



February 1, 2025

4800 Fillmore Avenue, Alexandria, VA 22311



**And the Winner is ...** The 9-ball pool tournament came down to the final shot in the third game of the best of three championship match between **Karl VanNewkirk** and **Len Thunberg**. Karl won the match and was undefeated through all five rounds of the tournament. Len was runner-up; and tied for third place were **Bob Jones** and **George White**. Congratulations to Karl and Len for their excellent play and to the other 14 residents who played in the tournament.

*Dennis Detlef, Resident*

## GHA Welcomes Christine Dziedzic

GHA is excited to welcome **Christine Dziedzic** as the new Assisted Living Administrator. She will be joining the community on Feb. 24.



Christine  
Dziedzic

Christine comes to us with a deep commitment to long-term care, having completed her Administrator-in-Training at Goodwin House Bailey's Crossroads under the mentorship of Associate Executive Director, Karen Doyle.

A Northern Virginia native and a graduate of the University of Virginia, Christine is both a Licensed Nursing Home Administrator and a Licensed Assisted Living Administrator. Most recently, she served as the Memory Care Coordinator at a senior living community in Alexandria. Christine is excited to rejoin Goodwin Living and bring her passion and commitment to a new role.

*Jackie Scholar,  
Licensed Nursing Home Administrator*

## In Memoriam

**Barbara Perkins**

Died January 23, 2025

**Mary Ann Coffland**

Died January 29, 2025

## COVID-19 Numbers

### Cases as of Jan. 30, 2024

Independent Living: 1

Assisted Living: 0

Small Houses: 0

Team Members: 0

## Green Team Hints

Worldwide, one million plastic bottles are purchased every minute and end up in a landfill. Half of all plastic produced is single-use. Use a reusable water bottle!

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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.*

## DEIB Celebrations & Observances

*"Memories of our lives, of our works and our deeds will continue in others."*

— Rosa Parks

### February is Black History Month

Growing up in the segregated South, Rosa Parks was frequently confronted with racial discrimination and violence. She became active in the [Civil Rights movement](#) at a young age.



Rosa Parks.  
Photo credit  
National Women's History Museum

By the time Parks boarded the bus in 1955, she was an established organizer and leader in Alabama's Civil Rights Movement. Parks not only showed active resistance by refusing to move to the back of the bus, she also helped organize and plan the Montgomery Bus Boycott.

Many have tried to diminish Parks' role in the boycott by depicting her as a seamstress who simply did not want to move because she was tired. Parks denied the claim, and years later, revealed her true motivation:

"People always say that I didn't give up my seat because I was tired, but that isn't true. I was not tired physically, or no more tired than I usually was at the end of a working day. I was not old, although some people have an image of

me as being old then. I was 42. No, the only tired I was, was tired of giving in.”

Learn more about Rosa Parks [in this article by Arlisha Norwood](#).

## Celebrations & Observances

February is also American Heart Month and Low Vision Awareness Month.

- Feb. 14: Giving Day/Valentine’s Day
- Feb. 17: Presidents’ Day
- Feb. 28: Ramadan begins (evening)

*Diversity, Equity, Inclusion and Belonging Committee*

## Dick’s Teaser

Find the missing numbers in the following list of expressions and titles. See the solutions on page 10.

\_\_\_\_\_ Minutes (TV)

\_\_\_\_\_ minutes of fame

\_\_\_\_\_ Pennsylvania Avenue

\_\_\_\_\_ Sunset Strip (TV)

\_\_\_\_\_ wheel drive

\_\_\_\_\_ Heinz varieties

\_\_\_\_\_ keys on a piano

\_\_\_\_\_ Arabian Nights

The \_\_\_\_\_ Steps

\_\_\_\_\_ degrees of separation

*Dick Pellerin, Resident*

## GHA Renovation Update

As written in the Jan. 18 edition of the *Gazette*, the Residents’ Council has been involved in the planning and decision-making process of the upcoming repositioning project to ensure residents are represented and their concerns are addressed. Our resident focus groups began with 63 residents who contributed ideas they thought would be helpful and appreciated. This input was in addition to the information submitted through the HCM feedback postcards. The residents’ concerns, thoughts, preferences, etc. have been and will be considered in the planning process.

