

“Iris Paper Folding & Upcycling” Exhibition of Artwork by Nicole Gauvin

Exhibition: July 31st–September 4th
Reception: August 2nd at 4:00 pm
Art Studio Gallery

Experience the captivating art of iris paper folding and upcycling with self-taught Canadian artist Nicole Gauvin. Immerse yourself in Nicole’s unique creations, each handcrafted with upcycled materials and a technique that transforms everyday items into stunning works of art. Hosted in collaboration with the Upcycle Creative Reuse Center, Nicole’s work showcases the beauty of repurposed materials, turning them into intriguing and beautiful artworks.



*Alison Schroeder,
Arts Coordinator*



Enjoying Wine 102

Tuesdays July 30th–August 27th
from 2:00–3:30 pm
Private Dining Room
Fee: \$200, paid in advance

Want to learn about wine and get more enjoyment from drinking it?

GHA is offering a beginners’ wine-tasting class for ten residents, taught by Bob Nichols, a GHA resident who is a serious wine collector.

Five weekly sessions will cover white and red wines, each session building on the previous week. The \$200 fee covers Dining Services’ costs for wine, cheese, and labor. You may not use Dining Dollars. Occasionally, Bob will bring wine from his collection, provided for free. Any remaining money will be donated to the Goodwin Living Foundation.

More course details will be posted on Saturday July 20th behind the green tab for Special Activities in the Events sign-up book. The sign-up sheet will be posted on Tuesday July 23rd.

This is not a wine and cheese party: It’s a combined lab and seminar where you will learn a lot and have fun doing it.



*Jennifer Bennett,
Life Enrichment*

Town Hall Agenda

Wednesday July 17th at 3:00 pm
Auditorium-ABC & Channel 973



Below is the agenda (subject to change) for the next Town Hall meeting. If you have any questions or topics that you would like to discuss, please let me know.

- Welcome, Ceca, and Resident Fees: Barbara D'Agostino
- Sales and Fees Update: Sue Dolton
- Residents' Council: Ken Hopper
- Transportation Introductions: Theresa Thomas
- Team Volunteers and Recruitment/Hiring: Trish Povlitz

*Barbara D'Agostino,
Executive Director*



Nearby Parks: Glencarlyn Park

**301.S. Harrison St, Arlington
(3 miles from GHA)**

Looking for an outing with the grandchildren? This beautiful and secluded 100-acre park includes examples of mature native forests, unique water resources, and a great diversity of native flora. Long Branch stream valley flows through the woods, past two ponds full of frogs and turtles. It is home to a diverse population of wildlife. Paved nature trails offer connections to Four Mile Run and W&OD trails. Also available are playgrounds, the Long Branch Nature Center (open Tues, Wed, Sat), a nearby dog park, restrooms. Ample parking.

Directions: Right on Beauregard, 0.5 miles to left on Rt 7, 1 mile to right on Carlyn Spring Rd, 1.3 miles to right on 3rd St; 0.5 miles to park entrance on right.

*Martie McDowall,
Green Team Researcher*

Dick's Teaser

Can you determine the word, name or expression that is represented by the following?

Stand

Do u

**Answer on page 5*



Assisting & Preaching Greg Williams, Chaplain Intern

**Thursday July 18th at 11:00 am
Auditorium & Channel 973**

Greg Williams, our summer chaplain intern in Clinical Pastoral Education, will be assisting with chaplain duties while Chaplain Bruce is out of town for a few days. Greg will lead and preach for the 11:00 am Thursday service this week. He will also be assisting with duties for both Sunday services on July 21st.

Other News:

- Living by Heart will not be meeting
- Knitters & Crocheters will be meeting

*Bruce Stewart,
Director of Chaplaincy Services*

Environmental Services Committee Meeting

**Monday July 15th at 3:00 pm
Fillmore Lounge**

The Environmental Services Committee will hold its July meeting this week. Please join us for discussions about our latest accomplishments and plans for more work in this area.

