



September 28, 2024

4800 Fillmore Avenue, Alexandria, VA 22311

## ALIVE! Campaign Food Drive Kicks Off



The Memorial Chapel Outreach Committee is sponsoring a food drive to benefit the ALIVE! Food Program in Alexandria.

Given the high degree of food and financial insecurity in our community, ALIVE! (Alexandrians Involved Ecumenically) donates food through two food hubs, three distribution points and five pop-up locations. In addition, it supports six food pantries in Alexandria, as well as a home delivery program.

Beginning Oct. 1, residents can drop off non-perishable foods into the ALIVE! donation box by The Bistro and in the lobby by the fountain.

Monetary donations are welcome, as well; a check can be made out to ALIVE!, with "GHA Food Drive" in the memo line. Bring the check to the Reception Desk in an envelope marked for **Chaplain Bruce Stewart**.

Additionally, ALIVE!'s Executive Director **Jennifer Ayres** is scheduled to

## Stop to Smell the Roses



The Floral Arts Committee contributes to the beauty of GHA. The committee is led by **Meredith Wade**, with teams headed by **Marilyn Gould**, **Teddy Clayton** and **Bonnie Keightley**. Each week, some of the 40 volunteers gather in the newly renovated Floral Arts Studio to create arrangements. Pictured, from left, are **Winnie Shapiro**, **Vonnie Kirby**, **Bonnie Keightley**, **Grace Lynch** and **Betty Wallace**.

Speak at GHA Oct. 12 for Saturday Morning Live. See more information on page 10.

Thank you in advance for your kind and generous donations as we do our part to help those in need in Alexandria.



*Pamela Farrand, Resident and  
Memorial Chapel Outreach Committee*

## Talia Takes a Tumble: A Health Care Tale

Episodes 4-6 in the mini series “Talia Takes a Tumble: A Health Care Tale” are now available on Uniguest in the Health Services and Supports tab. Printed copies are available in the Resident Business Center and will be on the Health Services Committee table at the Health and Wellness Fair.

In **Episode 4**, Talia finds she needs Home Health and Home Care before she is ready for PT outside her apartment. Is there a difference between Home Health and Home Care? Who does she call? Who pays for the services?

In **Episode 5**, Talia has nearly recovered, but realizes that she can rely less on others and be more independent if she takes advantage of the services offered by the GHA Clinic. What does our clinic do? Will insurance pay for the services?

**Episode 6** is a summary of issues related to medical insurance.

*Sara Fein, Resident and  
Health Services Committee*

## Sept. 18 Town Hall Video Now Available

The video recording of the Sept. 18 Town Hall is now available on Uniguest in the Video Links icon.

## Dick's Teaser

Compound words are made up of two smaller words. Two examples are hayloft and doghouse. For each of the words in the following lists, you are to find a word that precedes each of them to make a compound word. For example, given the list weed, coast and sick, an answer would be sea, since that would give us seaweed, seacoast and seasick.

1. House, robe, water, tub
2. Sty, pen, tail, skin
3. Beam, shine, walk, light
4. Bell, knob, mat, way
5. Holder, luck, belly, hole
6. Shield, fall, pipe, swept
7. Cut, brush, dresser, spray
8. Lord, mark, slide, locked
9. Mail, smith, berries, jack

See the solutions on page 9.

*Dick Pellerin, Resident*

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*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 p.m. Friday to appear in the following week's issue. Late submissions are not guaranteed to be included. The Gazette is distributed via email Fridays and print Saturdays.*



## New GHA Residents

The *Gazette* welcomes new GHA residents by publishing an abbreviated version of their biographies as they get written. To read the full biographies, go to Uniguest, see the Library Binders or view the bulletin board outside the Residents' Business Center.

### Alvin and Connie Pesachowitz



Alvin was born in Brooklyn, New York, but was raised in rural New Jersey. Connie grew up in Stockton, New Jersey.



Alvin spent most of his career in the federal government, three years with the Navy supporting the Vietnam effort and 29 years with the Environmental Protection Agency. At EPA, he served as Director for Budget, Acting Administrator for Management and Chief Information Officer. Alvin retired from federal service in 2000. Connie taught at a New Jersey school for two years, and then the couple moved to the Washington D.C area for Alvin's job and have remained here ever since.

Alvin and Connie have been married for 55 years. They have three sons, a

daughter-in-law and two grandsons, all living in the DMV area.

### Pamela Farrand



Pamela moved to GHA in July 2024. Her late husband, Bill, had been lovingly cared for in the GHA small houses, and she came to know many of the staff in that time.

Born in Harrisburg, Pennsylvania, she graduated from Dickinson College in Carlisle and then moved to Washington, D.C., where she worked and met her husband, a foreign service officer. Together, they traveled overseas on assignments, primarily in then-Eastern Europe — Moscow and Prague — and in Papua New Guinea. Their son was born in the Czech Republic, and their daughter was born in Moscow. Pamela has six grandchildren.

Before retiring, she spent 15 years working at the Military Officers Association of America in Alexandria.



# Activities Planned for Active Aging Week

## Sept. 30-Oct. 4 | Throughout GHA

GHA has planned a variety of programming and activities as a part of Active Aging Week. For activities requiring sign-ups, go to the Activities Binder and look behind the blue tab.

### Monday, Sept. 30

- 2-4 p.m. **Health Fair** (AUD A-B, see page 14 for more details)
- 2-3 p.m. **Seated Tai Chi** (GX, sign-up required, maximum of 15 people)

This class uses Tai Chi movements that have been adapted for individuals who have mobility challenges or may not be able to stand up. Slow motions aim to maintain or improve coordination

### Tuesday, Oct. 1

- 10:30-11:30 a.m. **Tai Chi** (AUD)

Curious about Tai Chi? This mind-body practice can help enhance flexibility, balance and agility. This demo will be standing.

