

July 17, 2026

4800 Fillmore Avenue, Alexandria, VA

This Week's Highlights

Monday, July 20

Trail Blazers: Jones Point

9:00am | LBY, Signup Required

GHA Dog Pageant

11:00am | AUD | See pg. 1

Happy Hour/Meet & Greet

New Residents

4:30pm | LR

Tuesday, July 21

Clinic Medical Discussion

1:00pm | FL | See pg. 15

GHA Book Club:

Remarkably Bright Creatures

2:00pm | RCR

Thursday, July 23

July Newcomers Meeting

11:00am | AR | See pg. 15

Friday, July 24

Farm Animal Visits

10:30am | AUD-B

America 250 Jeopardy

2:00pm | AUD | See pg. 11

GHA Dog Pageant

Monday, July 20, 11:00am

Auditorium



Join us for GHA's first Dog Pageant & Meet-and-Greet, featuring some of the wonderful dogs from our Dog Owners Group Support (DOGS).

Six "fur-testants" will be awarded in categories on pageant day.

Following the pageant, stay for our Dog Meet-and-Greet, where you'll have the opportunity to meet many of our furry contestants and their owners. Participation in the meet-and-greet will vary based on each dog's comfort level.

We can't wait to celebrate our four-legged friends with you!

Brianna Johnson



Therapeutic Recreation Supervisor

Around GHA

Farmers Market Fun

Last month, we partnered with the City of Alexandria to enjoy locally grown produce, music, dancing, art projects, art sales, and informational booths hosted by the City of Alexandria. Thank you to everyone who came out and made it such a wonderful event.

Sam Echols



Communications Coordinator



Welcome



Cokie (Corinne) and Hank (Henry) Hegener moved to Goodwin House Alexandria in April from Round Hill, VA, where they lived for the past 26 years. Prior to that, they lived in Dutchess County, NY, in the Hudson River Valley.

Cokie was born and grew up in Westchester County, NY. Hank was born in Syracuse, NY, moved to Philadelphia, and then to central Illinois.

Cokie graduated from High School in Yorktown Heights, NY, and went on to graduate from Bennett College in Millbrook, NY. Her main priority has been their children; however, she worked in a dental office, held a job in real estate, and was a secretary at her childrens' high school.

Hank went to University High School within Illinois State University and then moved on to the University of Illinois, where he completed a degree in Electrical Engineering. While at the university, he was a member of Sigma Chi Fraternity, played on the freshman golf team, and was Senior Manager of the Fighting Illini basketball team.

Cokie and Hank are the parents of seven children. At one point, they had five children in college at the same time. Unfortunately, one of their daughters died last year. Five of their other six children now mostly live in the Washington DC, Arlington, and Lewes, DE area. Several of their children have lived all over the world—including Paris, Cairo, Pretoria, Rabat, Elba, and Sydney—which has facilitated travel to see new worlds.

They have 17 grandchildren; the youngest will finish college next year, and all but one of the other grandchildren have already graduated from college. They keep up with all the children and grandchildren on a very regular basis.

Besides exercise classes, Cokie recently participated in a GHA rock-climbing trip. She likes to knit, has made many prayer shawls, does crewel, and likes to read.

Hank is a handy person and enjoys remodeling and playing golf. He volunteers to help their family with their income taxes. Recently, he changed all the overhead lighting in the Falls Church Episcopal Church sanctuary, where they are members, to LED lighting. On rare occasions, he still plays the saxophone. He also earned a private pilot's license with IFR along the path of a 36-year career working for IBM in Poughkeepsie, NY, in engineering management.

*Mary Jo Bennet,
Resident*

Library Report

Library circulation was 260 (256 books and four DVDs) in June 2026.

The top-circulating book was *The Last Mandarin* by Louise Penny (four times).



The following books were each checked out three times: *Five* by Ilona Bannister, *The Frozen River* by Ariel Lawhon, *Where the Rivers Merge* by Mary Alice Monroe, *Wolf Hour* by Jo Nesbo, and *The Calamity Club* by Kathryn Stockett.

The top circulating authors were Charles Todd (seven books) and five each for Ann Cleeves, Ellen Crosby, Tana French, and John Grisham.

