



January 16, 2026

4800 Fillmore Avenue, Alexandria,

Martin Luther King Jr. Day

Monday, January 19th, 1:00pm-4:00pm
Living Room & Library Hallway



Please join us to celebrate and honor the life and legacy of Dr. Martin Luther King, Jr. We will be screening five important speeches of his in the Living Room on a loop.

There is also an art piece with which you can interact in the hallway between the Bistro and the Library. Please stop by and share your wishes for yourself, others, or the world.

Alison Schroeder

   *Creative Arts Coordinator*

This Week's Highlights

Monday, January 19

BYOConversation

10:00am | LR | See pg. 13

Martin Luther King Jr. Day

1:00pm-4:00pm | LR | See pg. 1

Tuesday, January 20

GHA Clinical & Medical Discussion

1:00pm | FL | See pg. 7

Washington Bach Consort

7:30pm | AUD | See pg. 5

Wednesday, January 21

CandooTech Group Lesson

10:00am | AUD | See pg. 14

Town Hall

3:00pm | AUD & CH 973 | See pg. 14

Bingo

7:30pm | AUD | See pg. 9

Thursday, January 22

Newcomers Meeting

11:00am | AR | See pg. 15

Resident Seminar: Mel Stephens

2:00pm | FL | See pg. 15

National Popcorn Day

2:00pm | LR | See pg. 9

Saturday, January 24

Saturday Morning Live

10:30am | AUD & CH 973 | See pg. 16

Around GHA

Welcome

Maureen McMahon

A native of Pittsfield, MA, Maureen's adult life has taken her for significant periods of time to England, New Orleans, and Memphis in



addition to annual sojourning to a chateau near Paris. Her late husband, an FBI agent, was posted to many places related to his work for the government so Maureen, along with their son and daughter (who was an actual Mardi Gras princess!), had the opportunity to experience different geographical and cultural settings within the U.S.

Maureen earned her undergraduate degree at Our Lady of the Elms in Springfield, MA, majoring in English and humanities, after which she completed graduate work at Oxford in England. Her formal career was as a teacher of English—at both the college and high school levels, including teaching English as a Second Language—furthering her exposure to other cultures. Maureen was on the faculty of Memphis State and taught high school

in Massachusetts and in Virginia. She was honored as Teacher of the Year in Manassas.

Fifteen years ago, Maureen retired from her teaching career, but she hardly retired. A lifelong ardent, practicing Catholic and member of St. Joe's parish in Alexandria, she has been a devoted member of the Ignatian Volunteer Corps. The Ignatian Volunteer Corps connects adults 55+ with community-based organizations, where they make a meaningful impact through service and spiritual growth.

And, as if all of this weren't enough, she is a published author of poetry, prose, and even a murder mystery! Maureen looks forward to checking in with the writers' group, among the many other opportunities she plans to explore at GHA. Welcome, Maureen!

Green Team Hints

Commit to a few plant-based or meat-free meals each week to help reduce your carbon footprint. Cattle raised for human consumption are a substantial driver of climate change because of the amount of methane created in commercial factories. Support Meatless Mondays!

The Green Team

Marilyn Gaston

Marilyn Gaston was born in Buffalo, NY, and lived there until the third grade. Her undergraduate years were spent at Jacksonville State College in Alabama, where she graduated with a degree in biology. She has been involved in that field ever since.



Marilyn has worked in cancer research for most of her career. She is very familiar with those little mice! Most of her career has been spent in trying to find a cure for cancer at NIH in Bethesda, MD.

Marilyn is very happy that she chose to live at GHA. She has several friends from church who are residents, and she has been cordially welcomed by many others. Her two sisters—one of whom is a successful romance novelist—live in the area. She likes that she can commute to work from Alexandria and, when she is home, she can pursue other interests.

She has already found the gym, so she can stay healthy and energetic. Marilyn is looking forward to joining a quilting class or other handicraft groups.

Link of the Week



This live cam shows wild deer who yard in Brownville, ME, annually from all over central Maine. This supplemental feeding program resumes every year on December 16th and ends when natural browse is easily available at the end of the winter season. Supplemental feeding supports the deer's survival through the harsh Maine winters.

Click on the link below or search YouTube using the keywords shown.

[Brownville's Food Pantry For Deer](#)

The Green Team

Announcements

Welcome New Music Therapist Sabrina Hartsfield

Please give a warm welcome to our new Music Therapist, Sabrina Hartsfield! We are happy to have her as part of our team and look forward



to the valuable contributions she will make to life here at GHA.

She holds a Bachelor of Music in Music Therapy from Florida State University and an Master of Music in Music Therapy from the University of Kentucky. Before coming to GHA, she completed a music therapy internship at Shenandoah Valley Westminster Canterbury, a continuing-care retirement community in Winchester, Virginia. After graduation, Sabrina worked with the Episcopal Service Corps in New York City.

Her dedication to high-quality care has been recognized with the Virginia Assisted Living Association (VALA) Diamond Award for Best Support Staff.

“I love bringing joy and connection through music and, in my personal life, I love attending concerts and building intentional community,” she says.

