



14 GHA Residents Medal in Table Tennis



“The Smashers” table tennis team pose after competing at Jim Scott Community Center, in Fairfax. Pictured, from left, is Jean Schweighauser, Sheila Hoban, Anita Lancaster, Karl VanNewkirk, Peter Junghans, Dennis Detlef, Alisone Clark, Len Thunberg, Ken Hopper, Margery Gass, Fred Gass and Mark Raabe. Not pictured: Mike Quintos, Tom Tsui.

Nineteen GHA residents participated in the Northern Virginia Senior

Olympics table tennis event on Sept. 28. The following individuals won medals:

Women’s singles: **Margery Gass** (gold), **Jean Schweighauser** (gold), **Alisone Clark** (silver).

Men’s singles: **Mark Raabe** (silver), **Peter Junghans** (bronze).

Women’s doubles: **Anita Lancaster** and **Margery Gass** (gold).

Men’s doubles: **Karl VanNewkirk** and **Fred Gass** (bronze).

Mixed doubles: **Sheila Hoban** and **Karl VanNewkirk** (gold), **Mark Raabe** and **Jean Schweighauser** (gold), **Dennis Detlef** and **Alisone Clark** (silver), **Margery and Fred Gass** (bronze).

Leslie LaPlace, Fitness Manager

GHA Seeks Volunteers for Seniors4Seniors

GHA is seeking volunteers to join GHBC in serving on Thursdays during lunch hour to help seniors at Wakefield High School complete their re-

quired Senior Projects.

Volunteers meet with students in the library at Wakefield on intermittent Thursdays from mid-November to mid-March. Sessions are from 11 a.m. to

See VOLUNTEERS, page 2

VOLUNTEERS, continued from page 1

noon or noon to 1 p.m. Volunteers sign up whenever they are available, usually with two volunteers per session. Volunteers' primary role is to help students with writing and brainstorming resources. The school is close by and free parking is available near the main entrance. For more information or to volunteer, please email **Meredith Wade** at meredithswade@gmail.com.



Meredith Wade, Resident

Fall Semi-Annual Meeting

1:30-2:30 p.m. Thursday, Oct. 17 | Auditorium

Come meet Goodwin Living CEO and President **Rob Liebreich** and GL Board of Trustees Chair **C.C. Clark** for the fall semi-annual meeting. Rob and C.C. will update residents on the latest GL developments. Come welcome them and learn more about the larger GL organization.

Katiana Jolimeau, Executive Assistant

In Memoriam

ROBERT SPILLANE

September 28, 2024

PATRICIA WARD

September 29, 2024

SALLY LEE

October 1, 2024

Residents Go Behind-the-Scenes of Dining Services



Residents quickly filled the slots for the Sept. 17 kitchen tours hosted by Executive Chef **Derek Campbell** and Assistant Director of Dining Services **Daniel Keiper**. Attendees had the chance to see how orders come back to the kitchen, where production and preparation are done, and see the storage areas and washing stations.

More tours are available for late October. See page 12 for details.

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 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 on Fridays and in print on Saturdays.



Join GHA's StepALIVE! Multimodal Seniors Team

**1 p.m. Sunday, Oct. 20 | Rooftop
Registration: \$25/adults, \$10/ages 6-
12, Free/ages 5 and younger**

Mark your calendars and join fellow residents for the StepALIVE! Walkathon on the GHA rooftop. Everyone is welcome — including walkers-with-walkers, walkers with scooters and walkers in wheelchairs. Join fellow walkers on the rooftop at 1 p.m. for T-shirt pick-up and a photo. Residents may also choose to join the Resurrection walkers around the neighborhood (begins at 1:30 p.m.); or run/walk the 5-mile or 5K walk starting at 2 p.m. from First Christian Church, 2723 King Street. Maps for these routes may be found at www.ALIVE-inc.org.

Registration forms are available in the Chapel and on the food donation table in the Lobby by the fountain. To qualify for a T-shirt, please bring your registration form and fee to the Reception Desk marked for the Chaplain's box by Oct. 15.



