

June 12, 2026

4800 Fillmore Avenue, Alexandria, VA

## This Week's Highlights

### Monday, June 15

BYOC: American Resilience

10:00am | LR | See pg. 14

Pride Month Documentary Series

3:00pm | CH 972 | See pg. 4

### Wednesday, June 17

Town Hall

3:00pm | AUD & CH 973 | See pg. 15

### Thursday, June 18

Lunch Trip: Vaso's Mediterranean  
Bistro

11:30am | LBY | See pg. 10

Resident Seminar: The Changing Role  
of Grandparents

1:00pm | FL | See pg. 15

### Friday, June 19

Party Bridge

2:00pm | LR

### Sunday, June 21

*Othello* at Shakespeare Theater

1:00pm | LBY | See pg. 11

## Pride Walk and Picnic

Friday, June 26th, 11:00 am

Courtyard



Come join us for a Pride Walk around the building, where we'll share and learn about the history of Pride Month along the way. After the walk, we'll gather for a Pride Picnic in the Courtyard! Everyone is welcome—whether you'd like to participate in the walk or simply join us for the picnic afterward.

If you're interested in purchasing a bagged lunch, please sign up in the Activities Binder under the "Special Events" tab. The cost will be billed to your monthly statement. Feel free to bring your own lunch and enjoy it with us in the Courtyard if you prefer not to purchase a bagged lunch. We hope to see you there!

*Jennifer Bennett*



*Events Coordinator*

## Primary Election: August 4th

We will have two primary elections in Alexandria on August 4th. See page 5 for more information.

*Laura Lawson*

*Resident*

# Around GHA

## Planters and Garden Boxes Keep GHA Looking Good And Show Our Patriotism

The Grounds Committee set a goal of filling every one of our 64 planters by Mother's Day, and we did! We made numerous trips to local nurseries to select and buy colorful annuals and a few perennials. Sheila Delaney and Teddye Clayton planted the planters at the front and rear entrances. Sandy Connolly took care of the planters in the Courtyard and along the path to the Woodland Garden. Debbie Christie and Judy Hansen had the task of filling the large number of planters on the roof.

Barbara Kirkland was responsible for the planters in the Fillmore patio, and, as you've probably noticed, she chose a



patriotic theme. Barbara also earned the gratitude of residents in Assisted Living by filling the planters on their balcony.

Of course, none of this would have been possible without the help of our wonderful grounds supervisor, Josua Tofor, who checked all the pots before planting to ensure the soil was at an adequate level and, after planting, has made sure that they are watered regularly. We thank everyone who worked on the planters for helping us keep GHA looking beautiful.

America's 250th anniversary is less than a month away, and signs of the coming celebration are notable in our



community garden boxes. The Grounds Committee's garden box was inspired by the Alexandria Beautification Commission's Plant for America250 challenge, with native plants in red, white, and blue. A team of four Committee members—Debbie Christie, Judy Hansen, Sarah Glassco, and Meredith Wade—planted and care for the box. Sarah was instrumental in selecting the plants, which include red spigelia, cardinal flower, and bee balm; white coneflower; and blue spiderwort and lobelia.

Sally Pausell's box also has a patriotic theme and combines natives (red cardinal flower and blue lobelia) and non-natives (white geraniums). Judith Roach has a riot of plants in patriotic colors in the box she maintains for the Small Houses, as well as two American flags and an America250 flag.

The efforts of these patriotic residents have increased our anticipation of a big celebration for America's 250th anniversary come July 4th. We hope it's a memorable day for all.



*The Grounds Committee*

## Library News




For May, Library circulation was 236 (235 books and one DVD).

The top circulating books were *The Correspondent* by Virginia Evans and *My Husband's Wife* by Alice Feeney (four times each). The following books were each checked out three times: *Nash Falls* by David Baldacci, *Woman Down* by Colleen Hoover, *Wolf Hour* by Jo Nesbo, and *The Shattered Tree* by Charles Todd.

The top circulating authors were Charles Finch, Jodi Picoult, and Charles Todd (6 each), and five each for David Baldacci and Jo Nesbo.

