



June 27, 2025

4800 Fillmore Avenue, Alexandria, VA 22311

Retirement Party for Leslie

Wednesday, July 2nd, 2:00pm-4:00pm
Filmore Lounge

Please come by and help wish Fitness Manager Leslie LaPlace a happy retirement! For more than seven years, Leslie has made incredible contributions to the wellness and fitness of GHA residents and team members. Now, it's time to let her know how much she is appreciated and wish her well in her next chapter. July 2nd will be her last day as our Fitness Manager.



If you haven't had the chance to share your well wishes, memories, and kind words in her message book, it will be available at the celebration.

Christie Thomas,



Fitness and Aquatics Specialist

Celebrating Brain Health Month with Goodwin Living Foundation

Every June, we celebrate Brain Health Month by highlighting the powerful impact of the Goodwin Living

Foundation—made possible through the generosity of our donors. Their support has enabled StrongerMemory to reach more than 58,000 individuals, enriching lives across Goodwin Living and expanding across the U.S., Canada, and the Caribbean.

Their commitment has also helped launch Thrive, our new social model day program that offers vital engagement for individuals experiencing cognitive change.

From neighborhood to nation, we are deeply grateful to those whose support fuels our mission to advance brain health through innovation, inclusion, and meaningful connection.



Goodwin Living
Foundation



The Goodwin Living Foundation Team

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 4:00pm Friday to appear in the following week's issue. The Gazette is distributed via email on Fridays and in print on Saturdays.



Announcements

Field Trip: Strathmore Mansion for The Colored Pencil Society of America Exhibit

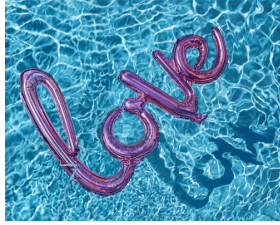
Friday, July 11th

Departure: 9:30am | Return: 1:30pm

Entry Fee: Free

Transportation Cost: \$25

Join us for an exhibit featuring top artists from around the world. Highlights include incredible works ranging from photorealism to painterly.



We will have lunch on our own at Java Nation, an eclectic coffee shop and restaurant nearby. Signup is available in the Activities binder.



*Alison Schroeder,
Creative Arts Coordinator*

Refresher Bridge Update

Thursdays, 1:15pm

Contact the Organizer

If you signed up for the refresher bridge course, please call to discuss the class and its location. This 90-minute, four-session class is for people who have played bridge in the past. Call Peggy Errington at 703-824-1375 or cell 571-689-2359.



Peggy Errington, Resident

National Law Enforcement Museum

Thursday, July 17th

Departure: 9:15am | Return: 12:00pm

Entry Fee: \$22

Transportation Cost: \$17

On our way to the Museum, weather permitting, we'll walk along the National Law



Enforcement Memorial's tree-lined "pathways of remembrance," which are dedicated to the more than 24,000 law enforcement officers who have died since 1786.

At the Museum, our tour guide, a retired law enforcement officer, will help us learn about the history of law enforcement from colonial days to the Prohibition Era to today, including Elliot Ness' and Al Capone's weapons.

Step into a prison cell; try out the patrol car simulator; on the 911 simulator, figure out how would you answer the call, assess the situation, and dispatch officers. Learn about modern investigation techniques, how clues are examined, and much more.

Signup is available in the Activities Binder starting Monday, June 30th, at 10:00am.



*Karen Thunberg, Resident
Trips and Outings Committee*

Field Trip: Virginia Fine Arts Museum for “Frida: Beyond the Myth”

Thursday, July 31st

Departure: 8:00am | Return: 3:45pm

Entry Fee: \$16 | Guided Tour: Extra \$10

Transportation Cost: \$45

This exhibition showcases many of the artist’s most important paintings and drawings from the beginning of her career in 1926 until her death in 1954. The more than 60 works of art in a variety of media, many rarely seen outside of Mexico, include self-portraits, still lifes, and compositions from her imagination. Also on view are photographs of Kahlo taken by many of those closest to her, including internationally renowned photographers Lola Álvarez Bravo, Imogen Cunningham, Julien Levy, Dora Maar, and Nickolas Muray.



