



May 24, 2025

4800 Fillmore Avenue, Alexandria, VA 22311

## Composting Update!



The Green Team is delighted to report that GHA residents and Dining Services prevented tons of food refuse from going to the landfill this April!

We can celebrate that there is no stigma associated with carrying food refuse to a compost bin. Indeed, we are wondering if the little green bags being carried about represent a new unisex fashion statement!

We also understand that composting efforts are sometimes not as “Easy, Peasy” for residents in the Original Building. The closest compost bin is at the entrance to the Mixing Bowl, which requires a short trip down the elevator to G1. If you don’t frequent the Mixing Bowl, this may seem like an inconvenient trip, but the Green Team encourages that short diversion sometime during your walkabout day. Or, you might enlist the help of a volunteer who’s go-

ing that way.

The second compost bin location is in the Tower’s first floor Trash Room, which is located around the corner from the mailboxes near the elevators. This might represent an accessible location for residents in the Original Building as you pick up your daily mail.

Setting aside and composting the food scraps from your apartment puts less strain on your kitchen disposal and converts them to good soil. We are grateful for your enthusiastic participation!

*The Green Team*

*The Gazette is a weekly publication of Goodwin House Alexandria. Its purpose is to serve and inform residents of community announcements, upcoming events, and activities. Submissions should be sent to [gazette@goodwinliving.org](mailto:gazette@goodwinliving.org) by 4:00pm 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

### River Taxi: Alexandria to National Harbor

**Thursday, June 12th**

**Departing: 11:35am**

**Returning: 4:30pm**

**Transportation Cost: \$35.60**

Not been to National Harbor recently? Join us on a Potomac River cruise from Alexandria to National Harbor. The river taxi has both covered cabins and open decks. Spend two and a half hours exploring National Harbor, where you can enjoy the sights, shop, have lunch, or just grab a Ben and Jerry's ice cream cone and sit near the "The Awakening" statue while taking in the views of Virginia on the other side of the Potomac. Think of the fun adventures you can share with your friends, like checking out the hand-painted carousel of mystical creatures or the 180-foot Ferris wheel.

A charged cellphone is required for this trip, and the buddy system is suggested. The river taxi is ADA compliant and will leave National Harbor at 3:25pm. A signup sheet will be available starting Monday, May 26th, at 10:00am.

*Luella VanNewkirk, Resident,  
Trips and Outings Committee*

### New time for Trail Blazers

Starting June 2nd, Trail Blazers will be leaving at 9:00am.

*Christie Thomas,  
Fitness and Aquatics Specialist*

### June GHA Book Club Meeting

**Tuesday, June 17th, 2:00pm-3:00pm**  
**Residents' Conference Room**

At the June meeting, we will be discussing "The Great Gatsby," by F. Scott Fitzgerald,



which was published 100 years ago. Most folks have read it years ago, so it will be interesting to re-read it and discuss our understanding of this classic now.

The GHA Book Club is fortunate to be able to borrow 10 to 12 copies of the next month's book from the Fairfax Library system. If you would like to borrow the book and come to the June meeting, you can sign up in the Activities Binder starting on the afternoon of May 20th. When the borrowed books arrive, a copy will be placed in your mailbox. If you are reading your own copy or using Talking Books or Kindle, you can just check under Meeting. New readers are always welcome!

*Natalie Rooney and Sande O'Keef,  
Residents*

## Are you Interested in Being a GHA Bell Ringer?

The GHA Bell Ringers are looking for more ringers. The meeting time has changed, and we will now be rehearsing on Tuesday afternoons at 4:00pm in the auditorium. If you are interested in joining the GHA Bell Ringers (no experience necessary), please contact Jennifer Bennett at 703-824-1225 or via email at [jbennett@goodwinliving.org](mailto:jbennett@goodwinliving.org).

*Jennifer Bennett, Events Coordinator*

## What's That New EA Icon?

You may notice a new icon in this week's newsletter: EA stands for Early Advantage! This icon will appear next to events and activities that are open to Early Advantage members.



Early Advantage members are future residents who receive exclusive benefits while they wait to move in, including two complimentary meals each month and participation in activities and events that can accommodate guests.

The EA icon helps identify which opportunities are available to this group, making it easier for both members and residents to understand who may be attending. We look forward to welcoming our Early Advantage members to more community happenings!

*Susan Dolton, Director of Sales*

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

In celebration of Memorial Day, Goodwin House administrative staff will have Monday, May 26, off. The Fillmore Market, CVS, and the Beauty Salon will be closed. All fitness classes will be canceled, but the Pool will be open during regular hours. The transportation team is also unavailable on that day.

