



Look Out for Chatbot Scams

Chatbots are programs that can mimic real conversations and are often used by companies for customer service. However, cyber-criminals also exploit chatbots for scams.

How Cybercriminals Use Chatbots

1. Scam Websites: They may add chatbots to fake websites, making them appear legitimate. When you visit these sites, the chatbot can trick you into providing sensitive information.

2. Phishing Emails: Criminals can use Artificial Intelligence chatbots to craft convincing phishing emails that look like they come from trusted sources, like Google, encouraging you to click links or share personal information.

How To Stay Safe

1. Be Cautious: Always question messages that seem legitimate, as they might be impersonating real people or organizations.

2. Look for Red Flags: Watch out for emails that urge you to click links or provide sensitive information.

GHA Celebrates with 90s Tea



GHA residents attended the annual 90s tea Oct. 14 with a “Wizard of Oz” theme. The event celebrates all residents who are 90-years-old or older. More than 80 residents participated in the event, both as guests of honor and volunteers.

3. Verify Information: If you’re unsure about a message, contact the sender using a different method to confirm its authenticity.

If you have additional questions, contact the IT department at 703-824-1277.

IT Department

Announcements

Goodwin Living Art Exhibit at NVCC

Exhibition: Oct. 28-Nov. 13
Reception: 3:30-5 p.m. Thursday, Nov. 7
NVCC AFA Art Gallery, 5000 Dawes Ave., Alexandria

Goodwin Living (GL), in partnership with Northern Virginia Community College (NVCC), invites residents to view the exhibit, *Hand in Hand with Neighbors: Art of Goodwin Living*. The exhibit features paintings, drawings, ceramics, sculptures and mixed media works from GL residents and GL at Home members.

Transportation will be provided to residents who wish to attend the reception. If you're interested in attending, please sign up in the Activities Binder, behind the Community Outings tab.

Kim Butler,
Director of Life Enrichment

COVID-19 Numbers

Cases as of Oct. 24, 2024

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 0



Market Place Holiday Sale

9:30-11:30 a.m. & 2:30-4 p.m.
Thursday, Nov. 21 | Market Place (Promenade)

Mark your calendars for the upcoming Market Place holiday sale. To get ready for the sale, please have your Holiday donations to the Market Place by Thursday, Nov. 14. Please note that after the holiday sale, the Market Place will accept holiday donations *only after* the holiday season, once decorations have come down.

The Market Place Team

Fitness Center Closure

The Fitness Center will be getting some much needed air system upgrades on Oct. 31. Since the contractors will be using ladders to access the ceiling units, the Fitness Center will be closed to resident-use from 6 a.m. to 5 p.m. This work is expected to take one day, and if there is a change to the schedule, we will communicate that immediately via Google Groups, Uniquet and a posted notice.

We appreciate your cooperation so we can get this work done. Let us know if you have any questions.

Leslie LaPlace, Fitness Manager

VICAP Help Sessions

If you missed the Medicare presentation from Virginia Insurance Counseling and Assistance Program (VICAP), but you would like guidance on your insurance options, VICAP is available for individual session to help answer questions regarding your Medicare and supplemental coverage.

Please call VICAP at 703-746-5712. As a reminder, Medicare open season lasts until Dec. 7.

*Monica Hutchins-Thomas,
Director of Social Work*

Outreach Update

Below is the total amount of money collected for the following organizations, as of Oct. 24. Contributions can still be made, as noted.

Hurricane Relief Fund: \$3,600

Checks payable to Episcopal Relief & Development (ERD)

ALIVE! Food Drive: \$2,795

Checks payable to ALIVE!

Bruce Stewart, Director of Chaplaincy

In Memoriam

ANN WITHERS

October 19, 2024

Last Call for *Miscellany* Articles

Please submit your stories, poems, cartoons, etc. for the December issue of *The Miscellany* by **Oct. 29**. 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

Paperless Gazette

Opting to receive a digital copy of the *Gazette* benefits the environment by saving valuable resources. Digital subscribers also receive the *Gazette* one day earlier than the paper copy. If you are interested in going digital, contact **Lauren Budik** at 703-824-1004 or lbudik@goodwinliving.org.

