



Long-Time Small House Music Therapist Barbara Righter Retiring

Music therapist **Barbara Righter** will retire at the end of the year, having served GHA Health Care residents since August 1996.

Following her decades of work as a Fairfax County elementary school music teacher, Righter became a credentialed music therapist in 1996 and worked in a private practice. GHA was her first client, after one of her professors was contacted by GHA's Director of Nursing. Since then, Righter estimates she has been to GHA for about 1,300 Saturdays, leading two to three sessions each week. In 2025, Righter will move to a



community similar to GHA in Oakland, California so she can be close to family.

"I'm very grateful to GH and its residents for letting me share music with them," she said. We thank Righter for her many wonderful sessions here at GHA, and wish her well in her next chapter!

*Brianna Johnson,
Therapeutic Recreation Supervisor*

In Memoriam

WILLIAM L. SMITH
December 11, 2024

NANCY LEISCH
December 12, 2024

Wear Your Nametag!

Wearing your nametag is one way GHA residents seek to build a community in learning each other's names. Residents are encouraged to wear their nametag whenever they're out and about campus.

Dysphagia and the Holidays

With so many eating opportunities to eat during the holidays, it's important to make sure we are able to eat safely. This is where a Speech-Language Pathologist (SLP) can help! One may have trouble chewing a piece of meat or may need to swallow multiple times. Sometimes a drink or piece of food can "go down the wrong way," making us cough or struggle to catch our breath. An SLP can help provide proper interventions to help you swallow safely.

Dysphagia (difficulty swallowing) can impact one's ability to eat and drink safely. A person who is having trouble swallowing would benefit from an evaluation of their swallow skills to determine their safest diet, appropriate exercises to strengthen their swallowing skills, and to learn safe swallowing strategies to enjoy meals.

Signs of a swallowing problem can include:

- Coughing during or right after eating/drinking
- Clearing your throat often after eating/drinking
- Having a wet or gurgled voice during or after eating/drinking
- Feeling short of breath while eating

If you feel that you may have difficulty swallowing, please contact the Rehab

department at 703-824-1244 to schedule a swallow evaluation.

*Meredith Kotoski,
Speech & Language Pathologist*

Miscellany Updates

The December *Miscellany* is now available. Hard copies are in the lobby, across from the Reception Desk, and a copy will be in the *Miscellany* binder in the Library Annex next to the newspapers outside the Bistro. An electronic copy is attached to this week's *Gazette* email message and posted in Uniguest under the tab, *Miscellany Magazine*.

Miscellany is now published quarterly; submissions of articles, poems, cartoons, etc. for the March 2025 issue are now being accepted by resident **Anita Lancaster**. Electronic submissions are preferable. Contact Anita if you have a typed article and need help getting it to her in an email.

Anita Lancaster, Resident

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.

Announcements

New Year, New Classes: Mind & Movement, Pilates

The opportunity for new fitness classes is just around the corner and we have two new classes to announce, plus two workshops in early 2025.

Mind & Movement

The 1:15 p.m. Tuesday/Thursday Total Brain Health class will be revised to Mind and Movement (M2) starting Jan. 2, in the Fitness Studio. This class will be a mixture similar to the previous classes Power Braining and Total Brain Health. If you are interested in upgrading your movement and cognitive skills, join us for this class. No sign-up required.

Mat Pilates



This low-impact exercise will help align the body, improve posture, core strength and flexibility, while protecting your joints. Pilates

can be both restorative and powerful. It's known for working the smaller, deeper and often underused stabilizing muscles that support the joints. Initially, we will be spending time on some of the foundational moves so you can learn the breath work and build core strength.

Most of the class will be on the *floor* so you should be able to get down and up from the floor. Modifications will be given for anyone with lumbar issues or osteoporosis.

