



## Aging Well in Northern Virginia Resource Fair

Wednesday, October 29th, 8:30am-2:30pm  
Auditorium



This special event brings together Northern Virginia Black Chamber of Commerce business partners and Goodwin Living health and wellness services to highlight the broad range of resources available to older adults in Northern Virginia. In addition to tabletop exhibits, the Resource Fair will include panels on mental and physical health, nutrition, home care, financial and legal planning, insurance benefits, and more. You can RSVP by calling 703-472-8743 or emailing [AtHome@GoodwinLiving.org](mailto:AtHome@GoodwinLiving.org).

Rommel Jones

   Manager Member Experience

## Nov. 4th Election Update

Voters will select the Governor, Lieutenant Governor, and Attorney General of Virginia; Alexandria’s Representative to Virginia House of Delegates; Alexandria’s Commonwealth’s Attorney; and Alexandria’s Sheriff. If you need help, contact any GHA Voting Aide.

Early in-person voting ends on November 1st. The full schedule is in the Residents’ Business Center along with sample ballots, candidate information, and a list of GHA Voting Aides.

Our polling place is in the Auditorium at The View Alexandria, right across Beauregard. The polls are open from 6:00am-7:00pm. GHA will run a circuit bus from 10:00am-2:00 pm, leaving from the Lobby.

 *Laura Lawson, Resident*

*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](mailto: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.*

## Around GHA

### Library News

For September, the Library continued to have over 300 readers, with 310 books and three DVDs



checked out. Many of the borrowed books were new titles, which are located in the alcove at the entrance to the Library.

*An Unsuitable Job for a Woman* by P.D. James, *Deadwood* by Peter Cozzens, *The Letter Carrier* by Francesca Giannone, and *The Secret Book Society* by Madeline Martin were each checked out three times. Top circulating authors this month were mystery writer favorites Louise Penny (11); Anne Perry (9); P.D. James (8); and Daniel Silva, Martin Walker, and Anne Hillerman (7 times each).

**Reminder:** The Library Book Sale is Wednesday, November 12th, from 10:00am-2:00pm. There will be a nice selection of books and puzzles. Hardback books will be \$2, and paperbacks and puzzles will be \$1. Cash only.



*Dale Brown*  
Library Committee

### Movie Committee Needs Your Participation

**Insufficient Resident Volunteers = Fewer movies or none!**

The Movie Committee meets monthly to decide on the 18 or so movies to be shown on Channel 972 each month.

The Movie Committee was formed some years ago by Peggy Errington, may she rest in peace, and was always intended to be run by residents. It continued to work in that fashion under the leadership of Howie Kaplan until he relocated to Florida to be near his family. With Howie's departure, management of the Committee's work has been taken over by Events Coordinator Jennifer Bennett. Given the history of a resident leading the Committee, these are its immediate needs:

1. Residents to do minimal research on suggested movies to ascertain that they are appropriate for GHA
2. A resident to serve as chair to schedule the Committee's meetings and lead the ensuing discussion.

Please email Jennifer Bennet at [JBennett@GoodwinLiving.org](mailto:JBennett@GoodwinLiving.org) to volunteer. Without increased volunteer participation, it is likely that there will be fewer or no movies.



*Ken Hopper, Chair*  
Activities Committee

## Beware Scams During Medicare Open Season

There have been several calls to residents from organizations posing as Medicare or insurance companies. As a reminder, never give out personal information over the phone to someone who calls you—not your Social Security Number, Medicare number, date of birth, or even your address. Medicare will never ask you for your Medicare or Social Security number. Just hang up.



If you need assistance with changing your Medicare supplemental plan, contact one of the Social Workers or the Virginia Insurance Counseling and Assistance Program at 703-746-5712 or VICAP@AlexandriaVa.gov.



*Monica Hutchins-Thomas*  
Director of Social Work

### Did You Know?

The small tab at the bottom left of the Sprite dispenser in the Bistro is for sparkling water. Whether you're trying to cut back on soda or just enjoy fizzy water, be sure to take advantage of this bubbly option!



*Sam Echols, Communications Coordinator*

## Rock Climbing

Gail Levy and Len Lynch took on the challenge of climbing the rock walls at Movement Climbing Gym during our last adventure field trip. What an exhilarating time we had! Stay tuned for another adventure field trip.