The goals we have been communicating are for residents to have an idea of the concepts HCM is working on in response to resident input. GHBC residents are going through a similar process.

Last week, the article in the *Gazette* focused on improving exterior spaces for the residents in the Small Houses by considering adding terraces to floors 2 through 5. The next goal is for all projects to include upgrades for the following: Acoustics, technology, furniture and furnishings, art, and infrastructure and accessibility challenges. Specific upgrades will be determined during the future project design process.

*Barbara D’Agostino,  
Executive Director*



## Chaplaincy Services

### Spiritual Life Series: Tu B'Shevat

**3-4 p.m. Sunday, Feb. 9 | Auditorium**

Tu B'Shevat, also known as the New Year of the Trees, is an ancient way to celebrate the green trees of spring opening up. Join Rabbi Gail Fisher, Chaplain Bruce and several residents who will lead us in a ceremony of readings and music that includes mindfully sampling different kinds of fruits and drinks.



Please sign-up in the Activities Binder by Thursday, Feb. 6.

*Bruce Stewart, Director of Chaplaincy*

### Save the Date for Julia Child's Event

Curating the Julia Child Kitchen Exhibit at the Smithsonian Museum of American History

**2 p.m. March 5 | Auditorium**



Be sure to mark your calendar for this exciting conversation, featuring Paula Johnson, Curator and Public Historian at the Smithsonian National Museum of American

History in Washington D.C., and author of *Julia Child's Kitchen: The Design, Tools, Stories, and Legacy of an Iconic Space*.

*Brian Patterson, Goodwin Living Chef of Culinary Innovation and Development.*

### Self-Love Gift for February

Have you ever told yourself you would make your way to the gym but found ways to postpone that trip? Do you find that the machines are intimidating and you have no idea how to use them or what exercises to do?

Give yourself that gift and contact **Christie Thomas** at 703-824-1025 or [cthomas03@goodwinliving.org](mailto:cthomas03@goodwinliving.org) for an individually-designed program for three residents who are interested in starting an exercise regimen or upping their workout game.

*Christie Thomas,  
Fitness and Aquatics Specialist*

### February Birthday Cards



A binder of birthday cards for residents with February birthdays is now ready and available for fellow residents to write well wishes. It can be found next to the Activities Binder. At the end of the month, the cards will be distributed to their recipients.

*Lauren Budik,  
Communications Coordinator*



## New GHA Residents!

### Caroline Mayer



**Caroline Mayer**, along with her husband, **Gary Anthes** and dog, **Rosie**, moved into Apartment 1555 in December.

Caroline grew up in Omaha, Neb. She left Omaha to attend Tufts University and remained on the East Coast, moving to New York City for graduate school at the Columbia Graduate School of Journalism and Columbia's School of International Affairs, before settling in Washington, D.C. to start her journalism career.

Caroline worked at *Oil & Gas Journal*, *US News & World Report* and *The Washington Star*. When *The Star* closed, she moved to *The Washington Post*, where she remained as a reporter for 25 years. Caroline took a buyout in 2006, then freelanced for *Consumer Reports* and *Next Avenue*, a PBS website geared for the 50+ demographic.

Nowadays, Caroline loves to hike and travel, as does Gary. She also enjoys quilting and playing mahjong.

### Gary Anthes



**Gary Harrison Anthes** (GHA) joins his wife, **Caroline Mayer**, and a mini labradoodle, **Rosie**, in Apartment 1555.

Gary grew up in Waynesboro, Va. and Wilmington, Del. He attended Duke University and Harvard Business School. He served four years in the U.S. Navy, with tours in Vietnam and London.

During the first half of Gary's professional life, he worked in computer system design and IT consulting, mostly for American Management Systems in Arlington. At mid-life, influenced by Caroline, a reporter and writer, he switched to journalism, where he wrote about computer science and IT.

Since retirement, Gary has become an enthusiastic amateur photographer. Gary and Caroline have two daughters, Emily and Alison.

## Events: This Week

### BYOConversation — Being Indomitable: An Assessment

10-10:45 a.m. Monday, Feb. 3 | Living Room

Speaker A: "You must be kidding: no one's indomitable." Speaker B: "I am."

We use "indomitable" to praise certain people or groups. If you consider someone "indomitable," why? What was so praiseworthy? Do you admire any historical figures for being indomitable?

