



## Candoo Tech Partnership

Candoo Tech is a tech support and education platform geared specifically to older adults. It offers remote one-on-one training and support, group lessons, and a library of on-demand content to help you with using almost any technology.



Goodwin Living is offering this service to all residents at no charge thanks to the generosity of donors to the Goodwin Living Foundation.

Victor Otusanya and Barbara Chapins remain available as your Resident Technology Specialists. This new service is intended to augment the support they provide.

To register, visit:

[Candoo.Tech/Goodwin25](https://Candoo.Tech/Goodwin25)

To access your Candoo Tech homepage, visit:

[CandooTech.com/Goodwin](https://CandooTech.com/Goodwin)



Reema Byrd  
IT Support Coordinator

## Sunday Football Brunch

Sunday, November 16th,  
9:30am  
Fillmore Lounge



Please join us for a morning football tail-gate party as the Commanders take on the Miami Dolphins in Madrid, Spain. No need to sign up or make reservations. We will remain open until the final whistle. Beer, wine, and selected cocktails will be for sale.

### Menu (\$15.00)

- Chicken & Waffles, Breakfast Sliders
- Tator Tots, Fruit Platter
- One Free Mimosa

Daniel Keiper



Assistant Director of Dining Services

*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 5:00pm Friday to appear in the following week's issue. The Gazette is distributed via email on Fridays and in print on Saturdays.*



## Around GHA

### GHA Career Team Expands Future Options for Local High School Students



The 2025 GHA Career Team recently brought inspiration and insight to hundreds of students at Wakefield High School. Our quintet of volunteers: Karl VanNewkirk (Military), Bill Kehoe (Firefighter), Dick Bennett (Engineering), Steve Klineberg (College Teacher) and Tricia Silberman (Finance), shared stories from their professional journeys and offered practical advice on their careers. Each presenter highlighted the value of purpose, perseverance and

service in shaping a rewarding career.

When asked to describe the day, our team agreed on one phrase: “Meaningful experience.”



*Shirley Bloomquist, Resident*

### Chess Group Seeks New Members

Thursdays, 9:00am-11:00am  
Living Room

This is a call for players at all levels to join GHA’s chess group. If you’re a beginner, don’t



worry – we’ll teach you! While chess is complex in the sense that there are a virtually infinite number of possible move sequences, the basics are actually quite straightforward and easy to master.

Chess is also a spectator sport, so we encourage anyone who is interested to go to our meetings and watch. You might then decide to take lessons to brush up on what you learned 50+ years ago and forgot.

To discuss any aspect of our chess group or arrange for lessons, please contact Harold Yaffe at 703-795-7157 or [hjyaffe@comcast.net](mailto:hjyaffe@comcast.net). An estimated 600 million adults worldwide play chess regularly. Shouldn’t you be one of them?



*Harold Yaffe, Resident*

## Volunteers Needed for Uniguest Focus Groups

The Communications Committee needs your help to improve Uniguest, GHA's online community information platform. We want your ideas about making Uniguest more useful and user-friendly. There will be two one-hour focus group meetings to obtain your thoughts and recommendations.

One meeting will be for those who do not currently use Uniguest or use it very little. What would make it easier for you to access and use Uniguest? If you're not using it at all, help us to understand why.

The second meeting, for Uniguest users, will focus on how we can make it easier for you to find information. What would you like added, deleted, or simply changed?

Signup sheets will be posted in the Activities Binder at 10:00am on Monday, December 1st. Each session is limited to 10 people, but other sessions will be added if needed. Please sign up and help us ensure Uniguest is a convenient way to access the information you need to enjoy living at GHA.

### Non-Uniguest User Meeting

**Tuesday, Dec. 9th, 11:00am-12:00pm**  
**Residents Conference Room**

### Uniguest User Meeting

**Thursday, Dec. 11th, 11:00am-12:00pm**  
**Bishop's Room**



*The Communications Committee*

## Dick's Teaser:

There are 10 states with two-word names. One of them is Rhode Island. Can you name the other nine? See pg. 18 for the solutions.

*Dick Pellerin, Resident*

## Link of the Week

This live cam overlooks a room at Kitten Rescue Sanctuary in Los Angeles, California. Kitten Rescue is a



non-profit animal rescue organization that has placed over 22,000 cats into loving homes. This room is home to playful kittens awaiting their new homes. Watch all their antics, from afternoon cat-naps to spirited wrestling and more.

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

[Kitten Rescue Cat Cam](#)

*The Green Team*

## Green Team Hints

Donate paper and cloth grocery bags with handles to be reused by local food banks. Give them to the Reception Desk or place them in containers at Meredith Wade's apartment (955).

