



April 5, 2025

4800 Fillmore Avenue, Alexandria, VA 22311

Teaching Company: The Wisdom of History

Beginning Wednesday April 9th at 11:00 am

**Repeat of Wednesday program
Thursdays at 11:00 am
Channel 972**

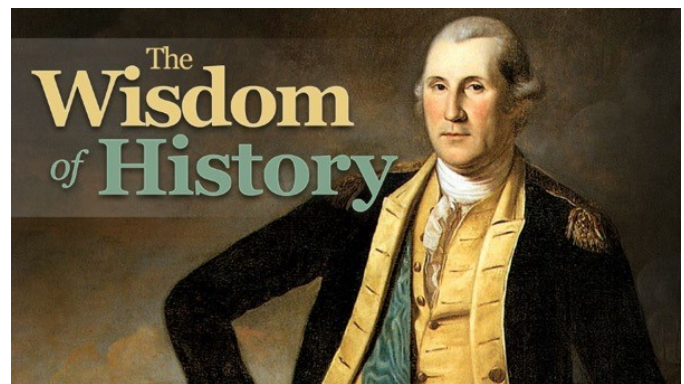
Do the lessons passed down to us by history, lessons whose origins may lie hundreds of years in the past, still have value for us today? Is Santayana's oft-repeated saying, "Those who cannot remember the past are condemned to repeat it" merely a way to offer lip service to history as a teacher—or *can* we learn from it? And if we can, what is it that we should be learning?

Professor J. Rufus Fears believes that not only can we learn from history—we must. In **The Wisdom of History**, his newest course for The Teaching Company, he draws on decades of experience as a world-renowned scholar and classical historian to examine the patterns of history. Ignoring them, by choice or because we've never learned to see them, is to risk becoming their prisoner, repeating the mistakes that

have toppled leaders, nations, and empires throughout time.

This will be an eighteen-week course, showing two 30-minute lectures each week. If you would like a Course Summary, please let Jen know.

*Jennifer Bennett,
Events Coordinator*



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.

Just Dance Workout Schedule Change

The Monday Just Dance Workout will be moving to Tuesdays starting April 29th. It will still be at 11:00 in the Auditorium. Due to another event, the class will be held in Auditorium B on April 29th.



Leslie LaPlace, Fitness Manager

Saturday Morning Live

Saturday April 12th at 10:30 am

Auditorium & CH 973

The Speakers Forum is pleased to announce the return to Goodwin House of one of our most popular speakers – Rose Gottemoeller. In town for consultations, Rose has accepted our invitation to share her views on “The Unfolding Peace Process in Ukraine.” Please join us in the auditorium on April 12 at 10:30 am.

Green Team Hints

Paper recycling in your trash room includes flattened cardboard, catalogs, paper towel and toilet tissue rolls, wrapping paper, advertisements, envelopes and mail. Personal mail can be placed in secure shred bins in Residents’ Business Office located on the lobby level next to the reception area

The Green Team

Speakers Forum



Did you know?

Flo Broussard, who recently passed, was a constant visitor to the GHA Library and during her time at GHA she checked out 181 books. We, the Library volunteers, will miss her and her enthusiasm for reading.

*The GHA Library Committee
and Volunteers*

Viruses

Cases as of April 4 2025

COVID-19: Team members: 0

Residents: 0

Influenza: 0

Announcements

Outdoor Chairs

When you are finished using the outdoor chairs in the courtyard, please put them back around the tables to keep the area neat and good looking. Please keep your feet/shoes off of the chairs.

Bill Kehoe, Resident



Please Don't Touch

To keep the elevator doors open just hold your arm in the doorway opening. The doors will automatically stay open. To close the doors pull your arm out of the way. There is no need to touch the sides of the elevator or the doors to keep them open. Keeping our hands and fingers off of the elevators sides and edges maintains them as clean and neat looking.

