

August 7, 2026

4800 Fillmore Avenue, Alexandria, VA

This Week's Highlights

Monday, August 10

Trail Blazers: Winkler

10:00am | LBY | Signup Required

Tuesday, August 11

Cyber Security Education Series: AI

10:00am | AUD & CH 973 | See pg. 15

Wednesday, August 12

Market Place Sale

9:30am-11:30am & 2:00pm-4:00pm

MP on G1 | See pg. 3

Candoo Tech Group Lesson: Macbooks

10:00am | AUD | See pg. 16

Spend Time with Our Summer Interns

2:00pm | AUD | See pg. 1

Bingo

7:30pm | AUD | See pg. 11

Friday, August 14

Lunch & Chat with Rob

12:00pm | The Alexandria | See pg. 12

1:30pm | FL | See pg. 12

Chaplain Intern Graduation

1:00pm | Bus to GHBC

(Sign up required) | See pg. 13

2:00pm | GHBC CHP & Zoom | See pg. 13

Concert: Jerry Roman

3:00pm | AUD | See pg. 8

Spend Time With Our Summer Interns

Wednesday, August 12, 2:00pm-3:00pm

Auditorium

Join the GHA Summer

Interns for a fun hour of

connection and laughter!

Enjoy Conversation Bingo,

Generations Trivia, and

more, all designed to spark meaningful

conversations and new friendships. Refreshing

drinks and light snacks will be provided.

The summer interns are part of the Goodwin

Living Internship Program, which provides high

school and college students with hands-on

experience in a variety of non-clinical

departments, including Finance, Human

Resources, Goodwin Living At Home, Brain

Health, Life Enrichment, and more. A special part

of the program is the opportunity for each intern to

be paired with a resident mentor, creating

meaningful intergenerational connections

throughout the summer. This event is a wonderful

chance to meet the interns and hear about their

experiences.



Catie Ramos



Engagement & Outreach Manager

Around GHA

Welcome

Virginia and Richard Banchoff moved to GHA in April 2026 after living in Old Town Alexandria. They met in 2012 through the Old Dominion Boat Club, where they are both members, and married in 2019.



Virginia was born and raised in Mobile, Alabama and attended the University of Alabama before beginning her career in education. She later settled in Alexandria, where she raised four children. A dedicated volunteer, she has served as Chair of the Alexandria Red Cross Board, helped launch the Friendly Visitor Program, was active with the Garden Club of Alexandria promoting conservation efforts, and has volunteered with the Campagna Center for more than 40 years. She is also the proud grandmother of six.

Richard grew up in Trenton, New Jersey, graduated from Georgetown University, and served in the U.S. Navy, including service in Vietnam. After earning his law degree from Columbia Law School, he served as Chief of Staff and Chief Counsel to the Chairman of the Merit Systems Protection Board during the Clinton and Bush administrations. He later spent 20 years consulting for the Department of Veterans Affairs, supporting projects that expanded housing and healthcare services for veterans before retiring in 2025.

Paws-itively Paw-some!

On July 20th the Dog Owners Support Group (DOGS) participated in GHA's first-ever Dog Pageant, where seven four-legged contestants competed for fun awards chosen by resident and staff votes throughout the week. The celebration concluded with a meet-and-greet, interactive activity stations, and a special presentation by the Animal Welfare League of Alexandria, making it a tail-wagging success for everyone involved.



Around GHA

The Market Place Returns

Wednesday, August 12

9:30am-11:30am & 2:00pm-4:00pm

Market Place on G1

Market Place sales will resume on Wednesday, August 12, and every Wednesday thereafter.



Thank you for your donations to the Market Place, which have enabled us to reopen! Beginning on Monday, August 17, additional donations will be accepted from 9:30am-11:30am and every Monday thereafter. Donations will never be accepted on sales days. Accepted items include household goods, home décor, kitchenware, jewelry, and artwork.