*Peggy Burke, Chair,
Environmental Services Committee*

BYOConversation: “Friendship”

**Monday July 15th
from 10:00–10:45 am
Living Room**

In our long lives, we’ve all made friends: some lasting, some fleeting, some profound, some less so.

What great friendships have you had, or known about? What is most valuable to you about these true friends? What have been the most important features?

What turns an ordinary friendship into a special friendship? How do you know when you have turned the corner from acquaintance to friend?

What distinguishes these types of friends: buddy... colleague... confidant... pal... partner... comrade... confidante... chum?

We could discuss whether strong friendship is implied in this: G.B. Shaw: “Enclosing two tickets to my new play opening tonight. Bring a friend – if you have one.” Winston Churchill: “Can’t do tonight. Will come to tomorrow’s performance—if there is one.” And whether, if no friendship before, certainly none after.

BYOConversation welcomes everyone in a friendly setting to speak or listen.

Jonathan Bryan, Resident

Events

Evening Concert: Cabaret “Once Upon a Time on Washington’s Finest Pianos”

**Tuesday July 16th at 7:30pm
Auditorium**

Jeff Hayes will play audience favorites from his years performing at hotels, lounges, and parties. He’ll share both humorous and heartfelt stories about the songs and the fans who requested them. Featuring vocalists from Mini-Musicals on the Move.

The Wandering Docent

**Tuesday July 23rd at 2:00 pm
Auditorium and Channel 973**

Most visitors spend less than a minute viewing individual pieces of art at the museum. The Wandering Docent helps audiences better understand art so that they spend more time appreciating paintings, sculpture, ancient ritual objects, medieval-era luxury items, and ordinary trinkets from various cultures, regions, and time periods.



Appraisal Roadshow

**Tuesday July 30th at 2:00 pm
Auditorium**

The Appraisal Road show delivers a treasure hunt experience in a fun, educational, and rewarding forum. Residents can bring their personal valuables to the event, where appraisal experts from Paradigm Expert will educate the audience with interesting facts and information on:

- Artwork
- Glass
- Historic Memorabilia
- Porcelain
- Diamonds
- Jewelry
- Coins
- Timepieces

If you have something you would like appraised, please sign up in the Activities Binder (Special Activities Tab) with a brief description of what you will be bringing down to the Auditorium to be appraised. If you need assistance with bringing an item downstairs, please indicate this on the sign-up sheet. Even if you don't have anything to be appraised, come to the Auditorium and learn about others' items.

Jennifer Bennett, Events Coordinator

Uniguest Workshop

Thursday July 18th at 2:00 pm
Fillmore Lounge

Uniguest is the central hub for communication at GHA. It is the most up-to-date source for event announcements, cancellations, and location changes. Whether you're a Uniguest newbie or an old pro, you may learn something new at the upcoming workshop. We will go over Uniguest basics for the first thirty minutes and then launch into highlighting two useful but lesser-known apps and answering any questions or concerns that attendees bring to the table. Bring your tablet or smartphone so that you can follow along.

*Hilary Canary,
Communications Coordinator*

COVID Numbers

Team Members: 22
Residential Living: 1
Assisted Living: 0
Small Houses: 0

Dick's Teaser Solution

What is represented is the expression "do you understand."