Bill Kehoe, Resident

Staying Safe, Online and Off

Cybercriminals have learned that the easiest way to get around your computer's defenses isn't hacking, it's tricking you into letting them in. Criminals take advantage of your trust, curiosity, or fear to convince you to let down your guard. You should be suspicious of messages that are unexpected, induce a sense of urgency, are too good to be true, ask for information that you wouldn't give to a stranger, or contain misspelled or misleading links.

How to stay safe:

- If a message looks suspicious, delete it or mark it as junk. Don't click on pop-ups or call numbers from Internet ads.
- Contact the company or person directly using information on your account statement, the company's official website, or your own address book.
- Use unique passwords for each account. It's best to use a strong password that is at least 12 characters long and is different from your other passwords.

IT Staff

Movie Committee Looking for Members!

Do you like movies and want to help bring movies to GHA? Did you know that there is a Movie Committee that meets once a month to select movies for each week? We would love you to join us. We meet on the 3rd Tuesday of each month at 11:00 a.m. The next meeting is April 15th in the Bishops' Room. Join us and bring suggestions for possible movies.

Movie Committee

Link of the Week

This tropical reef exhibit is modeled after the coast of Palau and houses more than 1,000 animals. Find out the best times to watch live diver presentations and learn more on Explore.org at <https://goo.gl/8YJOZL>.

To view the cam, go to <https://www.youtube.com/watch?v=DHUnz4dyb54>

The Green Team



Brain Health

StrongerMemory Weekly Group

Wednesdays from 10:00-11:00 am | Fillmore Lounge

Wednesday, April 9th - Lesson 8: Physical Exercise and Brain Health

Train Your Brain and Boost Your Recall

Do you ever walk into a room and forget why you're there? Or struggle to recall a name? One participant shared, "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."



StrongerMemory by the Goodwin Living Foundation keeps your mind active with three simple exercises: reading aloud, solving quick math problems, and writing by hand. Just 20-30 minutes a day can make a real difference!

Get your complimentary StrongerMemory workbook! To receive a copy, send your name, community, and apartment number to Ellie Pettoni, Brain Health Coordinator, at epettoni@goodwinliving.org or 703-578-7211.

*Ellie Pettoni,
Brain Health Coordinator, MSW*

Around GHA

Get the Gazette via Email

If you or your family members would like to get the *Gazette* via email on Fridays, contact the Gazette at gazette@goodwinliving.org.

*Kim Butler, Director of
Life Enrichment*



Lunch with the Management

Sign up to enjoy lunch in the Bistro with a member of the Dining Services leadership team. Thursday, April 24th, 12:00 noon.

Dining will be represented by supervisor Yolanda Green.

Sign up in the resident activity book beginning on Monday, April 21st.

*Daniel Keiper
Assistant Director of Dining Services*



Gluten Free Terminology Change

Starting April 7th, we will be changing the terminology for our gluten free items. You will see the icon change from “GF” to “MWG”. That is because although the ingredients we use are gluten free, we acknowledge that not all recipes can be completely free of exposure to other gluten-containing foods. This mainly is seen in fried items, such as French fries, which do not have gluten in them, but may be exposed to gluten in the oil. Please communicate to your server if you are concerned about your level of sensitivity so that your meals can be prepared separately as needed.

*Alex Freiman
Registered Dietitian*

Calling All Gardeners

Gardening gives many GHA residents and visitors hours of outdoor pleasure across the seasons and provides pleasant vistas for those strolling through the beds or viewing them from their apartments. If you would like to tend a raised-bed garden box of your own, contact Anne Kress at annebkress@gmail.com who will put your name on the waiting list and will call you when a box becomes available.

Anne Kress, Resident

Events: This Week

Afternoon program with Jerry Roman

Friday April 11th at 4:00 pm
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
Event Coordinator

Wellness Day

Tuesday, April 8th

Event Schedule:

11:00 AM: Meditation, Breathing & Sound Class in Auditorium-B.

12:00 PM: Community Walk - Meet at the Reception Desk.

1:00 PM: Hand Massage- Take some time to unwind with a soothing hand massage in Auditorium-B.

2:30 PM: Movin' & Groovin' in Auditorium-B.

