



March 8, 2025

4800 Fillmore Avenue, Alexandria, VA 22311

## Deadline for the Gift Match: March 14

For the fifth consecutive year, the Goodwin Living Foundation celebrated Giving Day on Feb. 14. We were thrilled to announce that we have a new gift match this year, thanks to the wonderful generosity of an anonymous donor. The anonymous donor will donate \$1,000 for every donation of \$1,000 or more received between Feb. 10 and March 14, up to a maximum of \$150,000! This is the perfect time to show your support of the Foundation AND maximize the impact of your gift.



Goodwin Living  
Foundation

As a reminder, the Goodwin Living Foundation is a 501(c)(3) non-profit organization and your donation is tax deductible as allowed by law.

Stop by the Foundation office if you need more information about this gift match or to make your gift in person.

*The Foundation Team*



Goodwin Living residents participated in Northern Virginia Community College — Alexandria Campus' "Women in STEM Lunch & Learn" on March 6. Residents met with students in small groups and had the opportunity to share stories about their careers, accomplishments and some of the obstacles they encountered on their road to success.

Pictured, from left, are NVCC event organizer **Dr. Meredith Kintzing**, GHBC resident **Laurie Brush** and GHA residents **Pat Bango** and **Margery Gass**.

*Reminder!*

Daylight Saving Time  
starts Sunday, March 9

Be sure to set your clocks ahead one hour  
when you go to bed Saturday



## Dick's Teaser

You get a bonus of TWO teasers this week. Can you determine the word, name or expression that is represented by each of the following? See the solutions on page 11.

I'm 1, 2, 3, 4, 5, ...

U

\*\*\*\*\*

HAMLET

WordWord

*Dick Pellerin, Resident*

## Resident Suggestion Boxes

All suggestions are welcome and presented to the Resident Council and management at the monthly RC meeting. Anonymous suggestions are fine, but signed ones are encouraged because they allow for acknowledgment and follow-up.

*Geoff Hughes, 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.*

## In Memoriam

MARIANN THOMSON

March 6, 2025

## Viruses

### Cases as of March 6, 2024

COVID-19:

- Team members — 2

Influenza:

- Residential Living — 4
- Small Houses — 2
- Team Members — 4

According to the Virginia Dept. of Health, Respiratory Disease Data, for the week ending on March 1, overall respiratory illness activity in Virginia is low and trending down. COVID-19 made up 1.0% of all emergency department (ED) visits (stable compared to last week), influenza 4.8% of all ED visits (trending down) and RSV 0.1% of all ED visits (stable).

## We're on Facebook!

Head over to the [Goodwin Living Facebook page \(www.facebook.com/goodwinliving\)](https://www.facebook.com/goodwinliving) to see the latest events and updates from across all Goodwin Living campuses. Encourage your family and friends to "like" and "follow" us on Facebook and stay updated on the latest happenings.

## Around GHA

### Ideas for GHA Lobby Improvements Sought

**Lobby Suggestions: March 10-14**  
**Voting: March 17-19**

The GHA Directors are seeking resident input on how to make the Lobby more welcoming and inviting. Starting March 10, residents will find paper slips titled “Lobby Suggestions” located next to the Resident Council Suggestion Box. Please complete those forms and place them in the box by March 14.

The second phase of this process will involve grouping ideas and displaying the ideas in the Lobby. Residents will be able to vote for their first and second preferences between March 17-19. Each resident will have a pre-printed ballot placed in their mailboxes prior to March 17.

Questions should be directed to **Monica Thomas** at 703-824-1583 or [mhutchins-thomas@goodwinliving.org](mailto:mhutchins-thomas@goodwinliving.org). The Directors would like to give credit to **Miranda Hart** for this idea.

*Monica Hutchins-Thomas,  
Director of Social Work*

### Interest in Mah Jongg

Winds! Dragons! Dots! Bams! Cracks — the language of Mah Jongg. It is a game of strategy with a dash of luck! We are looking to hold a teaching session

this spring. If you are interested in learning or have questions about the game, contact **Marilyn Gould** at 703-470-1717 or [mjgfc@aol.com](mailto:mjgfc@aol.com). The classes will be held on Tuesdays at 1:30 p.m.

*Marilyn Gould, Resident*

### HCM Design Presentation

**10:30-11:30 a.m. Wednesday, March 12 | Auditorium and Channel 973**

GHA design firm HCM will present the current draft of the plans showing the possibilities for our campus based on resident input from postcards and focus groups. This is an opportunity for residents to see their presentation. There will be time afterwards to make comments and ask questions.

In addition, GHA will provide display boards for the draft design in the Living Room following the presentation, along with a suggestion box for residents to submit their comments.



