



Resident **Judy Hijikata** found a new passion for clay when she moved to GHA in 2022. She is pictured here working at our new accessible pottery wheel in the Art Studio. Join us any Thursday at 10 a.m. for ceramics, or Thursday at 2 p.m. for Open Studio — a friendly atmosphere for artistic exploration.

GHA. She will delve into the many ways climate change is becoming a major influence on international security in current and future crisis areas.

Sabonis-Helf is the Inaugural Chair of the Science, Technology and International Affairs concentration in the master's degree program at Georgetown University's School of Foreign Service.



Speaker's Forum

January Birthday Cards

Next to the Activities Binder is a Life Enrichment binder with cards for every resident who has a birthday in a given month. Residents are encouraged to write messages and well wishes on the birthday cards designated for others.



At the end of each month, the cards will distributed to the residents. Help us make it a success!

*Lauren Budik,
Communications Coordinator*

Saturday Morning Live: Dr. Theresa Sabonis-Helf

10:30-11:30 a.m. Saturday, Jan. 11 |
Auditorium & Channel 973



The Saturday Morning Live Speakers' Forum is pleased to announce the return of **Dr. Theresa Sabonis-Helf** to



GHA Renovation Update

Last week's *Gazette* article focused on creating enticing rooftop amenities. The next goals are to expand fitness spaces and improve the Promenade. Suggestions include:

- Moving the existing hallway near the Art Studio and Fitness Center farther down the main corridor towards the Filmore to expand the Fitness Center and Art Studio. The Life Enrichment and Social Worker offices may need to be relocated.
- Adding a small Wellness Studio on the Promenade level suitable for relaxing, meditative activities and yoga. This wellness hub would bring residents to the Promenade and its amenities, and have a fitness information monitor, seating area and soothing art wall or green wall. The location is undetermined.
- Renovating the pool area, including the glass block partition.
- Improving lighting, way finding and fresh paint for the Promenade.

Barbara D'Agostino, Executive Director

In Memoriam

MATT RINKER

Son-in-law of Linda Carder
Died December 25, 2024

SUE COOK

Died December 30, 2024

Dick's Teaser

Each of the answers to the following begins with the letters VA. For example, if the clue is "a style of beard," the answer would be Van Dyke. See the solutions on page 8.

1. This is the low area of land between mountains.
2. An available hotel or motel room.
3. According to folklore, they live by night and sleep by day – in coffins.
4. A space entirely devoid of matter ... or a household appliance.
5. Worth a great deal of money.
6. A graduating student with the highest academic achievements.
7. A person who wanders from place to place without a home or a job.
8. Where a bank keeps the money.
9. To destroy or damage property for no particular reason.

Dick Pellerin, 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.

2025 DEIB Calendar: Empowering Voices

January

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”
— Dr. Martin Luther King, Jr.

During the less than 13 years of Dr. Martin Luther King, Jr.’s leadership of the modern American Civil Rights Movement, from December 1955 until April 4, 1968, African Americans achieved more genuine progress toward racial equality in America than in the previous 350 years. Dr. King is widely regarded as America’s pre-eminent advocate of non-violence and one of the greatest nonviolent leaders in world history.

Bonus Featured Author and Quote

“Everything can be taken from a man but one thing: the last of the human freedoms — to choose one’s attitude in any given set of circumstances, to choose one’s own way.”
— Viktor E. Frankl

With a lifetime that spanned most of the 20th century, Viktor Emil Frankl was witness to a transformative period in world history. He is most known for being a Holocaust survivor, but in reality, the Holocaust was but a short period in his long life. By the time he entered the

concentration camps at 37 years old, he had already spent much of his adult life as a psychiatrist and neurologist, specializing in the treatment of suicidal patients. He had also developed his own psychotherapy school called Logotherapy (Greek for “healing through meaning”). His lasting contribution has been to the field of psychology, with his recognition of *meaning* as a central factor in mental health and his advocacy that the psychologist’s role was to help patients find meaning.