*Memorial Chapel
Outreach Committee*

Advanced Care Planning: Understanding the POLST Form

It can sometimes be challenging to know what documents may be useful for detailing your medical wishes. In 2023, Virginia adopted the National Physician's Orders for Life-Sustaining Treatment (POLST) form for just that reason. It contains medical orders that are signed by a physician who knows you.

It can be used to express your desires on medical preferences such as code status (full code versus do not resuscitate), artificial nutrition, level of preferred medical intervention, hospice and much more. More information about this form can be found at www.polst.org.

If you have questions about the POLST form or would like to talk to a Care Connections team member about completing one, please feel free to reach out to **Danielle Ijeomah** at CareConnections@goodwinliving.org or 571-351-0145.

Danielle Ijeomah, Goodwin Hospice

COVID-19 Numbers

Cases as of Oct. 2, 2024.

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 0

CAT Lecture Series

3:30 p.m. Friday, Oct. 11 | Auditorium

"Creativity is intelligence having fun"
— Albert Einstein

Join GHA music therapist **Abigail Hanlon** as she kicks off a lecture series about the newly established Creative Arts Therapies (CAT) department in Life Enrichment. She will give an interactive lecture on the history, supporting research and importance of the creative arts therapies. CAT utilizes the power of the creative arts to help and support individuals from different walks of life. CAT will provide music therapy and, at times, art therapy services for all levels of care.

During the next fiscal year, new programming will be developed to provide more opportunities for residential 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.

Future lecture topics include music therapy, art therapy and dance/movement therapy.



Abigail Hanlon, Music Therapy

GREEN TEAM HINTS

Pre-cycle! Make buying choices that facilitate recycling. Avoid over-packaged products.

Dick's Teaser

Can you determine the word, name or expression that is represented by the following? See the solution on page 13.

S O M E T H

B I

Dick Pellerin, Resident

GHA Resident Handbook Tip

The most recent handbook information can be found on Uniguest (gh-a.org) under the Resident Handbook icon.



The handbook's **Safety Security and Emergency Planning** section includes ways we try to keep a safe community, prepare for bad weather, fire safety and more. The safety section includes information on how residents can do their parts and know what to expect during an emergency.

Merrily Wolf, Executive Assistant

Chaplaincy Services

Jewish Holidays Presentation

Rabbi Gail Fisher has made available her presentation about the Jewish high holidays in October. Here is the link: <https://youtu.be/c0Q-LZXImLs>.



Bruce Stewart, Director of Chaplaincy

ALIVE! Food Drive



The ALIVE! Food Drive has started. Information and donation boxes may be found at the ALIVE! table near the reading area by the Bistro and fountain. To the right is a list of most needed food items, some of which can be purchased in the Fillmore Market.

If you wish to write a check instead, make it out to ALIVE! with "GHA Food Drive" in the memo line and leave it in an envelope addressed to **Chaplain Bruce Stewart** at the Reception Desk.

And don't miss **Jennifer Ayers**, Executive Director of ALIVE!, who will speak at Saturday Morning Live at 10:30 p.m. Saturday, Oct. 12. See page 12 for more details.

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



*Memorial Chapel
Outreach Committee*



Shopping List

Here are the most requested food items:

- Canned fruits and vegetables, soup and beans, meat and fish (chili, chicken, tuna, salmon, beef ravioli);
- Cereals (including oatmeal);
- Dried beans and lentils;
- Pasta and sauce (spaghetti, other noodles, macaroni & cheese, canned tomatoes);
- Peanut butter, jam and jelly;
- Rice; and
- Toilet paper, tissues, soap and toothpaste.



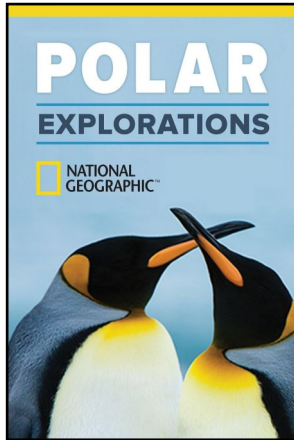
For our Afghan neighbors:

- Canned chickpeas;
- Lentils, red kidney beans, orange or green split peas, barley;
- Oil (olive or vegetable) in plastic bottles;
- Rice (white short or long-grain, basmati, brown);
- Sugar (brown, cane, coconut, powdered);
- Tea (black and green);
- Tomato paste; and
- Yeast and flour (all-purpose, rice, chickpea, whole wheat).

