(See page 12.)

11:00: Visits with Miranda (SH-All)

12:00: Director's Dutch Lunch with
Derek Campbell (BST) (See page 5.)

2:00: Exercise with Christie (MH)

2:00: Living by Heart (CHP)
(See page 5.)

2:30: Brain Games: Mystery Bags (WL)

3:00: Town Hall (AUD-ABC &
CH 973) (See page 2.)

4:00: Pop-up Technology Assistance
(LBY)

6:30: Penny for Your Story (OQ)

Thursday, Sept. 19

10:00: Seated Strength (GX & CH 975)

11:00: Scripture, Songs & Prayers
(AUD & CH 973)

11:00: Teaching Company (CH 972)
(See page 12.)

12:00: Chaplain Visits (SH-A)

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

1:00: Low Vision Support Group
(Bishops Room)

1:00: Talking Books Librarian (Library
Work Room or in your apartment by
appointment; call 703-824-1583)

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

2:30: This Week in Brief (SH-A)

3:00: Volunteer Visits (SH-All)

4:00: Celebrity Bartender with Bruce
Stewart (RAR) (See page 5.)

7:15: Movie: *Lift* (CH 971)
(See page 13.)

Friday, Sept. 20

10:00: Replay of Thursday Movie: *Lift*
(CH 972)

10:30: News Discussion Group (SN)

**11:30: Lunch Outing: Mia's Italian
Kitchen (Canceled)**

12:00: Director's Lunch with Derek
Campbell (MH)

2:30: Garden Water Painting (SH-A)
3:00: Music Therapy with Abby (OQ)
3:30: Seated Meditation (CH 971)
4:30: Jewish Sabbath Service of
Comfort & Healing (CH 971)
8:00: Evening Check-in (SH-A)

6:30: Movie: *The Apartment* (CH 972)
(See page 14.)

Saturday, Sept. 21

10:30: Dog Visits (SH-A)
10:30: Morning Stretches (CH 971)
2:00: Open Recreation/Strength &
Stretch Chair Exercise (CH 971)
3:00: Music with Barbara (OQ)
3:30: Jewish Bible Study (CHP)
7:15: Movie: *Body Heat* (CH 972)
(See page 13.)

Sunday, Sept. 22

9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
11:30: Chaplain Visits (SH-A)
1:30: National White Chocolate Day
Tasting (OQ)
3:00: Open Recreation/ Strength &
Stretch Chair Exercise (CH 971)

LOCATION KEY

AR	Arbor Room next to the Dining Room/ Bistro	CHP	Chapel	POOL	Swimming Pool on Promenade
AS	Art Studio	CL	Clinic	PT	Physical & Occupational Therapy on Promenade
ASG	Art Studio Gallery	CTY	Courtyard	PR	Promenade
AUD-A	Auditorium A	DDR	Dominion Dining Room, Original Bldg 2nd Floor	PSCR	Promenade Small Conference Room
AUD-B	Auditorium B	FL	Fillmore Lounge	PW	Small House Powell
AUD	Auditorium AB	FP	Fillmore Patio	RAR	Richmond Activities Room, Original Bldg 3rd Floor
AUD-ABC	Auditorium ABC	GR	Game Room on Promenade	RCR	Residents' Conference Room
BL	Small House Bluestone	GX	Group EX Studio	RDR	Richmond Dining Room, Original Bldg 3rd Floor
BR	Bishops' Room 1st Floor Tower	JA	Small House James	ROOF	Rooftop Deck
BST	Bistro	LBY	Lobby	RP	Small House Rappahannock
CC	Concourse	LR	Living Room	SH-A	Small Houses
CH 971	Channel 971	MH	Small House Meherrin	SHG	Small House Gallery
CH 972	Channel 972	MP	Market Place on Promenade	SN	Small House Shenandoah
CH 973	Channel 973	OQ	Small House Occoquan	WL	Small House Willis