*The Green Team*

# Fall Fun at GHA

Residents and staff celebrated the season with a luau featuring Hawaiian dancers, Halloween festivities, costumes, and a health fair that put an upbeat spin on staying safe from respiratory illnesses. Many people also enjoyed participating in Inktober and learning about Día de Muertos. Thank you to everyone who helped make this Fall so fun!



*Sam Echols, Communications Coordinator*





## Employee Appreciation Fund

Once a year, we have a chance to really remember how much our lives turn around our marvelous team members. And as we remember, we have an opportunity to say THANK YOU through the Employee Appreciation Fund. Let's do some remembering:

- The cheerful and skillful therapists in the Rehab Center who ease our aches and pains;
- The Life Enrichment Team that brings us year-round entertainment, exercise classes, the weekly *Gazette*, and all the information in *Uniguest*;
- The marvelous Dining Services team—Those we don't see who prepare our meals and those we do who graciously serve our meals;
- The amazing Housekeeping staff who clean our apartments each week with care and enthusiasm;
- The diligent and always prompt maintenance team that can fix a clogged toilet in minutes and just about anything else that goes wrong in our apartments;
- The smiling and helpful Reception Desk team who have patient answers for every question we residents can think of;
- So many others who work on floors G-1 and G-2 we never see but keep this home of ours operating smoothly and efficiently;
- And others we will see and need one day when we move to Assisted Living, Health Care, and Memory Care.

Let's say thank you through the Employee Appreciation Fund!

## Pumpkin Decorating

Congratulations to the Small House for winning last month's pumpkin decorating contest! Their candy corn pufferfish pumpkin earned them a pizza party!



*Jennifer Bennett*

 *Events Coordinator*



*John and Khacki Berry, Residents*

## Tips to Save Your iPhone Battery

If you often find yourself running out of battery life or simply know you're going to be on your iPhone for much of the day and may not be able to recharge it, here are some helpful tips. They're easy and only take a few minutes. If you have an issue, just sign up for one of the Pop-up Tech Assistance sessions.

### Adaptive Power Mode:

This setting automatically conserves battery by lowering screen brightness, limiting background activities, and enabling Low Power Mode at 20% battery. To enable it:

1. Go to Settings
2. Click Battery
3. Click Power Mode, and
4. Toggle the switch next to Adaptive Power to ON (green).

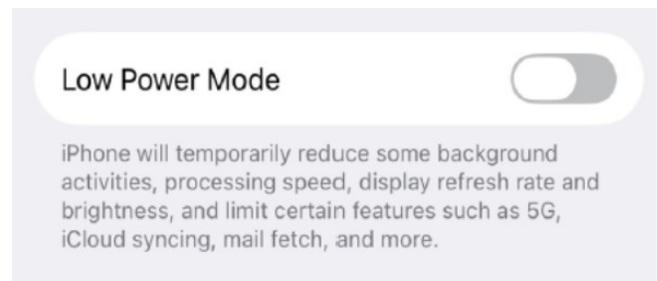


You can also enable Adaptive Power Notifications to receive alerts when it is activated.

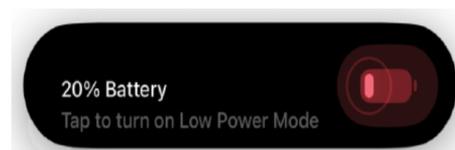
### Low Power Mode:

Rather than using Adaptive Power Mode, you can simply use Low Power Mode. To enable it:

1. Go to Settings
2. Click Battery
3. Click Power Mode, and
4. Toggle the switch next to Lower Power to ON (green).



When your iPhone's battery reaches 20%, a notification will appear at the top of the screen with a toggle to quickly turn on Low Power Mode. Tapping the red toggle will engage Low Power Mode, which reduces brightness, visual effects, background app refresh, email fetching, and pauses iCloud Photos syncing.



## Announcements

### New Wellness Opportunity at GHA Outpatient Rehab

We are excited to introduce a new opportunity for residents—Annual Wellness Assessments with our physical therapy team! Through Direct Access to Physical Therapy, residents with Medicare Part B can now schedule an assessment without needing a physician referral. This convenient and proactive approach helps you stay on top of your health and mobility throughout the year.

#### What's Included in the Annual Wellness Assessment:

- Strength and balance assessments;
- Walking (gait) analysis;
- Review of daily activities and lifestyle habits;
- Guidance on managing chronic health conditions; and
- Discussion of hobbies, activity goals, and individual concerns.

Consider use Direct Access Physical Therapy as part of your annual wellness check-in, especially if you haven't worked with a physical therapist within the past year. Your physical therapist will share a summary of the assessment with your primary care provider to support continuity of care and keep your health team informed.

Residents can schedule directly with GHA rehab by contacting Connie Lee at KLee@GoodwinLiving.org or 703-824-1244. Take advantage of this Medicare-covered benefit and make your wellness a priority this year!