The Market Place Team

Seaside Thrift Coming Soon

Seaside Thrift located in Tower Storage Room C will be focused on larger donations, including large artwork and furniture. We will be open Wed. August 12 from 11-1pm. All proceeds are given to the Goodwin Living Foundation.

If you have furniture, large art, large mirrors, or lamps to donate or would like to purchase anything, please contact Merrily Wolf at MWolf@GoodwinLiving.org or Ana Landaeta at ALandaeta@GoodwinLiving.org.

Merrily Wolf, Executive Assistant

Ana Landaeta



Environmental Service Director

Participate in the Annual Team Member School Supply Drive

The Wellness Advanced Team is hosting its annual School Supply Drive to support team members and their families for the upcoming school year.



You can participate by making a financial donation or purchasing school supplies for a team member's child from a provided supply list. Donations are due by Wednesday, August 19.

Thank you for helping support our team members and their families as they prepare for a successful school year.

For more information or to participate, contact Alex Freiman at AFreiman@goodwinliving.org.

Alex Freiman



Registered Dietitian

Link of the Week

The Link of the Week section will resume in November. Thank you for your understanding.

Sam Echols, Communications Coordinator

Green Team Hint

Have old computers and tech items? Donate them to the IT Department on G1 for recycling.

The Green Team

Announcements

New Vegetarian Trial and Dietary Accommodations

The Ad Hoc Working Group on GHA Dining Dollars has been diligently discussing recom-



mendations for improvements to Dining Services and has shared an interim report outlining several requests. Dining Services would like to take this opportunity to respond to some of these requests and share information about planned changes.

One recommendation was to provide more vegetarian and vegan options. Beginning the week of August 17, we will initiate a trial period during lunch service on Mondays through Saturdays during which a vegetarian entrée will be available daily. We will evaluate interest and participation during this trial and determine the long-term feasibility of expanding these offerings.

We will continue to accommodate a variety of food allergies and dietary restrictions by offering gluten-free and lactose-free products and clearly identifying these items on our menus. If you have a food allergy or intolerance, please contact Director of Dining Services Joaquin Ramirez or Assistant Director of Dining Services Dan Keiper so we can ensure your needs are accommodated.

If you would like individual nutrition education regarding how to incorporate GHA meals into your medical nutrition plan, please contact Alex Freiman, registered dietitian.

We appreciate your continued feedback through email, the comment book, and direct conversations. We carefully consider all feedback when planning menus, evaluating changes, and educating our team members. We value your input and encourage you to continue sharing your thoughts and suggestions with us.

 *Dining Services*

No Parking Rules

As a friendly reminder for all residents and their visitors who use the parking garage or the outside parking lots, yellow stripes mean No Parking for any vehicle.



In the garage, please do not park your car in the yellow-striped space opposite the G1 Tower entrance between parking spaces two and three or in the yellow-striped area near the G1 entrance to the Small Houses next to parking space 163.

In the outside parking areas, do not park in the yellow-striped area in front of the Residents' Entrance.

If you see a vehicle parked in these spaces, please report the license plate number to the Reception Desk.

Residents' Council

Volunteers Needed for the Annual 90's Tea Party

Monday, August 17, 2:00pm

Auditorium

Help us celebrate some of GHA's most treasured residents at our annual 90's Tea Party, a special event honoring residents who are 90-plus years young! We are looking for volunteers to serve as Greeters and Table Hosts for this heartwarming afternoon. Greeters will welcome guests and assist them in finding their tables as they arrive.



Table Hosts will:

- Pour tea for guests
- Pick up a selection of sandwiches and treats for their table
- Share conversation and enjoy the festivities alongside invitees

Volunteering is easy, fun, and a wonderful way to help make this event extra special for our honored guests. If you would like to volunteer, please add your name to the signup sheet located in the Special Events section of the Activities Binder in the Lobby.



Jennifer Bennett
Events Coordinator

Connect to the New WiFi Before August 31

To improve connectivity and ease of use, everyone should transition to the new resident's WiFi by August 31.

