



GHA Renovations Update

As demographics shift and preferences evolve, we find ourselves needing to update and renovate our community to meet the changing needs of residents and attract new ones. We began engaging residents in the renovation process by conducting focus groups and gathering resident input a few months ago via postcards on desired changes and improvements.

Our residents and Priority Club members often prioritize wellness, social engagement and technology. An updated life plan community should reflect these trends, integrating wellness programs and advanced technology to enhance the quality of life.

Updating and renovating an existing life plan community is an investment in the future, ensuring that we remain a vibrant, welcoming and functional environment for current and future residents. By focusing on modern amenities, sustainability and community engagement, we can not only meet the evolving needs of our residents, but also



Members of the GHA Memorial Outreach Committee stand with some of the donated goods collected during the ALIVE! Food Drive. Pictured, from left, is **Chaplain Bruce Stewart, Pamela Farrand, Judy Hansen and John Berry.**

October ALIVE! Campaign Wrap-up

A big thank you to everyone who participated and donated to the GHA Memorial Chapel campaign for ALIVE! in October. The GHA Memorial Chapel Outreach Committee received \$3,495 in direct contributions and \$627 from 17 participants in the StepALIVE! Walkathon event. The food drive netted

See **RENOVATIONS**, page 2

See **ALIVE!**, page 2

Announcements

RENOVATIONS, from page 1

enhance our reputation and viability in an increasingly competitive landscape. The goal is to create a place where our residents can thrive, fostering a sense of belonging and well-being that lasts a lifetime.

During the next few months, I will provide residents with updates on our progress with HCM as they update their findings with resident suggestions.

Our goal is to keep residents informed of this progress via the *Gazette*, a binder on the table in the reading area of the Lobby, in Uniguest (under Administration) and email. Stay tuned for further information!

*Barbara D'Agostino,
Executive Director*

Where Do I Sign Up?

Wondering where you can find the Activities Binder to save your place for special events and trips? Wonder no more! The Activities Binder is a three-ring notebook that “lives” on the credenza in the hallway near the Residents’ Business Center and Residents’ Conference Room. The credenza is below the large events bulletin board. In the binder, you will find the sign-up sheets.

*Jennifer Bennett,
Events Coordinator*

ALIVE!, from page 1

420 lbs. of canned and dry food products, and we appreciate everyone who joined us on the rooftop walk and at Resurrection Church.

ALIVE! is an interfaith nonprofit organization with 50 member congregations.

*Kevin Heanue, Pamela Farrand
GHA Memorial Chapel Outreach
Committee*

Resident Town Hall

**3-4 p.m. Wednesday, Nov. 20 |
Auditorium & Channel 973**

The agenda for the next Resident Town Hall is as follows: **Barbara D'Agostino** (Welcome, Mission Moment, Rumors or Myth Busters), **Alex Frieman** (Nutrition Information), **Judy Hansen** (Residents’ Council), **Bill Sargent** (Employee Appreciation Fund), **Kim Butler** (Uniguest), **Bruce Stewart** (Chapel Update) and **Theresa Thomas** (Transportation Update, Parking and Security).



*Barbara D'Agostino,
Executive Director*

Facility Condition Assessment

8 a.m.-4 p.m. Nov. 12-15 and 18-19 | Residential Living & Small Houses

GHA is preparing for a Facility Condition Assessment (FCA). FCA is a comprehensive evaluation of a building's physical condition, designed to identify current and potential future maintenance needs, prioritize repairs or upgrades, and ultimately inform long-term maintenance planning by providing a detailed understanding of a facility's current state and potential issues that may require attention. This requires a thorough inspection of the building including structural elements, mechanical systems, electrical and plumbing systems, roofing, grounds, and finishes. The detailed report on the findings will prioritize repairs and estimate costs.

Bureau Veritas North America (BVNA) has been contracted to do the FCA evaluation this month. They will be on-site Nov. 12-15 and Nov. 18-19 from 8 a.m. to 4 p.m. daily. They will be allowed access to the Small Houses and selected apartments in Residential Living. BVNA will be given permission to mechanical closets, common areas, storage units, access the roof and exterior of the property.



*Amadu Kamara,
Director of Facilities Management*

Why I Give to the EAF

It is time to think about the wonderful people who work for us and how much the money from the Appreciation Fund means to them.



What employees are we talking about? The Beauty Salon where we are not allowed to tip; the four dining rooms with team members we are not allowed to tip; our housekeepers; the individuals who fix our sinks, toilets and TVs. What about those behind the Reception Desk who always greet us with a smile? Then there are those behind the scenes, such as the cooks, dishwashers and many more.

Do we appreciate what they do? You bet we do! We have a chance once a year to say thank you. Let's show them how much we care for them.

*Lynn McCaffree,
Resident*

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.

From Dining Services

Reusable Soup Bowls

Dining Services has recently started using hard plastic reusable soup bowls for carry-out orders.



These bowls can be returned in the same bins as the three-compartment containers in which entrées and sides are served. Bins are located in the trash rooms on each floor, as well as the one bin located in the Bistro near the beverage station.

