



Earth Day Celebration

Wednesday, April 22nd, 11:00am-1:00pm
Courtyard (Auditorium if Inclement Weather)

GHA is celebrating Earth Day with a fun afternoon of:



- live music,
- a cookout in the courtyard featuring meatless offerings,
- a farmers market with healthy produce,
- farm animals,
- an art project sponsored by the GHA Art Studio,
- A Floral Arts Committee Bloom Bar,
- Green Team information tables focused on compost issues, food and the environment, and the best environmental practices.

Jennifer Bennett



Events Coordinator

This Week's Highlights

Tuesday, April 21

Bus to Election

10:00am-2:00pm | LBY | See pg. 4

Aqua Zumba Popup

10:00am | POOL | See pg. 10

Wednesday, April 22

Earth Day Celebration

11:00am-1:00pm | CTY | See pg. 1

Tour the Kitchen with the Executive Chef

10:00am | Bistro | See pg. 13

Thursday, April 23

April Newcomers Meeting

11:00pm | AR | See pg. 18

Resident Seminar: Immigration Law

2:00pm | FL | See pg. 19

Friday, April 24

"Views of Light" Exhibition Reception

4:00pm | SHG | See pg. 7

Saturday, April 25

Saturday Morning Live

10:30am | AUD & CH 973 | See pg. 19

Shuttle Service to ASO Concert

7:00pm | Leave from LBY | See pg. 8

Sunday, April 26

An Hour with C.S. Lewis

2:00pm | AUD & CH 973 | See pg. 15

Around GHA

Welcome

Peg Reese moved to GHA in February 2026 from Belle Haven, where she lived for almost 27 years.



Born in Cheverly, MD, to a military family, she moved 16 times before age 21. She received a bachelor's degree in math from the University of Maryland in 1970 and moved to Jacksonville, NC, as a newlywed. She later received a master's degree in education from Duke University and taught mathematics at Lejeune High School for 11 years, becoming its department chairman.

In 1983, Peg decided to return to the D.C. area and worked at the Government Accountability Office for 20 years before retiring as an Assistant Director in Natural Resources and Environment issues.

Peg loves to read and travel. She has spent 14 Christmas seasons in Switzerland enjoying the food and scenery and plans to visit again in the future.

Library News

For March, 2026, Library circulation was 281 (276 books and five DVDS). The top circulating books were *Blue Moon* by Lee Child and *The King's Ransom* by Janet Evanovich (four times each).



The following books were each checked out three times: *Exit Strategy* by Lee Child, *The First Time I Saw Him* by Laura Dave, *How to Test Negative for Stupid* by John Kennedy, and *The Lion Women of Tehran* by Marjan Kamali.

The top circulating authors were Lee Child (9), John Grisham (8), Cara Black (7), Agatha Christie (7), and Camilla Trinchieri (6).

If you want to borrow a book from the GHA collection that is checked out, you can reserve the book. Fill out a Reserve form on the book shelf in front of the windows and put the form in the box behind the desk. You will be called when the book has been returned.

Dale Brown



Library Committee

Earth Day Bingo

Wednesday, April 22nd-Tuesday, April 28th

Celebrate Earth Day with a fun, feel-good twist! The Wellness Advance Team invites team members and residents to participate in Earth Day Bingo. It's a simple, interactive way to explore eco-friendly habits, build community, and support sustainability one square at a time.

Join the fun—you can pick up your Bingo sheet at the Reception Desk starting on Earth Day (Wednesday, April 22nd). Turn the sheets into the Reception Desk when complete!



Alex Freiman, Registered Dietitian

Link of the Week

The Northern Flicker is a medium-sized bird in the woodpecker family that can be found in Maryland all year round. They are a natural predator of the invasive European corn borer—a moth that costs the U.S. agriculture industry more than \$1 billion per year.



To learn more, click the link below or use the following search terms:

[Audubon Guide: Northern Flicker](#)

The Green Team

Dick's Teaser

The answers to all of the following begin with the letters TW. For example, if the clue is "A strong thread or string," the answer is TWine.

See pg. 18 for the solutions.

1. To flicker, as light.
2. The period between daylight and darkness.
3. Eyebrow thinning instrument.
4. To spin around quickly.
5. To pinch or to make a slight adjustment.
6. A sudden but minor pain, spasm, or cramp.
7. An archaic word for two. It's also the pen name for Samuel Longhorne Clemens.
8. The 16-year-old British beauty that made it fashionable to be skinny in the 1960s.

*Dick Pellerin
Resident*

Green Team Hints

GHA's recycling contractor takes plastic items marked #1 and #2 for recycling. Other plastics go in the trash. They do not take any bottle caps, lids, or tops.

The Green Team

Announcements

Bus to April 21st Election

To ensure that all residents who vote in person can get to the polls, GHA will run a circuit bus from 10:00am to 2:00pm to our polling place—the Church of the Resurrection in the new “Hope Way Precinct.”

