



April 24, 2026

4800 Fillmore Avenue, Alexandria, VA

Fascinator Fabrication

Saturday, May 2nd, 3:00pm-4:30pm
Living Room

Join us for a fun, hands-on program celebrating the spirit of the Kentucky Derby! We will have a variety of nontraditional materials with which you can design and make your own unique fascinators.




  *Alison Schroeder, Arts Coordinator*

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*

This Week's Highlights

Monday, April 27

Fillmore Pub Reopens
4:30pm | FL | See pg. 5

Tuesday, April 28

RC Listens
3:00pm | FL | See pg. 13

Wednesday, April 29

Concert: Westminster Choristers & Jubilate Ringers, GHA Ringers
7:30pm-1:00pm | AUD | See pg. 6

Thursday, April 30

Chaplain Intern Graduation
2:00pm | CHP & CH 974 | See pg. 11
Resident Seminar: Immigration Law
2:00pm | FL | See pg. 13
End of Life Series
2:00pm | AUD | See pg. 14

Saturday, May 2

Fascinator Fabrication
3:00pm | LR | See pg. 1
Kentucky Derby Celebration
5:30pm | AUD | See pg. 1

Sunday, May 3

Players Present: The GHA Variety Show
3:00pm | AUD & CH 973 | See pg. 6

Around GHA

Quarterly Ceca Award



Dounia Tahaj was selected as the Ceca First Quarter Honoree and was honored during the Town Hall on April 15th. She received several Ceca nominations, but one in particular stood out—a nomination from the daughter of a resident in the Small House Health Care Center (HCC) who had recently passed away. She wrote:

“Dounia repeatedly checked on both my mother and my sister and me to ensure we were handling this well. Dounia demonstrated true patient advocacy and professionalism by repeatedly following up. She kept us informed, confirmed members of the Occoquan staff were checking on us and providing comfort, and came as often as

she was able on a busy shift. She was empathetic, professional, and utilized all available resources. She demonstrated the nursing code of ethics. I am honored to be a member of the same profession.”

Dounia is a full-time evening-shift Registered Nurse in the Small House HCC. She began her career at Goodwin Living in 2017 at GHBC as a dining server, then worked her way up to Certified Nursing Assistant, Licensed Practical Nurse, and ultimately Registered Nurse. Dounia has two children and lives in Falls Church, VA.

Thank you, Dounia, for all you do—and congratulations!

Jackie Barbarito Scholar



Licensed Nursing Home Administrator

Dick's Teaser

Can you determine the word, name or expression that is represented by the following? See pg. 14 for the solution.

FLBUAENDCE

*Dick Pellerin
Resident*

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

Go Green with the *Gazette*

Looking for a way to support the planet we call home? Go digital!

The *Gazette* is available on Uniguest and is emailed to



GHA Gazette

subscribers along with the weekly Dining menu every Friday at 5:00pm.

To opt out of paper copies and sign up for the email version, reach out to Sam Echols at 703-824-1004 or SEchols@GoodwinLiving.org.

Sam Echols



Communications Coordinator

Link of the Week



Inventors are rising to the climate change challenge with sustainable tech solutions like flood-resistant concrete to shoes made from discarded chewing gum.

Researchers in Germany have developed a packaging material made from the inedible but compostable byproducts of cornflake production, which can replace petroleum-based packaging and insulation materials.

Gum scraped from Amsterdam pavements was used to make soles for sports shoes (aptly named Gumshoes).

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

[BBC Earth: Six Incredible and Unusual Eco-Innovations](#)

Green Team Hints

Plastic storage containers release harmful nano plastics into food when heated in the microwave. Consider converting to glass storage containers.

The Green Team

Announcements

Sign up Now to Support our Immigrant Team Members

Tuesday, April 28th

7:45, Leave from Lobby

Sign Up Immediately



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 immediately, for more information or if you would like to reserve a seat on the coach. Her email address is mtgal4@outlook.com and her phone number is 828-551-9271 . We would love to see a strong turnout from GHA!

Irma Canan, Judy Hansen, Pierre Shostal



Residents

Sign Language Class

Like many of us here at GHA, I have lost a lot of my hearing. A few of us residents are interested in learning sign language and want to do that BEFORE we lose our hearing completely.

