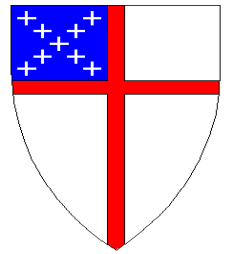




Gazette

Goodwin House Alexandria
4800 Fillmore Avenue, Alexandria, Virginia 22311
A Weekly Publication of Residents and Administration



VOLUME 43

MARCH 15, 2010

No. 12

MONDAY, MARCH 15

Fun & Fitness, Auditorium, 9:00 a.m.
Catholic Mass, Chapel, 10:00 a.m.
Bradlee Bus, 10:00 & 10:30 a.m.
Water Aerobics, Pool, 10:15 a.m.
Trailblazers Depart, 10:30 a.m.
Gentle Waves, Pool, 11:00 a.m.
Line Dancing, Auditorium, 1:00 p.m.
Beginning Line Dance, Auditorium, 1:30 p.m.
Art Film: *The Kiss*, Auditorium, 3:00 p.m.
Scrabble, Game Room, 7:30 p.m.

TUESDAY, MARCH 16

Up & Moving, Auditorium, 9:00 a.m.
Sit & Be Fit, Auditorium, 10:00 a.m.
Great Artists, Arts Center, 10:00 a.m.
Bible Study, Chapel, 11:00 a.m.
Tai Chi, Auditorium, 1:30 p.m.
Evening Entertainment, Auditorium, 7:00 p.m.

WEDNESDAY, MARCH 17

ST. PATRICK'S DAY

Fun & Fitness, Auditorium, 9:00 a.m.
Great Artists, Arts Center, 10:00 a.m.
Computer Club, Anne Lee Room, 10:00 a.m.
Water Aerobics, Pool, 10:15 a.m.
Gentle Waves, Pool, 11:00 a.m.
Teaching Company, Auditorium, 11:00 a.m.
Writing Workshop, Game Room, 1:00 p.m.
Open Studio, Arts Center, 2:00 – 4:00 p.m.
Town Hall Meeting, Auditorium, 3:00 p.m.
Lenten Soup Supper, Auditorium, 5:00 p.m.
Mexican Dominoes, Game Room, 7:00 p.m.
Party Bridge, Living Room, 7:30 p.m.

THURSDAY, MARCH 18

Up & Moving, Auditorium, 9:00 a.m.
Sit & Be Fit, Auditorium, 10:00 a.m.
Holy Eucharist, Chapel, 10:00 a.m.
Great Artists, Arts Center, 10:00 a.m.
Knitting Group, 6th Floor South Lounge, 11:00
La Sardana Shawls, Solarium, 11:00 – 3:00
Line Dancing, Auditorium, 1:00 p.m.
Tai Chi, Auditorium, 1:30 p.m.
Drawing, Arts Center, 1:30 p.m.

THURSDAY, MARCH 18 (CONT.)

Drama Group, Arts Center, 3:15 p.m.
Bus to concert at George Mason, 6:45 p.m.
Movie: *Up in the Air*, Auditorium, 7:00 p.m.

FRIDAY, MARCH 19

Fun & Fitness, Auditorium, 9:00 a.m.
Clay, Arts Center, 10:00 a.m.
Hydro Pilates, Pool, 10:15 a.m.
Trailblazers Depart, 10:30 a.m.
Singing Seniors, Auditorium, 10:30 a.m.
Gentle Waves, Pool, 11:00 a.m.
Bus to Magruder's & Burke Branch Library, 1:30
Painter's Studio, Arts Center, 2:00 p.m.
Happy Hour, Living Room, 4:30 p.m.
Rosemary and Thyme, Auditorium, 7:15 p.m.

SATURDAY, MARCH 20

Saturday Morning Live: Peter Ionata
Auditorium, 10:00 a.m.
Mosaic Harmony, Living Room, 10:30 – 12:30
Sit & Be Fit, Auditorium, 11:30 a.m.
Men's Club, Alexandria Dining Room, 12 noon
Party Bridge, Living Room, 1:30 p.m.
Piano Recital, Auditorium, 4:00 p.m.
Movie: *Fabulous Baker Boys*, Auditorium, 7:15

SUNDAY, MARCH 21

Holy Eucharist, Chapel, 9:00 a.m.
Bus to concert at Schlesinger Center, 1:15 p.m.