If you have questions about voting, contact any of the Voting Aides listed in the Residents’ Business Center or on Uniguest under “Voting Information.”



Laura Lawson, Resident

Political Candidates at GHA

There is a long-standing policy, adopted by the Residents’ Council in 2014, allowing political candidates to come to GHA only under two scenarios. First, a candidates’ forum is allowed if all significant candidates have been invited to discuss their positions at an all-residents meeting. Secondly, residents may host candidates at an event in the privacy of their apartments.

It has come to my attention that this policy was not followed recently so, on behalf of the Residents’ Council, I would appreciate it if all residents would follow this policy. Details can be found in the Resident Handbook, Section 12.

Judy Hansen, Chair, Residents’ Council

Seeking Small House Volunteers

We are looking for Residential Living residents who are interested in committing



to a recurring activity in the Small Houses. The activity can be anything you enjoy and at any interval that works for you. Whether it’s a weekly chat, a monthly craft session, or simply spending time in the household, your presence makes a meaningful difference.

Your involvement brings something truly special: shared experiences, familiar faces, and a sense of community that can brighten someone’s entire day. The more we bring into the Small Houses, the richer and more connected life becomes for everyone who calls it home.

If you’re interested in volunteering or would like to learn more, please reach out to Jackie Scholar at:

Email: JBarbarito@GoodwinLiving.org

Phone: 703-824-1044

Jackie Barbarito Scholar
Licensed Nursing Home Administrator



Construction Update Corner



We'd like to share an update on several upcoming renovation projects, along with their expected timelines. Our goal is to complete these projects before the larger HCM repositioning work begins. This will help reduce parking challenges on campus and keep us aligned with our typical fiscal year project timelines.

Upcoming Projects:

- Marketplace Storage:
April 27th–29th
- Marketplace Renovation:
May 4th–June 22nd
- Rehab: July 15th–September 30th
(During this time, Rehab services will be in the Arbor Room.)
- Woodworking Shop: We have started the design process for the woodworking shop but do not have a schedule in place yet.
- Clinic: May 2027–August 2027
- Human Resources Office:
July 2027–August 2027

The HCM design process will take place in four phases:

1. Schematic Design: turning ideas into initial layout concepts
2. Design Development: refining details and selecting materials
3. Construction Documents: preparing final plans for construction
4. Construction Administration: overseeing the building process

The Schematic Design phase is expected to take about 12 weeks. While timelines may shift, construction is currently anticipated to begin around September 2027.

We will continue to share updates as more details become available. Thank you for your patience and support as we work to enhance our community.

Barbara D'Agostino
Executive Director

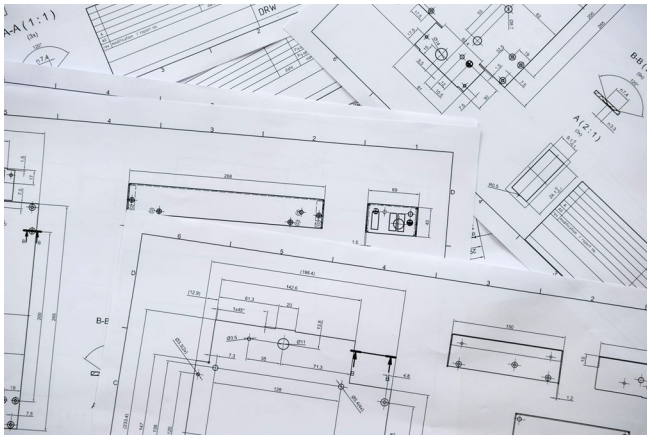
OnSite Dermatology

There will be a temporary pause in service from OnSite Dermatology as they look for a new provider. The current provider, Kimberly Hagopian, will be relocating at the end of April. OnSite will provide an update towards the end of the month.

If you have any questions or concerns, please reach out to Jackie Scholar at 703-824-1044.

Jackie Barbarito Scholar
Licensed Nursing Home Administrator

Facility Condition Assessment



A Facility Condition Assessment (FCA) is a comprehensive evaluation of a building's physical condition. It reviews key components such as structural systems, roofing, mechanical, electrical, plumbing, and interior finishes to identify deficiencies, deferred maintenance, and potential safety concerns. The report typically includes a summary of findings, recommended repairs or replacements, and projected costs to help prioritize work. An FCA is commonly used to support capital planning, budgeting, and long-term asset management decisions.

GHA's most recent FCA report was submitted by Bureau Veritas on December 23rd, 2024. The previous assessment was conducted on December 13th, 2019. The FCA categorizes items based on priority,

including immediate, short-term (1–2 years), near-term (3–5 years), medium-term (6–10 years), and long-term (11–20 years).

Following receipt of the report, all immediate items were addressed promptly, led by Amadu. At the same time, I engaged with consultants to begin planning and design efforts for short- and near-term items, including BAS upgrades, humidification improvements, and elevator systems.

