



GHA residents were treated to a Valentine Crafting Soiree on Feb. 6, featuring an afternoon of paper hearts, stickers, doilies and glitter to make cards and decor for friends, family and common areas around campus.

Increased Flu Cases


There has been an increase in cases of Influenza A in our surrounding communities and within GHA, specifically within the Small Houses.

Symptoms to watch for include fever or chills, cough, sore throat, runny or stuffy nose, muscle or body aches, fatigue and headache.

Here are actions residents can take to help prevent the spread of Influenza A:

- Get vaccinated if you haven't already received your Flu vaccine;

**To Small Houses Residents
and Team Members
Please Be Our Valentine!**


 Thanks to our wonderful wheelchair volunteers who have helped transport Small House residents to 38 events within GHA. Twenty-three terrific volunteers have given 114 hours of their time.

A special thank you to **John Ronveaux, Polly Gordon, Fred Gass** and **Mr. T**, who have each given more than 22 rides to events.

*Love and kind hearts,
The Wheelchair Committee*

- Wash your hands frequently with soap and water for at least 20 seconds;
- Wear a mask to protect yourself and others;
- Stay home if you are sick; and
- Regularly clean and disinfect commonly touched surfaces.

Emma Okul, Infection Preventionist

In Memoriam

JANE SARA
February 13, 2025

Winter 2025 Clinic Guide Now Available

The updated Health & Wellness Clinic Guide is now available on Uniguest. It provides residents information on Clinic services, providers and testing.



The Clinic can be reached at 703-824-1003.

Health Services Committee

Green Team Hints

Donate books to the GHA Library, the Little Free Library on N. Beauregard St. in front of The Spire or the Alexandria Library for reuse or resale.

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.

Dick's Teaser

All the answers for the following definitions begin and end with the letter M. See the solutions on page 8.

1. The Guggenheim or the Louvre
2. One thousand years
3. Screening test for breast cancer
4. A large and stately edifice housing a tomb or tombs
5. To disfigure, wound or disable
6. Violent and damaging disorder; chaos
7. A common road surface of broken stones and tar
8. Decorative initial on jewelry or towels

Dick Pellerin, Resident

Respiratory Viruses

Cases as of Feb. 13, 2024

COVID-19:

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

Influenza:

- Residents — 0
- Team Members — 1

RSV:

- Residents — 0
- Team Members — 0

GHA Renovation Update

As highlighted in the Feb. 1 issue of the *Gazette*, our resident focus groups began with 63 residents, who generously shared ideas that they believe would be beneficial and appreciated by the GHA community. These valuable insights — along with concerns, thoughts and preferences — were prioritized at the very start of the planning process.

The article also highlighted the various proposed upgrades to our community, including improvements in technology, furniture, art, infrastructure and accessibility.

We are now approaching the end of this stage of refining our plans. Please note that this is NOT the final plan. Throughout this process, we've considered input from residents via postcards, focus groups, the Residents' Council and team members. The next phase will be the reporting stage, where we will present our current findings and proposed ideas to all residents. It's important to note that this presentation will not be the final version. Following the presentation, we will continue gathering feedback from residents to help finalize our plans.

At this stage, the proposed redesign remains high-level and conceptual. We will not dive into detailed designs until we have further input from the community. Rest assured; I will continue to

provide regular updates on our progress after the presentation. We'll notify you soon regarding the date of the upcoming presentation.

Thank you for your continued involvement and commitment to shaping our community's future!

*Barbara D'Agostino,
Executive Director*

Chaplaincy Services

Living By Heart

2-3 p.m. Wednesday, Feb. 19 | Chapel

Our theme for this month's arts and spirituality gathering is, "Predict, Plan, Prepare" (or does a groundhog and his shadow really affect what we do?). When does planning seem pointless? What has exceeded your expectations? How do you prepare for the unexpected? When have your predictions been accurate? When has your planning really "saved the day"?

