

September 25, 2026

4800 Fillmore Avenue, Alexandria, VA

Voting Event for November 3rd General Election

Thursday, October 1st, 1:00pm - 2:30pm
Arbor Room

On November 3rd, there will be a general election. On the ballot are:

- Candidates for the U.S. House of Representatives;
- Candidates for the U.S. Senate;
- Three Virginia Constitutional Amendments.

Information about the election is in the Residents' Business Center and on Uniguest.

Do you need to register or update your registration? Need to request an absentee ballot? Need candidate or Constitutional Amendment information? Need help in voting your absentee ballot? Whatever help you need (other than in deciding how to vote!), GHA's intrepid Voting Aides can assist you. No appointment necessary. This event is nonpartisan, and the Voting Aides are certified by Virginia.



*Laura Lawson,
Resident*

This Week's Highlights

Monday, September 28

BYOConversation – Interesting Nations and Regions

10:00am | LR | See pg. 12

Happy Hour/Meet & Greet New Residents

4:30pm | LR

Tuesday, September 29

Waiter's Table

5:30pm | Alexandria Dining Room | See pg.6

Wednesday, September 30

Movie Matinee: Bank of Dave

2:00pm | AUD | See pg. 6

Pop-up Technology Assistance

4:00pm | LB

Thursday, October 1

Voting Event for Nov.General Elections

1:00pm | AR | See pg. 1

Jazz Education with Quentin Walston

3:00pm | AUD | See pg. 7

Friday, October 2

Inktober Kickoff

4:00 | AS

Saturday, October 3

Pop-up Technology Assistance

9:30am | LB

Sunday, October 4

Friends (Quaker) Meeting

4:00pm | AUD-B

Announcements

Tax-Exempt Bonds for Goodwin House Seminary Road

Goodwin Living is excited to announce that, as part of the Goodwin House Seminary Road development, tax-exempt municipal revenue bonds supporting the project will be available for purchase in denominations or increments of \$5,000. We anticipate that a representative from our investment banking team will be on site to take orders; we also anticipate having an online purchase option.

As of right now, we do not have a date for when the bonds will be available, but additional information will be shared with residents across all campuses for those interested in learning more about this upcoming investment opportunity.

*Xan Smith,
Chief Finance Officer*

Dick's Teaser

Can you determine the word, name or expression that is represented by the following? (Note: This is a tough one!)

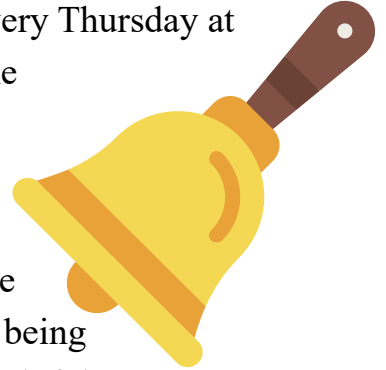
HIJKLMNO

See solution on page 12

*Dick Pellerin,
Resident*

Join the GHA Bell Ringers!

Do you enjoy music and are looking for a fun way to spend time with friends? The GHA Bell Ringers are looking for new members! We meet every Thursday at 4:00 p.m. and welcome anyone who would like to give handbell ringing a try. No bell-ringing experience is necessary, although being able to read music is helpful.



Handbell ringing is a wonderful opportunity to learn something new, keep your mind active, and be part of a musical team. Whether you've played music for years or have never picked up an instrument, we'd love to have you join us.

If you're interested in becoming a Bell Ringer or would like more information, please contact Jen in the Life Enrichment Office.

*Jennifer Bennett,
Events Coordinator*

Green Team Hint

Shredding containers in the Resident's Business Office have limited capacity. Please shred only personal, private, financial documents. Please recycle handouts, menus, *Gazettes*, catalogs in the blue bin by the copier labeled "Recycling."

The Green Team

Creative Arts

Judy Hijikata Art Reception

Tuesday October 6, 4:00pm

Art Studio Gallery

We are pleased to present the ceramic artwork of resident artist, Judy Hijikata, alongside our Inktober exhibition in our Art Studio Gallery.

The ceramic exhibition opens on Monday, October 5th and closes on November 6th.

You are invited to meet the artist and ask any questions that you may have at our Artist's Reception on Tuesday, October 6th at 4:00pm in the Art Studio Gallery.

