Gazette

Goodwin House Alexandria

October 30, 2026 4800 Fillmore Avenue, Alexandria, VA

Bus to November 3rd Election

Tuesday, November 3, 10:00am-3:00pm
Lobby



On the ballot for the November 3rd general election are candidates for the U.S. Senate and House of Representatives as well as three Virginia Constitutional Amendments.

GHA's polling place is in the Community Room of The Church of the Resurrection just down the hill. The entrance is off the Church parking lot near GHA's driveway and main garage entrance.

From 10:00am to 3:00pm, a circuit bus will run from GHA to The View Alexandria and to the polls. For the last run, the bus will pick up around 2:30pm. The bus will stop running at 3:00pm.

A GHA Voting Aide will be on the bus to help; if you wish, the Aide will ask election officials to bring a ballot to you on the bus.

Laura Lawson, Resident

BYOConversation

Monday, November 2, 10:00am
Living Room

Feeling anxious about the upcoming elections? Join in for a special BYOConversation about navigating an uncertain future. Read more on page 15.

Jonathan Bryan, Resident

This Week's Highlights

Monday, November 2
BYOConversation
10:00am | LR | See pg. 15
Prayers for Election Day
12:00pm | CHP, CH 974 | See pg. 12
Birthday Party
4:30pm | LR

Tuesday,November 3
Melody Makers Concert
11:00am | LR | See pg. 6
Bus to November 3rd Election
10:00am-3:00pm | LBY | See pg. 1

Wednesday, November 4
Jewelry Repair Clinic
1:00pm-3:00pm | LR | See pg. 4
Creative Writing Group
11:00am | RCR | See pg. 6
Cookies & Conversation
1:00pm | FL | See pg. 15

Thursday, November 5
Resident Seminar: The Art of Believing
2:00pm | FL, Signup Required | See pg. 16
Afternoon Program: Quentin Walston
3:00pm | AUD, CH 973 | See pg. 6
Concert: Soulfire
7:30pm | AUD, CH 973 | See pg. 6

Friday, November 6
Inktober Reception
4:00pm | ASG | See pg. 7
BYOB Happy Hour
4:30pm | FL

Communal Emotional Intellectual Physical Social Spiritual Early Advantage EA

Around GHA

Congrats to Northern Virginia Senior Olympics Participants

Let's celebrate the residents who participated in the 2026 Northern Virginia Senior Olympics! Their dedication, sportsmanship, and enthusiasm made us proud. Congratulations to everyone on these outstanding achievements!

Participants

- 8 & 9 Ball Pool: Al Baker
- 9 Ball Pool: Michael Levine
- Duplicate Bridge: Karl VanNewkirk
- Mah Jongg: Marilyn Gaston, Marilyn Gould, Shari Keefer, Anne Kress, Lorna Lyons, Ann Murphy, Winnie Shapiro, Geri Weigert
- Table Tennis: Margery and Fred Gass, Peter Geiger, Hank Heneger, Anita Lancaster, Charles Self
- Wii Bowling: Dennis Detlef, Helen Geiser, Peter Junghans, Anne Kress.

Medalists

- 9-Ball Pool: Michael Levine (Gold)
- Mah Jongg: Marilyn Gould (Gold), Shari Keefer and Geri Weigert (Bronze)
- Table Tennis: Margery Gass and Anita Lancaster (Silver, Doubles), Margery Gass (Bronze, Singles)
- Wii Bowling: Dennis Detlef and Helen Geiser (Gold), Anne Kress and Peter Junghans (Silver)

Christie Thomas
Fitness Manager



L to R: Hank Hegener, Fred Gass, Anita Lancaster, Margery Gass, Peter Geiger, Charles Self



L to R: Shari Keefer, Anne Kress, Marilyn Gaston, Geri Weigert, Winnie Shapiro, Marilyn Gould, Ann Murphy, Lorna Lyons



Top L to R:
Helen Geiser, Anne Kress

Bottom L to R:
Peter Junghans, Dennis Detlef



R: Michael Levine

November



DEIB

Native American Heritage Month
National Hospice and Palliative Care Month

- Nov. 8 - Diwali
- Nov. 11 - Veterans' Day
- Nov. 15 - Eastern Christian Advent / Nativity Fast begins (through Dec. 24)
- Nov. 26 - Thanksgiving
- Nov. 29 - Advent begins (through Dec. 25)

Link of the Week



Experience the magic of India's floating village on Loktak Lake in Manipur, Northeast India. This video shows how families fish from their doorstep, grow crops on spongy mats, and navigate a unique way of life shaped by nature. The lake is also home to the world's only floating national park, Keibul Lamjao, and the rare Sangai deer. Click on the link below or search for the following keywords.