Dick Pellerin, Resident

Market Place Sale

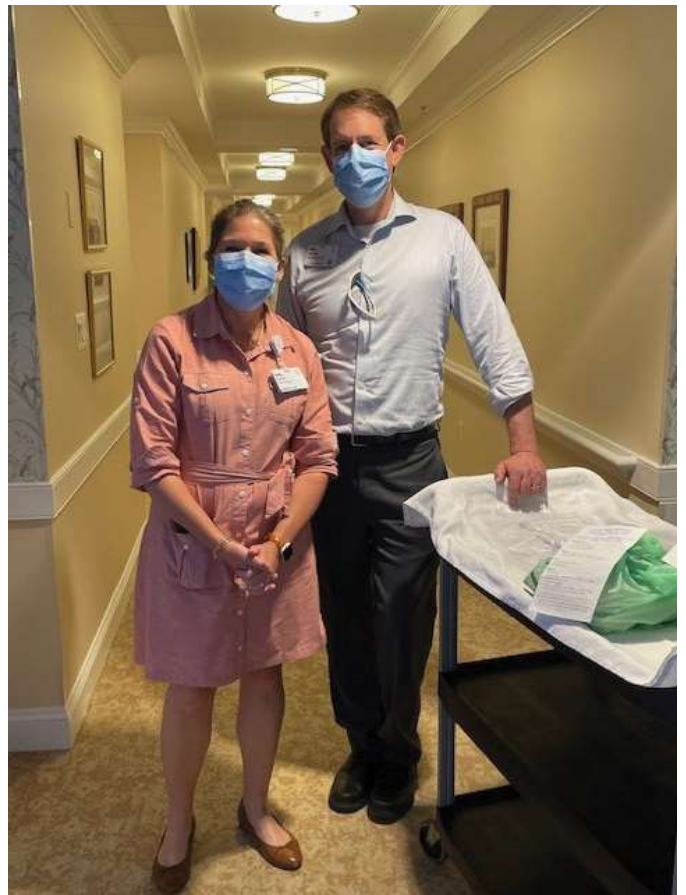
Wednesday July 17th
from 2:30–4:30 pm
Thursday July 18th
from 9:30–11:30 am
Apartment 302, Original Building

Furniture and household goods will be available for sale.

Dick Wilson, Resident

All Hands on Deck

Thank you to all of the residents and team members who have helped with food distribution this week.



Pictured left to right: Holly Ollis Outlaw (Chief of Staff) and Rob Liebreich (CEO) helping with food delivery.

The Weekly Schedule

Sunday July 14, 2024–Sunday July 21, 2024

Events listed in this calendar may be subject to change after the time of printing. For the most up-to-date schedule, consult Uniguest/Touchtown at www.gh-a.org

Sunday July 14

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *Rescued by Ruby* — CH 972

Rescued by Ruby, 2022, Family/Drama, NR, 93 m. Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story.

10:00: Catholic Mass & Rosary — CHP & CH 974

11:00: Just Dance Class — AUD-A

Noon: German Conversation Table — BST Table 11

1:00: True Belonging: Name it, Aim it, Claim it! — **Canceled**

3:00: Environmental Services Committee — FL

3:30: Seated Meditation — CHP & CH 974

4:30: Happy Hour/Meet & Greet New Residents — LR

Monday July 15

9:00: Fun & Fitness — GX & CH 975

9:00: Trail Blazers (Ben Brenman Park) — LBY

9:30: Aqua Fun — **Canceled**

10:00: Kim's Ritzy Bling — CC

10:00: 12-Step Meeting — Please call 202-701-9291 for additional information

10:00: BYOConversation — LR (See the article on page 3.)

Tuesday July 16

7:45: Morning Yoga — GX, CH 975 & ZOOM

9:00: Strength & Stretch Class — GX & CH 975

9:30–Noon: Credit Union Open — PR

10:00: Painting and Drawing — AS

10:00: Seated Strength — GX & CH 975

10:00: Bus to Giant Food — Lobby

(Sign-up required)

- 10:00: Facilities Committee — RCR
11:00: Bible Study — **Canceled**
11:00: Movie Committee — BR
1:15: Total Brain Health Program — GX
1:30: Mah Jongg — LR
2:00: GHA Book Club — **Canceled**
2:00: Health Services Committee — AR
2:00: Wii Bowling — GX
2:00: Movie: *M*A*S*H* — CH 972
*M*A*S*H*, 1970, Comedy/War, PG, 116 m. Irreverent black comedy following the exploits of a host of offbeat characters at a medical unit during the Korean war, including surgeons Hawkeye Pierce and Trapper John McIntyre who create havoc with their martini parties and practical jokes while the war rages around them. The film spawned a successful television series and won an Oscar for best screenplay.
3:00: By Hand: Creative Writers Group — 9th Floor Lounge, Original Building
4:30: Advanced Tai Chi — GX
7:30: Evening Cabaret: “Once Upon a Time on Washington’s Finest Pianos” — AUD (See the article on page 4.)