If you are a new resident, stop by the Library to see what we have to offer. New books and displays of books on current events and holidays are on the shelves as you enter. In the main Library, books are organized by classics, biographies, and the environment. Non-fiction, fiction, and mysteries are each separated into Regular and Large Print books.

By the newspaper area, we have travel, art and architecture, humor, hobby, and resident-written books. In the Library Workroom near the newspaper area, we have religion, nature, and reference books. Please check out books on the sign out sheets in the Library or on the shelf near the humor books.

 Dale Brown, *The Library Committee*

## Thank You for the Red Wagon

Rob Warhurst, President of Merrifield Garden Center, has generously donated one of the nurseries' red little vintage



wagons to GHA. This thoughtful gesture will help residents transport heavy plants and materials around the garden. Most of these wagons have been retired, so it is very appropriate that one has found a new home at GHA.

You will find the wagon close to the table near the far corner of the Courtyard planter boxes. It does have a few bumps and bruises (also very appropriate), but it is still very proud to wear "Merrifield Garden Center" on its side.

*Maggie Judycki*  
Resident

## Link of the Week

A species of African mole-rats has been discovered to engage in farming. These subterranean rodents backfill their tunnels in order to regenerate partially eaten plants like the tubers and bulbs of wild ginger, cucumbers, and sweet potatoes.



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

[National Geographic: Watch a Mole-Rat Farmer at Work in its Elaborate Subterranean City](#)

*The Green Team*

## Garden Tea and Tour Draws Rave Reviews



It was a party to remember—a warm, cloudless day, beautiful gardens, and delicious food. The Garden Tea and Tour on June 3, sponsored by the Grounds Committee, drew more than 60 residents to the Fillmore Patio for tea, an assortment of tea sandwiches, cookies—some in the shape of caterpillars, bees, and butterflies—and then a stroll around the gardens.



In a shady corner Rick Glassco played his Celtic harp, and strollers stopped to listen. The event drew rave reviews: “exceptionally delightful,” “lovely,” “a glorious event,”

“magnificent in every way,” said residents.

Grounds Committee member Sandy Connolly worked with Jennifer Bennett of Life Enrichment and catering manager Brad Iliesh to plan the Tea and Tour, the second sponsored by the Committee. We thank everyone who contributed to making this year’s event such a success and all who came out to enjoy.

 *The Grounds Committee*

## Pride Month Documentary Series

Mondays in June, 3:00pm

Channel 972

In honor of Pride Month, a special documentary series will air each Monday in June, highlighting powerful moments and voices from LGBTQ+ history.

### June 15: *After Stonewall*

This follow-up explores the decades after Stonewall, chronicling the continued fight for equality and visibility from the 1970s onward.

### June 22: *How to Survive a Plague*

An emotional and inspiring documentary about activists and communities that fought for treatment and awareness during the AIDS crisis in the 1980s and ‘90s.

### June 29: *Paris Is Burning*

A vibrant and iconic film that dives into New York City’s ballroom culture, highlighting drag, identity, and chosen family within the LGBTQ+ community.



*Jennifer Bennett*  
Events Coordinator

## Green Team Hint

Bring plastic bags from grocery or retail stores to the labeled container in the Residents’ Business Center. Ziplock bags, bubble wrap, dry cleaner bags, and mailers can also be recycled here (or at your local grocery store). Omit bags with black or dark blue coloring.

*The Green Team*

# Announcements

## Primary Elections on August 4

On August 4th, there will be two primary elections to select candidates for the general election in November:

- A Democratic Party Primary for the U.S. House of Representatives, and
- A Republican Party Primary for the U.S. Senate.



We do not register by political party in Virginia. You can vote in either primary (but not BOTH!).

For information about the elections and candidates, and for a list of Voting Aides who can help, go to the Residents' Business Center or Uniguest under the Voting Information icon.



Voting Information

GHA's polling place is at The Church of the Resurrection, just down the hill. The polls are in the Community Room. The outside entrance is off the church parking lot near GHA's driveway and main garage entrance. See the map in the Residents' Business Center. From 10:00am to 2:00pm, GHA will run a circuit bus from GHA, to The View Alexandria, to the polls.