- 1:30-2 p.m. **Hula Hoop Contest** (CTY or AUD-A in event of rain)

### Wednesday, Oct. 2

- 1-1:30 p.m. **Self-Myofascial Release** (AUD-A)

Self myofascial release (SMR) is a self-

massage technique that uses tools to target the fascia, or connective tissue, within your body. SMR can be used to improve flexibility in muscles and range of motion, and help with circulation.

- 1:30-2 p.m. **Breathing** (AUD-A)

How can you lower your stress? How can you down regulate in a snap? Get better sleep? Be more present in your life? It's all accessible through proper breathing practices. Join **Christie Thomas** for meditation, while learning about functional breathing.

### Thursday, Oct. 3

- 1-2 p.m. **Dietician Talk on "Nutrigenomics"** (AUD-B)

Come hear dietician intern **Liana Crowley** speak on nutrigenomics and how it can impact genes.

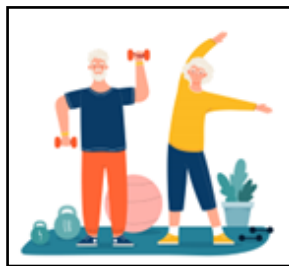
- 2-3 p.m. **Obstacle Course/ Fitness Challenge** (CTY or AUD-A in event of rain)

### Friday, Oct. 4

- 1:30-2:30 p.m. **Pool Meditation** (Pool, sign-up required, maximum of 8 people)

Float your stress away and join **Christie Thomas** and **Abigail Hanlon** for a guided meditation.

*Leslie LaPlace, Fitness Manager*  
*Christie Thomas, Fitness and Aquatics Coordinator*



## Voting Event for Nov. 5 Election

**10 a.m.-2 p.m. Wednesday, Oct. 9 | Arbor Room**

Need to re-register at your current address? Request an absentee ballot? Help in voting your absentee ballot? Want information about the proposed Virginia Constitutional Amendment? GHA's intrepid Voting Aides will be able to assist you. No appointment necessary, just come on in. This event is nonpartisan, and the Voting Aides are certified by the Commonwealth of Virginia.



*Laura Lawson, Resident*

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## Chaplaincy Services

### Upcoming Jewish Holidays

There are a number of Jewish holidays celebrated in October.

- **Rosh Hashanah** begins at sunset on Wednesday, Oct. 2 and ends at nightfall on Friday, Oct. 4.
- **Yom Kippur** begins at sunset on Oct. 11 and ends at nightfall on Oct. 12.
- **Sukkot** begins at sunset on Oct. 16 and ends at nightfall on Oct. 23.
- **Shemini Atzeret and Simchat Torah** begin at sunset on Oct. 23 and end at nightfall on Oct. 25.

Due to the numerous observances, **Rabbi Gail Fisher** will not be on site in

October to lead the monthly Sabbath Service or Jewish bible study. However, she has provided the following places that are offering virtual services. Interested residents can go to the website of each venue for further details.

- Reform: Beth El Hebrew Congregation (Alexandria, Va.), Central Synagogue (New York City, NY)
- Conservative: Congregation Agudas Achim (Alexandria, Va.), Park Ave Synagogue (New York City, NY)
- Orthodox congregations will not be streaming services.
- Reconstructionist: Kol Ami (Arlington, Va.)

## St. Francis Day: Blessing of the Animals

**3 p.m. Sunday, Oct. 6 | Fillmore Patio**

In celebration of St. Francis Day on Oct. 4, GHA will host its annual Blessing of the Animals on Oct. 6. All are welcome. Dogs must be on leashes and other creatures must be in suitable containers. Prayers of blessing, thanks and remembrance will be offered. A photograph or other article may be used to represent those unable to attend. If necessary due to weather, the location will be the Roof Top Terrace of the Original Building. As per Health Codes, animals are not allowed passage through the Fillmore Lounge. As usual, please follow mask guidelines



*Bruce Stewart, Director of Chaplaincy*

## Announcements

### The CATs are Coming!

Starting Oct. 1, GHA will have a brand new department under Life Enrichment: Creative Arts Therapies (CATs)! CATs will provide music therapy and, at times, art therapy services for all levels of care. Art, music and dance help us express ourselves and build connections with each other regardless of the differences in backgrounds, cultures and beliefs. The creative arts therapies utilize this powerful and positive impact to provide researched-supported programming.

During the next fiscal year, new programming will be developed to provide more opportunities for independent living residents to receive music and art therapy services. Additionally, education opportunities will provide information about the impact of the creative arts therapies on health and wellbeing.

Throughout the next few weeks, music therapist **Abigail Hanlon** will hold a series of short, interactive lectures about the creative arts therapies and how each modality (music, art, and dance) can impact overall wellbeing. More information will be shared in following issues of the *Gazette*, on Uniguest and in Town Hall.

*Abigail Hanlon, Music Therapy*

### The Future Vision for GHA

GHA has started the master planning effort focusing on resident amenities, common spaces, exterior resident spaces and our care center. We have engaged Hord Coplan Macht, our architectural design partner, in this process. The focus will incorporate the changing needs of existing residents, operational improvements and creating a sustainable plan to meet the desires of prospective residents.

The core elements of the community will be the foundation for this plan: A sense of welcome, right-sized spaces, a strong sense of community, bright and airy, and value of team members. A period of gathering feedback has involved existing residents, team members and Sales. Three focus groups with 10-15 residents were used to gather input, and postcards from the future were gathered from the larger community. This feedback will be the basis of project goals, which will guide the design process and serve as the tool for creating a sustainable master plan.

*Barbara D'Agostino, Executive Director*

## Offices on the Move

The GHA Administration offices and GL Foundation offices are under renovation for the next three weeks. Team members are on site and reachable by phone and email. They hope to be back in their new offices before Oct. 28.