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 spectacular 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 hand-picked by National Geographic and The Great Courses, 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.

Jennifer Bennett, Events Coordinator

Director's Dutch Lunch: October Schedule

Noon Wednesdays | Bistro

The GHA directors will be dining in The Bistro every Wednesday at noon to meet with residents. Those interested in participating are welcome to sign-up in the Activities Binder to attend or stop by the designated table. Here is the schedule for the month ahead:

- 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

Grocery Food Bags

Please bring your clean, brown paper grocery bags to Tower Apt. 955 or leave them at the Reception Desk for resident **Meredith Wade** to pickup. She delivers them to a food bank where they are always needed for food distribution. Fabric bags and heavy duty plastic bags with handles are also useful.

Meredith Wade, Resident

Announcements

Thank You GHA Residents

It has been my honor to serve as the Chair of the Resident's Council this past year. Due to increasing my volunteer service at Washington National Cathedral, I have opted to not continue a second year as Chair, but I will remain on the Council for a second two-year term as Liaison to the Activities Committee and helping to manage the Lunch & Learn and the Men's (sponsored) Lunch & Discussion.

This past year, the RC initiated various opportunities to enable residents to express their opinions, views and criticisms of life at GHA. More residents attended the **Friday Fireside Chats**, and significant numbers attended the **Cookies With** (whichever management was invited). The purpose of the Chats is for members of the RC to assist residents in finding answers to questions about living here. The Cookie sessions and other forums included engaging directly with management. My view is that these executives welcomed the chance to hear from residents and that residents felt their views were valued and persuasive.

The monthly **RC Listens** was particularly important since residents could express their views without the presence of management. The RC tried to respond to residents' concerns promptly.

I want to take this opportunity to thank the many GHA residents who took advantage of these initiatives to influence management decision making. I have welcomed your expressions of gratitude and have felt humbled when we did not satisfy your hopes. I'm sure these and maybe additional opportunities will continue under a new RC Chair and urge you to continue to participate.

*Ken Hopper, Chair
Residents' Council*

From the Art Studio

Inktober 2024 is Here!

Inktober is a month-long art challenge focused on improving skills and developing positive drawing habits. Every day in October, residents can create an ink drawing based on the theme of the day. Completed drawings can be brought to the Art Studio to be displayed in the hallway.

Come by the Studio to pick up a copy of the daily themes or go to inktober.com.



*Alison Schroeder,
Creative Arts Coordinator*

Group Events: This Week



Men's (Sponsored) Lunch & Discussion

Topic: "What's Happening Here and What's in the Future"

Noon-1 p.m. Saturday, Oct. 5 | Arbor Room

The program will be presented by the Green Team under its leader **Pat Gottemoeller**. All GHA residents are invited to attend and participate. Pick up your lunch in the Bistro and make your way to the Arbor Room.

GHA's Green Team has accomplished a great deal, guiding residents in the areas of recycling and appropriate trash disposal, in addition to providing information about the local environment and issues of worldwide importance.



*Ken Hopper, Chair
Residents Council*

BYOConversation: Stories Our Parents Told Us

10-10:45 a.m. Monday, Oct. 7 | Living Room

Remembering our elders' stories — how they coped with the Depression, made money in the 20s and lost it in the 30s, reacted to Pearl Harbor, made lifelong relationships, met and married,

had minimal medical care, traveled to faraway lands, did a heroic rescue, encountered Picasso, loved Debussy.

Any stories about the world's worst car, investing in a start-up that went bust or thrived, going to jail when innocent, saving a drowning swimmer, running for office and more.

Did they tell you about the horseless carriage, the dial telephone, Sputnik, Marconi's wireless telegraphy, the radio? the Teapot Dome Scandal? Stories about suffragettes or flappers, going to the flicks, drinking moonshine?

In BYOConversation, we'll enjoy spinning yarns from the past. Come to listen or tell a favorite recollection.