*Lauren Budik,
Communications Coordinator*

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.

Library: Return Past-Due Books

We are fortunate at GHA to have our in-house library, but we depend on the cooperation of residents. Books may be checked out for a month or renewed at the end of the month, but we can't renew them if residents don't bring them back.

We work on the honor system, with no overdue fines and friendly volunteers to help. We also get new books monthly, so we're current with the best-seller lists.

At the moment, there are more than 100 books that should have been returned, but have not. If you are a library patron, please check your shelves, desks, coffee tables — anywhere a book may have been mislaid. And should you find one of ours, please bring it back. We thank you for helping us to stay well-stocked.

Library Committee

Dick's Teaser

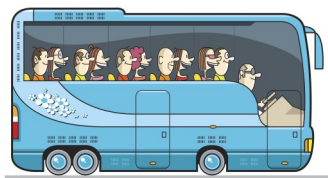
All of the two-word answers in the following list begin with the initials F and F. For example, to the hint "Airline bonus program," the answer would be Frequent Flier. See the solutions on page 10.

1. McDonald's or Burger King fare.
2. Dieters look for this designation on the foods they buy.
3. Smokey the Bear's target.
4. Washington, Jefferson, or Franklin, for example.
5. A desirable object that someone wants, but should not have, like the apple in the Garden of Eden.
6. Where huddles and touchdowns occur.
7. Spain's last dictator.
8. For this type of angling, the bait hovers over the water's surface.

Dick Pellerin, Resident

Transportation Fee for Trail Blazers

Starting Monday, Nov. 4, there will be a \$3 transportation fee for Trail Blazers trips.



Leslie LaPlace, Fitness Manager

Spanish Table

**Noon-1 p.m. first Friday of the month
| The Bistro, Table 11**

The Spanish Table is an opportunity for residents who are non-native Spanish speakers to practice their Spanish in a friendly environment, while having lunch. Native Spanish speakers are most welcome to join, too.

Mike Quintos, Resident

Around GHA

The Return of Cousins' Maine Lobster Truck

11 a.m.-2 p.m. Wednesday, Oct 30 | Rear Lobby Entrance

Dining Services received so many positive comments about Cousins' Lobster Truck that we're having them back! The food truck will offer a variety of delicious foods, such as lobster rolls, lobster or shrimp tacos, clam chowder and lobster bisque, and much more! Prices range from \$16 to \$24 for entrees; no cash will be accepted.

*Alex Freiman,
Registered Dietitian*

GHA Supports Hurricane Relief

Thank you to all the GHA residents who donated items to benefit those impacted by the recent hurricanes. Items collected included toilet paper, bladder protection products, toothpaste, soap, dry shampoo, new T-shirts, new socks, cleansing wipes and more. Together, GHA collected enough items to fill 11 boxes, with Supply Chain adding a few cases of items, too.

Merrily Wolfe, Executive Assistant



Pop-Up DASH/Metro Trip to New WWI Memorial

Friday, Nov. 8 | Freedom Plaza, 1455 Pennsylvania Ave. NW, Washington
Departure: 9:45 a.m.
Return: Approximately 1:30 p.m.

"A Soldier's Journey" sculpture wall honoring the 4.7 million Americans who served in World War I was



Photograph by Chris Isleib

dedicated on Sept. 24, 2024. Thirty-eight sculpted figures spread across the 58-foot wall portray one soldier's experience from the time he left his family, through combat and then upon his return home.

Attendees should meet in the lobby; we will board the free DASH 35 bus and ride to the Pentagon station, then take the Metro to the Federal Triangle station and walk up Pennsylvania Ave. to Freedom Plaza. After viewing the memorial, we'll have lunch at the Elephant and Castle Pub. Lunch is to be paid for independently; individual checks will be available. Participants need to have a SmarTrip card with money on it to ride the metro.