Life Enrichment Team

Market Place: Half-Price Sales

As we prepare for the Market Place refresh, we will have two team-member-only sales on January 21st in thanks for all those people, seen and unseen, who enable us to enjoy our life here at GHA. For these sales, all items inside the Market Place will be half price. Items that cost \$1 will be buy one get one free.

All subsequent sales days will be open to all and will have the same pricing. The Market Place will be open for sales only on the following dates:

- January 28th
- February 4th
- February 11th
- February 18th
- February 25th

The Market Place will not accept any donations until the upcoming facelift is complete—anticipated for early April.

Thank you for your support and understanding.



The Market Place Team

Dick's Teaser

There are 12 countries whose names end in LAND. One of them is Scotland. Can you name the other 11?

See pg. 16 for the solutions.

Dick Pellerin, Resident

Creative Arts

Trip: National Gallery of Art

Tuesday, January 20th

Departure: 12:00pm | Return: approx. 4:00pm

Transportation: \$20 | Entry: Free

Signup Required

Join us on our visit to The National Gallery of Art, to see the



exhibition “The Stars We Do Not See: Australian Indigenous Art.” Australian indigenous art is a visual thread connecting more than 250 nations across 65,000 years. Explore its breadth and brilliance through nearly 200 works from the late 1800s to today.

 *Alison Schroeder, Arts Coordinator*

Washington Bach Consort

Tuesday, January 20th, 7:30pm

Auditorium

This program will feature the music of Johann Sebastian, the best known Bach, as well as the music of some of the relations who succeeded him and who adopted a variety of compositional styles as they evolved in the decades after J.S. Bach’s time.

 *Jennifer Bennett, Events Coordinator*

The Wandering Docent

Tuesday, January 27th, 2:00pm

Auditorium

Most museum visitors spend less than a minute with each piece of art—but what if you could uncover the stories

Recurring

AM Painting & Drawing

Thursdays | 10:00am-11:30am | AS

Ceramics

Tuesdays | 10:00am-11:30am | AS

Creative Writing Group

1st Wednesdays | 11:00am-12:00pm
RCR

Knitters & Crocheters

Thursdays | 2:00pm-3:00pm | CHP

GHA Bell Ringers

Thursdays | 4:00pm-5:00pm | AUD

GHA Book Club

3rd Tuesdays, 2:00pm-3:00pm | RCR

GHA Encore Chorale Rehearsal

Fridays | 10:30am-12:00pm | AUD-A

GHA Players Meeting

Fridays | 1:30pm-2:30pm | RCR

Photography Club

2nd Mondays | 1:00pm-2:00pm | AS

PM Painting and Drawing

Thursdays | 1:30pm-3:00pm | AS

Quilting Bees

Fridays | 2:00pm-3:00pm | BR

behind the masterpieces? This engaging program will guide you through paintings, sculptures, ancient ritual objects, medieval luxury items, and cultural treasures from around the world. Learn to see beyond the surface and truly appreciate the beauty and history in every detail.

 *Jennifer Bennett, Events Coordinator*

Artist Spotlight: Anita Schroeder



WEAVING STORIES

I began making pine needle baskets and weaving on a loom about the same time that I moved to Goodwin House Alexandria—unrelated occurrences, except that the activities marked new patterns in my life.

In a Road Scholar class, I learned to make baskets by coiling pine needles and stitching them together with waxed thread or sinew. The process of using tension and angles to shape pine needles into baskets was intriguing.

Then, I took a Smithsonian class and learned to weave on a small loom. The mathematical precision of weaving and the wonder of seeing a design emerge from the simple binary process of interlacing two sets of threads was equally fascinating.

The two activities are a bit like life—dealing with tension, trying to shape outcomes, and interweaving various

threads. There are endless possibilities.

Weaving has sometimes been described as a journey of self-discovery, creativity, and inner peace. That was true for me. For some weavings, the rhythmic, repetitive motions and the sensory engagement of handling yarns and fabrics—and pine needles—can be satisfying and calming. In other types of weaving, there is no plan, just a sense of freedom, and I'm often surprised at the results.

In this Art Studio Gallery exhibit, I put together some of my favorite weavings, including a number that reflect specific interests and experiences.



Some items are just themselves, while others tell a story. Some deal with a tradition or belief that appeals to me, and others are a result of my interest in the natural world. I hope you enjoy them as much as I do.

Anita Schroeder
Resident

Health & Fitness

Clinic Medical Discussion

Tuesday, January 20th, 1:00pm

Fillmore Lounge

Residents are invited to learn about the GHA Clinic's medical services as well as other health care services



available to residents and how to access them. This discussion will be led by Charity Ampong, RN, Director of Clinical Services GHA, and Carrie Fowler, Health Information Manager. This month, Emma Okul, RN and GHA Infection Preventionist will address viral testing and best practices for reducing spread and supporting recovery. When her schedule permits, Dr. Koroma-Nelson will drop in to introduce herself.