MONDAY, MARCH 22

Fun & Fitness, Auditorium, 9:00 a.m.
Catholic Communion, Chapel, 10:00 a.m.
Bradlee Bus, 10:00 & 10:30 a.m.
Water Aerobics, Pool, 10:15 a.m.
Trailblazers Depart, 10:30 a.m.
Gentle Waves, Pool, 11:00 a.m.
One-to-One with Pauline, Arts Center, 1:00 p.m.
Line Dancing, Auditorium, 1:00 p.m.
Beginning Line Dance, Auditorium, 1:30 p.m.
Art Film, Auditorium, 3:00 p.m.
Art and Tea, Auditorium, 4:00 p.m.
Duplicate Bridge, Living Room, 7:00 p.m.
Scrabble, Game Room, 7:30 p.m.

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| HEALTH CARE CENTER |
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MONDAY, MARCH 15

11:15, Word Games, LR
 2:45, Bingo, B
 3:30, Catch the Wave, B

TUESDAY, MARCH 16

11:15, Baking Classics, LR
 2:45, Art Room

WEDNESDAY, MARCH 17**ST. PATRICK'S DAY**

11:15, Crosswords, LR
 2:30, St. Patty's Fun, O

THURSDAY, MARCH 18

11:00, Holy Eucharist, O
 2:45, Nail Painting, O

FRIDAY, MARCH 19

11:15, Reminisce, LR
 2:45, Winter's Movies, B
 3:00, Catch the Wave

SATURDAY, MARCH 20

4:00, Music Therapy, O
 5:00, Music Therapy, B

SUNDAY, MARCH 21

10:15, Holy Eucharist, O

B – Barry Dining Room
 C – Cardinal Dining Room
 CR – Crystal Dining Room
 LR – Living Room
 O – Orchard Dining Room
 P – Patio
 V – Virginia Room

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|------------------------|
| ASSISTED LIVING |
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MONDAY, MARCH 15

10:00, Exercise with Nadine
 11:00, Bible Study
 1:00, Bingo
 2:00, Sunshine Visits

TUESDAY, MARCH 16

10:00, Exercise with Nadine
 10:30, Mind Joggers
 11:15, Trip to National Harbor

WEDNESDAY, MARCH 17

10:00, Exercise with Mabel

THURSDAY, MARCH 18

10:00, Exercise with Nadine
 10:30, Beautiful Nails
 11:30, Lunch Bunch
 2:00, Make Bird Feeders

FRIDAY, MARCH 19

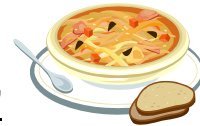
10:00, Exercise with Nadine
 10:30, Scrabble
 1:30, UNO
 2:30, Residents Choice

Gazette Editorial Board

Mary Ellen Bishop, Chairman
 Hal Hallgren
 Caroline Johnston
 Mike McCaffree
 Joe Oglesby
 Jan Taylor
 Ray Ward
 Dona Gregorios, Staff Support

ADMINISTRATIONTown Hall Meeting

The next Town Hall Meeting with Harry Baldwin will be in the Auditorium on Wednesday, March 17, at 3:00 p.m. Hope to see you there!

CHAPLAINCY SERVICESLenten Soup Supper Series: "Hungering for . . ."

Our Lenten Soup Supper Series continues for two more Wednesdays. A brochure with more details is available in the chapel or from the Chaplain's office. Each program begins with a Soup Supper at 5:00 p.m. in the Auditorium followed by a presentation on the theme: "Hungering for" A series of local speakers are addressing the human hungering for Food, Shelter, Justice, Health, and Faith. The program ends by 6:30. Space is limited. A sign-up sheet will be on the table at Resident Services each week. For those coming after supper for the presentation portion only, seating is available at 5:45. The 2010 recipient of the freewill offerings is ALIVE! (Alexandrians Involved Ecumenically).

- March 17 "Hungering for . . . Health"
Dr. Marian Parrott, Goodwin House Hospice, Alexandria
- March 24 "Hungering for . . . Faith"
The Reverend Canon Hosam Naoum, St. George's, Jerusalem

Saints be Praised: A St. Patrick's Day Observance

In honor of St. Patrick's Day on Wednesday, March 17, come and sit a wee bit in the Memorial Chapel and hear the music of St. Patrick's Mass by Philip Green. It will be playing continuously from about 10:00 a.m. until 5:00 p.m.

