



April 12, 2025

4800 Fillmore Avenue, Alexandria, VA 22311

Town Hall Agenda

Wednesday, April 16th, 3:00 pm
Auditorium & CH 973

Welcome, Barbara D'Agostino

- Mission Moment
- Ceca Award
- Rumors or Myth Busters

Resident Council, Judy Hansen

Hospitality, Judy Bryan

Catering, Sarah Hand

Uniguest and Resident Dinner, Kim
Butler

Chapel Update, Bruce Stewart

Elevator and Facility Assessment,
Theresa Thomas

Sales Update, Sue Dolton

Barbara D'Agostino, Executive Director

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

Fever, Cough, GI Distress? Stop the Spread!

Residents – please call the Clinic (703-824-1283) to let them know if you develop any illness that might be contagious. If you're not sure, call anyway.

Why? This information lets the Clinic know what viruses or germs are going around. It's used by management to decide when to cancel large events and when to reopen. It's used by vulnerable residents to decide if they need to stay away from groups and when it's safe to go out again.

Reporting an illness also helps you. Meal delivery is free when you're sick and you can order through the Clinic. In addition, you may be able to receive a diagnosis without leaving your apartment because the Clinic can test you for Covid-19, and if your doctor sends an order, can test for flu, RSV and norovirus. There are medicines for flu and Covid-19 that reduce illness time and also the likelihood of complications, but you have to take them early in the illness. Also, a nurse will call you daily and, if needed, will go to your apartment to help you decide if you need medical care.

Sara Fein, Health Services Committee

Announcements

Donating Unopened Medicines, Health-Care Products

Residents with left-over medicines and health-care products that have not been opened can donate them to the Arlington Free Clinic or to the Culmore Clinic.

All items must be in their original manufacturer's package and in sealed, never-opened containers (bottles, plastic individually wrapped packages, etc.), with an expiration date that has not passed. The following are types of over-the-counter (OTC) items that are helpful: pain relief, seasonal allergy relief, nasal sprays, wound care ointments and products, dry-skin and anti-itch skin care lotions. (The orange-brown bottles that pharmacists fill are not sealed and cannot be donated even if you have not opened them.)

Arlington Free Clinic accepts prescription and OTC medicines and health care products, but it does not accept controlled substances such as Zolpidem (Ambien) or narcotics such as Oxycodone and cannot accept hospital IV meds and IV related supplies.

Donations may be dropped off at the Arlington Free Clinic's reception desk or at its pharmacy. The Clinic is located at 2921 11th St. South, Arlington, 22204

(SW corner of Walter Reed Dr and Columbia Pike) on the ground floor in the Avalon Columbia Pike Building. Truist Bank (directly across the street) will allow very brief parking when dropping off items.

The Culmore Clinic accepts OTC medicines and health care products (no prescription medications). *Donations will be collected twice a year in January and June during the Culmore Clinic Toiletries Drive, 9:00-11:30 am the last Wednesday of the month in the Game Room on G-1 Promenade.*

Note that the GHA Clinic is prohibited from helping with medicine donation or disposal.

*Health Services Committee
GHA Green Team*

Viruses

Cases as of April 11, 2025

COVID-19: Team members: 1

Residents: 0

Influenza: 0

Pfizer Covid vaccines now available at CVS pharmacy located in G-1. Contact Jen at 703-820-1061.

Emma Okul, Infection Preventionist

In Memoriam

MARGARET WINDUS

April 7, 2025

Changes to Monthly Tech Time Clinic

For the last few years, GHA's Technology Committee has offered a monthly technology clinic known as Tech Time. Residents who had issues with any portable technology device could bring it to the Arbor Room, where resident and external volunteers would help them. The Clinics ran from 10-12 on the last Tuesday of the month. No sign-up was necessary.

However, with the introduction of twice-weekly Pop-up Technology Assistance last year, attendance at the monthly Clinic has decreased. Given this change, the following changes to Tech Time will begin with the April 22nd Clinic:

- Duration will be reduced to one hour, from 11:00 – 12:00.
- Sign-up in the Activities Binder will be necessary. Those who don't sign up may still get assistance, but those who do sign-up will be helped first.
- The location may be subject to change, but advance notice will be provided.