 Health Services Committee

Infections

Known Cases as of January 16th, 2025

COVID-19: 0

Influenza: 2 [Health Care Center (2)]

RSV: 0

Recurring

Advanced Tai Chi

Tuesdays, Fridays | 4:30pm-5:15pm | GX
Saturdays | 10:30am-11:30am | GX

Aqua Fun

Mondays | 9:45am-10:30am | Pool
Wednesdays | 9:30am-10:15am | Pool

Beginners' Tai Chi

Saturdays | 11:30am-12:30pm | GX

Beginning Line Dancing

Mondays | 1:00pm-2:00pm | GX

Body & Balance

Mondays, Wednesdays
11:00am-12:00pm | GX | Signup Required

Fun & Fitness

Mondays, Wednesdays, Fridays
9:00am -9:45am | GX & CH 975
Saturdays | 9:30am-10:15am | GX & CH 975

Just Dance

Tuesdays | 10:15am-11:15am | AUD-A

Mat Pilates

Tuesdays | 11:00am-11:45am | GX
Wednesdays | 2:15pm-3:15pm | GX

Morning Yoga

Tuesdays, Thursdays, Fridays
7:45am-8:30am | GX, CH 975, Zoom

Seated Strength

Tuesdays, Thursdays | 10:00am-10:45am
GX & CH 975

Strength & Stretch

Tuesdays, Thursdays | 9:00am | GX & CH 975
Sundays | 3:00pm | CH 971

Stronger Together

Tuesdays, Thursdays | 1:15pm
Fitness Center | Signup Required

Trail Blazers

Mondays | 10:00am-12:00pm | LBY

Wii Bowling

Tuesdays, Thursdays | 2:00pm-3:00pm | GX
Saturdays | 3:00pm-4:00pm | GX

StrongerMemory: New Class New Year, New Memory!

Thursdays starting January 22nd
9:30am-10:30am, Residents' Conference Room

Remember that feeling on the first day of school? Join us for the first day of our 16-week, semester-style StrongerMemory class! Whether you're interested in boosting your memory, or are familiar with StrongerMemory but want some more in-depth lessons, our class is perfect for anyone who wants to build a simple, research-based habit to improve your brain health. The topic for week one will be "What is StrongerMemory?"



P.S. We have
stickers!

Michelle Wanzer
Communications & Operations Coordinator



Respiratory Illness Prevention & Treatment

The Health Services Committee has released important guidance on respiratory illness prevention and treatment. You can find all the details in Uniguest inside the H&W Infections & Vaccines folder under the Health Services icon.



**Health &
Wellness**

Stay informed and stay healthy!



Health Services Committee

Physical Therapy Direct Access Evaluations Now Available at GHA

GHA rehab is pleased to offer Direct Access Physical Therapy Evaluations for our Independent Living residents. This service helps you stay strong, safe, and independent—without needing a referral before your first visit.

A Direct Access Evaluation includes:

- **Fall Risk Assessment:** We assess balance, gait, and mobility to identify your personal fall risk.
- **Strength & Functional Ability Assessment:** We evaluate strength, endurance, and your ability to perform daily tasks, helping detect early changes that may affect safety.
- **Health Condition Management:** Physical therapy supports chronic conditions such as arthritis, neuropathy, osteoporosis, Parkinson's disease, and post-surgical recovery.

Under Medicare, you may be evaluated without a referral. Medicare does require your primary care provider to sign your Plan of Care for ongoing treatment.

Ready to Schedule? Contact the Goodwin Rehab team at 703-824-1244, KLee@GoodwinLiving.org, or stop by the outpatient rehab gym.



GHA Rehab

Trips & Social Activities

Bingo

Wednesday, January 21st, 7:30pm
Auditorium

Ready to test your luck? Come join us for bingo night! It's the perfect midweek fun—great prizes, laughs, and a chance to show off your Bingo skills.

 Jennifer Bennett, Events Coordinator

National Popcorn Day

Thursday, January 22nd, 2:00pm
Living Room

Did you know the corn we eat and the corn we pop are two completely different varieties of maize? In fact, the corn on your dinner plate can't pop at all! Join us for tasty popcorn flavors, fun trivia, and a celebration of this crunchy favorite.



 Jennifer Bennett, Events Coordinator

Wine & Dine

Thursday, January 22nd, 5:30pm-6:45pm
Fillmore Lounge

Enjoy a special coursed dinner and wine pairings. The menu includes petite filet mignon with jumbo garlic shrimp, broccolini and parmesan risotto, and Grand Marnier Charlotte Cake. Limited spots are available for this \$50 experience. Sign up in the Resident Activities Binder.