YouTube: Secret Floating Village in Northeast India (Kanishk Gupta)

Green Team

Community Newspapers

Please do not remove the community newspapers from the Lobby reading area until after 6:00pm so others can enjoy them. We are currently receiving *The Washington Post* and *The New York Times* daily.

Merrily Wolf
Executive Assistant

Green Team Hint

It's that time of year! Please consider unsubscribing from unwanted catalogs. Call the company's customer service number on the back page of the catalog to request removal.

Green Team

Announcements

Jewelry Repair Clinic with Today's Cargo



Wednesday, November 4, 1:00pm-3:00pm
Living Room

Need a watch battery replaced or a favorite piece of jewelry repaired? Today's Cargo jewelry store of Alexandria will be at GHA to help.

Services such as watch-battery replacement and magnetic necklace clasp installation may be completed onsite. More extensive repairs will be taken to the shop and returned to GHA at a later date.

Residents must arrange and pay for services directly with Today's Cargo. For a list of repair prices, please contact Jennifer in Life Enrichment.

EA *Jennifer Bennett, Events Coordinator*

Market Place Holiday Sale Donations Needed



Mondays, November 2 & 9, 9:30am-11:30am
Market Place

The annual Market Place Holiday/Christmas sale will take place on Thursday, November 19. To help make the sale a success, please bring your seasonal donations to the Market Place on Monday, November 2 and Monday, November 9, from 9:30am-11:30am. Regular donation items will also be accepted on these dates.

Due to the holiday sale, the Market Place will not accept donations on Monday, November 16 and will be closed on Wednesday, November 18.

EA *Eileen Meeks, Resident*

Scam Alert: Fake Party Invitations

The fake party invitation scam is one of the latest online scams. Victims receive fake party invitations by email or text from well-known invitations sites such as Elite, Partiful, or Paperless Post. These scams can look real and may even appear to come from someone you know. The Federal Trade Commission has issued a consumer alert about this scam.

Be careful if an invitation:

- Asks you to enter your email password,
- Asks for a security or verification code,
- Comes from someone you know but seems unusual or unexpected.

Not sure? Don't click. Contact the person directly to make sure they really sent the invitation.

Candoo Can Help



If you receive a suspicious message or have already clicked a link, Candoo can help you check the message, review your device, and understand what steps to take next. Visit the Candoo Tech header under the IT icon of Uniguest to learn more about this free service.

Candoo Tech Support Team

Creative Arts

Miscellany Update



Our next issue of *Miscellany* will be published in December. *Miscellany* is GHA's quarterly magazine that showcases residents' writings—memoirs, fiction, poetry, parodies, etc. You can read past issues on Uniguest under the *Miscellany* Magazine icon. Hard copies of all issues are available in two spiral binders on a shelf in the Library Annex—the room next to where the newspapers are located. The first issue of *Miscellany* was published in July 1998.

I welcome submissions for the December issue. As usual, there will be a focus on holiday-related stories (both memoirs and fiction) and poetry and cartoons. If you have photos of your pets in holiday attire, please submit them. This issue will also have stories and memoirs that are not holiday-related, like stories about our Four-Footed Friends and summaries of residents' interesting GHA field trips.

You may submit your writings electronically to anitalanc@aol.com or leave print copies at the front desk for Apartment 958. The deadline for submissions is **November 24**. If you have photos to accompany your submission, please provide those too. Thank you.

Anita Lancaster
Resident and Miscellany Editor

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 Tuesdays |4:00pm-5:00pm | AS

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

Melody Makers Concert

Tuesday, November 3, 11:00am
Living Room

You are warmly invited to learn more about the Melody Makers program presented by Encore Creativity and hosted by GHA at our fall performance!

Melody Makers is a joyful meeting where members of our GHA community come to engage socially, move to music, and sing together. Regardless of any previous musical ability, folks of diverse experiences are celebrated for their contributions to the group and are supported by our compassionate group of resident volunteers known as Ambassadors.

