



November 23, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

Veterans' Day Salute



Members of the Combined Alexandria City Public Safety Honor Guard participated in GHA's Veterans' Day Celebration on Nov. 11. The event included keynote speaker The Hon. Patrick T. Henry, the U.S. Armed Forces Medley and a slideshow of GHA residents who are veterans.

Thanksgiving Gratitude

We all have so much to be thankful for and Thanksgiving is a holiday dedicated to being thankful. Thanksgiving is a time of togetherness and gratitude. This time of year can give us that warm, fuzzy feeling when we spend time feel-

ing thankful for the things our lives include.

During this holiday season, I wish you laughter, joy and lots of stuffing this Thanksgiving! May you enjoy the warmth of family this season and the harvest of the feast! Give thanks with a grateful heart!

*Barbara W. D'Agostino,
Executive Director*



Thanksgiving Day Closures

The following venues will be closed on Thursday, Nov. 28, for Thanksgiving Day: All fitness classes, pool, CVS, New Image Beauty Salon & Spa, The Mixing Bowl, Fillmore Market and the GHA Administration. The transportation team will also be unavailable.

As usual, the Credit Union will be open 9:30 a.m.-noon Tuesday, Nov. 26, and CVS will be open from noon to 5 p.m. Friday, Nov. 29.

Merrily Wolf, Executive Assistant



Announcements

Resident Handbook

The Resident Handbook has been updated on Uniguest. Paper copies of the updated sections will be available over the next several weeks. This week (Nov. 22-29), copies of the following sections will be available in the GHA Administration offices (Tower, lobby level):



Resident Handbook

13. Schedule of Fees

14. Resident IT

15. Index

- Updated Maps

If you missed a section, you may request a copy from Administration. It will be printed and put into your GHA mailbox.

Merrily Wolf, Executive Assistant

Knitters & Crocheters

Please bring all knitted and crocheted items for donation to the Chapel late Wednesday afternoon, **Nov. 27**, in preparation for the 10 a.m. Thanksgiving Day service or contact **Chaplain Bruce Stewart** at 703-824-1284 or bstewart@goodwinliving.org to make other arrangements.



Bruce Stewart, Director of Chaplaincy

Miscellany Update

A December issue of the *Miscellany* literary magazine will be published and provided to residents. If any resident has an article to contribute to this holiday issue, contact resident **Anita Lancaster** as soon as possible. The next *Miscellany* will be published in March. Please feel free to submit articles for this Spring issue, too.

Anita Lancaster, Resident

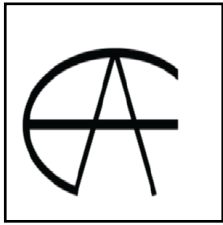
Bistro Nutrition Facts

Dining Services is proud to announce the creation of a nutrition facts list for the menu items in The Bistro! The nutrition list can be found on Uniguest under the Dining Menus icon, and then in the Menu Ingredients and Nutrition folder. Click on each menu item to see its nutrition facts and ingredients.

Alex Freiman, Registered Dietitian

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 on Fridays and in print on Saturdays.

Why I Give to the EAF



With family histories of longevity, when my husband and I visited life care communities, we wanted to learn about facilities and

services beyond independent living. One of the GHA Open House events included a tour and explanation of the Small House care vision. That was the clincher for me. We moved four years ago and have enjoyed the many benefits of independent living at GHA.

Recently, my husband spent several weeks in the James House and we experienced the small house vision firsthand. The leadership and team members who cared for Doug (and me) were not only professional and skilled, they were attentive, patient, kind and thoughtful. I miss them now that we are back in our apartment!

We are pleased to support the Employee Appreciation Fund as a way to express our thanks to those care team angels.

Martie McDowall, Resident

COVID-19 Numbers

Cases as of Nov. 21, 2024

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 0

Chaplaincy Services

Guest Preacher: Laura Cunningham

Sunday, Nov. 24

9 a.m. Chapel & Channel 974

10:30 a.m. Auditorium & Channel 973

Laura Cunningham is our current chaplain intern in Clinical Pastoral Education. She has been ordained in the Presbyterian Church for 25 years, serving churches throughout the Capital region and is exploring chaplaincy as a next chapter in her life. She is also learning woodworking and watercolor painting, and she enjoys preparing and sharing good food, exercising and spending time with friends, worshiping in new ways, and growing in love for her two young adult children and clergy spouse.