The class size is limited to eight. A sign-up sheet will be available at 9 a.m. Monday, Dec. 23, in the Activities Binder under Fitness. The class starts 11-11:45 a.m. Tuesday, Jan. 14, in the Fitness Studio (GX). If you have any questions, please contact team member **Leslie LaPlace** at 703-824-1166 or llaplace@goodwinliving.org.

Upcoming Workshops

More details about both workshops to come in the new year!

Self-Myofascial Release

2-3 p.m. Wednesday, Feb. 12 | Auditorium A

Mobility, Stability & Balance

2-3 p.m. Wednesday, March 12 | Auditorium

*Christie Thomas,
Fitness and Aquatics Specialist
Leslie LaPlace, Fitness Manager*

GHA Renovation Update

Last week's Gazette article focused on the nine project goals that our residents and team members selected. I will elaborate on the details of these goals in this article and forthcoming *Gazette* articles.

The second goal was to activate the lobby by creating social programming opportunities and visible activity. We are investigating improving the lobby as a community social hub by considering the possibility of adding a cafe/coffee bar and relocating the Fillmore Market closer to the lobby.

Barbara D'Agostino, Executive Director

Green Team Hints

At this time of year, with all the catalogues coming in — if you do not want certain catalogues, they can be recycled! You can also call customer service and ask to be taken off their mailing list.

Additionally, if you receive calendars and holiday cards you don't want, feel free to place them in the Resident Business Center by the window for others.

Dick's Teaser

The following riddle was posed outside a toy store in Charlottesville, VA last month. See the solution on page 10.

"What do you get when you cross a vampire with a snowman?"

Dick Pellerin, Resident

Guest Meal Credits and Pricing

Based on recent feedback from residents, it appears that there exists some confusion about guest meal credits and the pricing of guest meals. A few quick points for clarification:

- Residents may use up to five (5) guest credits per month.
- Guest meal credits are deducted from residents' Dining Dollars (no tax is charged).
- Guest meal credits may not be used for Sunday brunch or holiday meals.

Guest meal prices are as follows:

- Breakfast \$12.75 (+ 6% tax without credit)
- Lunch & Sunday Supper \$20 (+ 6% tax without credit)
- Dinner \$28 (+ 6% tax without credit)
- Sunday brunch and holidays \$36 (+ 6% tax without credit)
- There is a 50% upcharge for guest meals purchased à la carte.

Contact Assistant Dining Services Director **Daniel Keiper** with any questions at 703-824-1107 or DKeiper@Goodwinliving.org.

*Daniel Keiper,
Assistant Dining Services Director*

What Do You Think?

Many GHA residents have extraordinary knowledge and so much to share. Some do so at Saturday Morning Live and Men's (Sponsored) Lunch sessions, or their friends generously do so. However, in addition to these, would another option be of interest to some of you?

Specifically, is there any interest in having short monthly "seminars" on a given topic, with each seminar consisting of four weekly sessions? The "expert" would simply provide the basic information and deliver the presentation; others would provide the support (logistics, PowerPoint slides, etc.). And the topics wouldn't have to be academic or work-related – maybe travel experiences or tours you've given.

If you are interested in the concept (leading or simply attending), please let me know. Attendance doesn't have to be large – 5 or 50, it doesn't matter. It simply would provide another opportunity for residents to share and learn. Just a thought . . .

Let me know what you think and if you would be willing to be a "seminar" leader. I can be reached at 703-507-0554 or kathimenda@gmail.com.

Kathi Menda, Resident

December Celebrations on Display

As you may have noticed, there are two tables located outside the library for residents and team members to



learn about eight different holidays celebrated in December. Presented by Life Enrichment, the goal is to help learn and teach about the different traditions celebrated this month. Items will be on display until the end of December.

If you have additional details or information to share with us about any holiday, be sure to write it down on the paper in front of each holiday.