In the interim, **Mary Kate Roberts** (Foundation) will be in the sales office on the lobby level. The GHA Administration team will be on Promenade (G1) level in the Business District, located between Human Resources and the Mixing Bowl. **Barbara D'Agostino** and **Theresa Thomas** will be in the Potomac conference room, and **Merrily Wolf** will be next door in the adjacent shared office space.

*Barbara D'Agostino, Executive Director*

### GREEN TEAM HINTS

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

*Green Team*

## COVID-19 Numbers

### Cases as of Sept. 26, 2024:

Independent Living: 2

Assisted Living: 0

Small Houses: 0

Team Members: 0

## Congratulations to Our New Citizens!



Congratulations to the three GHA team members who recently passed their naturalization interviews, two of whom are now citizens. Join me in congratulating **Lauretta**

**Kamara** (tutors **Fran McClean** and **Betty Wallace**), **Delmi Vasquez** (tutor **Nancy Kula**) and **Eden Adnew** (tutor **Alison Kerester**).

Our team members studied hard and we are grateful for their tutors' time, knowledge and commitment.

*Judy Hansen,  
Coordinator, Citizenship Tutoring Program,*

## New Image Beauty Salon

Our salon and spa services are available to residents and team

members' families and friends. We also welcome Priority Club members and other community members.

Additionally, bring in a friend who hasn't visited us before, and you'll both receive 15% off your next salon service. *Offer valid in September.*

Appointments can be made by calling 703-824-1333 or via Uniguest. We are open 8:30 a.m.-4 p.m. Monday to Friday.

*Lady Peralta Pinto, Beauty Salon Manager*



## Committees

### Diversity, Equity, Inclusion & Belonging (DEIB)

#### Calendar Observances

*"Stop acting so small. You are the universe in ecstatic motion."*

The DEIB committee presents a monthly article of a featured author and inspirational quote, along with calendar observances. The featured author is an individual who serves as a symbol of progress towards what is right and good in the world. This information is also included in the 2024 inspirations calendar.

October features Jalal ad-Din Muhammad Rumi, a 13th century Persian Islamic theologian and scholar.

October is National Physical Therapy Month and Clergy and Chaplains Appreciation Month. Other observances include:

- Oct. 1: International Day of Older Persons, Goodwin Rehabilitation started (2020)
- Oct. 6-12: Healthcare Foodservice Workers Week and National Health Care Supply Chain Week
- Oct. 2-4: Rosh Hashanah
- Oct. 11-12: Yom Kippur

- Oct. 14: Indigenous Peoples' Day
- Oct. 24: GHBC opened in 1987
- Oct. 27-Nov. 2: National Healthcare Facilities and Engineering Week
- Oct. 29: World Stroke Day
- Oct. 31: Halloween/Diwali

#### Join the DEIB Committee



Are you interested in diversity, equity, inclusion and belonging (DEIB)? Do you have ideas that you'd like the DEIB committee to know or consider? We'd love to have you join us for our next meeting at 2 p.m. Oct. 9 via Zoom to see the committee in action.

We are proud to educate, embrace and empower all within Goodwin Living (residents, team members, members and patients) to support DEIB. Through our work, we seek open and honest communication and collaboration that will inform and celebrate the array of differences and diversity of all served by Goodwin Living without bias.

Please email **Jeanne Hobbs** at [jhobbs@goodwinliving.org](mailto:jhobbs@goodwinliving.org) to learn more.

*DEIB Committee*



## Green Team Updates



The Green Team is pleased to report the successful return of 25 pounds of recyclable plastic to local grocery stores in the past three months.

That's 25 pounds that didn't go to the landfill! The plastic is then sent to TREX, a recycling company that incorporates it into new decking materials and park benches.

Other tips and bits of information we wish to pass along:

- The first choice option is always cloth or canvas reusable bags when you shop, but our container in the business center can accept your plastic bags, dry cleaner bags, bubble wrap, mailers, ziploc bags and more.
- We are eager to support Dining Services efforts to keep using ALL of their green plastic containers. Please use your own storage containers for leftovers and return the green boxes promptly after use.

Thank you for the enthusiasm you demonstrated at our recent Show 'n Tell Recycling display at the Town Hall. We are so grateful that our residents are really trying to do their best with recycling guidelines.

*Pat Gottemoeller, Coordinator, Green Team*

## From the Art Studio

### Art Department Welcomes Fall Intern

The Art Department welcomes intern **Christian De Jesus**, who will be a part of the department for the academic year ahead. He is pursuing a master's degree in art therapy at George Washington University.



**Christian DeJesus**

Upon graduation, Christian hopes to be able to help use art as a method of healing for all, as he believes everyone has something to offer the world and they deserve to create.

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### Dick's Teasers Solutions

- |         |          |
|---------|----------|
| 1. Bath | 6. Wind  |
| 2. Pig  | 7. Hair  |
| 3. Moon | 8. Land  |
| 4. Door | 9. Black |
| 5. Pot  |          |

*Dick Pellerin,  
Resident*

## Group Events: This Week

### BYOConversation: “Through Empathy to Community”

**10-10:45 a.m. Monday, Sept. 30 |  
Living Room**

True or false #1: When you entered GHA, you were not “in community” with residents as a whole. #2: Since then, you have become increasingly “in community.”

Has empathy influenced that development? For me, having lived here six years, I think GHA has a high level of empathy. Individuals care about one another, take care of one another, listen to one another, identify with one another. “One-anotherism.” Empathy. Living in an empathic community. Imagine the undesirable alternative: “I don’t know you, don’t want to. You got concerns? So what?”

Like to discuss these matters? BringYourOwnConversation about “through empathy to community” and let’s hear one another’s views on community empathy-building at GHA.

Team members, newcomers, listeners, speakers and guests are all welcome. It takes a village to build empathy. Gather in the Living Room for 45 minutes (exactly), with good audio.