Bruce Stewart, Director of Chaplaincy

Pop-up Technology Help

4-5 p.m. Wednesdays, 9:30-10:30 a.m. Saturdays | Chess Table in the Lobby

Have you been having issues with your phone? Tablet? Laptop? Try a Tech Time session! Come join us with your mobile devices, passwords and something for taking notes. No question or issue is too small. Sign-up in the Activities Binder under the Special Events tab.

Judy Curtis, Technology Committee



Library News

The library circulation of 349 in October was the highest in the last five years with 347 books and two DVDs.

- *Messenger of Truth* by Jacqueline Winspear, circulated four times.

The following books each circulated three times:

- *Comfort and Joy* by Kristin Hannah
- *We Solve Murders* by Richard Osman
- *The Night We Lost Them* by Laura David
- *Shanghai* by Joseph Kanon

Three cheers for author Jacqueline Winspear, whose books circulated 24 times in October. In comparison, the author with the second-most checked out books was Robert Parker with 10.

Dale Brown, Library Committee

Residents' Council Listens

3-4 p.m. Tuesday, Nov. 26 | Fillmore Lounge

RC Listens is a popular get-together of residents who would like to share their thoughts, concerns and questions with Residents' Council members. And we are always interested in what you have to say.

Residents' Council

Dick's Teaser

Below are lists of items. Try to determine what the words in each list have in common. For example, if given the list "Hollywood, the American flag, the night sky," the answer would be stars. See the solutions on page 10.

1. Snare, bass, conga and tom-tom
2. Lux, Lava and Zest
3. Weissmuller, Spitz and Phelps
4. Champion, Silver and Trigger
5. Hitch, slip or figure eight
6. Toe loop, double axel and triple lutz
7. Morgan, Arabian, Pinto and Appaloosa
8. Naan, brioche and challah
9. Lou, Murray, Ted and Sue Ann

Dick Pellerin, Resident

Wheelchair Volunteers

Wheelchair Volunteers is a group of kind and caring friends who are willing to transport wheelchair-using residents. Those volunteers are trained to push residents of the Small Houses to the events. They enable the Small House Community to enjoy more events and opportunities of Goodwin Living.

For more information, contact **Brianna Johnson** at 703-824-1125 or bjohnson@goodwinliving.org.

Brianna Johnson,

Therapeutic Recreation Supervisor

NEWS FLASH



JANE JORDAN
THE MICE, WHO FIND
THEMSELVES IN JAMES HOUSE
THROUGH NO FAULT OF THEIR
OWN, ARE RAVING, RAVING
ABOUT THE BREAKFAST
TOAST. THEY CLAIM IT'S HOT,
BUTTERY, AS WELL AS
CRISPY, NOTHING SHORT
OF FABULOUS. WHO KNEW?
THEY'RE THINKING OF
SETTING UP PERMANENT
RESIDENCE THERE.
GO MICE!

Jane Jordan, Resident

In Memoriam

BERNARD FISKEN
November 16, 2024

Onsite Dermatology

Onsite Dermatology has been seeing residents



at GHA for nearly seven years. They come once a month to the Clinic. Their services include full body exams, biopsy of suspicious growths, treatment of skin cancers, management of chronic skin conditions and other dermatological services. Onsite Dermatology is a Medicare Part B participating provider and accepts various commercial and Advantage plans.

Beginning in January, Onsite Dermatology will have a new provider, **Kimberly Hagopian**, MSN, FNP-C.

Kimberly earned a Master of Science as a family nurse practitioner at Marymount University. She has worked as a registered nurse at the INOVA Schar Cancer Institute, where she gained dermatological skills.

If you would like to take advantage of this service, please call Onsite Dermatology at 1-877-345-5300.

Cathy Farmer, Director of Clinical Services

Green Team Hints

Shop with reusable bags or totes whenever possible. Thin plastic bags are a huge problem in recycling centers, where they can jam equipment, and in landfills, where they never degrade.

