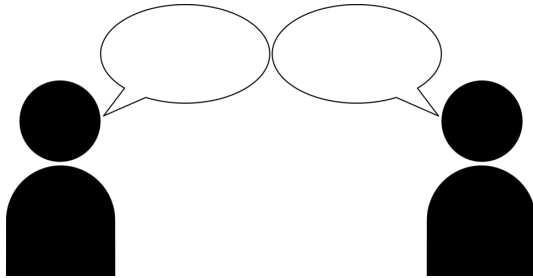




May 10, 2025

4800 Fillmore Avenue, Alexandria, VA 22311

Resident Mentorship Program



“Sign me up!” That’s how one eager resident responded when she heard about the Mentorship Program. Goodwin Living’s Foundation-sponsored internship program hosts student interns in many departments and pairs each with a resident mentor. They get to know one another, talk about milestones in life, and share their Goodwin Living experiences. It’s just about some quality time in friendly conversation with a young person. It is often reported to be the highlight of the intern’s experience. They love us!

We are grateful to have attracted several mentors here at GHA but are also hoping to recruit more for the upcoming summer term. Mentors meet with interns once a week for 35-45 minutes over 8-10 weeks. Vacations can be ac-

commodated if they are less than two weeks. Catie Ramos, the new Team Member Engagement and Outreach Manager of Goodwin Living, is the leader of this program and provides a helpful orientation to new mentors.

Quotes from previous mentors:

“I learned so much!”

“I was inspired by their optimism.”

Feel free to ask recent mentors about their experience. They include Khacki Berry, Jim Bradley, Dale Brown, James and Sheila Hoben, Susan Kernan, Jill and Carl Miller, and Betty Wallace.

For more information, please contact:

Pat Gottemoeller

GHA Resident Mentorship Liaison

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 pm 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.

Announcements

Hurricane Preparedness Month

May is National Hurricane Preparedness Month. This is an opportunity to prepare for hurricane season, which runs from June through September. In the Safety, Security, and Emergency Planning section of your Resident Handbook, we review what you should do for resident emergency planning and a weather emergency.



Team members regularly have live training scenarios or workshop drills to review what team members should do. These drills include checking generators, food and water supplies, and medical supplies as well as planning for essential team members to stay onsite to ensure continuous care for our residents.

Merrily Wolf, Executive Assistant

Administrative Staff Off on Monday, May 26th, for Memorial Day

In celebration of Memorial Day, Goodwin House administrative staff will have Monday, May 26th, off. The Fillmore Market, CVS, and the Beauty Salon will be closed. The transportation team also is unavailable on that day.

Movie Committee Looking for More Members!

Did you know the movies shown at GHA are selected through our Movie Committee? Do you like movies and want to help choose the monthly movies? If so, please join the Committee, which meets the third Tuesday of each month at 11:00am in the Bishops Room. Come with movie titles that you would like the committee to vote on.

Jennifer Bennett, Events Coordinator

Miscellany on the Move

The next quarterly *Miscellany* issue will be published in June 2025. Please send your stories, poems, cartoons, etc., to Anita Lancaster by May 15th 2025. Electronic submissions are preferred, but we accept print and handwritten submissions as well.

Miscellany is a quarterly publication that showcases residents' writings. It is a publication written and edited by residents with the wonderful support of the Life Enrichment office.

The June 2025 *Miscellany* will be the magazine's 92nd issue. The first issue was published in July 1998. To find past issues, use the *Miscellany* section of our Community App, Uniguest, or see print copies in two binders on the left side of the Library Annex (next to the newspaper area near the Bistro).

Anita Lancaster, Resident

June 17th Primary Election & Caucus Information



The Democratic party will hold a primary election on June 17th for Lieutenant Governor and Attorney General.

Anyone can vote in this primary regardless of party affiliation. There is no Republican primary election.

GHA's polling place is in the Auditorium at The View Alexandria. Polls are open from 6:00am-7:00pm. GHA will run a circuit bus from 10:00am-2:00pm.

If you requested a permanent absentee ballot for the primary, it was mailed on May 2nd. You must re-register to vote if you have moved, including permanently changing apartments within Goodwin House, since you last voted. You do not need a witness to an absentee ballot. For sample ballots and more information, go to the Residents' Business Center. For help, contact any GHA Voting Aide listed there.

Deadlines:

- Early voting in person ends June 14.
- Register to vote or update your registration by May 27 at 5:00pm to cast a regular ballot. Registering after that date will require casting a provisional ballot.
- Mailed absentee ballots can be requested until June 6th at 5:00pm.

- Absentee ballots can be submitted until June 18th at 7:00pm.