Jonathan Bryan, Resident



Voting Information for Nov. 5 Election

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

If you need to re-register at your current address, request an absentee ballot, help in voting your absentee ballot or want information about the proposed Virginia



Constitutional Amendment? GHA's

See VOTING, on page 9

VOTING, continued from page 8

Voting Aides will assist residents. No appointment necessary. This event is nonpartisan, and the Voting Aides are certified by the Commonwealth of Virginia.

Voter Registration Deadline

Oct. 15 is the deadline to submit a new or updated registration to vote in the Nov. 5 elections. If you re-register after that date, you must vote a provisional ballot. If you need help, contact any of the Voting Aides on the listing in the Residents' Business Center.



Laura Lawson, Resident

Autumn Art Sale

2-4:30 p.m. & 6-7:30 p.m. Wednesday, Oct. 9 | Auditorium Hallway

The Art Department hosts a fall art sale of residents' handmade artwork, such as ceramic planters, holiday décor and our famous handmade cards. Proceeds from the event go to the Art Department.



*Alison Schroeder,
Creative Arts Coordinator*



Resident **John Kress**, left, poses with a framed collage, a selection of which he will have for sale at the Autumn Art Sale on Oct. 9.

Group Events: Looking Ahead

Greeters, Hosts Needed for the 90s Tea Party

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

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 be asked to help our guests find tables as they enter the auditorium, and 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 Activities Binder and look behind the "Special Events Tab."

Jennifer Bennett, Events Coordinator

Upcoming Happy Hours

4-5 p.m. Monday, Oct. 14

4-5 p.m. Wednesday, Oct. 16

4-5 p.m. Friday, Oct. 18

Costs: \$7/beer & wine, \$8/mixed drinks

The Fillmore Lounge will host three Happy Hours the week of Oct. 14. No reservations are required. There will be beer, wine and a limited selection of mixed drinks, as well as light hors d'oeuvres.



See HAPPY HOUR, on page 10

HAPPY HOUR, continued from page 9

Please note, on these three nights, dinner seatings in the Fillmore will not be available until 6 p.m.

Daniel Keiper, Assistant Director of Dining Services

Floral Arts Open Studio

10-11:30 a.m. and 1:30-3 p.m. Tuesday, Oct. 15 | Floral Arts Studio, Apt. 426

The GHA community is invited to see the newly renovated Floral Arts Studio. Drop-in during the morning or afternoon to see where all the beauty happens and watch a committee member create an arrangement.

If you are interested in learning the craft, joining the Committee or just want to visit, do come by!



*Meredith Wade
Floral Arts Committee Chair*

Westminster Presbyterian Evening Concert

7:30 p.m. Wednesday, Oct. 16 | Auditorium

The Westminster Presbyterian Choristers and Jubilate high school singers and ringers will perform a mini concert for GHA residents. The GHA Bell Ringers will join the students for a few songs.



Jennifer Bennett, Events Coordinator

Celebrity Bartender

4 p.m. Thursdays | Fillmore Lounge

Join our Celebrity Bartenders for an hour of themed fun and drinks.

Here is the schedule for October:

- Oct. 17: **Kaleb Campbell**, Assisted Living Administrator
- Oct. 31: **Lauren Budik**, Communications Coordinator



Daniel Keiper, Assistant Director of Dining Services



Shopping Trip & Lunch

10:30 a.m.-3:30 p.m. Friday, Oct. 25 | Old Town Alexandria

Departure: 10 a.m.

Lunch: Hen Quarter, cost to be billed to residents' account

Kick-off your holiday shopping with Life Enrichment as we head to Old Town Alexandria for an afternoon of shopping and lunch. Attendees will have three hours total for shopping, with a one-hour lunch break at **Hen Quarter**. Hen Quarter is a fun-casual, full-service restaurant specializing in Southern fare, fried chicken, craft cocktails to enjoy with family and friends.

This event is limited to 14 people. Sign-up in the Activities Binder and indicate if you plan on joining LE for lunch.



Jennifer Bennett, Events Coordinator

Event Reminders

Comedy of Errors

**Sunday, Oct. 6 | Shakespeare Theatre
Departure: 1 p.m. | Lobby
Tickets: \$53
Transportation: \$20**

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

Karen Thunberg, Resident Trips and Outings Committee

Trail Blazers Hit their Stride

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

This group walks at a different park every week. Interested residents should sign up in the Activities Binder. This event is limited to 13 participants.