*Kim Butler,
Director of Life Enrichment*

Chaplaincy Services

St. Nicholas Mite Box

The Memorial Chapel invites your annual support for children of all faiths in the Middle East through the ministries of the Episcopal Diocese of Jerusalem. St. Nicholas Mite Boxes (marked "Episcopal Diocese of Jerusalem") and envelopes are available in the Chapel to receive your offerings through the American Friends of the Episcopal Diocese of Jerusalem. Checks may be written to **AFEDJ** (memo: St. Nicholas). Ingathering will be Sunday, Jan. 5.

Tidings of Comfort

4 p.m. Tuesday, Dec. 17 | Chapel & Channel 974

Not everyone finds the holiday times always filled with energy and joy. “Tidings of Comfort” is designed for when the holidays are too much to handle. This service offered by your Chaplain and the Spiritual Life Committee is designed especially for those who, for whatever reason, struggle with the holidays. Do you know a friend or neighbor who has had a worse year than you? Invite them to come with you to this peaceful gathering. Readings, prayers, music, and silence are the main ingredients.



- 7 p.m. Chapel & Channel 974 with organ & violin

Dec. 25, No services.

Dec. 26, No services.

Dec. 29, Lessons & Carols

- 9 a.m. Chapel & Channel 974
- 10:30 a.m. Auditorium & Channel 973



Bruce Stewart, Director of Chaplaincy



Around Alexandria

Old Town North Holiday Market & Farmers Market

9 a.m.-3 p.m. Sunday, Dec. 15 | Montgomery Park, 901 N. Royal St., Alexandria

Sip hot cider while shopping amongst local artisans for all your holiday needs. Held rain or shine.

World of Winter: A Global Celebration

3-4 p.m. Sunday, Dec. 15 | George Washington Masonic National Memorial Theater, 101 Callahan Dr., Alexandria
Tickets: \$30/adults, \$25/ages 65 and older

Travel the world with the Symphony Orchestra of Northern Virginia as they

Living By Heart

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

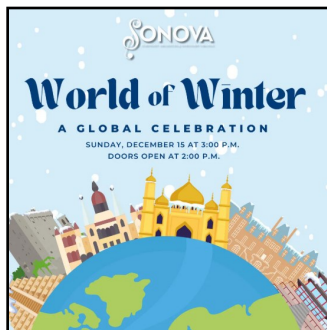
The theme for this month’s arts and spirituality gathering is describing your holiday tradition. What is a special food that must be included? What is your favorite holiday music? What holiday disaster can you laugh about now? When did a holiday take on new meaning for you?

Christmas Services

Dec. 24, Holy Eucharist

- 3 p.m. Auditorium & Channel 973 with piano & violin

create their own winter festival. This concert will showcase the diversity of global winter traditions in music, song and dance. From the midwinter solstice celebrations of Scandinavia, the Aztec New Year of Mexico and Punjabi folks songs of India, come join the musical festival around the globe.



Go to www.sonovamusic.org/world-of-winter.html for more information and tickets.

Christmas Illuminations at Mount Vernon

Runs 5:30-8:30 p.m. Friday, Dec. 20-Sunday, Dec. 22 | George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy, Alexandria

Enjoy the atmospheric setting of an 18th-century winter encampment, a working blacksmith shop, and Christmas carolers. Visit with Aladdin the Camel, and watch stunning holiday fireworks over the Potomac River. Plus, shop a winter market featuring vendors that produce 18th-century wares and crafts. Bonus: Christmas Illuminations ticket holders can visit the grounds for free in December, January and February.

Go to www.mountvernon.org for more information and tickets.



Events: This Week

Afternoon Concert with Thomas Pandolfi

4-5 p.m. Saturday, Dec. 14 | Auditorium

American pianist Thomas Pandolfi's remarkably warm and communicative tone uniquely "sings," projecting the poetry and emotion of whatever he plays. His virtuosity is breathtaking, and his sense of phrasing and command of style are marvelously convincing.