Daniel Keiper

 Assistant Director of Dining Services

Recurring

Activities Committee Meeting

2nd Wednesdays | 10:45am | RCR

Bus to Giant Food

Tuesdays | 10:00am-11:00am | LBY

Bus to Target

2nd Fridays | 10:00am-12:00pm | LBY

Bus to Trader Joe's

1st Fridays | 10:00am-12:00pm | LBY

Chess

Thursdays | 9:00am-11:00am | LR

Duplicate Bridge

2nd & 4th Wednesdays | 1:00pm | LR

French Conversation Table

Thursdays | 12:00pm-1:00pm

Bistro Table 11

German Conversation Table

Mondays | 12:00pm-1:00pm | AR

Mah Jongg

Tuesdays | 1:15pm-3:00pm | LR

Party Bridge

1st & 3rd Fridays | 2:00pm | LR

Shanghai

1st & 3rd Thursdays | 1:30pm | LR

2nd & 4th Fridays | 1:30pm | LR

Tour the Kitchen with the Executive Chef

Wednesday, January 28th, 10:00am
Bistro

Come get a behind-the-scenes look at Dining Services with a one-hour tour starting in the Bistro. Signup will begin on Monday, January 19th, at 10:00am in the Activities Binder. Groups are limited to eight people.

Daniel Keiper



Assistant Director of Dining Services

Celebrity Bartender

Wednesday, January 28th, 4:00pm
Fillmore Lounge

Enjoy a Winter Spiced Old Fashioned from Celebrity Bartender Brian Patterson (our Culinary Innovation & Development Chef) by the fire, paired with savory bites.

Daniel Keiper,



Assistant Director of Dining Services

Afternoon Tea at Lady Camellia

Thursday, January 29th, 1:30pm
Lobby | Signup Required
Transportation: \$10
Tea Cost: \$59 (plus taxes)

Indulge in a delightful experience at Lady Camellia, where it's always teatime! Enjoy warm, freshly baked English scones, mouthwatering finger sandwiches, and delectable pastries paired with delicious cups of tea—and a

little sip of bubbles—all while overlooking the breathtaking view of the Potomac River. Interested? Sign up in the Activities Binder located off the Lobby.



Jennifer Bennett, Events Coordinator

GHA Book Club Meeting

Tuesday, February 17th, 2:00pm
Residents' Conference Room

In February, the GHA Book Club will be meeting to discuss the non-fiction book *The Art Thief* by Michael Finkel.

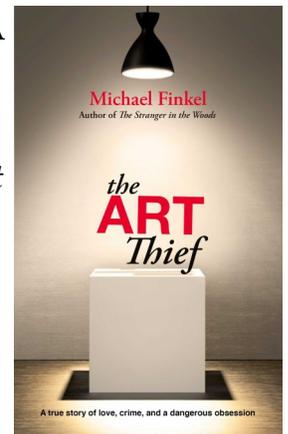
The author tells the story of Stephane Brietwiesser, one of

history's most prolific art thieves, who stole to surround himself

with beauty, not for financial gain.

The GHA Book Club meets on the third Tuesday of most months. Usually, soon after the meeting, we are fortunate to receive 10 to 12 copies of the next month's book from the Fairfax Library system.

Folks who are interested in reading *The Art Thief* and participating in the February discussion can sign up to borrow a copy of the book in the Activities Binder, under the #6 Book Club tab. The book will be put in your GHA mailbox. Residents who prefer Kindle or audiobooks can sign up and just put a check under "Meeting." New readers are always welcome!



Natalie Rooney, Resident

Spirituality & Community

Trip: St. Sophia Greek Orthodox Cathedral & The Islamic Center

Tuesday, January 27th, 11:30am

Lobby, Signup Required

Transportation: \$20 | Bagged Lunch: \$6.95

Come take a guided tour of two awe-inspiring places of worship in Washington, D.C. The trip



will start with a visit to Saint Sophia Greek Orthodox Cathedral, featuring soaring golden arches, mosaics, and painted iconography.

Next, we will visit The Islamic Center, where Qur'anic verses adorn the walls and ceiling. Worshipers are surrounded by stunning Persian rugs from Iran, Turkish tiles, and an Egyptian bronze chandelier.

Women are asked to dress conservatively and bring a scarf appropriate for using as a head covering for the mosque. If you do not have a scarf, The Islamic Center will provide one. Bagged lunches are available to eat on the bus between sites. Sign up in the Activities Binder.

Sam Echols

 Communications Coordinator

Recurring

Catholic Communion & Rosary

2nd & 4th Mondays | 10:00am-11:00am
CHP & CH 974

Catholic Mass & Rosary

1st, 3rd, & 5th Mondays
10:00am-11:00am | CHP & CH 974

Holy Eucharist

Sundays | 9:00am | CHP & CH 974
Sundays | 10:30am | AUD & CH 973

Jewish Sabbath Service

1st Friday | 4:30pm-5:30pm | CH 971

Prayer Group

Wednesdays | 11:00am-12:00pm | CHP

Scripture, Songs, & Prayers

Thursdays | 11:00am-12:00pm
AUD & CH 973

Seated Meditation

Mondays & Fridays | 3:30pm-4:00pm
CHP & CH 974

Spiritual Life Committee Meeting

2nd Mondays | 2:00pm | RCR

In Memoriam

CHARLES THOMAS

January 5th, 2026

DONALD "TYKIE" SAMUELS

January 9th, 2026

Chaplain Away

In the spirit of renewal and restoration, Chaplain Bruce will be taking some time away to have repair work done on his heart. He looks forward to participating in services and other duties when he is cleared to return. Please be assured there is a wonderful team that will be providing ministry during this time (see below). To reach a chaplain on call, please contact Merrily Wolf at 703-824-1234.