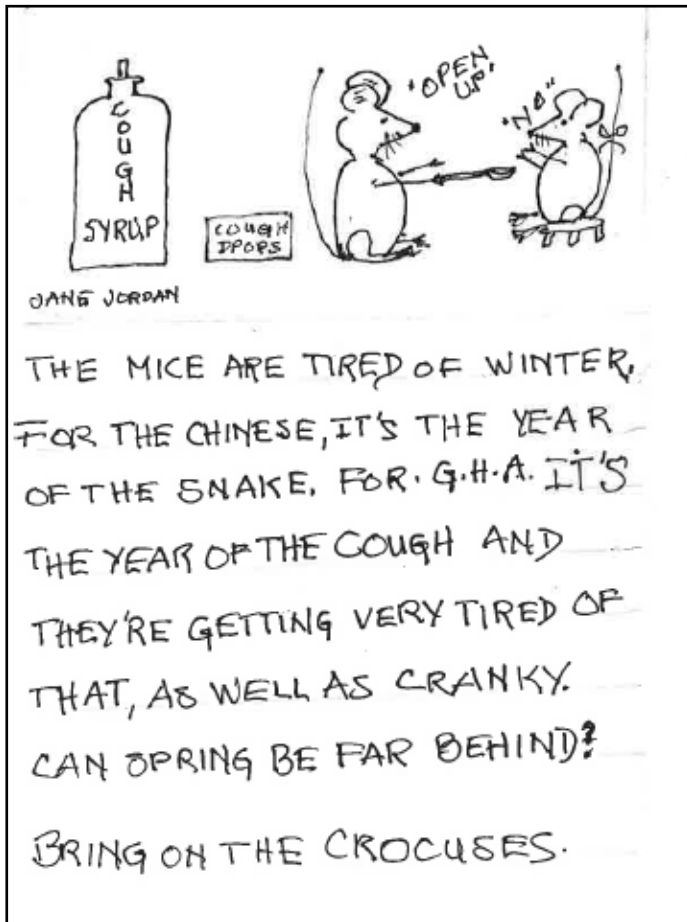
Bring a song, poem, story, object, image or memory to illustrate and share your thoughts.



*Bruce Stewart,
Director of Chaplaincy*



The Gazette Mice



Jane Jordan, Resident

Spring 2025 Directory

Work has started on the Spring 2025 Directory. If your personal information has changed, please contact team member **Lauren Budik** in Life Enrichment at lbudik@goodwinliving.org or 703-824-1004.

As a friendly reminder, Uniguest has the most up-to-date information about new residents, room changes and more.

*Lauren Budik,
Communications Coordinator*

Spring Saturday Morning Live Topics, Speakers

Mark your calendars for the upcoming speakers in the weeks ahead:

- March 8 — **Karl Moritz**, Alexandria City Planning Director, "Headline Issues in the Local News"
- March 22 — **Laura Liswood**, Adviser to Women Leaders in Government, "Diversity Strengthens Entrepreneurs and Organizations"
- April 12 — **Stephen Ruth**, GMU professor, "Artificial Intelligence: Blessing or Curse"
- April 26 — **Spider Marks**, CNN commentator, "Domestic and World Affairs in the News"



Speakers' Forum

Guidelines for Visiting Dogs

Dog Owners Group Support (DOGS) would like to remind those who are expecting canine visitors that it's the responsibility of the owners — not staff or other residents — to clean up after their pets. Residents may also want to send guests a copy of the Visiting Dogs Guidelines (found in Uniguest under the Pets icon). The brochure lists the visiting pet rules and provides a map of the dog waste stations located throughout the GHA campus.

Kathi Menda, Member of DOGS



New GHA Residents!

Kathleen Pepper

Kathleen Pepper moved to GHA on Dec. 19, 2024. Her father, Donald Pepper, has been a resident for more than six years, and they are likely to qualify as the only father and daughter to reside at GHA simultaneously. Kathleen is a newly retired immigration lawyer, who spent 32 years with the U.S. Board of Immigration Appeals in Falls Church and is a long-time resident of Alexandria.



Kathleen was born and grew up in Los Angeles, and becoming an immigration lawyer wasn't on her radar screen when she arrived for college at William & Mary. She was going to — and did — become an archaeologist. After receiving her BA in early American studies, she was hired as an archaeologist for St. Mary's City. Two years later she returned to Williamsburg, where she worked for five years as an archaeologist, obtained an MBA degree from William & Mary, and also began studying for a degree in preservation law.

In her second year of law school, Kathleen was hired by the Dept. of Justice as a summer law intern for the immigration court in Baltimore. She enjoyed the work, and after graduation she moved to Phoenix, where she served a 13-month stint as an immigration law clerk. Afterward, she moved back to Virginia and began her work with the Board of Immigration Appeals.

