Gazette

Goodwin House Alexandria

November 6, 2026 4800 Fillmore Avenue, Alexandria, VA

Veterans Day Program

Wednesday, November 11, 11:00am
Auditorium & Channel 973



GHA will host a special Veterans Day program to recognize and honor the men and women who have served in our nation's armed forces. The program will feature the Alexandria Emergency Services Color Guard and special remarks from resident Fred Pang, who will speak on the importance of honoring our veterans and recognizing their service and sacrifice.

Following the program, attendees are invited to view a special slideshow showcasing residents and their family members who have served in the military.

A lunch will be available for pickup in the Living Room after the program. Residents may enjoy their lunch while watching the slideshow in the Auditorium, the Living Room, or on Channel 973.

Please join us as we come together to honor the veterans in our community and across the nation. Veterans Day provides an opportunity to pause, reflect, and express our gratitude for their courage, dedication, and unwavering commitment to our country.

Jennifer Bennett
Events Coordinator

This Week's Highlights

Monday, November 9
BYOConversation
10:00am | LR | See pg. 11

Tuesday,November 10
Photo Club
4:00pm | AS

Wednesday, November 11
Veterans Day Program
11:00am | AUD, CH 973 | See pg. 1
Duplicate Bridge
1:00pm | LR

Thursday, November 12
Resident Seminar: The Art of Believing
2:00pm | FL, Signup Required | See pg. 12
The Four Things That Matter Most:
A Workshop on Saying What's Important
2:30pm | LR | See pg. 12

Friday, November 13
Strathmore Holiday Market
11:00am | Leave from LBY | See pg. 8
Discussion with CEO Rob Liebreich
1:30pm | FL | See pg. 11
Afternoon Concert: Jerry Roman
3:00pm | AUD | See pg. 5

Saturday, November 14
Concert: Charged Particles
2:00pm | AUD, CH 973 | See pg. 6

Communal Emotional Intellectual Physical Social Spiritual Early Advantage EA

Around GHA

Fall Festival Fun

Thank you to everyone who came out to enjoy GHA's Fall Festival and to all our wonderful volunteers. Congratulations to the Assisted Living team, whose Finding Nemo pumpkin won the pumpkin decorating contest by popular vote!

Sam Echols, Communications Coordinator



























Please Return Shopping Carts



GHA shopping carts and luggage carts are provided to help transport items to and from apartments and should be returned as soon as possible so they are available for others to use.

Carts can be found in the Residents' Business Center behind the Reception Desk and at the Garage entrances to the Tower and to Small Houses. The carts are labeled with the location they should be returned to.

The Reception Desk

Monthly Calendars



Did you know that you can get a printed copy of each month's calendar in the Resident Business Center? Look in the cubbies by the computer for a calendar showing GHA's scheduled activites for November. Monthly calendars are printed and stored in the cubby by the last day of each month.

If you would like a digital version or wish to print one yourself, visit the Monthly Calendar section of Uniguest.

Sam Echols
Communications Coordinator

Link of the Week



Researchers in Japan have created a plastic made from plant cellulose that breaks apart in sea water within a few hours.

Click on the link below or search for the following keywords to learn more:

Eco News: Japanese Scientists Create Plastic that Disappears in the Sea

Green Team

Green Team Hint

RE^3

RE"cubed" is the Dining Services acronym for "RElying on REsidents to REturn" the green carryout boxes to the labeled container in your Trash Room. Please rinse and return the containers promptly after use.

Green Team

Announcements

Green Carryout Containers are Back



Dining Services has reintroduced our favorite reusable green boxes to their carryout service. In addition, they have added a new soup container designed to prevent hot soup from spilling. Both containers are microwaveable with lids ajar or removed.



We can express our gratefulness for the enhanced and secure presentation of carryout meals by returning the containers promptly to Dining Services. Please rinse the containers and place them in the labeled bin in your Trash Room so that they can be reused.

Dining Services & Green Team

Dick's Teaser

Can you determine the word, name or expression that is represented by the following? See pg. 11 for the solution.