Jennifer Bennett, Events Coordinator



BYOConversation: Solstice Moments

10-10:45 a.m. Monday, Dec. 16 | Living Room

Above the Equator, in a "winter solstice moment," the nights stop getting longer and start getting shorter.

In our lives, what are our solstice moments? When you stopped moving into GHA and started living in GHA? When you stopped worrying about X and started anticipating Y? When you stopped saving for retirement and started paying for retirement? When you stopped feeling well and started feeling cold-y?

When you realize you no longer trust your old car, milk, credit card, ladder, or bank? When a stranger becomes a

friend? When you write off the grievances and reconcile? When your fever broke and you began to recover? Is a "solstice moment" stopping a habit and starting a new habit? All are welcome to converse or listen.



Jonathan Bryan, Resident



Holiday Lights Shuttle Tour

4:30-5:30 p.m. Monday, Dec. 16 and Wednesday, Dec. 18 | Lobby

The GHA Shuttle will take a tour of the local holiday lights in area neighborhoods and into D.C. If you are interested in going on one of these trips, please sign up in the Activities Binder under Community Outings. Transportation will be free.



Jennifer Bennett, Events Coordinator

Waiter's Table

5:30 p.m. Tuesday, Dec. 17 | Alexandria Dining Room

You've been served by the waiters many times. Now be served *with* a waiter. Sign up to dine with one of our service team members. The size of the party will be limited to five, and all regular menu selections will be available. Dinner will be free of charge.

Please take this opportunity to get to know our staff better in a casual,

unhurried atmosphere. Sign-up in the Activities Binder under Special Activities.



*Daniel Keiper,
Assistant Dining Services Director*

Evening Mini Concert with Potomac Harmony Chorus

7:30-8 p.m. Wednesday, Dec. 18 | Auditorium

This chorus is made up of a diverse group of women from the Washington, D.C. metro area who share a love of harmonizing and entertaining.

Potomac Harmony Chorus performs a variety of music, from traditional favorites to the 50s to modern jazz, all in four-part harmony, barbershop style.

Jennifer Bennett, Events Coordinator

Musical Education Series with Quentin Walston

3-4 p.m. Thursday, Dec. 19 | Auditorium and Channel 973

Quentin Walston's musical seminars are more than a public speaking event. These educational concerts combine Quentin's highly acclaimed solo piano performance with music history, appreciation and more.



Jennifer Bennett, Events Coordinator



Evening Concert with the Jazz Trotters

7:30-8:30 p.m. Thursday, Dec. 19 | Auditorium

Arthur Lisi's Jazz Trotters explores the world of traditional jazz with singer Heather Mariella, upright bass, banjo, guitar and piano.



Jennifer Bennett, Events Coordinator

Trip to the National Gallery of Art

1:30 p.m. Friday, Dec. 20 | Lobby
Cost: Free admission, \$17/transportation fee

Join us to see the special exhibit "Paris 1874: The Impressionist Moment." Sign-up in the Activities Binder under Community Outings. Include your email to receive further details!



*Alison Schroeder,
Creative Arts Coordinator*

Shuttle Service to ASO Holiday Concert

7 p.m. Saturday, Dec. 21 | Lobby

A shuttle will be provided to and from the Schlesinger Center for the Alexandria Symphony Orchestra's (ASO) holiday concert featuring carols, classics and holiday favorites. Sign-up in the Activities Binder under Community Outings. GHA will not be purchasing tickets to the concert.



Jennifer Bennett, Events Coordinator

Events: Looking Ahead

Book Review: *A Radical Suffragist*

3-4 p.m. Thursday, Jan. 9 | Auditorium and Channel 973

The GHA Book Club will host local author Shirley Marshall, who will discuss her book, *A Radical Suffragist*. The book is based on Marshall's research on Elizabeth Handy's writings, including her time in D.C. during the women's movement and the quest for voting rights.



Natalie Rooney, Resident

Dick's Teaser Solution

The answer that was given is "frostbite."