Whole Grains

We have heard your feedback about wanting more whole grain options and have been expanding our offerings. We have a new bread purveyor and will be adding a 100% whole grain bread, in addition to our 100% whole wheat option. Both of these choices are made with whole wheat flour, not enriched white flour, making them great options to include in your diet.

In addition, look for more whole grain side dishes throughout the week, such as brown rice, quinoa and bulgur. Heart healthy diets recommend you aim for three servings of whole grains daily!

*Daniel Keiper,
Assistant Director of Dining Services*

Resident Handbook

The Resident Handbook has been updated on Uniguest. Paper copies of the updated sections will be available over the next several weeks. This week



Resident
Handbook

(Nov. 15-22), copies of the following sections will be available in the GHA Administration offices (Tower, lobby level):

9. Resident Council
10. Safety, Security & Emergency Planning
11. Social Work
12. For Your Information

The final sections will be available next week.

Merrily Wolf, Executive Assistant

Dick's Teaser

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

3. OUT

2. OUT

1. OUT

Dick Pellerin, Resident

No Shave November

No Shave November is a movement that began in the early 2000s to raise funds for a charity of choice and awareness of colorectal cancer. Since then, No Shave November has grown to raise awareness for all aspects of men's health, both physical and mental. To engage in No Shave November, men stop shaving for the whole month of November. Some use the funds they would otherwise spend on grooming to donate to a charity, while others use the grown-out beard as a way to bring awareness to men's health issues.



Similar to No Shave November is a movement known as Movember, where instead of not shaving men will grow a mustache. The goal of both movements is to raise funds and bring attention to men's health issues such as prostate cancer, testicular cancer, colorectal cancer, depression and suicide.

If you see anyone with more beard than usual or a brand new mustache be sure to ask if they're participating this November.

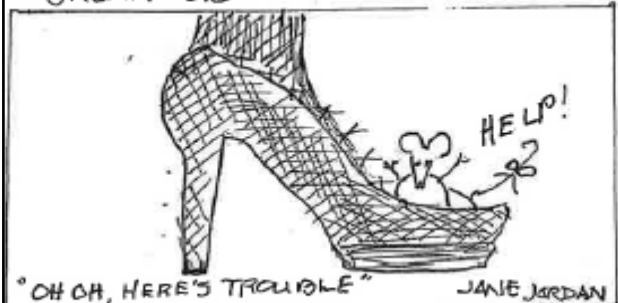
A man who wants you to ask him why he isn't shaving

NEWS FLASH



"WHICH DINING VENUE DO YOU PREFER?"

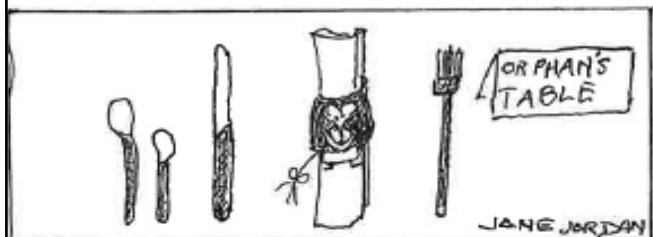
DURING THE GREAT RECONSTRUCTION OF GHA'S FIRST FLOOR, A SIGN ON A TEMPORARY WALL INVITED COMMENTS FROM THE RESIDENTS ON THE NEW BISTRO AND DINING ROOMS, THAT BECAME MY FIRST MOUSE CARTOON. PREVIOUSLY WE HAD SEEN TINY FIELD MICE RUNNING AROUND OUR TEMPORARY BREAKFAST ROOM ATTRACTED BY THE CAFETERIA SELF SERVICE BREAKFASTS.



"OH OH, HERE'S TROUBLE" JANE JORDAN

A MEMORABLE MOMENT OCCURRED WHEN ONE RAN OVER BARBARA'S HIGH HEEL SHOE WHEN SHE ARRIVED FOR BREAKFAST.

AS LIFE SETTLED DOWN, THEY BECAME A REGULAR PART OF G.H.A. DAILY LIFE AND ACTIVITIES. THEY ATTENDED



JANE JORDAN

THANKSGIVING DINNER AS NAPKIN RINGS AND ENJOYED THE LEFTOVERS. AT CHRISTMAS THERE WAS A LIVE MOUSE TREE. "HAPPY HOLIDAYS"



Jane Jordan, Resident



New GHA Residents

Billie Elliott

Billie moved to GHA in September 2024, coming from Vian, Oklahoma, a very small town in Eastern Oklahoma, where she was born and met her husband, Aaron (known as AC).



Billie's first career was as an elementary school teacher and assistant principal. She later worked for the Department of Agriculture, Food and Nutrition Service.

Upon retirement, Billie and Aaron returned to their hometown and the farm that had been Billie's family home.

When her husband died in April 2024, Billie decided to move to GHA to be near family.

Martha Crawley

Martha moved to GHA in February 2024. She grew up in a large family in Montclair,



New Jersey. She claimed the Washington, D.C. area as home after attending college here at Catholic University, where she received her BA and MSLS (Library Science). She later earned her PhD. in history from George Washington University.