Bruce Stewart, Director of Chaplaincy

Welcome Team 2026

The Rev. Stephen Shepherd will be presiding at Sunday services for several weeks, beginning January 18th, until



Chaplain Bruce returns for duty following heart surgery. Stephen is no stranger to GHA. His parents were residents here, and he has also filled in on other occasions. He was the assistant at St. Barnabas' Episcopal Church in Annandale before becoming rector at St. Dunstan's in McLean, from which he retired this past year after 20 years.

(Pictured, L to R) In the Winter unit of Clinical Pastoral Education, Alex Patel and Dale Westervelt will serve at GHA.



Theresa Szkromiuk is Spiritual Counselor for Goodwin Hospice, and Jamie Poulton continues as Goodwin Hospice chaplain resident.



Jenni Bush and Rabbi Gail Fisher continue as volunteers at GHA.



Your Chaplain Bruce is grateful for the support provided by all of these individuals and especially thankful for the support and prayers of the rest of his Goodwin Living family.

Bruce Stewart
 *Director of Chaplaincy*

Angel Tree Totals

From November 30th to January 6th, the Memorial Chapel Outreach Committee received your contributions for the Al Ahli Arab Hospital, the only Christian-led hospital in Gaza. The final total was \$10,477.50, representing a record number 419 angels! Thank you for your great generosity. Your gifts will be sent to the American Friends of the Episcopal Diocese of Jerusalem to support the work of the hospital.

 *Bruce Stewart*
Director of Chaplaincy

Discussions & Meetings

Recurring

12-Step Meeting

Mondays | 12:00pm-1:00pm
Call 202-701-9291 for more info.

Caregiver Support Group

4th Wednesdays | 2:00pm-3:00pm | BR

Communications Committee Meeting

1st Mondays | 10:00am | RCR

Dining & Nutritional Services

Committee Meeting

4th Thursdays | 2:00pm | RCR

Environmental Services Committee

Meeting

3rd Mondays | 3:00pm | RCR

Facilities & Security Committee Meeting

3rd Tuesdays | 10:00am | RCR

Finance Committee Meeting

3rd Wednesdays | 10:30am | AR

Grounds & Landscaping Committee

Meeting

4th Mondays | 10:00am | RCR

Health Services Committee Meeting

3rd Tuesdays | 2:00pm | FL

Hearing Loss Group

2nd Thursdays | 11:00am-12:00pm | BR

Low Vision Support Group

3rd Thursdays | 1:00pm-2:00pm | AR

Marketing Committee Meeting

2nd Thursdays | 12:00pm | RCR

Newcomers Group

4th Thursdays | 11:00am-12:00pm | AR

Parkinson's Support Group

4th Thursdays | 1:00pm-2:00pm | BR

Pop-Up Technology Assistance

Wednesdays | 4:00pm-5:00pm | LBY
Saturdays | 9:30am-10:30am | LBY

Residents' Council Meeting

1st Tuesdays | 10:00am | RCR

StrongerMemory Group

Wednesdays | 10:00am-11:00am | FL

Technology Committee Meeting

3rd Thursdays | 1:00pm | RCR

Town Hall

3rd Wednesdays | 3:00pm | AUD & CH 973

Welcome Committee Meeting

3rd Wednesdays | 2:00pm | RCR

BYOConversation: We the People Have a Dream: MLK Speaks to Us Today

Monday, January 19th, 10:00am-10:45am
Living Room

MLK Jr. Day will take us (residents, team members, Priority Club, guests) back in memory to the 60s and 70s. Let's recall: How did you respond to Dr. King's "I have a dream" speech? Did you and your friends share that dream or have another dream? Were you part of the "voice of the people"? Have the views you had then changed? How did "We the people" voice ourselves, vote with our voices? How do you think Dr. King's dream actually played out?

By the way, this is one of our "regular" BYOConversations—not a BYOC 250th anniversary special topic. Also, welcome Alison Schroeder, our Art Director for this topic! Welcome all!

Jonathan Bryan
Resident



Show 'n Tell on Recycling

Wednesday, January 21st
2:30-3:00pm & 4:00-4:30pm
Living Room



Still confused about recycling practices at GHA? Green Team members will help clarify them with examples of recyclable and non-recyclable items and will help educate you about best practices that support GHA's efforts to be a good shepherd to our planet. Stop by our Show 'n Tell tables before or after Town Hall. Bring along an item that you want to know more about, and we'll be happy to help!

 *The Green Team*

Town Hall

Wednesday, January 21st, 3:00pm
Auditorium & Channel 973

Welcome (Barbara D'Agostino)

- Mission Moment
- Rumors or Myth Busters
- Show 'n Tell Green Team Display

Residents' Council (Judy Hansen)

Encore Learning (Marty Suydam)

Dining Dollars (Sherretta Bernateau & Joaquín Ramirez)

Turnover Statistics (Trish Povlitz)

Fire Alarm Communication
(Theresa Thomas)

Strategic Plan (Strategic Planning Team)

Twelve Days of Christmas

(Polly Gordon and Ken Hopper)



Barbara D'Agostino
Executive Director

CandooTech Group Lesson: Staying Safe Online

Wednesday, January 21st, 10:00am
Auditorium

As part of its partnership with Goodwin Living, CandooTech is offering group lessons on a number of topics throughout the year. The first lesson in the series will cover ways to stay safe online. No registration is required to join this group lesson.

