



## HEALTH & WELLNESS CORNER

Come one come all with your walkers, canes, and other ambulatory assistive devices to training provided by the Department of Rehabilitation/Physical Therapy and the Health & Wellness Clinic.

**What:** Training “Getting in and out of your Car Safely with Assistive Devices.”

**Where:** G1 Parking Garage (doorway nearest to the Pharmacy)

**When:** Wednesday, January 17 from 11:00 a.m. to 11:45 a.m.

**What To Know:** Sean, our driver, will be there with the vehicle used for transportation to and from doctors visits.

*Christine Birden*

## KUDOS TO OUR FLOWER COMMITTEE

Our ever-busy Flower Committee surely deserves praise and thanks for continuing to keep our first floor resplendent with beautiful flower arrangements despite the dust and disarray of the current construction. These lovely flowers, which have always been a welcoming hallmark of Goodwin House Alexandria, will continue to brighten our travels along the corridors. Thank you, Flower Folks!

*Jackie Philips*

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## DINING VENUE NAMES

At the meeting of Dining Committee on December 28, 2017, the following names were selected for the dining venues (new names are in italics):

Formal Dining Room:

*Alexandria Dining Room*

Bistro: *Bistro*

Lounge/Market:

*Fillmore Lounge / Potomac Market*

Private Dining Room:

*Private Dining Room*

Club Room: *Club Room*

Garden Room: *Garden Room*

*Dining Staff & Dining Committee*

## NEW CHAPLAIN INTERNS

The Winter semester of Clinical Pastoral Education has begun. We will have two new chaplain interns serving at GHA: Mildred Ingram and Jake McGlothlin. Barbara Sullivan will continue serving as chaplain resident with GH Palliative Care & Hospice. Watch the Gazette for photos and bios.

*Bruce Stewart*

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## ANGEL TREE

The GHA Memorial Chapel Outreach Committee Angel Tree project is concluded. Final total will be included in the next Gazette. Please turn in any further contributions ASAP. Cash contributions in a sealed envelope marked "For Angel Tree" or by check payable to "CIS" (memo: Hammond Middle School) may be placed taken directly to the Chaplain's Office (#424) or left at the Front Desk marked for delivery to the Chaplain's Office.

*Bruce Stewart*



100 ANGELS  
\$2,516.00  
as of 1/2/2018

The deadline for the weekly Gazette is every **Tuesday at 4:00 p.m.** Please submit articles of 150 words or fewer via **email** to Jenny Wu: **[cwu@goodwinhouse.org](mailto:cwu@goodwinhouse.org)**

## SIGN-UP SHEETS

Each month, the following month's trips are published in the *Gazette* which always states when sign-up sheets will be posted. For the trips in January, the *Gazette* said that the sheets will be put out at the Front Desk on Tuesday, January 2<sup>nd</sup>.

On Monday, January 1<sup>st</sup>, an unknown person took a piece of paper and made their own sign-up sheet for each trip, which immediately filled up. That sheet was disregarded by the Life Enrichment Department. Anyone signed that sheet needs to sign up on the official sign-up sheet put out by the Life Enrichment Department.

We appreciate your excitement for the trips, but we ask that you refrain from creating your own sign-up sheets. Doing so creates confusion, and other residents will sign up thinking they are attending the trip — only to find out that they are not actually signed up. Thank you for your cooperation.

*Matt Schwartz*

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## NOVA CLASS

NOVA watercolor class starts on **Wednesday, January 10**. Please stop by Life Enrichment to see Jenny Wu to fill out the necessary forms to enroll the class. If you already have a NOVA ID, you only need to provide the ID number and sign the tuition waiver.

# The Weekly Schedule

Sunday, January 7, 2018 — Sunday, January 14, 2018

(The room location key is at the end of this calendar.)

## Sunday, January 7, 2018

9:00: Holy Eucharist — CHP

10:30 Holy Eucharist — AUD-AB

6:30: Sunday Movie — AUD-A

*Mary Poppins* (1964), 2hr 19min.  
Julie Andrews made her screen debut and won an Academy Award for her portrayal of the "practically perfect" nanny who revolutionizes the prim and proper Banks family in this supercalifragilisticexpialidocious Disney classic.

## Monday, January 8, 2018

8:00: Morning Yoga — AUD-B

9:00: Fun & Fitness — AUD-B

9:30: Gentle Waves — **Canceled**

10:00: Catholic Communion — CHP

10:00: Trailblazers — **Canceled**

Due to the weather.

10:00: Beginners' Line Dancing — AUD-A

10:15: Water Fit — POOL

11:00: Spiritual Life Committee — RCR

11:30: Tai Chi — AUD-AB

12:00: Technology Help — CR

1:00: Bus to Bailey's Shopping Center — LBY

1:30: Monday Movie — CH 972

*Lawrence of Arabia* (1962), 3hr 36min. The story of T.E. Lawrence,

**(Monday, January 8, continued.)**

the English officer who successfully united and led the diverse, often warring, Arab tribes during World War I in order to fight the Turks.