At our fall concert, you can expect to hear familiar favorites and perhaps even be invited to sing along. We hope you will join us!

Sabrina Hartsfield
Music Therapist

Creative Writing Group: Ghost Writers



Wednesday, November 4, 11:00am
Residents' Conference Room

In honor of Halloween, this month's writing prompts will explore what frightens us. Can you come up with a ghost story to share or have an interesting Halloween memory to write about? Join us for an hour of writing and see what happens. No previous experience is required. Prompts will be provided.

Sam Echols
Communications Coordinator

Afternoon Program: Quentin Walston

Thursday, November 5, 3:00pm
Auditorium, 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 featured 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

Concert: Soulfire

Thursday, November 5, 7:30pm
Auditorium, CH 973

Soulfire is an Arlington-based band founded at Trinity Presbyterian Church. Brought together by a shared love of The Beatles, the band has expanded its repertoire to include everything from 1950s rockabilly to today's radio hits.

For more than 15 years, Soulfire has performed throughout the greater Washington area, including at Goodwin House Bailey's Crossroads. The band is delighted to perform at GHA—and especially for family members Doug and Martie McDowall.

Jennifer Bennett
Events Coordinator

Inktober Reception

Friday, November 6, 4:00pm

Art Studio Gallery

Have you seen all the artwork on the Art Studio Gallery walls? This art has been made by residents and team members for Inktober. It is truly delightful to see the artistry of our residents and team and enjoy their clever interpretations of the prompts! If you have not seen it yet, I encourage you to stop by and browse the Inktober 2026 collection.

We will celebrate the creativity of GHA with a reception on November 6th.

Ashley Walker

Creative Arts Coordinator

TinyCat Library Catalogue



You can browse through what the GHA Library has to offer from the comfort of your home by using its online catalogue, TinyCat, which can be found under the Library icon in Uniguest. TinyCat allows you to search books and DVDs by author, title, keywords, genre, language, and more. You can see which titles are currently available, which are checked out, and which items are new to the Library.

If you see a book you'd like to read that has been checked out, simply fill out a Book Reserve Form. These can be found in the Library by the checkout desk.

Sam Echols

Communications Coordinator

How to Return Public Library Books



The GHA Library does not have an arrangement with the local public libraries for checking out or returning books. If you check out books from these libraries, you can return them to any public library. Public libraries do not pick up here.

Dale Brown

Library Committee

Dick's Teaser

Compound words are words made up of two smaller words, such as "hamstring." In the list below, you'll be given the first half of a compound word, and you are to find a word that completes each of them to make a compound word. For example, given "Bullet, water, oven, child," a word that would compete all of them is PROOF.

See pg. 15 for the solutions.

1. Knee, snow, white, ice
2. Bread, clothes, front, neck
3. Milk, tumble, sea, rag
4. Grid, hem, wed, pad
5. Waste, wall, news, note
6. Brother, false, neighbor, mother
7. Bag, wind, drain, stove
8. Fire, nut, safe, wise
9. Bull, hot, sheep, watch

Dick Pellerin

Resident

Health & Fitness

New Aqua Fun Class Coming Next Month

Fridays, Beginning November 6, 1:30pm
Pool



Experience a total-body aquatic workout that uses the natural resistance of the water to strengthen muscles, improve balance, and enhance overall fitness while minimizing stress on the joints. It is perfect for participants looking for a refreshing and effective workout.

This class will be on Fridays at 1:30pm starting November 6.

Domenique Simpson
Fitness Specialist

Enjoy Fall with Trail Blazers

Mondays, 9:30am-12:00pm
Lobby | Signup Required



Shuttle to a local park to walk at your own pace and enjoy the mental and physical health benefits of being outdoors. The fall leaves are also a beautiful reason to get outside! Signup sheets are available in the Activities Binder!