Leslie LaPlace, Fitness Manager

Jazz Education with Quentin Walston

**3:30 p.m. Tuesday, Oct. 8 |
Auditorium and CH 973**

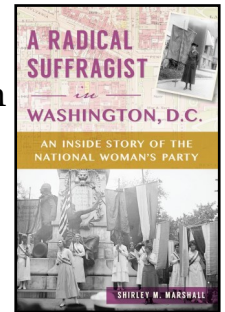
Quentin Walston's musical seminars combine his highly acclaimed solo piano performance with music history, appreciation and more.

Jennifer Bennett, Events Coordinator

Book Review: A Radical Suffragist

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

The book is based on Shirley 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**

Featuring the Brau Beaters, Oktoberfest-themed desserts and beverages, plus a dance floor.

Jennifer Bennett, Events Coordinator

Potomac Point Vineyard and Winery Trip

**Thursday, Oct. 10
Departure: 11 a.m. | Lobby
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. | Lobby
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

Saturday Morning Live: Jennifer Ayers

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

The Speakers’ Forum welcomes ALIVE! Executive Director **Jennifer Ayers**, who will speak on the topic, “Finding and Serving the Needy in Alexandria.”

Speakers’ Forum

Virginia Fine Arts Museum Trip

**8 a.m.-3:45 p.m. Thursday, Oct. 24
Departure: 8 a.m. | Lobby
Costs: Free admission, \$15 guided tour, \$45 transportation fee**

The Virginia Fine Arts Museum in Richmond, Va., presents an exhibition of floral displays inspired by art from the

Museum’s permanent collection.

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



Photo by Travis Fullerton. Fine Arts and Flowers arrangements.

*Alison Schroeder,
Creative Arts Coordinator*

Tour the Kitchen with the Executive Chef

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

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

*Daniel Keiper,
Assistant Director of Dining Services*



Cancellations

Veteran’s Day Slide Show

11 a.m. Monday, Nov. 11

GHA will host a special Veterans Day program, which will include 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 also need the dates of when you served, military branch, rank and file, and any other information you would like include.

Jennifer Bennett, Events Coordinator

The following regularly scheduled events have been canceled:

Monday, Oct. 7

10:00: Communications Committee Meeting

Tuesday, Oct. 8

10:00: Painting and Drawing
11:00: Bible Study

Wednesday, Oct. 9

2:00: Small Houses Exercise with Christie

Dick’s Teaser Solution

What is represented is the expression “the start of something big.”

Dick Pellerin, Resident

Call for *Miscellany* Articles

Please submit your stories, poems, cartoons, etc., for the December issue of *The Miscellany* by Oct. 21. Photos are welcome, as are stories of holiday recollections. Articles should be 1,000 words or less. Please provide your electronic or hard copy to **Anita Lancaster** at anitalanc@aol.com or Apt. 958.

Anita Lancaster, Resident

Dietitian Dishes

Chef Derek famously jokes that GHA has 450 executive chefs. Every resident has unique needs, preferences and priorities, and Dining Services strives to accommodate them all. If you have a dietary requirement or concern, please do not hesitate to reach out to a member of leadership to discuss it. Our goal is for you to feel happy and healthy, and we’re here to help in any way we can.

Mark Whalen, Director of Dining Services: mwhalen@goodwinliving.org or 703-824-1584.

Derek Campbell, Executive Chef: dcampbell@goodwinliving.org or 703-824-1090.

The Weekly Schedule

Sunday, Oct. 6, 2024-Sunday, Oct. 13, 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, Oct. 6

- 8:15: Classical Stretch (GX)
9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
3:00: Blessing of the Animals (FP)
6:30: Movie: *Midnight Run* (CH 972)
Midnight Run (1988) Comedy, R, 2h 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 F.B.I., and his old mob boss after jumping bail.