Laura Lawson, Resident

New Communications Coordinator Sam Echols

Sam Echols has joined the Goodwin House Alexandria team as the new Communications Coordinator and Program Assistant.



She grew up in Virginia, received a degree in creative writing from Virginia Tech, and has been a writer and communications professional for 12 years.

On weekends, you can find her photographing weddings and portraits, reading, or spending time with her two cats. As an avid birder, she has photographed birds all around the world, including in South Korea, Malaysia, Iceland, Germany, Belgium, Spain, Portugal, Ireland, Scotland, and England.

She has spent the last two years living in the U.K. and was there to celebrate Queen Elizabeth II's Platinum Jubilee, which marked the 70th year of her reign, as well as King Charles III's coronation following the queen's death. Sam's daughter was born in Oxford in 2023 and is enjoying spending more time with her grandparents now that the family has moved back to the U.S.

Kim Butler, Director of Life Enrichment

May is Better Hearing and Speech Month!

Better Hearing and Speech Month is observed in May each year to increase awareness about communication disorders and hearing health. The goal of this month is to encourage everyone to learn about the signs of such challenges in order to take action if needed.

Many of us take communication for granted, but speaking, hearing, and being able to care for ourselves are essential to daily life. For those with communication or cognitive challenges, even simple interactions can be difficult. This is where our speech-language pathologist (SLP) can help! An SLP can identify your therapy needs and develop treatment goals that are specific to you.

If you or your loved one are having trouble in any of the following areas, contact the rehab department to see how we can help.

- ◇ Word finding ◇ Following
- ◇ Memory ◇ Directions
- ◇ Speech/ ◇ Swallowing
- Language ◇ Reading
- ◇ Comprehension ◇ Voice
- ◇ Safety ◇ Orientation

Location: G1 Rehab Office

Phone: (703) 824-1244

Meredith Kotoski, SLP

Connie Lee, Director of Rehabilitation

Welcoming Dermatologist Dr. Bray



Goodwin House Alexandria is pleased to welcome Dr. David Bray, a board-certified dermatologist, to our community. Dr. Bray earned his medical degree from the

Ponce School of Medicine in Ponce, Puerto Rico, and completed his dermatology residency through the National Capital Consortium at Walter Reed Army Medical Center and Bethesda Naval Medical Center. He proudly served as a physician in the U.S. Army for eight years. During his military service, he was also part of the teaching staff for dermatology residency programs.

Dr. Bray has been in private practice, where he has earned numerous accolades. His honors include the Doctor's Choice Award for "Top Dermatologists" in the Northern Virginia and D.C. area as well as recognition as a "Top Doc" by *Washingtonian Magazine*, *Arlington Magazine*, and Northern Virginia Top Docs - awards based on peer nominations.

We look forward to offering appointments with Dr. Bray in the near future.

Barbara D'Agostino, Executive Director

Around GHA



Trivia Night Winners

From the left: seated—Sharon Atherton and Betty Schepps; standing—Julie Lineberry, George Walser, Peter Junghans, and Stephanie Reed.

There were four categories: What I Learned in School, Virginia Lore, Our Neighbor to the North, and Musical Excerpts from TV Shows and Classical Music. Congratulations to all participants for making it a very enjoyable evening.

The Trivia Committee

2025/2026 ASO Concert Series Shuttle

GHA will be providing the shuttle to and from the Schlesinger Center for the upcoming 2025/2026 schedule—James Ross' Final Season. The shuttle will be available for all five of the Saturday ASO programs. Residents will need to purchase their own tickets.

Jennifer Bennett, Events Coordinator

Link of the Week

Kitten Rescue Cat Cam Powered by Explore.org

This private room at Kitten Rescue Sanctuary in Los Angeles



is the perfect place to watch tiny kittens eat, play, learn, and grow. Watch live and learn more about these kittens.

[Kitten Rescue Cat Cam | Explore.org](https://www.explore.org/kitten-rescue-cat-cam)

The Green Team

Green Team Hints

Be sure to use the correct bin in the Trash Room. If you're not sure something should go in recycling, put it in the trash chute so it won't contaminate a whole load of recyclables. Check posted instructions for items to be picked up, not placed in the trash chute.

The Green Team

In Memoriam

SALLY CACHERIS

May 2, 2025

REBECCA "BECKY" DAVIES

May 4, 2025

This Week's Events

Environmental Film "Earthshot Report 2024"



Monday, May 12th, 7:15pm
CH 972

The Earthshot Report is the definitive review of the progress we have made in protecting and restoring our planet in 2024. It showcases global progress toward environmental solutions, highlighting successful initiatives and inspiring innovations across the five Earthshots: Fix Our Climate, Protect and Restore Nature, Build A Waste-Free World, Revive Our Oceans, and Clean Our Air. The report, introduced by HRH Prince William and hosted by Hannah Waddingham, features stories of previous Earthshot finalists and winners, demonstrating the collective impact of these solutions.