How would you explain indomitable to a curious youngster? Would you call it a virtue? The best synonym for indomitable: Untameable? Unyielding? Resolute? Persistent?

Explain how these differ: Being indomitable. Thinking you are indomitable. Deciding to be indomitable. Under pressure, in anxiety, when threatened, etc., have you ever been indomitable?

Is "being indomitable" like a toggle switch – either totally on or totally off? Or like a rheostat, adjustable ("a little indomitable")?

In BYOC, all residents, team members and guests are welcome. We gather in the Living Room every Monday morning to discuss the topic of the week. Microphones ensure audibility. C'mon in!

*Jonathan Bryan, Resident*

### StrongerMemory Group

10-11 a.m. Wednesday, Feb. 5 | Fillmore Lounge

*"StrongerMemory is an easy-to-use system for stimulating your thinking process. It has helped me to deal with temporary memory lapses and develop skills for retrieving thoughts from long ago."*

— Participant

Seeking ways to improve brain health? Improve memory, focus and recall with StrongerMemory. Join us for weekly StrongerMemory meetings! Each week we'll check in on the progress you've made independently working on StrongerMemory exercises and discuss interesting topics impacting brain health.

Interested in learning more? Feel free to attend a session. Please contact **Ellie Pettoni**, Brain Health Coordinator, at [epettoni@goodwinliving.org](mailto:epettoni@goodwinliving.org) or 703-578-7431.

*Ellie Pettoni,  
Brain Health Coordinator*

### Cookies & Conversation: GL CEO Rob Liebreich

1-2 p.m. Wednesday, Feb. 5 | Fillmore Lounge

Please join us for a special Cookies and Conversation with Goodwin Living CEO **Rob Liebreich**. This session is particularly useful for



new residents and/or anyone who has some “burning” questions or comments for our CEO. We look forward to seeing you!

*Residents’ Council*

## **Super Bowl Watch Party: Kansas City Chiefs vs. Philadelphia Eagles**

**6 p.m. Sunday, Feb. 9 | Fillmore  
Lounge**

There will be beer, wine and a limited selection of mixed drinks, as well as complimentary hors d’oeuvres for you to enjoy while you watch the game. \$7/beer and wine, \$8/mixed drinks.



*Daniel Keiper,  
Assistant Director of Dining Services*

## **Events: Looking Ahead**

### **Pop-Up DASH Bus/Metro Trip: National Museum of Women in the Arts**

**Wednesday, Feb. 12 | Lobby, Sign-up  
Required | Donations Appreciated  
Departure: 9:15 a.m.  
Return: 12:30 p.m.**

This is the first museum in the world solely dedicated to championing women in the arts. The collection includes still-life paintings from 1600s to cutting edge photography. See Mary Cassatt,

Frida Kahlo’s Self-Portrait dedicated to Leon Trotsky, Samantha Box exhibition of photography and more.

Must have a SmarTrip card with money on it and charged cellphone to participate. Spend about an hour or so in the museum and then come back via the Metro and bus. Travel time each way about 40 minutes; cost \$1.10 each way. A sign-up sheet will be available at 10 a.m. Monday, Feb. 3. Ten reservations have been made.

*Karen Thunberg, Resident  
Trips and Outings Committee*

### **Evening Concert with Big Fun Country**

**7:30-8:30 p.m. Wednesday, Feb. 12 |  
Auditorium**

Big Fun Country draws from the traditional Bluegrass catalog, familiar songs of Bill Monroe, the Stanley Brothers and more. They’re an energetic band of hot young pickers, consisting of a guitar, banjo and mandolin.

*Jennifer Bennett, Events Coordinator*

### **Afternoon Music and Trivia with Jerry Roman**

**4:15-5:15 p.m. Friday, Feb. 14 |  
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*



## Shuttle Service to ASO Concert

**7 p.m. Saturday, Feb. 15 | Lobby, Sign-up Required**

A shuttle will be provided to and from the Schlesinger Center for the upcoming Alexandria Symphony Concert (ASO) concert.

The concert features Maestro James Ross, who takes the stage as soloist and conductor for Mozart's classic Horn Concerto No. 2. Percussionist Lee Hinkle performs Kevin Puts' Marimba Concerto, as the program concludes with Schubert's Symphony No. 9 "The Great."