If any of your internet-connected devices (computer, smart phone, smart TV, smart speakers, or other WiFi connected devices) are still connected to GH_SECWIFI, GH_WIFI, or GHA_Residents, please delete those connections and switch to the new one, which is called Residents.

Earlier this month, basic instructions and your new password (PSK) were distributed to your mailbox at the Reception Desk. If you have not picked up the envelope with the instructions, please do so.



If you would like help getting connected or have misplaced the sheet with the password and QR code, feel free to contact the Residential Help Desk at 703-824-1277. We will be happy to schedule an appointment at a time convenient for you or provide you with the documentation.

Reema Byrd



IT Support Coordinator

Save the Date!

Citizenship Celebration

Tuesday, September 15, 1:30PM

Auditorium and Living Room

Our dedicated resident volunteers and Foundation Team are preparing for one of Goodwin Living's most cherished traditions—our annual Citizenship Celebration.



This year's event will feature a panel of Goodwin Living team members sharing the personal stories behind their journeys to U.S. citizenship. The celebration will also include fun, interactive activities in the Living Room, including Citizenship Test Jeopardy!, A Flag Match Challenge where you can test your knowledge matching flags to countries, and a voter registration and information table. And, no celebration is complete without our annual American flag cake, served at the end of the program.

Join us as we celebrate our team members, honor their achievements, and recognize the rich diversity that strengthens our Goodwin Living community.



The Foundation Team

Summary of Residents'

Feedback on HCM Boards

Many of you have already received an email summarizing residents' feedback on the Hord Coplan Macht (HCM) boards, including comments and recommendations from both the Design Committee and the Grounds & Landscape Committee.

If you did not receive the email, reference copies are available for review in Merrily's office.

Please note that these copies are for in-office review only and should not be removed.

Copies of the summary are also available at the Reception Desk upon request.

Both the summary and the compiled resident comments have been uploaded to Uniguest under the Administration app in the 2024–2028 Renovations folder.

Residents' Council

Non-Alcoholic Beverages

Did you know that the Marketplace offers a selection of non-alcoholic beer and wine? In response to resident interest in these options, we're pleased to highlight these beverages as part of our commitment to providing choices that support a variety of lifestyles and preferences. Whether you are seeking an alternative for wellness, medication-related, or personal reasons, we hope you'll enjoy the flexibility and variety these options bring to your dining experience.

Dining Services

Proper Disposal of Sharps at Home

Your safety and the safety of your neighbors, family members, and our team members is very important to us. Proper disposal of sharps (such as needles, syringes, lancets, and pen needles) helps prevent accidental injuries and keeps our community safe.

How to Dispose of Sharps Safely:

1. Use A Sharps Container.

- Pick up an FDA-approved sharps container from the Clinic or obtain one from a medical supply provider.
- If an approved container is not available, use a heavy-duty, puncture-resistant plastic container with a secure, tight-fitting lid.

2. Place Used Sharps Directly Into The Container.

- Dispose of each sharp immediately after use.
- Do not overfill the container. Once it is about three-quarters full or reaches the fill line, securely close the lid.

3. Seal The Container.

- Close the lid tightly and secure it with heavy-duty tape to help prevent it from opening.

4. Label The Container.

- Clearly mark the container:
SHARPS – DO NOT RECYCLE
- Make sure the label is easy to see.

5. Dispose Of The Container.

- Place the sealed and labeled container in your regular household trash.

A Few Important Reminders:

- Never place loose needles or other sharps directly in the trash.
- Never place sharps containers in recycling bins.
- Never flush sharps down the toilet.

Thank you for doing your part to help keep our community safe. If you have any questions or need a sharps container, please contact the Clinic. We are always happy to assist.



Hatou Ndiaye
Infection Preventionist

Creative Arts

“Entangled Worlds: Origins of Thingumabob” Exhibition of Artwork by Hyunsuk Erickson

August 4-September 29

Art Studio Gallery

Reception: August 28, 4:00pm



Hyunsuk Erickson is a Korean American multidisciplinary artist who has developed Primitive Artificiality, an evolving conceptual framework that imagines worlds where organic life and synthetic materials continuously adapt, transform, and coexist. Through her ongoing Thingumabob series, she creates immersive sculptures, installations, and performances populated by hybrid beings that blur the boundaries between plant, animal, human, and manufactured forms.