During her tenure there, she was detailed to the Civil Division of the Eastern Division of the U.S. Attorney's Office for Virginia in Alexandria. She also spent nine months as legislative counsel to the Senate Judiciary Committee, served six months as an immigration judge, and was appointed to two terms as an appellate immigration judge.

But Kathleen's interest in archaeology never flagged. She was appointed by the Alexandria City Council to the Alexandria Archaeological Commission and to the Historic Alexandria Resources Commission. She served on the Archaeological Commission for more than 20 years, eight years as chair, before resigning because of work commitments.

Events: This Week

BYOConversation: Adventurous Journeys

10-10:45 a.m. Monday, Feb. 17 |
Living Room

We journey into adventurous conditions expecting to have adventures. Or, we simply start from A to get to B; but it turns into a quite an adventurous journey. Or, we set out on an academic journey, vocational journey, relationship journey, medical journey – and, and, and ... Wow. That was different!

What turns a trip into “A Journey”? Are these the stages of “A Journey”: Start. Complication. Suspense. Crisis. Completion? If not, what are, in your experience, the stages?

Who among us has had “A Journey” with stages like those? Your challenges, surprises, anxieties, discoveries, dangers? Who is, right now, en route on A Big Journey: traveling, progressing, developing, becoming, suspenseful, adventurous, hazardous or (add your own). Are our lives our “journeys”?

Reflect on these journeys: The Mayflower, Huck Finn, Lewis and Clark, Helen Keller, American music, the Moon shot, global social justice, a medical journey.

All are welcome to speak or listen in our 45-minute gathering.



Jonathan Bryan, Resident

Your Mind Matters: Monthly Brain Health Talk

1-2 p.m. Wednesday, Feb. 19 |
Resident Conference Room

Join us for “Heart & Brain Connections: How Relationships Keep Your Mind Sharp!” Did you know that staying socially connected is just as important for your brain as it is for your heart? In this engaging session, we’ll explore how friendships, family ties and social activities can boost memory, reduce stress and lower the risk of cognitive decline.

Discover fun, easy ways to strengthen your connections, meet new people, and keep your brain thriving. Plus, learn why acts of kindness are a secret superpower for mental well-being! Don’t miss this opportunity to nurture both your heart and mind — join us for an uplifting and interactive discussion!



*Ellie Pettoni,
Brain Health Coordinator*

Market Place This Week

Come look and find what you need!

- 9:30-11:30 a.m. Wednesday, Feb. 19: Donations only.
- 2:30-4 p.m. Wednesday, Feb. 19: Sale open to team members only.
- 9:30-11:30 a.m. and 2:30-4 p.m. Thursday, Feb. 20: Sale open to everyone.

Dick Bennett, Resident

Exhibition: “Shapes” by GHA’s Frances Griffiths

Runs Feb. 20-April 3 | Art Studio Gallery

Reception: 4-5 p.m. Friday, Feb. 21 | Art Studio Gallery

GHA resident Frances Griffiths will exhibit a selection of her vivid acrylic and watercolor paintings that celebrate travel and everyday delights.



Alison Schroeder,
Creative Arts Coordinator

Events: Looking Ahead

Afternoon Concert with Ernie Tolley

3-4 p.m. Wednesday, Feb. 26 | Auditorium

Guitarist/Vocalist Ernie Tolley will perform popular standard songs from the 1930s, 40s, 50s and more.



Songs from Nat King Cloe, Frank Sinatra, Ella Fitzgerald, Billie Holiday, Fats Domino, Hank Williams, the Everly Brothers and Elvis just to mention a few. Please stop by for a swinging afternoon of music.

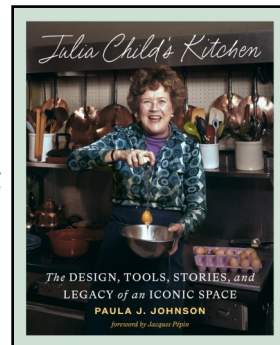


Jennifer Bennett, Events Coordinator

Curating the Julia Child Kitchen Exhibit

2-3 p.m. Wednesday, March 5 | Auditorium

What are your memories of Julia Child? Have you visited the exhibit of her kitchen at the Smithsonian Museum of American History? Join a conversation with Paula J. Johnson, Curator and Public Historian at the Smithsonian National Museum of American History and author of *Julia Child’s Kitchen: The Design, Tools, Stories, and Legacy of an Iconic Space*, published in October of 2024. The author will have books on hand for sale.



