



Help Celebrate Our Annual Giving Day!

Friday, February 13th

11:00am-12:30pm & 3:30pm-5:00pm, Lobby



We invite you to join us as we celebrate the Goodwin Living Foundation's mission with an outpouring of gratitude and good fortune.

Please stop by our Giving Day table and post a message of appreciation on our Gratitude Board! Foundation team members and volunteers will be there to share sweets and stories about how your gift can result in someone else's good fortune.

We're thrilled to share that we have a new gift match this year, made possible by the remarkable generosity of an anonymous donor. Check your resident mailboxes on Monday for all the exciting details!

The Foundation Team



Goodwin Living
Foundation

This Week's Highlights

Monday, February 9

BYOConversation

10:00am | LR | See pg. 14

Resident Seminar: One More Choice

1:00pm | AUD | See pg. 15

Tuesday, February 10

Dating Through the Decades

11:15am | LR | See pg. 15

Art Talk with Dorothy McManus

3:00pm | AUD-A | See pg. 7

Concert: Friday Morning Music Club

7:30pm | AUD & CH 973 | See pg. 7

Wednesday, February 11

Lunch Trip: Farmhouse Tuscan

11:30am | LBY | See pg. 10

Thursday, February 12

Trip: National Museum of African

American History & Culture

9:45am | LBY | See pg. 10

Friday, February 13

Concert: Jerry Roman

3:00pm | AUD | See pg. 7

Reception: Tactile Art Exhibit

4:00pm | AS Gallery

Saturday, February 14

Saturday Morning Live

10:30pm | AUD & CH 975 | See pg. 15

Around GHA

Shared Dreams



Thank you to everyone who shared your hopes and dreams in the art installation between the Bistro and the Library this past month. Your words inspired hope, kindness, and a sense that—no matter what we face—we do not face it alone. May all your dreams come true.

*Sam Echols
Communications Coordinator*

Dick's Teaser

All the countries in the world have English names that begin with a letter of the alphabet, except for the letter X. For every letter of the alphabet except X, can you name a country whose name begins with that letter? Some letters can have more than one country associated with it. For example, the letter H can have, as its country, Haiti, Honduras, Hong Kong, or Hungary.

See pg. 13 for some solutions.

Dick Pellerin, Resident

Link of the Week



Watch the daily lives of young barn owls inside their nest in Florida. This live cam is made available by the cooperation of the University of Florida and the Charter Group of Wildlife Ecology.

Click on the links below or search YouTube using the keywords shown.

[Live Barn Own Florida Cam](#)

The Green Team

Green Team Hints

Reheating food in plastic containers in the microwave should be avoided because heat causes plastic to break down, releasing harmful chemical additives—such as BPA and nanoplastics—directly into the food.

The Green Team

Welcome

Janet and Joe Kogut



Janet and Joe Kogut moved to GHA in late November from their home of 52 years in Alexandria. They are parents of three daughters, and have eight grandchildren. The oldest grandchild is a freshman in college, and the youngest is in second grade. Two daughters live in Arlington, and one daughter lives in Severna Park, MD. Janet and Joe have been married 54 years.

Janet was born in Warren, PA. For Janet, her most important accomplishment was raising her three daughters during their growing-up years. Before her first child was born, she worked at the White House for five years in the office of Congressional Relations. When her last child started school, she worked at a preschool. Later, she worked full time for the IRS and completed 28 years in government service.

Joe was born in Johnstown, PA. He moved to the Washington, D.C., area after high school and was there nine months before being drafted. He served two years of active duty and four years in the Army Reserve, stationed at Fort Jackson in Columbia, SC. He went on to study at Ben Franklin University—now George Washington University—and later took courses at the National Judicial College in Reno, NV. For 40 years, he was a government employee for the U.S. Department of Agriculture.

Joe and Janet have a house in Oak Island, NC, which they truly enjoy, not far from the ocean. Joe plays golf several times a week in our area here and on Oak Island.

Over the years, Joe has coached adult and youth softball teams and basketball teams. He is a dedicated Pittsburgh Pirates and Pittsburgh Steelers Fan.

Janet is looking forward to the next Mahjong class here at GHA. She is a long time quilter and will be joining the quilting group and the book club.

The Koguts are longtime members of Blessed Sacrament Church, where Joe was a Eucharistic Minister. Joe is a past Grand Knight of The Knights of Columbus.

Announcements

Special Election: Feb. 10th

The February 10th Special Election will choose our Virginia State Senator. Current candidates in the election are Elizabeth Bennett-Parker (D), www.ElizabethForVa.com, and Julie Robben Lineberry (R), www.JulieForVa.com.



Voting Information

Polls are open from 6:00am-7:00pm. GHA will run a circuit bus to and from The View, our polling place, from 10:00am-2:00pm.



Laura Lawson, Resident

Market Place Update

Getting ready for the Market Place refresh—coming soon! In February, the Market Place will be open to all shoppers and lookers from 9:30am-11:30pm each Wednesday morning and occasionally on Wednesday afternoons from 2:30pm-4:00pm.