 *GHA Rehab Team*

### New Volanté Tablets to Reduce Wait Times

If you have experienced extended wait times for meals in the Alexandria/Arbor Rooms or the Fillmore lounge lately, rest assured that we are working on a solution. There have been some glitches with our Volanté Point of Sale system, which has caused some orders to not be sent promptly to the kitchen. After a restart, a backlog of tickets prints all at once, which then makes it difficult for the kitchen to catch up.



We are expecting new Volanté tablets to be delivered soon and expect this will alleviate the interruptions we have experienced recently.

We apologize for any delays that this may have caused and look forward to prompt delivery of your food.

*Daniel W. Keiper*

 *Assistant Director of Dining Services*

## Holiday Decorations: Safety Starts with You!

As a reminder, Goodwin Living does not allow live Christmas trees, wreaths or boughs,



or open flames (including candles) in apartments. The National Fire Protection Association reports holiday decorations cause 860 home fires each year. Christmas trees cause an additional 210 home fires per year.

The following steps will help you decorate safely:

- Make sure all extension cords and electrical decorations are used properly.
- Outdoor lights and decorations should be plugged into circuits protected by Ground Fault Circuit Interrupters.
- Inspect all lights, decorations, and extension cords for damage before use.
- Turn off all indoor and outdoor decorations before leaving home or going to sleep.
- Avoid overloading electrical outlets with too many decorations or devices.
- Never connect more than three strings of incandescent lights together.

- Keep all decorations at least three feet away from heat sources.
- Purchase electrical decorations from reputable retailers, and check that they are approved by a nationally recognized testing lab such as UL, Intertek, or CSA.

*Amadu Kamara*



*Facilities Management Manager*

## Courtyard Doors Locked After Hours

The courtyard doors will be locked from 7:00pm to 7:00am. You will need your electronic access card to enter through these doors between these hours.

As a reminder, the Promenade (G1) elevators require your electronic access card to call for elevators between the hours of 8:00pm and 6:00am.

*Amanda Mitchell*



*Reception Desk Supervisor*

## Fitness Center Access Nov. 4th-Dec. 2nd

The Fitness Center will be blocked off every Tuesday and Thursday from 1:15pm to 1:45pm through December 2nd for the Stronger Together program. Please plan your workout accordingly.



*Christie Thomas, Fitness Manager*

## Reminder: Sunday Bistro Hours

On Sundays, the Bistro closes at 6:00pm rather than 7:00pm. We wanted to provide this reminder so that no one misses out on Sundays. Residents arriving after 6:00pm. will be offered a meal to take out but will not be seated and served.

*Daniel W. Keiper*



*Assistant Director of Dining Services*

## Fillmore Pub Ends for 2025

The Fillmore Dining Pilot Program will come to an end after Friday, November 14th. While feedback from residents has indicated this program was a success, we will retire this program until early 2026. During this time, we will assess the menus, staffing, and logistics involved in the pub format in order to ensure we are able to revive the program in a manner that best serves residents and works seamlessly for GHA's dining operations.

Fillmore Happy Hours will return to their previous 4:00-5:00pm timeframe, and reserved dinner service will continue. Please get in touch with Joaquín Ramirez or Daniel Keiper with any questions or suggestions.

Thank you for supporting this pilot program so enthusiastically We look forward to bringing it back better in 2026.

*Daniel W. Keiper*



*Assistant Director of Dining Services*

## Life Enrichment Office Closed Nov. 10th

The Life Enrichment Office will be closed on Monday, November 10th for cleaning. If you need to contact anyone in the office, please call or send an email, and we will assist you as soon as possible.

*Sam Echols*



*Communications Coordinator*

## Clothing Collection Date Change

**Wednesday, Dec. 10th, 9:00am-11:30am  
Game Room, G-1 Promenade**

Due to the upcoming holiday season, the normal end of month clothing collection in November will be moved to the second Wednesday in December. This will be the last collection for 2025.



Please bring your clean, useable clothing and bedding donations to the Game Room. Items collected are delivered to the Clock Tower Thrift Shop in Falls Church for resale to benefit Northern Virginia Family Service. The normal schedule will resume in January.



*Carl Miller , Resident*

## Chaplaincy Services

### Remembrance Day

Tuesday, November 18th, 3:00pm  
Auditorium & Channel 973

On Remembrance Day, we remember residents, team members, and their close family who have died in the past year. All are welcome to attend, including family and friends from outside GHA.

Following the program will be a reception in the Living Room provided by the generous donors to the Goodwin Living Foundation. The program will include a performance by the resident and team choir at 2:30pm.

Please submit the full name and a photo of the family member you wish to have remembered to the Chaplain's box at the Reception Desk or [BStewart@GoodwinLiving.org](mailto:BStewart@GoodwinLiving.org) by Friday, November 14th.