## Chaplaincy Services

### Ascension Day Songs, Prayers, and Art

**Thursday, May 29th, 11:00am Auditorium**

At our weekly Thursday service, we will celebrate Ascension Day (40 days after Easter and 10 days before Pentecost) and welcome The Rev. Eloise Marshall, our chaplain intern, as the presider and preacher. Resident Kay Lusk will assist with readings, prayers, and leading the singing. Lynn McCaffree will, as usual, be at the piano. Artwork of the Ascension will be on the big screen. Chaplain Bruce will be assisting with the memorial service for resident Jim Cacheris being held at 11:00am at St. Peter's Episcopal Church in Arlington.



*Bruce Stewart, Director of Chaplaincy*

## Around Alexandria

### Specialty Tour: Poisons at the Apothecary Museum

**Sunday, May 25, 11:00am-12:00pm**  
**Stabler-Leadbeater Apothecary Museum**

**Cost: \$15**

Come explore the sinister side of medicine on the Apothecary Museum's Poisons Tour. This one-hour tour explores several different types of poisons, their historic uses at the Apothecary, and what we know today.



### Sunset Concert at River Farm Featuring Soulfire

**Thursday, May 29th, 6:00pm-8:00pm**  
**American Horticultural Society's River Farm**

**Admission: Free**

**Parking: \$20**

Get ready for a soulful evening to remember as the captivating band Soulfire performs their favorite tunes of rock, soul, and pop at River Farm! This family-friendly outdoor concert promises an unforgettable evening of music, nature, and stunning views overlooking the Potomac River. Guests are encouraged to bring blankets, folding chairs, and picnic baskets filled with their favorite foods and beverages. Leashed dogs welcome.

### Little Beasts: Art, Wonder, and the Natural World

**May 18th-Nov. 2nd, 10:00am-5:00pm**  
**National Gallery of Art**

**Cost: Free**

Across more than 70 paintings, prints, and drawings, visitors can see how nature has inspired art since the dawn of European natural history in the 16th and 17th centuries. Specimens and taxidermy from the National Museum of Natural History will also be showcased along with a new film by artist Dario Robleto.

### Bond in Motion

**International Spy Museum**

**Cost: \$12 (Exhibit Only),**

**\$40 (Bond in Motion + Spy Museum)**  
**Through Sep. 2025, 9:00am-7:00pm**

SPY is proud to host this official exhibition of iconic vehicles, all used on-screen by 007 and his many



allies and adversaries. Bond In Motion features 17 iconic pieces from the EON Productions Archive and the Ian Fleming Foundation. Experience Bond In Motion on display at SPY through September 2025.

*\*\*These are not GHA-affiliated events. Residents are responsible for their own tickets and transportation.\*\**



## Around GHA

### Library News

In April, 298 books and one DVD were checked out. "Three Days in June" was checked out four times. The following titles were each checked out three times: "A Rising Man," "James," "African History of Africa," "Conclave," "Elegy for Eddie," "New and Selected Poems (Mary Oliver)," and "Through New York's Golden Door."

The top circulating authors were Louise Penny (10), Jacqueline Winspear (9), and David Baldacci (9). Thank you for remembering to check out your books.

*Dale Brown, Library Committee*

### Directory Available Online



Directory  
Residents



Directory Team

To see the team member and resident directories, log in to Uniguest and click on their icons. You can search for people based on their names, apartment numbers, phone numbers, emails, and job titles.

To update your information, contact Sam Echols at 703-824-1004 or [sechols@GoodwinLiving.org](mailto:sechols@GoodwinLiving.org).

*Sam Echols,  
Communications Coordinator*

## Did You Know?

Since launching in March 2022, the Goodwin Living Foundation-sponsored internship program has introduced 95 high school and college students to the many non-clinical careers in senior living at Goodwin Living. Interns are hosted by 12 departments—from Marketing and Brain Health to Finance and more. The program offers four annual cohorts, with summer being the largest.

We are pleased that we've been able to support a diverse group of interns, many of whom are the first in their families to attend college. Interns are paired with resident mentors and attend workshops with senior leaders. We're thrilled that 15 interns have subsequently been hired by Goodwin Living.

We are also grateful to share that the Goodwin Living Intern Program has just been honored for the third consecutive year as a Top 100 Place to Intern in the State of Virginia!



Goodwin Living  
Foundation

*James Woodward,  
Director of Development*

### In Memoriam

**JULIE PARSONS**

May 18, 2025

## This Week's Events

### Saturday Morning Live: Struggling for "Yes" Among Rivals

**Saturday, May 24th, 10:30am-11:30am**  
**Auditorium and CH 973**

Our recent Lenten subject was on "Reconciliation."

We had five excellent speakers who set forth key principles to finding successful outcomes to seemingly unsolvable conflicts. Conflicts might be between individuals, corporations, NGOs, or governments.