Holidays & Observances

- Jan. 1 – New Year’s Day/
Kwanzaa (ends)
 - Jan. 2 – Goodwin Home Health Started in 2020
 - Jan. 7 – Orthodox Christmas Day
 - Jan. 13 – Korean American Day
 - Jan. 15 – Martin Luther King, Jr. Day
 - Jan. 27 – International Day in Memory of the Victims of the Holocaust
 - Jan. 29 – Lunar New Year
- Diversity, Equity, Inclusion and Belonging*

COVID-19 Numbers

Cases as of Jan. 2, 2024

- Independent Living: 1
- Assisted Living: 0
- Small Houses: 0
- Team Members: 0

The Importance of Home Care in the Winter Months

During the winter months, older individuals face unique challenges that can significantly impact their health and well-being. Cold temperatures, shorter daylight hours and the increased risk of illness all pose risks for seniors, making home care an essential service.

Home care ensures that our residents receive the support they need to stay safe and comfortable in their homes. Trained Goodwin Home Care Aides can assist with daily tasks such as personal hygiene, meal preparation and light housekeeping, reducing the risk of accidents. Please contact us directly if you are considering Home Care services now or in the future.

*Shunquanna "Q" Woolard,
Home Care Administrator*

Chaplaincy Services

Welcome CPE Chaplain Intern: Dilantha Arachchilage



The new unit of Clinical Pastoral Education begins this week. We welcome **Dilantha Arachchilage** who will be serving his internship at GHA. He has served as senior

pastor of an evangelical church for the last 23 years. He is skilled in congregational leadership and community engagement. Dilantha takes his pastoral care, counselling and support to ministry groups seriously. In his free time, he likes to travel and spend time in nature. He says, "I believe together, we can love God and people." Please introduce yourselves!

Bruce Stewart, Director of Chaplaincy

Announcements

The Gazette Goes Green!

In a follow-up to the Dec. 21 article about some editorial changes to shorten the *Gazette's* length, we are pleased to announce a second, more robust effort of asking residents to receive a digital copy of the *Gazette* instead of the paper version. We hope this further reduces the quantity of paper used, and, ultimately, the number of trees consumed.

Currently, the *Gazette* is available digitally on Uniguest under the GHA Gazette icon. Additionally, those with an email address receive the *Gazette* electronically on Friday mornings, one day in advance of the paper copy distribution. Some residents already have selected the digital option.

While these have been meaningful efforts, we wish to shift more residents to the digital version. Those who go

green and opt to receive the digital version only will be rewarded with a more interactive and reader-friendly experience.

We recognize not everyone has an email address or access to a computer. Therefore, independent living (IL) residents will be asked to opt-in to continue receiving a paper copy. All IL residents will find a bright blue quarter-sheet of paper in their mailboxes on Jan. 11 allowing them to opt-in to continue receiving the paper copy or the digital-only version. Please complete this sheet and return it to the drop box located next to the

The *Gazette* requires an average of 2,640 sheets of paper per week to print for all independent living residents who request a paper copy. That's 10,560 sheets of paper per month, 126,720 sheets per year — or more than 15 trees!

Activities Binder by Jan. 25. Sign-ups will take effect Feb. 1.

Paper copies in binders will also be available in several common area locations. Additionally,

all Assisted Living and Small House residents will continue receiving paper copies without interruption.

Thank you for helping us save more trees and dollars in the weeks and months ahead!

*Lauren Budik,
Communications Coordinator*

Green Team Hints

Green Team supports the transition of the *Gazette* "Going Green." Any opportunity to act on behalf of the environment is surely a worthwhile endeavor.



Many of us spend time on our phones, tablets or computers. We are comfortable reading articles, cruising social media, playing games, doing shopping. We encourage residents to give the digital option a try.

Pat Gottemoeller, Green Team

Green Team has been greatly encouraged by resident support of the Recycling Guidelines, as well as the increased use of the accessible Compost Bins. We are, therefore, truly hopeful that residents will embrace the *Gazette* "Going Green." We can work together on this "new habit," right?

Events: This Week

BYOConversation: The Many Faces of “Family”

10-10:45 a.m. Monday, Jan. 6 | Living Room

What’s a “family,” anyhow? I have a biological family, an extended family, a GHA family. A friend referred to her “caregivers family.”

Ever had a “professional family,” or “family of neighbors” or “travel family”? Is there a “whole human family”? What attributes are implied in “family”? Mutual trust, interdependency, affection, etc.?

Any truth in this wise crack?: “The restaurant last night had a real family atmosphere — at every table an argument.”

“Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible — the atmosphere found in a nurturing family.” Any comments?