Sign-up in the Activities Binder under Community Outings. GHA will not be purchasing the tickets to the concert.

*Jennifer Bennett, Events Coordinator*

## New Resident Seminar Series: Walks with "The Rambler"

**2-3 p.m. Thursdays, Feb. 20-March 13 | Fillmore Lounge, Sign-up Required**

We are pleased to announce a new resident seminar series. The first seminar will be "Walks with the Rambler," by **Marty Suydam**.

When writing *Walks with Charley*, a book that is part memoir and part 2020s hindsight-perspective on the history of South Arlington, Marty found the work of photographer and newspaper

columnist, J. Harry Shannon, who had his own column, "The Rambler," in the *Washington Sunday Star*. Marty's series takes a 1900s hindsight-perspective on Arlington and Alexandria, the same geographic area as Shannon's "walks" with "The Rambler."

The intent is for residents to attend all sessions of the seminar, as their schedules permit. Upcoming topics include:

- Feb. 20: Introduction to Northern Virginia Plantations and Arlington Plantation
- Feb. 27: Potomac Shore, Analostan Island
- March 6: Green Valley Plantation
- March 13: Preston Plantation (and successor plantations)

Future seminars will feature **Ken Hopper** on the Washington National Cathedral and **Jay Rixse** on the world of secret intelligence.

*Kathi Menda, Resident*

## Tour the Kitchen with the Executive Chef

**10-11 a.m. Friday, Feb. 21 | Bistro, Sign-up Required**

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

*Daniel Keiper,  
Assistant Director of Dining Services*



## The Art of Falling

**1:30-3 p.m. Friday, Feb. 21 |  
Auditorium, Sign-up Required**

Conquer the fear of falling by learning the Art of Falling. Learning how to bail from a fall is one of the primary and fundamental skills to learn in parkour to avoid injuries.

Join Fitness and Aquatics Specialist **Christie Thomas** and a fellow parkour instructor, Harry, in learning the safest way to fall. If you are willing to simulate a fall and rolling on a very thick mat, this class may be for you.

Sign-up in the Activities Binder under Fitness. Limited to 20 participants. Wear comfortable clothes to move around in.

*Christie Thomas,  
Fitness and Aquatics Specialist*

## Waiter's Table

**5:30 p.m. Tuesday, Feb. 25 |  
Alexandria Dining Room**

You've been served by the waiters many times. Now be served with a waiter and dine with one of our service team members. Take this opportunity to get to know our staff better in a casual, unhurried atmosphere.

The size of the party will be limited to five, all regular menu selections will be available, and dinner will be free of charge. Sign-ups will begin at 10 a.m. Feb. 17, in the Activities Binder.

*Daniel Keiper,  
Assistant Director of Dining Services*

## Cancelations

The following regularly scheduled events have been canceled:

Monday, Feb. 3

9:30: Aqua Fun

4:00: Fillmore Happy Hour

Tuesday, Feb. 4

11:00: Bible Study

3:00: By Hand: Creative Writers Group

Thursday, Feb. 6

1:00: GHA Bell Ringers Choir

## Link of the Week



In case you missed it, a repeat of last week's link to the Panda Cams:

<https://nationalzoo.si.edu/webcams/panda-cam>

A bonus link to help you tell them apart:

<https://nationalzoo.si.edu/animals/news/how-can-you-tell-giant-pandas-apart>

Did you know? If you receive the digital *Gazette*, you can click on these links and they will open right up!

*Pat Gottemoeller, Resident*

## Event Reminders

**Lunch & Discussion: NATO**, Noon-1 p.m. Saturday, Feb. 1 | Arbor Room. Presented by GHA residents **Pierre Shostal** and **John Berry**, this program will focus on the 75th anniversary of NATO and the challenges it's facing now.

**Understanding Computers**, 3-4 p.m. Mondays | Auditorium, No Sign-up Required. The course covers the basics of computing and is perfect for both beginners and those looking to refresh their skills.

- Beginners I, Feb. 3 and 17
- Beginners II, Feb. 10 and 24

**Evening Concert with the Friday Morning Music Club**, 7:30-8:30 p.m. Tuesday, Feb. 4 | Auditorium. A community of music lovers and musicians, this group has promoted classical music in the Washington area for more than 120 years.