Twenty tickets for the guided tour of the exhibit are available on a first-come-first-served basis. Lunch is on your own; there are three restaurant options at the Museum.

The signup sheet is in the Activities Binder.



Alison Schroeder,
Creative Arts Coordinator

New COVID Variant

There is a new COVID strain known as “Nimbus” (NB 1.8.1), which is currently reported to be responsible for more than one third of cases in the United States. Back in the Spring, this was linked to a surge of cases in Asia. As with every new strain, it is more transmissible than old strains.



According to health experts, currently approved COVID-19 vaccines are expected to be effective against this variant in reducing or preventing symptomatic and severe disease.

We are beginning to see cases in the surrounding communities.

To keep everyone healthy:

- Be vigilant with your respiratory etiquette as well as performing good hand hygiene.
- If you are experiencing any respiratory symptoms such as fever, chills, sore throat, cough, congestion, runny nose, sneezing, or loss of taste or smell, stay in your apartment, test yourself, and contact the clinic for further guidance.
- Wear a mask as needed.

Emma Okul
Infection Preventionist

Nominations for New Resident Council Members Underway

The Resident Council (RC) has appointed Fred Pang to chair the Nominating Committee. This Committee's mission is to select a slate of new RC member candidates to fill three positions that will become vacant in October. The committee members include Fred Pang, Robin Barbee, Jill Miller, Stetson Tinkham, and Kerry Wade.

The Committee encourages all residents to submit nominations for the RC, with the person's consent, to the Nominating Committee for consideration. Residents may also self-nominate. Submit written nominations to Fred Pang by Friday, August 1st.

All residents can be nominated except those who have just finished two consecutive two-year terms on the Council. The Nominating Committee encourages residents to learn more about the RC, its purpose, and its duties. The process for electing or appointing Council members is in Chapter 9.1 of the Residents Handbook, found on Uniguest.



Fred Pang
Nominating Committee

New Compostables!

The plastic 4oz containers and their lids used by Dining for puddings and fruit offerings have been confirmed to be compostable by GHA's contractor Compost Crew.



The Biodegradable Processing Institute (BPI) designation is the overriding one that certifies their compostability, meaning these products have undergone strict testing to ensure that they break down, along with food scraps and yard waste, within a specific time frame and do not release anything harmful into the environment.

Please place both the containers and lids into the bin in your trash room with the cardboard compostables and green bags. They should not be placed in the recycling bin because they do not have a #1 or #2 in the triangle.



The Green Team

Dick's Teaser:

Can you determine the word, name, or expression that is represented by the following? See p. 10 for the solutions.

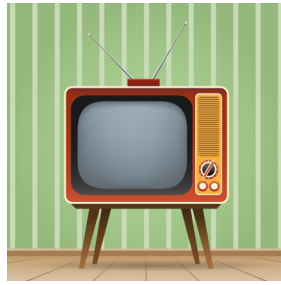
Built
Last
Last

Dick Pellerin, Resident

Around GHA

CH 973 Under Maintenance

Due to storm damage, Channel 973 is currently unavailable and will be offline for the next few weeks. We apologize for the inconvenience and are working to get it back online as soon as possible.



*Jennifer Bennett,
Events Coordinator*

Resident Biographies and Uniguest Profile Photos

The Welcome Committee and GHA staff are working together to provide Uniguest profile photos and biographies for all residents who want them. Having a profile picture and biography in Uniguest helps staff and other residents get to know you and connect!

Keep an eye out for new biographies on Uniguest and in the Library binders. You might find a fellow artist, golf enthusiast, or dog lover that could be your next best friend!

For anyone who would prefer not to have a profile photo, the GHA logo will be uploaded instead.



*Sam Echols,
Communications Coordinator*

Conference Room and Event Space Etiquette

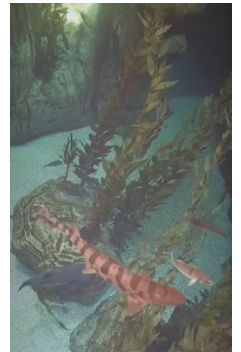
To ensure our many groups, committees, and instructors continue to be able to run their events and meetings smoothly, please remember to observe the following room etiquette rules:

- Do not enter the room booked for your activity before your scheduled time unless you can see there is no one else using it.
- If a door is closed, do not knock or enter before your scheduled time.
- Ensure you clean up and leave the room promptly at the end of your scheduled time.