What is BYOC? A gathering of residents for open conversation, lightly moderated, on a given topic, from 10 to 10:45 a.m. on Mondays. Some folks speak, some just listen. Come and go as needed. Microphones ensure audibility.



Jonathan Bryan, Resident

Teaching Company — *The Agency: A History of the CIA*

11 a.m.-noon Wednesdays, starting Jan. 8; repeated 11 a.m. Thursdays | Channel 972

Our next series from the Teaching Company will be *The Agency: A History*



ry of the CIA. Since the eve of the Cold War, the Central Intelligence Agency has been tasked by the U.S. government with keeping watch on an increasingly dangerous and unstable world. Few organizations are as fascinating, as mysterious — and as controversial.

Professor Hugh Wilford takes viewers inside the shadowy world of the CIA, revealing not just how it operated on the domestic and international stage, but also how it operated as its own organization that evolved in step with changing times in American history.

For a course summary, contact **Jennifer Bennett** at 703-824-1225 or jbennett@goodwinliving.org.



Jennifer Bennett, Events Coordinator

“Shapes” Exhibition of Photographs by GHA Photo Club

Runs Jan. 8-Feb. 19 | Art Studio Gallery

Reception: 4-5 p.m. Friday, Jan. 10



“Balcony Shadow Lounge,” by resident **Laura Lawson**

Join us for the eclectic exhibition of new work from the GHA Photography Club!

Alison Schroeder,
Creative Arts
Coordinator



Afternoon Concert with Jerry Roman

4:15-5:15 p.m. Friday, Jan. 10 | Auditorium

Enjoy an afternoon of music trivia and entertainment by Jerry Roman. With a wide variety of songs in his repertoire, there will be tunes for everyone to enjoy. He even takes requests.



Jennifer Bennett, Events Coordinator

Events: Looking Ahead

Evening Concert with the “Doctor is In”

7:30-8:30 p.m. Tuesday, Jan. 14 | Auditorium

The Doctor is In is a piano jazz trio.

They include an upright bass, piano and guitar, playing songs from the great American songbook.



Jennifer Bennett, Events Coordinator

Evening Bingo

7:30-8:30 p.m. Wednesday, Jan. 15 | Auditorium

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



Jennifer Bennett, Events Coordinator

Lunch & Learn: Washington Bach Consort

Noon-1 p.m. Saturday, Jan. 18 | Auditorium

In a preview of the upcoming Washington Bach Consort (WBC) performance on Jan. 22 at GHA, we will be joined by professional musicians of the WBC, **Amy Domingues** (viola da Gamba) and **Freya Creech** (violin). They will describe their baroque-style instruments, talk about their passion for early music, describe the upcoming performance and answer questions.



Amy Domingues



Freya Creech

Mark Raabe, Resident



Event Reminders

Feast of the Epiphany, Sunday, Jan. 5
9 a.m. Stations of the Magi | Chapel and Channel 974

10:30 a.m. with Artwork of the Epiphany | Auditorium and Channel 973.

Pop-Up DASH Bus/Metro Trip: Arthur M. Sackler Gallery, 12:45-3:30 p.m.
Monday, Jan. 6 | Lobby, Sign-up required.

Mind & Movement, 1:15-1:45 p.m.
Tuesdays and Thursdays | Fitness Studio, no sign-up required.

Therapist-led Core Strengthening and Pelvic Floor Exercises Class, 10-10:45 a.m. Wednesday, Jan. 8-Feb. 26 | Fitness Studio.

Outreach Committee, 2 p.m. Wednesday, Jan. 8, Residents Conference Room.

The Christmas Revels: An English Country Christmas, 2-4 p.m. Wednesday, Jan. 8 | Auditorium and Channel 973.

Book Talk: A Radical Suffragist, 3-4 p.m. Thursday, Jan. 9 | Auditorium and Channel 973.

Carlyle House Alexandria, 10:30 a.m. Monday, Jan. 13, \$7/transportation, \$5/admission | Lobby, Sign-up required.

Environmental Services Committee, 3-4 p.m. Monday, Jan. 13, Fillmore Lounge.