Consultant teams included BECS (Building Envelope Science), Repair and Restoration Engineering, PEG (Potomac Energy Group), and VDA Elevator Consulting. These efforts have since been transitioned to our current Facilities Management Director, Andrew Baah-Kpabitey, who is actively advancing the identified short- and near-term priorities.

The FCA serves as a key planning tool in guiding capital projects and renovations. Facilities-related work continues to take priority over renovation projects, which is reflected in the FY26 budget, where the majority of funding has been allocated to support these initiatives. Moving forward, we plan to conduct an FCA every five years to maintain a proactive approach to facility management.

John Cruz
Managing Director of Construction

Creative Arts

“Views of Light” Exhibition by Hank Pugh

April 24th-June 3rd

Small House Gallery

Reception: Friday, April 24th, 4:00pm



Please join us for an exhibition of paintings and drawings by Hank Pugh, a lifelong resident of Norfolk, Virginia. Born deaf, Mr. Pugh created a large body of work including watercolor and acrylic paintings featuring many tidewater area scenes.



Alison Schroeder



Creative Arts Coordinator

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

Shuttle Service:

ASO Concert


Saturday, April 25th, 7:00pm

Leave from Lobby

Signup Required

A shuttle will be provided to and from the Schlesinger Center for the upcoming Alexandria Symphony Orchestra concert. Please sign up in the Activities Binder under Community Outings. You are responsible for purchasing your own tickets to the concert.

Jennifer Bennett

 Events Coordinator

Concert: Westminster Choristers & Jubilate Ringers, GHA Ringers

Wednesday, April 29th, 7:30pm

Auditorium

Enjoy a beautiful evening of music with the Westminster Choristers & Jubilate Ringers, joined by the Goodwin House Ringers. This special concert will feature inspiring choral selections and the rich, resonant sound of handbells—an uplifting program you won't want to miss.

Jennifer Bennett

  Events Coordinator



Illustration by Jane Jordan, Resident

Health & Fitness

Suspension of National News Channels in the Fitness Center

The Fitness Center is intended to be an environment where anyone can decompress and relieve stress. Polarizing and sensational news on the televisions is preventing the Fitness Center staff from being able to curate this environment.



Due to current world events and in consideration of the mental wellbeing of our community members, the Fitness Center will avoid showing national news channels.

You still have control over the televisions, but we will not keep the televisions regularly on news channels. We thank you for your cooperation.

Alisha Tarver

Fitness & Aquatics Specialist

Infections

Known Cases as of April 13th, 2026

COVID-19: 0

Influenza: 0

RSV: 0

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

StrongerMemory Group

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

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 Class

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

Week 14 Topic: Building Better Brain Health Through Socialization

A conversation in the elevator. Coffee with a friend. Reading aloud with a loved one. What all these have in common: connection. Social engagement is absolutely vital to brain health. Join us on April 23rd to talk about talking! Maybe you'll even find yourself a brain health buddy to build a new connection with. This lesson is the last in a deep dive of the six pillars of brain health.

Michelle Wanzer



Comm. & Operations Coordinator



Aqua Zumba Popup

Tuesday, April 21st, 10:00am-11:00am
Pool

Learn basic, low-impact moves that trim the waist and strengthen the body from certified Aquatics Fitness Instructor Patricia Gavin. Sign up in the Activities Binder or contact Alisha Tarver at ATarver@Goodwinliving.org

Christie Thomas



Fitness Manager

Occupational Therapy Month



April is Occupational Therapy Month—a time to celebrate the meaningful impact occupational therapy (OT) has on people's daily lives. OT helps residents regain independence, improve safety, and enhance quality of life after illness, injury, or surgery.

Our therapists focus on the activities that matter most—like dressing, bathing, eating, and moving safely. Through strengthening exercises, endurance training, adaptive equipment, and personalized therapeutic activities, they help residents rebuild coordination, confidence, and functional skills.

Beyond physical recovery, OT also empowers residents to return to the routines and roles that bring them purpose and joy. Whether it's safely preparing a meal, engaging in hobbies, or simply getting out of bed with confidence, OT plays a vital role in restoring dignity and independence every day.

Please join us in celebrating our dedicated OT team and the life-changing work they do this month.



Rey Luyun, GHA Rehab

COVID-19 Vaccine Clinic: 322 Residents Served

The Spring COVID-19 Vaccine Clinic recently hosted by Van Dorn Pharmacy in the Fillmore Lounge provided residents with convenient access to the recommended COVID-19 vaccine booster. Thanks to the collaboration of GHA's Infection Prevention, CVS Pharmacy, Nursing, and Administrative staff, the two-day event ran smoothly and successfully vaccinated 322 residents across all levels of living.

A special thank you to Sharman Stephens, resident volunteer, who thoughtfully managed the welcome table and greeted residents with warmth and joy. We also extend our appreciation to all departments and volunteers whose efforts contributed to the success of this clinic and to their continued dedication to protecting the health of our residents and community.