Monday, Oct. 7

- 9:00: Fun & Fitness (GX & CH 975)
9:30: Aqua Fun (POOL)
10:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)
10:00: BYOConversation (LR)
(See page 8.)
10:00: Catholic Mass & Rosary (CHP & CH 974)
10:00: **Communications Committee Meeting – Canceled**

- 10:00: Trail Blazers – Daingerfield Island (LBY) (See page 11.)
11:00: Just Dance Class (AUD-A)
12:00: German Conversation Table (Bistro Table 11)
1:00: Beginning Line Dancing (GX)
3:30: Seated Meditation (CHP & CH 974)
4:30: Birthday Party (LR)

Tuesday, Oct. 8

- 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 – Canceled**
10:00: Seated Strength (GX & CH 975)
10:00: Bus to Giant Food (LBY, sign-up required)
10:00: Seamstress (Apt. 426)
10:00: Vendor: Mary Kay Cosmetics (CC)
11:00: **Bible Study – Canceled**

- 1:00: Art & Sound Meditation (RCR)
- 1:15: Total Brain Health Program (GX)
- 1:30: Mah Jongg (LR)
- 2:00: Wii Bowling (GX)
- 2:00: Movie: *They'll Love Me When I'm Dead* (CH 972)

They'll Love Me When I'm Dead (2018), Documentary, TV-MA, 1h 38m. Cast: Alan Cumming, Peter Bogdanovich, Oja Kodar. Morgan Neville tells the provocative story of legendary director Orson Welles during the final 15 years of his life, when he struggled to make a Hollywood comeback with one last radical gamble. It's the untold chapter of one of the greatest careers in film history.

- 3:30: Jazz Musical Education Series with Quentin Walston (AUD & CH 973) (See page 11.)
- 4:30: Advanced Tai Chi (GX)

Wednesday, Oct. 9

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Accepts Donations (MP)
- 10:00: Voting Event: Nov. 5 Election Help (AR) (See page 8.)
- 10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class (GX)

- 10:00: StrongerMemory (FL)
- 11:00: Prayer Group (CHP)
- 11:00: Resident Activities Committee (RCR)
- 11:00: Teaching Company: *Polar Explorations* (CH 972) (See page 6.)
 - Lecture 1 — *A Passion for the Poles*
 - Lecture 2 — *Seasons at the Poles*
- 12:00: Director's Dutch Lunch with **Mary Kate Roberts** (BST) (See page 6.)
- 1:00: Duplicate Bridge (LR)
- 2:00: Autumn Art Sale (AUD Hallway) (See page 9.)
- 3:00: Book Review: *A Radical Suffragist* (AUD & CH 973) (See page 11.)
- 4:00: Pop-up Technology Assistance (LBY)
- 6:00: Autumn Art Sale (AUD Hallway) (See page 9.)
- 7:30: Oktoberfest Celebration (AUD) (See page 11.)

Thursday, Oct. 10

- 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)

- 10:00: Potomac Point Vineyard & Winery Trip (LBY) (See page 11.)
- 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: Teaching Company: *Polar Explorations* (CH 972) (See pages 6 & 15.)
- 11:00: Wii Bowling (GX)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: GHA Bell Ringers Choir (AUD-B)
- 1:00: Library Committee Meeting (RCR)
- 1:15: Total Brain Health Program (GX)
- 2:00: Open Studio (AS)
- 2:15: Advanced Line Dancing (GX)
- 3:00: GHA Players Meeting (RCR)
- 7:15: Movie: *Kodachrome* (CH 972)

Kodachrome (2017), Drama, TV-MA, 1h 45m. Cast: Ed Harris, Jason Sudeikis, Elizabeth Olsen. Matt Ryder is convinced to drive his estranged and dying father Benjamin cross country to deliver four old rolls of Kodachrome film to the last lab in the world that can develop them before it shuts down for good. Along with Ben's nurse Zoey, the three navigate a world changing from analog to digital while trying to put the past behind them.