Alison Schroeder
Arts 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

Concert: Jerry Roman

Friday August 14th at 3:00pm

Auditorium

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

Jennifer Bennett



Events Coordinator

Health & Fitness

Teatime with Dr. T

Wednesday, August 12, 3:00pm-4:00pm

Residents' Conference Room

Dr. Ali Thaver, a general practitioner in Alexandria, VA, cares for several residents of GHA Residential Living. He will be leading a discussion group every other month for residents who would like to participate.



Join Dr. Thaver on August 12 from 3:00 PM to 4:00 PM in the Resident Conference Room for an engaging conversation about medicine and healthy living. Enjoy a cup of tea, ask questions, and learn together as Dr. Thaver shares his knowledge and insights on a variety of health-related topics.

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.16 for the solution.

SHACRYME

Dick Pellerin

Resident

Infections

Known Cases as of August 6, 2026

COVID-19: 0

Influenza: 1

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

Fitness Center Sign-in

When using the Fitness Center, we ask that all residents, team members, and guests make sure that they sign in. The sign-in book is on the table at the Fitness Center entrance.

Christie Thomas
Fitness Manager

Pool Closure August 24



As part of our ongoing maintenance program, the pool, spa, and surrounding deck are scheduled for their annual pressure washing and deep cleaning. To accommodate this work, the pool area will be closed during the week of August 24. We anticipate completing the maintenance and reopening the pool by the end of the week, project conditions permitting. We apologize for any inconvenience this temporary closure may cause and appreciate your patience and understanding as we work to maintain a clean, safe, and enjoyable environment for all residents and guests. Thank you for your cooperation.

Christie Thomas
Fitness Manager

Seated Exercise

For those with mobility issues, exercise doesn't have to be a thing of the past. There are many exercises and stretches that can be done while sitting that help maintain muscle strength and mobility.

Seated Strength classes, which can be done seated or standing, are available on Tuesdays and Thursdays from 10:00am-10:45am in the Group Exercise Studio and Channel 975.

Strength & Stretch classes are appropriate for all levels, whether seated or standing. Sessions take place on Tuesdays and Thursdays at 9:00am-9:45am in the Group Exercise Studio and Channel 975. On Sundays, tune in to Channel 971 from 3:00pm-4:00pm.

You can also follow along with our Sit & Be Fit YouTube videos any time you wish from the comfort of your own home for even more opportunities to stay healthy.

Christie Thomas
 *Fitness Manager*



Trips & Social Activities

Bingo

Wednesday, August 12th, 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*

Calling All Residents

Age 90 and Above!

Monday, August 17, 2:00pm

Auditorium

You're invited to our Annual 90's Tea Party! Be sure to check your mailbox for your invitation. If you have not received one, please contact Jennifer Bennett at JBennett@GoodwinLiving.org or 703-824-1225.



Jennifer Bennett

 *Events Coordinator*

Rescheduled August

Meet and Greet

The August 17th Meet & Greet has been moved to Tuesday, the 18th, at 4:30pm in the Living Room. Hope to see you there!

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

Lunch & Chat With Rob

Friday, August 14

12:00pm, The Alexandria, Signup Required

1:30pm, Fillmore Lounge

Our Goodwin Living President and CEO, Rob Liebreich, will join us every month for lunch, followed by a get-together with residents in the Fillmore Lounge.



If you are interested in lunch, please sign up in the Activities Binder. We must limit attendees to six residents to fit around a table in The Alexandria. You should also indicate your preference for lunch, which you will pay for using your dining dollars. Options include:

- Soup of the day, chicken cranberry salad on wheat bread, baker's chips, chocolate chip cookies, and a beverage of your choice; or
- Soup of the day, Caesar salad with the option of grilled chicken or chickpeas, baker's chips, chocolate chip cookies, and a beverage of your choice.