Our next Saturday Morning Live speaker, Merrick Hoben, will take us to Panama for a very complicated set of challenges involving a stalled giant copper mining project, the surrounding Panamanian villagers, the national government, and a large Canadian mining corporation. The competing issues are deep and difficult to reconcile. Learn how each party's issues might be addressed and how everyone might benefit. The speaker is, yes, Sheila and James Hoben's son, who has once before addressed GHA on ways to collectively resolve disputes.



*James Hoben, Resident*



### BYOConversation: It Takes Two to Tango

**Monday, May 26th, 10:00am-10:45am**  
**Living Room**

When have you succeeded because you cooperated with another as partners? Our lives are enriched through co-work, co-play, togetherness, and teamwork.

Here's a grab bag of "co- words" for working (or playing) together: collaborate, community, co-chair, co-worker, coauthor, colleague, committee, companion, connected, cooperative, coordinator, co-owner.

Grab a word from the bag, and tell about partnering like Fred Astaire and Ginger Rogers; Gilbert and Sullivan; Batman and Robin; or, after that steam-roller thing, Flatman and Ribbon.

Have you had any bad solo experience that was fixed by a partner? A great friendship that emerged from working together? An unlikely pairing that was surprisingly productive? A brilliant "two-heads-are-better-than-one" discovery?

Do you have a secret sauce to share about collaboration or a story about how ugly competition doesn't work? Have you made any discoveries about mentoring, coaching, teaching, or consulting?

BYOConversation is for residents, team members, and guests to speak or just listen. Welcome!



*Jonathan Bryan, Resident*

## Place A Memorial Day Flag

**Monday, May 26th, 11:30am-1:00pm**  
**Courtyard**

In remembrance of a family member, friend, or neighbor, come place a flag in the Courtyard on Memorial Day, and write a note on the white board.



*Jennifer Bennet,*  
*Events Coordinator*

## Memorial Day Concert

**Monday, May 26th, 2:00pm**  
**Courtyard (Auditorium if inclement weather)**

Come to the Courtyard for a Memorial Day concert with the Surf Jaguars, grab a beverage and a snack, and enjoy the afternoon! The Surf Jaguars perform an easy-listening mix of Yacht Rock, Surf, Rockabilly/Country, and other classic tunes that never die, including the Ventures, Beach Boys, Chuck Berry, and many more!



*Jennifer Bennet,*  
*Events Coordinator*

## Environmental Film “Earthshot Report”

**Monday, May 26th, 7:15pm**  
**CH 972**

Technical difficulties are resolved, so we're going to try this one again.



“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 en-

vironmental 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 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*

## May Tech Time Canceled

**Tuesday, May 27th, 11:00am**

The monthly Tech Time Clinic for May 27th has been canceled. For those who have issues with mobile technology devices, please sign up for one of the weekly Pop-up Clinics. These take place on Wednesdays from 4:00pm-5:00pm and Saturdays from 9:30am-10:30am. Signup sheets are posted weekly in the Activities Binder.

*Kathi Menda, Resident*

## Viruses

**Known Cases as of May 22, 2025**

COVID-19: Team members: 0

Residents: 0

Influenza: 0

Covid vaccines are currently unavailable at our CVS pharmacy. Contact Jen Belovich at 703-820-1061 for all other vaccinations, including the most current pneumonia vaccine (Pneumovax 23 and 20&21).

*Emma Okul, Infection Preventionist*

## Mind Matters: Strengthening Mental Health Together

**Tuesday, May 27th, 2:00pm**  
**Auditorium**

We invite residents and team members to celebrate Mental Health Awareness Month with us at Mind Matters:



**Strengthening Mental Health Together.**

At this interactive session, participants will explore how mental health impacts all stages of life, learn simple strategies to boost mental fitness, and discover ways to create a more supportive environment. Sharon Weinstein will lead the session. She is renowned for guiding people through the challenges of our fast-paced world in times of great stress and hardship.



*The Wellness Team*

## Residents' Council Listens

**Tuesday, May 27th, 3:00pm**  
**Fillmore Lounge**

RC Listens is a popular get-together of residents who would like to share their thoughts, concerns, and questions with members of the Residents' Council. We are always interested in what you have to say. For issues or concerns that need further investigation or discussion, the relevant Standing Committees of the Residents' Council follow up at their meetings. Please join us.



*Judy Hansen, Residents' Council*

## Waiter's Table

**Tuesday, May 27th, 5:30pm**  
**Alexandria Dining Room**

You've been served *by* the waiters many times. Now be served *with* a waiter. Sign up to dine with one of our service staff in the Alexandria Dining Room. The size of the party will be limited to five, all regular menu selections will be available, and dinner will be free of charge.

