

Two unidentified gentlemen appeared at the Jan. 13 BYOConversation session entitled, "A Laugh-In," hosted by resident **Jonathan Bryan**. Not that there are ever any winter doldrums at GHA, the laughter generated by residents' stories ensured a bright day for the 40 in attendance.

## Wedding Photos Sought

Valentine's Day is around the corner, and Life Enrichment would love to display your wedding photos. If you have a photo you would like to share, please send or bring to **Jen Bennett** in Life Enrichment or email to [jbennett@goodwinliving.org](mailto:jbennett@goodwinliving.org). A copy will be made of your photo and the original will be returned to you.



*Jennifer Bennett, Events Coordinator*

## Culmore Clinic Seeks Volunteer Application Screener

The GHA Outreach Committee helps to support the ongoing needs of the



Culmore Clinic, a non-profit healthcare clinic offering healthcare resources to uninsured residents living in and around Bailey's Crossroads. Budgeted expenses are matched by more than two to one by donated time and services.

The Clinic is currently seeking the services of a Volunteer Applicant Screener, who will support their volunteer coordinator in reviewing and following up on volunteer applications. This job can either be done onsite or remotely.

Interested residents should contact resident **Sheila Hoben** and/or **Monica Travel**, Volunteer Coordinator at [MonicaT@CulmoreClinic.org](mailto:MonicaT@CulmoreClinic.org) or 571-441-0135. To learn more, go to [culmoreclinic.org](http://culmoreclinic.org).

*Sheila Hoben, Liaison  
Memorial Chapel Outreach Committee*

## Dick's Teaser

Homonyms are two or more words that sound the same, but have different meanings and/or spellings. For example, the clue, "Things you wear; opposite of 'to open,'" would lead to the words clothes, close. Can you find the homonyms that fit the following definitions? See the solutions on page 7.

1. A hollow or empty space; the entire thing.
2. Wound by scratching or tearing; shopping center.
3. A pudding-like dessert; a large animal with antlers.
4. A bed on a train; the beginning of a life.
5. A plank of timber; wearied and uninterested.
6. Young bird's squeaky sound; stingy and miserly.

*Dick Pellerin, Resident*

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*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](mailto: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.*

## GHA Renovation Update

As written in last week's edition of the *Gazette*, the Resident Council has been involved in the planning and decision-making process of the upcoming renovation. The Council continues to advocate for transparency and open lines of communication between residents and the renovation team, ensuring you are always informed and your concerns are addressed.

Last week, the article in the *Gazette* focused on improving team members' spaces in the Mixing Bowl.

The next goal is to improve exterior spaces for the residents in the Small Houses. One suggestion is courtyard terraces: adding Small House terraces to floors 2 through 5. These terraces would overlook the courtyard so residents could enjoy concerts and time outside. The proposal provides entries from both Small Houses on each floor through their common areas. The design provides outdoor seating overlooking the courtyard.

*Barbara D'Agostino, Executive Director*

### In Memoriam

**BARBARA RAMSDELL**

Died January 14, 2025

## Announcements

### Now's the Time: Share Your Thoughts on the 2026 Budget

Although 2025 has just begun, it will soon be time for management to start thinking about the 2026 budget – and you can help! While you can always provide input to the Resident Council (RC) committees, the best time to share your thoughts is now, during the initial planning phase.

With this in mind, the RC Finance Committee is working to make it a little easier. Within the next several weeks, the Finance Committee will use multiple communication vehicles to share dates, contact points and the means by which you can provide your budget input. The list of contact points will include all committees (formal RC committees and others, such as the Library Committee). When providing input, simply choose one of the identified methods that is easiest for you. All input will be shared with the appropriate committees and department heads, as well as senior management.

Additional information will be provided soon.

*RC Finance Committee*

## Around GHA

### Library News



In December, the Library circulated 283 books and six DVDs.

The top circulating book, *Ocean Prey* by John Sanford, was checked out four times. Four other mysteries, *Karla's Choice*, *The Blue Hour*, *The Grey Wolf* and *The Shattered Tree*, were checked out three times each.

A memoir, *And Furthermore* by Judi Dench, was checked out three times. Again, Jacqueline Winspear was the top circulating author (18), followed by Donna Leon (8), Martin Walker (7) and John Sanford (7).