Friday, Oct. 11

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Fun & Fitness (GX & CH 975)
- 9:45: Shuttle to Target (LBY)
- 10:00: Replay of Thursday Movie: *Kodachrome* (CH 972)
- 10:30: NSO Coffee Concert (LBY) (See page 12.)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 1:30: Shanghai (LR)
- 2:00: Quilting Bees (BR)
- 3:30: Seated Meditation (CHP & CH 974)
- 3:30: Creative Arts Therapies Lecture Series (AUD) (See page 4.)
- 4:30: Advanced Tai Chi (GX)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, Oct. 12

- 8:15: Classical Stretch (GX)
- 10:30: Advanced Tai Chi with Instructor (GX)
- 10:30: Saturday Morning Live: **Jennifer Ayers** (AUD & CH 973) (See page 12.)
- 11:30: Beginners' Tai Chi with Instructor (GX)

3:00: Weekend Wii Bowling (GX)

7:15: Movie: *Almost Famous* (CH 972)

Almost Famous (2001), Drama, NR, 2h 2m. Cast: Billy Crudup, Patrick Fugit, Frances McDormand, Kate Hudson. William Miller is a 15-year-old kid hired by Rolling Stone magazine to tour with and write about Stillwater, an up-and-coming rock band. This wonderfully witty coming-of-age film follows William as he falls face-first to confront life, love and lingo.

Sunday, Oct. 13

8:15: Classical Stretch (GX)

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

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

6:30: Movie: *American in Paris* (CH 972)

American in Paris (1951) Musical/Romance, NR, 1h 53m. Cast: Gene Kelly, Leslie Caron, Oscar Levant. Jerry Mulligan is an American ex-GI who stays in post-war Paris to become a painter, and falls for the gamine charms of Lise Bouvier. However, his paintings come to the attention of Milo Roberts, a rich American heiress, who is interested in more than just art.

Richmond & Dominion Schedule

Sunday, Oct. 6

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

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

3:00: Blessing of the Animals (FP)

3:00: Open Recreation/ Seated Exercise (Assisted Living-All & CH 971)

3:30: Individual Visits

6:30: Movie: *Midnight Run* (CH 972)
(See page 14.)

Monday, Oct. 7

9:30: Aqua Fun (POOL)

10:00: BYOConversation (LR)
(See page 8.)

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

10:00: Communications Committee Meeting – Canceled

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

11:00: Just Dance Class (AUD-A)

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

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

4:30: Birthday Party (LR)

Tuesday, Oct. 8

- 9:30: Credit Union Open (PR)
10:00: Seated Strength (GX & CH 975)
10:00: Seamstress (Apt. 426)
10:00: Vendor: Mary Kay Cosmetics (CC)
11:00: Bible Study – Canceled
1:00: Art & Sound Meditation (RCR)
1:15: Total Brain Health Program (GX)
1:30: Mah Jongg (LR)
2:00: Fall Festival (RAR)
2:00: Movie: *They'll Love Me When I'm Dead* (CH 972) (See page 14.)
3:30: Jazz Musical Education Series with Quentin Walston (AUD & CH 973) (See page 10.)

Wednesday, Oct. 9

- 9:30: Aqua Fun (POOL)
10:00: Therapist-Led Core Strengthening and Pelvic Exercise Class (GX)
11:00: Body & Balance Exercise Program (GX)
11:00: Prayer Group (CHP)
11:00: Resident Activities Committee (RCR)
11:00: Teaching Company: *Polar Explorations* (CH 972) (See pages 6 & 15.)

- 1:00: Duplicate Bridge (LR)
2:00: Autumn Art Sale (AUD Hallway) (See page 9.)
3:00: Book Review: *A Radical Suffragist* (AUD & CH 973) (See page 11.)
4:00: Pop-up Technology Assistance (LBY)
6:00: Autumn Art Sale (AUD Hallway) (See page 9.)
7:30: Oktoberfest Celebration (AUD) (See page 11.)

Thursday, Oct. 10

- 9:30: Credit Union Open (PR)
9:30: Chess (LR)
10:00: Seated Strength (GX & CH 975)
10:00: Ceramics (AS)
10:30: Dominion Resident Council Meeting (DDR)
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: Teaching Company: *Polar Explorations* (CH 972) (See pages 6 & 15.)
12:00: French Conversation Table (Bistro Table 11)
1:00: GHA Bell Ringers Choir (AUD-B)

- 1:15: Total Brain Health Program (GX)
- 1:45: Music Therapy with Abby (DDR)
- 2:00: Open Studio (AS)
- 2:30: Therapist Led Seated Exercise (RAR)
- 7:15: Movie: *Kodachrome* (CH 972)
(See page 16.)