Christie Thomas, Fitness Manager

Infections

Known Cases as of October 28, 2026
COVID-19: 1 (Assisted Living)
Influenza: 1 (Small Houses)
RSV: 0

Recurring

Advanced Tai Chi
Tuesdays, Fridays | 4:30pm-5:15pm | AUD-B
Saturdays | 10:30am-11:30am | AUD-B

Aqua Fun
Mondays | 9:45am | Pool
Wednesdays | 9:30am | Pool
Fridays | 1:30pm | Pool

Beginners' Tai Chi
Saturdays | 11:30am-12:30pm | AUD-B

Beginning Line Dancing
Mondays | 1:15pm-2:00pm | AUD-B

Fun & Fitness
Mondays, Wednesdays, & Fridays
9:00am-9:45am | AUD-B & CH 973

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 973

Seated Strength
Tuesdays, Thursdays | 10:00am-10:45am
AUD-B & CH 973

Strength & Stretch
Tuesdays, Thursdays | 9:00am
AUD-B & CH 973
Sundays | 3:00pm | CH 973

Trail Blazers
Mondays | 9:30am-12:00pm | LBY | Signup Required

Wii Bowling (Cancelled Until Further Notice)
Tuesdays, Thursdays |2:00pm-3:00pm
Saturdays | 3:00pm-4:00pm | GX

Vaccine Clinic Success

Our recent vaccine clinic was a tremendous success, and this achievement would not have been possible without the collective efforts of so many individuals. A sincere thank you to all staff members, residents, and leaders who participated in and supported this important initiative. Your commitment to health, wellness, and prevention continues to make a meaningful difference in our community. We are proud to share that 318 individuals were vaccinated during the clinic.

For those who were unable to receive their vaccine during the event, vaccinations remain available at the CVS Pharmacy located downstairs. If you receive your vaccinations at the CVS Pharmacy or outside GHA, please submit a copy of your vaccination documentation to the clinic so we can update our records accordingly.

We would like to extend our special appreciation to resident Sharman Stephens, whose dedication, enthusiasm, and volunteer support were instrumental in ensuring the success of the clinic. We also offer our heartfelt thanks to all department heads for their leadership, collaboration, and unwavering support throughout the planning and execution of this event.

Together, we continue to build a healthier and safer community. Thank you for your partnership, commitment, and continued support.

Hatou Ndiaye
Infection Preventionist

Game Room Open 24/7



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 on down and play awhile!

Sam Echols
EA *Communications Coordinator*

New Fitness Bike



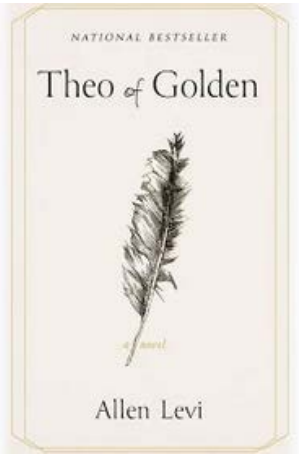
The Fitness Center has a brand-new Schwinn Upright Bike to replace the old one! If you'd like to give it a try, Domenique or Christie would be happy to provide a quick orientation and help you get comfortable with the bike's features and settings. We encourage you to stop by, take it for a spin, and enjoy this great new addition to the Fitness Center.

EA *Christie Thomas, Fitness Manager*

Trips & Social Activities

GHA Book Club Meeting

Tuesday, November 17, 2:00pm
Residents'Conference Room



In November, we will be discussing the self-published, word-of-mouth popular book *Theo of Golden* by Allen Levi.
A mysterious older man arrives in a fictional Southern city, bringing kindness and connection to the community.

Since we can no longer borrow 12 books from the Fairfax Library, residents will need to obtain their own copy. Residents who have read the book and want to come to the meeting are always welcome!

Natalie Rooney
Resident

Directory Available Online


Directory Residents


Directory Team

To see the team member and resident directories, go to Uniguest and click on their icons. You can search for people based on their names, apartment numbers, phone numbers, emails, job titles, and more.

To update your information, contact Sam Echols at 703-824-1004 or sechols@GoodwinLiving.org.

Sam Echols
Communications 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
Private Dining Room

German Conversation Table
Mondays | 12:00pm-1:00pm
Private Dining Room

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

Veterans' Day Slideshow



Each year, GHA hosts a special Veterans' Day Celebration to honor the residents and family members who have served in the U.S. Armed Forces. As part of the celebration, we feature a slideshow highlighting our veterans and their service.

If you are a veteran and are not currently included in the slideshow, please contact Jennifer Bennett in Life Enrichment to obtain a form. Once completed, your information and photo can be added to this year's presentation.

Submission forms and photos must be received by **November 6th**.We look forward to recognizing and celebrating the service and sacrifice of our veterans.