3:00 PM: Mocktail Party in the Fillmore Lounge.

The Wellness Team

BYOConversation: Americans are mostly 'Come-heres' When? From? Why? What Interesting stories?

Monday, April 7th at 10-10:45 am
Living Room

We all have forebears – some born here, some born elsewhere. In BYOC we could hear one another's interesting accounts of our forebears.

Know anything about their immigration or locations? Their courage, their struggles, successes, failures? Got stories about their idiosyncrasies, colorful characters, mysteries? What do you know about their traditions, language, clothing, food, music?

What about your own growing-up family – their values, beliefs, challenges, legends? Any learnings from their influence? What to do, not to do? How about their neighbors, neighborhoods, migrations?

Origin of the first Bryan in our family in America? We know his name but not where he came from. Total mystery.

BYOConversation is a gathering of residents, GHA/GLI team, guests for open conversation, lightly moderated, on a given topic, from 10-10:45 a.m. on Mondays (just about every Monday since 2021). Some folks speak, some just listen. Come and go as needed. Microphones ensure audibility.

Jonathan Bryan, Resident

Events: Looking Ahead

Evening Bingo

**Wednesday April 16th at 7:30 pm
Auditorium**

Come to the auditorium to enjoy bingo, there is always laughter, fun, and prizes!



Cherry Blossom Celebration

**Monday April 14th at 2:00 pm
Living Room**

Come to the Living Room to enjoy some Cherry Blossom Tea and other Cherry inspired items. The Cherry Blossom Parade from 2023 will be playing on the big screen.

*Jennifer Bennett
Event Coordinator*

Dick's Teaser

Can you determine the word, name or expression that is represented by the following? See solution on page 11.

DAYDAYOUT

Evening Concert - As Long As I'm Singing, a Cabaret

**Tuesday April 15th at 7:30 pm
Auditorium**

Join us as we celebrate the power of song to create excitement, joy, tears, and laughter. Performers from Mini-Musicals on the Move will present some of their favorite songs, from Broadway classics to modern show-stoppers, from movie hits to cherished standards. With vocal performances by Jessica Cooperstock, Cathy McCoskey, and Michael Rudmann, and accompaniment by Jeff Hayes.

*Jennifer Bennett
Event Coordinator*

SAVE THE DATE

Your Mind Matters: Monthly Brain Health Talk Series

Wednesday, April 16th, from 1:00 to 2:00 pm | Residents' Conference Room

This Month's Topic: Bedtime & Brainpower: Why Your Mind Loves Sleep.

*Ellie Pettoni,
Brain Health Coordinator, MSW*



Events: Looking Ahead

Popup Dash Bus/Metro Trip: Church of Epiphany Tuesday Concerts

Tuesday, April 15th

Entrance: free but cash donations appreciated

10:50 am Lobby departure

Return: 2:30 pm

Join us to hear the Avalos Solera duo present selections from their album, "Bach en Bandoneon." Compositions of J.S. Bach adapted for two bandoneon as well as arrangements of classic tangos are featured. A bandoneon is an Argentine/Uruguayan reed instrument similar to a concertina. The sound is similar to a cross between an organ and a concertina.

Must have a SmarTrip card with money on it and charged cellphone 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. Optional lunch at your expense at a nearby restaurant will follow. Cost \$1.10 each way.

Sign-up sheet will be available Monday, March 31, at 10 am.

*Karen Thunberg, Resident
Trips and Outings Committee*

Uncle Vanya at Shakespeare Theatre

Sunday, April 20th (Easter) at

1:00 pm Lobby departure

Return: Around 5 pm

Ticket Price: \$53

Starring Hugh Bonneville of Downton Abbey fame, *Uncle Vanya* by Anton Chekhov is directed by Simon Godwin. Widely praised for his interpretation, San Francisco reviewers call the production a "wonderful theatrical experience of wit, warmth, and human frailty." "This is a '*Vanya*' for modern audiences that surely Chekhov would have loved. It's moving, tragic, thought provoking, heart breaking and hilariously funny."



Sign-up sheet is already in the Activities Binder.