*Jonathan Bryan, Resident*

### Cookies with Lindsay Hutter and Lauren Budik

**1-2 p.m. Wednesday, Oct. 2 | Fillmore  
Lounge**

GHA residents: Now's your chance to find out everything you always wanted to know about planning and communication. Chief Strategy Marketing Officer **Lindsay Hutter** will address these matters on a corporate, Goodwin Living scale, while new Communications Coordinator **Lauren Budik** will bring us down to earth and discuss her new role at GHA.



*Ken Hopper, Chair  
Residents Council*

### Popup DASH Bus Trip

**ART ON THE AVENUE**

**10 a.m.-6 p.m. Saturday, Oct. 5**

**Departure: 12:10 p.m.**

**Return: Approximately 4:30 p.m.**

Art on the Avenue is a vibrant festival of several hundred arts and crafts vendors, more than 20 food vendors and four music stages. Artisans come from far and wide to this event. Meet in the Lobby to board the free DASH 31 bus. A sign-up sheet will be available Monday, Sept. 30, in the Activities Binder.



*Karen Thunberg, Resident  
Trips and Outings Committee*

## Group Events: Looking Ahead

### Trail Blazers Hit their Stride

**10 a.m. Monday, Oct. 7 | Lobby**

It's that time of year again! We "fall" back to a 10 a.m. start time for Trail Blazers. The group walks at a different park



every week. Sign up in the Activities



Binder. *Limited to 13 participants.*

*Leslie LaPlace, Fitness Manager*

### Jazz Education with Quentin Walston

**3:30-4:30 p.m. Tuesday, Oct. 8 | Auditorium and CH 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.



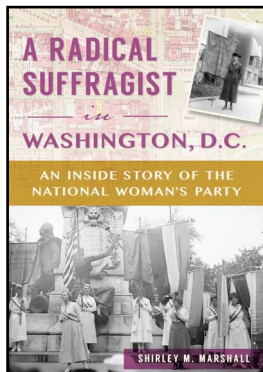
*Jennifer Bennett, Events Coordinator*

### Book Review: A Radical Suffragist

**3:30-4:30 p.m. Wednesday, Oct. 9 | Auditorium**

Shirley Marshall is a social historian, researcher and management consultant.

The book is based on



Marshall's research on Elizabeth Handy's writings, including her time in D.C. during the women's movement and the quest for voting rights.



*Joanne Tomasello, Resident*

### Oktoberfest Celebration

**7:30-9 p.m. Wednesday, Oct. 9 | Auditorium**

Hear the Brau Beaters, a band consisting of an accordion, clarinet, guitar and bass



player. There will be Oktoberfest-themed desserts and beverages. We will



put a dance floor down, so get ready to do some polka dancing!

*Jennifer Bennett, Events Coordinator*

### Saturday Morning Live: Jennifer Ayres

**10:30-11:30 a.m. Saturday, Oct. 12 | Auditorium and CH 973**

The Speakers' Forum welcomes ALIVE! Executive Director **Jennifer Ayres**, who will speak on the topic, "Finding and Serving the Needy in Alexandria." She will bring us insights into the challenges, opportunities and reality of serving the neediest of our community.



*Speakers' Forum*

## Greeters, Hosts Needed for the 90s Tea Party

**1:45-2:45 p.m. Monday, Oct. 14 | Auditorium**

Every year, GHA hosts an 90s Tea Party to celebrate all the residents who are 90-plus years young! Life Enrichment is seeking table hosts and greeters for this year's *Wizard of Oz*-themed 90s Tea Party. Responsibilities are simple and fun: greeters will help guests find tables as they enter the auditorium; hosts will pour the tea, pick up a selection of sandwiches and other goodies; and enjoy the afternoon.

If you would like to volunteer, please sign-up in the "Special Events Tab" in the Activities Binder near the Residents' Business Center. We have more than 100 residents who are 90 or better, including seven who are 100 or older!



*Jennifer Bennett, Events Coordinator*

## Virginia Fine Arts Museum Trip

**8 a.m.-3:45 p.m. Saturday, Oct. 26**

**Departure: 8 a.m.**

**Costs: Free admission, \$15 guided tour, \$45 transportation fee**

The Virginia Fine Arts Museum in Richmond, Va., presents an exhibition of spectacular floral displays inspired by works of art from the Museum's permanent collection. Join fellow residents to



enjoy the beautiful floral designs and featured artworks. Floral displays are by the Garden Clubs of Virginia, Virginia Federation of Garden Clubs and Ikebana of Richmond.

Twenty tickets for the guided tour of the exhibit are available on a first-come, first-serve basis. There are also 14 additional seats on the bus for those who wish to enjoy a visit to the museum.



*Alison Schroeder,  
Creative Arts Coordinator*



Fine Arts and Flowers arrangements, October 2021. Photo credit David Stover.

Lunch is on your own. There are three restaurant options at the Museum. The sign-up sheet is in the Activities Binder.

## Tour the Kitchen with the Executive Chef

**10 a.m. Tuesday, Oct. 22 | The Bistro**

**10 a.m. Thursday, Oct. 24 | The Bistro**

Get a behind-the-scenes look at Dining Services with Executive Chef **Derek Campbell**. Tours will last 30-45 minutes, and groups are limited to four people.

Sign-up in advance in the Activities Binder under events, trips and activities.



*Daniel Keiper,  
Assistant Director of Dining Services*





## Veteran's Day Slide Show

**11 a.m. Monday, Nov. 11**

GHA will host a special Veterans' Day program, including a slideshow of our residents and their family members who are veterans. If you are interested in adding your photo, please bring it to the Life Enrichment office by Nov. 4. We will also need the dates when you served, military branch, rank and file, and any other information you would like to be included.