All items will be half price. The ticket with your items listed will be added up and divided by two.

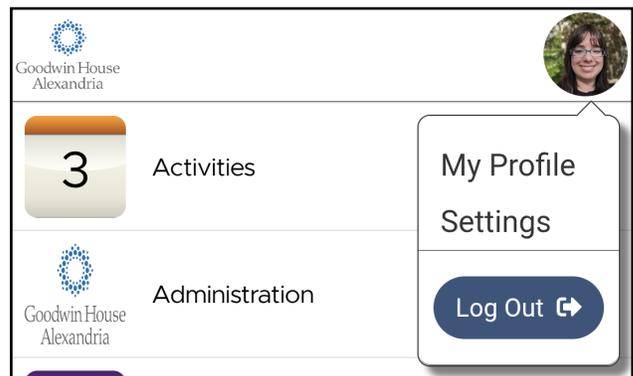
The Market Place will not be accepting any donations until the upcoming facelift is complete, anticipated to be early April.

Thank you for your support and understanding.

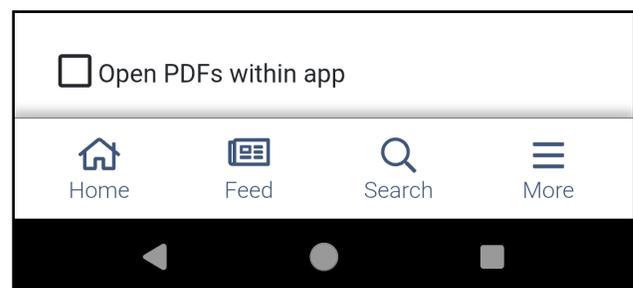
The Market Place Team

How to Make Text Bigger in Uniguest

Is the text in Uniguest too small for you to read? Follow the instructions below to enable zooming on documents like Dining menus and the Resident Handbook.



1. Tap your profile picture in the top right corner. Then, tap “Settings.”



2. Scroll down to the bottom of the settings options and uncheck “Open PDFs within app.”

*Sam Echols
Communications Coordinator*

Would You Like to Audit Credited Classes at NOVA?

Virginia residents who meet the following criteria may audit credited classes free of charge regardless of income. To be eligible, you must:

- Be 60 years of age or older,
- Be a legal resident of Virginia,
- Be admitted to the college as an in-state student, and
- Provide supporting documentation as required.

Tuition Waiver

You must submit a Tuition Waiver for each class. Tuition Waivers are limited to courses that already have a sufficient number of tuition-paying students enrolled. The registration period for seniors who wish to apply for the class and tuition waiver opens on the last business day (Monday-Friday) before the class session begins and ends at 11:59pm that evening.

For example:

- For class sessions beginning on a Wednesday, seniors may begin registering on Tuesday.
- For class sessions beginning on a Saturday, Sunday, or Monday, seniors may begin registering the Friday before the session begins.

For classes that have open seats on the first day, the [Senior Citizen Tuition Waiver Form](#) will be processed, and senior students will be enrolled. View the [Senior Citizen Tuition Waiver Program Fact Sheet](#) for more information.

To get started:

[Senior Citizens | Northern Virginia Community College](#)

Schedule of Classes:

[Schedule of Classes | Northern Virginia Community College](#)

NOVA Academic Calendar:

[Academic Calendar | Northern Virginia Community College](#)

If you have any questions or need help registering, please contact Kim Butler, Director of Life Enrichment, at KButler@GoodwinLiving.org or 703-824-1024

Kim Butler
Director of Life Enrichment

Creative Arts

Made in Alexandria

Pop-Up Vendor sale

Saturday, February 7th, 11:00am-3:00pm

Living Room

We're excited to host the Made in Alexandria Pop-Up Vendor Sale—a lively showcase of local creativity and



craftsmanship. Come explore unique, handmade items created by talented Alexandria artisans and support the small businesses that make our community shine.

Check out some of the fantastic vendors who will be joining us:

- Yellow Dot Shop: Shirts, cards, hats, books
- Moxie & Magic: Glass plates and bowls
- Julianne Woehrle Designs: Paintings, jewelry, cards
- Made by Knerq: Paper art and cards
- Pawfectly Delicious: Dog treats
- Aisling MagickArt: Spell jars, witchy items, polaroid manipulation

Recurring

AM Painting & Drawing

Thursdays | 10:00am-11:30am | AS

Ceramics

Tuesdays | 10:00am-11:30am | AS

Creative Writing Group

1st Wednesdays | 11:00am-12:00pm
RCR

Knitters & Crocheters

Thursdays | 2:00pm-3:00pm | CHP

GHA Bell Ringers Rehearsal

Thursdays | 4:00pm-5:00pm | AUD

GHA Book Club

3rd Tuesdays, 2:00pm-3:00pm | RCR

GHA Encore Chorale Rehearsal

Fridays | 10:30am-12:00pm | AUD-A

GHA Players Meeting

Fridays | 1:30pm-2:30pm | RCR

Photography Club

2nd Mondays | 1:00pm-2:00pm | AS

PM Painting and Drawing

Thursdays | 1:30pm-3:00pm | AS

Quilting Bees

Fridays | 2:00pm-3:00pm | BR

- John Wasowicz, Author: Local mystery thrillers
- Hamawilo: Handmade art, decor, canvases, decoupaged shells, gifts
- Mind Body and Candles: Candles, home sprays, lotions
- Cabi stylist: Women's fashions