Dale Brown



Library Committee

Green Team Hint

Here are four ways to reuse the green compostable bags from Dining Services:

1. Bag loose produce items at the grocery.
2. Use them for purchases at CVS or other retailers instead of plastic bags.
3. Collect food scraps that can be deposited in the compostable bins in the Mixing Bowl and the Tower's first floor Trash Room.
4. Use them for your next carry out meal from the Mixing Bowl.

The Green Team

Link of the Week



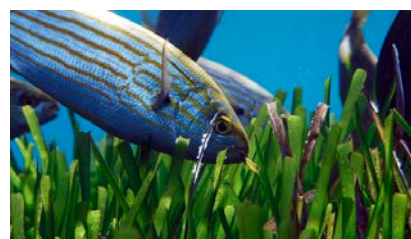
Take a closer look at strange and wonderful aquatic plants like the Giant Water Lily, which grows in Brazil and can grow up to three meters wide and eight meters tall.

Water lettuce floats freely, allowing it to travel with the river current. It can be found



across all continents except Antarctica.

Sea grass grows in sheltered coastal areas and absorbs 10% of the ocean's carbon each



year. It also provides a habitat for many fish and other marine creatures.

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

[BBC Earth: Stunning Underwater Worlds](#)

The Green Team

Announcements

Updates from the Residents' Council

At the Residents' Council's (RC) July 7 meeting, two important decisions were made. First, due to Tom Tsui's resignation from the RC, and following the Residents' Council's Guidelines, Judy Hansen, as Chair, nominated Caroline Mayer to fill Tom's remaining term (until October 31, 2027). The nomination was seconded and approved unanimously. Caroline is an active member of our community, is the very effective current Chair of the Marketing Committee, and will continue as the RC's liaison to the Marketing Committee. We are very grateful for Tom's service to both the Marketing Committee as Chair and to the Residents' Council since 2023.

Secondly, given the new Virginia law and the RC's recent decision to have a resident representative to the Goodwin Living Board of Trustees (as mentioned at the June Town Hall), the RC needed to amend the Residents' Council Guidelines. The draft amendment was discussed at the June 2 meeting of the RC and adopted by majority vote (with one abstention) at the July 7 meeting.

It reads, under Duties of the Council Vice Chair, "Serves as the Resident Representative to the Goodwin Living Board of Trustees. Reports to the RC at its monthly meeting and to the GHA residents through the *Gazette*, at Town Halls, etc. on a periodic basis." For several reasons, the RC believed it was very important to have a duly resident-elected RC member to be our community's representative and knew that the Vice Chair (who is elected each year by the RC members) could easily handle this additional task.

Judy Hansen



Chair, Residents' Council

When to Drop Off Clothing

Please do not leave clothing intended for the monthly donation outside or inside the Game Room other than on our scheduled



collection days. These clothes hamper residents who want to play ping pong in the Game Room.

Collection days are on the last Wednesday of each month. Feel free to bring clean clothing to donate during this month's collection day on July 29.

Carl Miller



Resident

Handicapped Parking Spaces

GHA has a total of 25 handicapped parking spaces—15 in the parking garage (including four near the Small Houses) and 10 in the residents' outside parking lot.



These parking spaces are in demand. To park in these spaces, you must have either a license plate with a universal wheelchair icon on it or a placard issued to the resident, hanging usually from the rearview mirror. Although a few GHA residents have handicapped license plates, most have placards. These placards can move from car to car whenever the individual to whom it was issued is travelling in that car. However, according to Virginia law, the placard cannot be given to a family member or friend to use when the handicapped individual is not a passenger.

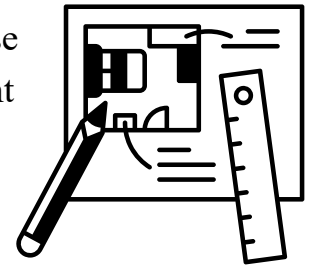
Although, in general, there are enough handicapped parking spaces to meet residents' requirements, it has been suggested that, as a courtesy, residents with placards or handicapped plates who will be away for more than a week or so consider leaving their cars in a regular parking space so others with placards/plates will have the use of a handicapped space. This is not required, but please consider it as a kindness for fellow residents and visitors.