*Christie Thomas*  
Fitness Manager



## Dick's Teaser:

Each of the answers to the following end with the letters CH. For example, the clue "Kiss" would lead to "Smooch." See pg. 13 for the solutions.

1. Satisfy your thirst
2. Zip, zero, nada
3. Seaside summertime playground
4. The sound you hear when you bite into a piece of celery
5. Archaic word for a country girl, servant girl, or strumpet
6. This is what happens if you don't lift the iron off of the shirt
7. A fink, stool pigeon, informant
8. People from the Netherlands
9. A horse-drawn closed carriage used for travelling long distances

*Dick Pellerin, Resident*

## Chaplaincy Services

### All Saint's Day

Sunday, November 2nd

9:00am, Chapel & Channel 974

10:30am, Auditorium & Channel 973

Names of those we wish to remember who have died in years past will be included in Sunday's services. Please submit names you would like included to Chaplain Bruce. A form is provided at the Chapel entrance, or you may email [BStewart@GoodwinLiving.org](mailto:BStewart@GoodwinLiving.org). Please make sure to sign your form in case Chaplain Bruce needs to clarify handwriting. Please leave completed forms at the Reception Desk for the chaplain's box.



*Bruce Stewart, Director of Chaplaincy*

### ALIVE! Food Drive Wraps Up Soon



A big thanks to everyone who has participated and donated this month! Your support helps ensure that families citywide have consistent, reliable access to nutritious food. If you haven't had a chance to contribute, the food donation table is located in the Lobby near the reading area. A list of much-needed food items is available on the table. Additionally, Thanksgiving food items are welcome. ALIVE! is grateful for shelf stable, nutritious foods in non-glass containers.

If you wish to write a check instead, make it out to ALIVE!, with "GHA Food

Drive" in the memo line and leave it in an envelope addressed to Chaplain Bruce Stewart at the Reception Desk.

*Pamela Farrand*



*Memorial Chapel Outreach Committee*

### October is National Clergy Appreciation Month

October is recognized as National Clergy Appreciation Month, a time to honor the many contributions and faithful service of our Chaplain, Bruce. During this special month, we take the opportunity to recognize Bruce's dedication and the vital role he plays in nurturing faith within our community.

Each day, Bruce supports the spiritual wellbeing of our residents and team members. Beyond his daily responsibilities, he is present during life's most meaningful moments—leading Remembrance Day services; offering comfort to residents, staff, and families; praying with the sick; officiating at funerals; and providing steady support during times of difficulty.

Bruce has served the GHA community for many years with grace, compassion, and unwavering dedication. This month, and always, let us take a moment to express our heartfelt gratitude to Bruce for his commitment, encouragement, and care for all who call GHA home.



*Barbara D'Agostino  
Executive Director*

# Announcements

## Tribute & Memorial Gifting

A tribute or memorial gift to the Goodwin Living Foundation is a lasting way to celebrate the people who matter most in your life. Whether given in gratitude, celebration, or remembrance, your gift supports programs that enrich the lives of our residents and team members every day. The Foundation gratefully receives these gifts and sends a notice to the person being honored—or to the loved ones and family members of those we remember. Stop by the Foundation office to learn how you can make a special tribute gift!



Goodwin Living  
Foundation

### Save the Date:

GLF Endowment Campaign  
Celebration Reception  
**Thursday, December 11th, 5:00pm-6:00pm**  
Living Room



*The Foundation Team*

## Return Reusable To-Go Containers

Dining Services' hard plastic to-go containers are intended to be washed, rinsed, sanitized and reused. Please return these containers rather than throw them away.

*Daniel Keiper*



*Assistant Director of Dining Services*

## Fillmore Lounge Pub Menu

**Mondays-Fridays**

In response to questions and comments from residents, we wanted to update you on the following regarding the pub-style menu in the Fillmore Lounge:



- Food and non-alcoholic beverages may be paid for using resident meal plans (dining dollars).
- All items on the menu are charged à la carte at the prices listed.
- Beer, wine, and liquor will always be a resident charge and include tax. On wine nights (Wednesdays, Fridays, Saturdays), two servings of wine will continue to be complimentary.
- Beginning on October 27th, we will add a weekly ice cream flavor as a dessert option.
  - ◇ October 27th-31st:  
Deep Dish Apple Pie
  - ◇ November 3rd-7th:  
Cappuccino Crunch
  - ◇ November 10th-14th:  
Pumpkin
- Happy Hours will now run from 4:30pm-7:00pm

*Daniel Keiper*



*Assistant Director of Dining Services*

## Market Place Update

The Market Place will be accepting donations and also selling goods each of the next three Wednesdays (October 29th, November 5th, and November 12th) from 9:30am-11:30am.