Jennifer Bennett
Events Coordinator

Friday Morning Music Club

Tuesday, February 10th, 7:30pm
Auditorium



Founded in 1886 as a community of music lovers and musicians, the Friday Morning Music Club (FMMC) has promoted classical music in the Washington area for more than 130 years. Today, FMMC presents public concerts throughout the week, offering performing members numerous opportunities to share their artistry with audiences across Washington, D.C., Maryland, and Virginia.

This program will feature outstanding performers from FMMC's Young Musicians program, showcasing talented high school- and college-age students as they continue their artistic development.

Jennifer Bennett
Events Coordinator

Art Talk: Portraits of American Musicians at National Portrait Gallery

Tuesday, February 10th, 3:00pm
Auditorium

The Smithsonian's National Portrait Gallery holds portraits of many American musicians. Docent and GHA resident Dorothy McManus will present a virtual tour of samples from this collection, most of which are currently not on view. You will immediately recognize the subjects—entertainers advertised in their lifetimes and after. Think favorites such as George Gershwin, Dizzy Gillespie, Lena Horne, and Aretha Franklin.

Jennifer Bennett
Events Coordinator

Concert: Jerry Roman

Friday, February 13th, 3:00pm
Auditorium

Get ready for an afternoon packed with toe-tapping tunes and playful music trivia as Jerry Roman takes the stage! With a song list as wide as his smile, he's sure to have something for everyone—and if you don't hear your favorite, just ask! He loves taking requests and keeping the crowd on their toes.

Jennifer Bennett
Events Coordinator

Health & Fitness

Trip: Rock Climbing at Sports Rock Alexandria

Friday, February 20th, 10:00am

Leave from Lobby

Signup Required

Cost: \$30

We are planning another rock climbing trip to Sports Rock Alexandria. Our lovely friend and fellow belay instructor, Judy Aw, will help guide us in a safe, fun and self-challenging quest.



If you experience a fear of heights, rest assured that Judy is able to guide you through a horizontal climbing route instead.

Transportation will be arranged either through carpooling or individual travel.

*Christie Thomas
Fitness Manager*

Infections

Known Cases as of February 5th, 2026

COVID-19: 0

Influenza: 0

RSV: 1 (Assisted Living)

Recurring

Advanced Tai Chi

Tuesdays, Fridays | 4:30pm-5:15pm | GX

Saturdays | 10:30am-11:30am | GX

Aqua Fun

Mondays | 9:45am-10:30am | Pool

Wednesdays | 9:30am-10:15am | Pool

Beginners' Tai Chi

Saturdays | 11:30am-12:30pm | GX

Beginning Line Dancing

Mondays | 1:00pm-2:00pm | GX

Fun & Fitness

Mondays, Wednesdays, Fridays

9:00am -9:45am | GX & CH 975

Saturdays | 9:30am-10:15am

Just Dance

Tuesdays | 10:15am-11:15am | AUD-A

Mat Pilates

Tuesdays | 11:00am-11:45am | GX

Wednesdays | 2:15pm-3:15pm | GX

Morning Yoga

Tuesdays, Thursdays, Fridays

7:45am-8:30am | GX, CH 975, Zoom

Seated Strength

Tuesdays, Thursdays | 10:00am-10:45am

GX & CH 975

Strength & Stretch

Tuesdays, Thursdays | 9:00am

GX & CH 975

Sundays | 3:00pm | CH 971

Trail Blazers

Mondays | 10:00am-12:00pm | LBY

Signup Required

Wii Bowling

Tuesdays, Thursdays | 2:00pm-3:00pm

Saturdays | 3:00pm-4:00pm | GX

StrongerMemory

Thursdays, 9:30am-10:30am
Residents' Conference Room



Week 3 Topic: All About Motivation

Stick to it! How do you build a healthy habit? A question that has interested researchers, motivational speakers, and healthcare professionals alike for years. Come learn about the latest research in motivation.

StrongerMemory is a daily habit that builds your brain health over time. If you've wondered how to better stick to it, this is the week for you!

Michelle Wanzer
Communications & Operations
Coordinator

Did You Know?

Many of us residents use the G1 level as an indoor exercise area. It's where we swim, play ping pong or pool, and walk laps during inclement weather.



Did you know that there are two pairs of water fountains to help you keep hydrated as you go? One set is across from the G1 entry to the garage, and the other set is directly opposite the glass brick swimming pool wall. Skol!

Lory Manning, Resident

Easy Exercises for Better Balance

The foot and ankle are our foundations for standing and walking. Any condition or injury to them has enormous impact on our ability to stabilize and balance. Making sure the ankle is flexible is important so that the body can respond to different surfaces and is one of the most important contributors to good balance.