A sign-up sheet in the Activities Binder will be available starting 10 a.m. Monday, Oct. 28.

*Karen Thunberg, Resident
Trips and Outings Committee*

Events: This Week

BYOConversation: What is (and is Not) a Conversation, Anyway?

10-10:45 a.m. Monday, Oct. 28 | Living Room

Back in 2021, on a Monday in October, a few other residents and I talked in the living room for 45 minutes about something interesting. We enjoyed it so much that we had another conversation the next Monday – and every Monday since: we’ve had three years of Bring Your Own Conversation.

So, at BYOC on Monday, let’s talk about conversations. What is (and is not) a conversation, anyway?

In our daily lives, what conversation do we expect when we hear, “We need to talk” ... “You told him what!?” ... “Where did you travel?” ... “Be reasonable, do it my way” ... “We can turn this around” ... “I promise, never again to ___” ... “How are you?” Remember some difficult conversations, delightful conversations, funny conversations, life-changing conversations, tedious conversations?

BYOConversation is open to all. About 25 to 35 residents attend: some regulars, some occasional, some first-timers. Some talk, others just listen. Microphones for audibility. Stop by!



Jonathan Bryan, Resident

Environmental Film: *Blue Planet II — The Deep*

7:30-8:30 p.m. Monday, Oct. 28 | Channel 972

This wildlife documentary series narrated by David Attenborough goes on groundbreaking journey to the deepest parts of the oceans.



The deep is perhaps the most hostile environment on Earth, at least to us — a world of crushing pressure, brutal cold and utter darkness. Scientists already think that there is more life in the deep than anywhere else on Earth.



*Dick Bennett, Resident
The Green Team*

Priority Club Info Sessions

10-11:30 a.m. Tuesday, Oct. 29 and Wednesday, Oct. 30 | Auditorium

The Sales team will host two final information sessions in October to share new options for Priority Club members.

We are grateful for the interest shown by residents in changes to the Priority Club; however, due to space limitations, we kindly ask that these events be for Priority Club members exclusively.

An information session for GHA resi-

dents on these options is scheduled for 10 a.m. Wednesday, Nov. 13, in the Auditorium. This session will parallel the information sessions hosted for Priority Club members and will include Q&A time at the end.



*Meg Tinklepaugh,
Senior Living Product
and Marketing Manager*

Book Talk with Dr. Peter Henriques: The Election of 1800

2 p.m. Tuesday, Oct. 29 | Auditorium and Channel 973

On any short list of pivotal moments in American history, the election of 1800 will always have a central place. It's the first modern political campaign in U.S. history.

History does not repeat itself, but it tends to be repetitious because human nature repeats itself, and one can find surprising parallels between that election and our current election.



Jennifer Bennett, Events Coordinator

Waiter's Table

5:30 p.m. Tuesday, Oct. 29 | Alexandria Dining Room

NOTE: This event is now full. Another Waiter's Table will be held in November.

*Daniel Keiper,
Assistant Director of Dining Services*

Fall Festival/Halloween Celebration

2-4 p.m. Thursday, Oct. 31 | Courtyard

Get your costumes ready for the upcoming GHA Fall Festival/Halloween. We will be celebrating with carnival games, art projects and food! Wear your costumes and march in a costume parade around the courtyard.



Jennifer Bennett, Events Coordinator

Celebrity Bartender

4 p.m. Thursdays | Fillmore Lounge

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

- Oct. 31: **Lauren Budik**, Communications Coordinator (Aperol Spritz)



Daniel Keiper, Assistant Director of Dining Services

Men's (Sponsored) Lunch & Discussion

Noon-1 p.m. Saturday, Nov. 2 | Arbor Room

GHA resident **Doug Wade** will speak about the assassination of Abraham Lincoln. In April 1865, John Wilkes Booth organized several people with a plan to bring down the federal government by killing the President, Vice President, and Secretary of State on the same night and making him a national hero. We are still arguing about what happened that night and who should have been punished. All are welcome!