I am conducting a poll to see how many GHA residents would be interested in learning sign language. If enough of us are interested, I will explore the possibility of getting Northern Virginia Community College (where I taught for 42 years) to offer a course on sign language here.

If you are interested, please contact me, Dick Pellerin, at 703-566-6811 or email me at fred601@comcast.net.



Dick Pellerin, Resident

Volante Eats Assistance

Residents are able to sign up to receive one-on-one assistance with setting up the Volante Eats app on their smart phones, tablets or laptops, or for assistance with any challenges with Volanté Eats that they subsequently encounter.

Sessions with one of our managers or supervisors will be available for individuals at 2:00pm and 2:30pm, Mondays-Fridays in the Dining Services office (adjacent to the clinic). We will be able to accept one resident for each time slot.

Sign-up sheets are available in the Activities Binder.

Residents will need to bring their devices of choice along with them to their appointment. To arrange for setup on desktop devices, indicate you need help on your desktop when you sign up in the Activities Binder, and we will make arrangements for a Dining Services team member to come to your apartment during the same time frame.



Daniel Keiper



Assistant Director of Dining Services

Fillmore Pub Reopening

The Fillmore Pub will reopen on Monday, April 27th, for another eight-week run. The Pub will operate Mondays-Thursdays from 4:30pm-6:45pm.

No reservations are necessary, and seating on the outdoor patio will be available. Just indicate that you would like to be seated outdoors.

The menus have been revised for this edition of the pub.

Daniel Keiper



Assistant Director of Dining Services

Banana Splits in the Fillmore Market

Beginning on April 27th, the Fillmore Market will offer Banana Splits for \$6.50 (dining dollars may be used).



The Banana Splits will include:

- Fresh bananas
- Whipped cream
- Ice cream
- Cherries
- Chocolate syrup
- Nuts
- Strawberry topping
- Other assorted toppings

Stop by the Fillmore Market and treat yourself to this classic dessert!

Daniel Keiper



Assistant Director of Dining Services

Creative Arts

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*

Players Present: The GHA Variety Show

Sunday, May 3rd, 3:00pm
Auditorium & Channel 973

It's showtime! The Players will be putting on their own version of a variety sketch/talk show during the Arts Festival. Featuring esteemed "guests," classic sketches, and a charismatic host, it's a performance you won't want to miss. All are welcome to attend—and not to worry, the nostalgic radio productions you know and love will return in future shows!

 *Elizabeth Cheek,
GHA Players Director*

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

Draped in Imagination: 2026 GHA Arts Festival

Saturday, May 2nd

- 11:00-12:30pm: Meet the Met (Living Room)
- 3:00pm-4:30pm: Fascinator Fabrication (Living Room)

Sunday, May 3rd

- 1:00pm-2:00pm: Project Funway (Living Room)
- 3:00pm-4:30pm: Players Present: The GHA Variety Show (AUD)
- 4:00pm-6:00pm: Muse with the Muses (1st Floor GHA)

Monday, May 4th

- 10:00am-11:00am: BYOC: Museums (Living Room)
- 1:00pm-3:00pm: Project Funway (Art Studio, Living Room)
- 5:30pm-6:30pm: Red Carpet/Runway (Auditorium)

Meet The Met

Learn about the collection of The Metropolitan Museum of Art, their history, and the spectacle that is The Met Gala.



Project Funway

This program is a light-hearted, creative competition inspired by the reality TV show Project Runway.

Small groups made up of both Goodwin Living Team Members and residents from our community will receive a surprise set of materials along with an artwork from the Metropolitan Museum of Art to inspire their designs.

Working together, each team will create an original outfit and select one person from their team to model their creation. The excitement culminates on May 4th, when the designers send their model down the runway to celebrate creativity, collaboration, and fun.

Glam Squad

Mary Kay will help you get yourself Gala-ready with her magic powers and magic powders.

Red Carpet/Runway

This interactive fashion show allows us all to enjoy both watching and being a part of a great spectacle! Dress up to celebrate in any of the following ways:

- Inspired by artwork from The Met (or any other museum.)
- Wear that outfit in your closet you never have a reason to wear.
- Dress to the nines!
- Just be your creative self.