Cross Cross

Dick Pellerin, Resident

GHA to Host Professional Women's Network Event

Please be advised that GHA will be hosting the Alexandria Chamber of Commerce Professional Women's Network Evening of Perfect Pairings on Thursday, November 12, in the Auditorium from 5:30pm to 7:00pm. Around 130 professionals will be visiting for a night of networking and curated wine and food pairings. Valet parking will be provided for attendees to avoid any inconvenience to residents.

Please contact Meg Tinklepaugh at mtinklepaugh@GoodwinLiving.org with any questions.

Meg Tinklepaugh
Director of Sales Operations

Directories: Shred Instead

The Fall 2026 Resident Directory will be distributed soon. After the new directory becomes available, please shred your old one rather than recycle it to protect the personal private information inside. Reception Desk team members will accept your old directories and shred them for you to avoid overloading the two shredding containers in the Residents' Business Center.

Sam Echols
Communications Coordinator

Creative Arts

Coming Soon: *With Our Hands* by Clare Colton

Art Studio Gallery

Reception: Friday, November 20, 4:00pm



An exhibit of a Photographic Essay entitled *With Our Hands* appears this month in the Art Studio Gallery beginning Friday, November 13. The photographs are the work of GHA resident Clare Colton.

Another show by Clare, *A Year of Challenges*, appeared at GHA in January of 2024. That exhibit featured 52 photographs that represented her participation in 52 Frames, an international group of photographers who respond to weekly challenges. Each week, 52 weeks a year, participants respond to the same challenge, submitting one photograph taken that week. Clare has just begun her fifth year of submitting a weekly photograph, never missing a week.

Clare graduated from Wake Forest University with a B.A. in psychology and subsequently earned a master's degree in special education from the University of Missouri and a J.D. from George Mason University. She has studied photography at the Corcoran School of Art, Maine Photographic Workshops, and with several teachers in the Washington area.

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

Photography Club
2nd Tuesdays |4:00pm-5:00pm | AS

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

Afternoon Concert: Jerry Roman

Friday, November 13, 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

Concert: Charged Particles

Saturday, November 14, 2:00pm

Auditorium



Join us for an exciting performance by innovative jazz ensemble Charged Particles. Featuring keyboard virtuoso Murray Low, bassist Aaron Germain, and drummer Jon Krosnick, this acclaimed trio blends the rhythms and excitement of funky Latin jazz with influences from classical music.

The group's repertoire features intricate arrangements balanced by spontaneous improvisation, allowing each performance to be unique. Charged Particles also breathes new life into beloved jazz standards, adding unexpected twists and fresh interpretations that delight audiences.

Don't miss this opportunity to experience an afternoon of world-class musicianship and captivating live music. Whether you're a jazz enthusiast or simply love great entertainment, Charged Particles is sure to deliver a performance that will leave you wanting more!

Jennifer Bennett

Events Coordinator

National Symphony Orchestra (NSO) Coffee Concert

Saturday, November 20, 11:00am

Leave from Lobby

Enjoy a memorable morning of music with the National Symphony Orchestra Coffee Concert at the Schlesinger Center. GHA is pleased to provide shuttle transportation for residents who would like to attend select NSO performances.

Please note that residents are responsible for purchasing their own tickets. The Life Enrichment team is unable to purchase, reserve, or coordinate tickets. Tickets should be purchased directly through the venue or ticket provider.

Tickets may be purchased online at the National Symphony Orchestra website:

https://www.nationalsymphony.org/#events

Jennifer Bennett

Events Coordinator

Watch GHA Recordings



Many GHA events are recorded, and the videos can be viewed on Uniguest under the Video Links section. You can catch up on Town Halls you may have missed, learn something new from a Saturday Morning Live recording, watch past GHA Players productions, and more.

Sam Echols

Communications Coordinator

Health & Fitness

9-Ball Pool Challenge

Game Room



For those residents who have played pool in the past, we would like to see you at the table again. Our favorite game is nine ball, and our annual tournament is scheduled for January. Nine ball is a game of simple rules and involves as much luck as skill.

If you would like to learn more about the game and get in some friendly matches, just give me a call at 703-549-2926 or contact me by email at dcdetlef@yahoo.com.