A Zoom link is also available. Use the following login information.

Meeting ID: 822 1464 7816

Passcode: 629399

 *Bruce Stewart, Director of Chaplaincy*

### In Memoriam

**RICHARD NAAB**  
November 1st, 2025

## ALIVE! Food Drive & Walkathon Results



Thank you for your generous participation in our ALIVE! Food Drive during the month of October. In total, 817 lbs of food were gathered (almost twice what was gathered in 2024!). In addition, financial contributions of \$2,205 were received. Our GHA Multimodal Seniors in the 44th Annual StepALIVE! Walkathon raised an additional \$980 for a combined \$3,185.

We are especially grateful to Pam Farrand, our Memorial Chapel Outreach Committee



liaison for ALIVE!, for coordinating these efforts with the help of MaryLou Collins, Sue Kenny, Judy Hansen in particular, and Life Enrichment (Jen and Sam) who helped in their professional assistance.

*Bruce Stewart*

   *Director of Chaplaincy*

## Guest Preacher: Gail Emerson

**Sunday, November 16th**  
**9:00am, Chapel & Channel 974**  
**10:30am, Auditorium & Channel 973**

Gail Emerson is a chaplain intern in the Fall unit of Goodwin Living Clinical Pastoral Education and serves at both Goodwin House Alexandria and The View Alexandria. She will be the guest preacher at both GHA Sunday services next week.



She was born and raised in Richmond, Virginia. She relocated to Northern Virginia ten years ago with her husband, Tim, and their four children. She is currently studying healthcare chaplaincy at Loyola University Chicago and is active at the Anglican Church of the Holy Spirit in Leesburg.

 *Bruce Stewart, Director of Chaplaincy*

## Grief Seminars

**Fridays, 10:00am-11:00am**  
**Residents Conference Room**

Chaplain Intern Gail Emerson is currently leading a six-week seminar on grief. It provides practical teaching about grief with opportunities for conversation, reflection, and encouragement. Each session will explore aspects of the grief journey and offer ways to support one another.

All are welcome, whether you are coping with a recent loss or living with grief from the past. All conversations are confidential and stay within the group. Participants may share, simply listen, ask questions—whatever is most helpful to each individual.

The fourth session will be held this Friday, November 14th. However, Gail has kindly offered to extend the program through Friday, December 5th.



*Monica Hutchins-Thomas*  
*Director of Social Work*

## Did You Know?

You can browse updated menus for all GHA dining venues in Unigest under the Dining Menus section. Each menu has icons next to each offering to help you navigate dietary preferences and intolerances such as MWG (Made Without Gluten), DF (Dairy Free), LS (Low Sodium), and V (Vegetarian).



In addition, there is nutrition information about Chef's Specials and meals served in the Bistro that lets you check calories as well as sugar, protein, carb, fat, and sodium content.



*Sam Echols*  
*Communications Coordinator*

## Local Events

### Helping Hearts Dance

Thursday, November 20th, 11:00am  
Lee Center Kauffman Auditorium  
1108 Jefferson Street, Alexandria



Alexandria's Adult Day Services Center and Helping Hearts Through the Arts invites all to a joyful experience filled with music and an uplifting dance performance. Dance styles on display will include contemporary, musical theater, and tap.

RSVP by calling 703-746-5672 or emailing Jackie.McCord@AlexandriaVa.gov by November 17th.

### Brightview Alexandria Performance

Thursday, December 11th, 11:00am  
6507 Telegraph Road, Alexandria

A component of this performance will include audience participation with movements led by Helping Hearts Dancers.

### Balanced for Life: Fall Prevention

Thursday, November 20th, 10:00am  
Beth El Hebrew Congregation  
3830 Seminary Road



Senior Services of Alexandria invites you to a free, informative morning focused on fall prevention and safety for older adults. Learn practical strategies from local experts in health, wellness, and home safety to help you stay balanced, confident, and independent. Topics include understanding fall risk factors, accessing community resources, and making your home safer. Whether you're an older adult or a caregiver, this event offers valuable insights to support safer living at home and in the community.

RSVP by calling 703-836-4414, extension 110 or emailing [Events@SeniorServicesAlex.org](mailto:Events@SeniorServicesAlex.org)

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

## This Week's Events

### BYOConversation: What Are Constitutions, Anyway?

Monday, November 10th, 10:00am-10:45am  
Living Room

We have our American Constitution, yes—fundamental national law—and also personal “constitutions” made up of principles, beliefs, values, and ethics. Let’s discuss (1) the 1788 Constitution; and (2) personal constitutions.

Why a constitution? How did we get our 1788 document? Whose personal constitutions have you admired? How have you established constitutional values like loyalty, truth, kindness, rights, and wrongs? Organizations may have a “constitution” (charter documents, etc.) stating principles, values, mission, etc. Do you have any experience with these?