Wednesday July 17

- 9:00: Fun & Fitness — GX & CH 975
9:30: Aqua Fun — POOL
9:30 –11:30: Market Place Accepts Donations — MP
10:00: StrongerMemory — FL
10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — GX
10:30: Finance Committee Meeting — AR
11:00: Prayer Group — CHP
11:00: Teaching Company: *The Great Revolutions of Modern History* — CH 972

Lecture 5: Totalitarianism and Counterrevolution

Lecture 6: The US Civil Rights Revolution

- Noon: Director’s Dutch Lunch — BST
2:00: Hospitality Committee — RCR
2:30–4:30: Market Place Sale — Apartment 302, Original Building
3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 2.)
4:00: Pop-up Technology Assistance — LBV

Thursday July 18

- 7:45: Morning Yoga — GX, CH 975 & ZOOM

9:00: Strength & Stretch Class — GX & CH 975

9:30: Aqua Fun — **Canceled**

9:30: Chess — LR

9:30–11:30: Market Place Sale — Apartment 302, Original Building

10:00: Seated Strength — GX & CH 975

10:00: Ceramics — AS

10:30: Green Team Committee Meeting — AR

10:30: Talking Books Librarian — Library Work Room or in your apartment by appointment; call 703-824-1583

11:00: Scripture, Songs & Prayers — AUD & CH 973

11:00: Replay of Teaching Company — CH 972 (See page 7.)

11:00: Wii Bowling — GX

Noon: French Conversation Table — BST Table 11

1:00: GHA Bell Ringers Choir — **Canceled**

1:00: Low Vision Support Group — **Canceled**

1:00: Technology Committee — BR

1:15: Total Brain Health Program — GX

1:30: Shanghai — LR

2:00: Knitters and Crocheters — CHP

2:00: Uniguest/Touchtown Workshop — FL

2:00: Open Studio — AS

2:15: Advanced Line Dancing — **Canceled until further notice**

3:00: GHA Players Meeting — BR

7:15: Movie: *Pale Blue Eye* — CH 972

Pale Blue Eye, R, 2022, Mystery/Thriller, 128 m. Veteran detective Augustus Landor investigates a series of grisly murders with the help of a young cadet who will eventually go on to become the world-famous author Edgar Allan Poe.

Friday July 19

7:45: Morning Yoga — GX, CH 975 & ZOOM

9:00: Fun & Fitness — GX & CH 975

10:00: Replay of Thursday Movie: *Pale Blue Eye* — CH 972

10:00: Trip: Bradlee Shopping Trip — LBY

10:30: GHA Encore Chorale Rehearsal — **Canceled until September**

2:00: Quilting Bees — BR

2:00: Party Bridge — LR

3:30: Seated Meditation — CHP & CH 974

4:30: Advanced Tai Chi — GX

4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

Saturday July 20

8:15: Classical Stretch — GX

10:30: Advanced Tai Chi with Instructor — GX (New attendees contact Leslie LaPlace)

11:30: Beginners' Tai Chi with Instructor — GX (New attendees contact Leslie LaPlace)

3:00: Weekend Wii Bowling — GX

3:30: Jewish Bible Study — CHP

7:15: Movie: *To Kill a Mockingbird* — CH 972

To Kill a Mockingbird, 1962, Family/Thriller, 129 m. Scout Finch (Mary Badham), 6, and her older brother, Jem (Phillip Alford), live in sleepy Maycomb, Ala., spending much of their time with their friend Dill (John Megna) and spying on their reclusive and mysterious neighbor, Boo Radley (Robert Duvall). When Atticus (Gregory Peck), their widowed father and a respected lawyer, defends a black man named Tom Robinson (Brock Peters) against fabricated rape charges, the trial and tangent events expose the children to evils of racism and stereotyping.