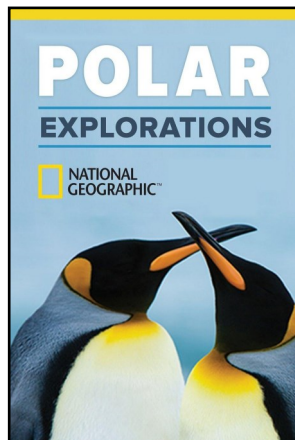
*Jennifer Bennett, Events Coordinator*

## Next Teaching Company: *Polar Explorations*

**11 a.m. Wednesdays, starting Oct. 9;  
replayed at 11 a.m. Thursdays |  
CH 972**

Whether you've always dreamed of an expedition to these incredible ice-bound worlds or you're simply curious about the wonders they hold, this course transports you to some of the most intriguing and alien places on the planet.

Through powerful, rare images and extensive video, these lectures offer viewers a captivating, in-depth look at



what makes these places so exceptional and why they beg to be studied. This footage, shot on location during voyages with National Geographic Expeditions, provides audiences with an immersive experience. It also presents a multidisciplinary team of renowned instructors who share their expert insights on these ever-changing places.

If you would like a course summary, contact **Jennifer Bennett** at 703-824-1225 or [jbennett@goodwinliving.org](mailto:jbennett@goodwinliving.org).

*Jennifer Bennett, Events Coordinator*

## Director's Dutch Lunch: October Schedule

### Noon Wednesdays | The Bistro

The GHA directors offer a weekly opportunity for residents to meet with them. Those interested in participating can sign-up in the Activities Binder or stop by the designated table. Here is the schedule for October:

- Oct. 2: **Lady Peralta Pinto**, Beauty Salon Manager
- Oct. 9: **Mary Kate Roberts**, Director of Development
- Oct. 16: **Merrily Wolf**, Executive Assistant
- Oct. 23: **Lindsay Hutter**, Chief Strategy and Marketing Officer, Goodwin Living Home Office
- Oct. 30: **Liz Pomerleau**, GHBC Director of Chaplaincy

*Merrily Wolf, Executive Assistant*

## Event Reminders

### Saturday Morning Live: CSIS New Frontiers

**10:30-11:30 a.m. Saturday, Sept. 28 |  
Auditorium and CH 973**

The **Hon. John Hamre**, former Deputy Secretary of Defense and current President and CEO of the Center for Strategic & International Studies (CSIS), will join us.

*Fred Pang, Resident*

### Chaplaincy Services

**Sunday, Sept. 29  
9 a.m. | The Chapel and CH 974  
10:30 a.m. | Auditorium and CH 973**

Guest Presider and Preacher **The Rev. Stephen Shepherd** joins us.

*Bruce Stewart, Director of Chaplaincy*

### Health & Wellness Fair

**2-4 p.m. Monday, Sept. 30 |  
Auditorium**

Held in conjunction with Active Aging Week, the exhibits will showcase GHA's health and wellness programs and services provided by both GHA team members and contracted providers. The Alexandria Police will also be at GHA with a "Drug Take-Back" table.

*Jennifer Bennett, Events Coordinator*

### Comedy of Errors

**Sunday, Oct. 6 | Shakespeare Theatre  
Departure: 1 p.m.**

**Tickets: \$53**

**Transportation: \$20**

With two sets of identical twins, two cities and one hilarious misunderstanding, Artistic Director Simon Godwin tackles Shakespeare's *Comedy of Errors*.

*Karen Thunberg, Resident  
Trips and Outings Committee*

### Potomac Point Vineyard and Winery Trip

**11 a.m.-3:30 p.m. Thursday, Oct. 10  
Transportation: \$28**

Featuring lunch accompanied by wine or iced tea. Residents can also visit the shop, see the tasting rooms or walk the grounds. Lunch will be charged to residents' monthly GHA bill.

*Judy Howard, Resident  
Trips and Outings Committee*

### NSO Coffee Concert

**Friday, Oct. 11 | The Kennedy Center  
Departure: 10:30 a.m.**

**Transportation: \$20**

**Tickets: \$27 (Tier 2), plus small handling fee**

Join us for the new season's first National Symphony Orchestra Coffee Concert at the Kennedy Center.

*Alice Kale, Resident Trips and  
Outings Committee*

## Photo Club Field Trip

10 a.m.-3 p.m. Thursday, Oct. 17 |  
Studio Gallery and The Phillips  
Collection

**Costs: \$15 admission, \$20 transportation fee**

New resident **Gary Anthes** will give attendees a guided tour of his solo photography studio at Studio Gallery. We will then visit The Phillips to self-guide our way through the special exhibit and permanent collection. Sign up in the Activities Binder.

*Alison Schroeder,  
Creative Arts Coordinator*

## Around GHA



GHA Assisted Living residents attended an Ethiopian coffee ceremony on Sept. 20. Treats included coffee, bread, toasted barley and

popcorn.

Pictured, from left, is **Abby Workneh, Yeruk Abebe, Adabech Weldeselase, Alem Kebede, Teri Adane and Yehuala Azene** (seated).

## Cancellations

The following regularly scheduled events have been canceled:

### Monday, Sept. 30

2:30: Small Houses Tea Party  
(Rescheduled for Oct. 14)

### Tuesday, Oct. 1

11:00: Bible Study

1:15: Total Brain Health Program

3:00: By Hand: Creative Writers  
Group

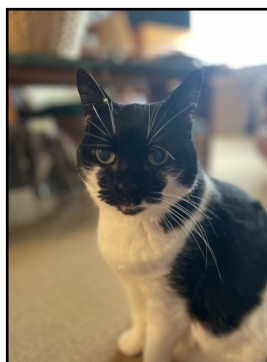
### Thursday, Oct. 3

1:15: Total Brain Health Program

### Friday, Oct. 4

3:00: Small Houses Music Therapy  
with Abby

## Adopt a New Friend



Cindy is a very sweet and loving 13-year-old cat who needs a new permanent home.

**Peggy Errington** is her owner and would be happy to answer any questions. She can be reached at 520-237-1906. You can also reach out to Monica Thomas at 703-824-1583 for more information or to set up a visit with Cindy.