*Barbara D'Agostino,  
Executive Director*

### Counting Steps?

For residents who like to walk on the Promenade (G-1), five roundtrips from end to end (employees' entrance near the Market Place to the Mixing Bowl) make one mile.



*Leslie LaPlace, Fitness Manager*

## Announcements

### March Madness Brackets

**Deadline for Submissions: 11 a.m.  
Thursday, March 20**

The 2025 men's and women's NCAA basketball tournaments are close to starting. More than 130 men's and women's squads will get the chance to go dancing and compete for college basketball glory. Last years March Madness winners were the UConn Huskies, who had a historic repeat on the men's side, and the South Carolina Gamecocks, who reclaimed the women's national title with a perfect season.



The men's and women's NCAA Tournament brackets will be unveiled on Sunday, March 16, on ESPN. Both brackets will be sent out via the GHA Google group the afternoon of Monday, March 17, and larger print versions will be available outside the Library.

Complete your brackets and return to **Jennifer Bennett** in Life Enrichment prior to the start of the tournament at 11 a.m. Thursday, March 20. It's very quick turnaround!



*Jennifer Bennett, Events Coordinator*



### Cherry Blossoms Shuttle Tours

Life Enrichment will offer multiple trips to see the cherry blossoms during the upcoming weeks. The cherry blossoms tour will go around the Tidal Basin, to the other side of Hain's Point along the Potomac River and back to GHA. Each trip will be about one hour and participants will stay on the shuttle for the duration. Sign-up in the Activities Binder starting at 10 a.m. Monday, March 10. If there are fewer than five people on the shuttle, that trip will be canceled. The transportation cost is \$3/resident.

The shuttle will leave at the times listed below:

- 1:30 p.m. Monday, March 31
- 1:30 p.m. Tuesday, April 1
- 10 a.m. Wednesday, April 2
- 10:30 a.m. Thursday, April 3



*Jennifer Bennett, Events Coordinator*

### Green Team Hints

Old eyeglasses can be recycled through the Chapel Outreach committee. Take yours to the Residents' Business Center.

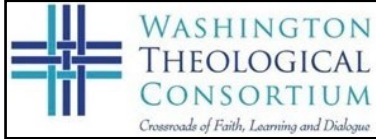


# Chaplaincy Services

## March Events

### Ash Wednesday Offering

In response to increased intolerance, lack of civility and racially and religiously motivated violence, our Ash Wednesday offerings are designated for ecumenical and interfaith education and dialogue through the Washington Theological Consortium. Please make checks payable to WTC and bring to the Chaplain's box at the Reception Desk. Thank you!



### Lenten Series 2025 — Reconciliation: Repairing Our World (Session 1)

**4-5 p.m. Tuesday, March 11 |  
Auditorium and Channel 973**

The Memorial Chapel Outreach Committee invites residents participation in the annual Lenten Series. The first session is "Reconciliation: Theological Perspectives of a Global Community." Our speaker will be The Very Rev. Ian S. Markham, PhD, Dean and President of Virginia Theological Seminary (VTS) in Alexandria (also famous as the son-in-law of GHA resident **Kathleen Dunn**). He is also President of the General Theological Seminary in New York City.



Before VTS, Ian served as Dean and Professor of Theology and Ethics at Hartford Seminary in Connecticut and Visiting Professor of Globalization, Ethics and Islam at Leeds Metropolitan University in the United Kingdom. He has served as Priest Associate at St. Paul's Episcopal Church in Alexandria since 2007.

**Reminder: Outreach Committee  
2-3 p.m. Wednesday, March 12 |  
Arbor Room or via Zoom (Contact  
resident John Berry)**

### Jewish Bible Study

**3:30-4:30 p.m. Saturday, March 15 |  
Chapel and Channel 974**

The theme for this month's study is "The Golden Calf." Come join the study with Rabbi Gail Fisher.

### Guest Preacher: Dilantha Arachchilage

**9-10 a.m. Sunday, March 16 | Chapel  
and Channel 974  
10:30-11:30 a.m. Auditorium and  
Channel 973**

Dilantha is our current chaplain intern in Clinical Pastoral Education. We welcome him as preacher at both services on Sunday, March 16. He comes from Sri Lanka and has served as senior pastor of an evangelical church for the last 23 years. He is skilled in congregational leadership and community engagement. Dilantha takes his pastoral



care, counselling and support to ministry groups seriously. In his free time, he likes to travel and spend time in nature.



*Bruce Stewart,  
Director of Chaplaincy*

## Events: This Week

### **BYOConversation: Interesting Cultures We Have Known**

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

What cultures do you know about? Let's first explore our own primary cultures, then let's discuss the different other cultures we have discovered.

For example, a culture from Africa, Asia, Appalachia, Deep South, Midwest, Northeast. What features, customs, language, slang, clothing, food, music, dance, economics, opinions, values, superstitions, taboos, seasonal customs or accents distinguish it?