*Sam Echols,
Communications Coordinator*

Link of the Week

The Aquarium of the Pacific in Long Beach, CA, boasts a massive, three-story-high tank modeled after the underwater ecosystem of Catalina Island off the coast of Southern California. Keep an eye out for leopard sharks, sheephead, giant sea bass, white sea bass, and, of course, giant kelp!



Click on the link below or search Explore.org using the keywords shown.



[Blue Cavern Aquarium](#)

The Green Team

Chaplaincy Services

Back to School Appeal

Every year, the Memorial Chapel Outreach Committee sponsors a Back-to-School appeal.



This year, our goal is supporting nearby Hammond Middle School—a school with a high percentage of free and reduced price lunch students—to meet its ambitious goal of a new backpack for every student who would struggle to pay for their own. Others are helping, but so can we! Our target is 200 new backpacks, each filled with a selection of needed school supplies. Can we do it?!

Please consider a check contribution made out to Goodwin Living Foundation (memo: Backpack). Envelopes for cash will be available in the Chapel. Deliver your contribution to the Reception Desk marked for the Chaplain's Box before July 31st. Thank you for your caring contribution.



Bruce Stewart, Director of Chaplaincy

In Memoriam

ROBERT SMITH

June 21, 2025

Sabbath Service Change

Due to the 4th of July holiday, the July Sabbath service will be held in the Chapel on Friday, July 11th, at 4:30pm. The theme will be "Mutual Responsibility."

Rabbi Gail's travels to Israel have been put on hold, so she will also be available for the Jewish Bible Study on Saturday, July 19th, at 3:30pm in the Chapel. The study will focus on the five daughters of Zelophechad, which will include a rousing song that Rabbi Gail will share.



*Bruce Stewart,
Director of Chaplaincy*

Green Team Hints

Do not clog your toilets with clumps of used kitty litter. Place litter in the trash. For apartment pickup of larger quantities of litter, call ES 703-575-5215.

The Green Team

Viruses

Known Cases as of June 27, 2025

COVID-19: Team members: 0

Residents: 0 Influenza: 0

Covid vaccines are currently unavailable at our CVS pharmacy. Contact Jen Belovich at 703-820-1061 for all other vaccinations, including the most current pneumonia vaccine (Pevnar 20&21).

Emma Okul, Infection Preventionist

Local Events

Putt Across America

Daily Through Sep. 1st, 10:00am-9:00pm
600 Water St., SW, D.C.
Cost: \$20-25

This mini golf adventure for all ages celebrates iconic American landmarks from coast to coast. Highlights include plunging over Niagara Falls, partying down Bourbon Street, and winning the jackpot on the Las Vegas Strip!

The interactive course blends playful design with state-themed trivia and fun facts. Set against The Wharf's scenic waterfront, this experience offers exclusive merchandise and dining discounts with each ticket to keep the par-tee going.



Freshfarm CityCenterDC Farmers Market

Tuesdays Through Oct. 28th
11:00am-2:00pm
10th & I St., NW, D.C.

In addition to fresh, local produce from our region's finest farms, this market offers many delicious lunch options, all featuring local and seasonal ingredients, from wood-fired pizza to falafel wraps! Shop for delicious prepared foods, fresh produce, baked goods, and more.



Georgetown Spy History Walking Tour with a Former CIA Officer

The Oak Hill Cemetery,
3001 R St. NW, D.C.
Cost: \$55



Learn about the unique mindset of a CIA officer as you explore the hidden histories residents played in espionage during WWII and the Cold War. Don't forget to dress for the weather and bring your walking shoes and water.

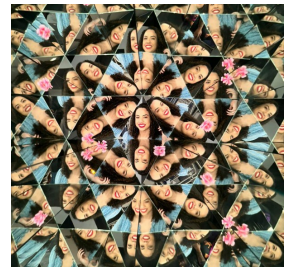
This tour begins outside of The Oak Hill Cemetery and ends about 0.7 miles away outside of Martin's Tavern.