The Green Team

Dick's Teaser

There are ten parts of the human body with names that are exactly three letters long. Can you name them? (No slang terms allowed!)

See page 19 for the solution.

Dick Pellerin, Resident

Art Talk with Dorothy McManus: Portraits of American Writers

Tuesday, May 13th, 3:00pm
Auditorium and CH 973

The Smithsonian's National Portrait Gallery downtown holds many portraits of writers from the great field of American Literature, only a fraction of which can be on exhibit at any one time. Docent and GHA resident Dorothy McManus will present a virtual tour of a small sample from this collection, from the country's early days to our own times. It's not American Lit 101 all over again! Just a look at some you'll know well and others perhaps not.



Jennifer Bennett, Events Coordinator

Evening Concert with the Friday Morning Music Club

Tuesday May 13th, 7:30pm
Auditorium and CH 973

The Friday Morning Music Club (FMMC) will present a concert on May 13th at 7:30pm featuring music by composers from the Romantic Era: Max Bruch and Johannes Brahms. The music by Bruch is a concerto in three movements for viola, clarinet, and piano and has beautiful, lyrical melodies. The soaring, four-movement quintet by Brahms features a string quartet as well as piano and is one of the most popular works of chamber music by Brahms.



Jennifer Bennett, Events Coordinator

Family Support Group

Tuesday, May 13th, 12:00-1:00pm
Virtual

Topic: Caregiver Stress & Concerns

Hilary Wurzbach will hold Lunch and Learn sessions for family members who are caregivers. These sessions will run through the summer and early fall. Please contact Hilary Wurzbach for a link to the meeting. She can be reached at 703-824-1195 or hwurzbach@goodwinliving.org.

The Caregiver Support Group, held on the fourth Wednesday of every month, will pause until November while Hilary facilitates these groups.

*Monica Hutchins-Thomas,
Director of Social Work*



End of Life Series Part 3

Wednesday, May 14th, 2:00pm
Auditorium

In “The Emotional and the Practical,” Leeza Sanderson, LCSW, will present the Goodwin Living Bereavement Services, which support families and friends who have experienced a loss.

Attorney Kimberly Fiske will address some of the legal processes that occur following a death.

Goodwin House Alexandria will provide a workbook of all the details that need to be attended to in the days and months after someone dies.

*Monica Hutchins-Thomas,
Director of Social Work*



StrongerMemory Weekly Group

Wednesdays, 10:00am-11:00am
Fillmore Lounge

Wednesday, May 14th—Topic: Sleep & Brain Health

Wednesday, May 21st—**Session Canceled**

Interested in getting started? Join one of our weekly groups to receive your complimentary StrongerMemory workbook, or contact Ellie Pettoni, Brain Health Coordinator, at epettoni@GoodwinLiving.org or 703-578-7211 to request your copy.



Ellie Pettoni, Brain Health Coordinator

“The Great Plains of the U.S.” Exhibition of Photographs by Gary Anthes

May 14th-June 24th

Reception: Friday, May 16th, 4:00pm
Small House Gallery

Resident Gary Anthes will be exhibiting work from his photography series,

The Great Plains of the U.S., at the Small House Gallery. Please join us for the reception!



Alison Schroeder,

Creative Arts Coordinator



Popup Dash Bus/Metro Trip National Building Museum

Thursday, May 15th

Departure: 12:10pm | Return: 3:45pm

Entrance: \$7 (Purchase own ticket upon arrival)

Join us to view an exhibit of Frank Lloyd Wright's South-western Pennsylvania projects from the 1930s-1950s; the Capital Brutalism architecture exhibit view of seven polarizing D.C. buildings, including the FBI building and the Hirshhorn alongside artists' reimaginings of these buildings; Brick City - iconic world architecture constructed from Legos; and more. This is an on-your-own, self-led exploration of the museum's exhibits.

Participants must have a SmarTrip card with money on it and a charged cellphone. The group will meet in the lobby, walk down the hill to the bus stop, ride to the Pentagon Metro Station, and travel on to the museum. Plan to spend about an hour in the museum before coming back via the Metro and bus. The cost is \$1.10 each way.

A signup sheet will be available Monday, May 12, at 10:00am.



Karen Thunberg, Resident

Spring Semiannual Meeting

Thursday, May 15th, 3:00pm

Auditorium

Come meet Goodwin Living CEO and President Rob Liebreich and Goodwin Living Board of Trustees Chair C.C.