Martha worked for the federal government for 30 years. She is a long-time member of Saint Clement Episcopal Church on Quaker Lane, Alexandria. Martha is also a member of the Colored Pencil Society of America and D.C. Arts Studios.

Martha plans to continue with her art projects and church participation, and become involved with the art activities at GHA.

Peggy and Frank Siegel

Peggy and Frank moved to GHA in September 2024. They were colleagues for many years before they married in Carmel, California in 2001. Peggy was a librarian at the University of Wisconsin, and Frank taught biochemistry at its Medical School.

Throughout their marriage, Peggy and Frank enjoyed trekking through Europe, Nova Scotia and many national parks. They bought a home on Sanibel Island on Florida's west coast and spent many winters there away from the cold weather in Wisconsin.

Peggy has two children, a son in Indiana and a daughter in Arlington. She also has three grandchildren. Frank has a son in Texas and a daughter in the San Francisco Bay area. He also has three grandchildren.



Cool Ideas for Fall Dry Air

In the fall, dry air in the home can lead to several health issues. As the weather cools, indoor heating systems often dry out the air, causing dry skin, chapped lips, and irritated eyes. Respiratory problems such as a dry throat, nasal congestion, and aggravated asthma can also arise. The lack of moisture can make the air feel stale and increase static electricity.

To combat these issues, use a humidifier to maintain proper humidity levels, drink plenty of water, and moisturize your skin. Additionally, sealing windows and doors can help reduce drafts and improve indoor air quality.

For more information, contact the Home Health office at 703-824-1390.

Kerri Mai, Goodwin Home Health

Green Team Hints

Don't recycle anything smaller than a credit card. This includes straws, separated bottle caps, coffee pods, plastic cutlery, paperclips, etc. These objects are too small to be sorted and can jam the recycling equipment.

Events: This Week

Lunch & Learn: Signature Theatre

Noon-1 p.m. Saturday, Nov. 16 | Fillmore Lounge

Learn about Signature Theatre, the area's top professional theater from someone with the answers. **David Zobell**, Director of Education, will explain how a play is selected, how artists are engaged and the lowdown on set design. Pick up your lunch in the Bistro.



Ken Hopper, Resident

Shuttle Service to ASO November Concert

7 p.m. Saturday, Nov. 16 | Lobby

A shuttle will be provided to and from the Schlesinger Center for the upcoming Alexandria Symphony Concert (ASO) November concert. Sign-up in the Activities Binder under Community Outings. GHA will not be purchasing the tickets to the orchestra.

Jennifer Bennett, Events Coordinator

BYOConversation: “Got Your Back: Support Systems”

10-10:45 a.m. Monday, Nov. 18 | Fillmore Lounge

Each of us has support systems: people who have our backs, friends who care a lot, professionals who lead us into

good decisions. The Goodwin House supports us in general; its employees support us directly, daily, personally.

Let's discuss our various support systems, explore some interesting questions: What support systems have you had? Who have helped carry the load, find the way, figure it out, make it work? Who cares for your well-being, your emotional stability, your safety? Which personal support systems do we pay for? And which do we receive as gifts of friendship, or citizenship, or shared humanity?

What about our relationships with our support systems? Compensation, appreciation, mutuality, collaboration, tit-for-tat? How do support systems come and go through life stages?

BYOC welcomes you – resident, team member and Priority Club – to join one another in the living room for 45 minutes of friendly, respectful conversations.



Jonathan Bryan, Resident

GHA Blood Drive

9:30 a.m.-3:30 p.m. Monday, Nov. 18 | Auditorium

Thank you in advance to the more than 50 GHA residents and team members who have volunteered to donate at the upcoming blood drive, hosted in

partnership with INOVA Blood Services. We look forward to seeing everyone there!

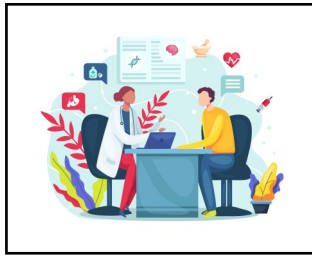


*Michael Stephens,
Resident*

GHA Clinic/Medical Presentation

1-2 p.m. Tuesday, Nov. 19 | Fillmore Lounge

Residents are invited to learn about the medical offerings available at GHA. Join us for a special presentation by



Cathy Farmer, Director of Nursing and Clinical Services, and **Carrie Fowler**, Health Information Manager. If possible, **Dr. Koroma-Nelson** will drop in to introduce herself, as well.

Bring your questions, learn more and feel more comfortably knowledgeable! Open to all residents who would like to know more!



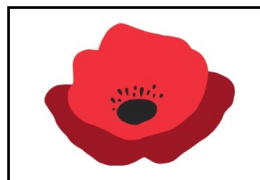
*Judy Bryan,
Hospitality Committee Chair*

Remembrance Day

2:30 p.m. Tuesday, Nov. 19, Choir Rehearsal

3 p.m. Tuesday, Nov. 19 | Auditorium & Channel 973

On Remembrance Day, we remember residents, team members



and their close family who have died in the past year.