Chaplaincy Services

Guest Presider & Preacher The Rev. John Hortum

9 a.m. Sunday, Oct. 27 | Chapel and Channel 974

10:30 a.m. Sunday, Oct. 27 | Auditorium and Channel 973

The Rev. John Hortum is familiar to many at GHA. He is a former chaplain for GHA/GHBC and the retired rector of St. Clement's in Alexandria. He also serves on the board of trustees for the Center for Liturgy and the Arts founded by Chaplain Bruce. Please give him a hearty welcome!



The Rev. John Hortum

*Bruce Stewart
Directory of Chaplaincy*

You can check ticket availability before you head out by going online to shakespearetheatre.org. When the show name comes up, pick your date and check for the availability of seats, head to the theater to purchase and enjoy.

*Karen Thunberg, Resident
Trips and Outings Committee*

Alexandria Film Festival: *The Test*

1 p.m. Saturday, Nov. 9 | NOVA Conference Auditorium, Building AA-196, 5000 Dawes Ave., Alexandria

Transportation: Free

Departure: 12:30 p.m.

Return: 2:30 p.m.

Ticket: Can be purchased in advance for \$12 + fee, with the promo code **goodtimesataff**

The Alexandria Film Festival will show *The Test*, a film about GHA's citizenship program.

Residents can purchase their ticket in advance by going to alexfilmfest.com or Life Enrichment will purchase your ticket and charge it to your resident account.

Sign-up in the Activities Binder under Community Outings to ride the bus and if you need Life Enrichment to purchase your ticket.

Kim Butler, Director of Life Enrichment

Events: Looking Ahead

Shakespeare Theatre Bargain Tickets

The Shakespeare Theatre sells last-minute tickets to its shows two hours before curtain time. Known as RUSH tickets, these \$35 tickets are available *only* in-person at the box office. No phone calls or online sales are available for these tickets.

November GHA Book Club

2-3 p.m. Tuesday, Nov. 12 | Residents' Conference Room

The GHA Book Club will discuss the historical fiction book, *Horse*, by Geraldine Brooks. The story explores three different timelines, linking the past to the present. The book focuses on art, science, history and racism.

If you would like to borrow a copy of this book, sign up in the Activities Binder, behind the orange tab at the back. When the book arrives, a copy will be placed in your GHA mailbox.

If you will be reading your own copy, using Talking Books or Kindle, you can just check under Meeting.

*Natalie Rooney and Sande O'Keefe,
Residents*

Library Book Sale

10 a.m.-3 p.m. Wednesday, Nov. 13 | Concourse

The library book sale is coming soon! Shop for barely-used, popular books and puzzles for yourselves or for family and friends.

*Dale Brown and Sande O'Keefe,
Library Committee*

GREEN TEAM HINTS

Choose cardboard egg cartons made from recycled newsprint.

ALIVE! Campaign Update

Food Drive Wraps Up Oct. 31

A big thanks to everyone who has participated and donated to ALIVE! this month. If you haven't had a chance to contribute, the ALIVE! donation box is located near the reading area by the Bistro and in the lobby by the fountain. A list of much-needed food items, previously provided, is available on the donation table in the lobby. Additionally, the following Thanksgiving food items are also welcomed:

- Turkey stuffing and gravy;
- Cranberry sauce;
- Corn muffin mix;
- Spices (onion powder, salt and pepper);
- Canned green beans, yams and pumpkin; and
- Instant mashed potatoes.

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.

Memorial Chapel Outreach Committee

Dick's Teasers Solutions

1. French Fries
2. Fat Free
3. Forest Fires
4. Founding Fathers
5. Forbidden Fruit
6. Football Field
7. Francisco Franco
8. Fly Fishing

Dick Pellerin, Resident

Resident Handbook Update

The updated resident handbook sections will soon be available in the administration office.