For residents who were unable to attend the clinic, **COVID-19 vaccines are still available** (while supplies last) at the CVS Pharmacy on the G-1 level or any other local pharmacy of your choice.

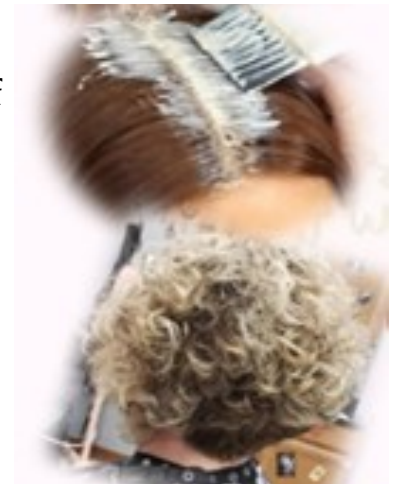
Please provide a copy of your vaccination record to the Clinic nurse or to Medical Records if you received your vaccine elsewhere.



Infection Prevention Team

April Salon Specials

Make an appointment to take advantage of New Image Beauty Salon's April specials! Book your spot on Uniguest under the Beauty Shop icon or call 703-824-1333.



Specials include:

- 20% OFF: Partial balayage
(Original Price: \$162.00)
- 15% OFF: Single color treatment
(Original Price: \$140.00)
- 10% OFF: Full body perm and haircut
(Original Price: \$145.00)
- 5% OFF: Scalp or hot oil treatments
(Original Price: \$30.00)



Lady Peralto-Pinto
Beauty Salon Manager

Trips & Social Activities

Earth Day Celebration Events

Wednesday, April 22nd

The Green Team will be hosting information tables GHA's Earth Day events. We invite you to drop by, participate, and learn!



Our popular Show-n-Tell display will help you know what IS recyclable and what IS NOT. If you have an item that puzzles you, bring it along.

Drop off plastic bags from the grocery or dry cleaner, plastic mailers, zip lock bags or bubble wrap with us, and we'll recycle them for you.

Also, please use this opportunity to bring any green plastic carryout containers from Dining Services that you might have. They really need them back!

Best of all, this year we have several giveaway items with environmental themes. That's right! Tote bags, bookmarks, hand exercise balls, sticky notepads, and candy mints. All to reward you for being enthusiastic stewards of our planet Earth every day!

Enjoy the special lunch offered by Dining Services, and, when finished, please find the accessible compost or recycling containers into which ALL of your lunch refuse can be placed.



The Green Team

Recurring

Activities Committee Meeting

2nd Wednesdays | 11:00am | RCR

Bus to Bradlee Shopping Center

3rd Fridays | 10:00am-11:00am | LBY
Signup Required

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

Tour the Kitchen with the Executive Chef

Wednesday, April 22nd, 10:00am
Bistro

Come get a behind-the-scenes look at Dining Services with a one-hour tour starting in the Bistro. Sign up in the Activities Binder. Groups are limited to eight people.

Daniel Keiper,



Assistant Director of Dining Services

Trip: Hillwood Museum and Gardens

Thursday, April 30th, 10:00am
Leave from Lobby | Transportation: \$20
Admission: \$12 (Self-Guided Tour)
Lunch: On your own at Merriweather Café
Signup Required

During the visit, you will have the opportunity to explore Hillwood's renowned museum collections and elegant historic interiors reflecting the lifestyle of founder Marjorie Merriweather Post. Guests may also view the current special exhibition, "On Time: Giving Form to the Fleeting," which explores artistic interpretations of time through decorative art, jewelry, and contemporary works.

Residents who are interested in attending are encouraged to sign up promptly in the Activities Binder, as space may be limited.

Jennifer Bennett



Events Coordinator

Experience an Evening of Sizzle and Spectacle!

Tuesday, May 19th, 5:30pm
Rooftop | Cost: \$55.00
(Rain Day: Tuesday, May 26th, 5:30pm)
Signup Required

We're bringing the excitement of a Japanese hibachi steakhouse to GHA. Join us on the rooftop for an unforgettable night of dinner and live entertainment!



Highly trained hibachi chefs are masters of both cuisine and performance, expertly preparing your meal while delighting diners with dazzling utensil skills, fiery flair, and playful showmanship. Sit back, relax, and savor every moment as exceptional flavors meet captivating entertainment. This is more than a meal; it's a dining experience you won't want to miss.

The cost of this dining experience is \$55.00. What's included:

- A choice of two proteins (chicken, steak, shrimp, scallops, salmon, or tofu)
- fried rice and vegetables
- a side salad, and
- one glass of sake or wine.

Please sign up as soon as possible to reserve your seat. Space is limited. The signup sheet will be available on Monday, April 20th, 10:00am under Special Activities.