*Monica Thomas, Director of Social Work*

# The Weekly Schedule

Sunday, Sept. 29, 2024-Sunday, Oct. 6, 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](http://www.gh-a.org)\*\**

## Sunday, Sept. 29

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 6:30: Movie: *Red River* (CH 972)

*Red River* (1948), Classic Western, NR, 2h 13m. Cast: John Wayne, Montgomery Clift, Joanne Dru. Dunson leads a cattle drive, the culmination of over 14 years of work, to its destination in Missouri. But his tyrannical behavior along the way causes a mutiny, led by his adopted son.

## Monday, Sept. 30

- 9:00: Fun & Fitness (GX & CH 975)
- 9:00: Trail Blazers: Pohick Bay (LBY)
- 9:30: Aqua Fun (POOL)
- 10:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)
- 10:00: BYOConversation (LR)  
(See page 9.)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)

- 11:00: Just Dance Class: Video (AUD-A & CH 971)
- 12:00: German Conversation Table  
(Bistro Table 11)
- 1:00: Beginning Line Dancing (GX)
- 2:00: Seated Tai Chi (GX) (See page 4.)
- 2:00: Health and Wellness Fair (AUD)  
(See page 4.)
- 3:30: Seated Meditation (CHP & CH 974)

## Tuesday, Oct. 1

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Strength & Stretch Class (GX & CH 975)
- 9:30: Credit Union Open (PR)
- 10:00: Painting and Drawing (AS)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Bus to Giant Food (LBY, Sign-Up required)
- 10:00: Residents' Council Meeting  
(RCR)
- 10:30: Tai Chi Demonstration (AUD-A)  
(See page 4.)



**11:00: Bible Study (Canceled)**

1:00: Art & Sound Meditation (RCR)

**1:15: Total Brain Health Program (Canceled)**

1:30: Hula Hoop Contest (CTY or AUD-A in event of rain) (See page 4.)

1:30: Mah Jongg (LR)

2:00: Movie: *It Ain't Over* (CH 972)  
*It Ain't Over* (2022). Biography/Sports, PG, 1h 33min. Cast: Andy Andres, Roger Angell, Marty Appel. The illustrious life and career of the baseball great, Yogi Berra.

2:00: Wii Bowling (GX)

**3:00: By Hand: Creative Writers Group (Canceled)**

4:30: Advanced Tai Chi (GX)

**Wednesday, Oct. 2**

9:00: Fun & Fitness (GX & CH 975)

9:30: Aqua Fun (POOL)

9:30: Market Place Accepts Donations (MP)

10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class (GX)

10:00: StrongerMemory (FL)

10:00: Vendor: Kim's Ritzy Bling (CC)

11:00: Prayer Group (CHP)

11:00: Teaching Company: *Polar Explorations* (CH 972) (See page 13.)

Lecture 1: *A Passion for the Poles*

Lecture 2: *Seasons at the Poles*

12:00: Director's Dutch Lunch: **Lady Peralta Pinto** (BST) (See page 12.)

1:00: Self-Myofascial Release and Breathing (AUD-A) (See page 4.)

1:00: Cookies with **Lindsay Hutter** and **Lauren Budik** (FL) (See page 9.)

2:00: Chapel Outreach Committee (RCR & Zoom link available from John Berry)

4:00: Pop-up Technology Assistance (LBY)

**Thursday, Oct. 3**

7:45: Morning Yoga (GX, CH 975 & ZOOM)

9:00: Strength & Stretch Class (GX & CH 975)

9:30: Chess (LR)

10:00: Seated Strength (GX & CH 975)

10:00: Ceramics (AS)

10:45: 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: *Polar Explorations* (CH 972) (See page 13.)

11:00: Wii Bowling (GX)

12:00: French Conversation Table  
(Bistro Table 11)

1:00: GHA Bell Ringers Choir  
(AUD-B)

1:00: Introduction to Nutrition  
Genomics (AUD-B) (See page 4.)

**1:15: Total Brain Health Program  
(Canceled)**

1:30: Shanghai (LR)

2:00: Holy Eucharist (RDR)

2:00: Obstacle Fitness Course (CTY or  
AUD-B in event of rain) (See page 4.)

2:00: Open Studio (AS)

2:15: Advanced Line Dancing (GX)

3:00: GHA Players Meeting (RCR)

4:00: Celebrity Bartender: **Leslie  
LaPlace** and **Christie Thomas** (FL)

7:15: Movie: *Apollo 13: Survival* (CH  
972)

*Apollo 13: Survival* (2024).

Documentary/History, NR, 1h 38min.

Cast: Neil Armstrong, Jules Bergman,  
James Burke. In April 1970, NASA faced  
the greatest crisis in its history: Three  
astronauts halfway to the moon on a  
spacecraft that had suffered a  
catastrophic explosion.

## Friday, Oct. 4

7:45: Morning Yoga (GX, CH 975 &  
ZOOM)

9:00: Fun & Fitness (GX & CH 975)

10:00: Replay of Thursday Movie:  
*Apollo 13: Survival* (CH 972)

10:00: Shuttle to Trader Joe's (LBY)

10:30: GHA Encore Chorale Rehearsal  
(AUD-A)

11:00: Fireside Chats with the  
Residents' Council (LR)

12:00: Spanish Conversation Table  
(Bistro Table 11)

1:30: Pool Sound Meditation (Pool)  
(See page 4.)

2:00: Quilting Bees (BR)

2:00: Party Bridge (LR)

2:45: Drumming Circle with Rick  
(AUD)

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

4:30: Advanced Tai Chi (GX)

4:30: Sabbath Service (CHP & CH 974)

## Saturday, Oct. 5

8:15: Classical Stretch (GX)

10:30: Advanced Tai Chi with  
Instructor (GX)

11:30: Beginners' Tai Chi with  
Instructor (GX)

3:00: Weekend Wii Bowling (GX)

7:15: Movie: *The Ballard of Buster  
Scruggs* (CH 972)

*The Ballard of Buster Scruggs* (2018).