PLEASE NOTE: Signing up for a ticket is just like buying a ticket at the box office. Should you need to cancel, the cost of the ticket will be your responsibility unless you can find someone to take your place, either from a possible waitlist or another GHA / GHBC/TVA resident.

*Karen Thunberg, Resident
Trips and Outings Committee*

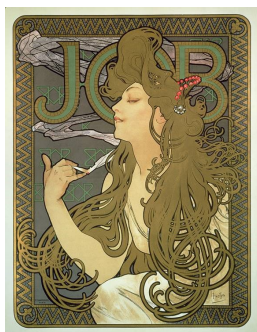
Events: Looking Ahead

Field trip to The Phillips Collection

**Friday April 18th, 1:30 pm, Lobby departure, returning to GHA at approximately 4-4:30 pm
\$15 entrance fee, \$17 transportation fee**

Join our visit to The Phillips to self-guide our way through the special exhibition, *Timeless Mucha*.

Sign-up is available in the Activities binder.



Alison Schroeder
Creative Arts Coordinator

“Poiesis” exhibition of art and poetry by artists from GHA and the local community (Social, emotional, intellectual)

**April 2nd – May 13th, Small House Gallery
Reception: Friday, April 4th from 4:00 – 5:00 pm**

In celebration of National Poetry Month, Goodwin Living will be presenting our third annual 'Poiesis' exhibition. Come to look, read, and listen at the reception and poetry reading.

Alison Schoeder
Creative Arts Coordinator

Curating the Julia Child Kitchen Exhibit

2-3 pm Thursday April 17th | Auditorium

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*.

Brian Patterson, Dining Services

Julia Child's Kitchen

SMITHSONIAN NATIONAL MUSEUM OF AMERICAN HISTORY

Thursday, April 24th Cost: \$17 transportation

Departing: 10:00 am Return: 12:00 pm

This trip is being conducted in conjunction with the GHA program “Curating the Julia Child Kitchen Exhibit.”. After hearing curator Paula Johnson’s talk about the installation of Julia Child’s kitchen at the Smithsonian, here is your chance to see the actual kitchen installation (or tour another exhibit of your choice at the Museum). This is a self-conducted tour. No docent.

Must have charged cellphone to participate.

Signup sheet will be posted Monday, April 7, at 10 am.

Alice Kale, Resident
Trips and Outings Committee

Chaplaincy Services

Reconciliation: Repairing Our World

LENTEN SERIES 2025 – Session 5
Tuesday, April 8th at 4:00 pm
Auditorium & Channel 973

The Memorial Chapel Outreach Committee invites

your participation
in the annual

Lenten Series. The
final session is

*“Continuing the
Conversation”*. Our

speaker will be

Chaplain Bruce Stewart. Since 1981, he
has served as founder and director of
the Center for Liturgy and the Arts,
teaching, performing, and consulting in
the arts and

worship in 80
dioceses in 41
states and 10
countries. For
nearly ten years
he served as
adjunct faculty at
Wesley

Theological Sem-
inary in liturgical dance and at
Virginia Theological Seminary in the
oral interpretation of scripture. His BA
in religion and dance is from Hobart &
William Smith Colleges and his MDiv is
from Virginia Theological Seminary. He



was ordained priest in the Episcopal Church in 1979. He will begin his 19th year as our Chaplain at GHA on April 9.

Reminder: Passover Seder

Thursday April 10th, 4-5:30 pm
Auditorium

Rabbi Gail Fisher, Chaplain Bruce,
and several residents will lead our
Passover Seder

sponsored by
the Spiritual Life
Committee. Fol-
lowing the ritual
portions, partici-
pants may pro-

ceed to the dining venues, where the
Passover meal will be on the menu at
the regular dinner charge. Up to 30
may continue the dinner together in
the Arbor Room. Sign-up by Monday,
April 7 in the Activities Binder or
contact the Chaplain’s Office at 703-
824-1284.