Dennis Detlef
Resident

Infections

Known Cases as of November 11, 2026

COVID-19: 0

Influenza: 0

RSV: 1 (Team Members)

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

Trips & Social Activities

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 seasonal market features dozens of talented local artisans and vendors and is the perfect opportunity to start your holiday shopping while enjoying the festive atmosphere of the beautiful Strathmore campus.

This outing involves a significant amount of walking throughout the market. There are few places to sit within the market area, so participants should be comfortable walking and standing for extended periods.

Jennifer Bennett
Events Coordinator

Bingo

Tuesday, November 17, 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

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

GHA Residents Launch Employee Appreciation Fund



There are two goals this year for the Employee Appreciation Fund (EAF):

Goal 1: $600,000. Residents are encouraged to consider contributing between $7 and $10 per day per resident. Across Goodwin Living communities, residents have demonstrated tremendous generosity in recognizing and appreciating our team members. We invite you to join in that spirit of gratitude by giving at a level that is appropriate for you. Every contribution helps us celebrate the dedicated employees who make our community such a special place.

Goal 2: 100% Participation. Every GHA resident benefits from our team members. Just think how the staff will feel if every resident gives to the EAF. Every gift is important—even small ones—and counts toward this goal.

A donation box is located in the Lobby, along with a thermometer to show our progress through November 30. The campaign is off to a good start. Thanks for participating!

Ken Hopper, Chair
EAF Committee

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

Market Place Holiday Sale Donations Needed

Monday, November 9, 9:30am-11:30am
Market Place

To help make the our annual Holiday/ Christmas sale a success, please bring your seasonal donations to the Market Place.

Eileen Meeks, Resident

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

Where Do I Sign Up?



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

Sam Echols
Communications Coordinator

BYOConversation: Loyal Opposition

Monday, November 9, 10:00am
Living Room



Reach for your mug. Thank your triceps. Bring the mug back for a sip. Thank your biceps.

Consider—you needed triceps to go out and biceps to come back, to collaborate loyally, "loyal opposition."

Imagine getting anything done with only triceps or only biceps. We need opposing muscles. And we need them to collaborate—loyal opposition.

So let's explore the uses of loyal opposition in our culture—in the marketplace? In friendships? In medical decisions and care? In economics? In transportation?

Nothing works one way—it's all done with some sort of loyal opposition.

And what about "disloyal opposition?" I send (triceps) money to a vendor. The vendor sends (biceps) nothing back. Disloyal opposition.

What happens with disloyal opposition in families, neighborhoods, governance?

Residents, team members, guests, and Priority Club members are all welcome to speak or listen!

Jonathan Bryan
Resident

Lunch & Follow-On Discussion with GL CEO Rob Liebreich

Friday, November 13
Lunch | 12:00pm | Signup Required
Discussion | 1:30pm | Fillmore Lounge



Up to five GHA residents can join Goodwin Living CEO Rob Liebreich for lunch in The Alexandria. Want to be one of them? Then please sign up in the Activities Binder located in the Resident Business Center beginning Monday, November 9, around 12:00pm. Please indicate which of the two lunch menu choices you'd prefer.

At 1:30pm, all residents are invited to meet with Rob in the Fillmore Lounge for a free-ranging discussion about whatever is on your mind. We hope to see you at lunch, at the Fillmore, or both.

Residents' Council

Dick's Teaser Solution

What is represented is the expression "double- cross."

Dick Pellerin
Resident

Resident Seminar: The Art of Believing

Thursday, November 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.

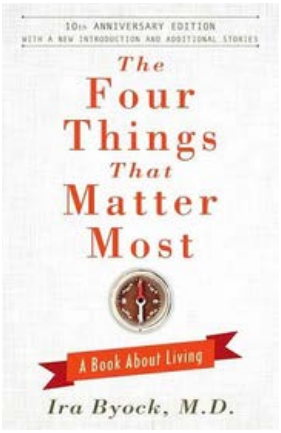
This session will focus on exploring the reality and efficacy of belief in something greater than ourselves.

Frank Wade
Seminar Speaker

Kathi Menda
Resident Seminar Facilitator

The Four Things That Matter Most: A Workshop on Saying What's Important with Jane Euler

Thursday, November 12, 2:30pm-3:30pm
Living Room



"Please forgive me." "I forgive you." "Thank you." "I love you." Hospice physician Ira Byock saw how much these four simple statements can mean to the people who say them and the people who receive them. In his book, *The Four Things That Matter Most*, he encourages us not to wait to express what matters most.