**Valentine Crafting Soiree**, 2-4 p.m. Thursday, Feb. 6 | Art Studio, Sign-up Required. Join us for an afternoon of paper hearts, stickers, doilies, glitter and chocolate.

**Music Education Series with Quentin Walston**, 3-4 p.m. Thursday, Feb. 6 | Auditorium and Channel 973. Quentin Walston's musical seminars are more than a public speaking event.

**Fitness Workshop: Self-Myofascial Release**, 2-3 p.m. Wednesday, Feb. 12 | Auditorium, Sign-up Required. Participants will use a tennis ball and our fingers to massage and release our fascia.

**Save the Date: Goodwin Living Foundation's Fifth Annual Giving Day**, Friday, Feb. 14 | Lobby. Celebrate with us the GL spirit of giving on this festive and fun day for the Foundation.

**February GHA Book Club Meeting**, 2-3 p.m. Tuesday, Feb. 18 | Residents' Conference Room. We will discuss Kristin Hannah's *Winter Garden*, a work of historical fiction that takes readers from the lives of a cold, distant mother and her two daughters to the backstory of the mother's life in the Leningrad siege.

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## Dick's Teaser Solutions

1. 60 Minutes
2. 15 minutes of fame
3. 1600 Pennsylvania Ave
4. 77 Sunset Strip
5. 4 wheel drive
6. 57 Heinz varieties
7. 88 keys on a piano
8. 1,001 Arabian Nights
9. The 39 Steps
10. 6 degrees of separation

*Dick Pellerin, Resident*

# The Weekly Schedule

Sunday, Feb. 2, 2025 — Sunday, Feb. 9, 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, Feb. 2

- 8:15: Classical Stretch (GX)  
9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
6:30: Movie: *Ghost Writer* (CH 972)  
*Ghost Writer* (2010), PG-13, Political Thriller, 2h 8m. Cast: Ewan McGregor, Pierce Brosnan, Olivia Williams. A ghost writer, hired to complete the memoirs of a former British Prime Minister, uncovers secrets that put his own life in jeopardy.

## Monday, Feb. 3

- 9:00: Fun & Fitness (GX & CH 975)  
**9:30: Aqua Fun — Canceled**  
10:00: BYOConversation: Being Indomitable — An Assessment (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 — Green Spring Gardens (LBY)

- 11:00: Just Dance Class (AUD-A)  
12:00: German Conversation Table (Bistro Table 11)  
1:00: Beginning Line Dancing (GX)  
3:00: Understanding Computers: Beginners I (AUD)  
3:30: Seated Meditation (CHP & CH 974)  
**4:00: Fillmore Happy Hour — Canceled**  
4:30: Birthday Party (LR)

## Tuesday, Feb. 4

- 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: Movie: *Dallas Buyers Club*  
(CH 972)

*Dallas Buyers Club* (2013), R,  
Docudrama, 1h 57m. Cast: Matthew  
McConaughey, Jennifer Garner, Jared  
Leto. In 1985 Dallas, electrician and  
hustler Ron Woodroof works around  
the system to help AIDS patients get the  
medication they need after he is  
diagnosed with the disease.

2:00: Wii Bowling (GX)

**3:00: By Hand: Creative Writers  
Group — Temporarily Canceled**

4:30: Advanced Tai Chi (GX)

### Wednesday, Feb. 5

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)

10:00: Vendor: Kim's Ritzy Bling (CC)

11:00: Prayer Group (CHP)

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

Lecture 9 — *Under Orders: The Agency  
Targets Castro*

Lecture 10 — *Missile Crisis in Cuba and  
at Langley*

1:00: Cookies and Conversation (FL)

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

2:00: Pickleball (GX)

4:00: Fillmore Happy Hour (FL)

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

### Thursday, Feb. 6

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: 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 —  
*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: Shanghai (LR)  
2:00: Valentine Crafting Soiree (AS,  
Sign-up Required)  
2:00: Knitters and Crocheters (CHP)  
2:00: Wii Bowling (GX)  
2:00: Open Studio (AS)  
3:00: GHA Players Meeting (RCR)  
3:00: Holy Eucharist (RDR)  
3:00: Jazz Musical Education Series  
with Quentin Walston (AUD & CH 973)  
3:15: Advanced Line Dancing (GX)  
7:15: Movie: *The Storied Life of A.J. Fikry* (CH 972)

*The Storied Life of A.J. Fikry* (2022), PG-13, Comedy, 1h 45m. Cast: Christina Hendricks, Lucy Hale, Kunal Nayyar. A.J. Fikry's wife has died, his bookstore is in trouble, and now his prized rare edition of Poe poems has been stolen. However, when a mysterious package appears, its arrival gives him the chance to start his life over and see things anew.