Cancelations

The following regularly scheduled events have been canceled:

Monday, Jan. 6

4:00: Fillmore Happy Hour

Tuesday, Jan. 7

11:00: Bible Study

3:00: By Hand: Creative Writers Group

Wednesday, Jan. 8

9:30: Aqua Fun

2:00: Small House Exercise with Christie

Thursday, Jan. 9

1:00: GHA Bell Ringers Choir

Friday, Jan. 10

10:30: GHA Encore Chorale Rehearsal

Dick's Teaser Solution

1. Valley
2. Vacancy
3. Vampires
4. Vacuum
5. Valuable
6. Valedictorian
7. Vagabond
8. Vault
9. Vandalize

Dick Pellerin, Resident

The Weekly Schedule

Sunday, Jan. 5, 2025 — Sunday, Jan. 12, 2025

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, Jan. 5

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist for Epiphany (CHP & CH 974)
- 10:30: Holy Eucharist for Epiphany (AUD & CH 973)
- 6:30: Movie: *The English Patient* (CH 972)
The English Patient (1996), R, Adventure/Romance, 2h 42m. Cast: Ralph Fiennes, Juliette Binoche, Willem Dafoe. At the close of World War II, a young nurse tends to a badly burned plane crash victim. His past is shown in flashbacks, revealing an involvement in a fateful love affair.

Monday, Jan. 6

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation: The Many Faces of "Family" (LR)
- 10:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)

- 10:00: Communications Committee Meeting (RCR)
- 10:00: Trail Blazers — Greenspring Gardens (LBY)
- 11:00: Just Dance Class (AUD-A)
- 12:00: German Conversation Table (Bistro Table 11)
- 12:45: Pop-up DASH Bus/Metro Trip: Arthur M. Sackler Gallery (LBY, Sign-up Required)
- 1:00: Beginning Line Dancing (GX)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour — Canceled**
- 4:30: Birthday Party (LR)

Tuesday, Jan. 7

- 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: Residents' Council Meeting (RCR)

11:00: Bible Study – Canceled

1:00: Art & Sound Meditation (RCR)

1:15: Mind & Movement (GX)

1:30: Mah Jongg (LR)

2:00: Wii Bowling (GX)

2:00: Movie: *L.A. Confidential* (CH 972)

L.A. Confidential (1997), R, Thriller/
Cop Drama, 2h 18m. Cast: Kevin Spacey, Russell Crowe, Guy Pearce. As corruption grows in 1950s Los Angeles, three policemen – one strait-laced, one brutal, and one sleazy – investigate a series of murders with their own brand of justice.

3:00: By Hand: Creative Writers Group – Temporarily Canceled

4:30: Advanced Tai Chi (GX)

Wednesday, Jan. 8

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

9:30: Aqua Fun – Canceled

9:30: Market Place Accepts Donations (MP)

10:00: StrongerMemory (FL)

11:00: Prayer Group (CHP)

11:00: Resident Activities Committee (RCR)

11:00: Teaching Company – *The Agency: A History of the CIA* (CH 972)

Lecture 1 – Secrecy, Democracy and the Birth of the CIA

Lecture 2 – George Kennan and the Rise of Covert Ops

1:00: Duplicate Bridge (LR)

2:00: Chapel Outreach Committee (RCR & Zoom link available from resident John Berry)

2:00: Pickleball (GX)

2:00: *The Christmas Revels: An English Country Christmas* (AUD & CH 973)

4:00: Fillmore Happy Hour (FL)

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

Thursday, Jan. 9

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

9:00: Strength & Stretch Class (GX & CH 971)

9:00: Chess (LR)

9:30: Market Place Sale (MP)

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

10:00: Ceramics (AS)

10:45: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)

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

11:00: Replay of Teaching Company (CH 972)

11:00: Wii Bowling (GX)

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

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

1:00: Library Committee Meeting (RCR)

1:15: Mind & Movement (GX)

2:00: Knitters and Crocheters (CHP)

2:00: Marketing Committee (RCR)

2:00: Open Studio (AS)

2:15: Advanced Line Dancing (GX)

3:00: Book Talk: *A Radical Suffragist* (AUD & CH 973)

3:00: GHA Players Meeting (RCR)

7:15: Movie: *Fly Me to the Moon* (CH 972)

Fly Me to the Moon (2024), PG-13, Romantic Comedy, 2h 12m. Cast: Scarlett Johansson, Channing Tatum, Woody Harrelson. Marketing maven Kelly Jones wreaks havoc on NASA launch director Cole Davis's already difficult task. When the White House deems the mission too important to fail, the countdown truly begins.