*Dale Brown, Library Committee*

### Green Team Hints

To reduce junk mail, the FTC recommends [DMAchoice.org](https://www.ftc.gov/0cc18268-f701-4438-a325-41b436447597). Effective for 10 years, there is a \$4 processing fee to register.

### COVID-19 Numbers

#### Cases as of Jan. 17, 2024

Independent Living: 1

Assisted Living: 0

Small Houses: 0

Team Members: 1



## New GHA Residents!

### Linda Williams



When Linda Williams moved to Alexandria after 50 years in Lynchburg, it was a homecoming of sorts. As a child, Linda lived in

Old Town and later in the Mt. Vernon area. The walls of her comfortable apartment testify to her long career as an art teacher, featuring both her watercolors and oils, as well as works by friends.

Linda graduated from Radford University and began a 38-year career as an art teacher at E.C. Glass High School in Lynchburg. After Linda earned a degree in administration from Lynchburg University, she became head of the school's Cultural Arts Department.

Linda continues to paint and most recently completed a commission for a relative. She spends considerable time in the Art Studio and looks forward to spending more time there, as well as to participating in many other activities.

### Kate Fisken



Kate Fisken moved to GHA after living in downtown Bethesda for 23 years. Sadly, Kate's husband of 56 years, Bernard (Bernie) Joseph Fisken, died Nov. 16, 2024.

Kate is a graduate of Whittier College and served in the Peace Corps in India from 1964 to 1966. Upon returning to California, she established an ESL program and day care program for the Latino community in Mountain View, Calif. and again in Redlands, Calif.

Kate and Bernie have two sons and five grandchildren. She enjoys swimming, exercising, traveling, reading, gardening, bird watching and cooking. Kate has long been active in Maryland Senior Olympics and looks forward to joining the Alexandria Masters Swimming team.

## Events: This Week



### BYOConversation: “I Have a Dream!”

**10-10:45 a.m. Monday, Jan. 20 | Living Room**

Martin Luther King, Jr., had a dream for America’s civic values. On this morning of MLK Day let’s discuss the civic values we want for America.

For this BYOConversation, “civic values” are broader than family values; they are values expected in all citizens – such as societal compassion, responsibility, forgiveness, gratitude, honesty, interdependence, integrity, loving (caring for others), loyalty, etc.

For starters, you could choose (from the list or otherwise) an attribute that you value for its civic benefits and for its necessity to prevent civic harm. And tell us why. We could develop an

interesting discussion of our various hopes for — and experiences with — civic values.

BYOConversation gathers residents, team members and guests for open discussions on a given topic. Some speak, some just listen. Microphones ensure audibility. Welcome!



*Jonathan Bryan, Resident*

### Saturday Morning Live: Eman Blair

**On Realities of U.S. Influence in Africa: A Critical Assessment**

**10:30-11:30 a.m. Saturday, Jan. 25 | Auditorium**

Several recent studies project that by the end of this century, Africa will be the only continent experiencing population growth. Thirteen of the world’s 20 biggest urban areas will be in Africa and a third of the world’s population will be African by the end of the century. It has abundant natural resources and is developing economically at a brisk pace.



Africa is of strategic importance to the U.S., as well as to countries like China. Its growing weight will affect the balance of power in the world order. Eman Blair will give us her perspective on the U.S. attitude and policy towards Africa,

as one who has had experience on the ground, and discuss her view on the way ahead.

Eman was awarded the Distinguished Career Intelligence Medal for her more than 20 years of service in the CIA. She is currently the Senior Vice President for Technology Advancement and the Special Advisor to the CEO of the Pentagon Federal Credit Union, responsible for overseeing the successful implementation of AI across the institution.

Come join us in what should be a provocative, enlightening session.



*Speakers Forum*

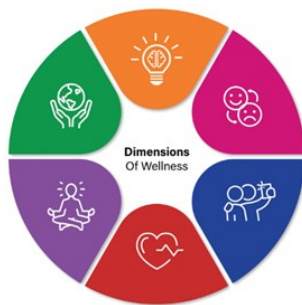
## Events: Looking Ahead

### New Year's SMART Goals Workshop

**11:30 a.m.-1:30 p.m. Tuesday, Jan. 28 | Lobby**

How do you want to embrace wellness in 2025? Join the Wellness Advance Team for a SMART goal-setting workshop.