Judy has been creating ceramic pieces at GHA for three years. Her work includes functional objects for household use (paper clip and junk mail holders, plant pots, dishware), interpretations of natural objects from the GHA gardens, and abstract forms featuring evolving original glaze combinations.

Of her method, Judy says, "Ceramics, at least the way I do it, always contains surprises. I can only control so much of what the clay becomes. I can only guess how the glazes will mix and meld in the kiln. There is always an element of surprise when you open the kiln. That's what makes it fun."

Before her interest in ceramics, Judy's creative side found expression in books and working with words.



She acquired a wide-ranging knowledge of contemporary children's books, a favorite art form. She even has the first draft of a novel in her drawer.

She holds an B.A. From Earlham College, and an M.A. from American University, both in Literature. She raised her two sons in Arlington, leaving the county only to come to Goodwin House.

Ashley Walker,



Creative Arts Coordinator

Recurring

Ceramics

Tuesdays | 10:00am-11:30am | AS

Creative Writing Group (Postponed)

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 | 2:00pm-3:00pm | RCR

Open Studio

Fridays | 10:00am-12:00pm | AS

Painting & Drawing

Thursday | 10:00am-11:30am and
1:30am-3:00pm | AS

Photography Club

2nd Mondays | 11:00am-12:00pm and
1:00pm-2:00pm | AS

Quilting Bees

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

Health & Fitness

Annual Flu Vaccine and Covid Clinic 2026

Tuesday, October 13, 9:00am-3:00pm

Wednesday, October 14, 9:00am-3:00pm

Fillmore Lounge

Why get Vaccinated?

- Help prevent influenza and COVID-19 infection.
- Reduce the risk of severe illness and hospitalization.
- Protect residents', family, and staff.
- Promote a safer and healthier community
- The flu and COVID-19 vaccines are safe, effective, FDA-approved and recommended annually.

Get your annual flu and covid vaccine to help protect yourself and those around you.

*Hatou Ndiaye,
Infection Preventionist*

Temporary Relocation of Rehabilitation Gym and Fitness Classes

A friendly reminder that all group fitness classes will move to Auditorium B starting Monday, September 28 during the renovation. For any last-minute changes, please check Uniguest or channel 971 for updates.

*Christie Thomas,
Fitness Manager*

Recurring

Advanced Tai Chi

Tuesdays, Fridays | 4:30pm-5:15pm | 2nd Floor

Dominion Lounge

Saturdays | 10:30am-11:30am | 2nd Floor

Dominion Lounge

Aqua Fun

Mondays | 9:45am | Pool

Wednesdays | 9:30am | Pool

Beginners' Tai Chi

Saturdays | 11:30am-12:30pm | 2nd Floor

Dominion Lounge

Beginning Line Dancing

Mondays | 1:15pm-2:00pm | AUD

Fun & Fitness

Mondays, Wednesdays, & Fridays

9:00am -9:45am | AUD-B & CH 971

Just Dance

Tuesdays | 10:15am-11:15am | AUD-A

Mat Pilates

Tuesdays | 11:00am-11:45am | AUD-B

Morning Yoga

Mondays, Wednesdays, & Fridays

8:00am-8:45am | AUD-B, CH 971, Zoom

Seated Strength

Tuesdays, Thursdays | 10:00am-10:45am

AUD-B & CH 971

Strength & Stretch

Tuesdays, Thursdays | 9:00am

AUD-B & CH 971

Sundays | 3:00pm | CH 971

Trail Blazers

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

Wii Bowling- Postponed. Return date TBD

Tuesdays, Thursdays | 2:00pm-3:00pm

Saturdays | 3:00pm-4:00pm | GX

Trips & Social Activities

Tanger Outlets Shopping Trip

Wednesday, October 14

Departure Time: 10:00am

Return Time: 3:00pm

Transportation Cost: \$20 per person

Sign-up required

Ready for a day of shopping, bargains, and fun with friends? Join us for a trip to Tanger Outlets at the National Harbor in Maryland.

Tanger Outlets features more than 85 brand-name and designer stores, offering great savings on clothing, shoes, accessories, gifts, and more. Shop popular retailers such as Coach, Michael Kors, Nike, Under Armour, Columbia, J.Crew Factory, Old Navy, and many others. Whether you're looking for something specific or simply enjoy browsing, there's something for everyone.

Take a break between stores and enjoy one of the many nearby dining options before continuing your shopping adventure.