Resident Handbook

This year's updated safety section (tab 10) includes what to do in the case of an earthquake. Virginia averages 163 earthquakes a year. This information will inform residents of what to do when one of the rare stronger quakes, like in 2011, affects our area.

Merrily Wolf, Executive Assistant

Cancelations

The following regularly scheduled events have been canceled:

Monday, Oct. 28

10:30: Small Houses Seated Exercise

Tuesday, Oct. 29

11:00: Bible Study

Wednesday, Oct. 30

3:00: Afternoon Concert: Ernie Tolley

Thursday, Oct. 31

2:30: Assisted Living Therapist-Led Seated Exercise

Friday, Nov. 1

3:00: Small Houses Music Therapy

Add Your Photo to Uniguest

Adding a photo to your Uniguest profile helps other residents to match your face with your name. This is a particularly helpful for newer residents who are meeting many new people.

You can add a photo by logging onto Uniguest, clicking the gray "profile" icon in the upper right hand corner, clicking "My Profile," and then clicking the "Camera" icon. From there, you can choose a photo to use. You can also stop by the Life Enrichment office for assistance.

*Lauren Budik,
Communications Coordinator*

GHA Art Sale

The GHA Art Department hosted its Fall Art Sale on Oct. 9. Residents' hand-made artwork included pottery, greeting cards, jewelry, pictures, bags and more, with all proceeds benefitting the Art Department. Thank you to everyone who attended and help make this a successful event!

*Alison Schroeder,
Creative Arts Coordinator*



The Weekly Schedule

Sunday, Oct. 27, 2024—Sunday, Nov. 3, 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. 27

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

Ghost (1990), PG-13, Romance/Thriller, 2h 7m. Cast: Patrick Swayze, Demi Moore, Whoopi Goldberg. After a young man is murdered, his spirit stays behind to warn his lover of impending danger, with the help of a reluctant psychic.

Monday, Oct. 28

- 9:00: Fun & Fitness (GX & CH 975)
- 9:00: Trail Blazers — Wilson Bridge Walk (LBY) (See page 4.)
- 9:30: Aqua Fun (POOL)
- 10:00: BYOConversation (LR) (See page 6.)
- 10:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)
- 10:00: Catholic Communion & Rosary (CHP & CH 974)

11:00: Grounds Committee (RCR)

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)

4:00: Happy Hour (FL)

7:30: Environmental Film: *Blue Planet II—The Deep* (CH 972) (See page 6.)

Tuesday, Oct. 29

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 (Lobby — Sign-Up Required)

10:00: Priority Club Info Sessions (AUD) (See page 6.)

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: Book Talk with Dr. Peter Henriques (AUD) (See page 7.)
- 2:00: Wii Bowling (GX)
- 2:00: Movie: *The French Connection* (CH 972)

The French Connection (1971), R, Drama/Thriller, 1h 44m. Cast: Gene Hackman, Roy Scheider, Fernando Rey. A pair of NYPD detectives in the Narcotics Bureau stumble onto a heroin smuggling ring based in Marseilles, but stopping them and capturing their leaders proves an elusive goal.

- 4:30: Advanced Tai Chi (GX)
- 5:30: Waiter's Table (The Alexandria Dining Room) (See page 7.)

Wednesday, Oct. 30

- 9:00: Fun & Fitness (GX & CH 975)
- 9:00: Clothing Collection (GR)
- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Accepts Donations (MP)
- 10:00: Priority Club Info Sessions (AUD) (See page 6.)
- 10:00: StrongerMemory (FL)

- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company: *Polar Explorations* (CH 972)

Lecture 7: *Science and Spirits of the Arctic Sky*

Lecture 8: *Indigenous Peoples of the Arctic*

- 11:00 Cousins' Maine Lobster Truck (Rear Lobby Entrance) (See page 5.)
- 12:00: Director's Dutch Lunch with **Liz Pomerleau** (BST)
- 4:00: Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)

Thursday, Oct. 31

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

11:00: Wii Bowling (GX)

11:30: Communications Committee Meeting (RCR)

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

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

1:15: Total Brain Health Program (GX)

2:00: Fall Festival/Halloween Celebration (CTY or AUD, Weather Dependent) (See page 7.)