Fortunately, we can improve strength, flexibility, and balance in our feet and ankles through simple, regular exercises. Be sure to have something nearby to help with balance.

- Calf raises: Lift and lower your heels off the ground. This can be done on a flat surface.
- Toe raises: Lift your toes off the ground by going back onto your heels.
- One-legged balance: See how long you can stand on one foot, or try holding for 10 seconds on each side.
- Walk heel to toe for 20 steps. Walk in as straight a line as you can (imagine walking on a balance beam) trying to look ahead, not down at your feet.

Christie Thomas
Fitness Manager

Trips & Social Activities

Lunch Trip:

The Farmhouse Tuscan

Wednesday, February 11th, 11:30am-2:30pm

Leave from Lobby

Transportation Cost: \$10



Rooted in tradition, this restaurant pays homage to classic Italian dishes, prepared with a modern flare. If you are interested in enjoying a meal with fellow residents, please sign up in the Activities Binder.

Jennifer Bennett, Events Coordinator

Trip: National Museum of African American History and Culture

Thursday, February 12th, 9:45am

Leave from Lobby

Transportation Cost: \$20

Signup Required

Discover the powerful stories and rich history preserved at the National Museum of African American History and Culture. Join us for a self-guided visit and explore this remarkable collection at your own pace. Sign up in the Activities Binder.

Jennifer Bennett, Events Coordinator

Recurring

Activities Committee Meeting

2nd Wednesdays | 11:00am | RCR

Bus to Giant Food

Tuesdays | 10:00am-11:00am | LBY

Signup Required

Bus to Target

2nd Fridays | 10:00am-12:00pm | LBY

Signup Required

Bus to Trader Joe's

1st Fridays | 10:00am-12:00pm | LBY

Signup Required

Chess

Thursdays | 9:00am-11:00am | LR

Duplicate Bridge

2nd & 4th Wednesdays | 1:00pm | LR

French Conversation Table

Thursdays | 12:00pm-1:00pm

Bistro Table 11

German Conversation Table

Mondays | 12:00pm-1:00pm | AR

Mah Jongg

Tuesdays | 1:15pm-3:00pm | LR

Party Bridge

1st & 3rd Fridays | 2:00pm | LR

Shanghai

1st & 3rd Thursdays | 1:30pm | LR

2nd & 4th Fridays | 1:30pm | LR

Shuttle Service: Alexandria Symphony Orchestra

Saturday, February 14th, 7:00pm

Leave from Lobby

Signup Required

Complimentary shuttle transportation will be provided to and from the Schlesinger Center for the Alexandria Symphony Orchestra concert. Please sign up in the Activities Binder under Community Outings. Concert tickets are not included.

Jennifer Bennett, Events Coordinator

Valentine's Day Dinner

Let Dining Services show our love for you by wooing you with an elegant dinner. We will be offering a choice between a crab cake and a 4oz filet mignon. Valentine's Day dinner will be available in the Alexandria Dining Room and the Mixing Bowl. Make your reservations early!

Alex Freiman, Registered Dietitian

Film Screening & Discussion: *Familiar Touch*

Tuesday, February 17th, 2:00pm-5:30pm

Leave from Lobby

Virginia Theological Seminary

Signup Required

Familiar Touch tells the story of Ruth (Kathleen Chalfant), a retired cook who's adjusting to life in a new community while also grappling with cognitive changes.

Following the screening, Goodwin Living President & CEO Rob Liebreich and the film's director, Sarah Friedland, will lead a panel discussion surrounding ageism and how we can combat it.

The signup sheet is available in the Activities Binder. Shuttle service will be provided. All residents are welcome!

Elizabeth Cheek, Administrative Assistant

Mardi Gras Celebration

Tuesday, February 17th, 7:30pm

Auditorium

You don't need to travel to New Orleans to let the good times roll—the party is right here in the Auditorium! Join us for a vibrant Mardi Gras celebration filled with lively music, colorful energy, and classic Mardi Gras flair. Featuring:



- Live Dixieland Trio
- A dance floor ready for your best moves
- New Orleans-inspired drinks
- Sweets to keep the celebration going

Dress in your best Mardi Gras attire! Masks, beads, feathers—bring the spirit! *Laissez les bons temps rouler!* We can't wait to celebrate with you!

Jennifer Bennett, Events Coordinator

Trip: Department of the Interior Museum

Thursday, March 5th, 9:30am

Leave From Lobby

Transportation Cost: \$20

Docent Cost: \$15

When the Interior Museum opened in the U.S. Department of the Interior's newly constructed headquarters in the nation's capital on March 8, 1938, a museum was considered a novel element to include in a federal office building. However, the Secretary of the Interior at that time—Harold Ickes—was a proponent of the arts and also strongly believed in the importance of having the American people understand the work of the Department.

To this day, the Interior Museum's mission remains to educate and inspire employees and the public about the ongoing stewardship of the nation's public lands, natural resources, and cultural heritage. The Interior Museum's collection contains more than 8,000 objects of historical, cultural, and scientific importance relating directly to the activities of the department.