Our Holiday/Seasonal/Christmas sale will be November 20th in the Game Room on the G1 level of the Tower. If you have not sorted your donations for this event, we would like to encourage you to do so soon and bring your donations to the Market Place any Wednesday morning mentioned above. After our sale on November 20th, the Market Place will not accept any Holiday/Seasonal/Christmas donations until February of 2026.

Please look in the nearby storage area any time for furniture, lamps, walkers, chairs, and other ever-changing inventory. For updates to sales and donation times and days, please see the Uniguest activities schedule.



*The Market Place Team*

## Using Public Transportation

The free Alexandria DASH bus is readily available just a short walk down the hill at the bus stop along Beauregard Street and Fillmore Avenue. Catch the DASH 31 to Old Town and Braddock Metro Station via King Street,



Trips

or try the DASH 35 to the Pentagon Metro Center, where you can catch the yellow and blue Metro rail to DC, Maryland, and points elsewhere in Northern Virginia.

Metro bus A27 leaves from the same stop, going to the Pentagon via Pentagon City. It stops right across from the entrance to Pentagon City Mall. The fare is \$2.20 in exact change or \$1.10 with a Senior SmarTrip card.

Not sure how to do it? Go to Uniguest and scroll down to the Trips section. At the end of the list is “Public Transportation—How to Use It,” which gives a thorough description of how to use DASH and Metro buses and Metro Rail as well as how to get a Senior SmarTrip Card.



*Karen Thunberg, Resident Trips and Outings Committee*

## Small Group Fitness Training Spots Open

There are three spots left for the Small Group Fitness Training sessions on Tuesdays and Thursdays from 1:15pm-1:45pm. You will learn how to safely use the fitness machines in your exercise routine, practice hand-eye coordination, and more. Contact Christie Thomas to sign up at [CThomas03@GoodwinLiving.org](mailto:CThomas03@GoodwinLiving.org).



*Christie Thomas, Fitness Manager*

## Fine Arts Committee Renamed the Design Committee



Earlier this year, Executive Director Barbara D'Agostino encouraged residents to take the lead in managing what was then known as the Fine Arts Committee. As discussions progressed, it became clear that the group's focus had shifted toward the artwork displayed throughout our hallways and common spaces.

Barbara clarified that the committee's original purpose was to advise on design elements—such as furniture, carpeting, and décor—with occasional input on community art. To better reflect this broader mission, the committee has been renamed the Design Committee.

Looking ahead, the Design Committee will play an important role in reviewing design proposals from HCM, the firm leading the strategic planning for our campus. While major furniture selections are still a few years away, the committee will continue to provide input on smaller design projects as they arise.

Anita Lancaster will serve as Chair of the Design Committee. Residents interested in joining this group are encouraged to contact Anita at [anitalanc@aol.com](mailto:anitalanc@aol.com).

*Anita Lancaster*



*Design Committee Chair*

## Link of the Week

This paddock cam offers a peaceful view of the Greenville Zoo's outdoor giraffe habitat.



Watch as 19-year-old Autumn, a Masai giraffe, stretches her legs, munches on leaves, and enjoys the fresh South Carolina air.

[Giraffe Paddock Cam - Greenville, SC](#)

*The Green Team*

## Green Team Hints

If possible, and as a courtesy to your housekeeper, please take your recyclables to the trash room before your weekly visit.

*The Green Team*

## Viruses

**Known Cases as of October 24, 2025**

COVID-19:

Residents—Independent Living (0),

Health Care Center (0),

Assisted Living (0) | Team Members (0)

Influenza: 0

### Fall Covid/Flu/RSV vaccination

If you haven't gotten vaccinated this season, visit the CVS pharmacy on G1 to get your shots.