Dick Pellerin, Resident

COVID-19 Numbers

Cases as of Dec. 12, 2024

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 0



Around GHA

How to Keep your Body Warm During the Cool Months

Here are a few exercises you can do at home this winter:



- Chair Squats: Stand up and sit down from a chair without using hands.
- Heel-to-Toe Walk: Walk in a straight line, placing one heel directly in front of the other.
- Seated Leg Raises: Lift one leg at a time while seated to strengthen thighs and hips.
- Wall Push-ups: Perform push-ups against a wall to build upper body strength.
- Standing Marches: March in place, lifting knees high for leg strength.
- Ankle Circles: Rotate ankles in circles to improve mobility.
- Gentle Stretching: Stretch arms, legs, and back for flexibility.

For more information please contact our office at 703-824-1390.



*Kerri Mai, Administrator
Goodwin Home Health*

Cancelations

The following regularly scheduled events have been canceled:

Monday, Dec. 16

4:00: Happy Hour

7:30: Evening Concert: Davis Bradley

Tuesday, Dec. 17

10:30: Conversation Around the Water Cooler

11:00: Bible Study

1:15: Total Brain Health Program

2:00: GHA Book Club

3:00: By Hand: Creative Writers Group

Wednesday, Dec. 18

10:30: Small House Music and Movement

11:00: Art with Alison

Thursday, Dec. 19

10:30: Green Team Committee Meeting

1:00: GHA Bell Ringers Choir

1:15: Total Brain Health Program

2:00: Dining Services Committee

3:00: GHA Players Meeting

Friday, Dec. 20

11:00: News Discussion Group

10:30: GHA Encore Chorale Rehearsal

Saturday, Dec. 21

12:00: Lunch and Learn

3:30: Jewish Bible Study



The Weekly Schedule

Sunday, Dec. 15, 2024—Sunday, Dec. 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 at www.gh-a.org

Sunday, Dec. 15

- 8:15: Classical Stretch (GX)
9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
6:30: Movie: *Like Father* (CH 972)
Like Father (2018), TV-MA, Drama, 1h 38m. Cast: Kristen Bell, Danielle Davenport, Kimiko Glenn. After she's left at the altar, a workaholic advertising executive ends up on her Caribbean honeymoon cruise with her estranged father.

Monday, Dec. 16

- 9:00: Fun & Fitness (GX & CH 975)
9:30: Aqua Fun (POOL)
10:00: BYOConversation: Solstice Moments (LR)
10:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)
10:00: Catholic Mass & Rosary (CHP & CH 974)
10:00: Trail Blazers — Huntley Meadows (LBY)
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 (CHP & CH 974)
4:00: Happy Hour — Canceled
4:30: Happy Hour/Meet & Greet New Residents (LR)
4:30: Holiday Lights Shuttle Tour (LBY, Sign-up Required)
7:30: Evening Concert: Davis Bradley — Canceled

Tuesday, Dec. 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: Art & Sound Meditation (RCR)
1:15: Total Brain Health Program – Canceled
 1:30: Mah Jongg (AR)
2:00: GHA Book Club – Canceled
 2:00: Resident Health Services Committee (FL)
 2:00: Wii Bowling (GX)
 2:00: Movie: *Waitress: The Musical* (CH 972)
Waitress: The Musical (2023), NR, Comedy/Musical, 2h 24m. Cast: Sara Bareilles, Drew Gehling, Charity Angél Dawson. The hit Broadway musical about a small-town pie baker with big dreams gets the silver screen treatment.
3:00: By Hand: Creative Writers Group – Temporarily Canceled
 4:00: Tidings of Comfort (CHP & CH 974)
 4:30: Advanced Tai Chi (GX)
 5:30: Waiter's Table (The Alexandria Dining Room)

Wednesday, Dec. 18

9:00: Fun & Fitness (GX & CH 975)
 9:30: Aqua Fun (POOL)