Staying safe online is important now more than ever. The FBI's Internet Crime Complaint Center received more than 68,000 complaints in 2019 from victims over age 60 who experienced losses of more than \$835 million.

CandooTech will go over ways to make sure you stay protected from scams.

All GHA residents can sign up for CandooTech for free thanks to the generosity of the Goodwin Living Foundation. To learn more or to register, visit the IT section of Uniguest.



Upcoming Group Lessons

February 18th: AI and Using ChatGPT

March 23rd: How to Online Bank

May 11th: Windows 11

August 12th: Macbook

September 14th: Android

Sam Echols



Communications Coordinator

2026 Newcomers Meetings

4th Thursdays Starting January 22nd, 11:00am
Arbor Room

Newcomers Meetings will be held on the 4th Thursday of each month except November and December, when they will be one week earlier.

The first meeting of 2026 will cover Life Enrichment, the Outreach Committee, and the Residents' Council. All residents are welcome; however, a table will be designated for new residents and presenters.

The 2026 schedule with topics has been posted in the Newcomer Fast Facts section of Uniguest. In addition, meetings and topics will be announced each month in the *Gazette* and Google Group.



Newcomer Fast Facts

Kathi Menda



Newcomers Meeting Coordinator

Did You Know?

The Newcomer Fast Facts section of Uniguest has useful, easy-to-digest information about the most important things you should know as a new resident. From IT support and maintenance requests to dining information and resident boxes, Newcomer Fast Facts is all about getting you started without overwhelming you. Check it out!

Sam Echols, Communications Coordinator

January Resident Seminars

Thursdays, 2:00pm-3:00pm

Fillmore Lounge

Sign up in the Activities Binder



By Tony Hisgett from Birmingham, UK

Mel Stephens (resident Mike Stephens' twin brother) will present sessions detailing his life journey from the Vietnam War to Oxford, England. Come get a glimpse behind the scenes of life-changing historical events as well as life in a place that many of us have only visited.

January 22nd

Washington: His service as Assistant to the President for Vietnam Veteran Affairs and the personal impact of the Fall of Saigon

January 29th

Oxford and 50 years in England: From Oxford grad student to managing his own law firm (Stephens & Associates) and "the good life" that we all seek!

Kathi Menda



Resident Seminar Liaison

Saturday Morning Live: Update on the New Inova Alexandria Hospital

Saturday, January 24th, 10:30am
Auditorium & Channel 973



Dr. Rina Bansal, the President of Inova Alexandria Hospital and Senior Vice President of Inova, will be briefing us on the status of the new Inova hospital that is under construction at the former Landmark Mall site and is scheduled to open in 2028. This will be an opportunity for us to learn about its planned state-of-the-art capabilities that are sure to add to our health security.

Dr. Bansal earned both her medical degree and master's in business administration from Canada's McGill University, where she graduated from the school's inaugural MD-MBA program. She completed her internal medicine residency training at the University of California, San Francisco. She is a Clinical Assistant Professor of Medicine at George Washington School of Medicine and Health Sciences.

Passionate about serving the community and ensuring optimized health and wellness for every patient, Dr. Bansal continues to practice medicine at Inova Cares for Families, providing primary care services for patients of all ages, regardless of status or insurance.

Dr. Bansal was named a *Washington Business Journal* 2023 Diversity in Business Award honoree and was recognized as one of the Women Hospital CEOs to Know by Becker's *Hospital Review* in 2024.



John Berry, Resident

Dick's Teaser Solution

The other countries are:

England
Finland
Greenland
Holland (Netherlands)
Iceland
New Zealand
Poland
Swaziland
Ireland
Switzerland
Thailand

Dick Pellerin, Resident

Movies

Teaching Company: *The Skeptic's Guide to American History*

Wednesdays, 11:00am
Channel 973

Professor Mark A. Stoler takes you on a challenging but intellectually invigorating journey through American history.

Movie: *Out of Africa* (1985)

Sunday, January 18th, 6:30pm
PG, 2h 41m, Channel 972

Cast: Meryl Streep, Robert Redford, Klaus Maria Brandauer

In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter.

Movie: *Breaker Morant* (1980)

Thursday, January 22nd, 7:15pm
PG, 1h 47m, Channel 972

Cast: Edward Woodward, Jack Thompson, John Waters

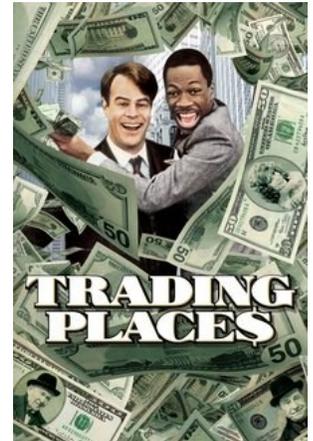
Three Australian lieutenants are court martialed for executing prisoners as a way of deflecting attention from war crimes committed by their superior officers.