*Emma Okul, Infection Preventionist*

## Local Events

### Planet Word: Wordplay Wednesday

Wednesday, Nov. 5th , 5:00pm-8:00pm  
925 13th St. NW, Entrance on K Street  
Cost: \$5-\$25 (Pay What You Can)



Visit Planet Word on the first Wednesday of each month for after-hours wordplay. All three floors of the museum will stay open late, including the interactive “Unlock the Music” karaoke gallery and the laugh-out-loud “Joking Around” humor gallery. It’s the ultimate happy hour and game night combo: explore the museum, test your skills with word-based puzzles and games, and browse the Present Perfect gift shop for a little retail therapy.

Enjoy complimentary treats, plus beer, wine, and soda for purchase from Immigrant Food.

For questions or concerns regarding accessibility needs, please contact:

[Support@PlanetWordMuseum.org](mailto:Support@PlanetWordMuseum.org)

### The Kreeger Museum: Anonymous Was a Woman

October 16th-December 31st  
2401 Foxhall Road, NW, Washington, DC  
Tuesday-Saturday, 10:00am-4:00pm  
Cost: \$10 (Ages 62+)



This exhibition features the recent work of Anonymous Was a Woman grant recipients and DMV-based artists Jae Ko, Linn Meyers, Joyce J. Scott, and Renée Stout. The program is dedicated to supporting mid-career women artists living and working in the United States. Its name refers to a phrase in Virginia Woolf’s essay *A Room of One’s Own*, which underscores the challenges that creative women have historically faced in a male-dominated society.

Public tours featuring highlights of The Kreeger Museum’s permanent collection are offered every Friday at 2:00pm and Saturday at 11:30am and 2:00pm. Tours are 45 minutes in duration and are led by a Gallery Guide.

**The activities in this page are not affiliated with GHA. Residents are responsible for their own tickets and transportation.**

## This Week's Events

### Robots Are Coming to GHA!

Saturday, October 25th, 2:00pm  
Auditorium

The Titans Robotics team will give a presentation on their team and their children's physics book about simple machines. Most importantly, they will talk about and bring one of their former competition robots that you can interact with.

  *John and Judy Hansen, Residents*

### BYOConversation: Bring Your Own Laughs

Monday, October 27th, 10:00am-10:45am  
Living Room

Laughter relieves stress, enhances friendships, triggers endorphins, de-escalates conflict, promotes resilience, builds community, and is fun. Stop by the living room for corny, witty, light-hearted humor.



Share something laughable: jokes, riddles, child-friendly limericks, sea shanties, silly songs, magic tricks, juggling, dance moves, or vaudeville acts. Make your neighbors chuckle over your funniest memory, embarrassing goofs, unforgettable April fools joke, blind date, recipe bumble, job interview, bumper sticker, weird hobby, silliest pet, strangest friend, or amusing wedding drama.

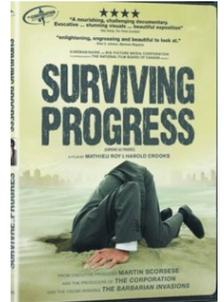
For our mental health, laugh it up, loosen up, lighten-up, and decompress. All residents, team members, and guests are invited to participate or just listen. Welcome!

   *Jonathan Bryan, Resident*

### Environmental Film: *Surviving Progress*

Monday, October 27th, 7:15pm  
Channel 972

*Surviving Progress*, a 2011 Canadian documentary, is about the increasing weight of the human footprint on the planet. It's a high-level lesson that is enlightening, engrossing, and beautiful to look at.



Time and again throughout human history, advancements that appeared beneficial ended up causing harm. Is that progress? In this film, leading intellectuals, activists, financiers, and scientists urge us to recognize and avoid the progress traps that pose hidden threats within our own society.

The lack of an ethical underpinning in modern global economic practices is directly responsible for the overconsumption and exploitation of natural resources. Kenneth Turan (NPR) calls it "brainy and light on its feet, bristling with provocative insights and probing questions."

  *The Green Team*

## The People's House: A White House Experience

Tuesday, October 28th, 1:00pm  
Leave from Lobby  
Transportation: \$20, Ticket: \$5

Join us for a trip to a museum that brings the White House and its storied history alive with an immersive and inventive scenic experience.

This is a non-political view of the history of the White House and is ADA compliant. Signup is available in the Activities Binder.

  Jennifer Bennett  
Events Coordinator

## Afternoon Concert: Friday Morning Music Club

Tuesday, October 28th, 2:00pm  
Auditorium

Friday Morning Music Club will present a concert featuring pianist Luke Ratcliff play-



ing works by Chopin, and soprano Marje Palmieri and pianist Stephen Brown playing works by Samuel Barber, including the popular Knoxville, 1914. We will close the program with two well-known area pianists, Grace McFarlane and Frank Conlon, playing a Fantasie by Schubert for piano four hands.