Alison Schroeder
Arts Coordinator

Health & Fitness

StrongerMemory Class

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

Week 15 Topic: Post Test

This week we'll complete post-testing for StrongerMemory. Back in week two, we conducted pre-tests—now we'll see how consistent practice and brain-healthy habits may have improved cognitive scores. While testing takes place, the group will read an article of their choice. Join us April 30 for our penultimate session of the semester and reflect on your progress!

Michelle Wanzer



Comm. & Operations Coordinator

Monthly Brain Health Talk

Thursday, April 30th, 2:00pm
Residents' Conference Room

Michelle Wanzer



Comm. & Operations Coordinator

Infections

Known Cases as of April 24th, 2026

COVID-19: 1 (Team Member)

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

Welcome to Our New Infection Preventionist

We are pleased to announce that Hatou Ndiaye stepped into the role of Infection Preventionist on April 23rd, filling the position previously held by Emma Okul.



Hatou is a seasoned Registered Nurse, licensed since 2010, and holds a bachelor's degree in nursing. She joined GHA in 2018 as the primary evening shift nurse in our skilled short-term rehabilitation house.

Since 2023, Hatou has served as a preceptor for George Washington University nursing students pursuing their Bachelor's degrees and is the GHA CPR instructor.

Hatou will work closely with Emma during the transition period to learn the responsibilities of the Infection Preventionist role. Emma will officially begin her new position as Assisted Living Manager on May 7th.

Congratulations, Hatou!



*Jackie Barbarito Scholar
Health Care Administrator*

Zumba Gold Popup

Tuesday, May 5th, 2:00pm-3:00pm
Group Exercise Studio


Zumba Gold classes are Latin-inspired dance lessons that are designed to be slower and low



impact for seniors or those with mobility and balance challenges.

You don't need a partner to learn the basic steps for Merengue, Salsa, Mambo, Cha-Cha-Cha, Cumbia, and Tango. Easy-to-follow steps allow you to move with the music and get in a cardio workout.

Led by certified Zumba and Yoga Instructor Patricia Gavin, this class will help you sleep better and prepare for Cinco de Mayo celebrations through dance.

 *Christie Thomas, Fitness Manager*

Fitness Videos

Did you know that you can access videos of past fitness classes on Uniguest under the Fitness icon?



Fitness

Follow along with Fun & Fitness recordings, Pilates classes, and Tai Chi sessions from the comfort of your home.

 *Sam Echols, Communications Coordinator*


Trips & Social Activities

May Birthday Party

Monday, May 4th, 4:30pm-5:30pm

Living Room

Come celebrate everyone born in May! This month's birthday party will feature a special famous guest singing Happy Birthday! Find a list of birthday guys and gals on page 16.

 *Sam Echols Communications Coordinator*

National Chamber Players

Episcopal High School

Monday, May 4th, 7:45pm

Transportation: Carpool or on your own

The National Chamber Players have been the resident chamber ensemble at Episcopal High School since 2004. The group is made up of members of the National Symphony Orchestra and other prominent artists. The program will include Richard Strauss, Capriccio, Op. 85 and Brahms, Sextet No. 2, Op. 36.

This is a free program. Coffee, tea, and cookies are served prior to the concert between 7:00pm-7:40pm. The program lasts a little over an hour.

A carpool sheet will be posted on Monday, April 27th, at 10:00am. Please indicate whether you can drive, how many you can take, or if you need a ride. Driving instructions are included on the signup sheet.

 *Jennifer Bennett*
Events Coordinator

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

Spirituality & Community

Spiritual Life Series:


C.S. Lewis

Sunday, April 26th, 3:00 pm

Auditorium

Dale Westervelt, Chaplain Intern in Clinical Pastoral Education, after completing seminary in the early 1990s, served as Executive Director of the C.S. Lewis Institute. 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.



 Bruce Stewart, Director of Chaplaincy

Chaplain Intern Graduation

Thursday, April 30th, 2:00 pm

Chapel & Channel 974

Join us to honor our Chaplain Interns in the Spring unit of Clinical Pastoral Education. They have ministered at GHA, GHBC, TVA, with palliative care and hospice teams, and with patients and families in local hospitals. We will also be saying farewell to Dale Westervelt, who has been with us at GHA. Refreshments follow the ceremony. Come express your thanks for

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

the ministry of our interns.