With these changes, the Committee hopes to make the most effective use of everyone's time.

*Kathi Menda, Acting Chair
Technology Committee*

Dick's Teaser

Here are some questions that will test your knowledge of technological history.

1. This undersea explorer and filmmaker was also involved in the invention of scuba gear, which made deep-sea diving possible.
2. Nils Bohlin was working for this car company when he invented the modern seat belt in 1959, thus saving millions of lives.
3. Elisha Gray Otis made skyscrapers possible with this invention in 1852.
4. Alfred Nobel created the Nobel Prize to improve his legacy. He did not want to be remembered solely as the inventor of this destructive substance.

See page 7 for the solutions.

Dick Pellerin, Resident

Green Team Hints

Did you know that paper/ cardboard food packaging that is gray on the inside is made from recycled materials?

The Green Team

Around GHA

New GHA Canine Friend!

Meet Marley -- Sharman and Mike Stephens' new nine-month-old baby Corgi! The breed is known as a "blue merle" Corgi, but he is actually grey, black and white. He was the pick of the litter and intended to be shown in national competitions. However, due to some cosmetic issues, the decision was made not to show him -- and the Stephens were the lucky beneficiaries of that decision!



Marley's name comes from a "character" in one of the Stephens' favorite movies, "Marley and Me." The movie is a "bittersweet story about a couple's journey through marriage, parenthood, and the joys and challenges of raising a family, including a rambunctious Labrador named Marley." If you know the movie, when you see Marley you may think of its oft-quoted line: "A dog doesn't care if you're rich or poor, clever or dull, smart or dumb. Give him your heart and he'll give you his." We know this will certainly be the case with Marley, Mike and Sharman – and many of us! Welcome, Marley!

Kathi Menda, DOGS Leader

Compost Bin – Mixing Bowl

For the convenience of residents, we have placed a new bin for collecting compostable materials just outside the Mixing Bowl on G – 1.

As a reminder, compostables are defined as solid foods such as meat, cheese, bread, fruits and vegetables.



Thank you for supporting our composting efforts!

Please contact Dining Services Assistant Director Daniel Keiper at 703-824-1107 or DKeiper@Goodwinliving.org with any questions

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

Brunch Change

The brunch scheduled for April 13th will be moved to April 20th to align with Easter. In addition, we have heard your feedback about wanting new items at brunch, and moving forward will be offering more variety for this meal. We hope you enjoy!

Alex Freiman, Registered Dietician

Chaplaincy Services

CPE GRADUATION

Thursday, April 17th, 2:00 pm
Chapel & CH 974

Please join in honor and celebration of our Chaplain Interns in the Winter unit of Clinical Pastoral Education (CPE). They have ministered at GHA, GHBC, TVA, with palliative care and hospice teams, and with patients and families in local hospitals. We will also be saying farewell to Dilantha Arachchilage, who has been with us at GHA. Crichelle Brice will continue as Hospice Chaplain Resident. Refreshments follow the ceremony. Zoom link provided for joining remotely:



<https://goodwinliving.zoom.us/j/81033169706?pwd=Mp5jKSkaahHb9cGScpBEEMAkq2O9pL.1>

Meeting ID: 810 3316 9706 Passcode: 340533



PALM CROSSES & PALM SUNDAY

Saturday, April 12th, 10:00 am – noon
Chapel

Each year residents make over 200 palm crosses to be distributed at services on Palm Sunday and to residents in the Health Care Center and Assisted Living.



Please come anytime **Saturday, April 12, from 10:00 a.m. to 12:00 noon in the Chapel.** Palms and instructions will be provided. Please let Margaret Milburn or Chaplain Bruce know if you are able to help, so they can plan accordingly. **Palm Sunday, April 13th 9:00 am Chapel & CH 974 and 10:30 am Auditorium & CH 973,** we will have the Liturgy of the Palms and dramatic reading of the Passion according to St. Luke.