If you have moved or permanently changed apartments within GHA since you last voted, you need to re-register to vote. If you are on the permanent absentee ballot list, your ballot will be mailed on Friday, June 19.

Dates and Deadlines:

- To vote early in person: June 18-August 1 (See the Residents' Business Center or Uniguest for a schedule and locations.)
- To request a mailed absentee ballot: July 24
- To register or update a registration: July 24
- To submit an absentee ballot: August 4, 7:00pm



Laura Lawson, Resident

## Massage Therapy at New Image Salon

Mondays & Wednesdays  
10:00am-4:00pm  
New Image Salon, G1



Enjoy a suite of massage therapy treatments from Licensed Massage Therapist and Reiki Master Crystal Craighead.

Her services include:

- Swedish Relaxation
- Deep Tissue Therapeutic Massage
- Pre-natal/Postpartum Therapeutic Massage
- Couples Instructional Massage
- Sinus Comfort Relief Facial Massage

Prices:

- 60 Minutes | \$97.00
- 45 Minutes | \$75.00
- 30 Minutes | \$59.50

To make an appointment, email [SaYesToMassage@Gmail.com](mailto:SaYesToMassage@Gmail.com) or call 703-867-3504.



Lady Peralta-Pinto  
Beauty Salon Manager

## GHA to Provide Shuttle Service to Little Theatre of Alexandria for 2026–2027 Season

Residents of GHA will have a new, convenient way to enjoy live theater during the upcoming 2026–2027 season at the Little Theatre of Alexandria (LTA). A dedicated shuttle service will be available for the first Sunday matinee performance of each play in the season.



### Shuttle Details:

- Departure Time: 1:00pm from GHA
- Return: Immediately following each performance
- Transportation Cost: \$10 per person
- Tickets: Residents are responsible for purchasing their own show tickets directly through LTA. Tickets may be purchased at <https://TheLittleTheatre.com/Performances/> or by calling 703-683-0496.

### About the Little Theatre of Alexandria:

Founded in 1934, the Little Theatre of Alexandria is one of the oldest continuously operating community theaters in the United States. Located in the heart of Old Town, LTA is known for producing high-quality performances that range from classic dramas to lively musicals and contemporary works. The theater's intimate setting allows for a truly engaging audience experience, where every seat feels close to the action.



*Jennifer Bennett*  
Events Coordinator

## Dick's Teaser

Each of the two-word answers for the following begin with the letters S and S. For example, if the clue is "He met a pieman going to the fair," the answer is Simple Simon. See pg. 15 for the solutions.

1. The Federal Agency that protects the President.
2. An infield position in baseball.
3. Mixed drink stirrer.
4. Sometimes you need this to reach the top shelf.
5. Black and white footwear popular in the 1950s.
6. Slang name for the maximum security prison thirty miles north of New York City.
7. The thoroughbred horse from the state of Washington that won the Triple Crown in 1977.
8. This was the only way for a lady to ride a horse until breeches became more popular in the early twentieth century.

*Dick Pellerin*  
Resident

# Creative Arts

## Mount Vernon Concert Band

Tuesday June 23, 7:30pm

Auditorium



Founded in 1978, the Mount Vernon Concert Band has a long tradition of bringing high-quality concert band music to the local community. This volunteer ensemble provides a welcoming musical outlet for area musicians, including graduating high school students as well as former military and college musicians, who share a passion for continuing their musical journey.

Sit back, relax, and enjoy a lively program featuring a mix of favorite classics, patriotic selections, and uplifting melodies performed by this talented group. It's the perfect way to spend a summer evening with friends and neighbors. We hope to see you there for a night of great music and community spirit!

*Jennifer Bennett*



*Events 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 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

## Concert: Thomas Pandolfi

Friday, June 26, 7:30pm

Auditorium & Channel 973

American pianist Thomas Pandolfi is an electrifying virtuoso who, with each passing season, continues to captivate audiences worldwide and earn glowing praise from critics. Renowned for his passionate artistry and extraordinary technique, Pandolfi produces performances that are both deeply moving and artistically compelling. He truly connects with listeners, leaving a lasting impression on all who experience his music.