To book a tour, visit <https://spyher.co>

Museum of Illusions D.C.

Sundays-Thursdays, 10:00am-9:00pm
Fridays and Saturdays, 10:00am-10:00pm
CityCenterDC, 927 H St., NW, D.C.
Cost: \$30.45

Let your imagination run wild in mind bending exhibits blending education and entertainment for all ages. Expect to learn about vision, perception, the human brain and, ultimately, how it can be tricked as you travel through over 50 exhibits.



Tickets can be purchased in advance online at <https://moiwashingt.com/>

The activities on this page are not GHA-affiliated events. Residents are responsible for their own tickets and transportation.

This Week's Events

Saturday Morning Live

Saturday, June 28th, 10:30am
Auditorium

James "Spider" Marks, Major General in the U.S. Army (Retired) and CNN National Security Analyst, is returning to lead us in a discussion on headline events of the day.



He intends to set the stage by sharing what he sees are our strategic challenges both globally and domestically and our strengths and weaknesses in dealing with them. That will open discussion on the tumult of issues threatening our leadership and shaking our world. Bring your own thoughts and engage in what should be an interactive, evocative discourse.



Speakers' Forum

BYOConversation: "Living with My Conscience—and Yours"

Monday, June 30th, 10:00am-10:45am
Living Room

My best friend said, "Sure, it's okay." I said, "Nope. It's not right." What "still, small voice" whispered into my friend's ear, "okay," and into my ear, "nope?"

What is "conscience" anyhow? Does my conscience really know what's right?

Suppose your conscience says, "On the one hand . . . but on the other hand . . ."

Do you agree with the idea that "the conscience is just the brain plagiarizing the heart?"

Is "the people's vote" a "civic conscience?"

Tell us about a time when your conscience bothered you so much you changed your decision. Or didn't.

When Huck Finn had to choose to lie or to tell the truth, his conscience told him to lie. Whaddya think?

Edmund Burke expressed, in various wordings, this concept: "Tyranny hopes people of good conscience remain silent." Why would tyrants hope that?

Come to speak or listen in a very welcoming gathering in the Living Room.



Jonathan Bryan, Resident

Pride Month Documentary

Monday, June 30, 3:00pm
CH 972

Tune in on Monday for the last in a series of documentaries honoring Pride Month.

June 30th—*A Secret Love*: Falling in love in 1947, two women (Pat Henschel and pro baseball player Terry Donahue) begin a 65-year journey of love and overcoming prejudice.



Jennifer Bennett, Events Coordinator

StrongerMemory Weekly Group

Wednesdays, 10:00am-11:00am
Fillmore Lounge

- July 2nd Topic—Sip Smart: How Water Fuels Your Brain

Request your complimentary StrongerMemory workbook from Ellie Pettoni at epettoni@goodwinliving.org or 703-578-7211. Be sure to include your name, campus location, and apartment number.

StrongerMemory Tip:

Write Your To-Do List by Hand

Instead of typing out your daily tasks, try writing them by hand. The physical act of writing activates areas of the brain tied to memory and learning. Studies show that handwriting helps you better retain information and stay focused throughout the day.



Ellie Pettoni,



Brain Health Coordinator

Creative Writing Group

Wednesday, July 2nd, 11:00am
Residents' Conference Room

Come stretch your creative muscles with writing prompts and fun exercises! All experience levels are welcome.

Sam Echols,



Communications Coordinator

Cookies & Conversation

Wednesday, July 2nd, 1:00pm
Fillmore Lounge

Please join us for Cookies & Conversation with David Taylor, the new Vice President of Sales. Come learn what David's goals are, his roles at Goodwin House Seminary Road and GHA as well as his vision for our communities in the future. And, of course, come with your questions. We hope to see you there!



Residents' Council

Music Therapy Summer Sessions

Wednesday, July 2nd, 4:00pm
Tower 7th Floor Lounge

Come learn more about how music therapy and music listening can benefit our emotional, cognitive, physical, and spiritual needs!