**Sign-up required by Monday April
7.**



In Memoriam

RENEE GRUSKIN

April 2, 2025

Event Reminders

Therapist-led Core Strengthening and Pelvic Floor Exercises Classes, 10-10:45 a.m. Wednesdays, through 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.

Upcoming Residents' Seminar: Washington National Cathedral, 2-3 p.m. Thursdays, through April 17 (no seminar March 27) | Fillmore Lounge. Sign-up required. **Ken Hopper** will present four sessions that provide an in-depth look at Washington National Cathedral's history and architecture.

Dining with Neighbors, Thursday, April 10 (GHBC); 5:00-6:30 p.m. Tuesday, April 15 (TVA), 5:30-p.m. | Sign-up required. Transportation will be provided at no cost. GHA residents are invited to join their Goodwin Living neighbors for special dining experiences in April.

National Chamber Players, 7:45 p.m. Tuesday April 8 | Episcopal High School, 3900 West Braddock Road. Car-pool or on your own. No cost.

Tour the Kitchen with the Executive Chef!

**Meet in the Bistro at 10 a.m.
Thursday, April 24th at 10 a.m.**

Get a behind-the-scenes look at Dining Services. The tour will last approximately 1 hour and groups are limited to 8 people.

Please sign up in advance under events, trips and activities.

Sign-up will begin on Monday, April 14th at 10 a.m. in the Resident Activity Book.

*Dan Keiper, Assistant Director
of Dining Services*



Dick's Teaser Solutions

What is represented is the expression "day in day out." The word "DAY" is IN the words "DAY OUT."

*Dick Pellerin
Resident*

The Weekly Schedule

Sunday, April 6 2025 — Sunday, April 13, 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, April 6

- 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: *Fake It Until You Make It* (LBY, Sign-up required)
- 6:30: Movie: *One Life* (CH 972)

One Life (2023), PG, History/Drama, 1h 49m. Cast: Anthony Hopkins, Lena Olin, Johnny Flynn. Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued over 600 children from Nazi-occupied Czechoslovakia.

Monday, April 7

- 9:00: Fun & Fitness (GX & CH 971)
- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation (LR)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 10:00: Communications Committee Meeting (RCR)
- 10:00: Trail Blazers - Jones Point (LBY, Sign-up Required)
- 11:00: Just Dance Class (AUD-A)

12:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)

12:00: German Conversation Table (AR)

1:00: Beginning Line Dancing (GX)

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

4:30: Birthday Party (LR)

Tuesday, April 8

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: Seamstress (Apt. 426, Floral Arts Room)

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

11:00: Wellness Events (See page 6 for the schedule of events.)

- 1:00: Art & Sound Meditation (RCR)
- 1:15: Mind & Movement (GX)
- 1:30: Mah Jongg (LR)
- 2:00: Wii Bowling (GX)
- 2:00: Movie: *Goodwill Hunting* (CH 972)

Goodwill Hunting (1997), R, Coming-of-Age/Drama, 2h 6m. Cast: Matt Damon, Robin Williams, Ben Affleck. Will Hunting, a janitor at MIT, has a gift for mathematics, but needs help from a psychologist to find direction in his life.

- 4:00: Lenten Series, Part 5 (AUD & CH 973)
- 4:30: Advanced Tai Chi (GX)

Wednesday, April 9

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Accepts Donations (MP)
- 10:00: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)
- 10:00: StrongerMemory Group (FL)
- 11:00: Prayer Group (CHP)
- 11:00: Resident Activities Committee (RCR)
- 11:00: Teaching Company -- *The Wisdom of History* (CH 972)

1. Why We Study History

2. World War I and the Lessons of History

- 1:00: Duplicate Bridge (LR)
- 2:00: Pickleball (GX)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBV)

Thursday, April 10

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Strength & Stretch Class (GX & CH 975)
- 9:00: Chess (LR)
- 10:00: Vendors: Scentsy & Parklane Jewelry (CC)
- 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 -- TBD (CH 972)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: Art Reception: Dawn Capron (ASG)