*Jennifer Bennett*



*Events Coordinator*

## Nature and the Landscape

### Watercolor Class: Sue Lynch

Tuesdays from June 30-July 28, 3:00pm-4:30pm

Art Studio, Signup Required

Join GHA resident Sue Lynch for this exploration of watercolors for beginners and



beyond. Participants of this five-week class will practice color mixing and painting from observation and imagination. Signup is available in the Activities Binder.

*Alison Schroeder*



*Creative Arts Coordinator*

## Melody & Mingle

Thursdays, 1:45pm

Dominion Dining Room & Richmond Activities Room



Do you love music? Do you have fond memories of dancing around the kitchen while doing the dishes? Does a favorite song still bring a smile to your face—or even a tear to your eye? Join us for Melody & Mingle!

Whether you're a lifelong musician or simply someone who enjoys listening to music, all are welcome. Melody & Mingle is a fun, relaxed space to share music, stories, and connections with others.

Each week, we'll listen to favorite songs, discover new music, play percussion instruments, share memories inspired by music, and sing along if the mood strikes. No musical experience is needed—just bring yourself and an open mind.

Music has a unique way of bringing people together, sparking memories, and creating joy. Come experience it with us!

Have questions? Contact [SHartsfield@GoodwinLiving.org](mailto:SHartsfield@GoodwinLiving.org), or simply stop by and join us next Thursday. We'd love to see you there!



*Sabrina Hartsfield*  
*Music Therapist*

# Health & Fitness

## Calling All Olympians!

Get ahead of the game!  
Registration will be open  
from July 6-August 24  
for the 2026 Northern Virginia Senior  
Olympics (NVSO), which will be held  
September 11-October 4 in venues all around  
Northern Virginia.



The NVSO offers a variety of indoor and outdoor events for all levels of senior adults. There are over 50 events, including track, duplicate bridge, swimming, Wii bowling, sudoku, mah jongg, tennis, eight and nine ball pool, and much more. There's something for everyone!

For more information on what events are available or to pick up a registration form, please see Fitness Manager Christie Thomas or call 703-824-1166. Registration forms are also now available in the Game Room on G1.

*Christie Thomas*  
Fitness Manager



## Trail Blazers is Waiting for You

Shuttle to a nearby local park to walk at your own pace now that the weather is warmer.

Sign-up sheets are available in the Activities Binder!

*Christie Thomas*  
Fitness Manager



## Infections

### Known Cases as of June 11, 2026

COVID-19: 0

Influenza: 0

RSV: 0

Gazette

## 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 | 1:15pm-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

Tuesdays | 12:30pm-1:30pm & 3:30pm-4:30pm  
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

# Trips & Social Activities

## Lunch Trip to Vaso's Mediterranean Bistro

Thursday, June 18, 11:30am

Lobby | Signup Required

Transportation Cost: \$10



Join us for a delicious lunch trip to Vaso's Mediterranean Bistro right here in Alexandria! Vaso's is known for its warm, inviting atmosphere and flavorful Mediterranean cuisine. Enjoy a menu filled with favorites like fresh salads, savory kabobs, seafood, pasta dishes, and traditional Greek specialties. Whether you're in the mood for something light or a hearty entrée, there's something for everyone.

Signup is available in the Activities Binder. Spots may fill quickly, so be sure to add your name early if you'd like to join us. We hope you can come enjoy great food and even better company!

*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

## ***Othello* at Shakespeare Theater**

Sunday, June 21, 1:00pm

Lobby, Signup Required

Cost: \$54 Ticket, \$20 Transportation Fee

Join us for an unforgettable afternoon at the Shakespeare Theatre Company as we experience Shakespeare's powerful tragedy, *Othello*—



starring acclaimed actor Wendell Pierce (known for *The Wire* and Tom Clancy's *Jack Ryan*) in the title role.

If you're interested in attending, please register in the Activities Binder.

### **Important Reminder:**

By adding your name to the list, a ticket will be purchased on your behalf. If you need to cancel after signing up and we're unable to find a replacement, you will be responsible for the cost of the ticket.