Residents' Council

HCM Renovations Feedback

The plans for our HCM renovation are now available for viewing in the Living Room. These plans will remain in the Living Room until July 30. We welcome your comments and feedback as the project moves forward.



Please note that these plans reflect the current design direction, and significant planning and design work has already been completed. At this stage, we are not seeking revisions to the approved plans or overall design concepts. Rather, we welcome constructive comments, questions, and suggestions that may help inform future discussions and implementation.

Please place your feedback in the suggestion box located in the Living Room or email your comments to Merrily at MWolf@GoodwinLiving.org with "RENOVATIONS" in the subject line.

Thank you for your engagement, interest, and support of this important project.



Barbara D'Agostino

Executive Director

Self-Serve Dry Cleaning

Self-Serve Hours



DROP OFF:

Monday & Thursday | 9:00am-11:00am

PICK UP:

Tuesday & Friday | 8:00am-3:00 pm

Dry Cleaning Self-Service Steps:

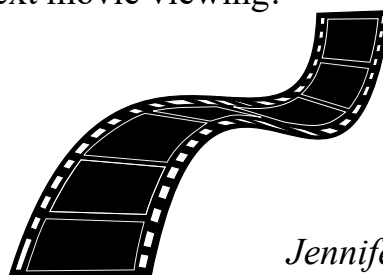
1. Bring your clothes to the Environmental Service office on G1 by elevators 3 and 4. There, you will find a designated dry-cleaning area.
2. Complete the Dry-Cleaning Receipt with
 - a. Your name,
 - b. Apartment number,
 - c. Date, and
 - d. Item quantities.
4. Keep the pink copy for your records and pickup reference.
5. Use the plastic bags in the table drawer for your clothes.
6. Place the remaining ticket portion inside the bag.
7. If there are specific stains, mark them with the yellow stickers provided.
8. Put the finished bag into the container located under the table.

Cleaned clothes will be ready for pick up the following Tuesday or Friday from 8:00am-3:00pm.

Ana Landaeta
Environmental Services Director

Movie Suggestions Wanted!

Have a favorite movie you think others would enjoy? We'd love to hear about it! Stop by the movie suggestion box located next to the Activities Binder and drop in your recommendations. Whether it's a classic favorite, a laugh-out-loud comedy, an inspiring drama, or a new release, your suggestions help us choose movies everyone can enjoy. We're always looking for great ideas for our next movie viewing!



Jennifer Bennett
Events Coordinator

Dick's Teaser

Can you determine the word, name or expression that is represented by the following? See pg. 12 for the solution.

ddWESTdd

Dick Pellerin
Resident

Creative Arts

Concert:

The Sterling Silver Band

Tuesday July 28th at 7:30pm

Auditorium

Award-winning performer Sterling Silver has more than 30 years of experience in music, theater, and



the performing arts. Throughout his career, he has entertained audiences as a solo artist and with numerous bands across the Seattle area, performed acclaimed theatrical roles in Europe, and collaborated on innovative multimedia productions.

Today, Sterling joins forces with talented drummer Orlando Mozzano and exceptional vocalist Peg Doyle to create the dynamic sound of The Sterling Silver Band. They play a wide variety of classic rock, blues, country, and pop favorites from the 1950s through the 2000s, featuring music from artists such as: The Beatles, America, Creedence Clearwater Revival, Pink Floyd, and many more.

Whether you're a fan of classic rock, country classics, or timeless hits, there's something for everyone to enjoy. Don't miss this fun-filled evening of fantastic live music!

Jennifer Bennett



Events Coordinator

Recurring

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

Quilting Bees

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

Art Programming Updates

Painting and Drawing class is cancelled through July 23. There will be classes on July 30 and August 6. After that, a new schedule will be created.

Photo Club is cancelled for July and will resume in August.

Alison Schroeder

Creative Arts Coordinator

Health & Fitness

Register for the NVSO Senior Olympics

Registration for the NVSO Senior Olympics is open now through August 24.

Registration forms can be found in the Game Room and in the Life Enrichment office. For more information, contact Christie at 703-824-1166 or CThomas03@GoodwinLiving.org.