Please take this opportunity to get to know our staff better in a casual, unhurried atmosphere. Signup will be in the resident Activities Book outside the Resident Conference Room beginning Monday, May 19th, at 10:00am.

*Daniel Keiper,*



*Assistant Director of Dining Services*

## StrongerMemory Weekly Group

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

Wednesday, May 28th

Topic: A New Lens on Aging

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](mailto:epettoni@GoodwinLiving.org) or 703-578-7211 to request your copy.



*Ellie Pettoni,*  
*Brain Health Coordinator*



## Garden Tour & Tea

**Wednesday, May 28th, 2:00-3:30pm**  
**Fillmore Lounge and Patio**

Join members of the Grounds Committee for tea, refreshments, and a stroll around the gardens.



*Debby Christie,*  
*Grounds Committee Chair*

## Acupuncture at GHA

**Wednesday, May 28th, 4:00pm**  
**Auditorium**

Dr. Bao-Tich Nguyen will give a presentation on acupuncture, its benefits, and what he will bring to the GHA community when he begins to offer acupuncture treatment on our campus.

Dr. Nguyen's education and training include a B.S. in Biology from George Mason University followed by Master's and Doctoral degrees from Daoist Traditions College of Chinese Medical Arts in Asheville, N.C., and training at a Buddhist monastery in France, where he helped organize and lead international mindfulness meditation retreats.

He has extensive training in Classical Chinese Medicine and Traditional Chinese Medicine, treating acute and chronic pain, depression, anxiety, digestive problems, sleep disorders, and stress management, among other health and wellness concerns.

Dr. Nguyen looks forward to sharing his story and what he has to offer our community



*Irma Canan, Resident*

## Goodwin Living Foundation



Goodwin Living  
Foundation

## Presents: Finding Peace of Mind in Uncertain Times

**Thursday, May 29th, 2:30pm**  
**Auditorium**

Join us for a dynamic and engaging conversation with two experienced professionals in personal finance and estate planning. Laurie Blackburn and Kim Fiske will share valuable insights on today's financial markets and the essential legal steps you can take to plan for your future.

Bring your questions and take advantage of this opportunity to gain clarity and confidence in navigating your financial and legal decisions.



*The Goodwin Living Foundation Team*

## Raffle: Lobster Dinner in the Fillmore

**Thursday, May 29th, 5:30pm**  
**Fillmore Lounge**

Cost: \$26.00

Menu: Soup of the Day, Broiled Lobster Tail, Loaded Potato/Roasted Brussels Sprouts, Vanilla Bean Tres Leches Cake

Places for the lobster dinner will be selected by raffle. Raffle tickets and boxes will be located in the Bistro and the Mixing Bowl. Residents will be selected randomly. There will be a maximum of 25 attendees. The deadline to submit raffle tickets will be Monday, May 19th.

*Daniel Keiper,*



*Assistant Director of Dining Services*

## Next Week's Events

### Field Trip: The Crossroads Gallery at GHBC

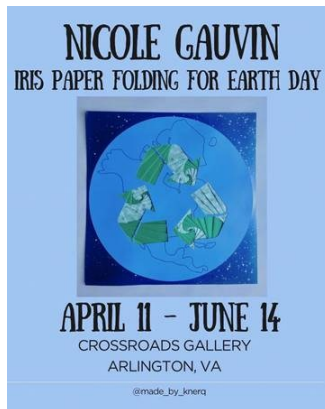
**Friday, June 6th**  
**Departure: 1:30pm**  
**Returning: 3:00pm**  
**No fee**

Join our visit to Goodwin House Bailey's Crossroads to see Nicole Gauvin's new show.

This exhibition showcases a blend of her signature iris paper folding art and new creations that emphasize the connection between art, nature, and the environment. Sign-up is available in the Activities binder.



*Alison Schroeder,*  
*Creative Arts Coordinator*



### Therapist-Led Core Strengthening and Pelvic Floor Exercises Class

**Wednesdays, Starting June 4th,**  
**10:00am-10:45am | Fitness Studio**

We invite you to join us for another round of exercise classes led by our occupational therapists. The eight-week class series will be held every Wednesday. This fun class will vary in targeting exercises for core strengthening, working the upper back to your pelvic floor, and improving posture and stability.

Please join our therapists to increase your confidence in your physical move-

ments. You do not have to sign up for this class in advance. We can't wait to see you there.



*GHA Rehab Team*

### Green Team Hints

Shop with reusable bags or totes whenever possible. Thin plastic bags are a huge problem in recycling centers, where they can jam equipment, and in landfills, where they never degrade.

*The Green Team*

### Dick's Teaser:

Each question below contains two definitions for two different words. The catch is that the words rhyme. For example, if the definitions are "to swear or blaspheme ; Florence Nightingale's profession," the answers would be "curse, nurse."