Whether your goal relates to physical, emotional, intellectual, spiritual, communal or social wellness, SMART goals help you make your goal a reality by being Specific, Measurable, Attainable, Realistic and Timely. No sign-up is required to attend.



The Wellness Program is here to help you make 2025 the best year yet!

During the event, we will also distribute a Fitness Bingo Challenge that will run from Jan. 28 to Feb. 11.



*Wellness Advance Team*

### Wandering Docent Talk

"Americans at Work: Tinker, Tailor, Soldier, Sailor"

**2-3 p.m. Tuesday, Jan. 28 | Auditorium and Channel 973**

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. The title of this month's talk is "Americans at Work: Tinker, Tailor, Soldier, Sailor."



*Jennifer Bennett, Events Coordinator*

### Used Clothing, Bedding Drive, Plus New Toiletries

**9-11:30 a.m. Wednesday, Jan. 29 | Game Room (G1, Tower Building)**

The Memorial Chapel Outreach Committee will again be collecting used, but clean, clothing and bedding. As part of our semi-annual support for the Culmore Clinic, we will also collect toiletries, whether mini-size from hotel stays or full size in new, unopened

condition. Consider that your family members may be happy to be invited to participate in this effort. The Clinic has shared it would be especially helpful to receive feminine hygiene items.

Questions may be addressed to resident **Carl Miller**, head of the Clothing Collection sub-committee.



*Carl Miller, Resident*

## Tour the Kitchen with the Executive Chef

**10-11 a.m. Thursday, Jan. 30 | Bistro**

Get a behind-the-scenes look at Dining Services. The tour will last approximately one hour and groups are limited to eight. Please sign-up in the Activities Binder under Dining Services starting 10 a.m. Monday, Jan. 20.



*Daniel Keiper,  
Assistant Director of Dining Services*

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## Dick's Teaser Solutions

1. Hole and whole
2. Maul and mall
3. Mousse and moose
4. Bearth and birth
5. Board and bored
6. Cheep and cheap

*Dick Pellerin, Resident*

## Chaplaincy Services

### Prayers for Our Nation

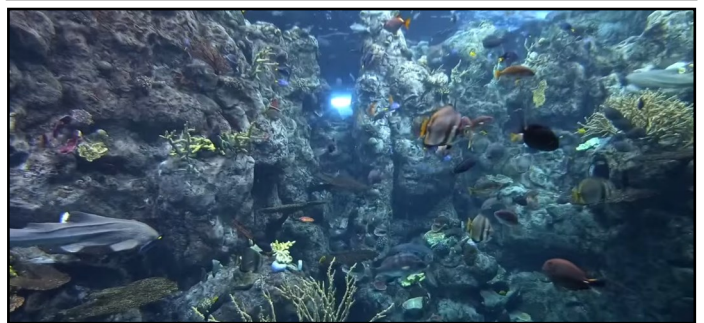
**11 a.m. Monday, Jan. 20 | Chapel and Channel 974**

On a day also known as a National Day of Service honoring the dream and vision of The Rev. Martin Luther King, Jr., of freedom and respect for all people, join Chaplain Bruce in prayers for our nation as a new administration is inaugurated. A booklet of prayers will be available in the Memorial Chapel and in Uniguest under Chaplaincy Notes.



*Bruce Stewart, Director of Chaplaincy*

## Link of the Week



[This Tropical Reef Camera](#) is a live feed from the Aquarium of the Pacific, located in Long Beach, Calif. The exhibit is modeled after the coast of Palau and houses more than 1,000 animals. Go to [explore.org](https://www.explore.org) and search "Tropical Reef Camera."