*Bruce Stewart,
Director of Chaplaincy*

STATIONS OF THE CROSS IN ART
with Chaplain Bruce
Tuesday, April 15th, 4:00 pm
Auditorium

Come learn about this tradition that for centuries has provided a way for pilgrims and others to participate in

the journey through the final day in the life of Jesus. Chaplain Bruce will share a variety of artworks that have illuminated this story of suffering and compassion as interpreted by a variety of artists.



*Bruce Stewart,
Director of Chaplaincy*

GOOD FRIDAY OFFERING

2025 is the 103rd year of the Good Friday Offering received all over the world to benefit people of all faiths through the ministries of the Episcopal -Anglican Province of Jerusalem and the Middle East (schools, hospitals, clinics, and churches in 21 countries). The need this year is especially great. Please make checks payable to **DFMS (Domestic and Foreign Missionary Society) memo: Good Friday Offering** and bring them to the service or the Reception Desk marked for the Chaplain's box. The Good Friday service at **3:00 p.m. in the Chapel and broadcast live on Channel 974** includes the dramatic reading of the Passion according to John.

*Bruce Stewart,
Director of Chaplaincy*



HOLY WEEK SCHEDULE 2025: April 12-20

Saturday 10:00 am - noon Making Palm Crosses – CHP

Sunday 9:00 am Palm Sunday – Passion according to Luke – CHP & CH 974 | 10:30 am Palm Sunday – Passion according to Luke – AUD & CH 973

Monday 10:00 am Catholic Communion & Rosary – CHP & CH 974 | 3:30 pm Seated Meditation – CHP & CH 974

Tuesday 10:30 am Renewal of Vows for Diocesan Clergy – **All Saints Sharon Chapel** | 4:00 pm Stations of the Cross in Art - AUD & CH 973

Wednesday 11:00 am Prayer Group – CHP

Thursday 11:00 am Maundy Thursday Songs & Prayers & Art – AUD & CH 973 | 2:00 pm CPE Graduation – CHP & CH 974 | 7:00 pm Maundy Thursday / Stripping of the Altar – CHP & CH 974

Friday 3:00 pm Good Friday / Passion according to John – CHP & CH 974
Offering for Diocese of Jerusalem & Middle East (DFMS) | 3:30 pm Seated Meditation – Recorded CH 971 | 4:30 pm Jewish Sabbath Service – CH 971

Sunday 9:00 am Easter Day – CHP & CH 974 (Alleluia! Ring your bells!) with organ and violin | 10:30 am Easter Day – AUD & CH 973 (Alleluia! Ring your bells!) with piano and violin

*Bruce Stewart,
Director of Chaplaincy*

Events: This Week

Your Mind Matters: Monthly Brain Health Talk Series

**Wednesday, April 16th, 1:00 - 2:00
pm | Residents' Conference Room**

This month's topic, "Bedtime & Brainpower: Why Your Mind Loves Sleep," explores how sleep does far more than restore your energy—it plays a critical role in keeping your brain healthy, focused, and resilient. In this engaging session, we'll discuss how quality sleep supports memory, concentration, and emotional balance, and why it's one of the most essential habits for lifelong brain health. You'll walk away with simple, practical strategies to improve your sleep and strengthen your cognitive wellness.



*Ellie Pettoni,
Brain Health Coordinator, MSW*

Dick's Teaser Solutions

1. Jacques Cousteau
2. Volvo
3. The elevator (which we at GHA know so well!)
4. Dynamite

Dick Pellerin, Resident

Evening Concert - Every Picture Tells a Story, a Cabaret

**Tuesday April 15th, 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 The Bands Visit, Enchantress, Company, Hairspray, Hamilton and more

*Jennifer Bennett,
Event Coordinator*

Evening Bingo

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

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

*Jennifer Bennett,
Event Coordinator*



GAME ROOM OPEN HOUSE

Tuesday, April 15th, 3:00-4:30 pm
G-1 across from the Tower Elevators

Haven't played Ping Pong since you were a kid? Want to play Air Hockey when your grandkids visit here? Forgot how to play Shuffleboard, Darts or Pool (or you never learned those games)?