All are welcome to attend, including family and friends from outside GHA. Everyone is invited to join the resident and team member choir for a brief rehearsal at 2:30 p.m.



*Bruce Stewart,
Director of Chaplaincy*

Military Women's Memorial

Wednesday, Nov. 20 | Arlington National Cemetery

Departure: 1 p.m., Lobby

Return: 3:30 p.m.

Transportation: \$10

Donation: \$10

In honor of Veterans' Day, we will go to the Military Women's Museum at Arlington National Cemetery. We will visit the Register, as well as the upper terrace, featuring views of the Washington Monument and Arlington Cemetery. We will also see the memorial's newest exhibit, "A Sea of Change: Women on Combatant Ships."

A sign-up sheet is in the Activities Binder under Community Outings. The transportation fee and donation will be charged to residents' GHA account. The bus will be pre-cleared for entrance to Arlington so residents do not have to walk through the regular security clearance center. However, just in case, please bring a current photo ID.



*Karen Thunberg, Resident
Trips and Outings Committee*

Living by Heart

2 p.m. Wednesday, Nov. 20 | Chapel

The theme for our monthly arts and spirituality gathering is “Abundance.” Mae West said: “Too much of a good thing can be wonderful.” Bring a song, poem, story, object, image, or memory to illustrate your thoughts. All welcome.



*Bruce Stewart,
Director of Chaplaincy*



Market Place Annual Holiday Sale

9-11:30 a.m. & 2:30-4 p.m. Thursday, Nov. 21 | Game Room (G1 Promenade)

We have many wonderful holiday items for sale — trees, lights, ornaments, wreaths, figurines and more.

Come on down and catch the spirit of the season.



Dick Wilson, Resident

GHA Bell Ringers Mini Concert

1 p.m. Thursday, Nov. 21 | Auditorium

Our GHA Bell Ringers will perform a mini concert for fellow residents. We invite everyone to join us for this afternoon event.

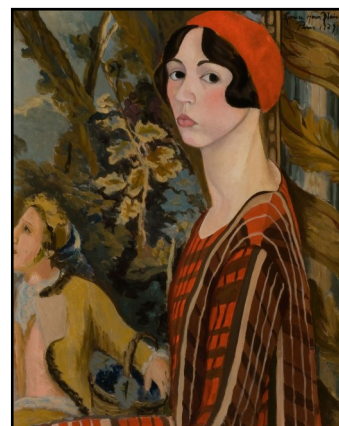


Jennifer Bennett, Events Coordinator

Brilliant Exiles: American Women in Paris, 1900-1939

3-4 pm Thursday, Nov. 21 | Auditorium and CH 973

During the early 20th century, Paris was the destination of choice for talented and independent women who were determined to move beyond the limitations that restricted them at home. As foreigners in a cosmopolitan city, they escaped the societal expectations and constraints of both the U.S. and France. Many used their newfound liberty as an opportunity for self-reinvention and discovery.



Self-portrait, by Louise Heron Blair

The National Portrait Gallery presents portraits of these women in its exhibit, on view until Feb. 23, 2025.

Docent and GHA resident **Dorothy McManus** will present a virtual tour of this exhibit — expect portraits of Gertrude Stein, Peggy Guggenheim, Josephine Baker, Isadora Duncan and others.



Jennifer Bennett, Events Coordinator

NSO Coffee Concert

Friday, Nov. 22 | The Kennedy Center
Departure: 10:30 a.m., Lobby
Return: 2 p.m.
Transportation: \$17
Ticket Price: \$65.50/Mid-Orchestra,
\$27/Tier 2

Join us for the National Symphony Orchestra's performance of Shumann's Piano Concerto and Bruckner's Fourth.

A sign-up sheet is in the Activities Binder under Community Outings. Please remember that signing up for a ticket is just like buying a ticket at the box office. If you are unable to use it, you will still be billed unless you find someone on the waiting list or another resident to take your place.



*Alice Kale, Resident
Trips and Outings Committee*

Volunteers Needed to Pack Food at John Adams ES

1-4 p.m., Friday, Nov. 22 | John Adams Elementary School, 5700 Sagar Ave., Alexandria

Communities in Schools of NOVA, in partnership with the Memorial Chapel, is seeking volunteers to help pack food for local families at the nearby John Adams Elementary School. To volunteer, email **Joyce Suydam** at jmsuydam@verizon.net. We expect to arrange ride sharing for volunteers, so let Joyce know if you'd be willing to drive others to this activity or need a ride.



Memorial Chapel Outreach Committee

Saturday Morning Live

10:30-11:30 a.m. Saturday, Nov. 23 | Auditorium and Channel 973



Saturday Morning Live's next speaker, **Dr. Richard Rubenstein**, has devoted much of his professional life to conflict resolution. He is the former director of George Mason University's Jimmy and Rosalynn Carter School for Peace and Conflict Resolution and has authored 10 books on understanding and resolving social conflicts. He will share his thoughts with us on the challenging topic: "Proxy Wars from Ukraine to Gaza – Is There a Path to Peace?" Who are the proxies? Can our new president find that path? Join us for this stimulating presentation.