9:30: Market Place Accepts Donations (MP)
 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: *Polar Explorations* (CH 972)
 Lecture 21: *Basics of Polar Photography*
 Lecture 22: *Photographing Polar Landscapes*
 12:00: Director's Dutch Lunch: **Kim Butler** (BST)
 2:00: Hospitality Committee (RCR)
 2:00: Living by Heart (CHP)
 2:00: Pickleball (GX)
 3:00: Town Hall (AUD & CH 973)
 4:00: Happy Hour (FL)
 4:00: Pop-up Technology Assistance (LBY)
 4:30: Holiday Lights Shuttle Tour (LBY, Sign-up Required)
 7:30: Evening Mini Concert: Potomac Harmony Chorus (LR)

Thursday, Dec. 19

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

9:00: Strength & Stretch Class (GX & CH 975)

9:00: Chess (LR)

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

10:00: Behind-the-Scenes Kitchen Tour (BST)

10:00: Ceramics (AS)

10:30: Green Team Committee Meeting – Canceled

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

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

11:00: Wii Bowling (GX)

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

1:00: GHA Bell Ringers Choir – Canceled until March

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 – Canceled

1:30: Shanghai (LR)

2:00: Dining Services Committee – Canceled

2:00: Knitters and Crocheters (CHP)

2:00: Uniguest Workshop (FL)

2:00: Open Studio (AS)

2:15: Advanced Line Dancing (GX)

3:00: GHA Players Meeting – Canceled

3:00: Musical Education Series with Quentin Walston (AUD & CH 973)

7:15: Movie: *Feast of the Seven Fishes* (CH 972)
Feast of the Seven Fishes (2019), NR, Comedy, 1h 39m. Cast: Tony Bingham, Skyler Gisondo, Paul Ben-Victor. A slice of life story that follows a large Italian family on Christmas Eve as they prepare for the traditional Feast of the Seven Fishes, reminisce about the past, and seek love in the future.

7:30: Evening Concert with The Jazz Trotters (AUD & CH 973)

Friday, Dec. 20

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

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

10:00: Replay of Thursday Movie: *Feast of the Seven Fishes* (CH 972)

10:00: Trip: Bradlee Shopping (LBY)

10:30: GHA Encore Chorale Rehearsal – Canceled

1:30: Trip to the National Gallery of Art (LBY, Sign-up Required)

2:00: Quilting Bees (BR)

2:00: Party Bridge (LR)

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, Dec. 21

8:15: Classical Stretch (GX)

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

10:30: Advanced Tai Chi with Instructor (GX)

11:00: Caroling with the Alexandria Choral Society (LR)

11:30: Beginners' Tai Chi with Instructor (GX)

12:00: Lunch and Learn — Canceled

3:00: Weekend Wii Bowling (GX)

3:30: Jewish Bible Study — Canceled

7:00: Shuttle Service to ASO Holiday Concert (LBY — Sign-Up Required)

7:15: Movie: *Cinderella Man* (CH 972)
Cinderella Man (2015), PG-13, Drama/

Biography, 2h 24m. Cast: Russell Crowe, Renée Zellweger, Craig Bierko. The true story of James J. Braddock, a supposedly washed-up boxer, who returned to the spotlight to win the heavyweight championship of the world.

Sunday, Dec. 22

8:15: Classical Stretch (GX)

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

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

6:30: Movie: *Greater* (CH 972)

Greater (2016), PG, Football/Biography, 2h 10m. Cast: Neal McDonough, Leslie Easterbrook, Christopher Severio. The story of Brandon Burlsworth, possibly the greatest walk-on in the history of college football.

Richmond & Dominion Schedule

Sunday, Dec. 15

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

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

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

3:30: Christmas Around the World (RAR)

6:30: Movie: *Like Father* (CH 972)
(See page 11.)