Sign-up information and the sign-up sheet will be located in the Activities Binder beginning at 10:00 a.m. on Monday, September 28.

Don't miss this opportunity to enjoy a day out, discover great deals, and spend time with fellow residents. For more information, please contact the Life Enrichment Office.

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

Waiter's Table

Tuesday, September 29, 5:30pm

Alexandria Dining Room

Sign up to dine with one of our service staff. The size of the party will be limited to five, all regular menu selections will be available, and dinner will be free of charge. This is an opportunity to get to know our staff on a personal level, beyond their duties at GHA, as well as a chance for our staff members to get to know better the residents they serve every day.

Sign-up will be in the resident activities book outside the Resident Conference Room beginning at 10:00 am on September 21 .



*Dan Keiper,
Assistant Director of Dining Services*



Movie Matinee: *Bank of Dave*

Wednesday, September 30, 2:00pm

Auditorium and CH 973

Join us for a heartwarming afternoon movie showing of *Bank of Dave*! Inspired by a true story, this uplifting British comedy-drama follows Dave Fishwick, a self-made businessman



from a small town in England who sets out to establish a community bank to help local people and small businesses thrive. Along the way, he faces opposition from powerful financial institutions but remains determined to make a difference.

Starring Rory Kinnear as Dave Fishwick, alongside Jo Hartley, Phoebe Dynevor, and Hugh Bonneville, *Bank of Dave* is a feel-good film filled with humor, perseverance, and community spirit.

Come enjoy this inspiring story of one man's mission to help others and prove that doing good is good business!

*Jennifer Bennett,
Events Coordinator*

Jazz Education with Quentin Walston

Thursday, October 1, 3:00pm
Auditorium and Channel 973

Quentin Walston is a dynamic pianist, composer, and music educator known throughout the



Mid-Atlantic region for his vibrant sound and infectious energy. With his jazz trio and as a solo performer, he brings memorable melodies, bold rhythms, and adventurous improvisations to every stage. His original works have been spotlighted on NPR, PBS, and numerous radio stations and podcasts. Each month, Quentin returns with a brand-new jazz session—always fresh, always inspiring, and always a must-see.

 *Jennifer Bennett,*
Events Coordinator

Infections

Known Cases as of September 25, 2026

COVID-19: 1

Influenza: 0

RSV: 0

A Reminder to Help Keep Our Community Healthy

Following a recent COVID-19 outbreak at our sister community GHBC, please take the following precaution when going out To help keep everyone safe, :

- Do not go out if you are feeling sick.
- Wash or sanitize your hands frequently.
- Consider wearing mask in crowded indoor areas.
- Avoid close contact with people who are ill
- Notify staff if you develop symptoms of covid-19 or have been exposed to someone who is sick

Thank you for helping protect our community and keeping yourself and others healthy.



Hatou Ndiaye,
Infection preventionist

Save the Date!

Culmore Clinic Open Houses

As many of you know, our GHA Memorial Chapel Outreach Committee has supported the efforts of the Culmore Clinic for many years. For those of you new to GHA, the Clinic is a local non-profit, operating mostly with volunteers, and relies on community support to sustain their operations. Services are free to low-income adults, most of whom are uninsured and live in substandard housing.

The Clinic has temporarily moved to a medical building in Falls Church while awaiting the completion of a permanent home at affordable housing community soon to be built by Wesley Housing Development Corporation.

In early October, the Clinic will be hosting a series of Open Houses intended for inquirers, and supporters to see how the Culmore Clinic provides such Extraordinary medical and mental health services to our neighbors in need.

We hope you will plan to SUPPORT this unique service by attending one of these open houses. Due to limited space, please let the Clinic know which date/Eme you are coming.

The dates are as follows: Monday, October 5, 5-6:30 pm; Thursday, October 8, 9-10:30 am, 5-6:30pm; and Saturday, Oct.10, 9-10:30am. Thursday, Oct. 8 will be “GHA DAY”, meaning that if you can attend on that day, we hope you can encourage others to carpool with you.

Please contact me if need transportation or have questions.

www.culmoreclinic.org

Phone: 703-260-8429

*Sheila Hoben,
Culmore Clinic Liaison
Memorial Chapel Outreach Committee*



What Does the Generator Cover?

GHA is equipped with emergency backup generators in each building to support essential services during a power outage.