 Jennifer Bennett  
Events Coordinator

## RC Listens

Tuesday, October 28th, 3:00pm  
Fillmore Lounge



Each month, your Residents' Council holds RC Listens, a popular get-together of residents who like to share their thoughts, concerns, and questions with Residents' Council members. We are always interested in what you have to say.

 Residents' Council

## Waiter's Table

Tuesday, October 28th, 5:30pm  
Alexandria Dining Room

You've been served *by* the waiters many times. Now be served *with* a waiter. Sign up to dine with one of our service staff in the Alexandria Dining Room. The size of the party is limited to five, all regular menu selections will be available, and dinner will be free of charge. Please take this opportunity to get to know our staff better in a casual, unhurried atmosphere. Sign up in the Activities Binder.

 Daniel Keiper  
Assistant Director of Dining Services

## Tour the Kitchen with the Executive Chef

Wednesday, October 29th, 10:00am  
Bistro

Come get a behind-the-scenes look at Dining Services with a one-hour tour starting in the Bistro. Groups are limited to eight people. Sign up in the Activities Binder.

 Daniel Keiper  
Assistant Director of Dining Services

## StrongerMemory Weekly Group

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

October 29th—Lesson 11: The  
Importance of Sleep in Brain Health

November 5th—Lesson 12: Mental  
Stimulation



*Michelle Wanzer*  
Administrative Assistant

## Afternoon Concert: Ernie Tolley

Wednesday, October 29th, 3:00pm  
Auditorium & Channel 973

Guitarist and vocalist Ernie Tolley will perform popular standard songs from the 1930s, 40s, 50s and beyond. Featured music will include songs by Nat King Cole, Frank Sinatra, Ella Fitzgerald, Billie Holiday, Fats Domino, Hank Williams, the Everly Brothers, and Elvis—just to mention a few. Please stop by for a swinging afternoon of music.



*Jennifer Bennett, Events Coordinator*

## Reception: Linda Williams Painting Exhibition

Wednesday, October 29th, 4:00pm  
Small House Gallery

Come enjoy paintings by Linda Williams out-side the Auditorium and chat with the artist over refreshments.



*Alison Schroeder, Arts Coordinator*

## Dinner with Management

Wednesday, October 29th, 5:30pm  
Alexandria Dining Room



Sign up to enjoy dinner with one of the Dining Services leadership team. Dining will be represented by Catering Manager Brad Iliesh. Sign up in the Activities Binder.

*Daniel Keiper*



*Assistant Director of Dining Services*

## Skill Share Fair

Thursday, October 30th, 2:00pm-3:30pm  
Auditorium

Support Sam Murray and Ameera Bhanji's Evolving Leaders Program capstone project by lending your talents to the Skill Share Fair. GHA residents and Goodwin Living At Home members are asked to host short, hands-on lessons for team members, interns, and families.

By participating, you'll help share valuable life skills, foster connections, and see just how valuable your knowledge is to people interested in learning.

Sam and Ameera will help you plan your session, connect you with others interested in teaching a similar skill, and make it easy for learners to join in. Interested in teaching a skill? Contact Sam or Ameera via email or sign up in the Activities Binder under Special Activities. Drop-ins are also welcome!

[SMurray@GoodwinLiving.org](mailto:SMurray@GoodwinLiving.org)

[ABhanji@GoodwinLiving.org](mailto:ABhanji@GoodwinLiving.org)



*Samantha Murray*

*Day Program Manager, TVA*

*Ameera Bhanji, Member Services Facilitator*

*Goodwin Living At Home*

## Fall Festival/Halloween Celebration

Friday, October 31, 2:00-3:30pm  
Courtyard

Celebrate fall with Life Enrichment! We will be celebrating with games, art projects and food! Wear your costumes, and march in a costume parade around the Courtyard at 3:30pm. Dogs welcome!



Jennifer Bennett,  
Events Coordinator

### Reminder

As you receive the updated Fall 2025 Directory, please remember to take your old Spring directories to the Reception Desk for shredding. Shredding them, rather than recycling intact directories, helps protect everyone's personal information. Thank you for your cooperation.