For each of our five games, we will have a GHA "coach" who can watch you play and offer suggestions or play a game with you and remind you of the rules of the games if needed. Residents attending will have access to print copies of the rules for all five games, and there will be an opportunity to sign up if residents want to be notified of practice opportunities that will be offered in the future. Snacks, appetizers, wine and other drinks will be available on tables in the hallway outside the Game Room.

As our Life Enrichment Fitness Specialists have told us, do not rule out activities without trying them first. Please join us on April 15. All residents are welcome!

Anita Lancaster, Resident

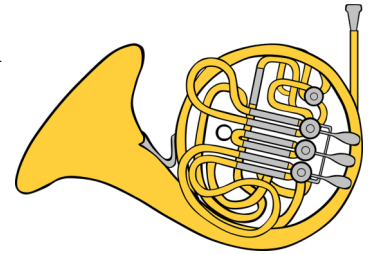


BYOConversation: "Toot Your Own Horn!"

Monday, April 14th, 10-10:45 am
Living Room

So, admit it – sure, some mistakes were made, but by golly, we did pretty well. Let's hear achievements, accomplishments, "beat-the-odds" stories.

When did you triumph? Get an A on a book report? You stuck to a challenge? You resisted a temptation? Someone noticed your right judgment? Like a basketball, you bounced back up? You saw the light just in time? Made a good call? Had a vision that worked out?



We've all succeeded in some way – met a personal goal, made a good deal, won a competition, overcome adversity, survived, stayed happy.

You came in 3rd when no one thought you'd even finish? Me too.

What's your success story? If you wish, tell us about it – long enough for substance, short enough to digest.

BYOC is a safe place to voice what's interesting to you, what's important. Microphones make it audible. Welcome all residents, team members and guests!

Jonathan Bryan, Resident

Wolong Grove Panda Cam

The yards at Shenshuping Gengda Panda Center in China's Wolong Valley are filled with bamboo--making for some very happy panda residents. Watch live and learn more about pandas on Explore.org @ exploreorg.tv/pandas!

[Wolong Grove Panda Cam powered by EXPLORE.org](#)

Environmental Film: "2040"

Monday, April 14th, 7:15-8:45 pm
Ch 972

"2040" is a refreshingly optimistic film, and appropriate for Earth Day (April 22nd). Selected as one of the Best Environmental Films of 2023, this film embarks on a journey to explore what the future could look like by the year 2040 if we embraced the solutions already available to us to improve our planet. Structured as a letter to his daughter, Director Damon Gameau blends documentary with dramatized sequences to create a vision of how these solutions could regenerate the world. Compelling.



The Green Team

Hillwood in the Spring

Thursday, May 8th

Departure: 9:30 am | Return: 2:15 pm

Costs: \$17 Transportation; \$50 admission and lunch

With 4,000 tulips in bloom in the spring, Hillwood, the former home of Post cereal heiress Marjorie Merriweather Post, is a spectacular place to visit. You will have two hours to explore the mansion with its collection of Faberge pieces, Russian art and the once state-of-the-art kitchen as well as 13 acres of formal gardens, a greenhouse, and a special exhibition of the famous clipper ship Sea Cloud.

At noon, we will enjoy a seated lunch with the choice of three entrees (choices included with signup sheet). After lunch, you'll have a few more minutes to explore the gardens or visit the museum shop, one of the best in the area, prior to departure. Hillwood is fully accessible. Although the gardens are extensive, there are benches and seats throughout.

A signup sheet will be posted on Monday, April 14 at 10:00 a.m.

*Alice Kale, Resident
Trips and Outings Committee*

Events: Looking Ahead

Earth Day Celebration

Tuesday, April 22nd 11:00 am – 2:00 pm | Courtyard

GHA is celebrating Earth Day out in our courtyard. It will be a fun afternoon with:

- live music
- a cookout in the courtyard featuring meatless offerings,
- a farmer's market featuring healthy vegetable produce.
- farm animals
- art project sponsored by the GHA Art Studio
- grounds replanting project sponsored by the GHA Grounds Committee
- Green Team information tables focused on compostable issues, food and the environment, and the best environmental practices.