We will have a guided tour through the many their collections. If you are interested in in joining this trip, please sign up in the Activities Binder under the Community Outing Tab. The signup sheet will be out starting Monday, February 9th, at 10:00am.

Jennifer Bennett, Events Coordinator

On Beckett at the Shakespeare Theater

Sunday, March 8th, 1:00pm

Leave from Lobby

Ticket Cost: \$54

Transportation: \$20



Bill Irwin will present his one-man show, *On Beckett*, at the Shakespeare Theatre Company, offering an insightful and humorous tribute to the works of Samuel Beckett. The Tony Award-winning actor, known for his roles in *Who's Afraid of Virginia Woolf?* and *Sesame Street*, explores the comedy and tragedy within Beckett's writings, including *Waiting for Godot* and *Texts for Nothing*. With a dynamic display of physical comedy and eloquent storytelling, Irwin's performance invites both newcomers and seasoned fans of Beckett to experience the joy of his legacy.

If you are interested in attending this performance, please sign up in the Activities Binder under the Community Outings tab. A signup sheet will be available starting Monday, February 9th, at 10:00am.

Jennifer Bennett, Events Coordinator

Spirituality & Community

Library Spotlight: Religion and Essays Sections

The Library Workroom is home to the Library's Religion and Essays sections. You can find educational and inspirational texts on Christianity, Islam, and more. Enjoy stories from Greek mythology or pop over to the Essays shelves to explore different perspectives and ways of living.



*Sam Echols
Communications Coordinator*

Dick's Teaser Solutions

| | |
|-----------|------------------|
| Argentina | Norway |
| Brazil | Oman |
| China | Peru |
| Denmark | Qatar |
| Ethiopia | Romania |
| Finland | Syria |
| Germany | Thailand |
| Holland | Uruguay |
| India | Vietnam |
| Japan | Wales |
| Korea | X – no countries |
| Lebanon | Yemen |
| Mongolia | Zaire |

Dick Pellerin, Resident

Recurring

Catholic Communion & Rosary

2nd & 4th Mondays | 10:00am-11:00am
CHP & CH 974

Catholic Mass & Rosary

1st, 3rd, & 5th Mondays
10:00am-11:00am | CHP & CH 974

Holy Eucharist

Sundays | 9:00am | CHP & CH 974
Sundays | 10:30am | AUD & CH 973

Jewish Sabbath Service

1st Friday | 4:30pm-5:30pm | CH 971

Prayer Group

Wednesdays | 11:00am-12:00pm | CHP

Scripture, Songs, & Prayers

Thursdays | 11:00am-12:00pm
AUD & CH 973

Seated Meditation

Mondays & Fridays | 3:30pm-4:00pm
CHP & CH 974

Spiritual Life Committee Meeting

2nd Mondays | 2:00pm | RCR

In Memoriam

ALEX JOSEPH
February 3rd, 2026

Discussions & Meetings

Recurring

12-Step Meeting

Mondays | 12:00pm-1:00pm
Call 202-701-9291 for more info.

Caregiver Support Group

4th Wednesdays | 2:00pm-3:00pm | BR

Communications Committee Meeting

1st Mondays in January, April, September,
& December | 10:00am | RCR

Design Committee Meeting

1st Wednesday | 3:00pm | BR

Dining & Nutritional Services Committee Meeting

4th Thursdays | 2:00pm | RCR

Environmental Services Committee Meeting

3rd Mondays | 3:00pm | RCR

Facilities & Security Committee Meeting

3rd Tuesdays | 10:00am | RCR

Finance Committee Meeting

3rd Wednesdays | 10:30am | AR

Grounds & Landscaping Committee Meeting

4th Mondays | 11:00am | RCR

Health Services Committee Meeting

3rd Tuesdays | 2:00pm | FL

Hearing Loss Group

2nd Thursdays | 11:00am-12:00pm | BR

Low Vision Support Group

3rd Thursdays | 1:00pm-2:00pm | AR

Marketing Committee Meeting

2nd Mondays | 1:00pm | BR

Newcomers Group

4th Thursdays | 11:00am-12:00pm | AR

Outreach Committee Meeting

1st Wednesdays (Except July & August)
2:00pm-3:00pm | RCR

Parkinson's Support Group

4th Thursdays | 1:00pm-2:00pm | BR

Pop-Up Technology Assistance

Wednesdays | 4:00pm-5:00pm | LBY
Saturdays | 9:30am-10:30am | LBY

Residents' Council Meeting

1st Tuesdays | 10:00am | RCR

StrongerMemory Group

Thursdays | 9:30am-10:30am | RCR

Town Hall

3rd Wednesdays | 3:00pm | AUD & CH 973

Welcome Committee Meeting

3rd Wednesdays | 2:00pm | RCR

BYOConversation: Longevity: Pros and Cons

Monday, February 9th, 10:00am-10:45am

Wednesday, February 11th, 11:00am-11:45am

Living Room

For you, is longevity a good thing or not? We'll compare thoughts to discover enriching insights. The same topic will be explored during both Monday and Wednesday sessions. I will only be moderating Wednesday's conversation.