At 1:30pm, you all are invited to join Rob in the Fillmore Lounge for a free-ranging discussion about what is on your mind. Please sign up for lunch and/or join us in the Fillmore Lounge. If the August lunch fills up fast, remember, there are always future months.



Residents' Council

Tour the Kitchen

with the Executive Chef

Wednesday, August 19, 10:00am

Bistro

Come get a behind-the-scenes look at Dining Services with a one-hour tour starting in the Bistro. Signup will begin on Monday, August 10, at 10:00am in the Activities Binder. Groups are limited to eight people.

Daniel Keiper



Assistant Director of Dining Services

National Waffle Day

Monday, August 24, 2:00pm

Living Room

Join us for a special National Waffle Day celebration, where you can enjoy



delicious waffles with a variety of tasty toppings, great conversation, and plenty of fun. Whether you prefer your waffles sweet, fruity, or piled high with your favorite toppings, there's something for everyone. Gluten-free waffle options will be available.

We look forward to seeing you for this sweet afternoon of waffles and community!

Jennifer Bennett



Events Coordinator

Spirituality & Community

CPE Graduation

Friday, August 14, 2:00pm

GHBC Chapel & Zoom

Bus to GHBC at 1:00pm. Sign up required



Photos L to R: Marie Esther Duvert, Thoma Lipartiani, Jamie Poulton

Join us in the GHBC Chapel to honor our Chaplain Interns in the Summer unit of Clinical Pastoral Education. They have ministered at GHA, GHBC, TVA, FH, and with palliative care and hospice teams. We will be saying farewell to Marie Esther Duvert and Thoma Lipartiani, who served at GHA and Jamie Poulton, who served with our Goodwin Hospice. Refreshments follow the ceremony. Transportation by bus is available. Depart from GHA at 1:00 pm and depart from GHBC about 3:30 pm. Sign up in the Activities Notebook.

To attend virtually, the Zoom link is below:

<https://goodwinliving.zoom.us/j/86514359351?pwd=jtJUq5gPpq5eOvMDQ8CnTcrxJ7HtCE.1#success>

Bruce Stewart



Director of Chaplaincy

Recurring

Catholic Communion & Rosary

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

CHP & CH 974

Catholic Mass & Rosary

1st, 3rd, & 5th Mondays

10:00am-11:00am | CHP & CH 974

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

In Memoriam

JOHN ROCHE

August 7th, 2026

Discussions & Meetings

Recurring

12-Step Meeting

Mondays | 12:00pm-1:00pm

Call 202-701-9291 for more info.

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: Where Do You Live—In the Past, Present, or Future?

Mondays, 10:00am-10:45am

Living Room



How often you do think of the past? Do you think of the past as “the good old days”? What thoughts and emotions does the past bring to mind? “I remember when gas cost \$0.21 per gallon, and an attendant pumped the gas, checked the oil, cleaned the windshield, and you got Green Stamps!” How much of your memory bank is filled with your college days?

When thinking about the present, what thoughts come to mind? Do you worry about the future or do you look forward to each day?

How do you balance the past, present, and future?

All residents, Priority Club members, team members, and guests are welcome to speak or just listen. Welcome!



Jonathan Bryan
Resident

Cyber Security

Education Series: AI

Tuesday, August 11, 10:00am

Auditorium & CH 973

Session 1: Artificial Intelligence—What It Is and Why It Matters

Join NanoTech Computer Consulting Founder and President Fernando M. Torrez for an educational talk about artificial intelligence (AI).

AI is quickly becoming part of everyday life—from smartphones and online searches to banking, healthcare, and communication.



This introductory session explains AI in practical, easy-to-understand terms while separating facts from myths. The talk will cover:

- What AI is,
- How AI is being used today,
- The benefits and limitations of AI tools,
- Common myths and misconceptions, and
- Practical ways AI may help in everyday life.