*Jennifer Bennett,
Events Coordinator*

ASO Shuttle

Saturday April 26th, 7:00 pm | Lobby

A Shuttle will be provided to and from the Schlesinger Center for the upcoming Alexandria Symphony Concert (ASO) concert on April 26th. Please sign-up in the Activities binder under Community Outings. GHA will not be purchasing the tickets to the concert.

Jennifer Bennett, Events Coordinator

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*

May GHA Book Club Meeting

Tuesday, May 20th 2:00-3:00 pm
Residents' Conference Room

At the May meeting we will be discussing *The Only Woman in the Room*, by Marie Benedict. This historical novel is based on the life of Hedwig Eva Marie Kiesler, otherwise known as Heddy Lamarr. The book focuses on her early life in Vienna, Austria and marriage to a wealthy Nazi, as well as her escape to the U.S., successful career as a glamorous movie star, and her important work as a scientist.



The GHA Book Club is fortunate to be able to borrow 10 to 12 copies of the next month's book from the Fairfax Library system. If you would like to borrow a copy of this book and come to the May meeting, you can sign up in the Activities Binder, starting in the afternoon of April 15. When the borrowed books arrive, a copy will be placed in your mailbox. If you are reading your own copy or using talking books or Kindle, you can just check under Meeting.

New Readers are always welcome!

*Natalie Rooney and Sande O'Keefe,
Residents*

Julia Child's Kitchen

SMITHSONIAN NATIONAL MUSEUM
OF AMERICAN HISTORY

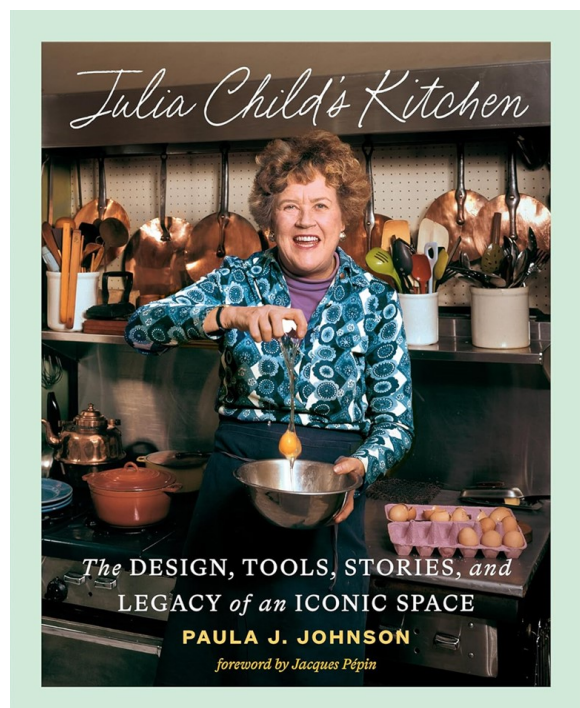
Thursday, April 24th Cost: \$17 transportation

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.

*Alice Kale, Resident
Trips and Outings Committee*



Event Reminders

Therapist-led Core Strengthening and Pelvic Floor Exercises Classes,
Wednesdays, through May 7th, 10-10:45 am | 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, Thursdays, through April 17th, 2:00-3:00 pm (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.

Lunch with Management (Dining)
Thursday, April 24th, noon | Bistro. Sign-up required (starting Monday April 21). Dining will be represented by supervisor Yolanda Green.

StrongerMemory Weekly Group
Wednesdays, April 16th, 10:00-11:00 am | Fillmore Lounge

Lesson 9: Nutrition and Brain Health
Cherry Blossom Celebration

Monday, April 14th, 2:00pm | Living Room

Evening Bingo

Wednesday, April 16th, 7:30 pm | Auditorium

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
"Poiesis" exhibition of art and poetry by artists from GHA and the local community

April 2nd – May 13th, Small House Gallery

Curating the Julia Child Kitchen Exhibit

Thursday April 17^h, 2:00-3:00 pm | Auditorium

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

Tuesday, April 15th 10:50 am | Lobby departure—Return 2:30 pm
Entrance: free but cash donations appreciated

Tour the Kitchen with the Executive Chef!