2:00: Open Studio (AS)

2:15: Advanced Line Dancing (GX)

3:00: GHA Players Meeting (RCR)

4:00: Celebrity Bartender (FL) (See page 7.)

7:15: Movie: *Beetlejuice* (CH 972)

Beetlejuice, (1988), PG, Comedy/Thriller, 1h 32m. Cast: Alec Baldwin, Geena Davis, Michael Keaton. The spirits of a deceased couple are harassed by an unbearable family that has moved into their home, and hire a malicious spirit to drive them out.

Friday, Nov. 1

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

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

10:00: Replay of Thursday Movie: *Beetlejuice* (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) (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)

4:00: Happy Hour (FL)

4:30: Advanced Tai Chi (GX)

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

Saturday, Nov. 2

8:15: Classical Stretch (GX)

9:30: Pop-up Technology Assistance (LBY)

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

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

12:00 Men's (Sponsored) Lunch & Discussion (AR)

3:00: Weekend Wii Bowling (GX)

Sunday, Nov. 3

8:15: Classical Stretch (GX)

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

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

Richmond & Dominion Schedule

Sunday, Oct. 27

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

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

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

3:30: Poem Club (RAR)

6:30: Movie: *Ghost* (CH 972)
(See page 12.)

Monday, Oct. 28

9:30: Aqua Fun (POOL)

10:00: BYOConversation (LR)
(See page 6.)

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

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

11:00: Grounds Committee (RCR)

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

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

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

4:00: Happy Hour (FL)

7:30: Environmental Film: *Blue Planet II: The Deep* (CH 972) (See page 6.)

Tuesday, Oct. 29

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

10:00: Priority Club Info Sessions (AUD) (See page 6.)

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: Book Talk with Peter Henriques (AUD) (See page 7.)

2:00: Movie: *The French Connection* (CH 972) (See page 13.)

5:30: Waiter's Table (The Alexandria Dining Room) (See page 7.)

Wednesday, Oct. 30

- 9:00: Clothing Collection (GR)
9:30: Aqua Fun (POOL)
10:00: Priority Club Info Sessions (AUD) (See page 6.)
11:00: Body & Balance Exercise Program (GX)
11:00: Prayer Group (CHP)
11:00: Teaching Company: *Polar Explorations* (CH 972) (See page 13.)
11:00 Cousins' Maine Lobster Truck (Rear Lobby Entrance) (See page 5.)
3:00: Afternoon Concert: Ernie Tolley – Canceled
4:00: Happy Hour (FL)
4:00: Pop-up Technology Assistance (LBY)

Thursday, Oct. 31

- 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: Teaching Company: *Polar Explorations* (CH 972) (See page 13.)
11:30: Communications Committee Meeting (RCR)
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: Fall Festival/Halloween Celebration (CTY or AUD, Weather Dependent) (See page 7.)
2:00: Open Studio (AS)
2:30: Therapist-Led Seated Exercise – Canceled
4:00: Celebrity Bartender (FL) (See page 7.)
7:15: Movie: *Beetlejuice* (CH 972) (See page 14.)

Friday, Nov. 1

- 10:00: Replay of Thursday Movie: *Beetlejuice* (CH 972) (See page 14.)
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) (See page 4.)
- 2:00: Party Bridge (LR)
- 2:45: Drumming Circle with Rick (AUD)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Happy Hour (FL)
- 4:30: Sabbath Service (CHP & CH 974)

Saturday, Nov 2

- 9:30: Pop-up Technology Assistance (LBY)
- 2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 3:00: Weekend Wii Bowling (GX)

Sunday, Nov. 3

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 2:30: Open Recreation (Assisted Living – All)
- 3:30: Individual Visits

Small Houses Schedule

Sunday, Oct. 27

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Brain Games: Believable or Batty?
- 3:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 6:30: Movie: *Ghost* (CH 972)
(See page 12)