Christie Thomas
Fitness Manager

Game Room

The Game Room on the G1 Promenade is open 24/7 for you to enjoy games such as pool, shuffleboard, air hockey, darts, and ping pong.

These games are not only fun, they also offer health benefits. Playing games like these can help improve hand-eye coordination, relieve stress, boost focus and concentration, and provide a low-impact way to get exercise without it feeling like work. If you play with a friend or a group, you get the added social benefit of quality bonding time. Come and play a while!

Sam Echols



Communications Coordinator

Infections

Known Cases as of July 16, 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 | 1:15pm-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 & Fridays
8:00am-8:45am | GX, CH 975, Zoom

Seated Strength

Tuesdays, Thursdays | 10:00am-10:45am
GX & CH 975

Strength & Stretch

Tuesdays, Thursdays | 9:00am
GX & CH 975
Sundays | 3:00pm | CH 971

Trail Blazers

Mondays | 9:00am-12:00pm | LBY
Signup Required

Wii Bowling

Tuesdays, Thursdays | 2:00pm-3:00pm
Saturdays | 3:00pm-4:00pm | GX

Cyclospora: What You Should Know

Cyclospora is a microscopic parasite that can cause an intestinal illness known as cyclosporiasis.



People typically become infected after consuming contaminated food or water, with fresh produce being a common source in reported outbreaks.

Symptoms usually begin about one week after exposure and may include watery diarrhea, stomach cramps, bloating, nausea, loss of appetite, fatigue, and unintentional weight loss. Older adults should be especially mindful of these symptoms because prolonged diarrhea can lead to dehydration, weakness, and an increased risk of falls. Individuals with chronic health conditions or weakened immune systems may be at greater risk for complications and should seek medical advice promptly if symptoms develop.

Good hand hygiene remains one of the best ways to reduce the risk of infection. Washing hands thoroughly with soap and water before eating and after using the restroom, rinsing fresh fruits and vegetables before consumption, and following safe food and water practices can help lower the risk of illness.

Residents who experience persistent diarrhea, signs of dehydration, severe abdominal discomfort, or symptoms that do not improve should contact their health care provider. Most people recover completely, but early evaluation and treatment can help prevent complications and shorten the course of illness.

If you have any questions, please contact Hatou Ndiaye, Infection Preventionist, at 703-824-1361.

Hatou Ndiaye
Infection Preventionist

It's Pool Time!



Monday-Friday
7:00am-11:30am
12:30pm-3:00pm

Saturday
8:00am-11:30am
12:30pm-2:00pm

Experts recommend swimming two to four times per week for at least 30-minute per session to see health benefits. Water walking or aerobics are excellent alternatives if lap swimming is not preferred.

Moving against water resistance builds muscle tone and increases range of motion without the high impact of land-based exercise. Water supports body weight, reducing stress on joints, which is ideal for those with arthritis or recovering from injuries.

Christie Thomas
 *Fitness Manager*

Trips & Social Activities

Tour the Kitchen with the Executive Chef

Wednesday, July 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

America 250 Jeopardy

Friday, July 24, 2:00pm

Auditorium

Think you know American history? Time to put your stars, stripes, and smarts to the test! Join us for a special Jeopardy-style trivia challenge celebrating America's 250th Birthday. The clues are patriotic, and the competition is friendly. This event is proudly sponsored by the Wellness Advance Team—come learn, laugh, and celebrate 250 years of America with us!



Alex Freiman



Registered Dietitian

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

Trip: Potomac Point

Vineyard and Winery

Wednesday, July 29th, 11:00am-3:30pm

Meet in the Lobby, Signup Required

Transportation Cost: \$28

Tour: \$5

The cost of food and wines will be billed to your monthly statements

Enjoy the beautiful rolling vineyards that surround Potomac Point Vineyards and Winery in Stafford, VA, where the beauty and ambiance of Tuscany meet Virginia's finest wines. We will partake of a delicious lunch on the patio, accompanied by your choice of:

- A glass of wine
- A wine flight (red, white, or a combination of both)
- A refreshing glass of iced tea

After lunch, you may browse the gift shop, visit the tasting rooms, or stroll through the beautiful grounds.