Events: This Week

Saturday Morning Live

10:30-11:30 a.m. Saturday, Nov. 23 | Auditorium and Channel 973

Saturday Morning Live's next speaker, **Dr. Richard Rubenstein**, has devoted much of his professional life to conflict resolution. He will share his thoughts with us on the challenging topic: "Proxy Wars from Ukraine to Gaza – Is There a Path to Peace?" Who are the proxies? Can our new president find that path? Join us for this stimulating presentation.



Speakers' Forum

BYOConversation: Tradition and Change

10-10:45 a.m. Monday, Nov. 25 | Living Room

Approaching Thanksgiving and its traditions, I'm wondering about why we keep traditions and why they keep changing. This year, traditional gatherings, yes, but definite transitions also. Do you expect both the same and the new?

In anticipation of this revered holiday, let's consider the unchanging and the changing features of our traditions: tried-and-true alternating with innovation? What stability do transitions give us? How do healthy changes add spice and variety? Or not so much – they bring unwelcome instability? When do

traditions add stability, security, composure? Or just stick-in-the-mud dullness?

At this point in our lives we have seen traditions change in many challenging ways. How have we learned to cope and grow?

All GHA residents are welcome for 45 minutes of casual, moderated conversation. Some talk, others listen.

Thoughtful, respectful, courteous, light-hearted, nimble. Lots of laughs. Stop by when you can!



Jonathan Bryan, Resident

Environmental Film: 2040

7:15 p.m. Monday, Nov. 25 | Channel 972

In 2020, an Australian dad (writer/director Damon Gameau) imagined what life could be like for his 4-year-old daughter in 2040 with brief, but very clear, depictions of the precariousness of our current carbon overload and its consequences.

Most of the movie is about inventions and initiatives already in place, that if more broadly adopted, would reverse



the melting of the ice caps and the rise and changes in the oceans so that his daughter and the other children featured in the film can live in a safer, cleaner, more equitable world.

The biggest risk in fighting climate change is an overwhelming sense of helplessness. *2040* points a practical, achievable path toward solutions, but its most important contribution is a sense that change is possible. Gameau says that he wants "to create a vision of a different future," with "an exercise in fact-based dreaming." This film does not scold us; it is hopeful.



*Dick Bennett,
Green Team Film Director*

Field Trip to Smithsonian National Museum of African Art, National Museum of Asian Art

Monday, Nov. 25

Departure: 1:30 p.m., Lobby

Return: 4 p.m., approximately

**Costs: Free admission,
\$17 transportation fee**

Join us for an art museum educational experience around two special exhibitions, led by GHA intern and GWU graduate student **Emma Fazzini**.

In response to artwork we see at the museum, a printmaking session will be held the following day, on Tuesday, Nov. 26, during the 10 a.m. Painting and Drawing class.

A sign-up sheet for the trip is in the Activities Binder under Community Outings.



*Alison Schroeder,
Creative Arts Coordinator*

Waiter's Table

**5:30 p.m. Tuesday, Nov. 26 |
Alexandria Dining Room**

You've been served by our waiters many times. Now be served *with* a waiter—an opportunity to get to know our team members better in a casual, unhurried atmosphere.

This event will be limited to five residents; all regular menu selections will be available, and dinner will be free of charge. Sign-up in the Activities Binder under Special Activities.



*Daniel Keiper,
Assistant Director of Dining Services*

Wandering Docent

**2-3 p.m. Tuesday, Nov. 26 |
Auditorium**

Most visitors spend less than a minute viewing individual pieces of art at the museum. The Wandering Docent helps audiences better understand art so that they 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

Clothing/Bedding Drive

9-11:30 a.m. Wednesday, Nov. 27 | Game Room

Reminder that this is the last clothing drive until the end of January. There is no clothing drive in December. Your clean, useable clothing and bedding is taken to the Clock Tower Thrift Shop. Proceeds from sales support the work of Northern VA Family Service. Thank you!



Bruce Stewart, Director of Chaplaincy

Thanksgiving Service

10 a.m. Thursday, Nov. 28 | Chapel & Channel 974

On Thanksgiving Day, Nov. 28, there will be one service of Holy Eucharist. The service will include the Blessing of the Knitting and Crocheting for those in need. The offering will be designated for purchasing food in bulk by ALIVE! to help the needy in Alexandria. **Please make checks payable to ALIVE!** and bring them to the service or to the Reception Desk marked for the Chaplain's Office.