*Jennifer Bennett*  
Events Coordinator

## **Bingo**

Monday, June 22, 7:30pm

Auditorium

Join us in the Auditorium for bingo—where the laughter is loud, the fun never stops, and prizes are always up for grabs!



*Jennifer Bennett*  
Events Coordinator

## **Community Farmers Market**

Wednesday, June 24, 11:00am-2:00pm

Courtyard

GHA is partnering with the Division of Aging and Adult Services, Department of Community & Human Services, to bring you a vibrant community Farmers Market!



Enjoy fresh, fresh fruits and vegetables provided by C&T Produce, a third generation, family-owned farm that specializes in locally grown produce. They farm over 350 acres of land in Stafford and King George County, VA, right off the Rappahannock River.

In addition to great food, the event will include live music, art projects for all ages, and information tables hosted by the City of Alexandria.

Come out to connect with your community, support local farmers, and enjoy a fun-filled day!



*Jennifer Bennett*  
Events Coordinator

## **Where Do I Sign Up?**

Where is the Activities Book for events and classes? It's a three-ring notebook on the credenza in the hallway going to the Residents' Business Center. (From the Reception Desk, go toward the Mail Room; the credenza is on the left.)



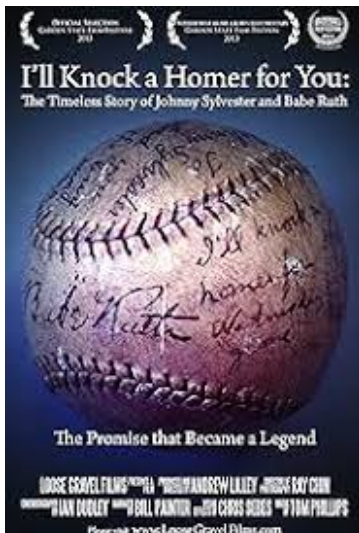
*Sam Echols*  
Communications Coordinator

## Documentary Screening and Q&A: *I'll Knock a Homer for You*

Thursday, June 25, 2:00pm

Auditorium

Baseball has long been called America's pastime, but beyond the records and rivalries, it is also a game rich with heartfelt stories that connect generations. One of the most touching of these is the story of Johnny Sylvester and Babe Ruth—a tale that continues to inspire audiences nearly a century later.



In 1926, 11-year-old Johnny Sylvester was recovering from a serious accident that left him bedridden and struggling to regain his strength. Hoping to lift Johnny's spirits, his family reached out to Babe Ruth with a simple request.

Babe Ruth responded with compassion and a promise: he would hit a home run in the upcoming World Series game for Johnny. True to his word, Ruth stepped up to the plate—and not only hit one home run, but three in that game.

The emotional boost proved to be powerful. Johnny's condition began to improve, and he eventually recovered. For many, the connection between Ruth's gesture and Johnny's recovery became a symbol of hope, kindness, and the human spirit's resilience.

The documentary, *I'll Knock a Homer for You: The Timeless Story of Johnny Sylvester and Babe Ruth*, brings this remarkable story to life, combining historical accounts, archival material, and storytelling that captures both the excitement of the 1926 World Series and the deeply personal connection between a sports icon and a young fan.

Following the screening, residents will have a special opportunity to participate in a Q&A session with the documentary's producer, offering insight into the making of the film and the enduring significance of this uplifting story.

*Jennifer Bennett*



*Events Coordinator*

## Trivia Night is Back!

Wednesday, July 8, 7:15pm

Auditorium

Trivia Night is back! With something very special this time. All the questions are from the creative mind of our Culinary Innovation and Development Chef, Brian Patterson. Please reserve the evening of July 8 (Write it down!), and start looking for tablemates (eight to a table). Snacks will be available to enjoy.



*GHA's Trivia Meisters*

# Spirituality & Community

## 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—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 703-824-1044  
JBarbarito@GoodwinLiving.org.

*Jackie Barbarito Scholar*



*Licensed Nursing Home Administrator*

## Chaplaincy Notes

You can access the weekly bulletin, scriptures, and hymns for GHA’s Chapel services on Uniguest under the Chaplaincy Notes section. Under Service Materials, you can also find online worship options for those who cannot, or prefer not to, attend in-person services.