Kim Butler, Director of Life Enrichment

Kentucky Derby Celebration

Saturday, May 2nd, 5:30pm-7:00pm
Auditorium



Join us for an evening of Southern charm and festive fun as we celebrate the Kentucky Derby! Enjoy live music, sweet treats, refreshing mint juleps, and plenty of dancing as we get into the Derby spirit. The race will be shown live on the large screens, so you won't miss a moment of the action.

Dress to impress and don't forget your best Derby hat! Whether you're here for the fashion, the race, or the fun, it's sure to be a winning evening.



Jennifer Bennett
Events Coordinator

Behind-the-Scenes at the National Zoo

Thursday, May 7th, 10:00am
Lobby, Signup Required

Join us for a fun behind-the-scenes trip to the Smithsonian's National Zoo! We'll be joined by two of the Zoo's animal keepers as we explore the Amazonia Rainforest Exhibit and the Great Cats Exhibit.

In Amazonia, you'll get a look at some of the zoo's amazing science work and learn how they're helping protect animals around the world. At the Great Cats Exhibit, the keepers will share what it's like caring for these incredible animals and how they interact with them every day.

A few things to know before you go:

- The zoo is hilly, so be prepared for quite a bit of walking.
- Masks are required during behind-the-scenes portions to help protect the animals.
- Lunch will be at your own expense at the Mane Restaurant.

A signup sheet will be posted in the Activities Binder on Monday, April 20th, at 10:00am. The trip will happen rain or shine—so dress accordingly!



Jennifer Bennett
Events Coordinator

Spirituality & Community

Spiritual Life Series:

An Hour with C.S. Lewis

Sunday, April 26th, 3:00pm

Auditorium & Channel 973

Widely regarded as the most influential Christian writer of the twentieth century, C.S. Lewis continues to captivate readers around the world—selling millions of books each year, more than 60 years after his death.



Chaplain Intern Dale Westervelt brings a unique personal connection to Lewis's work. After completing seminary in the early 1990s, Dale served as Executive Director of the C.S. Lewis Institute and has since taught courses on Lewis to his congregation.

Join him for an engaging hour of selected readings from Lewis's own words on the themes that matter most: faith, hope, love, suffering, prayer, and heaven.

All are welcome.



Bruce Stewart
Director of Chaplaincy

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

MICHAEL BAROODY

April 11th, 2026



Goodwin Living Foundation

Goodwin Living Internship Program: Growing Tomorrow's Leaders, Today!

Since 2022, Goodwin Living has offered non-clinical internships in Marketing and Communications, Human Resources, Life Enrichment, and more!

Thanks to the generous donors to the Goodwin Living Foundation, these paid internships give students hands-on experience and support workforce needs in senior living. Interns also create meaningful connections with resident mentors that enrich both generations. To date, 17 interns have joined Goodwin Living as team members!

Do you know a NOVA or Marymount student interested in a fall internship? Share this link to apply: <https://goodwinliving.org/work-with-us/current-opportunities/#job-id=646732>

We host interns year-round, and candidates can check back on the Goodwin Living careers page for future opportunities!

Interested in becoming a mentor? Contact Catie Ramos, Engagement & Outreach Manager, at 571-429-2180.

Together, We Change Lives!



The Foundation Team

Want to Support our Immigrant Team Members?

Tuesday, April 28th

Leave from Lobby

Sign Up By Thursday, April 23rd



Residents are invited to attend a press conference in support of Rep. Ayanna Pressley's bill in Congress to support Temporary Protected Status (TPS) for such groups as Haitians and Afghans. The bill protects caregivers with TPS from TPS expiration without pathways to remain and work in the U.S. legally. The highly visible press conference and brief rally will be a great way for GHA residents to support our immigrant team members who may be under threat of deportation.

Hosted by the We Care for Seniors Coalition, the goal is to demonstrate broad-based support from seniors for our immigrant caregivers and urge bipartisan Congressional action on protecting TPS.

GHA will provide transportation to the press conference as well as seating at the event. Those using canes, walkers, or rollators are welcome. The total time commitment for attending the press conference is about 2.5 hours.

Contact Judy Hansen by Thursday, April 23rd, for more information or if you would like to reserve a seat on the coach. Her email address is mtgal4@outlook.com. We would love to see a strong turnout from GHA!

Irma Canan, Judy Hansen, Pierre Shostal



Residents

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

4th Thursdays | 2:00pm | AR

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 Except April, June, August, &
October | 2:00pm | FL

Hearing Loss Group

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

Low Vision Support Group

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

Marketing Committee Meeting

2nd Mondays | 1:00pm | BR

Movie Committee Meeting

3rd Tuesdays | 11:00am | 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

Residents' Council Listens

4th Tuesdays | 3:00pm | FL

Town Hall

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

Welcome Committee Meeting

3rd Wednesdays | 2:00pm | RCR

BYOConversation: Earth Day

Mondays, 10:00am-10:45am

Living Room

Why Earth Day? What's "earth justice"? What's our civic responsibility to live green at GHA? How does our Green Team promote green practices: (1) composting, (2) recycling, (3) disposing of non-compostables and non-recyclables?