A Zoom link is provided for those who wish to join remotely:

<https://goodwinliving.zoom.us/j/81932602592?pwd=4oykuOjk2nTRUZz8m9qaWy53iE4dma.1>



Bruce Stewart
Director of Chaplaincy

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: Coping Skills

Mondays, 10:00am-10:45am

Living Room

How have we coped with crises we've lived through such as Covid, the 2008 recession, 9/11, Chernobyl, Arab Spring, the Rwandan genocide, the 1974 oil crisis, HIV/AIDS? Perhaps a conversation about our successful coping could help us gain perspective on coping now in this dangerous time. Maybe dampen down current anxieties. We've lived through a lot. Willing to compare our coping to an oyster building a pearl around an irritant? What is your best coping skill? What's an example of how it works? Whom do you admire—current or historical—with remarkable coping skills? BYOConversation invites every resident, Priority Club member, Goodwin Living team member, and guests to listen or speak. Welcome!




Jonathan Bryan, Resident

RC Listens

Tuesday, April 28th, 3:00pm
Fillmore Lounge

RC Listens is a popular get-together of residents who want to share their thoughts, concerns, and questions with Residents' Council members. We are always interested in what you have to say. If there are questions we cannot answer at our get-together, we find out the answers and review the RC Listens' discussions at the next RC meeting. Please join us!

 Residents' Council



Resident Seminar: Immigration Law

Thursdays, April 30th, May 7th
Fillmore Lounge, 2:00pm
Sign Up in the Activities Binder

With a career as an immigration attorney for the Department of Justice, temporary Immigration Judge, and temporary Appellate Immigration Judge, resident Kathleen Pepper is well-qualified to lead this informative lecture series about immigration law.

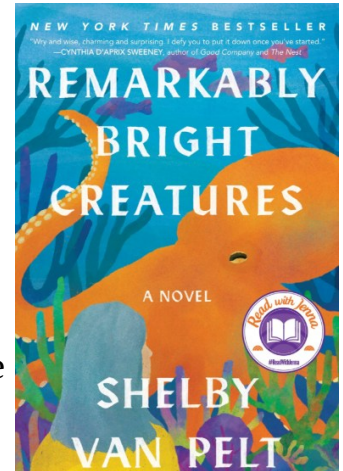
She will cover how and why our immigration laws operate the way they do, how they have evolved to their present state, which federal agencies are responsible for administering the laws, and how America's treaty obligations fit into the equation.

Kathleen Pepper, Resident

  *Kathi Menda, Seminar Facilitator*

GHA Book Club

The GHA Book Club meets on the second Tuesday of most months and, within a week after that meeting, we are fortunate to receive 10 to 12 copies of the next month's book from the Fairfax Library system.



In preparation for the May 19th meeting, we will be receiving copies of *Remarkably Bright Creatures* by Shelly Van Pelt. This is a story about a widow named Tova who cleans the aquarium of an octopus living there and Cameron, a young maintenance man working at the aquarium. This novel tells a heart-warming tale with touches of magical realism.

Folks who would like to read *Remarkably Bright Creatures* and participate in the May discussion can sign up to borrow a copy in the Activities Binder behind the Book Club tab, #6. The book will be put in your mailbox when it arrives. Some residents prefer Kindle or an Audiobook, and they can just check under "Meeting" and not under "Book."

New readers are always welcome!

  *Natalie Rooney, Resident*

End of Life Series

The End of Life Series returns with weekly presentations at 2:00pm in the Auditorium starting Thursday, April 30th. Read below for dates and topics.

April 30th:

Attorney Kim Fiske will review getting your affairs in order in preparation for the End of Life and covers important facts about the probate process.

May 7th:

The Hospice team will present palliative and hospice services here at GHA.

Speakers include Hospice Director Beth Klint, Care



Connections Social Worker Lauren Kipfer, and Care Connections Manager and Social Worker Aaron Zajdel. In addition, the Bereavement Counselor Leeza Sanderson will talk about emotional supports available to caregivers following a death.

May 14th:

End of Life Doula Jane Euler will educate us on this important role.