Western/Comedy, R, 2h 13m. Cast: Tim Blake Nelson, Willie Watson, Clancy Brown. Six tales of life and violence in the Old West, following a singing gunslinger, a bank robber, a traveling impresario, an elderly prospector, a wagon train and a perverse pair of bounty hunters.

## Sunday, Oct. 6

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 1:00: Trip to Shakespeare Theatre (LBY) (See page 14.)
- 3:00: Blessing of the Animals (FP) (See page 4.)
- 6:30: Movie: *Midnight Run* (CH 972)

*Midnight Run* (1988). Comedy/Action, R, 1h 6m. Cast: Robert De Niro, Charles Grodin, Yaphet Kotto. A bounty hunter pursues a former Mafia accountant who is also being chased by a rival bounty hunter, the FBI and his old mob boss after jumping bail.

## **Richmond & Dominion Schedule**

### Sunday, Sept. 29

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)

2:30: Game Hour: Jumbo Crossword Puzzles (RAR)

3:30: Individual Visits

6:30: Movie: *Red River* (CH 972)  
(See page 16.)

## Monday, Sept. 30

- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation (LR)  
(See page 9.)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 11:00: Body & Balance Exercise Program (GX)
- 11:00: Just Dance Class: Video (AUD-A & CH 971)
- 12:00: German Conversation Table  
(Bistro Table 11)
- 2:00: Seated Tai Chi (GX) (See page 4.)
- 2:00: Health and Wellness Fair (AUD)  
(See page 14.)
- 2:30: Apple Cider Tasting (DDR)
- 3:30: Seated Meditation (CHP & CH 974)

## Tuesday, Oct. 1

- 10:00: Seated Strength (GX & CH 975)
- 10:00: Residents' Council Meeting  
(RCR)
- 10:30: Tai Chi Demo (AUD-A)

**11:00: Bible Study (Canceled)**

1:00: Art & Sound Meditation (RCR)

**1:15: Total Brain Health Program (Canceled)**

1:30: Mah Jongg (LR)

2:00: Movie: *It Ain't Over* (CH 972)  
(See page 17.)

**3:00: By Hand: Creative Writers Group (Canceled)**

3:00: Tea Timers (RDR)

## Wednesday, Oct. 2

9:30: Aqua Fun (POOL)

10:00: Therapist-Led Core  
Strengthening and Pelvic Exercise Class  
(GX)

10:00: Vendor: Kim's Ritzy Bling (CC)

11:00: Body & Balance Exercise  
Program (GX)

11:00: Prayer Group (CHP)

11:00: Teaching Company: *Polar  
Explorations* (CH 972) (See page 13 & 17.)

1:00: Self-Myofascial Release and  
Breathing (AUD-A) (See page 4.)

2:00: Chapel Outreach Committee  
(RCR & Zoom link available from John  
Berry)

2:30: Ambassador Courville Series  
(RAR)

4:00: Pop-up Technology Assistance  
(LBY)

## Thursday, Oct. 3

9:30: Chess (LR)

10:00: Seated Strength (GX & CH 975)

10:00: Ceramics (AS)

10:45: Talking Books Librarian (Library  
Work Room or in your apartment by  
appointment; call 703-824-1583)

11:00: Richmond Resident Council  
Meeting (RAR)

11:00: Scripture, Songs & Prayers  
(AUD & CH 973)

11:00: Replay of Teaching Company:  
*Polar Explorations* (CH 972)  
(See page 13 & 17.)

12:00: French Conversation Table  
(Bistro Table 11)

1:00: GHA Bell Ringers Choir  
(AUD-B)

1:00: Introduction to Nutrition  
Genomics (AUD-B) (See page 3.)

**1:15: Total Brain Health Program (Canceled)**

1:45: Music Therapy with Abby (DDR)

2:00: Holy Eucharist (RDR)

2:00: Obstacle Fitness Course (CTY or  
AUD-B in event of rain)

2:00: Open Studio (AS)



2:30: Therapist-Led Seated Exercise (RAR)

4:00: Celebrity Bartender: **Leslie LaPlace** and **Christie Thomas** (FL)

7:15: Movie: *Apollo 13: Survival* (CH 972) (See page 18.)

### Friday, Oct. 4

10:00: Replay of Thursday Movie: *Apollo 13: Survival* (CH 972) (See page 18.)

10:00: Shuttle to Trader Joe's (LBY)

10:30: GHA Encore Chorale Rehearsal (AUD-A)

11:00: Fireside Chats with the Residents' Council (LR)

12:00: Spanish Conversation Table (Bistro Table 11)

1:30: Pool Sound Meditation (Pool)

2:00: Party Bridge (LR)

2:45: Drumming Circle with Rick (AUD)

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

4:30: Sabbath Service (CHP & CH 974)

4:30: Sabbath Service (CH 971)

### Saturday, Oct. 5

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

3:00: Weekend Wii Bowling (GX)

7:15: Movie: *The Ballard of Buster Scruggs* (CH 972) (See page 18.)

### Sunday, Oct. 6

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

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

2:30: Open Recreation (Assisted Living-All)

3:00: Blessing of the Animals (FP) (See page 4.)

3:30: Individual Visits

6:30: Movie: *Midnight Run* (CH 972) (See page 19.)

## Small Houses Schedule

### Sunday, Sept. 29

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

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

11:30: Chaplain Visits (SH-A)

1:30: Creative Corner: Fall Button Tree (OQ)

3:05: Open Recreation/Strength & Stretch Chair Exercise (CH 971)

6:30: Movie: *Red River* (CH 972) (See page 15.)