Speakers' Forum

Newsworthy

Have you been receiving emails from the GHA Administration? Thirty-one emails were sent last month, covering facility repairs, computer safety, earthquake safety, vaccinations, DEIB, and more. If you would like to receive these emails, please send your name and email address to GHAadministration@goodwinliving.org.

Merrily Wolf, Executive Assistant

Events: Looking Ahead

Field Trip to Smithsonian National Museum of African Art, National Museum of Asian Art

Monday, Nov. 25

Departure: 1:30 p.m., Lobby

Return: 4 p.m., approximately

Costs: Free admission, \$17 transportation fee

Join us for an art museum education experience around two special exhibitions, led by GHA intern and GWU graduate student Emma Fazzini.



The Smithsonian National Museum of African Art (top) and National Museum of Asian Art. Photo credit: Smithsonian Institution.

In response to artwork we see at the museum, a follow-up print-making session will be held the following day, on Tuesday, Nov. 26, during the 10 a.m. Painting and Drawing class for those who are interested.

A sign-up sheet is in the Activities Binder under Community Outings.



*Alison Schroeder,
Creative Arts Coordinator*

Waiter's Table

5:30 p.m. Tuesday, Nov. 26 | Alexandria Dining Room

You've been served by our waiters many times. Now be served *with* a waiter — an opportunity to get to know our team members better in a casual, unhurried atmosphere.

This event will be limited to five residents; all regular menu selections will be available, and dinner will be free of charge. Sign-up in the Activities Binder under Special Activities starting at 10 a.m. Nov. 18.



*Daniel Keiper,
Assistant Director of Dining Services*

Holiday Bazaar

10 a.m.-3 p.m., with gift wrapping 1-3 p.m. Wednesday, Dec. 4 | Auditorium

The annual Holiday Bazaar is back! Come to the Auditorium and do some of your holiday shopping. Some of residents' favorite vendors will be back, along with new vendors selling coffee, tea, soaps and homemade gifts. There will also be a free gift wrapping station from 1 to 3 p.m.



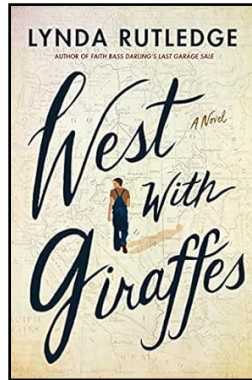
Jennifer Bennett, Events Coordinator



GHA Book Club

The GHA Book Club will not meet in December; the next meeting will be Tuesday, Jan. 21.

In January, we will discuss a work of historical fiction, *West With Giraffes*, by Lynda Rutledge. The author was inspired by newspaper clippings from 1938, which described the story of two giraffes who arrived in New York on a ship that had weathered a severe hurricane.



We are fortunate to be able to borrow 10 to 12 copies of the book from the Fairfax Library system. If you would like to borrow a copy **and** come to the January meeting, you can sign up in the Activities Binder on the Book Club page starting Nov. 12. When the books arrive in mid-December, they will be placed in your GHA mailbox. If you will be reading your own copy of the book, or using Kindle or Talking Books, check under the Meeting column on the sign-up sheet. New readers are always welcome!

Natalie Rooney and Sande O'Keefe,
Residents



Around Alexandria

Volunteers Sought for Wakefield HS Career Panelists Program

Would you like to be a panel member for the 9th-12th grade career exploration program at Wakefield High School? Career awareness connects students to the real world and helps students make informed decisions. It can also boost confidence and foster motivation for school work.

The career panel days are determined by panelist availability. These panels are usually after school from 3:15 to 4:30 p.m. Most likely, residents would be one of three panelists, each speaking for about 10-15 minutes about their career highlights. Students ask questions following the presentations.

Interested residents should contact **Shirley Bloomquist** at 703-307-3994 or bloomquist.shirley@gmail.com with the following information: Name, contact details, general career area/field and career title (be as specific as possible).

Shirley A. Bloomquist,
Resident



Fall 2024 Directory Now Available in Print

The Fall 2024 version of the directory is now available in print. Residents will receive a paper copy this week via their mailboxes.



Residents
Directory

To see the team member and resident directories online, log in to Uniguest and click on the icons (pictured at right). You can search for individuals based on their names, apartment numbers, phone numbers, emails and job titles.



Team
Members
Directory

To update your information, contact **Lauren Budik** in Life Enrichment at 703-824-1004 or lbudik@goodwinliving.org. The next issue of the Directory will be printed in the spring.

*Lauren Budik,
Communications Coordinator*

COVID-19 Numbers

Cases as of Nov. 13, 2024

Independent Living: 0

Assisted Living: 0

Small Houses: 0

Team Members: 1

Dick's Teaser Solutions

What is represented is the expression "outnumbered three to one."