Chaplaincy Notes

*Sam Echols*



*Communications Coordinator*

## 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 Fridays | 4:30pm-5:30pm | CHP & CH 974  
Other Fridays | 4:30pm-5:30pm | CH 971

### Jewish Bible (Torah) Study

3rd Saturdays | 3:30pm-4:30pm | CHP

### 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

SUZANNE LEGGETT  
June 12, 2026

# Discussions & Meetings

## Recurring

### 12-Step Meeting

Mondays | 12:00pm-1:00pm

Call 202-701-9291 for more info.

### Family Caregiver Support Group

2nd Tuesdays | 12:00pm | Teams

### Dementia Caregiver Support Group

3rd Tuesdays | 1:00pm | Zoom

### 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 | FL

### Facilities & Security Committee Meeting

3rd Tuesdays | 10:00am | RCR

### Finance Committee Meeting

3rd Wednesdays | 10:30am | AR

### GHA Book Club

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

### 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:

### American Resilience

Mondays, 10:00am-10:45am

Living Room



Let's discuss the following thoughts—expand upon them, challenge them, amend them. Let's hear one another's citizen voices.

For 250 years, Americans' resilience has sustained us. Facing frightful challenges, we have endured, and we have adapted flexibly. We have built a Constitution, reunited from Civil War, rebounded from the Great Depression, repelled foreign aggression, corrected civil injustices, and prevailed over diseases like COVID. Resilient Americans—we persevere! We say this republic belongs to all American people; we own it, and we operate it with our Constitution.

BYOC welcomes everyone to stop in to speak or just listen.



*Jonathan Bryan, Resident*

## Town Hall

Wednesday, June 17, 3:00pm

Auditorium & Channel 973

Welcome: Barbara D'Agostino

- Accompanying residents to the hospital

Residents' Council: Judy Hansen

Chapel Updates: Bruce Stewart

Active Shooter Drill: Jackie and Theresa

Facility Condition Assessment Update: Theresa Thomas

- Short and long-term plans based on FCA



*Barbara D'Agostino*  
*Executive Director*

## Dick's Teaser Solutions

1. Secret Service
2. Short stop
3. Swizzle stick
4. Step stool
5. Saddle shoes
6. Sing Sing
7. Seattle Slew
8. Side saddle

*Dick Pellerin*  
*Resident*

## Resident Seminar: The Changing Role of Grandparents

Thursdays, June 18 & 25

Fillmore Lounge

Sign Up in the Activities Binder

Wonder if you could be a better grandparent—help your grandchildren more?

If so, come listen to our next

Resident Seminar presenter,

Kris Amundson, author of

*The Grandparent Effect: Helping Children Thrive Through Love, Support, and Connection.*

Drawing on decades in education and public service, as well as research and stories from families, Kris offers practical ideas on how you can connect with your grandchildren in ways that support learning, confidence, and a sense of identity.

The two sessions will focus on:

- June 18, 1:00pm: The changing role of grandparents
- June 25, 2:00pm: Ways grandparents can help provide academic support

This is Kris's third book on the subject, and she frequently contributes on education to the opinion pages of *The Richmond Times-Dispatch* and *The Washington Post*. A former teacher, she also served as President and CEO of the National Association of State Boards of Education, Chairwoman of the Fairfax County School Board, and representative in the Virginia House of Delegates. Come listen and learn!



*Kathi Menda*



*Resident Seminar Facilitator*

# Movies

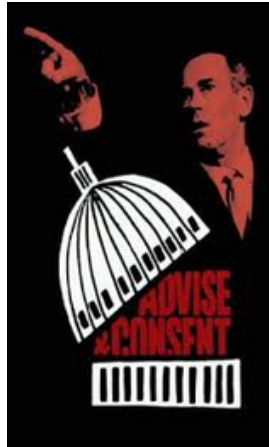
## Movie: *Advise & Consent* (1962)

Sunday, June 14, 6:30pm

Approved, 2h 19m, Channel 972

**Cast:** Franchot Tone,  
Lew Ayres, Henry Fonda

The polarizing search  
for a new Secretary of State  
has far-reaching  
consequences.