Please continue to bring your non-perishable food contributions to the green box in the Memorial Chapel for delivery to the Grace Episcopal Church Food Pantry.

Bruce Stewart, Director of Chaplaincy



Events: Looking Ahead

Alexandria Garden Club Holiday Flower Raffle

1-3 p.m. Monday, Dec. 2 | Living Room

The Garden Club of Alexandria is donating their annual holiday flower arrangements to GHA, and we will hold a raffle to win their beautiful arrangements! Arrangements will be on display from 1 to 2 p.m. and raffle winners will be announced starting at 2:15 p.m.

Come to the Living Room between 1:30 and 2 p.m. to get a raffle ticket; we will then draw a ticket to win one of the larger arrangements on display. There is no cost for raffle tickets, but winners will need to answer some holiday trivia questions to claim a prize. One ticket will be given to each person who arrives between 1:30 and 2 p.m.



Jennifer Bennett, Events Coordinator

Blessing of the Crèche & Christmas Tree Lighting

5 p.m. Tuesday, Dec. 3 | Auditorium & CH 973, then Courtyard

We will begin in the Auditorium where **Chaplain Bruce** will lead us in the Blessing of the Crèche, a nativity scene handmade by resident **Frances Barnett**. We will then move to the Courtyard for the Lighting of the Tree, with caroling led by an a cappella group, along with hot chocolate and

other treats. Dress for the season and the weather!



Jennifer Bennett, Events Coordinator

Annual Holiday Bazaar

10 a.m.-3 p.m., with gift wrapping 1-3 p.m. Wednesday, Dec. 4 | Auditorium

The annual Holiday Bazaar is back! Come to the Auditorium and do some of your holiday shopping. Some of residents' favorite vendors will be back, along with new vendors selling coffee, tea, soaps and homemade gifts. There will be many new vendors at this year's sale, along with holiday cards by resident **John Kress** and other handmade gifts by GHA residents. Free gift wrapping will be available from 1 to 3 p.m.



Jennifer Bennett, Events Coordinator

NOVA Holiday Concert

7:30-9:30 p.m. Wednesday, Dec. 4 | Schlesinger Center

Departure: 6:45 p.m., Lobby

Admission and Transportation: Free

The NOVA Community Chorus, the NOVA Nighthawks Jazz Ensemble, and the NOVA Alexandria Band present holiday favorites. GHA will run a shuttle. Please sign-up in the Activities Binder if you plan to ride the shuttle.



Kim Butler, Director of Life Enrichment

ALEXANDRIA Scottish Christmas Walk Parade

11 a.m.-1 p.m. Saturday, Dec. 7 |

Old Town Alexandria

Departure: 8 a.m., Lobby

Return: 1:30 p.m.

Transportation: Free

This year, Goodwin Living (GL) is a sponsor of the 53rd Annual Alexandria Scottish Christmas Walk Parade. The event is co-hosted by the City of Alexandria and long-time nonprofit partner, The Campagna Center. GL residents, members and team members are welcome join in walking the parade route (about one mile). Other participants will include Scottish clans dressed in colorful tartans, pipe and drum bands, terriers and hounds, community groups and more.

The GL bus will be available for transportation to and from the parade. Sign-up for the bus in the Activities Binder. The parade is on rain or shine!



Kim Butler, Director of Life Enrichment

1st GHA Holiday Door Decorating Contest

2-4 p.m. Thursday, Dec. 11 | Tower & Original Building Apartments

The most cheerful season is upon us! Get in the holiday spirit and decorate your apartment door — feel free to go beyond a wreath and use your imagination! However, live wreaths and garland

cannot be used, per the Resident Handbook. Team members will judge the doors, with the winners to have bragging rights for a year and a Target gift certificate. There will be three categories: Most Creative, Prettiest and Funniest. No need to sign up to be included, as team members will walk up and down all of the hallways. If you want to decorate your door but do not want to be a part of the contest, you will not be judged.

Winners will be announced on the Friday, Dec. 12, with a picture of the winning doors posted on a Uniguest slide. We look forward to seeing everyone's doors!