*Pat Gottemoeller, Resident*

## Event Reminders

**Mind & Movement class**, 1:15-2 p.m.  
Tuesdays & Thursdays | Group Fitness  
Studio.

**“Shapes” Exhibition of Photographs  
by GHA Photo Club**, Runs through  
Feb. 19 | Art Studio Gallery.

**“Natural Reflections” Exhibition of  
Photographs by Howard Clare**, Runs  
through Feb. 25 | Small House Gallery.

**Lunch & Learn: Washington Bach  
Consort**, Noon-1 p.m. Saturday, Jan. 18  
| Auditorium.

**GHA Clinic/Medical Presentation**,  
1-2 p.m. Tuesday, Jan. 21 | Fillmore  
Lounge.

**Waiter’s Table**, 5:30 p.m. Tuesday,  
Jan. 21 | Alexandria Dining Room,  
Sign-up Required.

**Evening Concert with Jesse Palidofsky**,  
7:30-8:30 p.m. Tuesday, Jan. 21 | Audito-  
rium.

**Evening Concert with the Washington  
Bach Consort**, 7:30-8:30 p.m. Wednes-  
day, Jan. 22 | Auditorium.

**Pop-Up Made in ALX Vendor Market**,  
10 a.m.-3 p.m. Saturday, Jan. 25 | Living  
Room.

**StrongerMemory Group**, 10-11 a.m.  
Wednesdays, starting Jan. 29 | Fillmore  
Lounge.

## Cancellations

The following regularly scheduled  
events have been canceled:

### Monday, Jan. 20

9:00: Fun & Fitness

9:30: Aqua Fun

10:00: Trail Blazers

11:00: Assisted Living Body & Balance  
Exercise Program

1:30: Small House Music Therapy with  
Abby

3:00: Environmental Services  
Committee

4:00: Fillmore Happy Hour

4:30: Monthly Meet & Greet

### Tuesday, Jan. 21

10:00: Bible Study

10:30: Assisted Living Conversation  
Around the Water Cooler

3:00: By Hand: Creative Writers Group

### Thursday, Jan. 23

1:00: GHA Bell Ringers Choir

### Friday, Jan. 24

10:30: GHA Encore Chorale Rehearsal

3:00: Small House Music Therapy



# The Weekly Schedule

Sunday, Jan. 19, 2025 — Sunday, Jan. 26, 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](http://www.gh-a.org)\*\**

## Sunday, Jan. 19

- 8:15: Classical Stretch (GX)  
9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
6:30: Movie: *Mank* (CH 972)  
*Mank* (2020), R, Period Drama/  
Biography, 2h 11m. Cast: Gary Oldman,  
Amanda Seyfried, Lily Collins. 1930s  
Hollywood is re-evaluated through the  
eyes of scathing social critic and  
alcoholic screenwriter Herman J.  
Mankiewicz as he races to finish the  
screenplay of *Citizen Kane* (1941).

## Monday, Jan. 20

- 9:00: **Fun & Fitness — Canceled**  
9:30: **Aqua Fun — Canceled**  
10:00: BYOConversation: "I Have a  
Dream" (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 — Canceled**  
11:00: Just Dance Class (AUD)

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

1:00: Beginning Line Dancing (GX)

**3:00: Environmental Services  
Committee — Canceled**

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

**4:00: Fillmore Happy Hour —  
Canceled**

**4:30: Monthly Meet & Greet —  
Rescheduled for Jan. 27**

## Tuesday, Jan. 21

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 Management and  
Security Committee (RCR)

**11:00: Bible Study — Canceled**

- 11:00: Movie Committee (BR)
- 1:00: Art & Sound Meditation (RCR)
- 1:00: GHA Clinic/Medical Presentation (FL)
- 1:15: Mind & Movement (GX)
- 1:30: Mah Jongg (AR)
- 2:00: GHA Book Club (RCR)
- 2:00: Resident Health Services Committee (FL)
- 2:00: Wii Bowling (GX)
- 2:00: Movie: *Dreamgirls* (CH 972)  
*Dreamgirls* (2006), PG-13, Drama/Musical, 2h 10m. Cast: Beyoncé, Jamie Foxx, Eddie Murphy. A trio of black female soul singers cross over to the pop charts in the early 1960s, facing their own personal struggles along the way.
- 3:00: By Hand: Creative Writers Group – Canceled**
- 4:30: Advanced Tai Chi (GX)
- 5:30: Waiter's Table (The Alexandria Dining Room, Sign-up Required)
- 7:30: Evening Concert with Jesse Palidofsky (AUD)

### Wednesday, Jan. 22

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Accepts Donations (MP)

- 10:00: Therapist-Led Exercise Class (GX)
- 10:00: StrongerMemory Group Returns! (FL)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company – *The Agency: A History of the CIA* (CH 972)  
 Lecture 5 – *Regime Change in Guatemala*  
 Lecture 6 – *Operation Rollback in Eastern Europe*
- 1:00: Duplicate Bridge (LR)
- 2:00: Caregiver Support Group (BR)
- 2:00: Pickleball (GX)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)
- 7:30: Evening Concert with the Washington Bach Consort (AUD)