Johnson conducts research and collects objects relating to the history and culture of American food and wine and serves as the Director of the Smithsonian's Food History Project. She was one of the staff members who collected Julia Child's home kitchen in 2001 and led the team that created, “FOOD: Transforming the American Table,” a multi-layered exhibition that explores the major changes in food production, distribution, and consumption in the U.S. since the 1950s.



Brian Patterson, Chef of Culinary Innovation and Development

Lunch with Management

Noon-1 p.m. Thursday, Feb. 27 |
Bistro

Come enjoy lunch in the Bistro with one of the Dining Services leadership team. Dining will be represented by service manager **Alicia Smith**.

Sign-up in the Activities Binder starting Monday, Feb. 24.



Daniel Keiper,
Assistant Director of Dining Services

Link of the Week



This week's link takes viewers to the [Panama Fruit Feeder Cam](#), located on the grounds of the Canopy Lodge in El Valle de Antón, Panama. According to the website, the lodge is more than 2,000 feet above sea level in the low mountains of Cerro Gaital. A small stream called Rio Guayabo runs past the feeders in the background, and the lush landscaping of the Canopy Lodge grounds grade into the forested slopes around them.

The Canopy Lodge is a full-service lodge specializing in nature tourism,

with a focus on birds. It's about 60 miles west of Panama City in the picturesque village of El Valle de Antón, right in the center of the gigantic crater of an extinct volcano. This is the largest inhabited crater in the Western Hemisphere.

To view online, go to www.allaboutbirds.org/cams/panama-fruit-feeders/.

Dick's Teaser Solutions

1. Museum
2. Millennium
3. Mammogram
4. Mausoleum
5. Maim
6. Mayhem
7. Macadam
8. Monogram

Dick Pellerin, Resident

Seeking Greeting Cards



If you have any extra greeting cards gathering dust, especially birthday cards, please consider donating them to Life Enrichment. The birthday cards are given to residents and other cards are provided for free to residents in the Residents' Business Center.

Lauren Budik,
Communications Coordinator

Event Reminders

Lunch & Learn: GHA's Marty Suydam, 12:15-1:15 p.m. Saturday, Feb. 15 | Fillmore Lounge. GHA's own Marty Suydam will present an hour-long program, discussing and exchanging thoughts with residents on the research, writing and publishing of one of his books, *Walks with Charley*, that features the history of Arlington, Va.

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.

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. 17
- Beginners II, Feb. 24

StrongerMemory Group, 10-11 a.m. Wednesday, Feb. 19 | Fillmore Lounge. Each week we'll check in on the progress you've made, while independently working on StrongerMemory exercises and discuss interesting topics impacting brain health.

Town Hall, 3-4 p.m. Wednesday, Feb. 19 | Auditorium ABC. Speakers on

the agenda include Theresa Thomas, Rob Liebreich, Judy Hansen, Karl VanNewkirk, Alex Freiman and Bruce Stewart.

New Resident Seminar Series: Walks with "The Rambler," 2-3 p.m. Thursdays, Feb. 20-March 13 | Fillmore Lounge, Sign-up required. The first seminar will be "Walks with the Rambler," by Marty Suydam.

Afternoon Program with Charles Toftoy: "Creating Your Own World," 3-4 p.m. Thursday, Feb. 20 | Auditorium A. Dr. Charles N. Toftoy will discuss his new book, *Create Your Own World*, and walk attendees through exercises from it.

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 Art of Falling, 1:30-3 p.m. Friday, Feb. 21 | Auditorium, Sign-up required. Join Fitness and Aquatics Specialist **Christie Thomas** and a fellow parkour instructor, Harry, in learning the safest way to fall.

Pop-Up DASH/Metro Trip to the National Museum of Women in the Arts, rescheduled for 9:15 a.m. Tuesday, Feb. 25. | Lobby, sign-up required. The collection includes still-life paintings from 1600s to cutting edge photography.

Waiter's Table, 5:30 p.m. Tuesday, Feb. 25 | Alexandria Dining Room, Sign-up required. Now be served with a waiter and dine with one of our service team members.

Trip to Planet Word, Thursday, Feb. 27 | Lobby, Sign-up required. Departure: 9:30 a.m., leaving the museum around 12:30 p.m. Cost: \$17/transportation, \$15/museum donation. Located in the historic Franklin School building, Planet Word explores the power of language.