We have amended the 1788 Constitution 27 times. How do we amend our personal constitutions?

This conversation anticipates Ken Burns’ documentary series, *The American Revolution*, which will air on PBS on Sunday, November 16th from 8:00-10:00pm. See the article on page 16 for more information.

In BYOConversation, we voice what’s important to us or just listen. Welcome to all residents, team members, and guests!

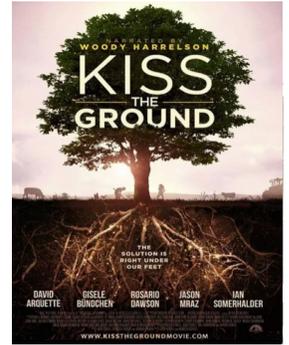


Jonathan Bryan, Resident

### Environmental Film: *Kiss the Ground*

Monday, November 10th, 7:15pm  
Channel 972

Narrated by Woody Harrelson, *Kiss the Ground* is an inspiring and groundbreaking film that reveals the first viable solution to our climate crisis. The film begins by highlighting the soil erosion crisis, showing how conventional farming practices can degrade soil.



Regenerating the world's soils by using practices like no-till farming, cover crops, and planned livestock grazing to improve soil health is a viable, low-cost solution to many environmental problems.

By regenerating the world’s soils, we can completely and rapidly stabilize Earth’s climate, restore lost ecosystems, and create abundant food supplies. Using compelling graphics and visuals, along with striking NASA and NOAA footage, the film artfully illustrates how, by drawing down atmospheric carbon, soil is the missing piece of the climate puzzle.



The Green Team

## National Chamber Players

Monday, November 10th, 7:45 pm  
Episcopal High School  
3900 West Braddock Road  
Transportation: Carpool or on your own

The National Chamber Players have been the resident chamber ensemble at Episcopal High School since 2004. The group is made up of members of the National Symphony Orchestra and other prominent artists under the artistic direction of cellist James Lee. The program will include Shostakovich String Quartet No. 8 and Mendelsohn String Quartet No. 3.

This is a free program. Coffee, tea and cookies are served prior to the concert between 7:00pm-7:40pm. The program lasts a little over an hour.

A carpool sheet can be found in the Activities Binder. Please indicate whether you can drive, how many you can take, or if you need a ride. Driving instructions are included on the signup sheet.



*Judy Howard, Resident  
Trips and Outings Committee*

## Veterans Day Celebration

Tuesday, November 11th, 11:00am  
Auditorium

To honor our veterans, GHA will host a special Veterans Day program that includes the Alexandria Emergency



Services Color Guard and a keynote address from Joseph G. Lynch, Major General, USAFR (Retired).

A slideshow of residents and their family members who are veterans will also be shown after the program. A lunch will be available in the Living Room for residents to pick up and watch the slideshow in the Auditorium, Living Room, or Channel 973.



*Jennifer Bennett, Events Coordinator*

## StrongerMemory Weekly Group



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

November 12th—Lesson 10: The Importance of Stress Management

November 19th—Lesson 11: The Importance of Sleep in Brain Health

### Save the Date:

Your Mind Matters: Monthly Brain Health Talk Series

Wednesday, November 19th, 1:00pm  
Residents Conference Room



*Michelle Wanzer  
Administrative Assistant*

## GHA Annual Book Sale

Wednesday, Nov. 12th, 10:00am-2:00pm  
Concourse

Save the date for GHA's annual book sale! Hard-back books will be \$2, and paperbacks will cost \$1. Cash only. All proceeds go to support the Library.



*Dale Brown and Sande O'Keefe  
Library Committee*

## GHA Literary Festival

Wednesday, Nov. 12th, 2:00pm-4:30pm  
Auditorium

Come celebrate the transformative world of literature at the GHA Literary Festival! The festival will include author readings, book sales and signings, poetry and short prose activities, a bookmark-making station, and refreshments.



*Sam Echols, Communications  
Coordinator*

## Hearing Loss Support Group

Thursday, November 13th, 11:00am  
Residents' Conference Room

Have you ever wondered how to use apps that will enhance your hearing aids?



Teresa Nichols, hearing instrument specialist will come to the Hearing Loss group to review some of the most effective apps on the market that help those with hearing loss. She will also review your questions about hearing aids. Please sign up in the Activities Binder so we know how large a room we will need.



*Monica Hutchins-Thomas  
Director of Social Work*

## Afternoon Tea at Lady Camellia

Thursday, November 13th, 1:30pm  
Leave from lobby  
Transportation Cost: \$10  
Tea Cost: \$59-\$67 plus taxes

It's always teatime here at Lady Camellia! Enjoy warm, freshly baked English scones, mouth-watering finger sandwiches, and delectable pastries accompanied by delicious cups of tea and a little sip of bubbles while overlooking the breathtaking view of the Potomac River.