Clark during the Spring Semiannual meeting. Rob and C.C. will come to GHA to share the latest exciting Goodwin Living developments. Come welcome them and learn more about the larger Goodwin Living organization.



*Yolanda Richardson
Executive Assistant*

Free Refresher Bridge Lessons

Thursdays Starting May 15th, 1:15pm
Location TBD

For people who have played bridge in the past and would like to feel more confident in resuming playing bridge, I am offering four 1½-hour weekly sessions focused on Goren bidding. We will meet on Thursdays unless the majority prefers another day. To register, call Peggy Errington at 703-824-1375, or cell 571-689-2359. We will start when we have four students. I am also open to people who would like to repeat the course.



Peggy Errington, Resident

GHA Encore Chorale Spring Concert

Friday, May 16th, 11:00am
Auditorium

Your own in-house choir is looking forward to singing for you, so please join us for some more songs from our Encore Répertoire, plus two surprise items we know will please you all. All you have to do is BE THERE.



Kathleen Dunn, Resident

Cousins Lobster Truck

Friday, May 16th, 12:00pm-3:00pm
Rear Lobby Entrance

The warmer weather means it's the perfect time for a lobster roll! Cousins Lobster Truck will be returning on Friday to the GHA rear lobby entrance. They offer a variety of delicious foods, such as lobster rolls, lobster or shrimp tacos, clam chowder, lobster bisque, and much more! Prices range from \$17-25 for entrees. No cash will be accepted.



*Alex Freiman,
Registered Dietitian*

Lunch & Learn Noon Concert

Saturday, May 17th, 12:00pm
Auditorium

NSO Principal Second Violin, Marissa Regni, is returning for another Lunch & Learn noontime concert. She will be playing a mix, from energetic Veracini and lyrical Messenet to soulful Rachmaninoff and upbeat Davies. Hear music that takes you from opera to coffee beans. Marissa will explain the "coffee beans" reference. She will talk about the orchestra and looks forward to your questions.

A graduate of the Eastman School of Music, Regni received her bachelor's and master's degrees and was awarded



the school's prestigious Performer's Certificate in Violin. Before coming to the NSO, Regni was a member of the St. Louis Symphony, where she served as Assistant Principal Second Violin. Regni is a member of the critically acclaimed Manchester String Quartet and is a founding member of the Kennedy Center Chamber Players. Regni will be the NSO's featured soloist in April 2026, playing Jacques Loussier's Concerto for Violin and Tabla in a subscription series.

Regni has a strong passion for educational concerts. She has been the co-creator and host of the NSO's Young People's Concerts since 2014.

Come with lunch, or come without!



Mark Raabe, Resident

Sick? Call the Clinic for No-Fee Food Delivery

If you're ill, you can call the Health Care Clinic at 703-824-1003/1283 and ask them to have food sent to your residential living apartment. You need to place the call several hours ahead of time; for breakfast, you can call the evening before. There is no delivery fee if the Clinic places the order. This is a temporary service while you are ill. When you are finished eating, let the Clinic know and they will have the tray picked up. Do not leave the tray in the hall outside of your apartment.

Laura Lawson, Resident

Next Week's Events

SAVE THE DATE

Your Mind Matters: Monthly Brain Health Talk Series

Wednesday, May 21st, 1:00pm-

2:00pm

Resident Conference Room

This Month's Topic: Cognitive Stimulation: Fuel for a Healthier Brain

We'll explore how mental engagement through learning, creativity, and problem-solving helps keep the brain active, adaptable, and resilient. From reading and puzzles to trying new skills and creative activities, you'll discover simple ways to stimulate your mind and support lifelong cognitive wellness.



Ellie Pettoni,
Brain Health Coordinator

Dietitian Dishes

If beauty is in the eye of the beholder, then portion size is in the stomach. Lately, we've been hearing a variety of feedback about the meals: Some say they are too small; others say they are too large. Maybe some of you even think they are just right! The best way to ensure you are getting a portion size you feel comfortable with is by communicating with the servers.

There's even a place on the menu to check off your preferred portion size. There is no difference in price between the sizes, and our goal is for you to be comfortable with what you are receiving. Please let us know how we can serve you best. If you have any questions or concerns, please do not hesitate to reach out to Alexandra Freiman at 703-824-1263 or afreiman@goodwinliving.org.

Alexandra Freiman,
Dietitian

Did You Know?

If you or your family members would like to get the *Gazette* via email on Fridays, contact the *Gazette* at gazette@goodwinliving.org.