Talk: How Are Your Joints Today?, 2-3 p.m. Friday, Feb. 28 | Auditorium. Dr. Sean Kraekel, M.D., FAAOS, an orthopedic surgeon specializing in minimally invasive knee and hip replacement will join us for a presentation.

Trip to Arena Stage: Age of Innocence, Sunday, March 9 | Lobby, Sign-up required. Departure: 1 p.m. Costs: \$17/transportation, \$40/tickets. See Arena's lavish production of this adaptation as it unveils a searing critique of high society's suffocating norms.

Be a Friendly Visitor to a Hospice Patient

Hospice volunteers offer comfort and companionship to residents and their families. For more information, contact **Amy Conradt** at 703-578-7108 or aconradt@goodwinhouse.org.

Amy Conradt, Hospice Volunteer Manager

Cancelations

The following regularly scheduled events have been canceled:

Monday, Feb. 17

- 4:00: Fillmore Happy Hour
- 11:00: Small House Bell Choir
- 1:30: Music Therapy with Abby

Tuesday, Feb. 18

- 11:00: Bible Study
- 11:00: Small Houses Nature Club
- 3:00: Assisted Living Music with Jesse
- 3:00: By Hand: Creative Writers Group

Wednesday, Feb. 19

- 6:00: Games with Ted

Thursday, Feb. 20

- 1:00: GHA Bell Ringers Choir

Saturday, Feb. 22

- 10:30: Saturday Morning Live

Craft for a Cause

Are you a crafter who enjoys sharing your work? Consider joining the residents who donate their creations in the display cases between the Alexandria dining room and the Bistro. Residents, team members and visitors enjoy finding small gifts for friends and family — and the money from the sale of these items goes to the Foundation's resident support fund. Contact resident **Frances Barnett** (703-931-8519) if this is something you would like to do.

Frances Barnett, Resident

The Weekly Schedule

Sunday, Feb. 16, 2025 — Sunday, Feb. 23, 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, Feb. 16

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 6:30: Movie: *Bagdad Cafe* (CH 972)
Bagdad Café (1987), PG, Comedy, 1h 35m. Cast: Marianne Sägebrecht, CCH Pounder, Jack Palance. A lonely German woman ends up in the most desolate motel on Earth and decides to make it brighter.

Monday, Feb. 17

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation: Adventurous Journeys (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 — Lake Accotink (LBY, Sign-up Required)
- 11:00: Just Dance Class (AUD-A & CH 971)

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

1:00: Beginning Line Dancing (GX)

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

3:00: Environmental Services Committee (FL)

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

4:00: Fillmore Happy Hour — Canceled

4:30: Happy Hour/Meet & Greet New Residents (LR)

Tuesday, Feb. 18

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)

10:30: Farm Animal Visits (AUD-BC)

11:00: Bible Study – Canceled

11:00: Movie Committee (BR)

1:00: Art & Sound Meditation (RCR)

1:15: Mind & Movement (GX)

1:30: Mah Jongg (LR)

2:00: GHA Book Club (RCR)

2:00: Resident Health Services
Committee (FL)

2:00: Wii Bowling (GX)

2:00: Movie: *Carrie* (CH 972)

Carrie (1976), R, Horror, 1h 38m. Cast:
Sissy Spacek, Piper Laurie, Amy Irving.
Carrie White, a shy, friendless teenage
girl who is sheltered by her
domineering, religious mother,
unleashes her telekinetic powers after
being humiliated by her classmates at
her senior prom.

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

4:30: Advanced Tai Chi (GX)

Wednesday, Feb. 19

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 (FL)

10:30: Finance Committee Meeting
(AR)

11:00: Prayer Group (CHP)

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

Lecture 13 – *Spies in Hollywood:
Romance and Thriller*

Lecture 14 – *Nixon, Kissinger, and the
Coup in Chile*

1:00: Your Mind Matters: Monthly
Brain Health Series (RCR)

2:00: Hospitality Committee (RCR)

2:00: Living by Heart (CHP)

2:00: Pickleball (GX)

3:00: Town Hall (AUD-ABC &
CH 973)

4:00: Fillmore Happy Hour (FL)

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

Thursday, Feb. 20

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 (Promenade,
G1)

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

10:00: Ceramics (AS)

10:30: Green Team Committee Meeting (AR)

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

1:00: 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: Mind & Movement (GX)

1:30: Shanghai (LR)

2:00: Dining Services Committee (RCR)

2:00: Knitters and Crocheters (CHP)