Jennifer Bennett
Events Coordinator

Guess the Veteran

Do you have a photo of yourself in your military uniform? We'd love to include it in our "Guess the Veteran" display as part of our Veterans Day celebration! Please bring your photo to the Life Enrichment Office by Monday, **November 9th**, to participate.

Jennifer Bennett
Events Coordinator

Strathmore Holiday Market

Friday, November 13, 11:00am-2:30pm
Leaving from Lobby | Signup Required
Transportation: $30 |Ticket: $10



Get into the holiday spirit with a visit to the Strathmore Holiday Market in North Bethesda, MD. This beloved seas of talented local artisans and vendors offering unique handcrafted gifts, jewelry, home décor, specialty foods, artwork, and one-of-a-kind holiday treasures. It is the perfect opportunity to start your holiday shopping while enjoying the festive atmosphere of the beautiful Strathmore campus.

Please note that this outing involves a significant amount of walking throughout the market. Seating is limited, and there are few places to sit and rest within the market area, so participants should be comfortable walking and standing for extended periods.

If you enjoy browsing unique shops, discovering handcrafted goods, and soaking up holiday cheer, this festive outing is sure to be a wonderful way to welcome the season!

Signup will be available in the Activities Binder on Monday, November 2nd, at 10:00am.

Jennifer Bennett
Events Coordinator

Spirituality & Community

All Saint's Day

Sunday, November 1
9:00am, Chapel, Channel 974
10:30am, Auditorium, Channel 973



Names of those we wish to remember who have died in years past, family members and friends, will be included in services on Sunday, November 1. Please submit names you would like included to Chaplain Bruce. A form is provided at the Chapel entrance or you may email Chaplain Bruce at bstewart@goodwinliving.org Please make sure to sign your form in case Chaplain Bruce needs to clarify handwriting. Please leave completed forms at the Reception Desk for the chaplain's box.

Bruce Stewart
Chaplain

Prayers for Election Day

Monday, November 2, 12:00pm
Chapel, Channel 974



Join in prayers for our country, its leadership, and all those voting in national, state, and local elections. Pray for wise decisions that affect our common life and our place among the nations of the world.

Bruce Stewart
Chaplain

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 | 3:15pm-3:45pm
CHP & CH 974

Spiritual Life Committee Meeting
2nd Mondays | 2:00pm | RCR

In Memoriam

DALIA MEZA
October 24, 2026

2026 GHA Employee Appreciation Fund (EAF)



Each November, GHA residents have an opportunity to demonstrate their deepest appreciation for the tremendous service provided by about 400 team members. These beloved individuals not only serve us daily in various ways, among them:

Clinic, Housekeeping, Physical-Occupational-Speech Therapy, Fitness Classes, Art Instruction, Maintenance, Gardens, IT, Dining, Transportation and the behind-the-scenes services of bookkeeping, HR and Finance.

In addition, sometimes situations arise during the year when the staff goes to extraordinary lengths to deal with a problem. Residents ask, "How can be express our gratitude?" The EAF fulfills that purpose—a way for us to thank the staff for their daily activities on our behalf, as well as the times that require extended attention. All team members under the director level are eligible.

The goal this year is $600,000. This is only $45,000 more that was given last year, so the committee is confident that ALL GHA residents will be moved to increase their contribution. The recommended donation is between $7 and $10 per day per person. In addition to a monetary goal, the Committee is making a plea that every resident participate. Last year, 90% of residents donated. Let's make it 100% this year.

Checks will be presented to team members on Tuesday, December 8 at 3:00pm in the Auditorium. What do your gifts mean to these wonderful people? It significantly benefits their families' quality of life, and many of the staff support families who live abroad. This may include helping provide educational opportunities in their respective countries, especially important given the severe limitations on immigration.

Checks made payable to "GHA EAF" may be deposited in the red box near the copier in the Business Center. Also, beginning on November 1, there will be a box in the Lobby for donations, as well as a "thermometer" showing our progress toward the goal.

Residents are encouraged to be as generous as possible as we show team members how much we value them and their care for us.