Kim Butler, Director of Life Enrichment



GHA Holiday Open House

2-4 p.m. Thursday, Dec. 11 | Resident Apartments, Sign-up Required

Do you do a lot of decorating for the holidays and want to show off your work? If you would like to open your home for fellow residents to see your hard work, sign-up in the Activities Binder, under Special Events, to get your home added to the tour. The tour will be for two hours during which residents will be going to the different

homes on their own.

Jennifer Bennett, Events Coordinator

Around Alexandria

Volunteers Sought for Wakefield HS Career Panelists Program

Would you like to be a panel member for the 9th-12th grade career exploration program at Wakefield High School? Career awareness connects students to the real world and helps students make informed decisions. It can also boost confidence and foster motivation for school work.

Career panel days are typically held after school from 3:15 to 4:30 p.m. Most likely, residents would be one of three panelists, each speaking for about 10-15 minutes about their career highlights. Students ask questions following the presentations.

Interested residents should contact **Shirley Bloomquist** at 703-307-3994 or bloomquist.shirley@gmail.com with the following information: Name, contact details, general career area/field and career title (be as specific as possible). Thank you!

Shirley A. Bloomquist, Resident

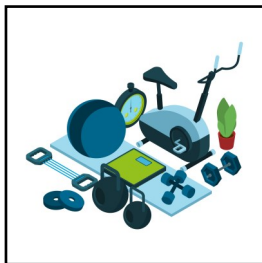
Dick's Teaser Solutions

1. They're all drums.
2. They are brands of soap.
3. They are U.S. Olympic swimmers who won several gold medals.
4. They are famous horses: Champion (belonged to Gene Autry), Silver (to the Lone Ranger), and Trigger (to Roy Rogers).
5. They are all types of knots.
6. They are types of jumps in figure skating.
7. They are breeds of horses.
8. They are types of bread.
9. They were characters in the Mary Tyler Moore television show.

Dick Pellerin, Resident

Fitness Equipment

If you would like to borrow any equipment from the fitness room, please see team member **Christie Thomas**. You can reach her at 703-824-1025 or cthomas03@goodwinliving.org.



Christie Thomas, Fitness & Aquatics Coordinator

Cancellations

The following regularly scheduled events have been canceled:

Monday, Nov. 25

11:00: Small House Bell Choir

Tuesday, Nov. 26

11:00: Bible Study

Wednesday, Nov. 27

12:00: Director's Dutch Lunch

2:00: Caregiver Support Group

Thursday, Nov. 28 (Thanksgiving Day)

9:00: Strength & Stretch Class

9:00: Chess

10:00: Seated Strength

10:00: Ceramics

10:45: Talking Books Librarian

11:00: Newcomers Group

11:00: Teaching Company

11:00: Scripture, Songs & Prayers

11:00: Wii Bowling

12:00: French Conversation Table

1:00: GHA Bell Ringers Choir

1:15: Total Brain Health Program

1:45: Assisted Living Music Therapy with Abby

2:00: Knitters and Crocheters

2:00: Dining Committee

2:00: Open Studio

2:15: Advanced Line Dancing

3:00: GHA Players Meeting

Friday, Nov. 29

3:00: Small House Music Therapy

The Weekly Schedule

Sunday, Nov. 24, 2024—Sunday, Dec. 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 at www.gh-a.org

Sunday, Nov. 24

8:15: Classical Stretch (GX)
9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
6:30: Movie: *McCabe and Mrs. Miller* (CH 972)
McCabe and Mrs. Miller (1971), R, Drama/Western, 2h. Cast: Warren Beatty, Julie Christie, Rene Auberjonois. A gambler and a prostitute become business partners in a remote Old West mining town, and their enterprise thrives until a large corporation arrives on the scene.