Some other cultures you may know: academic, educational, sports, artistic, corporate, diplomatic, military, musical, acting, religious, surfing, skiing, bilingual, poverty, missionary, deaf, blind, hippie, yuppie, disabled, espionage.

New-to-you cultures can be confusing. Imagine someone from an overseas culture coming to Virginia to hear two people say, "I gave up smoking cold turkey." "Me too. And I was smoking

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



*Jonathan Bryan, Resident*

### **StrongerMemory Updates, Calendar**

#### **Incorporate Three Simple Exercises into Your Daily Routine**

Keeping your brain sharp doesn't have to be difficult — just a few simple changes can make a big difference! Try reading out loud while enjoying your morning coffee or tea, solving quick math problems on a mobile app or with flashcards while waiting in line, and writing your to-do list by hand instead of typing. These small habits stimulate your brain and help improve memory, focus and recall over time.

If you'd like a complimentary StrongerMemory workbook, we'd be happy to send you one! Simply provide your name, campus location and apartment number to **Ellie Pettoni**, Brain Health Coordinator, at 703-578-7211 or [epettoni@goodwinliving.org](mailto:epettoni@goodwinliving.org) to request your copy.

#### **StrongerMemory Weekly Group**

**10-11 a.m. Wednesdays | Filmore  
Lounge**

#### **Your Mind Matters: Monthly Brain Health Talk**

**1-2 p.m. Wednesday, March 19 |  
Residents' Conference Room**

This month's topic is "Stress

Reduction for a Healthy Brain.”



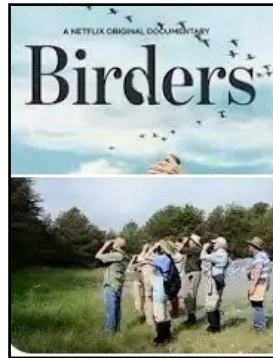
*Ellie Pettoni,  
Brain Health Coordinator, MSW*

## Green Team Presents Environmental Film: *Birders*

**7:15-8 p.m. Monday, March 10 |  
Channel 972**

*“The border wall is no  
barrier to birds.”*

This is a film about migrant birds and the people who work to protect them in south Texas and northern Mexico. The documentary focuses on the importance of the Rio Grande delta as a migratory corridor and the different ways in which ornithologists, biologists, bird surveyors, banders, sanctuary guides, hawk counters and birders contribute to creating safe places for migrating and residential birds. It shows us the birds in close-ups of songbirds and owls, and soaring overhead pans of migrating hawks and waders. This is a film of quiet advocacy that says a lot visually and through the words of its passionate participants.



*Reviewer: Donna Lynn Schulman*

## It's Pi (3.14) Day

**Noon-1 p.m. Friday, March 14 | Living  
Room**

Pi Day is an annual celebration of

the math constant  $\pi$  (pi). Pi Day is observed on March 14 (the third month) since 3, 1 and 4 are the first three significant figures of  $\pi$ . It was founded in 1988 by Larry Shaw, an employee of the San Francisco science museum, the Exploratorium. This year we will be celebrating Pi Day with some good ole pizza pies! Come for a slice of pizza pie, learn some facts about Pi day and relax with fellow residents!



*Jennifer Bennett, Events Coordinator*

## Afternoon Concert with Jerry Roman

**4:15-5:15 p.m. Friday March 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*

## Lunch & Learn: Escaping the Nazis

**Noon-1 p.m. Saturday, March 15 |  
Auditorium**

Come to the Fillmore Lounge with your lunch to hear GHA resident **Pierre Shostal** recount how, thanks to the courage of several remarkable individuals, he and his family were able to escape the Nazis during wartime France and come to America.



*Lunch & Learn*

## Events: Looking Ahead



**7:30 p.m. Monday, March 17 | Auditorium**

*"Wherever you go and whatever you do, may the luck of the Irish be there with you."*  
— Old Irish Proverb

Grab some green and come for our annual St. Paddy's Day Celebration! There will be live music with the Jazz Trotters (Irish edition) performing Irish favorites, plus a dance floor, drinks and St. Paddy Day desserts to enjoy.

*Jennifer Bennett, Events Coordinator*



## CAT Week Celebrations!

National Creative Arts Therapies (CAT) Week is March 17-22! To celebrate, the CAT department will be facilitating different events that will allow residents to engage with music, art and dance/movement therapy! More details will be released closer to the week of celebration, so stay tuned!

Questions? Contact **Abigail Hanlon** in the CAT department at 703-824-1393 or [ahanlon@goodwinliving.org](mailto:ahanlon@goodwinliving.org).