### Thursday, Jan. 23

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Strength & Stretch Class (GX & CH 975)
- 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: Newcomers Group (BR)

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

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

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

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

1:15: Mind & Movement (GX)

1:30: Dining Committee (AR)

2:00: Knitters and Crocheters (CHP)

2:00: Wii Bowling (GX)

2:00: Open Studio (AS)

2:30: Market Place Sale (MP)

3:00: GHA Players Meeting (RCR)

3:00: Advanced Line Dancing (GX)

7:15: Movie: *It Ends With Us* (CH 972)  
*It Ends With Us* (2024), PG-13, Drama/Romance, 2h 10m. Cast: Blake Lively, Justin Baldoni, Jenny Slate. When a woman's first love suddenly reenters her life, her relationship with a charming, but abusive neurosurgeon is upended and she realizes she must learn to rely on her own strength to make an impossible choice for her future.

## Friday, Jan. 24

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

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

10:00: Replay of Thursday Movie: *It Ends With Us* (CH 972) (See page 11.)

10:00: Vendor: Harun's African Art and Jewelry and Avon (CC)

**10:30: GHA Encore Chorale Rehearsal — Canceled until Jan. 31**

1:30: Shanghai

2:00: Quilting Bees (BR)

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

4:00: Fillmore Happy Hour (FL)

4:30: Advanced Tai Chi (GX)

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

## Saturday, Jan. 25

8:15: Classical Stretch (GX)

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

10:00: Pop-Up Vendor Market (LR & CC)

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

10:30: Saturday Morning Live: Eman Blair (AUD & CH 973)

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

3:00: Weekend Wii Bowling (GX)

7:15: Movie: *Along Came a Spider* (CH 972)

*Along Came a Spider* (2001), R, Thriller/Mystery, 1h 44m. Cast: Morgan Freeman, Michael Wincott, Monica Potter. When a senator's daughter under Secret Service protection is kidnapped from a private school, detective Alex Cross investigates the case even though he's recovering from the loss of his partner.

## Sunday, Jan. 26

8:15: Classical Stretch (GX)

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

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

6:30: Movie: *The Lady in the Van* (CH 972)

*The Lady in the Van* (2015), PG-13, Comedy/Drama, 1h 44m. Cast: Maggie Smith, Alex Jennings, Jim Broadbent. A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway

## **Richmond & Dominion**

## Sunday, Jan. 19

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

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

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

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

## Monday, Jan. 20

**9:30: Aqua Fun – Canceled**

10:00: BYOConversation: "I Have a Dream" (LR)

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

**11:00: Body & Balance Exercise Program – Canceled**

11:00: Just Dance Class (AUD)

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

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

**4:00: Fillmore Happy Hour – Canceled**

## Tuesday, Jan. 21

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

10:00: Facilities Management and Security 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)
- 1:00: GHA Clinic/Medical Presentation (FL)
- 1:15: Mind & Movement (GX)
- 1:30: Mah Jongg (AR)
- 2:00: Resident Health Services Committee (FL)
- 2:00: Wii Bowling (GX)
- 2:00: Movie: *Dreamgirls* (CH 972)  
(See page 10.)

### 3:00: By Hand: Creative Writers Group — Canceled

- 3:00: Music with Jesse (RDR)
- 5:30: Waiter's Table (The Alexandria Dining Room)
- 7:30: Evening Concert with Jesse Palidofsky (AUD)

## Wednesday, Jan. 22

- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Accepts Donations (MP)
- 10:00: Therapist-Led Exercise Class (GX)
- 11:00: Body & Balance Exercise Program (GX)
- 11:00: Prayer Group (CHP)

11:00: Teaching Company — *The Agency: A History of the CIA* (CH 972)  
(See page 10.)

- 1:00: Duplicate Bridge (LR)
- 1:30: Winter Trivia (RAR)
- 2:00: Caregiver Support Group (BR)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBV)
- 7:30: Evening Concert with the Washington Bach Consort (AUD)

## Thursday, Jan. 23

- 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: Repeat of Teaching Company — *The Agency: A History of the CIA* (CH 972)  
(See page 10.)
- 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: Wii Bowling — New Time! (GX)
- 2:00: Open Studio (AS)
- 2:30: Therapist Led Seated Exercise (RAR)
- 2:30: Market Place Sale (MP)
- 7:15: Movie: *It Ends With Us* (CH 972) (See page 11.)