Friday, Oct. 11

- 10:00: Replay of Thursday Movie: *Kodachrome* (CH 972) (See page 16.)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 2:00: Movie Matinee (RAR)
- 3:30: Seated Meditation (CHP & CH 974)
- 3:30: Creative Arts Therapies Lecture Series (AUD) (See page 4.)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, Oct. 12

- 10:30: Saturday Morning Live: **Jennifer Ayers** (AUD & CH 973) (See page 12.)
- 2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 3:00: Weekend Wii Bowling (GX)
- 7:15: Movie: *Almost Famous* (CH 972)
(See page 17.)

Sunday, Oct. 13

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: Open Recreation/Seated Exercise (Assisted Living—All & CH 971)
- 3:30: Individual Visits
- 6:30: Movie: *American in Paris* (CH 972) (See page 17.)

Small Houses Schedule

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: Short Story Time (OQ)
- 3:00: Blessing of the Animals (FP)
- 3:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 6:30: Movie: *Midnight Run* (CH 972)
(See page 14.)

Monday, Oct. 7

- 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)
- 2:30: Tea Party (WL)
- 3:00: Volunteer Visits (SH-All)
- 3:30: Seated Meditation (CHP & CH
974)

Tuesday, Oct. 8

- 9:30: Credit Union Open (PR)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Vendor: Mary Kay Cosmetics
(CC)
- 11:00: Bible Study – Canceled**
- 11:00: Outdoor Club (SH-All)
- 1:30: Dog visits with Cashew (SH-A)
- 2:00: Garden Thyme (MH)
- 2:00: Movie: *They'll Love Me When I'm
Dead* (CH 972) (See page 15.)
- 3:30: Jazz Musical Education Series
with Quentin Walston (AUD & CH 973)
(See page 11.)
- 4:00: Individual Visits (JA)
- 6:30: Music Therapy with Abigail
(OQ)

Wednesday, Oct. 9

- 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 6 & 15.)
- 11:00: Visits with Miranda (SH-All)
- 12:00: Director's Dutch Lunch with
Mary Kate Roberts (BST) (See page 6.)
- 2:00: Exercise with Christie –
Canceled**
- 2:00: Autumn Art Sale (AUD Hallway)
(See page 9.)
- 2:30: Move and Groove Seated Dance
(Ch. 971)
- 2:30: Small House Resident Council
(Meherrin Den)
- 3:00: Music Therapy (OCC)
- 3:00: Book Review: *A Radical Suffragist*
(AUD & CH 973) (See page 11.)
- 4:00: Pop-up Technology Assistance
(LBY)
- 6:00: Autumn Art Sale (AUD Hallway)
(See page 9.)
- 6:30: Games with Ted (OQ)

Thursday, Oct. 10

- 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: Teaching Company: *Polar Explorations* (CH 972) (See pages 6 & 15.)
12:00: Chaplain Visits (SH-A)
12:00: French Conversation Table (Bistro Table 11)
2:45: This Week in Brief (SH-A)
3:00: Volunteer Visits (SH-All)
7:15: Movie: *Kodachrome* (CH 972) (See page 16.)

Friday, Oct. 11

- 10:00: Replay of Thursday Movie: *Kodachrome* (CH 972)
10:30: NSO Coffee Concert (LBY) (See page 12.)
10:30: News Discussion Group (SN)
12:00: Director's Lunch with **Derek Campbell** (MH)
2:30: Garden Water Painting (CTY)
3:00: Music Therapy (WL)
3:30: Seated Meditation (CHP & CH 974)

- 3:30: Creative Arts Therapies Lecture Series (AUD) (See page 4.)
4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)
8:00: Evening Check-in (SH-A)

Saturday, Oct. 12

- 10:30: Dog Visits (SH-A)
10:30: Saturday Morning Live: **Jennifer Ayers** (AUD & CH 973) (See page 12.)
2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
3:00: Music with Barbara (OQ)
7:15: Movie: *Almost Famous* (CH 972) (See page 17.)

Sunday, Oct. 13

- 9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
11:30: Chaplain Visits (SH-A)
1:30: Hydration Station (Non-Alcoholic Apple Cider) (OQ)
3:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971)
6:30: Movie: *American in Paris* (CH 972) (See page 17.)

LOCATION KEY

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