These generators provide power to one elevator in each



elevator bank, emergency corridor lighting, exit signs at stairwells, the nurse call system, telephones in the Small Houses and at the Reception Desk, as well as lighting throughout Health Care Center.

Please note that power and lighting are not available in Residential Living apartments during an outage. For this reason, residents are encouraged to keep a working flashlight accessible with extra batteries.

If you have any other questions about the generator, please contact our Facilities Manager, Amadu Kamara 703-824-1389.

*Jackie Barbarito Scholar,
Associate Executive Director*

Spirituality & Community

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

Guest Presider The Rev. Stephen Shepherd

Sunday, October 4

9:00 am Chapel & CH 974

10:30 am Auditorium & CH 973

The Rev. Stephen Shepherd will be presiding at Sunday services on October 4. Stephen is no stranger to GHA. His parents were residents here. He has also filled in on other occasions.



He was the assistant at St. Barnabas' Episcopal Church in Annandale before becoming rector at St. Dunstan's in McLean, from which he retired this past year after 20 years.

Chaplain Bruce will be leading a parish retreat weekend for St. Barnabas' Church at Shrine Mont in Orkney Springs, VA. Fun fact: The retreat is similar to one he led 23 years ago when Stephen Shepherd was serving St. Barnabas' as the assistant.

To reach a chaplain on call while Chaplain Bruce is away, please contact Merrily Wolf (703-824-1234).

Bruce Stewart,



Chaplain

St. Francis Day– Blessing of the Animals

Sunday, October 10 3:00 pm

Fillmore Patio

In celebration of St. Francis Day (October 4), we will be having our annual Blessing of the Animals on Sunday,

October 10. All are welcome. Dogs must be on leashes and other creatures must



be in suitable containers. Prayers of blessing, thanks, and remembrance will be offered. A photograph or other article may be used to represent those unable to attend. If necessary, due to weather, location will be the Rooftop Terrace of the Original Building. As per Health Codes, animals are not allowed passage through the Fillmore Lounge.

Bruce Stewart



Chaplain

StepALIVE

Sunday, October 18 1:30 pm

Rooftop Terrace

The Memorial Chapel Outreach Committee will sponsor the StepALIVE! /GHA Multimodal Seniors Team on October 18th. The event will start on the Rooftop, at 1:30pm, for a team photo, T-shirt pickup (or, wear your T-shirt from another year's event), and friendly walk.



We welcome walkers-with-walkers, walkers with scooters, walkers in wheelchairs, family and friends. Some of us will walk on the Rooftop, some in the neighborhood, and some in the main event in Delray. Details and registration forms will be available soon in the Chapel, on the food donation table in the Lobby by the Fountain, or online at www.alive-inc.org/stepalive. We are registered as the Goodwin House Memorial Chapel. For those who wish to join the main walk in Delray, registration opens at 12:30 pm. at George Washington Middle School for a walk kickoff at 2:00 pm.

Thank you for your support as we do our part to help those in need in Alexandria.

Kay Lusk

Memorial Chapel Outreach Committee



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

Residents' Council Suggestion Boxes

Got suggestions or bright ideas? Please share them with the Residents' Council via one of our two Suggestion Boxes conveniently located at the entrance to the Residents, Business Office area or near the bird camera TV.

We check these boxes frequently, and all suggestions are shared and discussed at the RC's following monthly meeting. You can share either anonymously or by name. Those who provide their names will receive replies. Your suggestions are encouraged and welcomed, please share!

The Resident's Council

BYOConversation: Interesting Nations and Regions

Monday, September 28, 10:00am -10:45am

Living Room

What do you know about other nations and regions—their cultures, foods, customs, languages, art, music, and history? You might think of places such as Canada's Maritime provinces, the American Deep South, Vietnam, the Greek Isles, Antarctica, or Indigenous communities of the Amazon region. Have you compared European and African foods? Or the folk music of the Balkans? Or Italian Renaissance art? Know some curious historical wrinkle about a certain area? How did you learn about the area you know—by living there? Traveling there? Studying it? Or reading about it? What friends do you have there? Perhaps you have family or forebears there? Any interesting artifacts, antiques, etc.? BYOConversation meets every Monday morning, 10-10:45, in the Living Room. Everyone is welcome to share their experiences or simply listen: residents, Priority members, guests, and team members. Good audibility. Stop by!



Jonathan Bryan,



Resident

Dick's Teaser Solution

What is represented is WATER, because I've shown you the letters H to O (H₂O).