Monday, Nov. 25

9:00: Fun & Fitness (GX & CH 975)
9:30: Aqua Fun (POOL)
10:00: BYOConversation: Tradition and Change (LR) (See page 6.)
10:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)
10:00: Catholic Communion & Rosary (CHP & CH 974)
10:00: Trail Blazers — Riverside Park (LBY, Sign-up Required)

11:00: Grounds Committee (RCR)
11:00: Just Dance Class (AUD-A)
12:00: German Conversation Table (Bistro Table 11)
1:00: Beginning Line Dancing (GX)
1:30: Field Trip to Smithsonian National Museum of African Art, National Museum of Asian Art (LBY, Sign-Up Required) (See page 7.)
3:30: Seated Meditation (CHP & CH 974)
4:00: Happy Hour (FL)
7:30: Environmental Film: 2040 (CH 972) (See page 6.)

Tuesday, Nov. 26

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: Seamstress (Apt. 426, Floral Arts Room)

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

10:30: Hospice Tabling Event (CC)

11:00: Bible Study — Canceled

1:00: Art & Sound Meditation (RCR)

1:15: Total Brain Health Program (GX)

1:30: Mah Jongg (LR)

2:00: Wandering Docent (AUD)
(See page 7.)

2:00: Wii Bowling (GX)

2:00: Movie: *The Estate* (CH 972)
The Estate (2022), R, Comedy, 1h 36m.
Cast: Toni Collette, Anna Faris, David Duchovny. Two sisters attempt to win over their terminally ill, difficult-to-please Aunt in hopes of becoming the beneficiaries of her wealthy estate, only to find the rest of their greedy family members have the same idea.

3:00: Residents' Council Listens (FL)

4:30: Advanced Tai Chi (GX)

5:30: Waiter's Table (The Alexandria Dining Room, Sign-up Required)

Wednesday, Nov. 27

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: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)

10:00: StrongerMemory (FL)

11:00: Prayer Group (CHP)

11:00: Teaching Company (CH 972)
Lecture 15 — *Antarctica's Window on the Universe*
Lecture 16 — *Diving Under Polar Ice*

12:00: **Director's Dutch Lunch — Canceled**

1:00: Duplicate Bridge (LR)

2:00: Caregiver Support Group — Canceled

2:00: Pickleball (GX)

4:00: Happy Hour (FL)

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

Thursday, Nov. 28

7:45: Morning Yoga (GX, CH 975 & ZOOM)

9:00: Strength & Stretch Class — Canceled

9:00: Chess — Canceled

10:00: Seated Strength — Canceled

10:00: Thanksgiving Day Service (CHP & CH 974) (See page 8.)

10:00: Ceramics — Canceled

10:45: Talking Books Librarian — Canceled

11:00: Newcomers Group — Canceled

11:00: Scripture, Songs & Prayers — Canceled

11:00: Teaching Company — Canceled

11:00: Wii Bowling — Canceled

12:00: French Conversation Table — Canceled

1:00: GHA Bell Ringers Choir — Canceled

1:15: Total Brain Health Program — Canceled

2:00: Dining Committee — Canceled

2:00: Knitters and Crocheters — Canceled

2:00: Open Studio — Canceled

2:15: Advanced Line Dancing — Canceled

3:00: GHA Players Meeting — Canceled

7:15: Movie: *The Notebook* (CH 972)

The Notebook (2004), PG-13, Drama/Romance, 2h 3m. Cast: Gena Rowlands, James Garner, Rachel McAdams. An elderly man reads to a woman with dementia the story of two young lovers whose romance is threatened by the difference in their respective social classes.

Friday, Nov. 29

7:45: Morning Yoga (GX, CH 975 & ZOOM)

9:00: Fun & Fitness (GX & CH 971)

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

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

2:00: Quilting Bees (BR)

3:30: Seated Meditation (CHP & CH 974)

4:00: Happy Hour (FL)

4:30: Advanced Tai Chi (GX)

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

Saturday, Nov. 30

8:15: Classical Stretch (GX)

9:30: Pop-up Technology Assistance (LBY)

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: *The 400 Blows* (CH 972)

The 400 Blows (1959), NR, Coming of Age/Crime, 1h 39m. Cast: Jean-Pierre Léaud, Albert Rémy, Claire Maurier. A young boy, left without attention, delves into a life of petty crime.

Sunday, Dec. 1

- 8:15: Classical Stretch (GX)
9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
6:30: Movie: *Some Like it Hot* (CH 972)
Some Like It Hot (1959), NR, Comedy,
2h 1m. Cast: Marilyn Monroe, Tony
Curtis, Jack Lemmon. After two male
musicians witness a mob hit, they flee
the state in an all-female band disguised
as women, but further complications set
in.