RESIDENT SERVICESVolunteers Needed

The Health Care recreation staff is looking for volunteers. As spring is arriving, we would like to begin a gardening club for the residents who live on the Health Care Center and in Hope Garden. We welcome you to join us for the fun, and help with our projects. We appreciate assistance in any form, whether it is teaching recreation staff about gardening, or helping the residents directly during the group programs. We plan to do some projects on the second floor Health Care Center, as well as in our garden box. We would like to hold the program every Tuesday at 11:00 a.m., except the second Tuesday of the month. On second Tuesdays we will have the group meet at 3:00 p.m. If you would like to learn more about this opportunity, or have any suggestions, please call Lourdes San Pedro at 703-824-1005.

RESIDENT SERVICES (CONT.)

Upcoming Concerts, Trips, and Events

Upcoming concerts, trips, and events will be listed outside of Resident Services. Availability of sign-up sheets will be posted in the *Gazette*. Please note that we try to accommodate as many requests for specific concerts and shows as we can. Thanks to everyone who has offered their suggestions.

COMING EVENTS

Art Film

On Monday, March 15, at 3:00 p.m. the film *The Kiss* will be played in the Auditorium. Told in remarkable detail, this is the background story of "The Kiss," Auguste Rodin's 1880s sculptural depiction of Dante's Paola and Francesca's passionate embrace. Its perfection is a triumph in art history and has ignited the public's imagination as a focal point for sensuality and controversy. The artist himself despised "The Kiss" but the public clamored for it. So in addition to the four white marble originals, he contracted hundreds of bronze reproductions of all sizes to be sold. *Adult content*. **(This film will be shown on Senior TV channel 11 on Tuesday at 2:00 p.m.)**

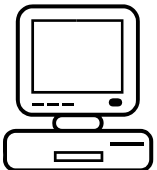
Great Artist Series to Focus on Celtic Art

On Tuesday, March 16; Wednesday, March 17; and Thursday, March 18, at 10:00 a.m. in the Arts Center, Pauline will lead residents in a series of workshops exploring the world of Irish Lore and Celtic Art. Residents will have the opportunity to learn about and create a Celtic design or knot, delve into Celtic mythology and Irish lore, bask in images of the Irish landscape, and share a bit o' the blarney in honor of Ireland's dearest St. Patrick. The wearing of green is optional though encouraged.

Tuesday Evening Entertainment

On Tuesday, March 16, at 7:00 p.m. in the Auditorium, join us for light refreshments, hard cider, Irish Beer and an "Irish Theme Raffle" to get you in the spirit. (You must be present to win.) The duo of Tom Stringer and Joe Kirk perform as "Stringer Folk." They will perform a special Irish concert for your enjoyment. The show will begin at 7:30. Come and enjoy the Spirit of the Irish. Feel free to sing along if you know the words.

Computer Club Meeting



The Computer Club is adding a new, always-on discussion topic for each meeting. Right after our regular "WiFi" discussion, we are going to discuss malware. If you are concerned about being taken in by scam artists in your e-mail or when you are searching on the Internet, please do come and hear our story. An ounce of prevention is worth a pound of cure.

COMING EVENTS (CONT.)

We will meet in the Anne Lee Room on Wednesday, March 17: 10:00 to 11:00 a.m. is Windows, 11:00 to 12:00 is our Mac hour.

Teaching Company

Everybody loves Rufus. Our favorite lecturer returns to the lecture podium as The Teaching Company lectures continue on Wednesday, March 17, at 11:00 a.m. in the Auditorium with *The Wisdom of History, Part 1*, taught by Professor J. Rufus Fears of the University of Oklahoma. This course examines the lessons that history might hold for the contemporary United States, particularly in a post-9/11 world.

Lecture 21: "Napoleon's Liberal Empire"

Lecture 22: "The British Empire in India"

Shopping - La Sardana

La Sardana returns for Spring with beautiful shawls, cushion covers and purses. Join us for shopping in the Solarium on Thursday, March 18, from 11:00 a.m. to 3:00 p.m.

George Mason Concert Hall – Free Recital

The Graduate Student Conductors Recital will be at the George Mason University Concert Hall on Thursday, March 18, featuring the University Wind Symphony. The bus will depart Goodwin House at 6:45 p.m. (The performance will begin at 8:00 p.m.) The concert is FREE and transportation cost is \$12.50 per person. Sign up at Resident Services by **Wednesday at noon**.