Movie: *Trading Places* (1983)

Saturday, January 24th, 7:15pm
R, 1h 56, Channel 972

Cast: Eddie Murphy, Dan Aykroyd, Ralph Bellamy

A snobbish Wall Street commodities broker and a wily street hustler find their positions reversed as part of a bet by two callous millionaire brothers who run a brokerage house.



Movie: *Empire of the Sun* (1987)

Sunday, January 25th, 6:30pm
PG, 2h 33m, Channel 972

Cast: Christian Bale, John Malkovich, Miranda Richardson

A young English boy struggles to survive under Japanese occupation of China during World War II.

Upcoming

Thursday, January 29th

Witness (1985)

Saturday, January 31st

Elvis (2022)

The Weekly Schedule

Sunday, January 18, 2025—Sunday, January 25, 2026

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 created for Richmond & Dominion are labeled with "R&D." Due to space limitations, Richmond & Dominion residents have priority at them.

Residential Living, Richmond & Dominion Schedule

Cancellations

Monday, January 19th

Fun & Fitness

Trail Blazers

R&D: Body & Balance Exercise

SH: Outdoor Club

SH: Tea Party

Wednesday, January 21st

Living by Heart

Thursday, January 22nd

Talking Books Librarian

Friday, 23rd

GHA Encore Chorale

Sunday, January 18

9:00: Holy Eucharist (CHP & CH 974)

10:30: Holy Eucharist (AUD & CH 973)

3:00: R&D Seated Exercise (CH 971)

6:30: Movie: *Out of Africa* (CH 972)

See pg. 17

Monday, January 19

9:45: Aqua Fun (Pool)

10:00: BYOConversation (LR) See pg. 13

10:00: Catholic Mass & Rosary
(CHP & CH 974)

12:00: 12-Step Meeting (For more info.,
call 202-701-9291.)

12:00: German Conversation Table (AR)

1:00: Beginning Line Dancing (GX)

3:00: Environmental Services
Committee (FL)

2:30: Remembering MLK Jr.: Legacy of
Courage and Inspiration,
Enough is Enough (CH 971)

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

Tuesday, January 20

- 7:45: Morning Yoga
(GX, CH 975, & Zoom)
- 9:00: Strength & Stretch Class Video
(GX & CH 971)
- 9:30: Credit Union Open (PR)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Bus to Giant Food
(LBY, Signup Required)
- 10:00: Ceramics (AS)
- 10:00: Facilities Management and
Security Committee (RCR)
- 10:15: Just Dance Class (AUD)
- 11:00: Mat Pilates (GX)
- 11:00: Movie Committee (RCR)
- 11:00: Vendor: Sherry's Boutique and
Gifts (CC)
- 12:00: Trip: National Gallery of Art
(LBY) See pg. 5
- 1:00: GHA Clinical & Medical
Discussion (FL) See pg. 7
- 1:15: Mah Jongg (LR)
- 2:00: GHA Book Club (RCR)
- 2:00: Resident Health Services
Committee (FL)
- 2:00: Wii Bowling (GX)
- 4:30: Advanced Tai Chi (GX)
- 7:30: Washington Bach Consort
(AUD & CH 973) See pg. 5

Wednesday, January 21

- 9:00: Fun & Fitness (GX & CH 975)
- 9:00: Art Supply Donations Welcome
(AS)
- 9:30: Aqua Fun (Pool)
- 9:30: Team Member Sale (MP)

- 10:00: CandooTech Group Lesson
(AUD) See pg 14
- 10:30: Finance Committee Meeting (AR)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company (CH 972)
See pg. 17
- 11:00: **R&D:** Body & Balance Exercise
(GX)
- 11:00: **R&D:** Coffee Around the World
(RAR)
- 1:00: Your Mind Matters: Monthly
Brain Health Talk (RCR)
- 2:00: Welcome Committee (RCR)
- 2:15: Mat Pilates (GX)
- 2:30: Team Member Sale (MP)
- 3:00: Town Hall (AUD & CH 973)
See pg. 14
- 4:00: Pop-Up Technology Assistance
(LBY)
- 7:30: Bingo (AUD) See pg. 9

Thursday, January 22

- 7:45: Morning Yoga
(GX, CH 975, & Zoom)
- 9:00: Strength & Stretch Class
(GX & CH 975)
- 9:00: Chess (LR)
- 9:30: StrongerMemory Class (RCR)
See pg. 8
- 10:00: Seated Strength (GX & CH 975)
- 10:00: AM Painting & Drawing (AS)
- 11:00: Newcomers Group (AR)
See pg. 15
- 11:00: Scripture, Songs, & Prayers
(AUD & CH 973)
- 11:00: Replay Teaching Company
(CH 972)