Richmond & Dominion Schedule

Sunday, Nov. 24

- 9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
2:30: Open Recreation (Assisted
Living — All)
3:30: Poem Club (RAR)
6:30: Movie: *McCabe and Mrs. Miller*
(CH 972) (See page 12.)

Monday, Nov. 25

- 9:30: Aqua Fun (POOL)
10:00: BYOConversation: Tradition
and Change (LR) (See page 6.)

- 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
(Bistro Table 11)
1:30: Field Trip to Smithsonian
National Museum of African Art,
National Museum of Asian Art (LBY,
Sign-Up Required) (See page 7.)
2:00: Jeopardy Trivia on the Wii (DDR)
3:30: Seated Meditation (CHP &
CH 974)
4:00: Happy Hour (FL)
7:30: Environmental Film: *2040*
(CH 972) (See page 6.)

Tuesday, Nov. 26

- 10:00: Seated Strength (GX & CH 975)
10:00: Seamstress (Apt. 426,
Floral Arts Room)
10:00: Tech Time Mobile Device Drop-
In Clinic (AR)
10:30: Hospice Tabling Event (CC)
11:00: **Bible Study — Canceled**
1:00: Art & Sound Meditation (RCR)
1:15: Total Brain Health Program (GX)
1:30: Mah Jongg (LR)

2:00: Movie: *The Estate* (CH 972)
(See page 13.)

2:00: Wandering Docent (AUD)
(See page 7.)

3:00: Residents' Council Listens (FL)

5:30: Waiter's Table (The Alexandria
Dining Room, Sign-up Required)

Wednesday, Nov. 27

9:00: Clothing Collection (GR)

9:30: Aqua Fun (POOL)

9:30: Market Place Accepts Donations
(PR)

10:00: Therapist-led Core
Strengthening and Pelvic Floor
Exercises Class (GX)

11:00: Body & Balance Exercise
Program (GX)

11:00: Prayer Group (CHP)

11:00: Teaching Company (CH 972)
(See page 13.)

1:00: Duplicate Bridge (LR)

**2:00: Caregiver Support Group —
Canceled**

4:00: Happy Hour (FL)

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

Thursday, Nov. 28

8:30: Macy's Thanksgiving Day Parade
(CH 971)

9:00: Chess — Canceled

10:00: Seated Strength — Canceled

10:00: Thanksgiving Day Service (CHP
& CH 974)

10:00: Ceramics — Canceled

**10:45: Talking Books Librarian —
Canceled**

**11:00: Scripture, Songs & Prayers —
Canceled**

11:00: Teaching Company — Canceled

**12:00: French Conversation Table —
Canceled**

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

**1:15: Total Brain Health Program —
Canceled**

**1:45: Music Therapy with Abby —
Canceled**

2:00: Open Studio — Canceled

7:15: Movie: *The Notebook* (CH 972)
(See page 14.)

Friday, Nov. 29

10:00: Replay of Thursday Movie: *The
Notebook* (CH 972) (See page 14.)

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

3:30: Seated Meditation (CHP & CH 974)

4:00: Happy Hour (FL)

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

Saturday, Nov. 30

9:30: Pop-up Technology Assistance (LBY)

10:30: Morning Exercise (CH 971)

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

3:00: Weekend Wii Bowling (GX)

7:15: Movie: *The 400 Blows* (CH 972)
(See page 14.)

Sunday, Dec. 1

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

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

2:30: Open Recreation (Assisted Living — All)

6:30: Movie: *Some Like it Hot* (CH 972)
(See page 15.)

Small Houses Schedule

Sunday, Nov. 24

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

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

11:30: Chaplain Visits (SH-A)

1:30: Can You Picture it (OQ)

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

6:30: Movie: *McCabe and Mrs. Miller* (CH 972) (See page 12.)

Monday, Nov. 25

10:00: BYOConversation: Tradition and Change (LR) (See page 6.)

10:00: Catholic Communion & Rosary (CHP & CH 974)

10:30: Seated Exercise (OQ)

11:00: Small House Bell Choir — Canceled

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

1:30: Field Trip to Smithsonian National Museum of African Art, National Museum of Asian Art (LBY, Sign-Up Required) (See page 7.)