1. To reprimand or rebuke ; not young
2. Extreme anger ; area in a theater where the play takes place
3. A spectral figure ; cooked bread
4. A soldier's water bottle ; the stimulant in coffee
5. Veracity ; "this" is wasted on the young
6. Physics or chemistry ; dishwasher or refrigerator
7. The capital of Arkansas ; a device that wakes you up
8. Small garden area ; luxury boat
9. Islands north of Cuba; sleepwear

See p. 19 for solutions.

*Dick Pellerin, Resident*

## Cancelations

### **Classical Stretch—Canceled**

Sunday, May 25th, Saturday, May 31st,  
Sunday, June 1st

### **Fun & Fitness—Canceled**

Monday, May 26th

### **Aqua Fun—Canceled**

Monday, May 26th

### **Trail Blazers—Canceled**

Monday, May 26th

### **Beginning Line Dancing—Canceled**

Monday, May 26th

### **Body & Balance Exercise Program— Canceled (Assisted Living)**

Monday, May 26th

### **Outdoor Club—Canceled (Small House)**

Monday, May 26th

### **Small House Bell Choir—Canceled**

Monday, May 26th

### **Art with Alison—Canceled (Small House)**

Monday, May 26th

### **Music Therapy with Abby—Canceled**

Monday, May 26th, Tuesday, May 27th

### **Tea Party—Canceled**

Monday, May 26th

### **Painting and Drawing—Canceled**

Tuesday, May 27th

### **Tech Time Clinic—Canceled**

Tuesday, May 27th

### **Afternoon Program with the Wander- ing Docent—Canceled**

Tuesday, May 27th

### **Music & Movement—Canceled**

Wednesday, May 28th

## Link of the Week



Watch Bao Li and Qing Bao—the two new Giant Pandas at Smithsonian's National Zoo—as they explore their indoor and outdoor habitats at the David M. Rubenstein Family Giant Panda Habitat.

Visit the link below or click on the Panda Cam icon on [NationalZoo.si.edu](http://NationalZoo.si.edu)

[Giant Panda Cam](#)

*The Green Team*

# The Weekly Schedule

Sunday, May 25, 2025 — Sunday, June 1, 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](http://www.gh-a.org)*

## Sunday, May 25

8:15: **Classical Stretch—Canceled**  
9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
6:30: Movie: *The Peacemaker* (CH 972)  
*The Peacemaker* (1997), R, Action/Thriller,  
2h 4m, Cast: George Clooney, Nicole  
Kidman, Marcel Iures. A US Army  
colonel and a civilian woman  
supervising him must track down stolen  
Russian nuclear weapons before they're  
used by terrorists.

## Monday, May 26

9:00: **Fun & Fitness—Canceled**  
9:30: **Aqua Fun—Canceled**  
10:00: BYOConversation (LR) See p. 6  
10:00: Catholic Communion & Rosary  
(CHP & CH 974)  
10:00: **Trail Blazers—Canceled**  
11:30: Place a Memorial Day Flag (CTY)  
See p. 7  
12:00: 12-Step Meeting (Please call 202-  
701-9291 for additional information.)  
12:00: German Conversation Table  
(AR)  
1:00: **Beginning Line Dancing—**  
**Canceled**

2:00: Honoring America's Fallen on  
Memorial Day with Steve Hartman  
(CH 971)  
2:00: Memorial Day Concert: Surf  
Jaguars (CTY) See p. 7  
3:30: Seated Meditation  
(CHP & CH 974)  
4:00: Fillmore Happy Hour (FL)  
7:15: Environmental Film: Earthshot  
Report (CH 972) See p. 7

## Tuesday, May 27

7:45: Morning Yoga  
(GX, CH 975, & ZOOM)  
9:00: Strength & Stretch Class (GX &  
CH 975)  
9:30: Credit Union Open (PR)  
10:00: **Painting and Drawing—**  
**Canceled**  
10:00: Seated Strength (GX & CH 975)  
10:00: Bus to Giant Food (LBY, Signup  
Required)  
10:00: Seamstress (Apt. 426—Floral Arts  
Room)  
10:15: Just Dance Class (AUD-A)  
11:00: Grounds and Landscaping  
Committee (RCR)  
11:00: **Tech Time Mobile Device Drop-**  
**In Clinic—Canceled**  
1:15: Mind & Movement (GX)  
1:30: Mah Jongg (LR)



2:00: **Afternoon Program with the Wandering Docent—Canceled**

2:00: Wii Bowling (GX)

2:00: Movie: *Florence Foster Jenkins* (CH 972)

*Florence Foster Jenkins* (2016), PG-13, Comedy/Drama, 1h 51m, Cast: Meryl Streep, Hugh Grant, Simon Helberg. Set in 1940s New York, this is the true story of the legendary New York heiress and socialite who obsessively pursued her dream of becoming a great singer despite having a terrible voice.