*Abigail Hanlon,  
Creative Arts Therapy*

## Pop-up DASH Bus/Metro Trip: Church of Epiphany Tuesday Concerts

**Tuesday, March 18 | Lobby, Sign-up Required**  
**Departure: 10:55 a.m.**  
**Return: 2:30 p.m.**  
**Entrance: Free, but cash donations appreciated**

Hear Bulgarian pianist Teodora Adzharova for an all Schumann recital. The program includes Schumann's Abegg Variations, op. 1; Kreisleriana, Op. 16 and Kinderszenen, Op. 15.



Participants must have a SmarTrip card with money on it and charged cell-phone to participate. Meet in the Lobby, walk down the hill to the bus stop, ride to the Pentagon metro station and on to the church. The concert begins at 12:10 p.m. Optional lunch at your expense at a nearby restaurant will follow. Cost \$1.10 each way.

Sign-up starting at 10 a.m. Monday, March 10, in the Activities Binder.



*Karen Thunberg, Resident  
Trips and Outings Committee*

## Tour the Kitchen with the Executive Chef

**10-11 a.m. Thursday, March 20 | Bistro, Sign-up Required**

Get a behind-the-scenes look at



Dining Services with Executive Chef **Damonte Robinson** and Assistant Director of Dining Services **Daniel Keiper**.

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, March 10.



*Daniel Keiper,*  
*Assistant Director of Dining Services*

## Upcoming Resident Seminar: Washington National Cathedral

**2-3 p.m. Thursdays, March 20-April 17 | Fillmore Lounge, Sign-up Required**

**Ken Hopper** will present the next Resident Seminar, four sessions that provide an in-depth look at Washington National Cathedral's history and architecture. Each session focuses on a different aspect.



*\*Please note: There is no seminar on March 27.*

- March 20: Overview – A photo walkthrough, highlighting its artistic and architectural significance.
- April 3: Stained-glass Windows – A visual survey of the windows' beauty by Cathedral Docent Janice Brambilla, who discusses various designers' styles, installation, etc.

- April 10: Wrought Iron – A presentation of the artisans' methods and visual examples by Cathedral Docent Janice McHenry.
- April 17: Virtual Tour of the Sculpture at the Cathedral – Carvings greeting visitors, grotesques and gargoyles, Washington and Lincoln statues, etc.
- April 21: In-Person Tour – Following the seminar, GHA will sponsor a tour of the Cathedral on Easter Monday, when the floral displays are especially beautiful. Sign-up required for GHA transportation in the Activities Binder; seminar participants will be seated first.



*Kathi Menda, Resident Seminar Facilitator*

## National Oreo Day Celebration

**Rescheduled: 1:30-2:30 p.m. Monday, March 24 | Living Room**

Join in on the fun with the Life Enrichment team on National Oreo Cookie Day. Sit down and enjoy the different flavors of Oreo cookies with milk while watching classic Oreo cookie commercials. See if you can guess the flavor of the "mystery" Oreo!



*Jennifer Bennett, Events Coordinator*

## Event Reminders

**Resident-Led Seminar Series: Walks with “The Rambler,”** has been paused due to the flu situation and will be re-scheduled after the Cathedral Seminar. Dates will be announced later.

**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.

**Mobility, Stability & Balance Workshop,** 2-3 p.m. Wednesday, March 12 | Auditorium, Sign-up required. Learn exercises to help with mobility and balance.

**2025 Spring COVID Clinic,** 9 a.m.-3 p.m. March 25-26 | Auditorium BC. The 2024-2025 COVID-19 monovalent vaccine will be available from both Pfizer and Moderna.

**Lenten Series 2025 — Reconciliation: Repairing Our World,** 4 p.m. Tuesdays, March 11-April 8 | Auditorium and Channel 973. The Memorial Chapel Outreach Committee invites residents’ participation in the annual Lenten Series.

**Understanding Computers: Intermediate,** 3-4 p.m. Mondays, March 10-31 | Auditorium, No sign-up required. This

course builds on the foundation of the previous beginners’ classes, but residents will still benefit from attending even if they didn’t attend previous classes or miss one session.

- Intermediate 1: March 10 & 24
- Intermediate 2: March 17 & 31

**Virtual D.C. Tour: “America’s Main Street: Pennsylvania Avenue and The White House Tour,”** 11 a.m.-noon Tuesday, March 11 | Auditorium. Join Carolyn Muraskin, Founder & Tour Guide of DC Design Tours, as she walks residents through America’s most famous avenue, which connects The White House and U.S. Capitol.

**Evening Concert with Big Fun Country,** 7:30-8:30 p.m. Wednesday, March 12 | Auditorium. An energetic band of hot young pickers consisting of guitar, banjo and mandolin.

**Afternoon Program with Dr. Jimmie McClellan: “Scots in Servitude,”** 3-4 p.m. Thursday, March 13 | Auditorium. Dr. McClellan will explain the types and nature of the various forms of servitude inflicted upon Scottish and Scots Irish immigrants to Virginia and Alexandria.