Monday, Oct. 28

- 10:00: BYOConversation (LR)
(See page 6.)
- 10:00: Catholic Communion & Rosary (CHP & CH 974)
- 10:30: Seated Exercise – Canceled**
- 10:30: Grace Episcopal Student Visit (Small House – All)
- 11:00: Small House Bell Choir (RP)
- 12:00: German Conversation Table (Bistro Table 11)
- 2:30: Tea Party (BL)
- 3:00: Volunteer Visits (SH-All)

- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Happy Hour (FL)
- 7:30: Environmental Film: *Blue Planet II—The Deep* (CH 972) (See page 6.)

Tuesday, Oct. 29

- 10:00: Seated Strength (GX & CH 975)
- 10:00: Priority Club Info Sessions (AUD) (See page 6.)
- 11:00: Bible Study — Canceled**
- 11:00: Outdoor Club (SH-All)
- 2:00: Movie: *The French Connection* (CH 972) (See page 13.)
- 4:00: Individual Visits (JA)
- 5:30: Waiter's Table (The Alexandria Dining Room) (See page 7.)
- 6:30: Music Therapy with Abigail (OQ)

Wednesday, Oct. 30

- 9:00: Clothing Collection (GR)
- 10:00: Priority Club Info Sessions (AUD) (See page 6.)
- 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 page 13.)
- 11:00: Visits with Miranda (SH-All)
- 12:00: Director's Dutch Lunch with **Liz Pomerleau** (BST)
- 2:30: Brain Games: Graveyard Detective (RP)
- 3:00: Afternoon Concert: Ernie Tolley — Canceled**
- 3:00: Music Therapy with Abby (OQ)
- 4:00: Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)
- 6:30: Games with Ted (OQ)

Thursday, Oct. 31

- 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 page 13.)

11:00 Cousins' Maine Lobster Truck (Rear Lobby Entrance) (See page 5.)
11:30: Communications Committee Meeting (RCR)
12:00: Chaplain Visits (SH-A)
12:00: French Conversation Table (Bistro Table 11)
2:00: Fall Festival/Halloween Celebration (CTY or AUD, Weather Dependent) (See page 7.)
3:00: Volunteer Visits (SH—All)
4:00: Celebrity Bartender (FL) (See page 7.)
7:15: Movie: *Beetlejuice* (CH 972) (See page 14.)

Friday, Nov. 1

10:00: Replay of Thursday Movie: *Beetlejuice* (CH 972) (See page 14.)
10:30: News Discussion Group (SN)
12:00: Director's Lunch with Derek Campbell (MH)
12:00: Spanish Conversation Table (Bistro Table 11) (See page 4.)
2:30: Garden Water Painting (CTY)
2:45: Drumming Circle with Rick (AUD)
3:00: Music Therapy — Canceled

3:30: Seated Meditation (CHP & CH 974)
4:00: Happy Hour (FL)
4:30: Sabbath Service (CHP & CH 974)
8:00: Evening Check-in (SH-A)

Saturday, Nov. 2

9:30: Pop-up Technology Assistance (LBY)
10:30: Dog Visits (SH-A)
2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
3:00: Music with Barbara (OQ)

Sunday, Nov. 3

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

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

Goodwin House Alexandria Blood Drive

Monday, November 18, 2024

9:30 a.m. – 3 p.m.

4800 Fillmore Ave., Alexandria, VA

Inova Blood Donor Services will be in the Auditorium.



Contacts

Residents: Michael Stephens

mstephenshome@comcast.net

Team Members: Ayan Sharif

asharif@goodwinliving.org

Book your appointment today!

Return bottom half to collection boxes in GHA Business Center next to the Reception Desk!

Photo ID required. Allow one hour for your donation.

- Full Name: _____
- Apt. Number (if resident): _____
- Phone Number and Email Address: _____
- Preferred Appointment Time (Morning or Afternoon): _____