#### Directory Fall 2025



The Green Team

### Next Week's Events

## New Fitness Offering: Stronger Together

Tuesdays and Thursdays  
Starting November 4th & November 6th  
1:15pm-1:45pm

The Fitness team is offering a new class structure starting in November. Stronger Together is a four-week, small group training session. The sessions will focus on basic compound movements, hand-eye coordination, and weight training.

Signup is required, and classes are limited to five people. Contact Christie Thomas to sign up at 703-824-1166 or CThomas03@GoodwinLiving.org.



Christie Thomas  
Fitness Manager

## GHA Variety Show Cancelled

Thursday, November 6th, 7:30pm  
Auditorium

Unfortunately, we did not have enough interest in holding a Variety show this year, so it has been cancelled. We have so many talented residents at GHA that I am convinced we will be able to do one next year. So start working on your acts now!

Jennifer Bennett  
Events Coordinator

## Afternoon Concert: The Borisevich Duo

Saturday, November 8th, 2:00pm  
Auditorium & Channel 973



The Borisevich Duo, featuring pianist Margarita Loukachkina and violinist Nikita Borisevich, is an internationally acclaimed violin and piano duet, frequently performing across the United States and Europe.

Mr. Borisevich and Ms. Loukachkina are winners of numerous international music competitions and have collectively performed on world-renowned stages such as The Kennedy Center (Washington, DC), Mozarteum University Salzburg (Salzburg, Austria), Grand Hall of Moscow Conservatory (Moscow, Russia), Shriver Hall (Baltimore, Maryland), California Institute of Technology (Pasadena, CA), JCC Greater Washington (Rockville, MD), and Manuel de Falla Auditorium (Granada, Spain), among others.



*Jennifer Bennett, Events Coordinator*

## Dick's Teaser Solution

1. Quench
2. Zilch
3. Beach
4. Crunch
5. Wench
6. Scorch
7. Snitch
8. Dutch
9. Stagecoach

*Dick Pellerin, Resident*

## Cancellations

**Saturday, October 31st**

SH: Mahjong Club

SH Music Therapy: Individual  
Sessions

# The Weekly Schedule

Sunday, October 26, 2025 — Sunday, November 2, 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](http://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.

### Sunday, October 26

- 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: *The Great Debaters*, (2007), PG-13, 2h 6m, Cast: Denzel Washington, Forest Whitaker, Kimberly Elise. A drama based on the true story of Melvin B. Tolson, a professor at Wiley College Texas. In 1935, he inspired students to form the school's first debate team, which went on to challenge Harvard in the national championship. (CH 972)

### Monday, October 27

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation (LR) See pg. 9
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 10:00: Trail Blazers: Burke Lake (LBY, Signup Required)
- 11:00: **R&D**: Body & Balance Exercise (GX)
- 11:00: Grounds and Landscaping Committee (RCR)
- 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: **R&D**: What's Your Verdict (RAR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Fillmore Happy Hour (FL)
- 7:15: Environmental Film (CH 972) See pg. 9

## Tuesday, October 28

- 7:45: Morning Yoga  
(GX, CH 975, & ZOOM)
- 9:00: Strength & Stretch Class  
(GX & CH 975)
- 9:30: Credit Union Open (PR)
- 10:00: Seated Strength Video w/Christie  
(GX & CH 971)
- 10:00: Ceramics—**Note New Time** (AS)
- 10:00: Bus to Giant Food (LBY, Signup  
Required)
- 10:00: Seamstress (Apt. 426, Floral Arts  
Room)
- 10:15: Just Dance Class (AUD-A)
- 11:00: Mat Pilates (GX)
- 11:00: Pumpkin Decorating with St.  
Stephen's & St. Agnes School (FL)
- 12:00: Encore Learning: Genealogy  
(RCR)
- 1:15: Mah Jongg (LR)
- 2:00: Wii Bowling (GX)
- 2:00: Movie: *Girl With A Pearl Earring*,  
(2003), PG-13, 1h 40m, Cast: Colin  
Firth, Scarlett Johansson, Tom  
Wilkinson. A young peasant  
maid working in the house of  
painter Johannes Vermeer  
becomes his talented assistant  
and the model for one of his most  
famous works. (CH 972)
- 2:00: Afternoon Concert: Friday  
Morning Music Club (AUD)  
See pg. 10