2:00: Mind Matters: Strengthening Mental Health Together (AUD) See p. 8

3:00: Residents' Council Listens (FL) See p. 8

4:00: GHA Bell Ringers Choir (AUD)

4:30: Advanced Tai Chi (GX)

5:30: Waiter's Table (Alexandria Dining Room) See p. 8

### Wednesday, May 28

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

9:00: Clothing Collection (GR)

9:30: Aqua Fun (POOL)

9:30: Market Place Open (MP)

10:00: StrongerMemory Group (FL) See p. 8

11:00: Prayer Group (CHP)

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

13. *The Roman Republic as Superpower*

14. *Rome of the Caesars as Superpower*

1:00: Hospitality Committee (RCR)

1:00: Duplicate Bridge (LR)

2:00: Pickleball (GX)

2:00: Grounds Committee Garden Tour (FP) See p. 9

4:00: Acupuncture at GHA (AUD) See p. 9

4:00: Fillmore Happy Hour (FL)

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

### Thursday, May 29

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

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

9:00: Chess (LR)

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

10:00: Behind-the-Scenes Kitchen Tour (BST, Signup Required)

10:00: Ceramics (AS)

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

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

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

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

1:00: GHA Bell Ringers Choir (AUD)

1:15: Mind & Movement (GX)

1:30: Shanghai (LR)

2:00: Knitters and Crocheters (CHP)

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

2:00: Wii Bowling (GX)

2:00: Open Studio (AS)

2:30: Goodwin Living Foundation Presents: Finding Peace of Mind in Uncertain Times (AUD) See p. 9  
 3:00: GHA Players Meeting (RCR)  
 3:15: Advanced Line Dancing (GX)  
 5:30: Raffle: Lobster Dinner (FL)  
 See p. 9  
 7:15: Movie: *The Brutalist* (CH 972)  
*The Brutalist* (2024), R, Drama, 3h 36m, Cast: Adrien Brody, Felicity Jones, Guy Pearce. When visionary architect László Toth and his wife, Erzsébet, flee post-war Europe in 1947 to rebuild their legacy and witness the birth of modern America, their lives are changed forever by a mysterious and wealthy client.

### Friday, May 30

7:45: Morning Yoga (GX, CH 975 & ZOOM)  
 9:00: Fun & Fitness (GX & CH 975)  
 10:00: Replay of Thursday Movie (CH 972)  
 10:30: GHA Encore Chorale Rehearsal (AUD-A)  
 2:00: Quilting Bees (BR)  
 3:30: Seated Meditation (CHP & CH 974)  
 4:00: Fillmore Happy Hour (FL)  
 4:30: Advanced Tai Chi (GX)  
 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

### Saturday, May 31

8:15: **Classical Stretch—Canceled**  
 9:30: Pop-Up Technology Assistance (LBY)  
 10:30: Advanced Tai Chi with Instructor (GX)  
 10:30: Timeline: Everything That Happened in 1970 (CH 971)  
 11:30: Beginners' Tai Chi with Instructor (GX)  
 3:00: Weekend Wii Bowling (GX)  
 7:15: Movie: *The Apartment* (CH 972)  
*The Apartment* (1960), NR, Romantic Comedy, 2h 5m, Cast: Jack Lemmon, Shirley MacLaine, Fred MacMurray. A Manhattan insurance clerk tries to rise in his company by letting its executives use his apartment for trysts, but office politics and his own romantic hopes complicate matters.

### Sunday, June 1

8:15: **Classical Stretch—Canceled**  
 9:00: Holy Eucharist (CHP & CH 974)  
 10:30: Holy Eucharist (AUD & CH 973)

6:30: Movie: *Once Upon a Time in the West* (CH 972)  
*Once Upon a Time in the West* (1968), PG-13, Western, 2h 46m, Cast: Henry Fonda, Charles Bronson, Jason Robards, Claudia Cardinale. A mysterious stranger with a harmonica joins forces with a notorious desperado to protect a beautiful widow from a ruthless assassin working for the railroad.

