

The Waterwell Production of  
**A GOOD DAY TO ME  
NOT TO YOU**

By **Lameece Issaq** | Directed by **Lee Sunday Evans**

IN THE ARLENE AND  
ROBERT KOGOD CRADLE  
MARCH 27 - MAY 3, 2026

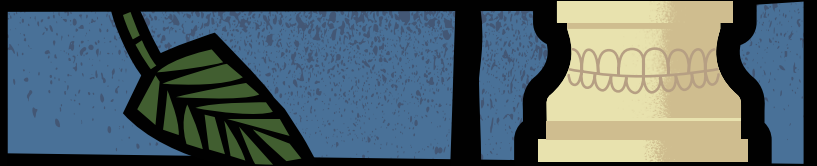


“I always thought at some point, things would come together, I’d find the partner, or the money at least, to have kids. It was all I ever wanted. But time stranded me.”

— Narrator, *A Good Day to Me Not to You*

# The Play

We meet our narrator in her forties, navigating a series of personal setbacks. She lost her job at a dental lab, tested positive for HPV, and was forced out of her apartment. Searching for a cheap place to live, she moves to St. Agnes Residence, a women's rooming house run by nuns on the Upper West Side of Manhattan. While living there, her brother-in-law hires her to work as a nanny for her nephew. Faced with her unfulfilled dreams of motherhood and the grief of losing her sister, she tries to get pregnant. Throughout the story, our narrator grapples to hold the pieces of her life together, all while fending off her unpredictable and unusual cohabitants.



The daughter of Palestinian immigrants and raised in Las Vegas,

**Lameece Isaaq** describes herself as a “confused result of many, many mixed messages.” Isaaq is an accomplished actor, writer, and producer with a career spanning theater, audiobooks, and film.

After earning her Master of Fine Arts in acting from the University of Texas at Austin, Isaaq moved to New York City to pursue her career. While in NYC, she co-founded and served as the artistic director of Noor Theatre, an Obie Award-winning company dedicated to championing work of artists of Middle Eastern descent.

At Noor Theatre, Isaaq wrote her first full-length play, *Food and Fadwa*, with Jacob Kader. The play premiered Off-Broadway at New York Theatre Workshop, a production Isaaq co-produced and starred in. *A Good Day to Me Not to You* is her most recent play, in which she channeled experiences from her time in NYC, such as daily harassment on the subway and odd housing situations.



# Meet the Playwright

# Just Me, Myself, and I

*Solo performance*—also called one-man, one-woman, or one-person shows—is a form of theater featuring a single performer. The origins of solo performance date back to ancient oral traditions, when stories were passed down through one person speaking to a group. *A Good Day to Me Not to You* is a one-person play.



Key features of a one-person play include:

## Multiple characters

Although there is only one person on stage, a single performer doesn't always mean there is one character in the play. The biggest challenge for the actor is making sure that transitions between characters are clear to the audience. These shifts are often achieved through techniques such as distinct voices or unique physical movements for each character. Character changes can also be signaled through technical elements such as lighting, costume, or sound shifts.

## Breaking the fourth wall

The "fourth wall" is the imaginary boundary between the performer and audience. Performers often break the fourth wall in solo plays, directly interacting with the audience. This technique builds a connection between the performer and the audience; in a way, the audience becomes the performer's scene partner.

## Minimal technical elements

One-person plays often feature stripped-down costumes, lights, sound, and set. Minimal technical elements allow the audience to focus on the performer and use their imagination to illustrate the story.



## Our Narrator

**Age:** 40-something

**Religion:** Raised Catholic, but not currently practicing

**Family:** Daughter of a Palestinian father and a Lebanese mother

**Job:** Former dental lab technician's assistant, current nanny to her nephew

**Interests:** Making dental molds, her nephew



# OUR NARRATOR'S Healthcare Journey

Healthcare plays a major role in our narrator's life, influencing her career dreams, general health, and pregnancy journey. Her experience of being a woman is closely tied to her relationship with health.

## Career Dreams

One thing our narrator could talk about forever is teeth. With dreams of becoming a dentist, she enrolled in dental school. However, during her final year, she began experiencing severe bouts of **vertigo**, a spinning sensation which can be caused by stress. She ultimately had to drop out and later began working as a **dental lab technician's assistant**, where she helped create dental crowns, dentures, and more. Although she still managed to work in dentistry after dropping out of school, her unfulfilled dreams of becoming a dentist remain a persistent source of stress in her life.