GHA resident Dennis Detlef, will brief us on the work of Compassionate Choices and Medical Aid in Dying legislation.



May 21st:

Residents Jonathan and Judy Bryan will discuss new and evolving burial options.

The Social Work team will offer a presentation for both the End of Life Series and Mental Health Awareness Month. They will provide an overview of depression and grief and will educate the community on resources available to support our residents.



Monica Hutchins-Thomas
Director of Social Work

Dick's Teaser Solution

What is represented is the expression "bad influence" because the letters of the word "BAD" are scattered IN the word "FLUENCE."

Dick Pellerin
Resident

Movies

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.

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: *Dirty Rotten*

***Scoundrels* (2002)**

Thursday, April 30th, 7:15pm

PG 1h 50m, Channel 972

Cast: Steve Martin, Michael Caine, Glenn 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.

Movie: *Argo* (2012)

Saturday, May 2nd, 7:15pm

R, 2h, Channel 972

Cast: Ben Affleck, Bryan Cranston, John Goodman

Acting under the cover of a Hollywood producer scouting a location for a science fiction film, a CIA agent launches a dangerous operation to rescue six Americans in Tehran during the U.S. hostage crisis in Iran in 1979.

Movie: *Bridget Jones:*

***Mad About the Boy* (2025)**

Sunday, May 3rd, 6:30pm

R, 2h 4m, Channel 972

Cast: Renée Zellweger, Chiwetel Ejiofor, Leo Woodall

After jumping back into the dating pool, single mother Bridget Jones finds herself caught between a younger man and her son's science teacher.

May Birthdays

2—Joan Rhame

3—Peggy Burke

3—Robert Stewart

4—Maxine Jones

5—Alice Kale

6—Margaret Welch

7—Sandra Connolly

8—Theodora Clayton

10—David Martin

11—Joyce Heilbronner

12—Richard Taliaferro

12—Bruce Conklin

13—Gregory Leisch

16— Alvin Pesachowitz

16—David Reese II

16—Malinda Wayland

17—Lorna Lyons

18—Ronald Smith

18—Ter Barnes-Valliant

19—Patrick Canan

20—John Berry III

20—Shirley Dols

20—Patryce Thompson

21—Sally Brierre

21—Barbara Merritt

21—Joyce Wood

22—Yvonne Kirby

29—Bach Ha Lange

29—Ewell Smith

30—Danielle Beauchamp

30—Frank Jr. Brown

31—Sharon Keefer

HAPPY BIRTHDAY!
Happy Birthday!

The Weekly Schedule

Sunday, April 26, 2026—Sunday, May 3, 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 27th

R&D: Body & Balance Exercise

Wednesday, April 29th

R&D: Body & Balance Exercise

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. 11
- 3:00: R&D: Strength & Stretch Chair
Exercise (CH 971)
- 6:30: Movie: *Unforgiven* (CH 972)
See pg. 15

Monday, April 27

- 9:00: Fun & Fitness (GX & CH 975)
- 9:45: Aqua Fun (Pool)
- 10:00: BYOConversation (LR) See pg. 12
- 10:00: Catholic Communion & Rosary
(CHP & CH 974)
- 10:00: Trail Blazers: Green Spring
Gardens (LBY, Signup Required)
- 11:00: Grounds & Landscaping
Committee (RCR)
- 12:00: 12-Step Meeting (For more info.,
call 202-701-9291.)
- 12:00: German Conversation Table (AR)
- 1:00: Beginning Line Dancing (GX)
- 2:30: R&D: Superhero Day (AUD)
- 3:30: Seated Meditation
(CHP & CH 974)
- 4:30: Fillmore Pub Reopening (FL)
See pg. 5

Tuesday, April 28

- 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: Bus to Giant Food
(LBY, Signup Required)
- 10:00: Ceramics (AS)
- 10:00: Seamstress (Apt. 426, Floral Arts Room)
- 10:15: Just Dance Class (AUD-A)
- 11:00: Mat Pilates (GX, CH 971)
- 1:15: Mah Jongg (LR)
- 2:00: Wii Bowling (GX)
- 3:00: RC Listens (FL) See pg. 13
- 4:30: Advanced Tai Chi (GX)