- 12:00: French Conversation Table
(Bistro Table 11)
- 1:00: Parkinson's Support Group (BR)
- 1:30: PM Painting & Drawing (AS)
- 1:45: **R&D**: Music Therapy with
Sabrina (DDR)
- 2:00: Dining Services Committee (AR)
- 2:00: Resident Seminar: Mel Stephens
(FL) See pg. 15
- 2:00: Knitters and Crocheters (CHP)
- 2:00: National Popcorn Day (LR)
See pg. 9
- 2:00: Wii Bowling (GX)
- 4:00: GHA Bell Ringers Choir
Rehearsal (AUD)
- 5:30: Wine & Dine (FL) See pg. 9
- 7:15: Movie: *Breaker Morant* (CH 972)
See pg. 17

Friday, January 23

- 9:00: Fun & Fitness (GX & CH 975)
- 10:00: Vendor: Harun's African Art &
Jewelry (CC)
- 10:00: Replay of Thursday Movie
(CH 972)
- 10:30: Farm Animal Visits (AUD-B)
- 1:30: GHA Players Meeting (RCR)
- 1:30: Shanghai (LR)
- 2:00: Quilting Bees (BR)
- 2:00: **R&D**: Paint and Sip: The
Northern Lights (RAR)
- 3:30: Seated Meditation
(CHP & CH 974)
- 4:30: Advanced Tai Chi (GX)
- 4:30: Jewish Sabbath Service of
Comfort & Healing (CH 971)

Saturday, January 24

- 9:30: Fun & Fitness (GX & CH 975)
- 9:30: Pop-Up Technology Assistance
(LBY)
- 10:30: Advanced Tai Chi with
Instructor (GX)
- 10:30: Saturday Morning Live
(AUD & CH 973) See pg. 16
- 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: *Trading Places*
(CH 972) See pg. 17

Sunday, January 25

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: **R&D** Seated Exercise (CH 971)
- 6:30: Movie: *Empire of the Sun*
(CH 972) See pg. 17

Small Houses Schedule

Sunday, January 18

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Creative Corner: Salt Snowflake Art (OQ)
- 3:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971 & Care Partner)

Monday, January 19

- 11:00: Name That Tune: Luau Edition with Laurie Gabriel (Dens & CH 971)
- 2:30: Remembering MLK Jr.: Legacy of Courage and Inspiration, Enough is Enough (CH 971 & Care Partner)
- 3:00: Volunteer Visits (SH-A)

Tuesday, January 20

- 10:30: Individual Visits with Ted (SH-A)
- 1:30: Experimental Art (MH)
- 2:45: Virtual Zoo Exhibit: Alaskan Moose (RP)

Wednesday, January 21

- 10:30: Music Therapy with Sabrina (PW)
- 10:30: Mahjong Club (MH)
- 2:00: Exercise with Christie (MH)
- 2:45: Brain Games: Penguin Awareness Day (RP)
- 6:15: Games with Ted (OQ)

Thursday, January 22

- 10:30: Licks of Love Dog Visits (SH-A)
- 11:00: Scripture, Songs, & Prayers (AUD & CH 973)
- 12:00: Chaplain Visits (SH-A)
- 3:00: Volunteer Visits (SH-A)
- 6:15: Games with Ted (OQ)

Friday, January 23

- 10:30: Licks of Love Dog Visits (SH-A)
- 10:30: Art for Fun (OQ)
- 10:30: Farm Animal Visits (AUD-B)
- 11:00: News Discussion Group (SN)
- 2:30: Small House Mahjong Club (MH)
- 3:00: Music Therapy with Sabrina (WL & SH)

Saturday, January 24

- 10:30: Licks of Love Dog Visits (SH-A)
- 2:00: Open Recreation/Strength & Stretch Chair Exercise (Care Partner & CH 971)
- 2:30: Storytelling with Music (OQ)

Sunday, January 25

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Afternoon Activity with Kim (OQ)
- 3:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971 & Care Partner)

For a full list of activities, see pages 18-20

Location Key

AR	Arbor Room— next to the Dining Room/Bistro	CHP	Chapel	POOL	Swimming Pool on Promenade
AS	Art Studio	CL	Clinic	PR	Promenade Level (G1)
ASG	Art Studio Gallery	CTY	Courtyard	PW	Small House Powell
AUD-A	Auditorium A	DDR	Dominion Dining Room, Original Bldg 2nd Floor	RAR	Richmond Activities Room, Original Bldg 3rd Floor
AUD-B	Auditorium B	FL	Fillmore Lounge	RCR	Residents Conference Room
AUD	Auditorium A & B	GR	Game Room on Promenade	RDR	Richmond Dining Room, Original Bldg 3rd Floor
BL	Small House Bluestone	GX	Group Exercise Studio	ROOF	Rooftop Deck
BR	Bishops' Room, 1st Floor of Tower	JA	Small House James	RP	Small House Rappahannock
BST	Bistro	LBY	Lobby	SH-A	Small Houses (All)
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

**Submit all articles, questions, and mailing list enquiries to
Gazette@GoodwinLiving.org**

The submission deadline is Friday at 5:00pm a week prior to publication.