If you are interested in joining in on an afternoon tea, please sign up in the Activities Binder.

 *Jennifer Bennett, Events Coordinator*

## Strathmore's Museums & Makers Holiday Market

Friday, November 14th, 11:00am  
Leave from Lobby  
Transportation: \$35  
Cost: \$10 cash payable at the door

This event brings together the area's top museum shops and local artisans for three days of spirited shopping. Every purchase supports nonprofit museums and independent artists in our community, so your gift goes even further.

If you are interested, please sign up in the Activities Binder, where you can also find a list of participating shops.

 *Jennifer Bennett, Events Coordinator*

## Let's Celebrate National Pickle Day

Friday, November 14th, 2:00pm  
Living Room

National Pickle Day recognizes the tart, sometimes sweet, and even spicy pickle.



Each year on November 14th, pickle lovers pop open pecks of their preferred preserved pickle. It may be a Dill, Gherkin, Cornichon, Brined, Kosher Dill, Polish, Hungarian, Lime, Bread and Butter, Swedish and Danish, or Kool-Aid Pickle. No matter your choice, eat them all day long. Come to the Living Room for pickle tasting, facts, and some tasty treats!



*Jennifer Bennett, Events Coordinator*

## The Importance of Advance Care Planning

Friday, November 14th, 1:00pm-2:30pm  
Auditorium

Plan ahead for the care that matters most. Join Aaron Zajdel, Care Connections Manager for Goodwin Hospice, and Elder Law attorney Jenn Crane to learn how to make your wishes known. They'll cover essential legal tools, including advance medical directives, health care powers of attorney, wills, and care agreements, and guide you through conversations about choice, dignity, and peace of mind. Drawing on years of experience,

Aaron and Jenn show how these documents help ensure your voice is heard and your loved ones are spared the uncertainty of guesswork.

*Noel Durman, Director of Hospice Giving*



*Goodwin Living Foundation*

## Afternoon Concert: Jerry Roman

Friday November 14th at 3:00pm  
Auditorium

Enjoy an afternoon of music trivia and entertainment by Jerry Roman. With a wide variety of songs in his repertoire, there will be tunes for everyone to enjoy. He even takes requests.



*Jennifer Bennett, Events Coordinator*

## Watch Ken Burns' *The American Revolution*

November 16th-21st, 8:00pm-10:00pm  
PBS

Watch a six-segment documentary series from Ken Burns called *The American Revolution* on PBS. The series shows how 13 American colonies unite in rebellion, win an eight-year war to secure their independence, and establish a new form of government that inspired democratic movements at home and around the globe.

As soon as a segment is aired, viewers can stream it from PBS Passport on Weta.org.



*Jonathan Bryan, Resident*

## Next Week's Events

### Clinic Medical Discussion

Tuesday, November 18th, 1:00pm-2:00pm  
Fillmore Lounge

This discussion is open to all residents who would like to better understand the available GHA Clinic services and how to access them. It will be led by Charity Among, Director of Clinical Services, and Carrie Fowler, Health Information Manager. When her schedule permits, Dr. Koroma-Nelson will drop in to introduce herself.

  *The Health Services Committee*

### Tour the Kitchen with the Executive Chef

Wednesday, November 19th, 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, November 10th, at 10:00am in the Activities Binder. Groups are limited to eight people.

*Daniel Keiper,*

 *Assistant Director of Dining Services*

### Evening Concert: The Sapphires

Wednesday, November 19th at 7:30pm  
Auditorium

Mambo, bolero, bossa nova, and other Latin beats—you'll hear all of these and more as The Sapphires Go Mambo! Tangerine and Hernando's Hideaway are just a couple of the songs included. Revel in these infectious Latin beats and vibrant tunes!

  *Jennifer Bennett, Events Coordinator*

### Resident Seminar: Making Sense of Travel Insurance for Seniors

Thursday, November 20th, 1:30pm-3:00pm  
Fillmore Lounge

Navigating travel insurance strategies and options is a daunting but im-



portant travel requirement, especially for senior travelers. Fortunately, GHA has residents who have taught and written about this subject and are here to help you!

Caroline Mayer and Marty Suydam will present information based on their previously published work and from recent presentations to other senior groups. The session will lay out easy-to-understand information about this subject, and extra time has been added to respond to questions. If you are planning a trip in the near future, this seminar is definitely for you!

 *Kathi Menda, Resident Seminar Facilitator*

## Back to Broadway: Stephanie Dailey & Company

Thursday, November 20th, 2:00pm  
Auditorium



Stephanie Dailey and Company performances feature dancing and live accompaniment by extraordinary musicians. Their shows entertain with a musical walk down memory lane thanks to songs from Broadway, jazz, and Hollywood drawn from the era of the Great American Songbook. These are the tunes people in their 60s, 70s, and 80s grew up with. The audience is invited to sing along with help from printed lyrics.