1:00: GHA Bell Ringers Choir - AUD-B
 1:00: Library Committee Meeting (RCR)
 1:15: Mind & Movement (GX)
 2:00: Knitters and Crocheters (CHP)
 2:00: Resident Seminar: Washington National Cathedral (FL, Sign-up Required)
 2:00: Wii Bowling (GX)
 2:00: Open Studio (AS)
 3:00: GHA Players Meeting (RCR)
 3:15: Advanced Line Dancing (GX)
 4:00: Passover Seder (AUD)
 5:00: Dining with Neighbors at GHBC (Lobby, Sign-up Required)
 7:15: Movie: *Conclave* (CH 972)

Conclave (2024), PG, Thriller/Drama, 2h. Cast: Ralph Fiennes, Stanley Tucci, John Lithgow. When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue that could shake the very foundation of the Catholic Church.

Friday, April 11

7:45: Morning Yoga (GX, CH 975 & ZOOM)
 9:00: Fun & Fitness (GX & CH 975)
 9:45: Shuttle to Target (LBY, Sign-up

Required)

10:00: Replay of Thursday Movie (CH 972)
 10:30: GHA Encore Chorale Rehearsal (AUD-A)
 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, April 12

8:15: Classical Stretch (GX)
 9:30: Pop-up Technology Assistance (LBY)
 10:00: Making Palm Crosses (CHP)
 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: *Hoosiers* (CH 972)

Hoosiers (1986), PG, Sports Drama, 1h 54m. Cast: Gene Hackman, Barbara

Hershey, Dennis Hopper. A coach with a checkered past and a local drunk train a small-town high school basketball team to become a top contender for the state championship in 1950s Indiana.

Sunday, April 13

- 8:15: Classical Stretch (GX)
- 9:00: Palm Sunday (CHP & CH 974)
- 10:30: Palm Sunday (AUD & CH 973)
- 6:30: Movie: *Manchester by the Sea* (CH 972)

Manchester by the Sea (2016), R, Thriller/Drama, 2h 17m. Cast: Casey Affleck, Michelle Williams, Kyle Chandler. A depressed uncle is asked to take care of his teenage nephew after the boy's father dies.

Richmond & Dominion

Sunday, April 6

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 1:00: Trip to Arena Stage: *Fake It Until You Make It* (LBY, Sign-up required)
- 2:30: Open Recreation (AL All)
- 6:30: Movie: *One Life* (CH 972) See page 12.

Monday, April 7

- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation (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)
- 11:00: Walking Club (RDR)
- 12:00: German Conversation Table (AR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Birthday Party (LR)

Tuesday, April 8

- 10:00: Seated Strength (GX & CH 975)
- 10:00: Seamstress (Apt. 426 - Floral Arts Room)
- 10:00: Vendor: Mary Kay Cosmetics (CC)
- 1:00: Art & Sound Meditation (RCR)
- 1:15: Mind & Movement
- 1:30: Mah Jongg (LR)
- 2:00: Wii Bowling (GX)

2:00: Movie: *Goodwill Hunting* (CH 972) See page 13.

4:00: Lenten Series, Part 5 (AUD & CH 973)

Wednesday, April 9

9:30: Aqua Fun (POOL)

9:30: Market Place Accepts Donations (MP)

10:00: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)

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

11:00: Prayer Group (CHP)

11:00: Resident Activities Committee (RCR)

11:00: Teaching Company -- *The Wisdom of History* (CH 972) See page 13.

1:00: Duplicate Bridge (LR)

4:00: Fillmore Happy Hour (FL)

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

Thursday, April 10

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: Teaching Company -- *The Wisdom of History* (CH 972) See page 13.

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

1:00: Art Reception Dawn Capron (ASG)

1:00: **GHA Bell Ringers Choir - Canceled**

1:15: Mind & Movement

1:45: Music Therapy with Abby (RDR)

2:00: Resident Seminar: Washington National Cathedral (FL, Sign-up Required)

2:00: Wii Bowling (GX)

2:00: Open Studio (AS)

4:00: Passover Seder (AUD)

5:00: Dining with Neighbors (LBY, Sign-up Required)

7:15: Movie: *Conclave* (CH 972) See page 14.