## Richmond & Dominion

### Sunday, May 25

9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
3:30: Poetry Club (RAR)  
6:30: Movie: *The Peacemaker* (CH 972)  
See p. 12

### Monday, May 26

9:30: **Aqua Fun—Canceled**  
10:00: BYOConversation (LR) See p. 6  
10:00: Catholic Communion & Rosary (CHP & CH 974)  
11:00: **Body & Balance Exercise Program—Canceled**  
11:30: Place a Memorial Day Flag (CTY) See p. 7  
12:00: German Conversation Table (AR)  
2:00: Honoring America's Fallen on Memorial Day with Steve Hartman (CH 971)  
2:00: Memorial Day Concert: Surf

Jaguars (CTY) See p. 7  
3:30: Seated Meditation (CHP & CH 974)  
4:00: Fillmore Happy Hour (FL)  
4:30: Happy Hour/Meet & Greet New Residents (LR)  
7:15: Environmental Film: Earthshot Report (CH 972) See p. 7

### Tuesday, May 27

10:00: **Painting and Drawing—Canceled**  
10:00: Seated Strength (GX & CH 975)  
10:00: Seamstress (Apt. 426—Floral Arts Room)  
10:15: Just Dance Class (AUD-A)  
11:00: Grounds and Landscaping Committee (RCR)  
11:00: **Tech Time Mobile Device Drop-In Clinic—Canceled**  
12:30: Art Therapy Workshop (RCR)  
1:15: Mind & Movement (GX)  
1:30: Mah Jongg (LR)  
2:00: **Afternoon Program with the Wandering Docent—Canceled**  
2:00: Movie: *Florence Foster Jenkins* (CH 972) See p. 13  
2:00: Mind Matters: Strengthening Mental Health Together (AUD) See p. 8  
3:00: Conversations Around the Water Cooler (RAR)  
3:00: Residents' Council Listens (FL) See p. 8  
5:30: Waiter's Table (Alexandria Dining Room) See p. 8

## Wednesday, May 28

9:00: Clothing Collection (GR)  
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: Teaching Company—The Wisdom of History (CH 972) See p. 13  
1:00: Duplicate Bridge (LR)  
1:30: Reminiscing with the Senses: May Scents (RAR)  
2:00: Grounds Committee Garden Tour (FP) See p. 9  
4:00: Acupuncture at GHA (AUD) See p. 9  
4:00: Fillmore Happy Hour (FL)  
4:00: Pop-Up Technology Assistance (LBY)

## Thursday, May 29

9:00: Chess (LR)  
10:00: Seated Strength (GX & CH 975)  
10:00: Ceramics (AS)  
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)  
1:00: GHA Bell Ringers Choir (AUD)  
1:15: Mind & Movement (GX)  
1:45: Music Therapy with Abby (RDR)

2:00: Resident Seminar Walks with "The Rambler" (FL)  
2:00: Open Studio (AS)  
2:30: Goodwin Living Foundation Presents: Finding Peace of Mind in Uncertain Times (AUD) See p. 9  
5:30: Raffle: Lobster Dinner (FL) See p. 9  
7:15: Movie: *The Brutalist* (CH 972) See p. 14

## Friday, May 30

10:00: Replay of Thursday Movie (CH 972)  
10:30: **GHA Encore Choral Rehearsal—Canceled Until August**  
3:30: Seated Meditation (CHP & CH 974)  
4:00: Fillmore Happy Hour (FL)  
4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

## Saturday, May 31

9:30: Pop-Up Technology Assistance (LBY)  
10:30: Timeline: Everything That Happened in 1970 (CH 971)  
2:00: Strength & Stretch Chair Exercise (CH 971 & RAR)  
3:00: Weekend Wii Bowling (GX)  
7:15: Movie: *The Apartment* (CH 972) See p. 14



## Sunday, June 1

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

## Small Houses Schedule

### Sunday, May 25

- 9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
11:30: Chaplain Visits (SH-A)  
1:30: Salt Art (OQ)  
3:00: Open Recreation/ Strength &  
Stretch Chair Exercise (CH 971)  
6:30: Movie: *The Peacemaker* (CH 972)  
See p. 12

### Monday, May 26

- 10:00: BYOConversation (LR) See p. 6  
10:00: Catholic Communion & Rosary  
(CHP & CH 974)  
11:00: **Outdoor Club—Canceled**  
11:00: **Small House Bell Choir—  
Canceled**  
11:00: Move and Groove (CH 971)  
11:30: Place a Memorial Day Flag (CTY)  
See p. 7  
12:00: German Conversation Table  
(AR)  
1:30: **Art with Alison—Canceled**  
1:30: **Music Therapy with Abby—  
Canceled**

2:00: Honoring America's Fallen on  
Memorial Day with Steve Hartman  
(CH 971)

2:00: Memorial Day Concert: Surf  
Jaguars (CTY) See p. 7

**2:45: Tea Party—Canceled**

3:00: Volunteer Visits (SH-A)

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

4:00: Fillmore Happy Hour (FL)

7:15: Environmental Film: Earthshot  
Report (CH 972) See p. 7

### Tuesday, May 27

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

10:15: Indoor Yard Games (OQ)

11:30: Dog Visits with Cashew (SH-A)

1:30: Volunteer Story Time (OQ)