Ken Hopper, Chair
GHA EAF 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

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 Cancelled

All StrongerMemory classes are cancelled on Tuesday, November 3, including:

- 12:30pm and 3:30pm in the Residents' Conference Room
- 2:00pm for Dominion and Small Houses residents

Brain Health Team

BYOConversation: BYOCalm, BYOCoping, BYOCourage

Monday, November 2, 10:00am
Living Room



BYOCalm: awash in anxiety, how do we stay calm? BYOCoping: how do we cope with our "slings and arrows of outrageous fortune"? BYOCourage: fearful of a dangerous-looking future, how do we sustain courage? BYOConfidence: shaken, how do we remain confident BYOCommitments: when stressed, which commitments will not break? BYOConvictions: which ones, mocked and belittled, will we not compromise? BYOComposure: rattled, we retain composure—how? BYOCool: when a squall threatens to capsize our sailboat, which natural law reminds us to keep our cool? Tip: the righting moment. Why is that so heartening?

Let's listen to one another's answers to help us navigate upcoming, uncharted civic waters. As always, NO POLITICS. And also as always, remember to bring a community-minded attitude and be considerate in your candor. Do unto others as you would have them do unto you.

For five years, BYOConversation has invited everyone of every persuasion to speak their minds (or just listen) in a safe environment.

Keep calm and carry on!

Jonathan Bryan
Resident

Cookies & Conversation

Wednesday, November 4, 1:00pm
Fillmore Lounge



Please join us for Cookies and Conversation with Luis Ruiz Jaquez. Luis is the new Director of Facilities Management, so don't forget to bring your questions. The conversation should be engaging, and the cookies will definitely be delicious.

Lory Manning
Residents' Council

Dick's Teaser Solutions

1. Cap: kneecap, snowcap, whitecap, icecap
2. Line: breadline, clothesline, frontline, neckline
3. Weed: milkweed, tumbleweed, seaweed, ragweed
4. Lock: gridlock, hemlock, wedlock, padlock
5. Paper: wastepaper, wallpaper, newspaper, notepaper
6. Hood: brotherhood, falsehood, neighborhood, motherhood
7. Pipe: bagpipe, windpipe, drainpipe, stovepipe
8. Cracker: firecracker, nutcracker, safecracker, wisecracker
9. Dog: bulldog, hotdog, sheepdog, watchdog

Dick Pellerin
Resident

Resident Seminar:
The Art of Believing

Thursday, November 5 & 12, 2:00pm-3:00pm
Fillmore Lounge
Signup Required



The Reverend Frank Wade, GHA resident and former rector of St. Albans Parish in D.C. and Interim Dean of the National Cathedral, will be our November Resident Seminar leader. The topic, an intriguing one, will be The Art of Believing.

As Frank says, "Belief begins in the human capacity for wonder, is illuminated by centuries of revelation, and made real in the business of daily life. Designed for the faithful, the seeker and the doubter, the seminar is open to all.

The sessions will focus on:

- November 5: Belief in something greater than ourselves
- November 12: Exploring the reality and efficacy of that belief

Frank Wade, Seminar Speaker
Kathi Menda, Resident Seminar Facilitator

Nametag Reminder

As a courtesy to others, please remember to wear your name badge visibly so that others may read it.

Sam Echols
Communications Coordinator

Dining Venue Hours

Bistro

- Breakfast (7 days a week)
  - 7:30am-9:00am
- Lunch (Monday-Saturday)
  - 11:30am-1:30pm
- Dinner (Monday-Saturday)
  - 3:30pm-7:00pm
- Sundays
  - Dinner 11:30am-1:30pm
  - Supper 3:30pm-6:00pm

Alexandria Room, Arbor Room, Fillmore Lounge

- Dinner (Monday-Saturday)
  - 4:30pm-7:00pm
- Dinner (Sundays, major holidays)
  - 11:30am-1:30pm

Mixing Bowl



- Dinner (Monday-Saturday)
  - 3:30pm-7:00pm
- Dinner (Sundays)
  - 11:30am-1:30pm
- Closed on major holidays and the second Sunday of each month

Fillmore Market

- Monday-Friday
  - 10:00am-6:00pm
- Closed on major holidays

Please contact Brad Iliesh with any questions at 703-824-1017 or BIliesh@GoodwinLiving.org.

Brad Iliesh
Assistant Director of Dining Services

Movies

Teaching Company: *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.

All the President's Men (1976)

Sunday, November 1, 6:30pm
PG, 138m, Channel 972
Cast: Robert Redford, Dustin Hoffman

Washington Post reporters Bob Woodward and Carl Bernstein investigate the Watergate break-in. Their reporting uncovers connections reaching into the Nixon administration. As sources hesitate and pressure mounts, they pursue the story with persistence.