**Therapist-led Core Strengthening and Pelvic Floor Exercises Classes,** 10-10:45 a.m. Wednesdays, March 19-May 7 | Fitness Studio, No sign-up required. This class will vary in targeting exercises for core strengthening, exercising the upper back to your pelvic floor and exercises

to improve posture and stability.

**Lunch Trip: Green Pig Bistro**, 11:30 a.m. Thursday, March 20 | Lobby, Sign-up required. The restaurant utilizes the entire product, head to tail, in dishes that are approachable, solid and basic, yet premium, with an American style and reasonable prices.

## Cancelations

The following regularly scheduled events have been canceled:

### Monday, March 10

- 9:30: Aqua Fun
- 1:00: Photo Club Meeting
- 4:00: Fillmore Happy Hour

### Tuesday, March 11

- 10:00: Painting and Drawing
- 10:30: Assisted Living Conversation Around the Water Cooler
- 1:00: Art & Sound Meditation
- 1:15: Mind & Movement

### Wednesday, March 12

- 11:00: Residents' Activities Committee — Rescheduled for March 19

### Thursday, March 13

- 1:00: GHA Bell Ringers Choir
- 1:15: Mind & Movement
- 2:00: Resident-Led Seminar: "Walks with the Rambler" — To Be Rescheduled

## Link of the Week



This week's link takes us to the Tidal Basin in Washington, D.C., where viewers can view the [famous cherry blossoms \(bloomcam.org\)](https://bloomcam.org) at the National Mall Tidal Basin from the roof of the Salamander. The predicted peak bloom days are March 28-31, defined as when 70 percent of the blossoms are open. The 2025 National Cherry Blossom Festival is scheduled for March 20 to April 13. See page 4 for GHA's shuttles to view the blossoms in person.

## Dick's Teaser Solutions

In the first Rebus, what is represented is the expression "I'm counting on you." In the second, the expression is "a play on words," because HAMLET is a play and it's ON two WORDs.

*Dick Pellerin, Resident*

# The Weekly Schedule

Sunday, March 9 — Sunday, March 16, 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, March 9

- 8:15: Classical Stretch (GX)  
9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
1:00: Trip to Arena Stage: *Age of Innocence* (LBY, Sign-up Required)  
6:30: Movie: *Music of Silence* (CH 972)  
*Music of Silence* (2017), NR,  
Biography/Music, 1h 55m. Cast: Antonio Banderas, Jordi Mollà, Luisa Ranieri.  
Born with a serious eye condition that eventually leads to his blindness, Bocelli nevertheless rises above the challenges, driven by great ambitions towards his passion. The silent pursuit of his daily mission continues.

## Monday, March 10

- 9:00: Fun & Fitness (GX & CH 975)  
9:30: **Aqua Fun — Canceled**  
10:00: BYOConversation: Interesting Cultures We Have Known (LR)  
10:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)  
10:00: Catholic Communion & Rosary (CHP & CH 974)

- 10:00: Trail Blazers — Daingerfield Island (LBY, Sign-up Required)  
11:00: Just Dance Class (AUD-A)  
12:00: German Conversation Table (Bistro Table 11)  
1:00: Beginning Line Dancing (GX)  
**1:00: Photo Club Meeting — Canceled**  
2:00: Spiritual Life Committee (RCR)  
3:30: Seated Meditation (CHP & CH 974)  
**4:00: Fillmore Happy Hour — Canceled**  
4:30: GHA Monthly Birthday Celebration (LR, Rescheduled from March 3)  
7:15: Environmental Film: *Birders* (CH 972) (See page 7.)

## Tuesday, March 11

- 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 – Canceled**

10:00: Seated Strength: Video with Christie (GX & CH 971)

10:00: Bus to Giant Food (LBY, Sign-up Required)

10:00: Seamstress (Apt. 426 – Floral Arts Room)

10:00: Vendor: Mary Kay Cosmetics (CC)

11:00: A Virtual Tour of America's Main Street: Pennsylvania Avenue and The White House (AUD)

12:30: "Transitions" Group (RCR)

**1:00: Art & Sound Meditation – Canceled**

**1:15: Mind & Movement – Canceled**

1:30: Mah Jongg (LR)

2:00: Wii Bowling (GX)

2:00: Movie: *When Harry Met Sally* (CH 972)

*When Harry Met Sally* (1989), R, Romantic Comedy, 1h 35m. Cast: Billy Crystal, Meg Ryan, Carrie Fisher. Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship

4:00: Lenten Series – Part 1 (AUD & CH 973)

4:30: Advanced Tai Chi (GX)

**Wednesday, March 12**

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

9:30: Aqua Fun (POOL)