What green thing have you done for the Earth? A green project, legislation, fund-raising? Any favorite green organizations? How can residents support GHA Earth Day? What could be the consequences for the future if we ignore challenges to the health of the Earth?

Residents, Priority Club and team members, and guests are very welcome to join this BYOC. Come to speak, just listen, or both!

Jonathan Bryan, Resident



Caregiver Support Group

Tuesday, April 21st, 1:00pm

Virtual | Please Click [Here](#) to Register

Join us for a supportive and welcoming space to connect, share experiences, and learn alongside others navigating similar journeys. Find encouragement, helpful resources, and meaningful conversation along the way. We hope you'll join us—whether you're seeking support, resources, or simply a sense of community.



Michelle Wanzer

   *Comm. & Operations Coordinator*

Dick's Teaser Solutions

1. Twinkle
2. Twilight
3. Tweezers
4. Twirl
5. Tweak
6. Twinge
7. Twain
8. Twiggy

Dick Pellerin
Resident

April Newcomers Meeting

Thursday, April 23rd, 11:00am

Arbor Room

At this month's meeting, topics and scheduled presenters include:

- Introductions
- Technology: Reema Byrd
- Life Enrichment: Kim Butler
- Goodwin Living Foundation & Employee Assistance Fund:
Mary Kate Roberts & Ken Hopper

The 2026 schedule, with topics, is in the Newcomers Fast Facts section of Uniguest.

Meeting dates and topics will also be announced each month in *Gazette* and Google Group.

If you've moved in within the past year, it's a great way to meet your fellow residents and learn about GHA departments and committees. If you're a longer-term resident, you can get your questions answered and ensure you have the latest information. All residents are welcome; however, a table in the front will be designated for new residents and presenters.

Come listen, ask questions, and meet new residents!



Newcomer Fast Facts



Kathi Menda
Meeting Facilitator

Resident Seminar: Immigration Law

Thursdays, April 23rd, 30th, May 7th

Fillmore Lounge, 2:00pm

Sign Up in the Activities Binder

Immigration is a hot topic in the news today, but have you wondered how and why the immigration laws operate the way they do? How have they evolved to their present state? Which federal agencies are responsible for administering the laws? How do America's treaty obligations fit into the immigration laws? If you answered "yes" to any of these questions, then join us for a four-part seminar on the history and operation of immigration law in the United States.

With a career as an immigration attorney for the Department of Justice, temporary Immigration Judge and temporary Appellate Immigration Judge, resident Kathleen Pepper is certainly well-qualified to lead this informative lecture series. We all know how critical an issue immigration is today—so come listen and learn!

Kathleen Pepper, Resident



Kathi Menda, Seminar Facilitator

Saturday Morning Live: Undermining American Soft Power

Saturday, April 25th, 10:30am

Auditorium & Channel 973

Our speaker, Steve Herman, will address the topic "Undermining American Soft Power: Silencing the Voice of America."



Steve is a journalist, author, and educator who currently teaches at the University of Mississippi. As a news correspondent of the *Voice of America* (VOA), he has held positions that included White House bureau chief and chief national correspondent of the VOA. He is the first executive director of the Jordan Center for Journalism Advocacy and an assistant professor in the School of Journalism & New Media at the University of Mississippi.

Steve spent more than a quarter century in Asia, including years of reporting from Japan, India, South Korea, and Thailand. He is also the author of numerous articles, columns, and reviews and has been a guest lecturer at the American University, George Washington University, the National Intelligence University, and other institutions.

Pierre Shostal



Speaker's Forum

Movies

Movie: *The Hunt for Red October* (1990)

Sunday, April 19th, 6:30pm
PG, 2h 15m, Channel 972

Cast: Sean Connery, Alec Baldwin, James Earl Jones, Sam Neill, Scott Glenn
CIA analyst Jack Ryan must determine whether Soviet submarine Captain Marko Ramius intends to defect or attack, sparking a tense underwater pursuit.

Environmental Film: *Our New World—A Wild Revival* (Episode 2)

Monday, April 20th, 7:15 pm
CH 972



What world will we live in tomorrow as climate change reshapes the Earth? Our planet has many surprises in store. In honor of Earth Day 2026, the Green Team is sponsoring the showing of Episode 2 of "Our New World," following by one week the showing of Episode 1. This PBS episode, "A Wild Revival" explores the rapid, chaotic

adaptation of nature in response to climate change, highlighting resilience across five specific ecosystems. Rather than returning to their original states, these five ecosystems are becoming something entirely new—often referred to as "novel ecosystems"—where humans and animals must learn to adapt to a world that no longer looks like the one from the past. It showcases the urgent need for both humans and animals to adapt as nature changes at an unprecedented speed. The episode features CGI-enhanced, long-term perspectives on shifting landscapes. Both episodes provide an optimistic outlook for the ability of our planet to recover.