### Friday, Jan. 24

- 10:00: Replay of Thursday Movie: *It Ends With Us* (CH 972) (See page 11.)
- 10:00: Vendor: Harun's African Art and Jewelry (CC)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 11:00: Artist Talk with Adrienne Wyman (RAR)
- 2:00: Movie Matinee: *Casablanca* (RAR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

### Saturday, Jan. 25

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

- 10:00: Pop-Up Vendor Market (LR)
- 10:30: Saturday Morning Live: Eman Blair (AUD & CH 973)
- 2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 3:00: Weekend Wii Bowling (GX)
- 7:15: Movie: *Along Came a Spider* (CH 972) (See page 12.)

### Sunday, Jan. 26

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 2:30: Open Recreation (Assisted Living — All)
- 3:30: Poetry Club (RAR)
- 6:30: Movie: *The Lady in the Van* (CH 972) (See page 12.)

## Small Houses Schedule

### Sunday, Jan. 19

- 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: *Mank* (CH 972) (See page 9.)

## Monday, Jan. 20

- 10:00: BYOConversation: "I Have a Dream" (LR)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 10:30: Seated Exercise (Ch. 971)
- 11:00: Small House Bell Choir (RP)
- 12:00: German Conversation Table (Bistro Table 11)
- 1:30: Music Therapy with Abby — Canceled**
- 2:45: MLK Day: Tea & History (MH)
- 3:00: Volunteer Visits (SH-A)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour — Canceled**

## Tuesday, Jan. 21

- 10:00: Seated Strength (GX & CH 975)
- 11:00: Bible Study — Canceled**
- 11:00: Nature Club (SH-A)
- 1:00: GHA Clinic/Medical Presentation (FL)
- 2:00: Resident Health Services Committee (FL)
- 2:00: Movie: *Dreamgirls* (CH 972) (See page 10.)

- 3:30: Individual Visits with Ted (SH-A)
- 4:00: Care Partner-Led Programming (OQ & WL)
- 5:30: Waiter's Table (The Alexandria Dining Room)
- 6:30: Music Therapy with Abigail (OQ)
- 7:30: Evening Concert with Jesse Palidofsky (AUD)

## Wednesday, Jan. 22

- 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) (See page 10.)
- 11:00: Visits with Miranda (SH-A)
- 2:00: Caregiver Support Group (BR)
- 2:00: Exercise with Christie (MH)
- 2:45: Brain Games: Flower Arranging (BL)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)
- 6:00: Games with Ted (OQ)
- 7:30: Evening Concert with the

Washington Bach Consort (AUD)

## Thursday, Jan. 23

- 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: Repeat of Teaching Company — *The Agency: A History of the CIA* (CH 972) (See page 10.)  
12:00: Chaplain Visits (SH-A)  
12:00: French Conversation Table (Bistro Table 11)  
2:30: Movie Matinee (CH 972)  
2:30: Market Place Sale (MP)  
3:00: Volunteer Visits (SH-A)  
7:15: Movie: *It Ends With Us* (CH 972) (See page 11.)

## Friday, Jan. 24

- 10:00: Replay of Thursday Movie: *It Ends With Us* (CH 972) (See page 11.)  
11:00: Care Partner-Led Programming (OQ & WL)  
11:00: News Discussion Group (SN)

- 2:45: Snickerdoodle Baking Party (ST)  
3:00: **Music Therapy — Canceled**  
3:30: Seated Meditation (CHP & CH 974)  
4:00: Fillmore Happy Hour (FL)  
4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

## Saturday, Jan. 25

- 9:30: Pop-up Technology Assistance (LBY)  
10:30: Licks of Love Dog Visits (SH-A)  
10:30: Saturday Morning Live: Eman Blair (AUD & CH 973)  
2:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971)  
3:00: Remembering Etta James (OQ)  
7:15: Movie: *Along Came a Spider* (CH 972) (See page 12.)

## Sunday, Jan. 26

- 9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
11:30: Chaplain Visits (SH-A)  
1:30: Winter Pair Up (OQ)  
3:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)  
6:30: Movie: *The Lady in the Van* (CH 972) (See page 12.)