Dick Pellerin, Resident

Cancelations

The following regularly scheduled events have been canceled:

Monday, Nov. 18

3:00: Environmental Services
Committee Meeting

4:00: Happy Hour

Tuesday, Nov. 19

11:00: Bible Study

3:00: By Hand: Creative Writers Group

3:00: Assisted Living Birthday Party &
Music with Jesse

3:00: Assisted Living By Hand:
Creative Writers Group

Wednesday, Nov. 20

9:30: Aqua Fun

10:30: Small House Music and
Movement

11:00: Art with Alison

Thursday, Nov. 21

2:00: Dining Services Committee
Meeting

The Weekly Schedule

Sunday, Nov. 17, 2024—Sunday, Nov. 24, 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 at www.gh-a.org

Sunday, Nov. 17

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

The Band Wagon (1953), NR, Musical/Comedy, 1h 52m. Cast: Fred Astaire, Cyd Charisse, Oscar Levant. An aging movie star uncertain of his future teams up with a top ballerina to headline a new Broadway musical, but the pretentiously artistic goals of its director threaten to change it beyond recognition.

Monday, Nov. 18

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (POOL)
- 9:30: Blood Drive (AUD) (See page 8.)
- 10:00: BYOConversation: “Got Your Back: Support Systems” (LR) (See page 8.)
- 10:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)

- 10:00: Trail Blazers — Roosevelt Island (LBY, Sign-up Required)
- 11:00: Just Dance Class (GX)
- 12:00: German Conversation Table (Bistro Table 11)
- 1:00: Beginning Line Dancing (GX)
- 3:00: Environmental Services Committee — Canceled**
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Happy Hour (FL) — Canceled**
- 4:30: Happy Hour/Meet & Greet New Residents (LR)

Tuesday, Nov. 19

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Strength & Stretch Class (GX & CH 971)
- 9:30: Credit Union Open (PR)
- 10:00: Painting and Drawing (AS)
- 10:00: Behind-the-Scenes Kitchen Tours (BST)
- 10:00: Seated Strength (GX & CH 971)

- 10:00: Bus to Giant Food (Lobby, Sign-Up Required)
- 10:00: Facilities Committee (RCR)
- 11:00: Bible Study — Canceled**
- 11:00: Movie Committee (BR)
- 1:00: GHA Clinic/Medical Presentation (FL) (See page 9.)
- 1:00: Art & Sound Meditation (RCR)
- 1:15: Total Brain Health Program (GX)
- 1:30: Mah Jongg (LR)
- 2:00: Resident Health Services Committee (FL)
- 2:00: Wii Bowling (GX)
- 2:00: Movie: *Marnie* (CH 972)

Marnie (1964), PG, Crime/Romance, 2h 10m. Cast: Tippi Hedren, Sean Connery, Martin Gabel. Mark marries Marnie although she is a habitual thief and has serious psychological problems, and tries to help her confront and resolve them.

3:00: By Hand: Creative Writers Group — Canceled

- 3:00: Remembrance Day (AUD & CH 973) (See page 9.)
- 4:30: Advanced Tai Chi (GX)
- 7:30: Bingo (AUD)

Wednesday, Nov. 20

- 9:00: Fun & Fitness (GX & CH 971)

- 9:30: Aqua Fun — Canceled**
- 9:30: Market Place Accepts Donations (MP)
- 10:00: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)
- 10:00: StrongerMemory (FL)
- 10:30: Farm Animal Visits (CTY & AUD)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company: *Polar Explorations* (CH 972)
- Lecture 13 — *The Race for the South Pole*
- Lecture 14 — *Geological Features of Antarctica*
- 12:00: Director's Dutch Lunch: **Daniel Keiper** (BST)
- 1:00: Military Women's Memorial Trip (LBY, Sign-up Required) (See page 9.)
- 2:00: Hospitality Committee (RCR)
- 2:00: Living by Heart (CHP) (See page 10.)
- 2:00: Pickleball (GX)
- 3:00: Town Hall (AUD-ABC & CH 973) (See page 2.)
- 4:00: Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)

Thursday, Nov. 21

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Strength & Stretch Class (GX & CH 975)
- 9:00: Market Place Annual Holiday Sale (GR) (See page 10.)
- 9:00: Chess (LR)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Ceramics (AS)
- 10:30: Green Team Committee Meeting (AR)
- 11:00: Scripture, Songs & Prayers (AUD & CH 973)
- 11:00: Teaching Company: *Polar Explorations* (CH 972) (See page 16.)
- 11:00: Wii Bowling (GX)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: GHA Bell Ringers Choir (AUD-B)
- 1:00: Low Vision Support Group (BR)
- 1:00: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)
- 1:00: Technology Committee (RCR)
- 1:15: Total Brain Health Program (GX)
- 1:30: Shanghai (LR)
- 2:00: Dining Services Committee — Canceled**

- 2:00: Knitters and Crocheters (CHP)
- 2:00: Uniguest Workshop (FL)
- 2:00: Open Studio (AS)
- 2:15: Advanced Line Dancing (GX)
- 2:30: Market Place Annual Holiday Sale (GR) (See page 10.)
- 3:00: GHA Players Meeting (RCR)
- 7:15: Movie: *The Catcher was a Spy* (CH 972)

The Catcher was a Spy (2018) Biography/Drama, R, 1h 34m. Cast: Paul Rudd, Pierfrancesco Favino, Tom Wilkinson. Former Major League Baseball player Moe Berg goes undercover in World War II Europe for the Office of Strategic Services.