Monday, Dec. 16

9:30: Aqua Fun (POOL)

10:00: BYOConversation: Solstice Moments (LR)

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)
3:00: Gingerbread House Competition (RAR)
3:30: Seated Meditation (CHP & CH 974)
4:00: Happy Hour – Canceled
4:30: Happy Hour/Meet & Greet New Residents (LR)
4:30: Holiday Lights Shuttle Tour (LBY, Sign-up Required)
7:30: Evening Concert: Davis Bradley – Canceled

Tuesday, Dec. 17

10:00: Seated Strength (GX & CH 975)
10:00: Facilities Committee (RCR)
10:30: Conversation Around the Water Cooler – Canceled
11:00: Bible Study – Canceled
11:00: Movie Committee (BR)
1:00: Art & Sound Meditation (RCR)
1:15: Total Brain Health Program – Canceled
1:30: Mah Jongg (AR)

2:00: Resident Health Services Committee (FL)
2:00: Movie: *Waitress: The Musical* (CH 972) (See page 12.)
2:30: Small House Christmas Celebration (AUD)
3:00: By Hand: Creative Writers Group – Temporarily Canceled
4:00: Tidings of Comfort (CHP & CH 974)
5:30: Waiter's Table (The Alexandria Dining Room)

Wednesday, Dec. 18

9:30: Aqua Fun (POOL)
9:30: Market Place Accepts Donations (MP)
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: *Polar Explorations* (CH 972) (See page 12.)
12:00: Director's Dutch Lunch: **Kim Butler** (BST)
1:30: Holiday Trivia (RAR)
2:00: Living by Heart (CHP)
3:00: Town Hall (AUD & CH 973)

- 4:00: **Happy Hour — Canceled**
- 4:00: Pop-up Technology Assistance (LBY)
- 4:30: Holiday Lights Shuttle Tour (LBY, Sign-up Required)
- 7:30: Evening Mini Concert: Potomac Harmony Chorus (LR)

Thursday, Dec. 19

- 9:00: Chess (LR)
- 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: *Polar Explorations* (CH 972) (See page 12.)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: **GHA Bell Ringers Choir — Canceled until March**
- 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 — Canceled**
- 1:45: Music Therapy with Abby (DDR)

- 2:00: Dining Services Committee (RCR)
- 2:00: Uniguest Workshop (FL)
- 2:00: Open Studio (AS)
- 2:30: Therapist-Led Seated Exercise (RAR)
- 3:00: Musical Education Series with Quentin Walston (AUD & CH 973)
- 7:15: Movie: *Feast of the Seven Fishes* (CH 972) (See page 13.)
- 7:30: Evening Concert with The Jazz Trotters (AUD & CH 973)

Friday, Dec. 20

- 10:00: Replay of Thursday Movie: *Feast of the Seven Fishes* (CH 972) (See page 13.)
- 10:30: **GHA Encore Chorale Rehearsal — Canceled**
- 1:30: Trip to the National Gallery of Art (LBY, Sign-up Required)
- 2:00: Party Bridge (LR)
- 3:00: Holiday Celebration (RDR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Happy Hour (FL)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, Dec. 21

- 9:30: Pop-up Technology Assistance (LBY)
- 10:30: Seated Zumba (CH 971)
- 11:00: Caroling with the Alexandria Choral Society (LR)
- 12:00: Lunch and Learn (FL)
- 2:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971)
- 3:00: Weekend Wii Bowling (GX)
- 3:30: Jewish Bible Study – Canceled**
- 7:00: Shuttle Service to ASO Holiday Concert (LBY – Sign-Up Required)
- 7:15: Movie: *Cinderella Man* (CH 972)
(See page 14.)

Sunday, Dec. 22

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

Small Houses Schedule

Sunday, Dec. 15

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

- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: Poetry Club (RAR)
- 6:30: Movie: *Like Father* (CH 972)
(See page 11.)