Friday, April 11

10:00: Replay of Thursday Movie (CH 972)

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

2:45: Movie Matinee (RAR)

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, April 12

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

10:00: Making Palm Crosses (CHP)

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: *Hoosiers* (CH 972) See page 14.

Sunday, April 13

9:00: Palm Sunday (CHP & CH 974)

10:30: Palm Sunday (AUD & CH 973)

3:30: Poetry Club (RAR)

6:30: Movie: *Manchester by the Sea* (CH 972) See page 15.

Small Houses Schedule

Sunday, April 6

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

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

11:30: Chaplain Visits (SH-A)

1:00: Trip to Arena Stage: *Fake It Until You Make It* (LBY, Sign-up required)

1:30: EZ Random Trivia (OQ)

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

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

Monday, April 7

10:00: BYOConversation (LR)

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

10:00: Communications Committee Meeting (RCR)

10:15: Seated Exercise (OQ)

11:00: Art with Alison (BL)

11:00: Canceled: Small House Bell Choir (PW)

12:00: German Conversation Table (AR)

1:30: Canceled: Music Therapy with Abby (OQ)

- 2:45: Tea Party (SN)
- 3:00: Volunteer Visits (SH-A)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Birthday Party (LR)

Tuesday, April 8

- 10:00: Seated Strength (GX & CH 975)
- 10:00: Vendor: Mary Kay Cosmetics (CC)
- 11:00: Nature Club (SH-A)
- 1:30: Dog visits with Cashew (SH-A)
- 2:00: Movie: *Goodwill Hunting* (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 5 (AUD & CH 973)
- 6:30: Music Therapy with Abigail (OQ)

Wednesday, April 9

- 9:30: Market Place Accepts Donations (MP)
- 10:00: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)
- 10:30: Music and Movement (PW)

- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company -- *The Wisdom of History* (CH 972) See page 13.
- 11:00: Visits with Miranda (SH-A)
- 2:00: Exercise with Christie (MH)
- 2:30: Small House Resident Council (Meherrin Den)
- 2:45: Rosie the Riveter Documentary (CH 971)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)
- 6:15: Games with Ted (OQ)

Thursday, April 10

- 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: Creative Writing Group (RCR)
- 11:00: Scripture, Songs & Prayers (AUD & CH 973)
- 11:00: Teaching Company -- *The Wisdom of History* (CH 972) See page 13.
- 12:00: Chaplain Visits (SH-A)
- 12:00: French Conversation Table (Bistro Table 11)

1:00: Art Reception: Dawn Capron (ASG)
 2:00: Resident Seminar: Washington National Cathedral (FL, Sign-up required)
 2:30: Resense Register Reading (SH-A)
 3:00: Volunteer Visits (SH-A)
 4:00: Passover Seder (AUD)
 5:00: Dining with Neighbors (Lobby, Sign-up Required)
 7:15: Movie: *Conclave* (CH 972) See page 14.

Friday, April 11

10:00: Replay of Thursday Movie (CH 972)
 11:00: Care Partner-Led Programming (OQ & WL)
 11:00: News Discussion Group - Canceled (SN)
 2:30: Small House Mahjong Club (Meherrin Den)
 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, April 12

9:30: Pop-up Technology Assistance (LBY)
 10:00: Making Palm Crosses (CHP)
 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: Senior Science: Will it Fly? (RP)
 7:15: Movie: *Hoosiers* (CH 972) See page 14.

Sunday, April 13

9:00: Palm Sunday (CHP & CH 974)
 10:30: Palm Sunday (AUD & CH 973)
 11:30: Chaplain Visits (SH-A)
 1:30: International Plant Appreciation Day (OQ)
 3:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
 6:30: Movie: *Manchester by the Sea* (CH 972) See page 15.

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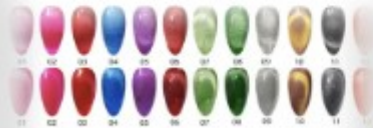


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