**Meet in the Bistro at 10 am
Thursday, April 24th, 10 am**

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



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

*Dan Keiper, Assistant Director
of Dining Services*

The Weekly Schedule

Sunday, April 13 2025 — Sunday, April 20, 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 13

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (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.

Monday, April 14

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation (LR)
- 10:00: Catholic Communion & Rosary (CHP & CH 974)
- 10:00: Trail Blazers - Burke Lake (Lobby, 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)
- 1:00: Photo Club Meeting (AS)
- 2:00: Cherry Blossom Celebration (LR)
- 2:00: Spiritual Life Committee (RCR)
- 3:00: Advanced Computers I (AUD)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 7:15: Environmental Film (CH 972)

Tuesday, April 15

- 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)
- 10:50: Concert at Epiphany in DC-DASH trip (LBY, Sign-up required)
- 11:00: Movie Committee (BR)

1:00: **GHA Clinical & Medical Presentation - Canceled**

1:15: Mind & Movement (GX)

1:30: Mah Jongg (LR)

2:00: GHA Book Club (RCR)

2:00: Resident Health Services Committee - Canceled

2:00: Wii Bowling (GX)

2:00: Movie: *Boy who Harnessed the Wind* (CH 972)

Boy who Harnessed the Wind (2019), TV-PG, Biography/Drama, 1h 53m, Cast: Chiwetel Ejiofo, Maxwell Simba, Felix Lemburo. Against all the odds, a thirteen-year-old boy in Malawi invents an unconventional way to save his family and village from famine.

3:00: Game Room Open House (PR)

4:00: Stations of the Cross in Art (AUD & CH 973)

4:30: Advanced Tai Chi (GX)

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

7:30: Evening Cabaret (AUD)

Wednesday, April 16

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)

10:30: Finance Committee Meeting (AUD-A)

11:00: Prayer Group (CHP)

11:00: Teaching Company (CH 972)

3. *Hitler's Rise and the Lessons of History*

4. *World War II and the Lessons of History*

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

2:00: Hospitality Committee (RCR)

2:00: **Living by Heart - Canceled** (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)

7:30: Evening Bingo (AUD)

Thursday, April 17

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 (Market Place on Promenade)

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

10:00: Ceramics (AS)

10:30: Green Team Committee Meeting (AR)

11:00: Maundy Thursday Service (AUD & CH 973)

11:00: Replay of Teaching Company (CH 972) See page 14.

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

1:00: GHA Bell Ringers Choir (AUD-B)

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: Knitters and Crocheters - Canceled

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

2:00: Uniguest Workshop (RCR - Location Change)

2:00: Wii Bowling (GX)

2:00: Chaplain Intern Graduation (CHP & CH 974)

2:00: Open Studio (AS)

2:30: Market Place Sale (Market Place on Promenade)

3:00: GHA Players Meeting (RCR)

3:00: Julia Child Program (AUD & CH 973)

3:15: Advanced Line Dancing (GX)

7:00: Maundy Thursday Service (CHP & CH 974)

7:15: Movie: *The Founder* (CH 972)

The Founder (2013), PG-13, Drama, 1h 55m, Cast: Michael Keaton, Nick Offerman, & John Carroll Lynch. The story of Ray Kroc, a salesman who turned two brothers' innovative fast food eatery, McDonald's, into the biggest restaurant business in the world, with a combination of ambition, persistence, and ruthlessness.

Friday, April 18

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

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

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

10:00: Trip: Bradlee Shopping Trip (Lobby, Sign-up required)

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

1:30: Field Trip to the Phillips Collection (LBY, Sign-up required)

2:00: Quilting Bees (BR)

2:00: Party Bridge (LR)

3:00: Good Friday Service (CHP & CH 974)

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

4:00: Fillmore Happy Hour (FL)

4:30: Advanced Tai Chi (GX)

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

Saturday, April 19

8:15: Classical Stretch (GX)

9:30: Pop-up Technology Assistance - Canceled

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

10:30: Musical Morning Playlist: 1940s Radio (CH 971)

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

3:00: Weekend Wii Bowling (GX)

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

7:15: Movie: *Music of Silence* (CH 972)

Music of Silence, (2017), Drama/Music, 1h 55m, Cast: Jordi Molla, Antonio Banderas, 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.