9:30: Market Place Accepts Donations (MP)

10:00: StrongerMemory Group (FL)

10:30: HCM Design Presentation (AUD & CH 973)

11:00: Prayer Group (CHP)

**11:00: Residents' Activities Committee – Canceled/Rescheduled for March 19**

11:00: Teaching Company – *The Agency: A History of the CIA* (CH 972)  
Lecture 19 – *Reagan, Casey, and the Iran-Contra Scandal*

Lecture 20 – *Afghanistan, the Soviets, and the CIA*

1:00: Duplicate Bridge (LR)

2:00: Chapel Outreach Committee (AR)

2:00: Pickleball (GX)

3:30: GHA Players Rehearsal (AUD)

4:00: Fillmore Happy Hour (FL)

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

7:30: Evening Concert with Big Fun Country (AUD)

## Thursday, March 13

- 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: Creative Writing Group (RCR)
- 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 13.)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: GHA Bell Ringers Choir — Canceled**
- 1:00: Library Committee Meeting (RCR)
- 1:15: Mind & Movement — Canceled**
- 2:00: Knitters and Crocheters (CHP)
- 2:00: Marketing Committee Meeting (RCR)
- 2:00: Resident-Led Seminar: "Walks with the Rambler" — Canceled/To Be Rescheduled**
- 2:00: Wii Bowling (GX)

- 2:00: Open Studio (AS)
- 3:00: Afternoon Program with Jimmie McCallan: Scots in Servitude (AUD & CH 973)
- 3:00: GHA Players Meeting (RCR)
- 3:15: Advanced Line Dancing (GX)
- 7:15: Movie: *Trouble* (CH 972)  
*Trouble* (2024), TV-MA, Action/Crime, 1h 38m. Cast: Filip Berg, Amy Deasimont, Eva Melander. Conny, a divorced salesman, gets wrongfully imprisoned for murder. There, he meets criminals who mistake him for a pilot like his ex-wife's new boyfriend. Chaos ensues as he navigates life behind bars while separated from his daughter.

## Friday, March 14

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Fun & Fitness (GX & CH 971)
- 9:45: Shuttle to Target (LBY, Sign-up Required)
- 10:00: Replay of Thursday Movie: *Trouble* (CH 972)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 12:00: National Pie Day (LR)
- 1:30: Shanghai (LR)
- 2:00: Quilting Bees (BR)
- 3:30: Seated Meditation (CHP & CH 974)

- 4:00: Fillmore Happy Hour (FL)
- 4:15: Afternoon Concert with Jerry Roman (AUD)
- 4:30: Advanced Tai Chi (GX)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

## Saturday, March 15

- 8:15: Classical Stretch (GX)
- 9:30: Pop-up Technology Assistance (LBY)
- 10:30: Advanced Tai Chi with Instructor (GX)
- 11:30: Beginners' Tai Chi with Instructor (GX)
- 12:00: Lunch & Learn: Escaping the Nazis (AUD)
- 3:00: Weekend Wii Bowling (GX)
- 3:30: Jewish Bible Study (CHP & CH 974)
- 7:15: Movie: *The Road to Perdition* (CH 972)  
*The Road to Perdition* (2002), R, Gangster/Period Drama, 1h 57m. Cast: Tom Hanks, Tyler Hoechlin, Paul Newman. A mob enforcer's son in 1930s Illinois witnesses a murder, forcing him and his father to take to the road, and his father down a path of redemption and revenge.

## Sunday, March 16

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 6:30: Movie: *The Cider House Rules* (CH 972)  
*The Cider House Rules* (1999), PG-13, Drama/Romance, 2h 6m. Cast: Tobey Maguire, Charlize Theron, Michael Caine. During World War II, an orphan grows up under the tutelage of a doctor who runs an orphanage. However, he yearns for freedom and soon decides to leave in order to make a life for himself.

## **Richmond & Dominion**

### Sunday, March 9

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 2:30: Open Recreation (AL-All)
- 6:30: Movie: *Music of Silence* (CH 972)  
(See page 12.)

## Monday, March 10

- 9:30: **Aqua Fun — Canceled**
- 10:00: BYOConversation: Interesting Cultures We Have Known (LR)

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

11:00: Body & Balance Exercise Program (GX)

11:00: Just Dance Class (AUD-A)

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

**1:00: Photo Club Meeting — Canceled**

2:00: Spiritual Life Committee (RCR)

3:00: Senior Science: "Sense"-ational Scent Detective (RAR)

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

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

4:30: GHA Monthly Birthday Celebration (LR, Rescheduled from March 3)

7:15: Environmental Film: *Birders* (CH 972) (See page **XX**.)