## 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.

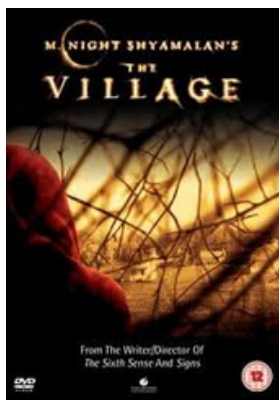
## Movie: *The Village* (2004)

Thursday, June 18, 7:15pm

PG-13, 1h 48m, Channel 972

**Cast:** Joaquin Phoenix,  
Bryce Dallas Howard, Adrien  
Brody

A secluded village fears  
mysterious creatures—but  
not everything is as it seems.



## Movie: *Mrs. Brown* (1997)

Saturday, June 20, 7:15 pm

PG, 1h 41m, Channel 972

**Cast:** Judi Dench, Billy  
Connolly, Geoffrey Palmer

When Queen Victoria  
descends into deep mourning  
after the death of her husband  
Prince Albert in 1861, she  
finds solace in her trusted  
servant, Mr. John Brown, but their relationship  
also brings scandal and turmoil.



## Movie: *Becket* (1964)

Sunday, June 21, 6:30pm

PG-13, 2h 28m, Channel 972

**Cast:** Richard Burton,  
Peter O'Toole, John Gielgud

King Henry II of England  
comes to terms with his  
affection for his close friend  
and confidant, Thomas Becket, who finds his  
true honor by observing God's divine will  
rather than the King's.



## Upcoming

**Thursday, June 25**

*Project Hail Mary* (2026)

**Saturday, June 27**

*No Way Out* (1987)

**Sunday, June 28**

*Mr. Holland's Opus* (1995)

# The Weekly Schedule

Sunday, June 14, 2026 - Sunday, June 21

Events listed in this calendar may be subject to change after the time of printing.

For the most up-to-date schedule, consult Uniguest at [www.gh-a.org](http://www.gh-a.org)

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 & Changes

#### Wednesday, June 17

Finance Committee (Time Change to 9:00)

#### Thursday, June 18

Low Vision Support Group (Location Change to AR)

### Sunday, June 14

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: **R&D:** Strength & Stretch Chair Exercise (CH 971)
- 4:00: Friends (Quaker) Meeting (AUD-B)
- 6:30: Movie: *Advise and Consent* (CH 972)  
See pg. 16

### Monday, June 15

- 9:00: Fun & Fitness (GX & CH 975)
- 9:00: Trail Blazers: Roosevelt Island (LBY, Signup Required)
- 9:45: Aqua Fun (POOL)
- 10:00: BYOConversation (LR) See pg. 14
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 11:00: **R&D:** Body & Balance Exercise
- 12:00: 12-Step Meeting (For more info., call 202-701-9291.)
- 12:00: German Conversation Table (AR)
- 1:15: Beginning Line Dancing (GX)
- 1:30: **R&D:** Rummikub Club (RAR)
- 3:00: Environmental Services Committee (FL)
- 3:00: Pride Month Documentary: *After Stonewall* (CH 972) See pg. 4
- 3:00: **R&D:** Jeopardy Trivia (RAR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Happy Hour/Meet & Greet New Residents (LR)

## Tuesday, June 16

- 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: Facilities Management and Security  
Committee (RCR)
- 10:00: Vendor: Scentsy and Parklane Jewelry  
(CC)
- 10:15: Just Dance Class (AUD-B & CH 971)
- 11:00: Mat Pilates (GX)
- 11:00: Movie Committee (BR)
- 12:30: StrongerMemory Group (RCR)
- 1:00: Caregiver Support Group  
([Zoom Link Here](#))
- 1:00: GHA Clinical & Medical Discussions  
(FL)
- 1:15: Mah Jongg (LR)
- 2:00: GHA Book Club (RCR)
- 2:00: Wii Bowling (GX)
- 2:00: Health Services Committee (FL)
- 2:00: **R&D**: Brain Health Group (DDR)
- 3:30: StrongerMemory Group (RCR)
- 4:30: Advanced Tai Chi (GX)