Argo (2012)

Thursday, November 5, 7:15pm
R (Language, Violence), 120m, Channel 972
Cast: Ben Affleck, Bryan Cranston, Alan Arkin

During the Iran hostage crisis, six Americans escape and hide at the Canadian ambassador's home. CIA specialist Tony Mendez devises a daring plan to rescue them using a fake science-fiction film. The group must convincingly pose as a movie crew while navigating intense scrutiny.

Matewan (1987)

Saturday, November 7, 7:15pm
PG-13 (Violence), 135m, Channel 972
Cast: Chris Cooper, James Earl Jones

A union organizer arrives in a West Virginia coal town during the labor struggles of the 1920s. He helps miners from different backgrounds unite against dangerous conditions and company control. Tensions escalate as hired agents attempt to break the strike.

Secondhand Lions (2003)

Sunday, November 8, 6:30pm
PG, 111m, Channel 972
Cast: Michael Caine, Robert Duvall, Haley Joel Osment

A shy boy is sent to spend the summer with two eccentric great uncles in rural Texas. Rumors about the men's adventurous past and hidden fortune spark his curiosity. Their stories of courage, love, and loyalty gradually bring the generations together.

Upcoming

Thursday, November 12
Doubt (2008)
Saturday, November 14
Race (2016)
Sunday, November 15
Day of the Jackal (1973)
Thursday, November 19
The Verdict (1982)

The Weekly Schedule

Sunday, November 1, 2026 - Sunday, November 8, 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

Tuesday, November 3
- Ceramics (Cancelled)
- R&D: Brain Health Group (Cancelled)
- StrongerMemory Class (Cancelled)

Wednesday, November 4
- Fun & Fitness (Cancelled)

Thursday, November 5
- GHA Bell Ringers Choir Rehearsal (Change to LR)
- R&D: Melody & Mingle (Cancelled)

Sunday, November 1

9:00: All Saint's Day (CHP, CH 974) See pg. 12
10:30: All Saint's Day (AUD, CH 973) See pg. 12
3:00: **R&D**: Strength & Stretch Chair Exercise (CH 971)
4:00: Friends (Quaker) Meeting (AUD-B)
6:30: Movie: *All the President's Men* (CH 972) See pg. 17

Monday, November 2

9:00: Fun & Fitness (AUD-B, CH 973)
9:30: Trail Blazers: Dyke Marsh (LBY, Signup Required) See pg. 8
9:30: Market Place Donations (MP) See pg. 4
9:45: Aqua Fun (POOL)
10:00: BYOConversation (LR) See pg. 15
10:00: Catholic Mass & Rosary (CHP, CH 974)
12:00: 12-Step Meeting (For more info., call 202-701-9291.)
12:00: Election Day Prayers (CHP) See pg. 12
12:00: German Conversation Table (PDR)
1:15: Beginning Line Dancing (AUD-B)
3:15: Seated Meditation (CHP, CH 974)
4:00: **R&D**: Chit Chat Corner (RAR)
4:30: Birthday Party (LR)

Tuesday, November 3

9:00: Strength & Stretch Class (AUD-B, CH 973)
9:30: Credit Union Open (PR)
10:00: Seated Strength Video (AUD-B, CH 971)
10:00: Bus to Giant Food (LBY, Signup Required)
10:00: Residents' Council Meeting (RCR)
10:00: Election Day Bus to the Polls (LBY) See pg. 1
10:15: Just Dance Video (AUD-A, CH 971)
11:00: Mat Pilates (AUD-B)
11:00: Vendor: Joy's Boutique & Gifts (CC)
11:00: Melody Makers Concert (LR) See pg. 6
1:15: Mah Jongg (LR)
4:00: Fillmore Happy Hour (FL)
4:30: Advanced Tai Chi (AUD-B)

Wednesday, November 4

8:00: Morning Yoga (AUD-B, CH 973, ZOOM)
9:30: Aqua Fun (POOL)
9:30: Market Place Sale (MP)
10:00: Vendor: Kim's Ritzy Bling (CC)
11:00: Creative Writing Group (RCR) See pg. 6
11:00: Prayer Group (CHP)
11:00: Teaching Company (CH 972) See pg. 17
1:00: Cookies & Conversation (FL) See pg. 15
1:00: Today's Cargo Jewelry Repair Clinic (LR) See pg. 4
2:00: Market Place Sale (MP)
2:00: Chapel Outreach Committee (RCR)