Viruses

Cases as of May 2, 2025

COVID-19: Team members: 0

Residents: 1

Influenza: 0

Pfizer Covid vaccines now available at CVS pharmacy located in G-1.

Contact Jen at 703-820-1061.

Emma Okul, Infection Preventionist

Event Reminders

Saturday Morning Live

Saturday, May 10th, 10:30-11:30am

Auditorium and CH 973

Topic: U.S. Department of Housing and Development Services

Environmental Film

“Earthshot Report 2024”

Monday, May 12th, 7:15pm | CH 972

Art Talk with Dorothy McManus:

Portraits of American Writers

Tuesday, May 13th, 3:00pm

Auditorium and CH 973

Evening Concert with the Friday

Morning Music Club (FMMC)

Tuesday, May 13th at 7:30pm

Auditorium

Family Support Group

Tuesday, May 13th, 12:00pm | Virtual

Contact Hilary Wurzbach to sign up at 703-824-1195

or hwurzbach@goodwinliving.org

End of Life Series Part 3

Wednesday, May 14th, 2:00pm

Auditorium

“The Great Plains of the U.S.” Exhibition of Photographs by Gary Anthes

Wednesday, May 14th—June 24th

Reception: Friday, May 16th, 4:00pm

Small House Gallery

Free Refresher Bridge Lessons

Thursday, May 15th, 1:15pm

Popup Dash Bus/Metro Trip

National Building Museum

Thursday, May 15th

Departure: 12:10pm | Return: 3:45pm

Entrance: \$7 (Purchase own ticket)

Spring Semiannual Meeting

Thursday, May 15th, 3:00pm

Auditorium

Resident Seminar:

Walks with “The Rambler”

Thursdays, May 15th—29th, 2:00pm

Fillmore Lounge

Signup required only if you have not done so already. (The original signup sheet is back in the Activities Binder.)

GHA Encore Chorale Spring Concert

Friday, May 16th, 11:00am

Auditorium

Lunch & Learn Noon Concert

Saturday, May, 17th, 12:00pm

Auditorium

Cancelations

Music Therapy with Abby — Canceled

Monday, May 12th, Tuesday, May 13th, & Wednesday, May 14th

Small House Bell Choir — Canceled

Monday, May 12th

BYOConversation — Canceled

Monday, May 12th

Seated Exercise — Canceled

Tuesday, May 13th

Music and Movement — Canceled

Wednesday, May 14th

Resident Activities Committee (RCR) — Canceled

Wednesday, May 14th

Music Therapy: Individual Sessions — Canceled

Friday, May 16th

The Weekly Schedule

Sunday, May 11, 2025 — Sunday, May 18, 2025

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, May 11

8:15: Classical Stretch (GX)
9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
6:30: Movie: *Moonstruck* (CH 972)
Moonstruck (1987), PG, Drama, 1h 42m,
Cast: Cher, Nicolas Cage, Olympia
Dukakis. Loretta Castorini, a
bookkeeper from Brooklyn, New York,
finds herself in a difficult situation when
she falls for the brother of the man she
has agreed to marry.

Monday, May 12

9:00: Fun & Fitness (GX & CH 975)
9:30: Aqua Fun (POOL)
10:00: **BYOConversation—Canceled**
10:00: Catholic Communion & Rosary
(CHP & CH 974)
10:00: Trail Blazers—Wrinkler Preserve
(Lobby, Signup Required)
12:00: 12-Step Meeting (Please call 202-
701-9291 for additional information.)
12:00: German Conversation Table
(AR)
1:00: Beginning Line Dancing (GX)
1:00: Photo Club Meeting (AS)
2:00: Spiritual Life Committee (RCR)
3:00: Understanding Computers:
Advanced Part II (AUD)

3:30: Seated Meditation
(CHP & CH 974)
4:00: Fillmore Happy Hour (FL)
7:15: Environmental Film (CH 972)
See p. 6

Tuesday, May 13

7:45: Morning Yoga (GX, CH 975 &
ZOOM)
9:00: Strength & Stretch Class (GX &
CH 975)
9:30: Credit Union Open (PR)
10:00: Painting and Drawing (AS)
10:00: Seated Strength (GX & CH 975)
10:00: Bus to Giant Food (LBY, Signup
Required)
10:00: Seamstress (Apt. 426 - Floral Arts
Room)
10:00: Vendor: Mary Kay Cosmetics
(CC)
10:15: Just Dance Class (AUD-A) **Note
new time and day.**
1:15: Mind & Movement (GX)
1:30: Mah Jongg (LR)
2:00: Wii Bowling (GX)

2:00: Movie: *Eight Men Out* (CH 972)
Eight Men Out (1988), PG, Drama, 1h 59m, Cast: John Cusack, Charlie Sheen, David Strathairn, D.B. Sweeney. A dramatization of the Black Sox scandal when the underpaid Chicago White Sox accepted bribes to deliberately lose the 1919 World Series.