- 3:00: RC Listens (FL) See pg. 10
- 4:30: Dia de Muertos Talk and  
Screening of *Coco* (AUD)
- 4:30: Advanced Tai Chi (GX)
- 5:30: Waiter's Table (The Alexandria)  
See pg. 10

## Wednesday, October 29

- 9:00: Fun & Fitness (GX & CH 975)
- 9:00: Clothing Collection  
(Game Room)
- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Sale & Donations  
(MP)
- 10:00: Behind-the-Scenes Kitchen Tour  
(Bistro) See pg. 10
- 10:00: StrongerMemory Group (FL)  
See pg. 11
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company: World  
Heritage Sites (CH 972)  
21. *The Acropolis of Athens*  
22. *Tibet's Potala Palace and  
Jokhang Temple*
- 11:00: **R&D**: Body & Balance Exercise  
(GX)
- 2:00: Pickleball (GX)
- 3:00: Afternoon Concert: Ernie Tolley  
(AUD) See pg. 11
- 4:00: Reception for Linda Williams  
Painting Exhibition (Small House  
Gallery)
- 4:30: Fillmore Happy Hour (FL)
- 4:00: Pop-Up Technology Assistance  
(LBY)
- 5:30: Dinner with Management  
(The Alexandria) See pg. 11

## Thursday, October 30

- 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: Morning Painting and Drawing  
(AS)
- 10:45: Talking Books Librarian  
(Library Work Room or your  
apartment by appointment; call  
703-824-1583)
- 11:00: Scripture, Songs & Prayers  
(AUD & CH 973)
- 11:00: Replay Teaching Company:  
World Heritage Sites (CH 972)
- 11:00: Vendor: Sherry's Gifts (CC)
- 12:00: French Conversation Table  
(Bistro Table 11)
- 1:30: Afternoon Painting and Drawing  
(AS)
- 1:45: **R&D**: Music Therapy with  
Abigail (DDR)
- 2:00: Knitters and Crocheters (CHP)
- 2:00: Open Studio (AS)
- 2:00: Wii Bowling (GX)
- 2:00: Skill Share Fair (AUD) See pg. 11
- 3:00: GHA Players Meeting (RCR)
- 4:00: GHA Bell Ringers Choir  
(AUD)

- 7:15: Movie: *The Birds*, (1963), PG-13,  
1h 59m, Cast: Rod Taylor, Tippi  
Hedren, Jessica Tandy. A wealthy  
San Francisco socialite pursues a  
potential boyfriend to a small  
Northern California town that  
slowly takes a turn for the  
bizarre when birds of all kinds  
suddenly begin to attack people.  
(CH 972)

## Friday, October 31

- 7:45: Morning Yoga  
(GX, CH 975, & ZOOM)
- 9:00: Fun & Fitness (GX & CH 975)
- 10:00: Grief Seminar (RCR)
- 10:00: Replay of Thursday Movie  
(CH 972)
- 10:30: GHA Encore Chorale (AUD-A)
- 2:00: Quilting Bees (BR)
- 2:00: Fall and Halloween Festival  
(CTY, AUD if inclement weather)  
See pg. 12
- 3:30: Halloween Costume Parade  
(CTY, AUD if inclement weather)
- 3:30: Seated Meditation  
(CHP & CH 974)
- 4:30: Fillmore Happy Hour (FL)
- 4:30: Advanced Tai Chi (GX)
- 4:30: Jewish Sabbath Service of  
Comfort & Healing (CH 971)

## Saturday, November 1

- 9:30: Pop-Up Technology Assistance (LBY)
- 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: *Baby Boom*, (1987), PG, 1h 50m, Cast: Diane Keaton, Sam Shepard, Harold Ramis. The life of super-yuppie J.C. is thrown into turmoil when she inherits a baby from a distant relative. (CH 972)

## Sunday, November 2

- 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: *Sister Act*, (1992), PG, 1h 40m, Cast: Whoopi Goldberg, Maggie Smith, Harvey Keitel. When a nightclub singer is forced to take refuge from the mob in a convent, she ends up turning the convent choir into a soulful chorus complete with a Motown repertoire, until the sudden celebrity of the choir jeopardizes her identity. (CH 972)