Jennifer Bennett



Events Coordinator

Candoo Tech Group Lesson: Macbooks

Wednesday, August 12, 10:00am
Auditorium & Zoom



Join us for a group technology lesson courtesy of Candoo Tech. This lesson will cover Macbook basics, and a Candoo Tech representative will be available to answer any questions you may have.

You can also join this lesson live via Zoom by visiting:

<https://platform.candootech.com/cohorts/goodwin2025/communities/19>

Candoo Tech is free to GHA residents and is a valuable resource for technology assistance. To learn more about Candoo Tech, register for the service, view upcoming group lessons, watch past group lesson recordings, or browse their library of how-to guides, navigate to the IT section of Uniguest and select Candoo Tech.

Sam Echols



Communications Coordinator

Dick's Teaser Solution

What is represented is the expression "A crying shame," because "cry" is **IN** the word "shame."

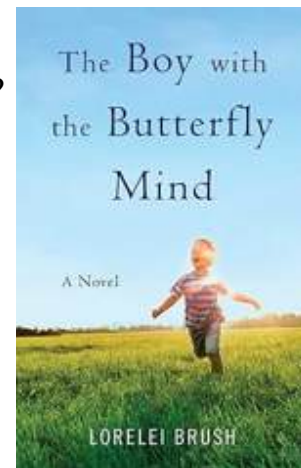
*Dick Pellerin
Resident*

Solving Conundrums Through Writing Novels:

The Boy with the Butterfly Mind

Tuesday, August 18, 3:00pm
Auditorium

Ever wonder what "neurodiversity" means? Lorie Brush has written an illuminating novel, *The Boy With the Butterfly Mind*, about a mother struggling to raise a healthy neurodivergent child with a husband worn down by depression.



Through lots of pictures and videos, this talk will illustrate the many different expressions of neurodiversity, such as autism spectrum disorder, ADHD, and sensory processing disorders; the forms of assistance or treatment that are available for families with neurodiversity, such as medications, therapies, cognitive behavioral training, and parent training; and the work of several successful adults who are neurodivergent.

She will then describe her process of crafting a fictional tale and the audiences that might enjoy reading it.

Jennifer Bennett



Events Coordinator

Movies

Environmental Film:

Shared Planet, Ep. 4: Waters

Monday, August 10, 7:15pm

Channel 972



With stunning cinematography, *Shared Planet* features inspiring stories of people and wildlife flourishing together, celebrating the unique benefits of making room for nature. In an age of serious environmental challenges, this four-part global series offers a look at an alternative and more hopeful future. The series spans dozens of countries and features individuals from all walks of life interacting with nature in innovative ways.

Waters, the final episode of the series, highlights inspiring stories from Idaho to Indonesia, focusing on hope in the world's oceans and freshwaters. In Alaska's Bristol Bay, salmon are flourishing thanks to efforts to balance harvesting with protection, creating sustainable livelihoods for people and feeding hungry bears and seals every year.

In Raja Ampat, dynamite fishing once threatened marine life, but it is now a Marine Protected Area with unmatched biodiversity and more jobs for local people. In Idaho, a cattle rancher collaborates with an unlikely ally—beavers—to hold water on his drought-stricken land. In Brazil's Pantanal wetlands, ecotourism helps jaguars thrive alongside major cattle ranching operations. And in the Amazon, communities work together to conserve one of the world's largest freshwater fish—the pirarucu—which feeds hundreds of villages.

The first three episodes of this remarkable series, they are available for streaming on PBS.

The Green Team

Volunteer Movie

Projectionists Needed

Our movie program is only possible because of our wonderful resident volunteers, and we're currently looking for a few more members. Volunteers help start the movie and ensure everything is running smoothly. Training will be provided. Join us, and help bring great movies to your fellow residents!

For more information, contact Jennifer Bennett at 703-824-1225 or JBennett@GoodwinLiving.org

Jennifer Bennett



Events Coordinator

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: *The Big Sick* (2017)

Thursday, August 13, 7:15pm

R, 120m, Channel 972

Cast: Kumail Nanjiani, Zoe Kazan

Based on a true love story, a Pakistani-American comedian and a graduate student begin an unexpected romance that is tested by cultural expectations, family pressure, and a sudden medical crisis.