True or false: as we age, we struggle to retrieve names, places, times, and dates. However, we have more enriching recollections of delights, fun, and accomplishments. True or false: the older we get, we also get (1) smarter, (2) more negative, or (3) more dependent. The best thing about aging is___? BYOC welcomes all residents, team members, priority club members, and guests. Come to speak or just listen.

Jonathan Bryan, Resident



Resident Seminar: One More Choice

Monday, February 9th, 1:00pm
Auditorium

This resident seminar covers end-of-life choices with a special emphasis on Medical Aid In Dying (MAID). Maureen Ruddy, a volunteer with the national, non-profit organization Compassion and Choices, is the featured speaker.

The Virginia General Assembly is currently considering legislation that would permit MAID in the Commonwealth. A one-page Death With Dignity fact sheet can be obtained from resident Dennis Detlef, chair of the GHA Steering Committee. The website for Compassion and Choices is www.CompassionAndChoices.org.

Dennis Detlef

Death With Dignity

Steering Committee Chairman

Kathi Menda, Resident Seminar Facilitator

Dating Through the Decades

Tuesday, February 10th, 11:15am
Living Room

Join us for an Intergenerational discussion on dating and relationships across the decades!

We're inviting residents to share their stories, wisdom, and memories with local high school students in a fun



conversation about love, dating, and relationships then and now.

Together, we'll watch short video clips, reminisce about courtship and romance from years past, and hear how younger generations experience relationships today. Expect laughter, thoughtful discussion, and a chance to pass along advice that still matters. Come share your story, your perspective, and your heart.

Brianna Johnson

Therapeutic Recreation Supervisor

Saturday Morning Live: Energy Security

Saturday, February 14th, 10:30am
Auditorium

Our next SML speaker, Dr. Sabonis-Helf and Professor at the Georgetown School of Foreign Service, is popular at



GHA from her two previous presentations. This time, she will address Energy Security and American "Energy Dominance." Fossil fuels or renewable energy? Natural gas sales? Rivalry with China and Saudi Arabia? Come and find out.

Speakers' Forum

Movies

Environmental Film: *Eating Our Way to Extinction*

Monday, February 9th, 7:15 pm
Channel 972



This documentary, narrated by Kate Winslet, investigates the devastating environmental impact of industrial animal agriculture. It highlights how livestock production is a leading cause of deforestation, particularly in the Amazon, and contributes to a loss of biodiversity. Overfishing contributes to ocean pollution and dead zones, which also destroy ecosystems.

The film features scientists, economists, and indigenous leaders who highlight the role of industrial agriculture in climate change and the urgent need to change global food systems. Arguing that adopting a plant-based diet is essential for ecological survival. The film advocates for a shift toward a plant-based diet to prevent further environmental catastrophe.

Reviewers of the film suggest that “while veganism is often highlighted,

there is a general emerging consensus that even small changes, like participating in “Meatless Mondays,” can make a difference. Not everyone needs to go 100% vegan, but if everyone swapped out one day each week for vegan meals, the impact would be incredible. GHA Dining Services supports the “Meatless Monday” option in their menus.

Eating Our Way to Extinction is the winner of the 2022 Environmental Media Award for the best documentary film. It also won the 2022 International Green Film Award of the Cinema for Peace Awards.

Teaching Company: *The Skeptic’s Guide to American History*

Wednesdays, 11:00am
Channel 973

Professor Mark A. Stoler takes you on a challenging but intellectually invigorating journey through American history.

Movie: *Rooster Cogburn* (1975)

Sunday, February 8th, 6:30pm
PG, 1h 48m, Channel 972

Cast: John Wayne, Katharine Hepburn, Anthony Zerbe

Marshal Rooster Cogburn unwillingly teams up with Eula Goodnight to track down her father's murderers.

Movie: *The Banker* (2020)

Thursday, February 12th, 7:15pm
PG-13, 2h, Channel 972

Cast: Anthony Mackie, Samuel L. Jackson, Nicholas Hoult

The Banker centers on revolutionary businessmen Bernard Garrett (Anthony Mackie) and Joe Morris (Samuel L. Jackson), who devise an audacious and risky plan to take on the racially oppressive establishment of the 1960s by helping other African Americans pursue the American dream. In the 1960s, two African-American entrepreneurs hire a working-class white man to pretend to be the head of their business empire while they pose as a janitor and chauffeur.



Movie: *Everybody's Fine* (2009)

Saturday, February 14th, 7:15pm
PG-13, 1h 39m, Channel 972

Cast: Robert De Niro, Kate Beckinsale, Sam Rockwell

A widower who realized his only connection to his family was through his wife sets off on an impromptu road trip to reunite with each of his grown children.

Movie: *LA Confidential* (1997)

Sunday, February 15th, 6:30pm
R, 2h 18m, Channel 972

Cast: Kevin Spacey, Russell Crowe, Guy Pearce

As corruption grows in 1950s Los Angeles, three policemen—one straight-laced, one brutal, and one sleazy—investigate a series of murders with their own brand of justice.