The Green Team

Teaching Company: *The Irish Identity*

Wednesdays & Thursdays, 11:00am
Channel 972

This course examines how Ireland's long struggle for independence in the 19th and early 20th centuries sparked an extraordinary cultural and literary renaissance.

Movie: *Chicago* (2002)

Thursday, April 23rd, 7:15pm

PG-13 1h 53m, Channel 972

Cast: Renée Zellweger, Catherine Zeta Jones, Richard Gere, Queen Latifah, John C. Reilly

In 1920s

Chicago, murderesses Roxie Hart and Velma Kelly vie for fame, public sympathy, and acquittal under the showy guidance of slick lawyer Billy Flynn.



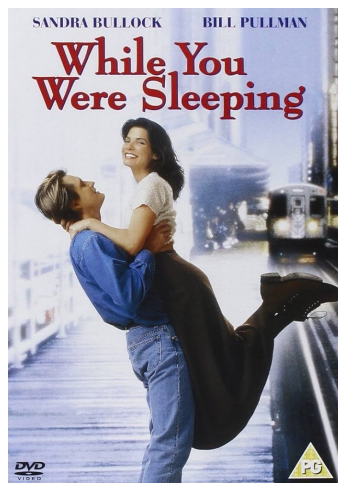
Movie: *While You Were Sleeping* (1995)

Saturday, April 25th, 7:15pm

PG, 1h 43m, Channel 972

Cast: Sandra Bullock, Bill Pullman, Peter Gallagher, Peter Boyle, Jack Warden

A lonely transit worker becomes mistaken for the fiancée of an unconscious commuter, only to fall for his brother as she becomes part of the family.



Movie: *Unforgiven* (1992)

Sunday, April 26th, 6:30pm

R, 2h 10m, Channel 972

Cast: Clint Eastwood, Gene Hackman, Morgan Freeman

Former outlaw William Munny takes on one last bounty hunting job, confronting violence, morality, and his own past in a revisionist Western tale.



Movie: *Dirty Rotten Scoundrels* (1988)

Thursday, April 30th, 7:15pm

PG, 1h 50m, Channel 972

Cast: Steve Martin, Michael Caine, Glenna Headly

Two con men—the suave Lawrence and brash Freddy engage in an escalating competition to be the first to swindle a wealthy tourist on the French Riviera.



The Weekly Schedule

Sunday, April 19, 2026—Sunday, April 26, 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

Monday, April 20th

R&D: Body & Balance Exercise

Tuesday, April 21st

Resident Health Services Committee

Wednesday, April 22nd

R&D: Body & Balance Exercise

SH: Mahjong Club

Thursday, April 23rd

SH: Games with Ted

Friday, April 24th

SH: News Discussion Group

Sunday, April 19

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

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

2:00: Falls Church Concert Band
(AUD)

3:00: R&D: Strength & Stretch Chair
Exercise (CH 971)

6:30: Movie: *The Hunt for Red October*
(CH 972) See pg. 20

Monday, April 20

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

9:45: Aqua Fun (Pool)

10:00: BYOConversation (LR) See pg. 17

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

10:00: Trail Blazers: Winkler
(LBY, Signup Required)

10:00: Communications Committee
(RCR)

10:30: National Volunteer Brunch
(AUD)

12:00: 12-Step Meeting (For more info.,
call 202-701-9291.)

12:00: German Conversation Table (AR)

1:00: Beginning Line Dancing (GX)

1:30: R&D: Rummikub Club (RAR)

3:00: Environmental Services
Committee (FL)

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

4:30: Happy Hour/Meet & Greet New
Residents (LR)

7:15: Environmental Film (CH 972)
See pg. 20

Tuesday, April 21

- 7:45: Morning Yoga
(GX, CH 975, & Zoom)
- 9:00: Strength & Stretch Class
(GX & CH 975)
- 9:30: Credit Union Open (PR)
- 10:00: Bus to Election (10:00am-
2:00pm, Leave from LBY)
See pg. 4
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Bus to Giant Food
(LBY, Signup Required)
- 10:00: Ceramics (AS)
- 10:00: Facilities Management & Security
Committee (RCR)
- 10:00: Aqua Zumba Popup
(Pool) See pg. 10
- 10:15: Just Dance Class (AUD)
- 11:00: Mat Pilates (GX)
- 11:00: Movie Committee (BR)
- 1:00: Caregiver Support Group
(Virtual) See pg. 18
- 1:00: Clinical & Medical Discussions
(FL)
- 1:15: Mah Jongg (LR)
- 1:30: **R&D**: Beginning Painting Class
with Art Therapy Interns (RAR)
- 2:00: GHA Book Club (RCR)
- 2:00: Wii Bowling (GX)
- 4:30: Advanced Tai Chi (GX)