Abigail Hanlon, Music Therapist

Afternoon Concert with Quentin Walston

Thursday, July 3rd at 3:00pm
Auditorium and Channel 973



Quentin Walston's musical seminars are more than a public speaking event! These educational concerts combine Quentin's highly acclaimed solo piano performance with music history, appreciation, and more. GHA will have one class each month.



Jennifer Bennett, Events Coordinator

4th of July Celebrations

Friday, July 4th



11:00am (Living Room):

The Washington Nationals vs. Boston Red Sox

4:00pm (Courtyard):


The Alexandria Symphony Brass Quintet

8:00pm (Living Room):

PBS The Capitol 4th

8:30pm (Rooftop):

Rooftop party and fireworks viewing.

 *Jennifer Bennett, Events Coordinator*

Next Week's Events

Courtyard Concert with Soulfire

Thursday, July 10th at 4:00pm
Courtyard

Soulfire is an Arlington-based band founded at Trinity Presbyterian Church. Started over a mutual love of The Beatles, the band's repertoire has grown to cover everything from 1950s rockabilly to songs on the radio today. Over the last 15 years, Soulfire has played all over the greater D.C. area.

 *Jennifer Bennett, Events Coordinator*

Dick's Teaser Solution

What is represented is the expression "built to last."

Dick Pellerin, Resident

Donate Metro Cards

Do you or anyone you know have a Metro SmarTrip card to donate? Maybe an out-of-town family member or friend who was here recently and won't be using Metro again for a while?

Martha's Table, a charity in D.C. that helps to feed, clothe, and educate needy families, accepts Metro card donations.

You can send cards to:

Martha's Table
2114 14th St., NW,
Washington, DC 20009

Sam Echols, Communications Coordinator



Cancelations

Small House Bell Choir

Monday, June 30th

Music Therapy with Abigail

Monday, June 30th

Residents' Council Committee

Tuesday, July 1st

Chapel Outreach Committee

Wednesday, July 2nd

Ceramics

Thursday, July 3rd

Open Studio

Thursday, July 3rd

Fun & Fitness

Friday, July 4th

Drumming Circle with Rick

Friday, July 4th

Shuttle to Trader Joe's

Friday, July 4th

Sabbath Service

Friday, July 4th

Vendor: Harun's African Art & Jewelry

Friday, July 4th

The Weekly Schedule

Sunday, June 29, 2025 — Sunday, July 6, 2025

Residential Living | Richmond & Dominion

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

Events designed for Richmond & Dominion are labeled with “**R&D**.” Due to space limitations, Richmond & Dominion residents have priority at them.

Sunday, June 29

- 9:00: Holy Eucharist
(CHP & CH 974)
- 10:30: Holy Eucharist (AUD)
- 3:00: **R&D**: Seated Exercise (CH 971)
- 6:30: Movie: *Sons of Katie Elder*, (1968), PG-13, Western, 2h 46m, Cast: John Wayne, Dean Martin, Martha Hyer. Ranch owner Katie Elder's four sons determine to avenge the murder of their father and the swindling of their mother. (CH 972)

Monday, June 30

- 9:00: Fun & Fitness (GX & CH 975)
- 9:00: Trail Blazers: Long Branch
(LBY, Signup Required)
- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation (LR) See p. 8
- 10:00: Catholic Mass & Rosary
(CHP & CH 974)
- 12:00: 12-Step Meeting (Call
202-701-9291 for more info.)
- 12:00: German Conversation Table (AR)
- 1:00: Beginning Line Dancing (GX)
- 2:00: Dining Services Committee

Meeting (AR)

- 3:00: Pride Month Documentary: *A Secret Love* (CH 972) See p. 8
- 3:30: Seated Meditation
(CHP & CH 974)
- 3:00: **R&D**: Audiobook Book Club
(RAR)
- 4:00: Fillmore Happy Hour (FL)

Tuesday, July 1

- 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, Signup Required)
- 10:00: **Residents' Council Meeting—Canceled**
- 10:15: Just Dance Class
(AUD-A & CH 971)
- 11:00: Mat Pilates (GX)
- 1:15: Mind & Movement (GX)
- 1:30: Mah Jongg (LR)
- 2:00: Wii Bowling (GX)