3:00: Art Talk with Dorothy McManus (AUD & CH 973) See p. 6

4:30: Advanced Tai Chi (GX)

7:30: Evening Concert with the Friday Morning Music Club (AUD) See p. 6

Wednesday, May 14

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

9:30: Aqua Fun (POOL)

9:30: Market Place Accepts Donations (MP)

10:00: StrongerMemory Group (FL) See p. 7

11:00: Prayer Group (CHP)

11:00: **Resident Activities Committee—Canceled**

11:00: Teaching Company—The Wisdom of History (CH 972)

11. *The Destiny of the Athenian Democracy*

12. *Alexander the Great and the Middle East*

1:00: Duplicate Bridge (LR)

2:00: End of Life Series (AUD & CH973) See p. 7

2:00: Pickleball (GX)

4:00: Fillmore Happy Hour (FL)

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

Thursday, May 15

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

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

9:00: Chess (LR)

9:30: Market Place Sale (Market Place on Promenade (G1))

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: Replay Teaching Company—The Wisdom of History (CH 972)

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

12:10: Popup Dash Bus/Metro Trip—National Building Museum (LBY, Signup Required) See p. 8

1:00: GHA Bell Ringers Choir (AUD)

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: Mind & Movement (GX)

1:30: Shanghai (LR)

2:00: Knitters and Crocheters (CHP)

2:00: Uniguest Workshop (RCR—**Location Change**)

2:00: Wii Bowling (GX)

2:00: Open Studio (AS)

2:00: Resident Seminar Walks with “The Rambler” (FL)

2:30: Market Place Sale (Market Place on Promenade (G1))

3:00: GHA Players Meeting (RCR)

3:15: Advanced Line Dancing (GX)

7:15: Movie: *Small Things Like These* (CH 972)

Small Things Like These (2024), PG-13, 1h 38m, Cast: Cillian Murphy, Eileen Walsh, Emily Watson. In 1985, devoted father Bill Furlong discovers disturbing secrets kept by the local convent and uncovers shocking truths of his own.

Friday, May 16

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

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

10:00: Replay of Thursday Movie (CH 972)

10:00: Trip: Bradlee Shopping Trip (LBY, Signup Required)

11:00: GHA Encore Chorale Spring Concert (AUD & CH 973) See p. 8

12:00 Cousins Lobster Truck (LBY) See p. 9

2:00: Quilting Bees (BR)

2:00: Party Bridge (LR)

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

4:00: Fillmore Happy Hour (FL)

4:00: Reception for Gary Anthes Photography Exhibition (SHG) See p. 7

4:30: Advanced Tai Chi (GX)

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

Saturday, May 17

8:15: Classical Stretch (GX)

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

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

10:30: Morning Trivia: Music Artists and Songs (CH 971)

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

12:00: Lunch & Learn Noon Concert (AUD) See p. 9

3:00: Weekend Wii Bowling (GX)

3:30: Jewish Bible Study (CHP & CH 974)

7:15: Movie: *Rain Man* (CH 972)

Rain Man (1988), R, Comedy/Drama, 2h 13m, Cast: Dustin Hoffman, Tom Cruise, Valeria Golinson Man. After a selfish L.A. yuppie learns his estranged father left a fortune to an autistic-savant brother in Ohio that he didn't know existed, he absconds with his brother and sets out across the country, hoping to gain a larger inheritance.

Sunday, May 18

8:15: Classical Stretch (GX)

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

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

6:30: Movie: *Marvin's Room* (CH 972)
Marvin's Room (1996), PG-13, Drama, 1h 38m, Cast: Meryl Streep, Leonardo DiCaprio, Diane Keaton. After seventeen years, a fiercely independent woman and her rebellious son return home and together they turn the family she left behind upside down.