## Monday, Sept. 30

- 10:00: Catholic Mass & Rosary (CHP & CH 974)  
10:30: Seated Exercise (MH)  
11:00: Small House Bell Choir (RP)  
12:00: German Conversation Table (Bistro Table 11)  
2:00: Seated Tai Chi (GX) (See page 4.)  
**2:30: Tea Party (Canceled)**  
(Rescheduled for Oct. 14.)  
3:00: Volunteer Visits (SH-All)  
3:30: Seated Meditation (CHP & CH 974)

## Tuesday, Oct. 1

- 10:00: Seated Strength (GX & CH 975)  
10:00: Residents' Council Meeting (RCR)  
**11:00: Bible Study (Canceled)**  
11:00: Outdoor Club (SH-All)  
2:00: Movie: *It Ain't Over* (CH 972) (See page 17.)  
3:30: Music Therapy (WL)  
4:00: Individual Visits (JA)  
6:30: Music Therapy with Abigail (OQ)

## Wednesday, Oct. 2

- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class (GX)  
10:15: Equine Therapy with Barbara (SH-A)  
10:30: Music and Movement (Rappahannock Den)  
11:00: Art with Alison (BL)  
11:00: Prayer Group (CHP)  
11:00: Teaching Company: *Polar Explorations* (CH 972) (See pages 13 & 17.)  
11:00: Visits with Miranda (SH-All)  
12:00: Director's Dutch Lunch: **Lady Peralta Pinto** (BST) (See page 12.)  
1:00: Cookies with **Lindsay Hutter** and **Lauren Budik** (FL) (See page 9.)  
2:00: Exercise with Christie (MH)  
2:30: Brain Games: Building with Blocks (OQ)  
4:00: Pop-up Technology Assistance (LBY)  
6:30: Games with Ted (OQ)

## Thursday, Oct. 3

- 10:00: Seated Strength (GX & CH 975)  
10:45: 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:  
*Polar Explorations* (CH 972)  
(See pages 13 & 17.)

12:00: Chaplain Visits (SH-A)

12:00: French Conversation Table  
(Bistro Table 11)

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

2:30: This Week in Brief (SH-A)

3:00: Volunteer Visits (SH-All)

7:15: Movie: *Apollo 13: Survival* (CH  
972) (See page 18.)

### Friday, Oct. 4

10:00: Replay of Thursday Movie:  
*Apollo 13: Survival* (CH 972)  
(See page 18.)

10:30: News Discussion Group (SN)

12:00: Director's Lunch with **Derek  
Campbell** (MH)

12:00: Spanish Conversation Table  
(Bistro Table 11)

2:30: Garden Water Painting (CTY)

2:45: Drumming Circle with Rick  
(AUD)

**3:00: Music Therapy with Abby  
(Canceled)**

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

4:30: Sabbath Service (CHP & CH 974)

4:30: Sabbath Service (CH 971)

8:00: Evening Check-in (SH-A)

### Saturday, Oct. 5

10:30: Dog Visits (SH-A)

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

3:00: Music with Barbara (OQ)

7:15: Movie: *The Ballad of Buster  
Scruggs* (CH 972) (See page 18.)

### Sunday, Oct. 6

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

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

11:30: Chaplain Visits (SH-A)

1:30: Activities with Lauren (OQ)

3:00: Blessing of the Animals (FP)  
(See page 4.)

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

6:30: Movie: *Midnight Run* (CH 972)  
(See page 19.)

## 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>PR</b>	Promenade
<b>AUD-A</b>	Auditorium A	<b>DDR</b>	Dominion Dining Room, Original Bldg 2nd Floor	<b>PSCR</b>	Promenade Small Conference Room
<b>AUD-B</b>	Auditorium B	<b>FL</b>	Fillmore Lounge	<b>PW</b>	Small House Powell
<b>AUD</b>	Auditorium AB	<b>FP</b>	Fillmore Patio	<b>RAR</b>	Richmond Activities Room, Original Bldg 3rd Floor
<b>AUD-ABC</b>	Auditorium ABC	<b>GR</b>	Game Room on Promenade	<b>RCR</b>	Residents Conference Room
<b>BL</b>	Small House Bluestone	<b>GX</b>	Group EX Studio	<b>RDR</b>	Richmond Dining Room, Original Bldg 3rd Floor
<b>BR</b>	Bishops' Room 1st Floor Tower	<b>JA</b>	Small House James	<b>ROOF</b>	Rooftop Deck
<b>BST</b>	Bistro	<b>LBY</b>	Lobby	<b>RP</b>	Small House Rappahannock
<b>CC</b>	Concourse	<b>LR</b>	Living Room	<b>SH-A</b>	Small Houses
<b>CH 971</b>	Channel 971	<b>MH</b>	Small House Meherrin	<b>SHG</b>	Small House Gallery
<b>CH 972</b>	Channel 972	<b>MP</b>	Market Place on Promenade	<b>SN</b>	Small House Shenandoah
<b>CH 973</b>	Channel 973	<b>OQ</b>	Small House Occoquan	<b>WL</b>	Small House Willis



## October Birthdays

1 — Nuala Barry	16 — Judith Tobin
1 — Charlotte Blalock	18 — James Bradley
1 — Ginna Mittauer	18 — Patricia Murphy
3 — David Obey	19 — Cliff Bowers
4 — Ruth Corlett	19 — Barbara Kirkland
4 — Rosario Robbins	19 — Sande O'Keefe
6 — Linda Ferneyhough	19 — Dudley Sadler
6 — Susan Montague	21 — Martha Kelley
6 — Rosalind Newman	22 — Barbara Perkins
6 — Susan Weber	23 — Sara Fein
7 — Dr. Margery Gass	24 — Donna Ondrick
7 — Laura Lawson	25 — Patsy Riley
8 — John Kress	26 — Margaret Windus
9 — Erma Nettles	28 — Shirley Bloomquist
10 — Mary Kehoe	28 — Gerrie Lavan
11 — Evelyn Hurley	29 — Ken Hopper
12 — Susan Garritan	29 — Gail Krejci
14 — Lee Dreyfus	30 — Lynne Schrag
14 — Glenna Winnie	31 — Kathryn Leitzke
16 — Lucy Cocke	