2:00: Movie: *And So It Goes*, (2014), PG- 13, Romantic Comedy, 1h 34m, Cast: Michael Douglas, Diane Keaton, Sterling Jerins. A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home. (CH 972)

3:00: **R&D**: Hershey's Kisses Debut Day (RDR)

4:00: GHA Bell Ringers Choir Rehearsal (AUD)

4:30: Advanced Tai Chi (GX)

Wednesday, July 2

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

9:30: Aqua Fun (POOL)

9:30: Marketplace Sale & Donations (MP)

10:00: Therapist-Led Exercise Class (GX)

10:00: StrongerMemory Group (FL)
See p. 9

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

11:00: Creative Writing Group (RCR) See p. 9

11:00: Prayer Group (CHP)

11:00: Teaching Company—The Wisdom of History (CH 972)
23. *Russia and Empire*
24. *China and Empire*

1:00: Cookies & Conversation (FL)

2:00: **Chapel Outreach Committee Meeting—Canceled**

2:00: Pickleball (GX)

2:00: Retirement Party for Leslie (FL)
See p. 1

4:00: Fillmore Happy Hour (FL)

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

4:00: RL Music Therapy Summer Series (Tower 7th Floor Lounge)
See p. 9

Thursday, July 3

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—Canceled**

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

11:00: Scripture, Songs, & Prayers (AUD & CH 973)

11:00: Replay Teaching Company—The Wisdom of History (CH 972)

11:00: Vendor: Sherry's Boutique & Handmade Gifts (CC)

11:00: **R&D**: Richmond Resident Council Meeting (RDR)

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

1:15: Mind & Movement (GX)

1:30: Shanghai (LR)

1:45: **R&D**: Music Therapy with Abigail (DDR)

2:00: Knitters and Crocheters (CHP)

2:00: Wii Bowling (GX)

2:00: **Open Studio—Canceled**

3:00: GHA Players Meeting (RCR)

- 3:00: Afternoon Concert with Quentin Walston (AUD & CH 973)
See p. 9
- 3:00: **R&D:** Holy Eucharist (RDR)
- 7:15: Movie: *The Accountant 2*, (2025), R, Action/Thriller, 2h 12m, Cast: Ben Affleck, Jon Bernthal, Cynthia Addai Robinson. Christian Wolff applies his brilliant mind and illegal methods to reconstruct the unsolved puzzle of a Treasury chief's murder. (CH 972)

Friday, July 4

- 7:45: Morning Yoga
(GX, CH 975 & ZOOM)
- 9:00: **Fun & Fitness—Canceled**
- 10:00: Replay of Thursday Movie (CH 972)
- 10:00: **Vendor: Harun's African Art and Jewelry—Canceled**
- 10:00: **Shuttle to Trader Joe's—Canceled**
- 10:30: GHA Singing Seniors Rehearsal (AUD-A)
- 11:00: The Washington Nationals vs. Boston Red Sox (LR) See p. 10
- 2:00: Quilting Bees (BR)
- 2:45: Party Bridge (FL)—**Note Time and Location Change**
- 2:45: **R&D: Drumming Circle with Rick—Canceled**
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: The Alexandria Symphony Brass Quintet (CTY) See p. 10
- 4:30: Advanced Tai Chi (GX)
- 4:30: **Sabbath Service—Canceled**

- 8:00: PBS The Capitol 4th (LR)
See p. 10
- 8:30: Rooftop Party and Fireworks Viewing (ROOF) See p. 10

Saturday, July 5

- 9:30: Pop-Up Technology Assistance (LBY)
- 10:30: **R&D:** Morning Trivia (CH 971)
- 10:30: Advanced Tai Chi with Instructor (GX)
- 11:30: Beginners' Tai Chi with Instructor (GX)
- 2:00: **R&D:** Strength & Stretch Chair Exercise (CH 971)
- 3:00: Weekend Wii Bowling (GX)
- 7:15: Movie: *The King's Speech*, (2010), R, Drama, 1h 58m, Cast: Colin Firth, Geoffrey Rush, Helena Bonham Carter. The story of King George VI's unexpected ascension to the throne of the British Empire in 1936 and the speech therapist who helped the unsure monarch overcome his stammer. (CH 972)