## Tuesday, March 11

10:00: Seated Strength: Video with Christie (GX & CH 971)

10:00: Seamstress (Apt. 426 — Floral Arts Room)

10:00: Vendor: Mary Kay Cosmetics (CC)

**10:30: Conversation Around the Water Cooler — Canceled**

11:00: A Virtual Tour of America's Main Street: Pennsylvania Avenue and The White House (AUD)

12:30: "Transitions" Group (RCR)

**1:00: Art & Sound Meditation — Canceled**

**1:15: Mind & Movement — Canceled**

1:30: Mah Jongg (LR)

2:00: Wii Bowling (GX)

2:00: Movie: *When Harry Met Sally* (CH 972) (See page 13.)

4:00: Lenten Series — Part 1 (AUD & CH 973)

## Wednesday, March 12

9:30: Aqua Fun (POOL)

9:30: Market Place Accepts Donations (MP)

10:30: HCM Design Presentation (AUD & CH 973)

11:00: Body & Balance Exercise Program (GX)

11:00: Prayer Group (CHP)

**11:00: Resident Activities Committee — Canceled/Rescheduled for March 19**

11:00: Teaching Company — *The Agency: A History of the CIA* (CH 972) (See page 13.)

1:00: Duplicate Bridge (LR)

1:30: Movie Matinee: *Psycho* (RAR)



- 2:00: Chapel Outreach Committee (AR)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)
- 7:30: Evening Concert with Big Fun Country (AUD)

### Thursday, March 13

- 9:00: Chess (LR)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Ceramics (AS)
- 10:30: Dominion Resident Council Meeting (DDR)
- 10:45: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)
- 11:00: Creative Writing Group (RCR)
- 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 13.)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: GHA Bell Ringers Choir — Canceled
- 1:15: Mind & Movement — Canceled**
- 1:45: Music Therapy with Abby (DDR)

- 2:00: Marketing Committee Meeting (RCR)

### **2:00: Resident-Led Seminar: "Walks with the Rambler" — Canceled/To Be Rescheduled**

- 2:00: Wii Bowling (GX)
- 2:00: Open Studio (AS)
- 3:00: Afternoon Program with Jimmie McCallan: Scots in Servitude (AUD & CH 973)
- 7:15: Movie: *Trouble* (CH 972) (See page 14.)

### Friday, March 14

- 10:00: Replay of Thursday Movie: *Trouble* (CH 972) (See page 14.)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 12:00: National Pie Day (LR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:15: Afternoon Concert with Jerry Roman (AUD)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

### Saturday, March 15

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

10:30: Musical Morning Playlist: 60s Hits (CH 971)

12:00: Lunch & Learn: Escaping the Nazis (AUD)

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

3:00: Weekend Wii Bowling (GX)

3:30: Jewish Bible Study (CHP & CH 974)

7:15: Movie: *The Road to Perdition* (CH 972) (See page 15.)

## Sunday, March 16

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

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

2:30: Open Recreation (AL-All)

6:30: Movie: *The Cider House Rules* (CH 972) (See page 15.)

## Small Houses Schedule

### Sunday, March 9

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

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

11:30: Chaplain Visits (SH-A)

1:30: Junk Drawer Detective (OQ)

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

6:30: Movie: *Music of Silence* (CH 972) (See page 12.)

## Monday, March 10

10:00: BYOConversation: Interesting Cultures We Have Known (LR)

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

10:15: Seated Exercise (OQ)

11:00: Art with Alison (BL)

11:00: Small House Bell Choir (RP)

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

**1:00: Photo Club Meeting — Canceled**

1:30: Music Therapy with Abby (OQ)

2:45: Tea Party (RP)

3:00: Volunteer Visits (SH-A)

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

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

4:30: GHA Monthly Birthday Celebration (LR, Rescheduled from March 3)

7:15: Environmental Film: *Birders* (CH 972) (See page 7.)

## Tuesday, March 11

- 10:00: Seated Strength: Video with Christie (GX & CH 971)
- 10:00: Vendor: Mary Kay Cosmetics (CC)
- 11:00: A Virtual Tour of America's Main Street: Pennsylvania Avenue and The White House (AUD)
- 11:00: Nature Club (SH-A)
- 1:30: Dog Visits with Cashew (SH-A)
- 2:00: Movie: *When Harry Met Sally* (CH 972) (See page 13.)
- 2:30: Garden Thyme (MH)
- 3:30: Individual Visits with Ted (SH-A)
- 4:00: Care Partner-Led Programming (OQ & WL)
- 4:00: Lenten Series — Part 1 (AUD & CH 973)
- 6:30: Music Therapy with Abigail (OQ)

## Wednesday, March 12

- 9:30: Market Place Accepts Donations (MP)
- 10:30: HCM Design Presentation (AUD & CH 973)
- 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 13.)