Richmond & Dominion Sunday, May 11

9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
3:00: Seated Exercise (Ch 971 & RAR)
6:30: Movie: *Moonstruck* (CH 972)
See p. 12

Monday, May 12

9:30: Aqua Fun (POOL)
10:00: **BYOConversation—Canceled**
10:00: Catholic Communion & Rosary (CHP & CH 974)
11:00: Body & Balance Exercise Program (GX)
12:00: German Conversation Table (AR)
1:00: Photo Club Meeting (AS)
2:00: Spiritual Life Committee (RCR)

3:00: Movie Matinee - *Hello Dolly* (RAR)
Hello Dolly (1969), G, Musical/Comedy, 2h 28m, Cast: Barbra Streisand, Walter Matthau, Michael Crawford.
Matchmaker Dolly Levi travels to Yonkers to find a partner for "half-a-millionaire" Horace Vandergelder, convincing his niece, his niece's intended, and his two clerks to travel to New York City along the way.
3:00: Understanding Computers: Advanced Part II (AUD)
3:30: Seated Meditation (CHP & CH 974)
4:00: Fillmore Happy Hour (FL)
7:15: Environmental Film (CH 972)

Tuesday, May 13

10:00: Painting and Drawing (AS)
10:00: Seated Strength (GX & CH 975)
10:00: Seamstress (Apt. 426 - Floral Arts Room)
10:00: Vendor: Mary Kay Cosmetics (CC)
10:15: Just Dance Class (AUD-A) **Note new time and day.**
1:15: Mind & Movement (GX)
1:30: Mah Jongg (LR)
2:00: Movie: *Eight Men Out* (CH 972)
See p. 13
3:00: Art Talk with Dorothy McManus (AUD & CH 973)
3:00: Conversation Around the Water Cooler (RAR)

Wednesday, May 14

- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Accepts Donations (MP)
- 11:00: Body & Balance Exercise Program (GX)
- 11:00: Prayer Group (CHP)
- 11:00: Resident Activities Committee (RCR)
- 11:00: Teaching Company—The Wisdom of History (CH 972) See p. 13
- 1:00: Duplicate Bridge (LR)
- 2:00: End of Life Series (AUD)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-Up Technology Assistance (LBY)

Thursday, May 15

- 9:00: Chess (LR)
- 9:30: Market Place Sale (Market Place on Promenade (G1))
- 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: Replay Teaching Company—The Wisdom of History (CH 972) See p. 13
- 12:00: French Conversation Table (Bistro Table 11)
- 12:10: Pop-up Dash Bus/Metro Trip—National Building Museum (LBY, Signup Required) See p. 8
- 1:00: GHA Bell Ringers Choir (AUD)

- 1:00: Low Vision Support Group (BR)
- 1:00: Technology Committee (RCR)
- 1:15: Mind & Movement (GX)
- 1:45: **Music Therapy with Abby—Canceled**
- 2:00: Uniguest Workshop (RCR—**Location Change**)
- 2:00: Open Studio (AS)
- 2:30: Market Place Sale (Market Place on Promenade (G1))
- 3:00: Music with LaLo (RDR)
- 7:15: Movie: *Small Things Like These* (CH 972) See p. 14

Friday, May 16

- 10:00: Replay of Thursday Movie (CH 972)
- 11:00: GHA Encore Chorale Spring Concert (AUD)
- 2:00: Party Bridge (LR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Reception for Gary Anthes Photography Exhibition (SHG) See p. 7
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, May 17

- 9:30: Pop-Up Technology Assistance (LBY)
- 10:30: Morning Trivia: Music Artists and Songs (Channel 971 & RAR)
- 12:00: Lunch & Learn (FL)
- 2:00: Strength & Stretch Chair Exercise (Channel 971 & RAR)

3:00: Weekend Wii Bowling (GX)
3:30: Jewish Bible Study (CHP & CH 974)
7:15: Movie: *Rain Man* (CH 972)
See p. 14

Sunday, May 18

9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
3:00: Seated Exercise (Ch 971 & RAR)
6:30: Movie: *Marvin's Room* (CH 972)
See p. 15

Small Houses Schedule

Sunday, May 11

9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
11:30: Chaplain Visits (SH-A)
1:30: Mother's Day Treat (SH-A)
3:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
6:30: Movie: *Moonstruck* (CH 972)
See p. 12

Monday, May 12

10:00: **BYOConversation—Canceled**
10:00: Catholic Communion & Rosary (CHP & CH 974)
11:00: **Small House Bell Choir—Canceled**
11:00: Outdoor Club (SH-A)
12:00: German Conversation Table (AR)

1:00: Photo Club Meeting (AS)
1:30: Art with Alison (BL)
1:30: **Music Therapy with Abby—Canceled**
2:45: Tea Party (RP)
3:00: Understanding Computers: Advanced Part II (AUD)
3:00: Volunteer Visits (SH-A)
3:30: Seated Meditation (CHP & CH 974)
4:00: Fillmore Happy Hour (FL)
7:15: Environmental Film (CH 972)