**Friday, Feb. 7**

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)  
9:00: Fun & Fitness (GX & CH 975)

- 10:00: Replay of Thursday Movie: *The Storied Life of A.J. Fikry* (CH 972)  
10:00: Shuttle to Trader Joe's (LBY)  
10:30: GHA Encore Chorale Rehearsal (AUD-A)  
12:00: Spanish Conversation Table (Bistro Table 11)  
2:00: Quilting Bees (BR)  
2:00: Party Bridge (LR)  
2:45: Drumming Circle with Rick (AUD)  
3:30: Seated Meditation (CHP & CH 974)  
4:00: Fillmore Happy Hour (FL)  
4:30: Advanced Tai Chi (GX)  
4:30: Sabbath Service (CHP & CH 974)

**Saturday, Feb. 8**

- 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 (AUD & CH 973)  
11:30: Beginners' Tai Chi with Instructor (GX)  
3:00: Weekend Wii Bowling (GX)  
7:15: Movie: *The Longest Yard* (CH 972)  
*The Longest Yard* (2005), PG-13, Football/Comedy, 1h 53m.

Cast: Adam Sandler, Burt Reynolds, Chris Rock. Prison inmates form a football team to challenge the prison guards.

## Sunday, Feb. 9

- 8:15: Classical Stretch (GX)  
9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
6:30: Movie: *Little White Lies* (CH 972)  
*Little White Lies* (2010), NR, Comedy/Drama, 2h 34m. Cast: François Cluzet, Marion Cotillard, Benoît Magimel. A near-fatal accident leaves one friend in the hospital while the rest go on their annual vacation. But their secrets and personal grief threaten to drive them apart.

## **Richmond & Dominion**

## Sunday, Feb. 2

- 9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
2:30: Open Recreation (Assisted Living — All)  
6:30: Movie: *Ghost Writer* (CH 972)  
(See page 11.)

## Monday, Feb. 3

- 9:30: **Aqua Fun — Canceled**  
10:00: BYOConversation: Being Indomitable — An Assessment (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)  
2:00: Healthy Habits with Alex (DDR)  
3:00: Understanding Computers: Beginners I (AUD)  
3:30: Seated Meditation (CHP & CH 974)  
4:00: **Fillmore Happy Hour — Canceled**  
4:30: Birthday Party (LR)

## Tuesday, Feb. 4

- 10:00: Seated Strength (GX & CH 975)  
10:00: Residents' Council Meeting (RCR)  
10:30: Conversation Around the Water Cooler (RAR)  
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)
- 3:00: By Hand: Creative Writers Group — Temporarily Canceled**
- 3:00: Tea Timers (RDR)

### Wednesday, Feb. 5

- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Accepts Donations (MP)
- 10:00: Therapist-Led Exercise Class (GX)
- 10:00: Vendor: Kim's Ritzy Bling (CC)
- 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 12.)
- 1:00: Cookies and Conversation (FL)
- 2:00: Chapel Outreach Committee (RCR & Zoom link available from resident John Berry)
- 2:30: Ambassador Courville Series (Richmond Activity Room)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)

### Thursday, Feb. 6

- 9:00: Chess (LR)
- 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: Richmond Resident Council Meeting (RDR)
- 11:00: Scripture, Songs & Prayers (AUD & CH 973)
- 11:00: Replay of Teaching Company — *The Agency: A History of the CIA* (CH 972) (See page 12.)
- 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: Scripture, Songs, & Prayers (RDR)
- 2:00: Wii Bowling (GX)
- 2:00: Open Studio (AS)
- 3:00: Holy Eucharist (RDR)
- 3:00: Jazz Musical Education Series with Quentin Walston (AUD & CH 973)
- 7:15: Movie: *The Storied Life of A.J. Fikry* (CH 972) (See page 13.)