Wednesday, April 29

- 9:00: Fun & Fitness (GX & CH 975)
- 9:00: Clothing Collection (GR)
- 9:30: Aqua Fun (Pool)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company (CH 972)
See pg. 15
- 2:15: Mat Pilates (GX)
- 4:00: Pop-Up Technology Assistance
(LBY)
- 4:30: Fillmore Happy Hour (FL)
- 7:30: Concert: Westminster Choristers
& Jubilate Ringers, GHA Ringers
(AUD) See pg. 6

Thursday, April 30

- 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. 8
- 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. 15
- 12:00: French Conversation Table
(Bistro Table 11)
- 1:30: PM Painting & Drawing (AS)
- 1:45: **R&D**: Music Therapy with Sabrina (RDR)
- 2:00: Knitters and Crocheters (CHP)
- 2:00: Monthly Brain Health Talk (RCR)
See pg. 8
- 2:00: Resident Seminar: Immigration Law (FL) See pg. 13
- 2:00: Wii Bowling (GX)
- 2:00: Chaplain Intern Graduation
(CHP & CH 974) See pg. 11
- 2:00: End of Life Series
(AUD & CH 973) See pg. 14
- 2:30: **R&D**: The Sound of Color (RAR)
- 4:00: GHA Bell Ringers Choir (LR)
- 7:15: Movie: *Dirty Rotten Scoundrels*
(CH 972) See pg. 15

Friday, May 1

- 9:00: Fun & Fitness
(GX & CH 975)
- 10:00: Shuttle to Trader Joe's
(LBY, Signup Required)
- 10:30: GHA Encore Chorale
(AUD-A)
- 12:00: Spanish Conversation Table
(Bistro Table 11)
- 1:30: GHA Players Meeting (RCR)
- 2:00: Quilting Bees (BR)
- 2:00: Party Bridge (LR)
- 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)
- 4:30: Advanced Tai Chi (GX)
- 4:30: Fillmore Happy Hour (FL)
- 4:30: Sabbath Service (CHP & CH 974)

Saturday, May 2

- 9:30: Fun & Fitness (GX & CH 975)
- 9:30: Pop-Up Technology Assistance
(LBY)
- 10:30: Advanced Tai Chi with
Instructor (GX)
- 11:30: Beginners' Tai Chi with
Instructor (GX)
- 2:00: **R&D**: Strength & Stretch Chair
Exercise (CH 971)
- 3:00: 2026 Arts Festival: Fascinator
Fabrication (LR) See pg. 1
- 3:00: Wii Bowling (GX)
- 5:30: Kentucky Derby Celebration
(AUD) See pg. 1
- 7:15: Movie: *Argo* (CH 972) See pg. 15

Sunday, May 3

- 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: *Bridget Jones: Mad About
the Boy* (CH 972) See pg. 15

Small Houses Schedule

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)

Monday, April 27

- 11:00: Outdoor Club (Cancelled)**
- 11:00: Garden Stroll
- 1:30: Experimental Art (MH)
- 1:30: Music Therapy with Sabrina (OQ)
- 2:30: Superhero Day (AUD)
- 2:45: Tea Party (Cancelled)**
- 3:00: Volunteer Visits (SH-A)

Tuesday, April 28

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

Wednesday, April 29

- 10:30: Music Therapy with Sabrina (PW)
- 10:30: Mahjong Club (MH)
- 2:00: Exercise with Christie (MH)
- 3:15: Brain Games: Rubber Ducks Scavenger (RP)

Thursday, April 30

- 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 (OQ)

Friday, May 1

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

Saturday, May 2

- 10:30: Licks of Love Dog Visits (SH-A)
- 11:00: Meet the Met (LR) See pg. 7
- 2:00: Open Recreation/Strength & Stretch Chair Exercise (Care Partner & CH 971)
- 3:00: Fascinator Fabrication (LR) See pg. 1

Sunday, May 3

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:00: Licks of Love Dog Visits (SH-A)
- 1:00: Project Funway (LR) See pg. 7
- 3:00: The GHA Variety Show (AUD) See pg. 6
- 3:00: Open Recreation/Strength & Stretch Chair Exercise (CH 971 & Care Partner)

For a full list of activities, see pages 17-19

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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