Tuesday, May 13

10:00: Seated Strength (GX & CH 975)
10:00: Vendor: Mary Kay Cosmetics (CC)
10:15: **Seated Exercise—Canceled**
10:30: Grace Episcopal Student Visit (AUD)
12:00: Family Support Group (Contact Hilary Wurzbach to sign up—Virtual)
1:30: Dog Visits with Cashew (SH-A)
2:00: Movie: *Eight Men Out* (CH 972)
See p. 13
2:30: Garden Thyme (MH)
3:00: Art Talk with Dorothy McManus (AUD & CH 973)
3:30: Individual Visits with Ted (SH-A)
4:00: Care Partner-Led Programming (OQ & WL)
6:30: **Music Therapy with Abigail—Canceled**

Wednesday, May 14

- 9:30: Market Place Accepts Donations (MP)
10:30: **Music and Movement—Canceled**
11:00: Prayer Group (CHP)
11:00: Teaching Company—The Wisdom of History (CH 972) See p.13
11:00: Visits with Miranda (SH-A)
2:00: End of Life Series (AUD)
2:00: Exercise with Christie (MH)
2:30: Small House Resident Council (Meherrin Den)
2:45: Cannes Film Festival Mini-Documentary (CH 971)
4:00: Fillmore Happy Hour (FL)
4:00: Pop-Up Technology Assistance (LBY)

Thursday, May 15

- 9:00: Chess (LR)
9:30: Market Place Sale (Market Place on Promenade (G1))
10:00: Seated Strength (GX & CH 975)
11:00: Scripture, Songs, & Prayers (AUD & CH 973)
11:00: Replay Teaching Company—The Wisdom of History (CH 972) See p. 13
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: Dog Visits with Sara and Moriah (SH-A)
2:00: Uniguest Workshop (RCR—**Location Change**)
2:30: Market Place Sale (Market Place on Promenade (G1))
3:00: Volunteer Visits (SH-A)
6:15: Games with Ted (OQ)
7:15: Movie: *Small Things Like These* (CH 972) See p. 14

Friday, May 16

- 10:00: Replay of Thursday Movie (CH 972)
11:00: Care Partner-Led Programming (OQ & WL)
11:00: GHA Chorus Spring Concert (AUD)
11:00: News Discussion Group (SN)
2:30: Small House Mahjong Club (Meherrin Den)
3:00: **Music Therapy: Individual sessions—Canceled**
3:30: Seated Meditation (CHP & CH 974)
4:00: Fillmore Happy Hour (FL)
4:00: Reception for Gary Anthes Photography Exhibition (SHG) See p. 7
4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, May 17

9:30: Pop-Up Technology Assistance (LBY)
10:30: Licks of Love Dog Visits (SH-A)
10:30: Morning Trivia: Music Artists and Songs (CH 971)
11:00: Volleyball (ST)
12:00: Lunch & Learn (FL)
2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
2:30: Inky Flowers (OQ)
3:30: Jewish Bible Study (CHP & CH 974)
7:15: Movie: *Rain Man* (CH 972)
See p. 15

Sunday, May 18

9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
11:30: Chaplain Visits (SH-A)
1:30: Afternoon Stroll with Lauren (CTY)
3:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
6:30: Movie: *Marvin's Room* (CH 972)
See p. 16

Paperless Gazette

Opting in to receive a digital copy of the *Gazette* benefits the environment by saving valuable resources.



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Sam Echols,
Communications Coordinator

Reminder: Protocol for Gazette Submissions

Please submit all *Gazette* articles to gazette@goodwinliving.org by 4:00pm Friday to appear in the following week's issue. Early submissions are always welcome.

Dick's Teaser Solution

From top to bottom, they are: eye, ear, lip, gum, jaw, arm, rib, hip, leg, and toe.

Dick Pellerin, Resident

MAY SALON SPECIALS

Need a perfect gift for this special month ?

Choose any of our promotions

✦ **One hour-Classic European Facial**
\$80 (regular \$85.00)

Includes: Steam Cleansing, Exfoliation, Manual Extractions, Masks, and a Moisturizing facial massage. Products used are from Dermalogica; a certified cruelty free, gluten-free and Vegan. Free of artificial color, fragrances, mineral oil lanolin, S.D alcohol, parabens and microplastic.

✦ **Eyebrow Shaping with Tinting**
\$24.00 (regular \$28.00)

Brow shaping involves waxing and tweezing along your brow's natural lines to ensure a perfect contour. Followed by eyebrow tinting, a safe semi-permanent color.

✦ **Parafin Treatment (Hands/Feet)**
\$15.00 (regular 18.00)

Benefits:

- Skin hydration
- Pain relief
- Cuticle treatment
- Deeply nourishes nails and cuticles

Duration:
Month Of May

**GIFT CERTIFICATES
AVAILABLE**

📞 703-824-1333

📍 New Image Beauty Salon/Uniguest



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