Friday, Nov. 22

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Fun & Fitness (GX & CH 975)
- 10:00: Replay of Thursday Movie: *The Catcher was a Spy* (CH 972)
- 10:00: Vendor: Harun's African Art and Jewelry (CC)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 10:30: NSO Coffee Concert (LBY, Sign-up Required) (See page 11.)
- 1:30: Shanghai (LR)
- 2:00: Quilting Bees (BR)

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

4:00: Happy Hour (FL)

4:30: Advanced Tai Chi (GX)

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

Saturday, Nov. 23

8:15: Classical Stretch (GX)

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

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

10:30: Saturday Morning Live: **Dr. Richard Rubenstein** (AUD & CH 973)
(See page 11.)

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

3:00: Weekend Wii Bowling (GX)

7:15: Movie: *Red Rock West* (CH 972)

Red Rock West (1993), R, Comedy/Crime, 1h 38m. Cast: Nicolas Cage, Dennis Hopper, Lara Flynn Boyle. Upon arriving to a small town, a drifter is mistaken for a hitman, but when the real hitman arrives, complications ensue.

Sunday, Nov. 24

8:15: Classical Stretch (GX)

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

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

6:30: Movie: *McCabe and Mrs. Miller* (CH 972)

McCabe and Mrs. Miller (1971), R, Drama/Western, 2h. Cast: Warren Beatty, Julie Christie, Rene Auberjonois. A gambler and a prostitute become business partners in a remote Old West mining town, and their enterprise thrives until a large corporation arrives on the scene.

Richmond & Dominion Schedule

Sunday, Nov. 17

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

6:30: Movie: *The Band Wagon* (CH 972)
(See page 15.)

Monday, Nov. 18

9:30: Aqua Fun (POOL)

9:30: Blood Drive (AUD) (See page 8.)

- 10:00: BYOConversation: “Got Your Back: Support Systems” (LR)
(See page 8.)
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 11:00: Just Dance Class (GX)
- 12:00: German Conversation Table
(Bistro Table 11)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Happy Hour (FL) – Canceled**
- 4:30: Happy Hour / Meet & Greet New Residents (LR)
- 6:00: Game Night (RAR)

Tuesday, Nov. 19

- 10:00: Seated Strength (GX & CH 971)
- 10:00: Facilities Committee (RCR)
- 11:00: Bible Study – Canceled**
- 11:00: Movie Committee (BR)
- 1:00: GHA Clinic/Medical Presentation (FL) (See page 9.)
- 1:00: Art & Sound Meditation (RCR)
- 1:15: Total Brain Health Program (GX)
- 1:30: Mah Jongg (LR)
- 2:00: Resident Health Services Committee (FL)
- 2:00: Movie: *Marnie* (CH 972)
(See page 16.)

- 3:00: Birthday Party & Music with Jesse – Canceled**
- 3:00: By Hand: Creative Writers Group – Canceled**
- 3:00: Mocktail Happy Hour (RDR)
- 3:00: Remembrance Day (AUD & CH 973) (See page 9.)
- 7:30: Bingo (AUD)

Wednesday, Nov. 20

- 9:30: Aqua Fun – Canceled**
- 10:00: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)
- 10:30: Farm Animal Visits (CTY & AUD)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company: *Polar Explorations* (CH 972) (See page 16.)
- 1:00: Military Women's Memorial Trip (LBY, Sign-up Required) (See page 9.)
- 2:00: Living by Heart (CHP)
(See page 10.)
- 3:00: Town Hall (AUD-ABC & CH 973) (See page 2.)
- 4:00: Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)

Thursday, Nov. 21

- 9:00: Market Place Annual Holiday Sale (GR) (See page 10.)
- 9:00: Chess (LR)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Ceramics (AS)
- 10:30: Green Team Committee Meeting (AR)
- 11:00: Scripture, Songs & Prayers (AUD & CH 973)
- 11:00: Teaching Company: *Polar Explorations* (CH 972) (See page 16.)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: GHA Bell Ringers Choir (AUD-B)
- 1:00: Low Vision Support Group (BR)
- 1:00: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)
- 1:00: Technology Committee (RCR)
- 1:15: Total Brain Health Program (GX)
- 1:45: Music Therapy with Abby (DDR)
- 2:00: Dining Services Committee – Canceled**
- 2:00: Uniguest Workshop (FL)
- 2:00: Open Studio (AS)
- 2:30: Market Place Annual Holiday Sale (GR) (See page 10.)

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

7:15: Movie: *The Catcher was a Spy* (CH 972) (See page 17.)