# Small Houses Schedule

## Sunday, October 26

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

## Monday, October 27

- 11:00: Outdoor Club (SH-A)
- 1:30: Music Therapy with Abigail (OQ)
- 2:45: Tea Party (BL)
- 3:00: Volunteer Visits (SH-A)

## Tuesday, October 28

- 10:30: Individual Visits with Ted (SH-A)
- 1:30: Art with Alison (MH)
- 1:30: Dog Visits with Cashew (SH-A)
- 2:30: Garden Thyme (MH)

## Wednesday, October 29

- 10:30: Music and Movement (PW)
- 10:30: Mahjong Club (MH)
- 2:00: Exercise with Christie (MH)

## Thursday, October 30

- 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, October 31

- 11:00: Art for Fun (OQ)
- 11:00: News Discussion Group (SN)
- 2:00: Fall and Halloween Festival (CTY, AUD if inclement weather) See pg. 12
- 2:30: **Mahjong Club (Cancelled)**
- 3:00: **Music Therapy: Individual Sessions (Cancelled)**
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

## Saturday, November 1

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

## Sunday, November 2

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Can You Picture This? (OQ)
- 3:00: Open Recreation/Strength & Stretch Chair Exercise (Care Partner & CH 971)

**For a full list of activities, see pg. 14-17**

# November Birthdays

1—Donna Gregg	16—Beverly Cooper
1—Jane Ring	16—Joy Lyles
4—Bette Yancey	16—Fred Pang
5—Josephine Walker	17—Dick Trabert
6—Sharon Atherton	19—Han Swyter
6—Walter Jr. Davis	20—Dorothy Bennett
6—Ann Murphy	21—Emma Hughes
7—Kathi Menda	22—Bob Nichols
9—Pat Gottemoeller	22—Laura Williams
9—Virginia Kahn	23—James Carroll
9—Faith Olson	23—Geoffrey Chesbrough
10—Beatrice Sullivan	23—Louise Livinghouse
11—Sophie Krasik	28—Unalane Ablondi
11—Madison Schepps	28—Barbara Bancroft
12—Lloyd Jr. Lewis	28—Linda Carder
13—Jill Miller	29—James McDowall
15—Johanna Boeke	29—Ming Crusey
15—Robin Gates	30—John Leitzke
15—Carter Kelly	30—Ben Stilmar

HAPPY BIRTHDAY!

## LOCATION KEY

<b>AR</b>	Arbor Room next to the Dining Room/ Bistro	<b>CHP</b>	Chapel	<b>POOL</b>	Swimming Pool on Promenade
<b>AS</b>	Art Studio	<b>CL</b>	Clinic	<b>PT</b>	Physical & Occupational Therapy on Promenade
<b>ASG</b>	Art Studio Gallery	<b>CTY</b>	Courtyard	<b>PSCR</b>	Promenade Small Conference Room
<b>AUD-A</b>	Auditorium A	<b>DDR</b>	Dominion Dining Room, Original Bldg 2nd Floor	<b>PW</b>	Small House Powell
<b>AUD-B</b>	Auditorium B	<b>FL</b>	Fillmore Lounge	<b>RAR</b>	Richmond Activities Room, Original Bldg 3rd Floor
<b>AUD</b>	Auditorium AB	<b>FP</b>	Fillmore Patio	<b>RCR</b>	Residents Conference Room
<b>AUD-ABC</b>	Auditorium ABC	<b>GR</b>	Game Room on Promenade	<b>RDR</b>	Richmond Dining Room, Original Bldg 3rd Floor
<b>BL</b>	Small House Bluestone	<b>GX</b>	Group EX Studio	<b>ROOF</b>	Rooftop Deck
<b>BR</b>	Bishops' Room, 1st Floor Tower	<b>JA</b>	Small House James	<b>RP</b>	Small House Rappahannock
<b>BST</b>	Bistro	<b>LBY</b>	Lobby	<b>SH-A</b>	Small Houses
<b>CC</b>	Concourse	<b>LR</b>	Living Room	<b>SHG</b>	Small House Gallery
<b>CH 971</b>	Channel 971	<b>MH</b>	Small House Meherrin	<b>SN</b>	Small House Shenandoah
<b>CH 972</b>	Channel 972	<b>MP</b>	Market Place on Promenade	<b>SB</b>	Stonebrook
<b>CH 973</b>	Channel 973	<b>OQ</b>	Small House Occoquan	<b>WL</b>	Small House Willis