Movie: *Eye Of The Needle* (1981)

Saturday, August 15, 7:15pm

R, 112m, Channel 972

Cast: Donald Sutherland, Kate Nelligan

During World War II, a ruthless German spy carrying crucial invasion intelligence becomes stranded near the British coast, where his mission is complicated by an isolated woman and mounting suspicion.

Movie: *The Blind Side* (2009)

Sunday, August 16, 6:30pm

PG-13, 126min, Channel 972

Cast: Sandra Bullock, Quinton Aaron Rotten

Michael Oher, a homeless teenager with little support, finds stability with a caring family who helps him build confidence, succeed in school, and pursue his talent for football.

Movie: *The Sentinel* (2006)

Thursday, August 20, 7:15pm

PG-13, 108m, Channel 972

Cast: Michael Douglas, Kiefer Sutherland, Eva Longoria, Kim Basinger

A veteran Secret Service agent is framed as a traitor after an assassination plot against the president is uncovered, forcing him to go on the run while trying to expose the real mole inside the agency.

Upcoming

Sunday, August 23

From Here to Eternity (1953)

Thursday, August 27

The Love Punch (2013)

Saturday, August 29

Sea of Love (1989)

Sunday, August 30

The Wedding Date (2005)

The Weekly Schedule

Sunday, August 9, 2026 - Sunday, August 16

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

Sunday, August 9

Movie (Cancelled)

Monday, August 10

Spiritual Life Committee (Cancelled)

Monday, August 10

Photo Club Meeting: Time Change to 11:00 am

Wednesday, August 12

Mat Pilates (Cancelled)

Thursday, August 13

Bell Ringers (Cancelled)

Friday, August 14

GHA Encore Chorale (Cancelled)

Saturday, August 15

Fun & Fitness (Cancelled)

Sunday, August 9

- 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)

Monday, August 10

- 9:00: Fun & Fitness (GX & CH 975)
 - 9:45: Aqua Fun (POOL)
 - 10:00: BYOConversation (LR) See pg. 14
 - 10:00: Catholic Communion & Rosary (CHP & CH 974)
 - 10:00: Trail Blazers: Winkler (LBY, Signup Required)
 - 11:00: Photo Club Meeting (AS)
 - 11:00: **R&D:** Body & Balance Exercise (GX)
 - 12:00: 12-Step Meeting (For more info., call 202-701-9291.)
 - 12:00: German Conversation Table (AR)
 - 1:00: Marketing Committee Meeting (BR)
 - 1:15: Beginning Line Dancing (GX)
 - 3:30: Seated Meditation (CHP & CH 974)
 - 4:30: BYOB Happy Hour (FL)
 - 7:15: Environmental Film (CH 972)
- See pg. 17

Tuesday, August 11

- 8:00: Morning Yoga (GX, CH 975, & Zoom)
9:00: Strength & Stretch Class
(GX & CH 975)
9:30: Credit Union Open (PR)
9:30: **R&D:** Morning Piano with John
Suringa (DDR)
10:00: Seated Strength (GX & CH 975)
10:00: Cyber Security Education Series: AI
(AUD & CH 973) See pg. 15
10:00: Bus to Giant Food
(LBY, Signup Required)
10:00: Ceramics (AS)
10:00: Seamstress (Apt. 426)
10:00: Vendor: Mary Kay Cosmetics (CC)
(Rescheduled to August 19th)
10:15: Just Dance Class (Rooftop)
11:00: Mat Pilates (GX)
12:30: StrongerMemory Class (RCR)
See pg. 14
1:15: Mah Jongg (LR)
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, August 12