Interested in going? Sign up in the Activities Binder. The signup sheet will be available beginning Monday, July 13, at 10:00am. For more information about the winery, visit:

www.PotomacPointWinery.com



Jennifer Bennett
Events Coordinator



Celebration of Cultures and Traditions

Tuesday, August 4, 2:30pm-3:30pm

Auditorium



You are invited to join the Annual Celebration of Cultures and Traditions as well as the 2nd Parade of Nations! Join team members to show off your country, culture, or familial heritage with dress, artifacts, music, or dance, and walk in the Parade of Nations.

Please let us know you can participate in the parade by registering [online here](#), emailing DEIB@GoodwinLiving.org, or filling out the form available at the Reception Desk. Goodwin Living will provide a flag for your country.

 *DEIB Committee*

Dick's Teaser Solution

What is represented is the name
"West Indies."

Dick Pellerin
Resident

Spirituality & Community

Your Generosity Changes Lives!



Goodwin Living
Foundation



Thanks to the incredible generosity of our donors, the Goodwin Living Foundation awarded \$76,000 in tuition assistance grants to 79 children and grandchildren of Goodwin Living team members this year.

These scholarships are helping 64 families pursue college and vocational education with greater confidence and less financial stress. Many of the grant recipients come from our Nursing and Dining Services teams, with awards also benefiting families across numerous other departments. This support is an investment in education, opportunity, and the people who make Goodwin Living such a special place.

Thank you to our donors for helping build brighter futures for our team members and their families!



The Goodwin Living Foundation

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

Friends (Quaker) Meeting for Worship

Sundays | 4:00pm-5:00pm | AUD-B

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

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

Cookies & Conversation

1st Wednesdays | 1:00pm | FL

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

StrongerMemory Class

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

Town Hall

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

Welcome Committee Meeting

3rd Wednesdays | 2:00pm | RCR



StrongerMemory Class

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

Residents' Conference Room

Join Dr. Kevin White and the Goodwin Brain Health Department for StrongerMemory! Strengthen your brain through reading, writing, and math exercises in this engaging weekly class designed to support cognitive wellness.

Michelle Wanzer



Comm. & Operations Coordinator

BYOConversation: Hope

Mondays, 10:00am-10:45am

Living Room

Hope springs eternal—or does it? In our BYOC, let us share thoughts about hope. How important is hope in your life? What are some of the things that give you hope? Have you dealt with hopelessness at different times in your life? Are there certain relationships that you feel are hopeless? What are some of the coping skills that you use to help you feel more hopeful? How does history impact your attitude about hope? How does your health impact your feelings about hope? How much does your faith influence your attitude surrounding hope?

Our conversation will explore this important topic and I *hope* you will be able to join us. All residents, Priority Club members, team members, and guests are welcome to speak or just listen. Welcome!

Jonathan Bryan
Resident



Clinic Medical Discussion

Tuesday, July 21, 1:00pm

Fillmore Lounge

Come learn about the GHA Clinic's medical services and other health care services offered to residents. This discussion will be led by Monica Santos, Clinic Nurse, and Carrie Fowler, Health Information Manager. When her schedule permits, Dr. Koroma-Nelson will drop in to introduce herself.

 *The Clinic Team*

July Newcomers Meeting

Thursday, July 23rd, 11:00am

Arbor Room

WELCOME!

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

- Residents' Council (membership needs)
- Life Enrichment
- Library Committee
- Outreach Committee

The 2026 schedule, with topics, is in the Newcomers Fast Facts section of Uniguest. Meeting dates and topics will also be announced



Newcomer Fast Facts

each month in the *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!

Kathi Menda



Meeting Facilitator

Movies

Movie: *Dead Again* (1991)

Sunday, July 19, 6:30pm

R, 1h 47m, Channel 972

Cast: Kenneth Branagh, Emma Thompson, Andy Garcia, Robin Williams

A woman who has lost her memory is taken in by a Los Angeles orphanage, and a private eye is enlisted to track down her identity, but he soon finds that he might have a past life connection to her that endangers their lives.

Teaching Company: *Years That Changed History: 1776*

Wednesdays, 11:00am

(Repeat Showing on Thursdays at 11:00am)

Channel 972

Explore the whole world of 1776 and discover the surprising connections between earth-shaking events in politics, philosophy, literature, science, map-making, and economics around the globe.