*Dick Pellerin,
Resident*

StrongerMemory Class with Dr. Kevin White, Brain Health

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

Resident Conference Room



Newcomers are welcome!

Topic: Stick to It! – All About Motivation
Learn what research tells us about motivation and discover strategies to help you maintain your daily StrongerMemory habit.

Dominion & Small Houses

Tuesdays, 2:00pm

2nd Floor

Newcomers are welcome!

Topic: Keep Sharp – Cognitive Engagement
An active mind supports a healthy brain!
Explore cognitive engagement and discover ways to keep your mind active beyond StrongerMemory.

*Michelle Wanzer,
Communications & Operations Coordinator*



Movies

Teaching Company: *Years That Changed History: How Railways Transformed the World*

Wednesdays, 11:00am

(Repeat Showing on Thursdays at 11:00am)

Channel 972

Explore how trains changed travel, trade, cities, and everyday life. From the first steam engines to modern rail systems, the series shows how railways connected communities and helped shape the world we know today.

Movie: *Phantom of the Opera* (2004)

Sunday September 27, 6:30pm

PG-13, 143 m, Channel 972

Cast: Gerard Butler, Emmy Rossum, Patrick Wilson, Miranda Richardson,



A young soprano becomes the obsession of a disfigured and murderous musical genius who lives beneath the Paris Opéra House.

Movie: *F1* (2025)

Thursday October 1, 7:15pm

PG-13, 146 m, Channel 972

Cast: Brad Pitt, Kerry Condon, & Damson Idris



A F1 driver, Sonny Hayes, comes out of retirement to mentor and team up with a younger driver. Sonny's past catches up with him and he finds that in F1 your teammate is your fiercest competition, and the road to redemption is not something you can travel alone.

Gazette

Movie: *Straight Talk* (1992)

Saturday October 3, 7:15pm

PG, 91m, Channel 972

Cast: James Woods, Barnett Killman, Dolly Parton



After moving to Chicago, Shirlee Kenyon (Dolly Parton) accidentally becomes a radio advice host. Her honest, down-to-earth advice makes her a hit with listeners, but a reporter's questions about her past threaten her newfound success.

Movie: *Arsenic and Old Lace* (1944)

Sunday October 4, 6:30pm

PG-13, 118 m, Channel 972

Cast: Cary Grant, Peter Lorre, Priscilla Lane, Josephine Hull, & Reymond Massey



A drama critic learns on his wedding day that his beloved maiden aunts are homicidal maniacs, and that insanity runs in his family.

Upcoming

Thursday October 8

Fever Pitch (2005)

Saturday October 10

Being There (1979)

Sunday October 11

The Bucket List (2007)

The Kimberley: Australia's Wild West Ep 3: *Into the Fire*

Monday, September 28 7:15pm
(CH 972)

In Australia's remote northwest lies a land that defies time. "The Kimberley" spans over 400,000 square kilometers of remote tropical wilderness:



turquoise coastlines, towering gorges, sandy deserts and sprawling savanna.

This three-part series captures never-before-seen footage from a First Nations perspective, chronicling a year of extreme tropical seasons to reveal the stories hidden within the rugged landscape. The integration of the local Indigenous calendar—which measures seasons by ecological events rather than strict calendar dates—gives the documentary a deep, authentic narrative structure missing from standard nature programs.

A vital refuge for countless creatures, the Kimberley is also the frontline of biodiversity conservation, where Traditional Owners and ecologists are working together to save the species who call the Kimberley home.

Episode 3: *Into the Fire*: As the cool dry season of Barrkana ends, savanna gliders explore the canopies of the planet's largest intact savanna. Traditional Owners start their vital early burning regimes, using ancient knowledge to help threatened species like the colorful Gouldian Finch.

When the growing heat of Wilbooroo dries the wetlands, crocs are forced into overcrowded rivers, where the close quarters spark territorial tiffs. In Wunambal Gaambera Country, an array of unique creatures survive the extreme heat in sandstone refuges, watched over by First Nations rangers, and Jirrbal's lightning sparks dangerous wildfires in the bone-dry savannas.

Special Days and Months in October

October brings many opportunities to recognize the people who make our community special and reflect on milestones in Goodwin's history. Take a look at the dates below!