  *Jennifer Bennett, Events Coordinator*

## Jazz Education with Quentin Walston

Friday, November 21st, 4:00pm  
Auditorium and Channel 973

Quentin Walston's musical seminars are more than a public speaking event. These educational concerts combine Quentin's highly acclaimed solo piano performance with music history, appreciation, and more. GHA will have one class each month.

   *Jennifer Bennett, Events Coordinator*

## Dick's Teaser Solution

In no particular order, those nine states are:

1. New Hampshire
2. New York
3. North Carolina
4. South Carolina
5. West Virginia
6. North Dakota
7. South Dakota
8. New Mexico
9. New Jersey

*Dick Pellerin, Resident*

## Viruses

**Known Cases as of November 6th, 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*

## Cancellations

**Wednesday, November 12th**

Teaching Company

**Thursday, November 13th**

Replay Teaching Company

SH: Games With Ted

# The Weekly Schedule

Sunday, November 9, 2025 — Sunday, November 16, 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, November 9

- 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: *Spy Game*, (2001), R, 2h 6m, Cast: Robert Redford, Brad Pitt, Catherine McCormack. Retiring CIA agent Nathan Muir recalls his training of Tom Bishop while working against agency politics to free him from his Chinese captors. (CH 972)

### Monday, November 10

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation (LR) See pg. 13
- 10:00: Catholic Communion & Rosary (CHP & CH 974)
- 10:00: Praying the Rosary (CHP & CH 974)
- 10:00: Trail Blazers: Ben Branmar (LBY, Signup Required)
- 11:00: Vendor: Sherry's Boutique (CC)

- 11:00: R&D: Body & Balance Exercise (GX)
- 12:00: 12-Step Meeting (For more info., call 202-701-9291.)
- 12:00: German Conversation Table (AR)
- 1:00: Beginning Line Dancing (GX)
- 1:00: Photo Club Meeting (AS)
- 2:00: Spiritual Life Committee (RCR)
- 3:00: R&D: Guess the Autumn Scents (RAR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Fillmore Happy Hour (FL)
- 7:15: Environmental Film (CH 972) See pg. 13
- 7:45: Carpool to National Chamber Players Concert (See pg. 14)

## Tuesday, November 11

- 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 (GX & CH 975)
- 10:00: Ceramics (AS)
- 10:00: Bus to Giant Food (LBY, Signup  
Required)
- 10:00: Seamstress (Apt. 426, Floral Arts  
Room)
- 10:00: Vendor: Mary Kay Cosmetics  
(CC)
- 10:15: Just Dance Class (CH 971)
- 11:00: Mat Pilates (GX)
- 11:00: Veterans Day Celebration (AUD)  
See pg. 14
- 1:30: Mah Jongg (LR)
- 2:00: Wii Bowling (GX)
- 2:00: Movie: *Charlie Wilson's War*,  
(2007), R, 1h 42m, Cast: Tom  
Hanks, Amy Adams, Julia  
Roberts. A drama based on Texas  
congressman Charlie Wilson's  
covert dealings in Afghanistan,  
where his efforts to assist rebels  
in their war with the Soviets have  
some unforeseen and long-  
reaching effects. (CH 972)
- 3:00: Encore Learning: Brill Building  
Era (RCR)
- 4:30: Advanced Tai Chi (GX)

## Wednesday, November 12

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Sale & Donations  
(MP)
- 10:00: StrongerMemory Group (FL)  
See pg. 14
- 10:00: GHA Annual Book Sale (CC)  
See pg. 14
- 11:00: Prayer Group (CHP)
- 11:00: Resident Activities Committee  
(RCR)
- 11:00: **Teaching Company (Cancelled)**
- 11:00: **R&D**: Body & Balance Exercise  
(GX)
- 1:00: Duplicate Bridge (LR)
- 2:00: Pickleball (GX)
- 2:00: Encore Learning: Song Hunters  
(AR)
- 2:00: GHA Literary Festival (AUD)  
See pg. 15
- 4:00: Pop-Up Technology Assistance  
(LBY)
- 4:30: Fillmore Happy Hour (FL)

## Thursday, November 13

- 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  
(Cancelled)**
- 11:00: Hearing Loss Group (RCR)  
See pg. 15
- 11:00: **R&D**: Dominion Resident  
Council Meeting (DDR)
- 12:00: French Conversation Table  
(Bistro Table 11)
- 1:00: Library Committee Meeting  
(RCR)
- 1:30: Afternoon Painting and  
Drawing (AS)
- 1:30: Afternoon Tea at Lady Camellia  
(LBY, Signup Required)  
See pg. 15
- 1:45: **R&D**: Fall Window Stained  
Glass Suncatchers (RAR)
- 2:00: Knitters and Crocheters (CHP)
- 2:00: Marketing Committee Meeting  
(RCR)
- 2:00: Open Studio (AS)