2:00: **Afternoon Program with the  
Wandering Docent—Canceled**

2:00: Movie: *Florence Foster Jenkins*  
(CH 972) See p. 13

2:00: Mind Matters: Strengthening  
Mental Health Together (AUD) See p. 8

2:30: Garden Thyme (MH)

3:30: Individual Visits with Ted  
(SH-A)

4:00: Care Partner-Led Programming  
(OQ & WL)

5:30: Waiter's Table (Alexandria  
Dining Room) See p. 8

6:30: **Music Therapy with Abby—  
Canceled**

## Wednesday, May 28

- 9:00: Clothing Collection (GR)  
9:30: Market Place Open (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)  
1:00: Hospitality Committee (RCR)  
2:00: Exercise with Christie (MH)  
2:00: Grounds Committee Garden  
Tour (FP) See p. 9  
4:00: Fillmore Happy Hour (FL)  
4:00: Pop-Up Technology Assistance  
(LBY)

## Thursday, May 29

- 9:00: Chess (LR)  
10:00: Seated Strength (GX & CH 975)  
10:45: Talking Books Librarian (Library  
Work Room or in your apartment by  
appointment; call 703-824-1583)  
11:00: Scripture, Songs, & Prayers  
(AUD & CH 973)  
11:00: Replay 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)  
2:30: Goodwin Living Foundation  
Presents: Finding Peace of Mind in  
Uncertain Times (AUD) See p. 9

- 2:45: Brain Games: Flower Arranging  
(CTY)  
3:00: Volunteer Visits (SH-A)  
4:00: Acupuncture at GHA (AUD)  
See p. 9  
5:30: Raffle: Lobster Dinner (FL)  
See p. 9  
6:15: Games with Ted (OQ)  
7:15: Movie: *The Brutalist* (CH 972)  
See p. 14

## Friday, May 30

- 10:00: Replay of Thursday Movie  
(CH 972)  
11:00: Care Partner-Led Programming  
(OQ & WL)  
11:00: News Discussion Group (SN)  
2:30: Small House Mahjong Club  
(Meherrin Den)  
3:00: Music Therapy: Individual  
sessions (WL & SN)  
3:30: Seated Meditation (CHP &  
CH 974)  
4:00: Fillmore Happy Hour (FL)  
4:30: Jewish Sabbath Service of  
Comfort & Healing (CH 971)

## Saturday, May 31

- 9:30: Pop-Up Technology Assistance (LBY)  
10:30: Licks of Love Dog Visits (SH-A)  
10:30: Timeline: Everything That Happened in 1970 (CH 971)  
2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)  
2:30: Exercise with Christie (OQ)
- 7:15: Movie: *The Apartment* (CH 972)  
See p. 14

## Sunday, June 1

- 9:00: Holy Eucharist (CHP & CH 974)  
10:30: Holy Eucharist (AUD & CH 973)  
11:30: Chaplain Visits (SH-A)  
1:30: Chef Table: Mud Grub Pudding Cups (OQ)  
3:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)  
6:30: Movie: *The Peacemaker* (CH 972)  
See p. 12

## Do You Need a Notary?

We understand there are times you need a notary, and we are fortunate to have four GHA staff to provide notary services at no charge to residents. The following staff can provide notary services:

Merrily Wolf | 703-824-1234  
mwolf@goodwinliving.org

Anam Yasin | 703-824-1002  
ayasin@goodwinliving.org

Arlene Dixon — 703-824-1192  
adixon@goodwinliving.org

Because we want to allow for the appropriate time for your notary needs, we would appreciate a phone call or email to schedule an appointment.

## Dick's Teaser Solutions:

1. Scold ; old
2. Rage ; stage
3. Ghost ; toast
4. Canteen ; caffeine
5. Truth ; youth
6. Science ; appliance
7. Little Rock ; alarm clock
8. Plot ; yacht
9. Bahamas ; pajamas

*Dick Pellerin, Resident*

## LOCATION KEY

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



# June Birthdays

2—Donald Pepper

4 —Margaret Siegel

5—Kathleen Dell

5—Mary Prokes

6—Sylvia Rohrbough

8—William Sullivan

10—Jane Rosman

11—Mary Bennett

13—Francis Wade

15—Helen Geiser

16—Polly Gordon

17—Billie Elliott

17—Sheila Hoben

17—Miguel Quintos

18—Emanuel Jr Baker

18—Nancy Eckert

19—Herman Sauer

20—Patricia Clark

20—Joyce Suydam

20—Paul Wackerbarth

22—Frances Dreyfus

22—James McCrary

23—Sue Lynch

24—Philip Kuhl

25—Joel Alperstein

25—Dennis Detlef

29—Nanna Hillsman

29—Ira Kirschbaum

30—Carl Miller