- National Physical Therapy Month
- Clergy and Chaplains Appreciation Month
- October 1 – International Day of Older Persons
- October 1 – Goodwin Rehabilitation started (2020)
- October 4-10 – Healthcare Foodservice Workers Week + National Health Care Supply Chain Week
- October 12 – Indigenous Peoples' Day
- October 24 – GHBC Opened in 1987
- October 25 - 31– National Healthcare Facilities and Engineering Week
- October 29 – World Stroke Day
- October 31 - Halloween

The Resident's Council

The Weekly Schedule

Sunday, September 27, 2026 - Sunday, October 4, 2026

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

For the most up-to-date schedule, consult Uniguest at www.gh-a.org

Events created for Richmond & Dominion are labeled with **R&D**. Due to space limitations, Richmond & Dominion residents have priority at them.

Residential Living, Richmond & Dominion Schedule

Cancellations & Changes

Wii Bowling-Cancelled until further notice

Tuesday September 29

10:00: Ceramics (AS)

10:15: Location Change: Just Dance Class
(ROOF)

Thursday October 1

10:00: AM Painting and Drawing (AS)

1:30: PM Painting and Drawing (AS)

4:00: Location Change: Bell Ringers (LR)

Sunday, September 27

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: *The Phantom of the Opera*
(CH 972) See pg. 14

Monday, September 28

9:00: Fun & Fitness (AUD-B & CH 973)

9:30: Market Place Donations (MP)

9:30: Trail Blazers - Riverside Park
(LBY), Sign-up Required

9:45: Aqua Fun (POOL)

10:00: BYOConversation (LR) See pg. 12

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

11:00: Grounds & Landscaping Committee
(RCR)

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

12:00: German Conversation Table (AR)

1:15: Beginning Line Dancing (AUD-B)

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

2:30: Music and Brain Drop In (LR)

3:30: Seated Meditation (CH 971)

4:30: BYOB Happy Hour (FL)

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

Tuesday, September 29

- 9:00: Strength & Stretch Class
(AUD-B & CH 973)
- 9:30: Credit Union Open (PR)
- 10:00: Seated Strength (AUD-B & CH 973)
- 10:15: Just Dance Class (Rooftop)
- 11:00: Mat Pilates (AUD-B)
- 12:30: StrongerMemory Class (RCR)
See pg. 12
- 1:15: Mah Jongg (LR)
- 2:00: Brain Health Group (DDR)
- 3:30: StrongerMemory Class (RCR)
See pg. 12
- 5:00: Luau (CTY)
- 5:30: Waiter's Table (The Alexandria)
See pg. 6

Wednesday, September 30

- 8:00: Morning Yoga (AUD-B & CH 973)
- 9:00: Fun & Fitness (AUD-B & CH 975)
- 9:00: Clothing Collection (GR)
- 9:30: Aqua Fun (Pool)
- 9:30: Market Place Sale (MP)
- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company (CH 972)
See pg. 14
- 2:00: Movie Matinee: *Bank Of Dave*
(AUD) See pg. 6
- 2:00: Pop-up Technology Assistance
(LBY)
- 2:00: Market Place Sale (MP)
- 4:00: Pop Up Technology Assistance
(LBY)
- 4:30: BYOB Happy Hour (FL)

Thursday, October 1

- 9:00: Strength & Stretch Class
(AUD-B & CH 973)
- 9:00: Chess (LR)
- 10:00: Seated Strength (AUD-B & CH 975)
- 10:00: Vendors: Scentsy & Parklane Jewelry
(CC)
- 10:45: Talking Books Librarian (Library
Work Room or in your apartment by
appointment; call 703-824-1583)
- 11:00: **R&D**: Richmond Resident's Council
(RDR)
- 11:00: Scripture, Songs & Prayers (AUD &
CH 973)
- 11:00: Replay of Teaching Company
(CH 972) See pg. 14
- 12:00: French Conversation Table
(AR)
- 1:00: Voting Event for November 3rd
General Election (AR) See pg. 1
- 1:30: Shanghai (LR)
- 1:45: **R&D**: Melody & Mingle with
Sabrina (DDR)
- 2:00: Knitters and Crocheters (CHP)
- 3:00: Jazz Musical Education Series with
Quentin Walston (AUD & CH 973)
See pg. 7
- 3:00: **R&D**: Holy Eucharist (RDR)
- 4:00: GHA Bell Ringers Choir Rehearsal
(LR)
- 7:15: Movie: *F1*
(CH 972) See pg. 14