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

2:30: Small House Resident Council (Meherrin Den)

2:45: History of the Girl Scouts (CH 971)

4:00: Fillmore Happy Hour (FL)

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

6:15: Games with Ted (OQ)

7:30: Evening Concert with Big Fun Country (AUD)

## Thursday, March 13

9:00: Chess (LR)

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

10:30: Resense Register Reading (SH-A)

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

11:00: Creative Writing Group (RCR)

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 13.)

12:00: Chaplain Visits (SH-A)

- 12:00: French Conversation Table  
(Bistro Table 11)
- 2:00: Marketing Committee Meeting  
(RCR)
- 2:00: Resident-Led Seminar: "Walks  
with the Rambler" — Canceled/To Be  
Rescheduled**
- 3:00: Afternoon Program with Jimmie  
McCallan: Scots in Servitude (AUD &  
CH 973)
- 3:00: Small House Mahjong Club  
(Meherrin Den)
- 3:00: Volunteer Visits (SH-A)
- 7:15: Movie: *Trouble* (CH 972)  
(See page 14.)

### Friday, March 14

- 10:00: Replay of Thursday Movie (CH  
972) (See page 14.)
- 11:00: Care Partner-Led Programming  
(OQ & WL)
- 11:00: News Discussion Group (SN)
- 12:00: National Pie Day (LR)
- 2:45: Paper Shamrock Garland Craft  
(OQ)
- 3:00: Music Therapy (WL)
- 3:30: Seated Meditation (CHP &  
CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:15: Afternoon Concert with Jerry  
Roman (AUD)

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

### Saturday, March 15

- 9:30: Pop-up Technology Assistance  
(LBY)
- 10:30: Licks of Love Dog Visits (SH-A)
- 10:30: Musical Morning Playlist: 60s  
Hits (CH 971)
- 12:00: Lunch & Learn: Escaping the  
Nazis (FL)
- 2:00: Open Recreation/Strength &  
Stretch Chair Exercise (CH 971)
- 2:30: The Wonder Years Flashback  
(OQ)
- 3:30: Jewish Bible Study (CHP &  
CH 974)
- 7:15: Movie: *The Road to Perdition*  
(CH 972) (See page 15.)

### Sunday, March 16

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Storytime with Lauren (OQ)
- 3:00: Open Recreation/Strength &  
Stretch Chair Exercise (CH 971)
- 6:30: Movie: *The Cider House Rules*  
(CH 972) (See page 15.)



## 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>PR</b>	Promenade
<b>AUD-A</b>	Auditorium A	<b>DDR</b>	Dominion Dining Room, Original Bldg 2nd Floor	<b>PSCR</b>	Promenade Small Conference Room
<b>AUD-B</b>	Auditorium B	<b>FL</b>	Fillmore Lounge	<b>PW</b>	Small House Powell
<b>AUD</b>	Auditorium AB	<b>FP</b>	Fillmore Patio	<b>RAR</b>	Richmond Activities Room, Original Bldg 3rd Floor
<b>AUD-ABC</b>	Auditorium ABC	<b>GR</b>	Game Room on Promenade	<b>RCR</b>	Residents Conference Room
<b>BL</b>	Small House Bluestone	<b>GX</b>	Group EX Studio	<b>RDR</b>	Richmond Dining Room, Original Bldg 3rd Floor
<b>BR</b>	Bishops' Room 1st Floor Tower	<b>JA</b>	Small House James	<b>ROOF</b>	Rooftop Deck
<b>BST</b>	Bistro	<b>LBY</b>	Lobby	<b>RP</b>	Small House Rappahannock
<b>CC</b>	Concourse	<b>LR</b>	Living Room	<b>SH-A</b>	Small Houses
<b>CH 971</b>	Channel 971	<b>MH</b>	Small House Meherrin	<b>SHG</b>	Small House Gallery
<b>CH 972</b>	Channel 972	<b>MP</b>	Market Place on Promenade	<b>SN</b>	Small House Shenandoah
<b>CH 973</b>	Channel 973	<b>OQ</b>	Small House Occoquan	<b>WL</b>	Small House Willis

# Spring Salon Specials

Duration: Month of March

New Image Beauty Salon & SPA

**UP TO  
10%  
OFF**



## Body Perm, Haircut & Style

A great option for people with straight hair who want to add movement to their short cut without tight curls, adding volume and texture without appearing overly curly, giving a more effortless and "beachy" look.

**\$126.00 (Regular \$140)**



## Hilites / Babylights & Toning

- They are a Low-maintenance way to add brightness and dimension to any hair color.
- Subtle highlights that blend into your natural hair color.

**\$89.00 (regular \$99)**



## Keratin Treatment

Keratin treatment is a temporary chemical treatment that softens, smooths, and strengthens hair. It reduces frizz, adds shine and improves hair texture.

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