Sunday, April 20

8:15: Classical Stretch (GX)

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

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

1:00: Shakespeare Theatre Company-*Uncle Vanya* (LBY, Sign-up required)

6:30: Movie: *Titanic* (CH 972)

Titanic, (1997), PG-13, Romantic epic/Period Drama/Disaster, 3h 14m, Cast: Leonardo DeCaprio, Kate Winslet, & Billy Zane. A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.

Richmond & Dominion

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 13.

Monday, April 14

9:30: Aqua Fun (POOL)

10:00: BYOConversation (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 (AR)
 1:00: Photo Club Meeting (AS)
 2:00: Cherry Blossom Celebration (LR)
 2:00: Spiritual Life Committee (RCR)
 3:00: Advanced Computers I (AUD)
 3:30: Seated Meditation (CHP & CH 974)
 4:00: Fillmore Happy Hour (FL)
 7:15: Environmental Film (CH 972)

Tuesday, April 15

10:00: Seated Strength (GX & CH 975)
 10:00: Facilities Management and Security Committee (RCR)
 11:00: Movie Committee (BR)
 1:15: Mind & Movement (GX)
 1:30: Mah Jongg (LR)
2:00: Resident Health Services Committee - Canceled
 2:00: Wii Bowling (GX)
 2:00: Movie: *Boy who Harnessed the Wind* (CH 972) See page 14.
 3:00: Game Room Open House (PR)

3:00: Conversation Around the Water Cooler (RAR)
 4:00: Stations of the Cross in Art (AUD & CH 973)
 5:00: Dining with Neighbors (LBY, Sign-up Required)
 7:30: Evening Cabaret (AUD)

Wednesday, April 16

9:30: Aqua Fun (POOL)
 9:30: Market Place Accepts Donations (MP)
 10:00: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)
 10:30: Finance Committee Meeting (AR)
 11:00: Body & Balance Exercise Program (GX)
 11:00: Prayer Group (CHP)
 11:00: Teaching Company (CH 972) See page 14.
 1:30: Origami Easter Project (RAR)
2:00: Living by Heart - Canceled
 3:00: Town Hall (AUD-ABC & CH 973)
 4:00: Fillmore Happy Hour (FL)
 4:00: Pop-up Technology Assistance (LBY)
 7:30: Evening Bingo (AUD)

Thursday, April 17

- 9:00: Chess (LR)
- 9:30: Market Place Sale (Market Place on Promenade)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Ceramics (AS)
- 10:30: Green Team Committee Meeting (AR)
- 11:00: Maundy Thursday Service (AUD & CH 973)
- 11:00: Teaching Company (CH 972)
See page 14.
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: GHA Bell Ringers Choir
- 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 (RDR)
- 2:00: Resident Seminar: Washington National Cathedral (FL, Sign-up required)
- 2:00: Uniguest Workshop (RCR - Location Change)
- 2:00: Wii Bowling (GX)
- 2:00: Chaplain Intern Graduation (CHP & CH 974)

- 2:00: Open Studio (AS)
- 2:30: Part 2 Origami Easter Project (RAR)
- 2:30: Market Place Sale (Market Place on Promenade)
- 3:00: Julia Child Program (AUD) See page 11.
- 7:00: Maundy Thursday Service (CHP & CH 974)
- 7:15: Movie: *The Founder* (CH 972) See page 15.

Friday, April 18

- 10:00: Replay of Thursday Movie (CH 972) See page 15.
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 2:00: Party Bridge (LR)
- 3:00: Good Friday Service (CHP & CH 974)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, April 19

- 9:30: Pop-up Technology Assistance - Canceled**

10:30: Musical Morning Playlist: 1940s Radio (CH 971)

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: *Music of Silence* (CH 972)
See page 16.