Thursday Night Movie

The movie for Thursday, March 18, at 7:00 p.m. in the Auditorium will be *Up in the Air* (2009), starring George Clooney, Vera Farmiga, Anna Kendrick and Jason Bateman. Jason Reitman's adaptation of the novel *Up in the Air* tells the story of a man who makes his living personally handing out pink slips—he's the top hatchet man at a company that other companies hire when they are downsizing. And since business is booming, his job keeps him on the go constantly. He flies all across the country, staying in a series of nice hotels and although this itinerant lifestyle prevents him from having any kind of stable, regular life, this doesn't bother him in the slightest. The film was nominated for 6 Academy Awards, including Best Picture. The running time is 109 minutes and is rated R for sexual content. **(This film will be shown on Senior TV channel 11 on Friday at 10:00 a.m.)**

COMING EVENTS (CONT.)

Cancellation

AARP volunteers will not be here for a second tax assistance session on Friday, March 19.

Trip to Magruder's and Library

Join us for shopping at Magruder's at Seminary Plaza, which includes CVS, Subway Sandwiches and Sun Trust Bank and the Burke Branch Library on Friday, March 19, departing GHA at 1:30 p.m. Magruder's features a selection of international and exotic fruits and vegetables from around the world. Pickup time at Magruder's will be 3:00 p.m. The cost of the trip is \$3.00. Please sign up outside of the Resident Services office.



Happy Hour

Raise your glass to good friends and neighbors at this month's Happy Hour on Friday, March 19, at 4:30 p.m. in the Living Room. Delicious appetizers and your favorite drinks will be available to all.

Film Presentation by the Gardeners

On Friday, March 19, at 7:15 p.m. in the Auditorium, the Goodwin House Gardeners will present two 45-minute episodes of the BBC murder mystery series, *Rosemary and Thyme*, which combines glorious gardens with classic whodunits. The series features Rosemary Boxer, a retired university plant biologist, and Laura Thyme, a retired police officer who bring unique investigative talents to their horticultural and human mysteries. Friday night's programs are "And No Birds Sing" and "Arabica and the Early Spider."

Saturday Morning Live

The presenter for Saturday, March 20, at 10:00 a.m. in the Auditorium will be Peter Ionata, Senior Project Architect at McKissack & McKissack of Washington, D.C., an African-American, woman-owned full service architecture and program/construction management firm that was commissioned to design the Martin Luther King Memorial. Peter will talk about the design and also have a visual presentation of the MLK Memorial. For more information on the memorial, go to www.mlkmemorial.org.

Peter was a classmate of Sharon McDermott, Events Coordinator, in the School of Architecture at Catholic University, so please come and ask him plenty of questions.

COMING EVENTS (CONT.)**Mosaic Harmony Open Rehearsal**

The Mosaic Harmony Gospel Choir will be joyously using the Living Room for a rehearsal on Saturday, March 20, from 10:30 a.m. to 12:30 p.m. All are welcome to “sit in” on the rehearsal, enjoy the music, and even sing if you wish.

Men’s Club

All male residents of Goodwin House Alexandria are cordially invited to a complimentary lunch followed by spirited discussion at noon on Saturday, March 20, in the Alexandria Dining Room. Come and be prepared to sound off on any topic that you feel strongly about whether or not it is on a list that will be presented to jump start the discussion.

Piano Recital

Marcia Juicdy’s piano students will perform an hour-long recital on Saturday, March 20, at 4:00 p.m. in the Auditorium. You may remember Marcia from the Dashboard Divas, who recently performed at GHA. Please come and enjoy the talents of her wonderful students.

Saturday Night Movie

The movie for Saturday, March 20, at 7:15 p.m. in the Auditorium will be *The Fabulous Baker Boys* (1989), a drama about two brothers who have played the piano in every hotel and cocktail lounge they could book for 15 years. They become an instant success when they decide to hire a beautiful young singer. Sparks fly between the singer and one of the brothers and they fall in love. The film stars recent Oscar winner Jeff Bridges, Beau Bridges and Michelle Pfeiffer. The running time is 116 minutes.