2:00: Drawing Class — AC

3:00: Art Film — AUD-A

*The Diving Bell and the Butterfly* (2007), 1hr 52min. Mathieu Amalric stars as author and *Elle* magazine editor Jean-Dominique Bauby in this adaptation of Bauby's autobiography, which he dictated by blinking his left eye after a stroke rendered him mute and paralyzed.

3:15: Seated Meditation — GR

4:30: Birthday Party — AUD-ABC

**Tuesday, January 9, 2018**

8:00: Morning Yoga — AUD-B

9:00: Morning Stretch Class — AUD-B

10:00: Painting Studio — AC

10:00: Library Shuttle — LBY

10:00: Sit and Be Fit — AUD-B

11:00: Movie Committee — BR

11:00: Wii Bowling — GR

11:00: Bible Study — CHP

1:00: Poker — GR

1:30: Core & Balance — AUD-B

2:00: Legacy Art — AC

7:30: Entertainment: Friday Morning Music Club — AUD-AB

This program is presented by Friday Morning Music Club Student Activities Division. The performers are FMMC student members, who are impressive young musicians. Most of the musicians still are in high school; all are winners of recent FMMC high school competitions.

## Wednesday, January 10, 2018

- 9:00: Fun & Fitness — AUD-B
- 9:30: Gentle Waves — POOL
- 9:30: NOVA Watercolor Class — AC
- 9:30 -11:30: Market Place Accepts  
Donations — MP
- 10:00: Spanish Conversation Group —  
BR
- 10:00: Trip: National Gallery of Art —  
LBY
- 10:15: Water Fit — POOL
- 11:00: Teaching Company — AUD-A
- The American West: History, Myth,  
and Legacy*
- Ep. 19 Women in the Wild West
- Ep. 20 From Territories to Western  
States
- 11:00: Vendor: Mary Kay — SOL
- 12:30: Trip: National Gallery of Art —  
LBY
- 1:30: Duplicate Bridge — LR
- 2:00: Resident Activities Committee  
— **Postponed to January 17**

## Thursday, January 11, 2018

- 8:15: Tai Chi Practice — AUD-B
- 9:00: Morning Stretch — AUD-B
- 10:00: Sit and Be Fit — AUD-B
- 10:00: Holy Eucharist with Healing —  
CHP
- 11:00: Wii Bowling — GR
- 1:00: Library Meeting — LR
- 1:30: Core & Balance — AUD-B
- 1:30: Line Dancing 1 — AUD-A
- 2:30: Marketing Committee Meeting  
— RCR
- 3:15: Community Sing — AUD-A
- 7:15: Thursday Movie— AUD-A
- The Tiger Hunter (2017), 1hr 39min.*  
“A lighthearted comedy of  
immigration and assimilation” about  
a young Indian engineer who comes  
to America in 1979.

## Friday, January 12, 2018

- 8:00: Morning Yoga — AUD-B  
9:00: Fun & Fitness — AUD-B  
9:30: Gentle Waves — POOL  
10:00: Singing Seniors — AUD-A  
10:00: AL Memory Café and  
Community Studio — AC  
10:00: Replay of Thursday Movie —  
CH 972  
10:15: Water Fit — POOL  
11:30: Lunch Trip — LBY  
1:00: Shanghai — LR  
2:00: Quilting Bees — RCR  
3:00: Entertainment: Jerry Roman —  
AUD-AB  
4:30: Sabbath Service — SOL

## Saturday, January 13, 2018

- 10:30: Alzheimer's Caregivers Support  
Group — RCR  
1:00: GHA Popular Music — **Canceled**  
7:15: Saturday Movie — AUD-AB  
*And Then There Were None* (1945),  
1hr 37min. Seven guests, a newly  
hired personal secretary and two  
staff are gathered on an isolated  
island by an absent host and  
someone begins killing them off one  
by one. They work together to  
determine who is the killer?

## Sunday, January 14, 2018

9:00: Holy Eucharist — CHP

10:30 Holy Eucharist — AUD-AB

2:15: Trip: Little Theater of Alexandria

6:30: Sunday Movie — AUD-A

*Argo* (1964), 2hr. *Argo* is a 2012 American film directed by Ben Affleck. Adapted from a book by CIA operative Tony Mendez, and a 2007 *Wired* magazine article, "The Great Escape: How the CIA Used a Fake Sci-Fi Flick to Rescue Americans from Tehran," the film deals with how Mendez led six U.S. diplomats hiding in the Canadian Embassy during the 1979–1981 Iran hostage crisis to safety.

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## ROOM KEY

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(426) = Apartment 426	(BR) = Bishops' Room	(LR) - Living Room
(AC) = Arts Center	(CH 971) = Channel 971	(MP) = Market Place on G-1
(ALAR) = Assisted Living Activity Room	(CH 972) = Channel 972	(RCR) = Residents' Conference Room
(AUD-A) = Auditorium A	(CHP) = Chapel	(RF) = Roof Deck
(AUD-B) = Auditorium B	(CL) = Clinic	(SH) = Small House
(AUD-AB) = Auditorium AB	(CR) = Computer Room	(SOL) = Solarium
(AUD-ABC) = Auditorium ABC	(GR) = Game Room	
	(LBY) = Lobby	