Sunday July 21

8:15: Classical Stretch — GX

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

6:30: Movie: *Gigi* — CH 972

Gigi, 1958, Musical/Comedy, G, 116 m. Gaston (Louis Jourdan) is a restless Parisian playboy who moves from one mistress to another, while also spending time with Gigi (Leslie Caron), a precocious younger friend learning the ways of high society. The platonic relationship between Gaston and Gigi changes, however, when she matures, but the possibility of something lasting seems unlikely since he won't commit to one woman. Gigi refuses to be anyone's mistress, however, and Gaston must choose between her and his carefree lifestyle.

Richmond & Dominion Schedule

Sunday July 14

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

11:00: Open Recreation — Assisted Living-All

6:30: Movie: *Rescued by Ruby* — CH 972 (See page 6.)

Monday July 15

- 10:00: BYOConversation — LR (See the article on page 3.)
- 10:00: Catholic Mass & Rosary — CHP & CH 974
- 11:00: Body & Balance Exercise Program — GX
- 11:00: Just Dance Class — AUD-A
- Noon: German Conversation Table — BST Table 11
- 3:30: Seated Meditation — CHP & CH 974
- 4:30: Happy Hour/Meet & Greet New Residents — LR

Tuesday July 16

- 10:00: Seated Strength — GX & CH 975
- 10:00: Facilities Committee — RCR
- 11:00: Bible Study — **Canceled**
- 11:00: Movie Committee — BR
- 1:15: Total Brain Health Program — GX
- 1:30: Music Therapy with Abby — WL
- 1:30: Mah Jongg — LR
- 2:00: Health Services Committee — AR
- 2:00: Movie: MASH — CH 972

3:00: Birthday Party & Music with Jesse — **Canceled**

3:00: By Hand: Creative Writers Group — 9th Floor Lounge, Original Building

7:30: Evening Cabaret: “Once Upon a Time on Washington’s Finest Pianos” — AUD (See the article on page 4.)

Wednesday July 17

- 9:30: Aqua Fun — POOL
- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — GX
- 10:30: Farm Animal Visits — CTY & AUD
- 10:30: Finance Committee Meeting — AR
- 11:00: Body & Balance Exercise Program — GX
- 11:00: Prayer Group — CHP
- 11:00: Teaching Company: *The Great Revolutions of Modern History* — CH 972 (See page 7.)
- 3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 2.)
- 4:00: Pop-up Technology Assistance — LBY

Thursday July 18

- 9:30: Aqua Fun — **Canceled**
- 9:30: Chess — LR

10:00: Seated Strength — GX & CH
975

10:00: Ceramics — AS

10:30: Green Team Committee Meeting
— AR

10:30: Talking Books Librarian
— Library Work Room or in your
apartment by appointment; call 703-
824-1583

11:00: Scripture, Songs & Prayers —
AUD & CH 973

11:00: Replay of Teaching Company —
CH 972 (See page 7.)

12:00: French Conversation Table —
BST Table 11

1:00: GHA Bell Ringers Choir —
Canceled

1:00: Low Vision Support Group —
Canceled

1:00: Technology Committee — BR

1:15: Total Brain Health Program —
GX

1:45: Music Therapy with Abby —
DDR

2:00: Uniguest/Touchtown Workshop —
FL

2:00: Open Studio — AS

7:15: Movie: *Pale Blue Eye* — CH 972
(See page 8.)

Friday July 19

10:00: Replay of Thursday Movie: *Pale
Blue Eye* — CH 972

10:30: GHA Encore Chorale Rehearsal
— **Canceled until September**

3:30: Seated Meditation — CHP & CH
974

4:30: Jewish Sabbath Service of
Comfort & Healing — CH 971

Saturday July 20

3:00: Weekend Wii Bowling — GX

3:30: Jewish Bible Study — CHP

7:15: Movie: *To Kill a Mockingbird* —
CH 972 (See page 9.)

Sunday July 21

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH
973

11:00: Open Recreation — Assisted
Living-All

6:30: Movie: *Gigi* — CH 972 (See page
9.)