Movie: *St. Vincent* (2014)

Thursday, July 23, 7:15pm

PG-13, 1h 42m, Channel 972

Cast: Bill Murray, Melissa McCarthy, Naomi Watts

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door.

Movie: *Close Encounters of the Third Kind* (1977)

Saturday, July 25, 7:15pm

PG, 2h 18m, Channel 972

Cast: Richard Dreyfuss, François Truffaut, Teri Garr

An Indiana electric lineman finds his quiet and ordinary daily life turned upside down after a close encounter with a UFO, spurring him to an obsessed cross-country quest for answers as a momentous event approaches.

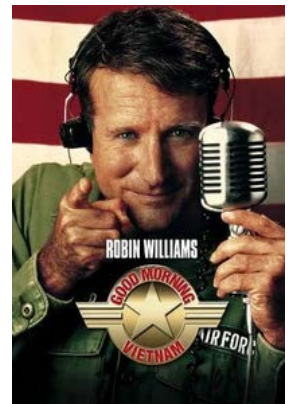
Movie: *Good Morning, Vietnam* (1987)

Sunday, July 26, 6:30pm

R, 2h 1m, Channel 972

Cast: Robin Williams, Forest Whitaker, Tom T. Tran

In 1965, an unorthodox and irreverent DJ named Adrian Cronauer begins to shake up things when he is assigned to the U.S. Armed Services radio station in Vietnam.



Movie: *Runaway Jury* (2003)

Thursday, July 30, 7:15pm

PG-13, 2h 7m, Channel 972

Cast: John Cusack, Rachel Weisz, Gene Hackman

A juror, a lawyer, and a mysterious woman stand in the way of a man trying to manipulate an explosive trial.

The Weekly Schedule

Sunday, July 19, 2026 - Sunday, July 26

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 & Changes

Tuesday, July 21

Morning Yoga (Cancelled)

Wednesday, July 22

Prayer Group (Meeting in RCR)

Thursday, July 23

AM Painting & Drawing (Cancelled)

PM Painting & Drawing (Cancelled)

Parkinson's Support Group (Cancelled)

Sunday, July 19

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: *Dead Again*
(CH 972) See pg. 16

Monday, July 20

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

9:00: Trail Blazers: Jones Point
(LBY, Signup Required)

9:45: Aqua Fun (POOL)

10:00: BYOConversation (LR) See pg. 15

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

11:00: GHA Dog Pageant (AUD) See pg. 1

11:00: **R&D:** Body & Balance Exercise (GX)

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

12:00: German Conversation Table (AR)

1:15: Beginning Line Dancing (GX)

3:00: **R&D:** Family Feud (RAR)

3:30: Environmental Services Committee
(FL)

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

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

Tuesday, July 21

- 9:00: Strength & Stretch Class
(GX & CH 975)
- 9:30: Credit Union Open (PR)
- 9:30: **R&D**: Morning Piano with John
Suringa Live (RDR)
- 10:00: Seated Strength Video: Ball &
Resistance Band (GX & CH 971)
- 10:00: Bus to Giant Food
(LBY, Signup Required)
- 10:00: Ceramics (AS)
- 10:00: Facilities Management and Security
Committee (RCR)
- 10:15: Just Dance Class (AUD-A)
- 11:00: Mat Pilates (GX)
- 11:00: Movie Committee (BR)
- 12:30: StrongerMemory Class (RCR)
See pg. 14
- 1:00: Caregiver Support Group ([Zoom Link](#))
- 1:00: Clinic Medical Discussion (FL)
See pg. 15
- 1:15: Mah Jongg (LR)
- 2:00: GHA Book Club: *Remarkably Bright
Creatures* (RCR)
- 2:00: Resident Health Services Committee
(FL)
- 2:00: Wii Bowling (GX)
- 2:00: **R&D**: Brain Health Group (DDR)
- 3:30: StrongerMemory Class (RCR)
See pg. 14
- 4:30: Advanced Tai Chi (GX)