- 9:00: Fun & Fitness (GX & CH 975)
9:30: Aqua Fun (POOL)
9:30: Market Place Sale (MP) See pg. 3
10:00: Candoo Tech Group Lesson:
Macbooks (AUD) See pg. 15
11:00: Prayer Group (CHP)
11:00: Teaching Company (CH 972)
See pg. 18
11:00: Resident Activities Committee (RCR)
11:00: Vendor: Joy's Boutique & Gifts (CC)
11:00: **R&D:** Body & Balance (GX)
1:00: Duplicate Bridge (LR)
2:00: Market Place Sale (MP) See pg. 3
2:00: Spend Time with Our Summer Interns
(AUD) See pg. 1
2:00: **R&D:** Sunflower Coaster Creations
(RAR)
3:00: Teatime with Dr. T (RCR) See pg. 9
4:00: Pop-Up Technology Assistance
(LBY)
4:30: Celebrity Bartender (FL)
7:30: Bingo (AUD) See pg. 11

Thursday, August 13

- 9:00: Strength & Stretch Class
(GX & CH 975)
9:00: Chess (LR)
10:00: Seated Strength (GX & CH 975)
10:00: Vendors: Wreaths With You in Mind
(CC)

Cont., Thursday, August 13

- 10:30: **R&D**: Dominion Residents' Council (DDR)
- 10:45: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)
- 11:00: Hearing Loss Group (RCR)
- 11:00: Scripture, Songs, & Prayers (AUD & CH 973)
- 11:00: Replay of Teaching Company (CH 972) See pg. 18
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: Library Committee Meeting (RCR)
- 1:45: **R&D**: Melody & Mingle with Sabrina (RAR)
- 2:00: Knitters and Crocheters (CHP)
- 2:00: Wii Bowling (GX)
- 7:15: Movie: *The Big Sick* (CH 972) See pg. 18

Friday, August 14

- 8:00: Morning Yoga (GX, CH 975, & Zoom)
- 9:00: Fun & Fitness (GX & CH 975)
- 10:00: Shuttle to Trader Joe's (LBY, Signup Required)
- 10:00: Replay of Thursday Movie (CH 972)
- 12:00: Lunch with Rob (The Alexandria, Signup Required) See pg. 12
- 1:30: Chat with Rob (FL) See pg. 12
- 1:30: GHA Players Meeting (RCR)
- 1:30: Shanghai (LR)
- 2:00: Quilting Bees (BR)

Cont., Friday, August 14

- 2:00: Chaplain Intern Graduation (GHBC Chapel & Zoom) See pg. 13
- 3:00: Concert: Jerry Roman (AUD) See pg. 8
- 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)
- 5:30: Dining al Fresco (Fillmore Patio)

Saturday, August 15

- 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)

Sunday, August 16

- 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: *The Blind Side* (CH 972) See pg. 18

Small Houses Schedule

Sunday, August 9

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

Monday, August 10

- 10:45: Chit Chat Club with Janet Holder (MH)
- 1:30: Music Therapy with Sabrina (OQ)
- 2:45: Tea Party (PW)
- 3:00: Volunteer Visits (SH-A)

Tuesday, August 11

- 10:30: Individual Visits with Ted (SH-A)
- 1:00: Afternoon Activity with Jackie (PW)
- 1:30: Dog Visits with Cashew (SH-A)
- 2:30: Garden Thyme (MH)
- 6:15: Music Therapy with Sabrina (OQ)

Wednesday, August 12

- 10:30: Mahjong Club (MH)
- 11:00: Music Therapy with Sabrina (PW) **(Cancelled)**
- 2:30: Small House Residents' Council (MH)
- 2:30: Sue the T. Rex Documentary (CH 971)

Thursday, August 13

- 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)
- 2:00: Music with Kim (OQ) **(Cancelled)**
- 3:00: Rummikub Club (MH)
- 3:00: Volunteer Visits (SH-A)
- 6:15: Games with Ted (OQ)

Friday, August 14

- 11:00: News Discussion Group (SN)
- 2:30: Mahjong Club (MH)
- 3:00:** Music Therapy with Sabrina **(Cancelled)**

Saturday, August 15

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

Sunday, August 16

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

For a full list of activities, see pages 19-21

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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