2:00: New Resident Seminar: "Walks with the Rambler" (FL, Sign-up Required)

2:00: Uniguest Workshop (AR)

2:00: Wii Bowling (GX)

2:00: Open Studio (AS)

2:30: Market Place Sale (Promenade, G1)

3:00: Afternoon Program with Charles Toftoy (AUD)

3:00: GHA Players Meeting (RCR)

3:15: Advanced Line Dancing (GX)

7:15: Movie: *The Six Triple Eight* (CH 972)

The Six Triple Eight (2024), PG-13, Drama/History, 2h 7m. Cast: Kerry Washington, Ebony Obsidian, Milauna Jackson. During World War II, 855 women joined the fight in Birmingham, England, to fix the three-year backlog of undelivered mail. Faced with discrimination and a country devastated by war, they managed to sort more than 17 million pieces of mail ahead of time.

Friday, Feb. 21

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

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

10:00: Behind-the-Scenes Kitchen Tour (BST, Sign-up Required)

10:00: Replay of Thursday Movie: *Six Triple Eight* (CH 972)

10:00: Trip: Bradlee Shopping Trip (LBY, Sign-up Required)

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

1:30: The Art of Falling (AUD, Sign-up Required)

2:00: Quilting Bees (BR)

2:00: Party Bridge (LR)

- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Reception for "Shapes" Exhibition of Paintings by Frances Griffiths (ASG)
- 4:30: Advanced Tai Chi (GX)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, Feb. 22

- 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 — Canceled**
- 11:30: Beginners' Tai Chi with Instructor (GX)
- 3:00: Weekend Wii Bowling (GX)
- 7:15: Movie: *Love, Weddings & Other Disasters* (CH 972)
- Love, Weddings & Other Disasters* (2020), PG-13, Comedy/Romance, 1h 36m. Cast: Maggie Grace, Jeremy Irons, Diane Keaton. It is a multi-story romantic comedy about the people who work on weddings to create the perfect day for a loving couple — while their own relationships are outlandish, odd, crazy and far from perfect.

Sunday, Feb. 23

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 6:30: Movie: *An Affair to Remember* (CH 972)
- An Affair to Remember* (1957), NR, Drama/Romance, 1h 55m. Cast: Cary Grant, Deborah Kerr, Richard Denning. A couple falls in love and agrees to meet in six months at the Empire State Building — but will it happen?

Richmond & Dominion

Sunday, Feb. 16

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 6:30: Movie: *Bagdad Cafe* (CH 972)
- (See page 11).

Monday, Feb. 17

- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation: Adventurous Journeys (LR)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)

11:00: Body & Balance Exercise Program (GX)
11:00: Just Dance Class (AUD-A & CH 971)
12:00: German Conversation Table (Bistro Table 11)
2:30: Movie Matinee: *Footloose* (RAR)
Footloose (1984), PG, Coming of Age/Romance, 1h 47m. Cast: Kevin Bacon, Lori Singer, John Lithgow. A big city teenager moves to a small town where Rock and Roll music and dancing have been banned by backward local parents and his rebellious spirit shakes up the populace.

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

4:00: Fillmore Happy Hour – Canceled

4:30: Happy Hour/Meet & Greet New Residents (LR)

Tuesday, Feb. 18

10:00: Seated Strength (GX & CH 975)
10:00: Facilities Management and Security Committee (RCR)
10:30: Conversation Around the Water Cooler (RAR)
10:30: Farm Animal Visits (AUD-AB)
11:00: Bible Study – Canceled
11:00: Movie Committee (BR)

1:00: Art & Sound Meditation (RCR)
1:15: Mind & Movement (GX)
1:30: Mah Jongg (LR)
2:00: Resident Health Services Committee (FL)
2:00: Wii Bowling (GX)
2:00: Movie: *Carrie* (CH 972)
(See page 12).