Sunday, July 6

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD)
- 3:00: **R&D:** Seated Exercise (CH 971)
- 6:30: Movie: *Oklahoma!*, (1955), G, Musical, 2h 25m, Cast: Gordon MacRae, Gloria Grahame, Gene Nelson. Several farmers, cowboys, and a traveling salesman compete for the romantic favors of various local ladies. (CH 972)

Small Houses Schedule

Sunday, June 29

- 10:30: Holy Eucharist
(AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Finish the Song Lyrics (OQ)
- 3:00: Open Recreation/ Strength &
Stretch Chair Exercise (CH 971)

Monday, June 30

- 10:30: Mahjong Club (Meherrin Den)
- 11:00: **Small Houses Bell Choir—
Canceled**
- 1:30: **Music Therapy with Abigail—
Canceled**
- 2:45: Tea Party (BL)

Tuesday, July 1

- 10:15: Indoor Yard Games (OQ)
- 1:30: Art with Alison (BL)
- 3:30: Individual Visits with Ted
(SH-A)
- 6:30: Music Therapy with Abigail
(OQ)

Wednesday, July 2

- 10:30: Music & Movement (PW)
- 11:00: Outdoor Club (SH-A)
- 2:45: Pool Noodle Art (CTY)

Thursday, July 3

- 11:00: Scripture, Songs, & Prayers
(AUD)
- 2:30: Resense Register Reading
(SH-A)
- 6:15: Games with Ted (OQ)

Friday, July 4

- 3:00: Music Therapy: Individual
sessions (WL & SN)
- 11:00: The Washington Nationals vs.
Boston Red Sox (LR) See p. 10
- 4:00: The Alexandria Symphony
Brass Quintet (CTY) See p. 10
- 8:00: PBS The Capitol 4th (LR)
See p. 10
- 8:30: Rooftop Party and Fireworks
Viewing (ROOF) See p. 10


Saturday, July 5

- 10:30: Licks of Love Dog Visits (SH-A)
- 10:30: Morning Trivia (CH 971)
- 2:00: Open Recreation/Strength &
Stretch Chair Exercises (CH 971)
- 2:30: Art with Alison (BL)

Sunday, July 6

- 10:30: Holy Eucharist (AUD)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Chef Table: Ice Cream Sundae
(OQ)
- 3:00: Open Recreation/Strength &
Stretch Chair Exercises (CH 971)

For a full list of activities, see p. 11-13



DURATION
Month of July

July
Special!

New Image
BEAUTY SALON & SPA

PACKAGE SPECIAL!

SERVICE INCLUDES:

- Base Color/Root Touch Only
- Hilites Or Lowlites
- Toner/Glaze Treatment

HOLIDAY SPECIAL

\$166.00

Originally \$184

CALL US

703-824-1333

**FREE GLAZE
TREATMENT**

10% OFF

Made with PosterMyWall.com

July Birthdays

1—Jerome Kline
1—Barton Gohmann
3—Gloria Smith
4—Frederick Voss
5—Margaret Milburn
7—Margaret Riccardelli
9—Diana Alsterberg
9—Thomas Sproull
11—Roberta Groves
13—Barbara Whittier
15—Ingrid Meyer
15—Natalie Rooney
16—Gretchen Thompson
16—Richard Bennett
16—Dalia Meza
17—Leonard Jr. Vaughan
18—Katherine Wood
18—Randall Garber
19—Luella VanNewkirk

22—Sally Paulsell
22—Barry Rosman
22—Margaret Errington
23—Robert Moody
23—William Jr. McCulla
25—Julia Hall
26—Harriet Thomas
27—Joan Lamb
27—Harrison Williams
28—Jane Russell
29—Alisone Clarke
30—Ann Bradley
30—Sharon Lusk
31—Stephanie Reed
31—Merrie Schippereit
25—Dennis Detlef
29—Nanna Hillsman
29—Ira Kirschbaum
30—Carl Miller
30—Mary Lee Herbster



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