Sunday, April 20

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

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

1:00: Shakespeare Theatre Company-
Uncle Vanya (LBY, Sign-up Required)

2:30: Open Recreation (AL-All)

6:30: Movie: *Titanic* (CH 972) (See
page 16).

Small Houses Schedule

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 13.

Monday, April 14

10:00: BYOConversation (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 (PW) -
Canceled**

12:00: German Conversation Table
(AR)

1:00: Photo Club Meeting (AS)

1:30: Music Therapy with Abby (OQ)

2:45: Tea Party (PW)

3:00: Advanced Computers I (AUD)

3:00: Volunteer Visits (SH-A)

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

4:00: Fillmore Happy Hour (FL)

7:15: Environmental Film (CH 972)

Tuesday, April 15

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

11:00: Nature Club (SH-A)

**2:00: Resident Health Services
Committee - Canceled**

2:00: Movie: *Boy who Harnessed the
Wind* (CH 972) See page 14.

- 3:30: Individual Visits with Ted (SH-A)
- 4:00: Care Partner-Led Programming (OQ & WL)
- 4:00: Stations of the Cross in Art (AUD & CH 973)
- 5:00: Dining with Neighbors (LBY, Sign-up required)
- 6:30: Music Therapy with Abigail (OQ)
- 7:30: Evening Cabaret (AUD)

Wednesday, April 16

- 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 (CH 972) See page 14.
- 11:00: Visits with Miranda (SH-A)
- 2:00: Exercise with Christie (MH)
- 2:00: Hospitality Committee (RCR)
- 2:00: **Living by Heart - Canceled (CHP)**
- 2:45: Brain Games: Afternoon Bingo (ST)
- 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 (OQ)

Thursday, April 17

- 9:00: Chess (LR)
- 9:30: Market Place Sale (Market Place on Promenade)
- 10:00: Seated Strength (GX & CH 975)
- 11:00: Maundy Thursday Service (AUD & CH 973)
- 11:00: Teaching Company -- (CH 972) See page 14.
- 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: Dog Visits with Sara and Moriah (SH-A)
- 2:00: Resident Seminar: Washington National Cathedral (FL, Sign-up Required)
- 2:00: Uniguest Workshop (RCR - Location Change)
- 2:30: Market Place Sale (Market Place on Promenade)

3:00: Julia Child Program (AUD)
3:00: Small House Mahjong Club
(Meherrin Den)
3:00: Volunteer Visits (SH-A)
7:00: Maundy Thursday Service (CHP
& CH 974)
7:15: Movie: *The Founder* (CH 972) (See
page 15).

Friday, April 18

10:00: Replay of Thursday Movie (CH
972)
11:00: Care Partner-Led Programming
(OQ & WL)
11:00: News Discussion Group (SN)
2:45: EZ Uno (OQ)
3:00: Music Therapy (WL)
3:00: Good Friday Service (CHP & CH
974)
3:30: Seated Meditation (CHP & CH
974)
4:00: Fillmore Happy Hour (FL)
4:30: Jewish Sabbath Service of
Comfort & Healing (CH 971)

Saturday, April 19

**9:30: Pop-up Technology Assistance -
Canceled**
10:30: Licks of Love Dog Visits (SH-A)

10:30: Musical Morning Playlist:
1940s Radio (CH 971)
12:00: Lunch & Learn (FL)
1:30: Drumming with Rick (OQ)
2:00: Open Recreation/ Strength &
Stretch Chair Exercise (CH 971)
2:30: Mahjong with Ted (MH)
3:30: Jewish Bible Study (CHP & CH
974)
7:15: Movie: *Music of Silence* (CH
972) (See page 16).

Sunday, April 20

9:00: Easter Sunday (CHP & CH
974)
10:30: Easter Sunday (AUD & CH
973)
11:30: Chaplain Visits (SH-A)
1:30: Special Treat with Lauren (OQ)
3:00: Open Recreation/ Strength &
Stretch Chair Exercise (CH 971)
6:30: Movie: *Titanic* (CH 972) (See
page 16).

LOCATION KEY

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