## Friday, Feb. 7

- 10:00: Replay of Thursday Movie: *The Storied Life of A.J. Fikry* (CH 972)  
(See page 13.)
- 10:00: Shuttle to Trader Joe's (LBY)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 12:00: Spanish Conversation Table (Bistro Table 11)
- 2:00: Party Bridge (LR)
- 2:45: Drumming Circle with Rick (AUD)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:30: Sabbath Service (CHP & CH 974)

## Saturday, Feb. 8

- 9:30: Pop-up Technology Assistance (LBY)
- 10:30: Saturday Morning Live (AUD & CH 973)
- 2:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971)
- 3:00: Weekend Wii Bowling (GX)
- 7:15: Movie: *The Longest Yard* (CH 972)  
(See page 13.)

## Sunday, Feb. 9

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 2:30: Open Recreation (Assisted Living — All)
- 2:00: Showing of the Puppy Bowl (RAR)
- 3:00: Superbowl Tailgate Party (RAR)
- 6:30: Movie: *Little White Lies* (CH 972)  
(See page 14.)

## Small Houses Schedule

## Sunday, Feb. 2

- 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: *Ghost Writer* (CH 972)  
(See page 11.)

## Monday, Feb. 3

- 10:00: BYOConversation: Being Indomitable — An Assessment (LR)



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

10:00: Communications Committee Meeting (RCR)

10:30: Seated Exercise (OQ)

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

1:30: Music Therapy with Abby (OQ)

2:45: Tea Party (SN)

3:00: Understanding Computers: Beginners I (AUD)

3:00: Volunteer Visits (SH-A)

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

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

## Tuesday, Feb. 4

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: *Dallas Buyers Club* (CH 972) (See page 12.)

3:30: Individual Visits with Ted (SH-A)

4:00: Care Partner-Led Programming (OQ & WL)

6:30: Music Therapy with Abigail (OQ)

## Wednesday, Feb. 5

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 12.)

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

1:00: Cookies and Conversation (FL)

2:45: Brain Games: Valentine's Story and Craft (RP)

4:00: Fillmore Happy Hour (FL)

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

6:00: Games with Ted (OQ)

## Thursday, Feb. 6

9:00: Chess (LR)

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 — *The Agency: A History of the CIA* (CH 972) (See page 12.)

12:00: Chaplain Visits (SH-A)  
 12:00: French Conversation Table  
 (Bistro Table 11)  
 2:00: Dog Visits with Sara and Moriah  
 (SH-A)  
 2:30: Movie Matinee (CH 972)  
 3:00: Jazz Musical Education Series  
 with Quentin Walston (AUD & CH 973)  
 3:00: Volunteer Visits (SH-A)  
 7:15: Movie: *The Storied Life of A.J. Fikry*  
 (CH 972) (See page 13.)

## Friday, Feb. 7

10:00: Replay of Thursday Movie: *The Storied Life of A.J. Fikry* (CH 972)  
 (See page 13.)  
 11:00: Care Partner-Led Programming  
 (OQ & WL)  
 11:00: News Discussion Group (SN)  
 12:00: Spanish Conversation Table  
 (Bistro Table 11)  
 2:45: Drumming Circle with Rick  
 (AUD)  
 3:00: Music Therapy (WL)  
  
 3:30: Seated Meditation (CHP &  
 CH 974)  
 4:00: Fillmore Happy Hour (FL)  
 4:30: Sabbath Service (CHP & CH 974)

## Saturday, Feb. 8

9:30: Pop-up Technology Assistance  
 (LBY)  
 10:30: Licks of Love Dog Visits (SH-A)  
 10:30: Saturday Morning Live (AUD &  
 CH 973)  
 2:00: Open Recreation/Strength &  
 Stretch Chair Exercise (CH 971)  
 2:30: Art With Alison (BL)  
 7:15: Movie: *The Longest Yard* (CH 972)  
 (See page 14.)

## Sunday, Feb. 9

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

## LOCATION KEY

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



# Valentine Treats



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*Need a perfect gift?*  
Get our Valentine Specials!

## **TRUE LOVE PACKAGE**


60 Min European Facial  
for \$ 75 (originally \$85 )

## **RED ROSES PACKAGE**

Gel Manicure and  
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treatment \$45  
(originally \$54)



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Duration: Month of February