Friday, October 2

- 8:00: Morning Yoga (AUD-B CH 973)
- 9:00: Fun & Fitness (AUD-B & CH 975)
- 10:00: Open Studio (AS)
- 10:00: Shuttle to Trader Joe's (LBY)
Signup Required
- 10:00: Replay of Thursday Movie (CH 972)
See pg. 14
- 10:30: GHA Encore Chorale (AUD-A)
- 12:00: Spanish Conversation Table
(Bistro Table 11)
- 2:00: Party Bridge (LR)
- 2:00: GHA Players Meeting (RCR)
- 2:00: Quilting Bees (BR)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Inktober: Kick-Off (AS)
- 4:30: BYOB Happy Hour (FL)
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, October 3

- 9:30: Pop-Up Technology Assistance
(LBY)
- 10:30: Saturday Morning Live (LR)
See pg. 13
- 10:30: Advanced Tai Chi with Instructor
(2nd Floor Dominion Lounge)
- 11:30: Beginners' Tai Chi with Instructor
(2nd floor Dominion Lounge)
- 2:00: Strength & Stretch Chair
Exercise (CH 971)
- 7:15: Movie: *Straight Talk* (CH 972)
See pg. 14

Sunday, October 4

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: **R&D**: Open Recreation/Strength & Stretch Chair Exercise (CH 971)
- 4:00: Friends (Quaker) Meeting (AUD-B)
- 6:30: Movie: *Arsenic and Old Lace*
(CH 972) See pg. 14

Small Houses Schedule

Sunday, September 27

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

Monday, September 28

- 10:00: BYOConversation (LR)
- 10:45: Chit Chat Club with Janet Holder (MH)
- 1:30: Music & Movement with Sabrina (OQ)
- 2:45: Tea Party (BL)
- 3:00: Volunteer Visits (SH-A)

Tuesday, September 29

- 10:30: Individual Visits with Ted (SH-A)
- 1:30: Circle Color Match (SB)
- 5:00: Luau (CTY)
- 6:15: Music Therapy w/Sabrina (OC)

Wednesday, September 30

- 10:30: Small House Mahjong Club (MH)
- 11:00: Music and movement with Sabrina (PW)
- 2:45: Frisbee Horseshoe (SB)

Thursday, October 1

- 10:30: Licks of Love Dog Visits (SH-A)
- 11:00: Scripture, Songs, & Prayers (AUD & CH 973)
- 12:00: Chaplain Visits (SH-A)
- 3:00: Rummikub Club (MH)
- 3:00: Volunteer Visits (SH-A)
- 6:15: Games with Ted (OQ)

Friday, October 2

- 11:00: News Discussion Group
- 2:30: Mahjong Club (MH Den)
- 3:00: Music Therapy with Sabrina (WL)

Saturday, October 3

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

Sunday, October 4

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:00: Licks of Love Dog Visits (SH-A)
- 1:30: Activities with Lauren (OCC)
- 3:00: Open Rec./Strength & Stretch Chair Exercise (Care Partner, CH 971)

For a full list of activities, see pages 1-14

Location Key

AR	Arbor Room— next to the Dining Room/Bistro	CHP	Chapel	POOL	Swimming Pool on Promenade
AS	Art Studio	CL	Clinic	PR	Promenade Level (G1)
ASG	Art Studio Gallery	CTY	Courtyard	PW	Small House Powell
AUD-A	Auditorium A	DDR	Dominion Dining Room, Original Bldg 2nd Floor	RAR	Richmond Activities Room, Original Bldg 3rd Floor
AUD-B	Auditorium B	FL	Fillmore Lounge	RCR	Residents' Conference Room
AUD	Auditorium A & B	GR	Game Room on Promenade	RDR	Richmond Dining Room, Original Bldg 3rd Floor
BL	Small House Bluestone	GX	Group Exercise Studio	ROOF	Rooftop Deck
BR	Bishops' Room, 1st Floor of Tower	JA	Small House James	RP	Small House Rappahannock
BST	Bistro	LBY	Lobby	SH-A	Small Houses (All)
CC	Concourse	LR	Living Room	SHG	Small House Gallery
CH 971	Channel 971	MH	Small House Meherrin	SN	Small House Shenandoah
CH 972	Channel 972	MP	Market Place on Promenade	SB	Stonebrook
CH 973	Channel 973	OQ	Small House Occoquan	WL	Small House Willis

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