Friday, Jan. 10

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

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

9:45: Shuttle to Target (LBY, Sign-up Required)

10:00: Replay of Thursday Movie: *Fly Me to the Moon* (CH 972)

10:30: GHA Encore Chorale Rehearsal – Canceled

1:30: Shanghai (LR)

2:00: Quilting Bees (BR)

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

4:00: Fillmore Happy Hour (FL)

4:00: "Shapes" Exhibition of Photographs Reception (ASG)

4:15: Afternoon Concert with Jerry Roman (AUD)

4:30: Advanced Tai Chi (GX)

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

Saturday, Jan. 11

8:15: Classical Stretch (GX)

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

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

10:30: Saturday Morning Live: **Dr. Theresa Sabonis-Helf** (AUD & CH 973)

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

3:00: Weekend Wii Bowling (GX)

Sunday, Jan. 12

- 8:15: Classical Stretch (GX)
9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
6:30: Movie: *Wolfs* (CH 972)
Wolfs (2024), Crime/Thriller, R, 1h 48m. Cast: George Clooney, Brad Pitt, Amy Ryan. Two rival fixers cross paths when they're both called in to help cover up a prominent New York official's misstep. Over one explosive night, they'll have to set aside their petty grievances and their egos to finish the job.

Richmond & Dominion

Sunday, Jan. 5

- 9:00: Holy Eucharist for Epiphany (CHP & CH 974)
10:30: Holy Eucharist for Epiphany (AUD & CH 973)
2:30: Open Recreation (Assisted Living — All)
6:30: Movie: *The English Patient* (CH 972) (See page 9.)

Monday, Jan. 6

- 9:30: Aqua Fun (POOL)

- 10:00: BYOConversation: The Many Faces of "Family" (LR)
10:00: Catholic Mass & Rosary (CHP & CH 974)
10:00: Communications Committee Meeting (RCR)
11:00: Body & Balance Exercise Program (GX)
11:00: Just Dance Class (AUD-A)
12:00: German Conversation Table (Bistro Table 11)
12:45: Pop-up DASH Bus/Metro Trip: Arthur M. Sackler Gallery (LBY, Sign-up Required)
3:00: Wheel of Fortune on the Wii (DDR)
3:30: Seated Meditation (CHP & CH 974)
4:00: Fillmore Happy Hour — Canceled
4:30: Birthday Party (LR)

Tuesday, Jan. 7

- 10:00: Seated Strength (GX & CH 975)
10:00: Residents' Council Meeting (RCR)
10:30: Conversation Around the Water Cooler (Dominion Conference Room)
11:00: Bible Study — Canceled
1:00: Art & Sound Meditation (RCR)
1:15: Mind & Movement (GX)

- 1:30: Mah Jongg (LR)
 2:00: Movie: *L.A. Confidential* (CH 972)
 (See page 10.)
**3:00: By Hand: Creative Writers
 Group – Canceled**
 3:00: Tea Timers (RDR)

Wednesday, Jan. 8

- 9:30: Aqua Fun – Canceled**
 9:30: Market Place Accepts Donations
 (MP)
 11:00: Body & Balance Exercise
 Program (GX)
 11:00: Prayer Group (CHP)
 11:00: Resident Activities Committee
 (RCR)
 11:00: Teaching Company – *The
 Agency: A History of the CIA* (CH 972)
 1:00: Duplicate Bridge (LR)
 1:30: Crafter Corner: Snow Bird
 Painting (RAR)
 2:00: Chapel Outreach Committee
 (RCR & Zoom link available from
 resident John Berry)
 2:00: *The Christmas Revels: An English
 Country Christmas* (AUD & CH 973)
 4:00: Fillmore Happy Hour (FL)
 4:00: Pop-up Technology Assistance
 (LBY)

Thursday, Jan. 9

- 9:00: Chess (LR)
 9:30: Market Place Sale (MP)
 10:00: Seated Strength (GX & CH 975)
 10:00: Ceramics (AS)
 10:30: Dominion Resident Council
 Meeting (DDR)
 10:45: Talking Books Librarian (Library
 Work Room or in your apartment by
 appointment; call 703-824-1583)
 11:00: Scripture, Songs & Prayers
 (AUD & CH 973)
 11:00: Replay of Teaching Company
 (CH 972)
 12:00: French Conversation Table
 (Bistro Table 11)
**1:00: GHA Bell Ringers Choir –
 Canceled until March**
 1:15: Mind & Movement (GX)
 1:45: Music Therapy with Abby (DDR)
 2:00: Open Studio (AS)
 3:00: Book Talk: *A Radical Suffragist*
 (AUD & CH 973)
 7:15: Movie: *Fly Me to the Moon*
 (CH 972) (See page 11.)