Upcoming

Thursday, February 19th

Ballad of Willis Island (2025)

Saturday, February 21st

The Bishop's Wife (1948)

Sunday, February 22nd

Erin Brockovich (2000)

Thursday, February 26th

Quartet (2013)

Saturday, February 28th

The Best Exotic Marigold Hotel (2011)

The Weekly Schedule

Sunday, February 8, 2026—Sunday, February 15, 2026

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

Events created for Richmond & Dominion are labeled with "R&D." Due to space limitations,
Richmond & Dominion residents have priority at them.

Residential Living, Richmond & Dominion Schedule

Cancellations

Tuesday, February 10th

Bus to Giant Food

Sunday, February 8

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: R&D: Strength & Stretch Chair Exercise (CH 971)
- 6:00: Super Bowl in the Fillmore (FL)
- 6:30: Movie: *Rooster Cogburn* (CH 972) See pg. 16

Monday, February 9

- 9:00: Fun & Fitness (GX & CH 971)
- 9:45: Aqua Fun (Pool)
- 10:00: BYOConversation (LR) See pg. 14
- 10:00: Catholic Communion & Rosary (CHP & CH 974)
- 10:00: Trail Blazers: Huntley Meadows (LBY, Signup Required)
- 11:00: R&D: Body & Balance Exercise (GX)
- 12:00: 12-Step Meeting (For more info., call 202-701-9291.)
- 12:00: German Conversation Table (AR)
- 1:00: Beginning Line Dancing (GX)
- 1:00: Marketing Committee (BR)
- 1:00: Photo Club Meeting (AS)
- 1:00: Resident Seminar: One More Choice (AUD) See pg. 15
- 2:00: Spiritual Life Committee (RCR)
- 3:00: R&D: The Science of Taste (RAR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Fillmore Happy Hour (FL)
- 7:15: Environmental Film (CH 972) See pg. 16

Tuesday, February 10

- 7:45: Morning Yoga
(GX, CH 975, & Zoom)
- 9:00: Strength & Stretch Class
(GX & CH 975)
- 9:30: Credit Union Open (PR)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Ceramics (AS)
- 10:00: Seamstress
(Apt. 426, Floral Arts Room)
- 10:00: GHA Bus to VA Senate Special
Election (LBY) See pg. 4
- 10:00: Vendor: Mary Kay Cosmetics
(CC)
- 10:15: Just Dance Class (AUD)
- 11:00: Mat Pilates (GX)
- 11:15: Dating Through the Decades
(LR) See pg. 15
- 12:00: Family Caregiver Support Group
(Contact Hilary Wurzbach for the
Teams link)
- 1:15: Mah Jongg (LR)
- 2:00: Wii Bowling (GX)
- 3:00: Art Talk with Dorothy McManus
(AUD & CH 973) See pg. 7
- 3:00: **R&D**: Valentines Tea Party (RDR)
- 4:30: Advanced Tai Chi (GX)
- 7:30: Concert: Friday Morning
Music Club (AUD & CH 973)
See pg. 7

Wednesday, February 11

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (Pool)
- 11:00: Prayer Group (CHP)
- 11:00: Resident Activities Committee
(RCR)
- 11:00: Teaching Company (CH 972)
See pg. 16
- 11:00: Vendor: Joy's Boutique (CC)
- 11:00: BYOConversation (LR) See pg. 14
- 11:00: **R&D**: Body & Balance Exercise
(GX)
- 11:30: Lunch Trip: Farmhouse Tuscan
(LBY) See pg. 10
- 1:00: Duplicate Bridge (LR)
- 2:15: Mat Pilates (GX)
- 4:00: Pop-Up Technology Assistance
(LBY)
- 4:30: Fillmore Happy Hour (FL)

Thursday, February 12

- 7:45: Morning Yoga
(GX, CH 975, & Zoom)
- 9:00: Strength & Stretch Class
(GX & CH 975)
- 9:00: Chess (LR)
- 9:30: StrongerMemory Group (RCR)
See pg. 1
- 9:45: Trip: National Museum of
African American History &
Culture (LBY) See pg. 10
- 10:00: Seated Strength (GX & CH 975)
- 10:00: AM Painting & Drawing (AS)
- 10:30: **R&D**: Dominion Resident
Council (DDR)

- 10:45: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)
- 11:00: Hearing Loss Group (RCR)
- 11:00: Scripture, Songs, & Prayers (AUD & CH 973)
- 11:00: Replay Teaching Company (CH 972)
- 11:00: Vendor: Sherry's Boutique and Gifts (CC)
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: Library Committee Meeting (RCR)
- 1:30: PM Painting & Drawing (AS)
- 1:45: **R&D**: Music Therapy with Sabrina (RDR)
- 2:00: **R&D**: Scripture, Songs, & Prayers (RDR)
- 2:00: Knitters and Crocheters (CHP)
- 2:00: Wii Bowling (GX)
- 2:30: **R&D**: Valentines Celebration (AUD)
- 4:00: GHA Bell Ringers Choir Rehearsal (LR)
- 7:15: Movie: *The Banker* (CH 972)
See pg. 17