- 2:00: Wii Bowling (GX)
- 3:00: GHA Players Meeting (RCR)
- 4:00: GHA Bell Ringers Choir  
(AUD)
- 7:15: Movie: *The Fugitive*, (1993),  
PG-13, 2h 10m, Cast: Harrison  
Ford, Tommy Lee Jones, Sela  
Ward. Dr. Richard Kimble,  
unjustly accused of murdering  
his wife, must find the real killer  
while being the target of a  
nationwide manhunt led by a  
seasoned U.S. Marshal. (CH 972)

## Friday, November 14

- 7:45: Morning Yoga  
(GX, CH 975, & Zoom)
- 9:00: Fun & Fitness (GX & CH 975)
- 10:00: Grief Seminar (RCR) See pg. 11
- 10:00: Replay of Thursday Movie  
(CH 972)
- 10:00: Shuttle to Target  
(LBY, Signup Required)
- 10:30: GHA Encore Chorale (AUD-A)
- 11:00: Strathmore's Museums & Makers  
Holiday Market  
(LBY, Signup Required)
- 1:00: The Importance of Advance Care  
Planning (AUD) See pg. 16
- 1:30: Shanghai (AR)
- 2:00: National Pickle Day (LR)  
See pg. 15
- 2:00: Quilting Bees (BR)
- 3:00: Afternoon Concert: Jerry Roman  
(AUD) See pg. 16

- 3:30: Seated Meditation  
(CHP & CH 974)
- 4:30: Fillmore Happy Hour (FL)
- 4:30: Advanced Tai Chi (GX)
- 4:30: Sabbath Service (CH 971)

## Saturday, November 15

- 9:30: Pop-Up Technology Assistance  
(LBY)
- 10:30: Advanced Tai Chi with  
Instructor (GX)
- 10:30: Morning Radio: The Adventures  
of Ozzie & Harriet—Income Tax  
Problems (CH 971)
- 11:30: Beginners’ Tai Chi with  
Instructor (GX)
- 2:00: **R&D**: Strength & Stretch Chair  
Exercise (CH 971)
- 3:00: Weekend Wii Bowling (GX)
- 3:30: Jewish Bible Study  
(CHP & CH 974)
- 7:15: Movie: *In the Heat of the Night*,  
(1967), Approved, 1h 50m,  
Cast: Sidney Poitier, Rod Steiger,  
Warren Oates. A black Phil-  
adelphia police detective is  
mistakenly suspected of a local  
murder while passing through a  
racially hostile Mississippi town,  
and after being cleared is  
reluctantly asked by the police  
chief to investigate the case.  
(CH 972)

## Sunday, November 16

- 9:00: Holy Eucharist (CHP & CH 974)
- 9:30: Sunday Football Brunch (FL)  
See pg. 1
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: **R&D**: Seated Exercise (CH 971)
- 6:30: Movie: *The Conspirator*, (2010),  
PG-3, 2h 2m, Cast: James  
McAvoy, Robin Wright, Kevin  
Kline. Mary Surratt is the lone  
female charged as a co-  
conspirator in the assassination  
trial of Abraham Lincoln. As the  
whole nation turns against her,  
she is forced to rely on her  
reluctant lawyer to uncover the  
truth and save her life. (CH 972)
- 8:00: Ken Burns’ *The American  
Revolution* (PBS) See pg. 16

# Small Houses Schedule

## Sunday, November 9

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

## Monday, November 10

- 11:00: Nursing Student Activity (SH-A)
- 2:45: Tea Party (RH)
- 3:00: Volunteer Visits (SH-A)

## Tuesday, November 11

- 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, November 12

- 10:30: Mahjong Club (MH)
- 2:00: Exercise with Christie (MH)
- 2:30: Small House Resident Council (MH)
- 2:45: Princess Grace Documentary (CH 971)

## Thursday, November 13

- 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 (Cancelled)**

## Friday, November 14

- 11:00: Art for Fun (OQ)
- 11:00: News Discussion Group (SN)
- 2:30: Mahjong Club (MH)
- 4:30: Sabbath Service (CH 971)

## Saturday, November 15

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

## Sunday, November 16

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Songs of Gratitude: Sing-A-Long (OQ)
- 3:00: Open Recreation/Strength & Stretch Chair Exercise (Care Partner & CH 971)
- 3:00: Afternoon Concert: Jerry Roman (AUD) See pg. 16

**For a full list of activities, see pg. 19-22**

## 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