## Wednesday, June 17

- 9:00: Fun & Fitness (GX & CH 975)
- 9:00: Finance Committee (AR)
- 9:00: Art Supply Donations Welcome (AS)
- 9:30: Aqua Fun (POOL)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company (CH 972)  
See pg. 16
- 11:00: **R&D**: Body & Balance (GX)
- 2:00: Welcome Committee (RCR)
- 2:15: Mat Pilates (GX)
- 3:00: Town Hall (AUD & CH 973)  
See pg. 15
- 4:00: Pop-Up Technology Assistance (LBY)
- 4:30: Fillmore Happy Hour (FL)

## Thursday, June 18

- 7:45: Morning Yoga  
(GX, CH 975, & Zoom)
- 9:00: Strength & Stretch Class  
(GX & CH 975)
- 9:00: Chess (LR)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: AM Painting & Drawing (AS)
- 10:30: Green Team Committee (AR)
- 11:00: Scripture, Songs, & Prayers  
(AUD & CH 973)
- 11:00: Teaching Company (CH 972)  
See pg. 16
- 11:30: Lunch Trip: Vaso's Mediterranean  
Bistro (LBY, Signup Required)  
See pg. 10
- 12:00: French Conversation Table  
(Bistro Table 11)
- 1:00: Low Vision Support Group (AR)
- 1:00: Resident Seminar: The Changing Role  
of Grandparents (FL) See pg. 15
- 1:00: Talking Books Librarian (Library  
Work Room or in your apartment by  
appointment. Call 703-824-1583)
- 1:30: Shanghai (LR)
- 1:30: PM Painting & Drawing (AS)
- 1:45: **R&D**: Melody & Mingle with  
Sabrina (RAR) See pg. 8
- 2:00: Knitters and Crocheters (CHP)
- 2:00: Wii Bowling (GX)
- 7:15: Movie: *The Village* (CH 972)  
See pg. 16

## Friday, June 19

- 7:45: Morning Yoga (GX, CH 975, & Zoom)
- 9:00: Fun & Fitness (GX & CH 975)
- 10:00: Bradlee Shopping Trip  
(LBY, Signup Required)
- 1:30: GHA Players Meeting (RCR)
- 2:00: Quilting Bees (BR)
- 2:00: Party Bridge (LR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Advanced Tai Chi (GX)
- 4:30: BYOB Happy Hour (FL)
- 4:30: Jewish Sabbath Service of Comfort  
& Healing (CH 971)

## Saturday, June 20

- 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: Wii Bowling (GX)
- 3:30: Jewish Bible Study (CHP & CH 974)
- 7:15: Movie: *Mrs. Brown*  
(CH 972) See pg. 16

## Sunday, June 21

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 1:00: *Othello* at Shakespeare Theater (LBY,  
Signup Required) See pg. 11
- 3:00: **R&D**: Strength & Stretch Chair  
Exercise (CH 971)
- 4:00: Friends (Quaker) Meeting (AUD-B)
- 6:30: Movie: *Becket* (CH 972) See pg. 16

# Small Houses Schedule

## Sunday, June 14

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

## Monday, June 15

- 10:30: Mini Horse Visits (CTY/AUD-B)
- 11:00: Outdoor Club (Cancelled)**
- 1:30: Music Therapy with Sabrina (OQ)
- 2:45: Tea Party (OQ)
- 3:00: Volunteer Visits (SH-A)

## Tuesday, June 16

- 10:30: Individual Visits with Ted (SH-A)
- 12:00: Small House Summer Luncheon (AUD)
- 2:45: Digging for Fossils (OQ)
- 6:15: Music Therapy with Sabrina (OQ)

## Wednesday, June 17

- 10:30: Music Therapy with Sabrina (PW)
- 10:30: Mahjong Club (MH)
- 2:45: Brain Games: Video Game Day (SB)

## Thursday, June 18

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

## Friday, June 19

- 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, June 20

- 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 (MH)

## Sunday, June 21

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

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

Submit all articles, questions, and mailing list enquiries to

[Gazette@GoodwinLiving.org](mailto:Gazette@GoodwinLiving.org)

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

# SUMMER

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a little extra care this summer! 