Wednesday, April 22

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun (Pool)
- 10:00: Tour the Kitchen with the
Executive Chef
(Bistro) See pg. 13
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company (CH 972)
See pg. 20
- 11:00: Earth Day Celebration (CTY,
AUD if inclement weather)
See pg. 1
- 1:00: Duplicate Bridge (LR)
- 2:15: Mat Pilates (GX)
- 3:00: Encore Learning: Magic of
Motown (RCR)
- 4:00: Pop-Up Technology Assistance
(LBY)
- 4:30: BYOB Happy Hour (FL)

Thursday, April 23

- 7:45: Morning Yoga
(GX, CH 975, & Zoom)
- 9:00: Strength & Stretch Class
(GX & CH 975)
- 9:00: Chess (LR)
- 9:30: StrongerMemory Class (RCR)
See pg. 10
- 10:00: Seated Strength (GX & CH 975)
- 10:00: AM Painting & Drawing (AS)
- 10:45: Talking Books Librarian (Library
Work Room or in your apartment
by appointment; call 703-824-
1583)
- 11:00: Scripture, Songs, & Prayers
(AUD & CH 973)

- 11:00: Teaching Company (CH 972)
See pg. 20
- 11:00: Newcomers Meeting (AR)
See pg. 18
- 12:00: French Conversation Table
(Bistro Table 11)
- 1:00: Parkinson's Support Group (BR)
- 1:30: PM Painting & Drawing (AS)
- 1:45: **R&D:** Music Therapy with
Sabrina (DDR)
- 2:00: Dining Services Committee (AR)
- 2:00: Knitters and Crocheters (CHP)
- 2:00: Wii Bowling (GX)
- 2:00: Resident Seminar (FL) See pg. 19
- 4:00: GHA Bell Ringers Choir
Rehearsal (AUD-A)
- 7:15: Movie: *Chicago* (CH 972)
See pg. 21

Friday, April 24

- 9:00: Fun & Fitness
(GX & CH 975)
- 10:30: GHA Encore Chorale
(AUD-A)
- 1:30: GHA Players Meeting (RCR)
- 1:30: Shanghai (LR)
- 2:00: Quilting Bees (BR)
- 2:00: **R&D:** Art Therapy Workshop
with Roxanne (RAR)
- 2:30: Beginner Watercolor Class with
Alice Kale (AS)
- 3:30: Seated Meditation
(CHP & CH 974)
- 4:00: "Views of Light" Exhibition
Reception (SHG) See pg. 7

- 4:30: Advanced Tai Chi (GX)
- 4:30: BYOB Happy Hour (FL)
- 4:30: Jewish Sabbath Service of
Comfort & Healing (CH 971)

Saturday, April 25

- 9:00: Vendor: We Do Together
(9:00am-2:00pm)
- 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 973) See pg. 19
- 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: ASO Concert
(Leave from LBY, Signup
Required) See pg. 8
- 7:15: Movie: *While You Were Sleeping*
(CH 972) See pg. 21

Sunday, April 26

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: Spiritual Life Series: An Hour
With C.S. Lewis (AUD & CH 973)
See pg. 15
- 3:00: **R&D:** Strength & Stretch Chair
Exercise (CH 971)
- 6:30: Movie: *Unforgiven* (CH 972)
See pg. 21

Small Houses Schedule

Sunday, April 19

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:00: Licks of Love Dog Visits (SH-A)
- 2:00: Falls Church Concert Band (AUD)
- 3:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971 & Care Partner)

Monday, April 20

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

Tuesday, April 21

- 10:30: Individual Visits with Ted (SH-A)
- 2:45: Garden Stroll/Indoor Yard Games (OQ)
- 6:15: Music Therapy with Sabrina (OQ)

Wednesday, April 22

- 10:30: Music Therapy with Sabrina (PW)
- 11:00: Earth Day Celebration: Farm Animals (AUD-B)
- 10:30: **Mahjong Club (Cancelled)**

Thursday, April 23

- 10:30: Licks of Love Dog Visits (SH-A)
- 11:00: Scriptures, Songs, & Prayers (AUD & CH 973)
- 12:00: Chaplain Visits (SH-A)
- 3:00: Volunteer Visits (SH-A)
- 6:15: **Games with Ted (Cancelled)**

Friday, April 24

- 10:30: Art for Fun (OQ)
- 11:00: **News Discussion Group (Cancelled)**
- 2:30: Small House Mahjong Club (MH)
- 3:00: Music Therapy with Sabrina (WL & SN)

Saturday, April 25

- 10:30: Licks of Love Dog Visits (SH-A)
- 2:00: Open Recreation/Strength & Stretch Chair Exercise (Care Partner & CH 971)
- 2:30: Exercise with Alisha (RP)

Sunday, April 26

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

For a full list of activities, see pages 22-24

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

**Submit all articles, questions, and mailing list enquiries to
Gazette@GoodwinLiving.org**

The submission deadline is Friday at 5:00pm a week prior to publication.