Marine Band Chamber Orchestra

There will be a free concert at the Schlesinger Center on Sunday, March 21. The Marine Band Chamber Orchestra performs “Masters of the Craft,” a concert featuring Mozart, Hindemith, Beethoven and Hayden. Tickets are free and transportation is \$5.00. The bus will depart GHA at 1:15 p.m. Sign up outside of Resident Services by **Thursday, March 18**.

Terra Cotta Warriors Update

There will be two escorted trips to the National Geographic Museum for the “Guardians of China’s First Emperor.” The March 25th sign-up sheet is full. Please check the March 31st sign-up sheet for availability. The exhibit will feature treasures from the tomb, including 15 life-size figures, weapons, coins and other artifacts. The cost for the trip is \$22.00, which includes the ticket, escort and transportation. The bus will depart Goodwin House at 9:15 a.m.

COMING EVENTS (CONT.)

Upon returning from the exhibit, we will have an optional lunchtime discussion group. In keeping with the spirit of the exhibit, we will offer a limited Chinese food menu, which will be ordered from a local Chinese restaurant. The discussion will be limited to those who attend the exhibit that day. For those who prefer the Café fare, you are welcome to pick up your food and come back and join us. Please see next week's *Gazette* for further details.

RESIDENT GROUPSLibrary Notes

New contributions to the Library – Thank you!

**BOOKS:**

Audition by Barbara Walters – biography, 2008
Down River by Karen Harper – mystery, 2010, LARGE PRINT
The Great Transformation by Karen Armstrong – religion, 2006
The Last Song by Nicholas Sparks – fiction, 2009
Lullaby by Claire Seeber – mystery, 2007, LARGE PRINT
The Shadow of the Wind by Carlos Ruiz Zafon – mystery, 2001
Jimmy Stewart, A Biography by Marc Eliot, 2006
The Time Traveler's Wife by Audrey Niffenegger – fiction, 2003
Traitor to his Class by H.W. Brands – biography of Franklin Roosevelt, 2008
Winter Garden by Kristin Hannah – fiction, 2010

REFERENCE – not to be taken from the Library:

Girard College – A Living History
At Home with Flowers by The Garden Club of Georgia

DVD:

Burn after Reading

VIDEOS:

Apollo 13
Heaven Can Wait
Shakespeare in Love

OF AND FROM RESIDENTSNewcomer Interview

Having traveled separately to Kuala Lumpur (Malaysia) was the mutual interest that new Goodwin House residents Bert and Martha Stafford (Apartment 952, 703-548-1880) talked about when they first met. They found they shared enthusiasm for traveling.

OF AND FROM RESIDENTS (CONT.)

During World War II Bert served as a communications officer in a ship that patrolled the Straits of Gibraltar. Later much of his travel was in connection with Foreign Service assignments.

Some of Martha's travel, on the other hand, was as a spinoff from her hobby of meeting weekly with a group of women at the Campagna Center in Old Town Alexandria to practice their French-speaking skills. They often traveled (with or without spouses) to countries where French was spoken.

On the front page of the *Washington Post* last October this group was recognized as the longest existing French-speaking group in our area. The story was picked up by a Parisian TV network, *France 2*, as well as by the *Al Jazeera* network in North Africa.

Both Bert and Martha grew up in classic domestic cities—he in Beaumont, Texas, and she in Lakewood, Ohio. He graduated from the University of Texas and she from Ohio Wesleyan. He lived in and traveled throughout Southeast Asia on Foreign Service duty. She did her moving in connection with teaching positions on the West Coast—Pasadena, Berkeley, Pacific Grove—and one year as a civilian elementary school teacher on an Army base near Bordeaux.

After serving abroad Bert settled in the DC area and continued to utilize his telecommunications security skills. Bert and Martha lived for many years in an Old Town Alexandria house with a lovely shady garden.

They often visited Bert's two daughters—one in Durham, North Carolina, and the other in Helena, Montana. Some of their other traveling has been by chartered sailboat, island hopping in the Caribbean.

Dotty Petrullo

In Memoriam

Joseph Moraski. March 4, 2010.

Dorothy Ogdin. March 4, 2010.

Joan Ferrell. March 5, 2010.

Dorothy McLeod. March 6, 2010.

Mozelle Mentzer. March 6, 2010.

Norvell Jones. March 9, 2010.

Enid Warner. March 10, 2010.

William Wanamaker. March 10, 2010.

Margaret Glennon. March 11, 2010.