Friday, Jan. 10

- 10:00: Replay of Thursday Movie: *Fly
 Me to the Moon* (CH 972) (See page 11.)

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

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

4:00: Fillmore Happy Hour (FL)

4:00: “Shapes” Exhibition of Photographs Reception (ASG)

4:15: Afternoon Concert with Jerry Roman (AUD)

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

Saturday, Jan. 11

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

10:30: Saturday Morning Live: **Dr. Theresa Sabonis-Helf** (AUD & CH 973)

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

3:00: Weekend Wii Bowling (GX)

Sunday, Jan. 12

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

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

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

6:30: Movie: *Wolfs* (CH 972)
(See page 12.)

Small Houses Schedule

Sunday, Jan. 5

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

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

11:30: Chaplain Visits (SH-A)

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

6:30: Movie: *The English Patient* (CH 972) (See page 9.)

Monday, Jan. 6

10:00: BYOConversation: The Many Faces of “Family” (LR)

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

10:00: Communications Committee Meeting (RCR)

10:30: Seated Exercise (OQ)

11:00: Small House Bell Choir (RP)

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

12:45: Pop-up DASH Bus/Metro Trip: Arthur M. Sackler Gallery (LBY, Sign-up Required)

1:30: Music Therapy with Abby (OQ)

- 2:45: Tea Party (WL)
- 3:00: Volunteer Visits (SH-A)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour — Canceled**

Tuesday, Jan. 7

- 10:00: Seated Strength (GX & CH 975)
- 10:00: Residents' Council Meeting (RCR)
- 11:00: Bible Study — Canceled**
- 11:00: Nature Club (SH-A)
- 2:00: Movie: *L.A. Confidential* (CH 972)
(See page 10.)
- 3:30: Individual Visits with Ted (SH-A)
- 6:30: Music Therapy with Abigail (OQ)

Wednesday, Jan. 8

- 9:30: Market Place Accepts Donations (MP)
- 10:30: Music and Movement (Rappahannock Den)
- 11:00: Art with Alison (BL)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company — *The Agency: A History of the CIA* (CH 972)
- 11:00: Visits with Miranda (SH-A)

- 2:00: Exercise with Christie — Canceled**

- 2:00: Chapel Outreach Committee (RCR & Zoom link available from resident John Berry)
- 2:00: *The Christmas Revels: An English Country Christmas* (AUD & CH 973)
- 2:30: Elvis Documentary (CH 971)
- 2:30: Small House Resident Council (Meherrin Den)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)
- 6:30: Games with Ted (OQ)

Thursday, Jan. 9

- 9:00: Chess (LR)
- 9:30: Market Place Sale (MP)
- 10:00: Seated Strength (GX & CH 975)
- 10:45: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)
- 11:00: Scripture, Songs & Prayers (AUD & CH 973)
- 11:00: Replay of Teaching Company (CH 972)
- 12:00: Chaplain Visits (SH-A)
- 12:00: French Conversation Table (Bistro Table 11)
- 2:30: Movie Matinee (CH 972)

3:00: Book Talk: *A Radical Suffragist*
(AUD & CH 973)

3:00: Volunteer Visits (SH-A)

7:15: Movie: *Fly Me to the Moon*
(CH 972) (See page 11.)

Friday, Jan. 10

10:00: Replay of Thursday Movie: *Fly Me to the Moon* (CH 972) (See page 11.)

11:00: News Discussion Group (SN)

2:45: Record Singles Day (OQ)

3:00: Music Therapy (WL)

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

4:00: Fillmore Happy Hour (FL)

4:00: "Shapes" Exhibition of
Photographs Reception (ASG)

4:15: Afternoon Concert with Jerry
Roman (AUD)

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

Saturday, Jan. 11

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

10:30: Licks of Love Dog Visits (SH-A)

10:30: Saturday Morning Live: **Dr.
Theresa Sabonis-Helf** (AUD & CH 973)

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

Sunday, Jan. 12

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

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

11:30: Chaplain Visits (SH-A)

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

6:30: Movie: *Wolfs* (CH 972)
(See page 12.)