2:30: Tea Party (BL)

3:00: Volunteer Visits (SH-All)

3:30: Seated Meditation (CHP & CH 974)

4:00: Happy Hour (FL)

7:30: Environmental Film: 2040 (CH 972) (See page 6.)

Tuesday, Nov. 26

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

11:00: Bible Study — Canceled

11:00: Outdoor Club (SH-All)

1:30: Dog Visits with Cashew (SH-A)

2:00: Movie: *The Estate* (CH 972) (See page 13.)

2:00: Wandering Docent (AUD) (See page 7.)

3:00: Tea & Bingo (ST)

4:00: Individual Visits (JA)

5:30: Waiter's Table (The Alexandria Dining Room, Sign-up Required)

6:30: Music Therapy with Abigail (OQ)

Wednesday, Nov. 27

9:00: Clothing Collection (GR)

9:30: Market Place Accepts Donations (PR)

10:00: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)

10:30: Music and Movement (Rappahannock Den)

11:00: Art with Alison (BL)

11:00: Prayer Group (CHP)

11:00: Teaching Company (CH 972) (See page 13.)

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

12:00: Director's Dutch Lunch — Canceled

2:00: Caregiver Support Group — Canceled

2:30: Brain Games: Flower Arranging (BL)

3:00: Music Therapy with Abby (OQ)

4:00: Happy Hour (FL)

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

6:30: Games with Ted (OQ)

Thursday, Nov. 28

8:30: Macy's Thanksgiving Day Parade (CH 971)

9:00: Chess — Canceled

10:00: Seated Strength — Canceled

10:00: Scripture, Songs & Prayers — Canceled

10:00: Thanksgiving Day Service (CHP & CH 974)

10:45: Talking Books Librarian — Canceled

11:00: Teaching Company — Canceled

12:00: Chaplain Visits (SH-A)

12:00: French Conversation Table — Canceled

1:30: Virtual Zoo Exhibit (ST)

3:00: Volunteer Visits (SH-All)

7:15: Movie: *The Notebook* (CH 972)
(See page 14.)

Friday, Nov. 29

10:00: Replay of Thursday Movie: *The Notebook* (CH 972) (See page 14.)

10:30: News Discussion Group (SN)

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

2:30: Garden Water Painting (CTY)

3:00: Music Therapy — Canceled

3:30: Seated Meditation (CHP & CH 974)

4:00: Happy Hour (FL)

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

8:00: Evening Check-in (SH-A)

Saturday, Nov. 30

9:30: Pop-up Technology Assistance (LBY)

10:30: Dog Visits (SH-A)

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

3:00: Music with Barbara (OQ)

7:15: Movie: *The 400 Blows* (CH 972)
(See page 14.)

Sunday, Dec. 1

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

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

11:30: Chaplain Visits (SH-A)

1:30: Activities with Lauren (OQ)

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

6:30: Movie: *Some Like it Hot* (CH 972)
(See page 15.)

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	PSCR	Promenade Small Conference Room
AUD-A	Auditorium A	DDR	Dominion Dining Room, Original Bldg 2nd Floor	PW	Small House Powell
AUD-B	Auditorium B	FL	Fillmore Lounge	RAR	Richmond Activities Room, Original Bldg 3rd Floor
AUD	Auditorium AB	FP	Fillmore Patio	RCR	Residents Conference Room
AUD-ABC	Auditorium ABC	GR	Game Room on Promenade	RDR	Richmond Dining Room, Original Bldg 3rd Floor
BL	Small House Bluestone	GX	Group EX Studio	ROOF	Rooftop Deck
BR	Bishops' Room, 1st Floor Tower	JA	Small House James	RP	Small House Rappahannock
BST	Bistro	LBY	Lobby	SH-A	Small Houses
CC	Concourse	LR	Living Room	SHG	Small House Gallery
CH 971	Channel 971	MH	Small House Meherrin	SN	Small House Shenandoah
CH 972	Channel 972	MP	Market Place on Promenade	SB	Stonebrook
CH 973	Channel 973	OQ	Small House Occoquan	WL	Small House Willis