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

3:00: Music with Jesse – Canceled

Wednesday, Feb. 19

9:30: Aqua Fun (POOL)
9:30: Market Place Accepts Donations (MP)
10:00: Therapist-Led Exercise Class (GX)
10:30: Finance Committee Meeting (AR)
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).
1:30: Armchair Traveler: Japan (RAR)
2:00: Living by Heart (CHP)
3:00: Town Hall (AUD-ABC & CH 973)

- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)

Thursday, Feb. 20

- 9:00: Chess (LR)
- 9:30: Market Place Sale (Promenade, G1)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Ceramics (AS)
- 10:30: Green Team Committee Meeting (AR)
- 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**
- 1:00: 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: Mind & Movement (GX)
- 1:45: Music Therapy with Abby (DDR)
- 2:00: Dining Services Committee (RCR)

- 2:00: New Resident Seminar: "Walks with the Rambler" (FL, Sign-up Required)
- 2:00: Uniguest Workshop (FL)
- 2:00: Wii Bowling (GX)
- 2:00: Open Studio (AS)
- 2:30: Market Place Sale (Promenade, G1)
- 3:00: Afternoon Program with Charles Toftoy (AUD)
- 7:15: Movie: *Six Triple Eight* (CH 972) (See page 13).

Friday, Feb. 21

- 10:00: Replay of Thursday Movie: *Six Triple Eight* (CH 972)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 2:00: Party Bridge (LR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, Feb. 22

- 9:30: Pop-up Technology Assistance (LBY)
- 10:30: Saturday Morning Live — Canceled**

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

3:00: Weekend Wii Bowling (GX)

7:15: Movie: *Love, Weddings and Other Disasters* (CH 972) (See page 14).

Sunday, Feb. 23

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

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

2:30: Open Recreation (AL-All)

3:30: Poetry Club (RAR)

6:30: Movie: *An Affair to Remember* (CH 972) (See page 14).

Small Houses Schedule

Sunday, Feb. 16

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

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

11:30: Chaplain Visits (SH-A)

1:30: Creative Corner: Heart Suncatchers (OQ)

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

6:30: Movie: *Bagdad Cafe* (CH 972) (See page 11).

Monday, Feb. 17

10:00: BYOConversation: Adventurous Journeys (LR)

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

10:30: Seated Exercise (OQ)

11:00: Art with Alison (BL)

11:00: Small House Bell Choir — Canceled

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

1:30: Music Therapy with Abby — Canceled

2:45: Tea Party (OQ)

3:00: Volunteer Visits (SH-A)

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

4:00: Fillmore Happy Hour — Canceled

4:30: Happy Hour/Meet & Greet New Residents (LR)

Tuesday, Feb. 18

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

10:30: Farm Animal Visits (AUD-AB)

11:00: Bible Study — Canceled

11:00: Nature Club — Canceled

2:00: Resident Health Services Committee (FL)

2:00: Movie: *Carrie* (CH 972)
(See page 12).

2:30: Garden Thyme (MH)

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. 19

9:30: Market Place Accepts Donations
(MP)

10:30: Music and Movement
(Rappahannock Den)

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)

2:00: Exercise with Christie (MH)

2:00: Hospitality Committee (RCR)

2:00: Living by Heart (CHP)

2:45: Brain Games: February Jeopardy
(RP)

3:00: Town Hall (AUD-ABC &
CH 973)

4:00: Fillmore Happy Hour (FL)

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

6:15: Games with Ted — Canceled

Thursday, Feb. 20

9:00: Chess (LR)

9:30: Market Place Sale (Promenade,
G1)

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

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)

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)

2:00: New Resident Seminar: "Walks
with the Rambler" (FL, Sign-up
Required)

2:30: Movie Matinee (CH 972)

2:30: Market Place Sale (Promenade,
G1)

3:00: Volunteer Visits (SH-A)

7:15: Movie: *Six Triple Eight* (CH 972)
(See page 13)

Friday, Feb. 21

- 10:00: Replay of Thursday Movie: *Six Triple Eight* (CH 972)
- 11:00: Care Partner-Led Programming (OQ & WL)
- 11:00: News Discussion Group (SN)
- 2:45: Games Club (Meherrin Den)
- 3:00: Music Therapy (WL)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, Feb. 22

- 9:30: Pop-up Technology Assistance (LBY)
- 10:30: Licks of Love Dog Visits (SH-A)
- 10:30: Saturday Morning Live (AUD & CH 973)
- 10:30: Saturday Morning Live — Canceled**
- 2:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971)
- 2:30: Exercise with Leslie (MH)
- 7:15: Movie: *Love, Weddings and Other Disasters* (CH 972) (See page 14)

Sunday, Feb. 23

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Sing Along Social (OQ)
- 3:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971)
- 6:30: Movie: *An Affair to Remember* (CH 972) (See page 14)

Valentine Treats

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Get our Valentine Specials!

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RED ROSES PACKAGE

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