Monday, Dec. 16

- 10:00: BYOConversation: Solstice Moments (LR)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 10:30: Seated Exercise (OQ)
- 11:00: Small House Bell Choir (RP)
- 12:00: German Conversation Table (Bistro Table 11)
- 1:30: Music Therapy with Abby (OQ)
- 2:45: Tea Party (MH)
- 3:00: Volunteer Visits (SH-All)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Happy Hour – Canceled**
- 4:30: Happy Hour/Meet & Greet New Residents (LR)
- 4:30: Holiday Lights Shuttle Tour (LBY, Sign-up Required)
- 7:30: Evening Concert: Davis Bradley – Canceled**

Tuesday, Dec. 17

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

- 11:00: Bible Study – Canceled**
- 11:00: Nature Club (SH-All)
- 2:00: Resident Health Services Committee (FL)
- 2:00: Movie: *Waitress: The Musical* (CH 972) (See page 12.)
- 2:30: Small House Christmas Celebration (AUD)
- 4:00: Individual Visits (JA)
- 4:00: Tidings of Comfort (CHP & CH 974)
- 5:30: Waiter's Table (The Alexandria Dining Room)
- 6:30: Music Therapy with Abigail (OQ)

Wednesday, Dec. 18

- 9:30: Market Place Accepts Donations (MP)
- 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: *Polar Explorations* (CH 972) (See page 12.)
- 11:00: Visits with Miranda (SH-All)
- 12:00: Director's Dutch Lunch: **Kim Butler** (BST)

- 2:00: Exercise with Christie (MH)
- 2:00: Hospitality Committee (RCR)
- 2:00: Living by Heart (CHP)
- 2:45: Brain Games: Winter Sensory Experience (WL)
- 3:00: Town Hall (AUD & CH 973)
- 4:00: Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)
- 4:30: Holiday Lights Shuttle Tour (LBY, Sign-up Required)
- 6:30: Games with Ted (OQ)
- 7:30: Evening Mini Concert: Potomac Harmony Chorus (LR)

Thursday, Dec. 19

- 9:00: Chess (LR)
- 10:00: Seated Strength (GX & CH 975)
- 11:00: Scripture, Songs & Prayers (AUD & CH 973)
- 11:00: Teaching Company: *Polar Explorations* (CH 972) (See page 12.)
- 12:00: Chaplain Visits (SH-A)
- 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)
- 2:00: Dining Services Committee (RCR)

- 2:00: Dog Visits with Sara and Moriah (SH-A)
- 2:30: Movie Matinee: (CH 972)
- 2:45: Resense Register Reading (OQ)
- 3:00: Musical Education Series with Quentin Walston (AUD & CH 973)
- 3:00: Volunteer Visits (SH-All)
- 7:15: Movie: *Feast of the Seven Fishes* (CH 972) (See page 13.)
- 7:30: Evening Concert with The Jazz Trotters (AUD & CH 973)

Friday, Dec. 20

- 10:00: Replay of Thursday Movie: *Feast of the Seven Fishes* (CH 972)
- 11:00: News Discussion Group – Canceled**
- 1:30: Trip to the National Gallery of Art (LBY, Sign-up Required)
- 2:45: Winter Village Craft (OQ)
- 3:00: Music Therapy (WL)
- 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, Dec. 21

- 9:30: Pop-up Technology Assistance (LBY)
- 10:30: Dog Visits (SH-A)
- 11:00: Caroling with the Alexandria Choral Society (LR)
- 12:00: Lunch and Learn (FL)
- 2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 3:00: Music with Barbara (OQ)
- 3:30: Jewish Bible Study – Canceled**
- 7:00: Shuttle Service to ASO Holiday Concert (LBY – Sign-Up Required)
- 7:15: Movie: *Cinderella Man* (CH 972) (See page 14.)

Sunday, Dec. 22

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Color a Carol (OQ)
- 3:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971)
- 6:30: Movie: *Greater* (CH 972) (See page 14.)

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