Friday, February 13

- 9:00: Fun & Fitness (GX & CH 975)
- 10:00: Replay of Thursday Movie (CH 972)
- 10:00: Shuttle to Target (LBY, Signup Required)
- 10:30: GHA Encore Chorale (AUD-A)
- 1:30: GHA Players Meeting (RCR)
- 1:30: Shanghai (LR)

- 2:00: Quilting Bees (BR)
- 3:00: Concert: Jerry Roman (AUD)
See pg. 7
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Reception: Please Touch the Artwork Tactile Art Exhibit (AS Gallery)
- 4:30: Advanced Tai Chi (GX)
- 4:30: Jewish Sabbath Service (CHP & CH 974)

Saturday, February 14

- 9:30: Fun & Fitness (GX & CH 975)
- 9:30: Pop-Up Technology Assistance (LBY)
- 10:30: Advanced Tai Chi with Instructor (GX)
- 10:30: Saturday Morning Live (AUD & CH 975) See pg. 15
- 11:30: Beginners' Tai Chi with Instructor (GX)
- 2:00: **R&D**: Strength & Stretch Chair Exercise (CH 971)
- 3:00: Wii Bowling (GX)
- 7:00: Shuttle Service: Alexandria Symphony Orchestra (LBY)
Signup required. See pg. 11
- 7:15: Movie: *Everybody's Fine* (CH 972)
See pg. 17

Sunday, February 15

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: **R&D**: Strength & Stretch Chair Exercise (CH 971)
- 6:30: Movie: *LA Confidential* (CH 972) See pg. 17

Small Houses Schedule

Sunday, February 8

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:00: Licks of Love Dog Visits (SH-A)
- 1:30: Creative Corner: Valentines
Heart Sun Catchers (OQ)
- 3:00: Open Recreation/Strength &
Stretch Chair Exercise
(CH 971 & Care Partner)

Monday, February 9

- 11:00: Outdoor Club (SH-A)
- 1:30: Music Therapy with Sabrina (OQ)
- 2:45: Tea Party (PW)
- 3:00: Volunteer Visits (SH-A)

Tuesday, February 10

- 10:30: Individual Visits with Ted (SH-A)
- 1:30: Dog Visits with Cashew (SH-A)
- 1:30: Experimental Art (MH)
- 2:30: Garden Thyme (MH)
- 6:15: Music Therapy with Sabrina (OQ)

Wednesday, February 11

- 10:30: Music Therapy with Sabrina (PW)
- 10:30: Mahjong Club (MH)
- 2:30: Small House Resident Council
(MH)
- 2:45: Brain Games: Japan Documentary
(CH 971)
- 6:15: Evening Program with Dome (OQ)

Thursday, February 12

- 10:30: Licks of Love Dog Visits (SH-A)
- 11:00: Scripture, Songs, & Prayers
(AUD & CH 973)
- 12:00: Chaplain Visits (SH-A)
- 2:30: Valentines Celebration (AUD)
- 3:00: Volunteer Visits (SH-A)
- 6:15: Games with Ted (OQ)

Friday, February 13

- 10:30: Licks of Love Dog Visits (SH-A)
- 10:30: Art for Fun (OQ)
- 11:00: News Discussion Group (SN)
- 2:30: Small House Mahjong Club (MH)
- 3:00: Music Therapy with Sabrina
(WL & SN)

Saturday, February 14

- 10:30: Licks of Love Dog Visits (SH-A)
- 2:00: Open Recreation/Strength & Stretch
Chair Exercise
(Care Partner & CH 971)
- 2:30: Valentine's Day Origami Heart
Craft (OQ)

Sunday, February 15

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:00: Licks of Love Dog Visits (SH-A)
- 1:30: Bingo (OQ)
- 3:00: Open Recreation/Strength &
Stretch Chair Exercise
(CH 971 & Care Partner)

For a full list of activities, see pages 18-20

Location Key

| | | | | | |
|--------|--|-----|---|------|---|
| AR | Arbor Room— next to the Dining Room/Bistro | CHP | Chapel | POOL | Swimming Pool on Promenade |
| AS | Art Studio | CL | Clinic | PR | Promenade Level (G1) |
| ASG | Art Studio Gallery | CTY | Courtyard | PW | Small House Powell |
| AUD-A | Auditorium A | DDR | Dominion Dining Room, Original Bldg 2nd Floor | RAR | Richmond Activities Room, Original Bldg 3rd Floor |
| AUD-B | Auditorium B | FL | Fillmore Lounge | RCR | Residents Conference Room |
| AUD | Auditorium A & B | GR | Game Room on Promenade | RDR | Richmond Dining Room, Original Bldg 3rd Floor |
| BL | Small House Bluestone | GX | Group Exercise Studio | ROOF | Rooftop Deck |
| BR | Bishops' Room, 1st Floor of Tower | JA | Small House James | RP | Small House Rappahannock |
| BST | Bistro | LBY | Lobby | SH-A | Small Houses (All) |
| 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 |

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