## General Health

Our narrator tests positive for **human papillomavirus (HPV)**, the most common **sexually transmitted infection (STI)**, which can appear in the form of warts. HPV poses greater risk for individuals over 30 years old, as the virus can appear as the immune system weakens with age. People with a cervix are also at high risk as the virus can progress to cervical cancer if left untreated. Because our narrator is in her 40s, she is more vulnerable to the risks of the virus.

## Pregnancy Journey

Our narrator uses **Assisted Reproductive Technology (ART)** to help her become pregnant. ART refers to treatments and procedures that are used to induce pregnancy when someone is infertile or when natural conception is not possible. **In vitro fertilization (IVF)** is the most common form of ART. IVF is when an egg and sperm are combined and fertilized by a doctor and then placed in the uterus. Sometimes **donor sperm** and **donor eggs** are used, as they can increase the chances of pregnancy, particularly for individuals who are infertile. Another form of ART is **freezing eggs**, which allows individuals to preserve fertility at a younger age and delay pregnancy. Choosing to use ART is a major life decision, as it is an emotional, physical, and financial commitment.



## A CRADLE FOR NEW WORK

In 2010, Arena Stage introduced the Arlene and Robert Kogod Cradle as part of its newly renovated campus. With only 200 seats, the Kogod Cradle is Arena's most intimate theater, built to support the development of new plays. The walls inside of the theater resemble a woven basket, illustrating the vision of cradling new work.



Photo by Moe Friedman for Mindtrip.ai

# RUN BY NUNS

The characters in the play are fictional, but St. Agnes Residence is a real women's rooming house on the Upper West Side of Manhattan.

Operated by the Congregation of the Daughters of Mary of the Immaculate Conception, it provides temporary housing for young working women and students. Rooms cost around \$1,000 per month, offering affordable housing in the heart of New York City. The approximately 100 residents come from a range of countries, cultures, and religious backgrounds. With a chapel, piano room, shared kitchen, and community of peers, the residence strives to be a safe living space for young women during a transitional period in their lives. Similar women's rooming houses run by nuns can be found across the country—Religious of Mary Immaculate Shared Residence is one example in Washington, DC.

## PATRON SAINTS

In Catholicism and other Christian faith traditions, patron saints are holy people chosen as the dedicated protector of a person, society, or place. Saints are typically chosen for their connection to a particular area of life. There are many patron saints—for example, Saint Apollonia is the patron saint of our narrator's passion, dentistry. Saint Agnes, the namesake of the residence where our narrator moves, was a young girl in the Roman Empire during a time when Christians were persecuted for their faith. Firmly committed to Christ as her only spouse, she rejected the advances of men, withstanding sexual abuse and public humiliation. Legend has it that her hair grew rapidly to cover her exposed body, and any man who attempted to approach her was struck blind. She was ultimately executed for her unyielding faith and is now venerated as the patron saint of girls, virgins, and victims of sexual abuse.



## SAINT AGNES

Patron Saint of girls, virgins, and sexual abuse victims

Saint Agnes by Cesare Dandini. Source: Sotheby's (picryl.com, public domain)

## SAINT APOLLONIA

Patron Saint of dentistry and tooth problems

Saint Apollonia by Francisco de Zurbarán. Source: Wikimedia Commons



# THREE **BIG** QUESTIONS

1

What is gained or lost when a story is told by one person?

2

How can we cope when reality doesn't match the life we imagined?

3

How can we lean on others during difficult times?

## HELPFUL HINTS FOR THEATER AUDIENCES

As an audience member at the theater, YOU are part of the show! Just as you see and hear the actors onstage, they can see and hear you in the audience.

To help the performers do their best, please remember the following:

- Arrive early.
- Visit the restroom before the show starts.
- Sit in the seat indicated on your ticket.
- Ushers are there to help you!
- Before the show begins, turn off your phone, watch alarms, and any other electronic devices. If anything rings by accident, turn it off immediately.
- Do not use your phone for texts, calls, games, pictures, or recording.
- Respond to the show! You can laugh, cry, and gasp. However, don't distract the performers onstage.
- There is no food allowed in the theater.
- Intermission is the best time to discuss the show and visit the restroom.
- If you must leave during the show, wait for a scene change and exit quietly and quickly.
- Be sure to applaud at the end! During a musical, audiences sometimes clap after a song or dance.
- If you love the show or a performer, you can give a standing ovation. The actors bow to thank you.

## RESOURCES

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(Page 3) Constance Zaytoun for *A Good Day to Me Not to You*. Photo by Tony Powell.

(Page 3) Photo of the Arlene and Robert Kogod Cradle by Nic Lehoux.



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