Wednesday, July 22

- 9:00: Fun & Fitness Video: Set of Weights &
Resistance Band (GX & CH 971)
- 9:30: Aqua Fun (POOL)
- 10:00: Tour the Kitchen with the Executive
Chef (Bistro) See pg. 11
- 11:00: Prayer Group (RCR)
- 11:00: Teaching Company (CH 972)
See pg. 16
- 11:00: **R&D**: Body & Balance (GX)
- 1:00: Duplicate Bridge (LR)
- 2:15: Mat Pilates (GX)
- 4:00: Pop-Up Technology Assistance (LBY)
- 4:30: BYOB Happy Hour (FL)

Thursday, July 23

- 9:00: Strength & Stretch Class
(GX & CH 975)
- 9:00: Chess (LR)
- 10:00: Seated Strength (GX & CH 975)
- 10:45: Talking Books Librarian (Library
Work Room or in your apartment by
appointment; call 703-824-1583)
- 11:00: Scripture, Songs, & Prayers
(AUD & CH 973)
- 11:00: Newcomers Meeting (AR) See pg. 15
- 11:00: Replay Teaching Company (CH 972)
See pg. 16
- 12:00: French Conversation Table
(Bistro Table 11)

Cont., Thursday, July 23

- 1:45: **R&D:** Melody & Mingle with Sabrina (DDR)
2:00: Knitters and Crocheters (CHP)
2:00: Dining Services Committee (AR)
2:00: Wii Bowling (GX)
7:15: Movie: *St. Vincent* (CH 972)
See pg. 16

Friday, July 24

- 8:00: Morning Yoga (GX, CH 975, & Zoom)
9:00: Fun & Fitness (GX & CH 975)
10:00: Replay of Thursday Movie (CH 972)
10:30: Farm Animal Visits (AUD-B)
1:30: GHA Players Meeting (RCR)
1:30: Shanghai (LR)
2:00: Quilting Bees (BR)
2:00: America 250 Jeopardy (AUD)
See pg. 11
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, July 25

- 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)
7:15: Movie: *Close Encounters of the Third Kind* (CH 972) See pg. 16

Sunday, July 26

- 9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
3:00: **R&D:** Strength & Stretch Chair Exercise (CH 971)
3:30: **R&D:** Poetry Club (RAR)
4:00: Friends (Quaker) Meeting (AUD-B)
6:30: Movie: *Good Morning, Vietnam* (CH 972) See pg. 16

Small Houses Schedule

Sunday, July 19

- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:00: Licks of Love Dog Visits (SH-A)
- 1:30: EZ Does It Trivia (OQ)
- 3:00: Open Rec./Strength & Stretch Chair Exercise (Care Partner, CH 971)

Monday, July 20

- 10:45: **Chit Chat Club with Janet Holder (Cancelled)**
- 11:00: GHA Dog Pageant (AUD) See pg. 1
- 1:30: Music Therapy with Sabrina (OQ)
- 2:45: Tea Party (MH)
- 3:00: Volunteer Visits (SH-A)

Tuesday, July 21

- 10:30: Individual Visits with Ted (SH-A)
- 2:45: Baloon Volleyball (OQ)
- 4:00: Harp Performance with GHA Resident Rick Glassco (JA)
- 6:15: Music Therapy with Sabrina (OQ)

Wednesday, July 22

- 10:30: Mahjong Club (MH)
- 11:00: Music Therapy with Sabrina (PW)
- 2:45: Brain Games: Water Bottle Planters (SB)

Thursday, July 23

- 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 (SH-A)
- 3:00: Volunteer Visits (SH-A)
- 3:00: Rummikub Club (MH)
- 6:15: Games with Ted (OQ)

Friday, July 24

- 10:30: **Art for Fun (Cancelled)**
- 10:30: Farm Animal Visits (AUD-B)
- 11:00: **News Discussion Group (Cancelled)**
- 2:30: Mahjong Club (MH)
- 3:00: Music Therapy with Sabrina (WL)

Saturday, July 25

- 10:30: Licks of Love Dog Visits (SH-A)
- 2:00: Open Rec./Strength & Stretch Chair Exercise (Care Partner, CH 971)
- 2:30: Music Therapy with Sabrina (PW)
- 2:30: Exercise with Alisha (OQ)

Sunday, July 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 Activity with Kim (OQ)
- 3:00: Open Rec./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

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

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