Small House Schedule

Sunday July 14

- 9:00: Holy Eucharist — CHP & CH 974
10:30: Holy Eucharist — AUD & CH 973
11:30: Chaplain Visits — SH-A
1:30: Sensory Beach with Kim — OQ
3:00: Open Recreation/Strength & Stretch Chair Exercise — CH 971
6:30: Movie: *Rescued by Ruby* — CH 972 (See page 6.)

Monday July 15

- 10:00: Catholic Mass & Rosary — CHP & CH 974
10:30: Reading2Connect — WL
11:00: Small House Bell Choir — RP
Noon: German Conversation Table — BST Table 11
2:30: Tea Party — BL
3:00: Visits with Monica — SH-All
3:30: Seated Meditation — CHP & CH 974

Tuesday July 16

- 10:00: Seated Strength — GX & CH

975

- 11:00: Bible Study — **Canceled**
11:00: Outdoor Club — SH-All
1:30: Music Therapy — WL
1:30: Music With Jesse — **Canceled**
2:00: Movie: *M*A*S*H* — CH 972 (See page 7.)
4:00: Individual Visits — JA
6:30: Music Therapy with Abigail — OQ
7:30: Evening Cabaret: “Once Upon a Time on Washington’s Finest Pianos” — AUD (See the article on page 4.)

Wednesday July 17

- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class — GX
10:30: Music and Movement — **Canceled**
10:30: Farm Animal Visits — CTY & AUD
11:00: Art with Alison — **Canceled**
11:00: Outdoor Club — SH-All
11:00: Prayer Group — CHP
11:00: Teaching Company: *The Great Revolutions of Modern History* — CH 972 (See page 7.)
Noon: Director’s Dutch Lunch — BST
2:00: Brain Games: Movement Stories — OQ

2:00: Exercise with Christie —

Canceled

3:00: Town Hall — AUD-ABC & CH 973 (See the article on page 2.)

4:00: Pop-up Technology Assistance — LBY

Thursday July 18

10:00: Seated Strength — GX & CH 975

10:30: Talking Books Librarian — Library Work Room or in your apartment by appointment; call 703-824-1583

11:00: Scripture, Songs & Prayers — AUD & CH 973

11:00: Replay of Teaching Company — CH 972 (See page 7.)

12:00: Chaplain Visits — SH-A

12:00: French Conversation Table

1:00: Low Vision Support Group — **Canceled**

2:00: Dog Visits with Sara and Moriah — SH-A

2:30: Healthy Habits with Alex — BL

2:30: Individual Visits — SH-A

3:00: Visits with Monica — SH-All

7:15: Movie: *Pale Blue Eye* — CH 972 (See page 8.)

Friday July 19

10:00: Replay of Thursday Movie: *Pale*

Blue Eye — CH 972 (See page 8.)

11:15: The Senses: Coffee Art — WL

Noon: Director's Lunch with Theresa — JA

2:00: Hydration Station Cart — SH-All

3:00: Music Therapy with Abby — OQ

3:30: Seated Meditation — CHP & CH 974

4:30: Jewish Sabbath Service of Comfort & Healing — CH 971

8:00: Evening Check-in — SH-A

Saturday July 20

10:30: Dog Visits — SH-A

2:00: Open Recreation/ Strength & Stretch Chair Exercise — CH 971

3:00: Music with Barbara — OQ

3:30: Jewish Bible Study — CHP

7:15: Movie: *To Kill a Mockingbird* — CH 972 (See page 9.)

Sunday July 21

9:00: Holy Eucharist — CHP & CH 974

10:30: Holy Eucharist — AUD & CH 973

11:30: Chaplain Visits — SH-A






1:30: Afternoon Activities with Lauren — WL

3:00: Open Recreation/Strength & Stretch Chair Exercise — CH 971

LOCATION KEY

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

Communal =	
Emotional =	
Intellectual =	
Physical =	
Social =	
Spiritual =	