Friday, Nov. 22

- 10:00: Replay of Thursday Movie: *The Catcher was a Spy* (CH 972) (See page 17.)
- 10:00: Vendor: Harun's African Art and Jewelry (CC)
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)
- 10:30: NSO Coffee Concert (LBY, Sign-up Required) (See page 11.)
- 2:00: Movie Matinee (RAR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Happy Hour (FL)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, Nov. 23

- 9:30: Pop-up Technology Assistance (LBY)
- 10:30: Saturday Morning Live: **Dr. Richard Rubenstein** (AUD & CH 973) (See page 11.)
- 2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 3:00: Weekend Wii Bowling (GX)

7:15: Movie: *Red Rock West* (CH 972)
(See page 18.)

Sunday, Nov. 24

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: *McCabe and Mrs. Miller*
(CH 972) (See page 18.)

Small Houses Schedule

Sunday, Nov. 17

9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
11:30: Chaplain Visits (SH-A)
1:30: The Giving Tree (OQ)
3:00: Open Recreation/ Strength &
Stretch Chair Exercise (CH 971)
6:30: Movie: *The Band Wagon* (CH 972)
(See page 15.)

Monday, Nov. 18

9:30: Blood Drive (AUD) (See page 8.)

10:00: BYOConversation: “Got Your
Back: Support Systems” (LR)
(See page 8.)

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

10:30: Seated Exercise (OQ)

11:00: Small House Bell Choir (RP)

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

2:30: Tea Party (MH)

3:00: Volunteer Visits (SH-All)

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

4:00: Happy Hour (FL)

Tuesday, Nov. 19

10:00: Seated Strength (GX & CH 971)

11:00: Bible Study — Canceled

11:00: Outdoor Club (SH-All)

1:00: GHA Clinic/Medical
Presentation (FL) (See page 9.)

2:00: Garden Thyme (MH)

2:00: Resident Health Services
Committee (FL)

2:00: Movie: *Marnie* (CH 972)
(See page 16.)

3:00: Remembrance Day (AUD &
CH 973) (See page 9.)

4:00: Individual Visits (JA)

6:30: Music Therapy with Abigail (OQ)

Wednesday, Nov. 20

10:00: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)

10:30: Music and Movement — Canceled

10:30: Farm Animal Visits (CTY & AUD)

11:00: Art with Alison — Canceled

11:00: Prayer Group (CHP)

11:00: Teaching Company: *Polar Explorations* (CH 972) (See page 16.)

11:00: Visits with Miranda (SH-All)

12:00: Director's Dutch Lunch: **Daniel Keiper** (BST)

1:00: Military Women's Memorial Trip (LBY — Sign-Up Required) (See page 9.)

2:00: Exercise with Christie (MH)

2:00: Living by Heart (CHP) (See page 10.)

2:30: Brain Games: Name That Classic Tune (CH 971)

3:00: Music Therapy with Abby (OQ)

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

4:00: Happy Hour (FL)

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

6:30: Games with Ted (OQ)

Thursday, Nov. 21

9:00: Market Place Annual Holiday Sale (GR) (See page 10.)

9:00: Chess (LR)

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

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

11:00: Teaching Company: *Polar Explorations* (CH 972) (See page 16.)

12:00: Chaplain Visits (SH-A)

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

1:00: Low Vision Support Group (BR)

1:00: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)

2:00: Dining Services Committee — Canceled

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

2:30: Market Place Annual Holiday Sale (GR) (See page 10.)

2:45: Resense Register Reading (OQ)

3:00: Volunteer Visits (SH-All)

7:15: Movie: *The Catcher was a Spy* (CH 972) (See page 17.)

Friday, Nov. 22

- 10:00: Replay of Thursday Movie: *The Catcher was a Spy* (CH 972)
(See page 17.)
- 10:30: News Discussion Group (SN)
- 10:30: NSO Coffee Concert (LBY,
Sign-up Required) (See page 11.)
- 12:00: Director's Lunch with **Derek Campbell** (MH)
- 2:30: Leaf Collage (CTY)
- 3:00: Music Therapy (WL)
- 3:30: Seated Meditation (CHP &
CH 974)
- 4:00: Happy Hour (FL)
- 4:30: Jewish Sabbath Service of
Comfort & Healing (CH 971)
- 8:00: Evening Check-in (SH-A)

Saturday, Nov. 23

- 9:30: Pop-up Technology Assistance
(LBY)
- 10:30: Dog Visits (SH-A)
- 10:30: Saturday Morning Live: **Dr.
Richard Rubenstein** (AUD & CH 973)
(See page 11.)
- 2:00: Open Recreation/ Strength &
Stretch Chair Exercise (CH 971)
- 3:00: Music with Barbara (OQ)
- 7:15: Movie: *Red Rock West* (CH 972)
(See page 18.)

Sunday, Nov. 24

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Can You Picture It (OQ)
- 3:00: Open Recreation/Strength &
Stretch Chair Exercise (CH 971)
- 6:30: Movie: *McCabe and Mrs. Miller*
(CH 972) (See page 18.)

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