Cont. Wednesday, November 4

4:00: Pop-up Technology Assistance (LBY)
4:30: BYOB Happy Hour (FL)

Thursday, November 5

9:00: Strength & Stretch Class (AUD-B, CH 973)
9:00: Chess (LR)
10:00: Seated Strength (AUD-B, CH 973)
10:00: AM Painting and Drawing (AS)
10:00: Vendor: Scentsy & Parklane Jewelry (CC)
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: **R&D**: Richmond Residents' Council (RDR)
11:00: Replay of Teaching Company (CH 972) See pg. 17
12:00: French Conversation Table (PDR)
1:30: Shanghai (LR)
1:30: PM Painting and Drawing (AS)
2:00: Knitters and Crocheters (CHP)
2:00: Encore Learning: Song Hunters (RCR)
2:00: Resident Seminar: The Art of Believing (FL, Signup Required) See pg. 16

Cont. Thursday, November 5

3:00: Afternoon Program: Quentin Walston (AUD, CH 973) See pg. 6
4:00: GHA Bell Ringers Choir Rehearsal (LR)
4:00: Fillmore Happy Hour (FL)
7:15: Movie: *Argo* (CH 972) See pg. 17
7:30: Concert: Soulfire (AUD) See pg. 6

Friday, November 6

8:00: Morning Yoga (AUD-B, CH 973)
9:00: Fun & Fitness (AUD-B, CH 973)
10:00: Open Studio (AS)
10:00: Replay of Thursday Movie (CH 972) See pg. 17
10:00: Shuttle to Trader Joe's (LBY, Signup Required)
10:30: GHA Encore Chorale (AUD-A)
12:00: Spanish Conversation Table (Bistro Table 11)
1:30: Aqua Fun (POOL) See pg. 8
2:00: GHA Players Meeting (RCR)
2:00: Quilting Bees (BR)
2:00: Party Bridge (LR)
3:15: Seated Meditation (CHP, CH 974)
4:00: Inktober Reception (ASG) See pg. 7
4:30: Advanced Tai Chi (AUD-B)
4:30: BYOB Happy Hour (FL)
4:30: Sabbath Service (CHP, CH 974)

Saturday, November 7

9:30: Pop-Up Technology Assistance (LBY)
10:30: Advanced Tai Chi with Instructor (AUD-B)
11:30: Beginners' Tai Chi with Instructor (AUD)
7:15: Movie: *Matewan* (CH 972) See pg. 17

Sunday, November 8

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: *Secondhand Lions* (CH 972) See pg. 17

Small Houses Schedule

Sunday, November 1

10:30: All Saint's Day (AUD, CH 973)
11:30: Chaplain Visits (SH-A)
1:00: Licks of Love Dog Visits (SH-A)
1:30: Creative Corner: Fall Bookmarks (OQ)
3:00: Open Rec./Strength & Stretch Chair Exercise (Care Partner, CH 971)

Monday, November 2

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

Tuesday, November 3

10:30: Individual Visits with Ted (SH-A)
1:30: Creative Corner: Jellyfish (BL)
6:15: Music Therapy w/Sabrina (OQ)

Wednesday, November 4

10:30: Small House Mahjong Club (MH)
11:00: Music & Movement with Sabrina (PW)
1:30: Creative Corner with Ashley (MH)
2:45: Virtual Zoo Exhibit: Chimpanzees (RP)

Thursday, November 5

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: Afternoon Program: Quentin Walston (AUD, CH 973) See pg. 6
3:00: Rummikub Club (MH)
3:00: Volunteer Visits (SH-A)
6:15: Games with Ted (OQ)
7:30: Concert: Soulfire (AUD, CH 973) See pg. 6

Friday, November 6

11:00: News Discussion Group (SN)
2:30: Small House Mahjong Club (MH)
3:00: Music Therapy With Sabrina (WL)

Saturday, November 7

10:30: Licks of Love Dog Visits (SH-A)
2:30: Activities with Tae (OQ)

Sunday, November 8

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

For a full list of activities, see pages 18-20

Location Key

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