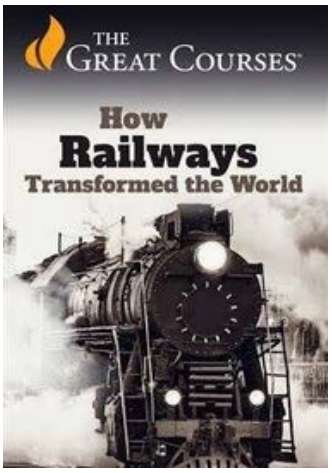
Join end-of-life doula Jane Euler of Present for You to explore the power of these words, learn how doulas support individuals and families, and reflect on how these conversations can strengthen our own relationships. Time will be provided for personal writing and reflection. What you do with your notes is entirely up to you.

Noel Durman
Director of Hospice Giving

Movies

Teaching Company: *How Railways Transformed the World*

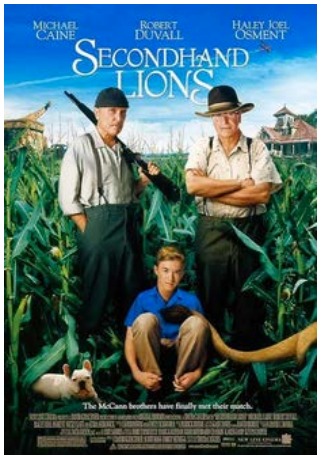
Wednesdays, 11:00am
(Repeat Showing on Thursdays at 11:00am)
Channel 972



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.

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.

Environmental Film: *Resolve to Solve with Miles O'Brien*

Monday, November 9, 7:15pm
Channel 972



The problems are real. The stakes are high. And the solutions, when you find them, are often hiding in the most unexpected places. *Resolve to Solve with Miles O'Brien* is a documentary series in which veteran science journalist Miles O'Brien travels the world to meet the optimists, innovators and true believers who are tackling some of the most urgent challenges of our time and refusing to give up until they find answers.

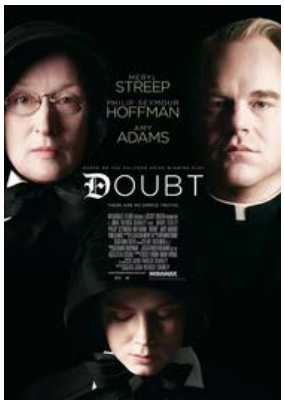
In "Return of the Wild in Argentina," the first of two stories, O'Brien travels to the vast Iberá Wetlands where conservationist Kris Tompkins is putting jaguars, giant river otters and other lost species back where they belong, a breathtaking act of ecological restoration that is as much about hope as it is about science.

In the second story, "Inside Antarctica's Doomsday Glacier," O'Brien joins a scientific expedition to Antarctica's Thwaites Glacier, the so-called Doomsday Glacier, where an international team of researchers is racing to gather data that could determine the future of the world's coastlines, and where one audacious scientist is exploring whether a massive underwater barrier might buy the planet some time.

Green Team

Doubt (2008)

Thursday, November 12, 7:15pm
104m, Channel 972
PG-13: Mature themes
Cast: Meryl Streep, Philip Seymour Hoffman, Amy Adams, Viola Davis



At a Catholic school in the 1960s, a strict principal suspects a popular priest of misconduct. A young nun's observations fuel the principal's determination to confront him. Their tense battle of wills raises questions without providing easy certainty.

Race (2016)

Saturday, November 14, 7:15pm
134m, Channel 972
PG-13: For thematic elements and language
Cast: Stephan James, Jason Sudeikis, Jeremy Irons



American athlete Jesse Owens rises from college track competition to the world stage. He prepares for the 1936 Berlin Olympics while confronting racism at home and Nazi propaganda abroad. Coaches, officials, and political forces complicate his pursuit of excellence.

The Day of the Jackal (1973)

Sunday, November 15, 6:30pm
143m, Channel 972
PG: Violence, brief nudity, sexual situations
Cast: Edward Fox, Michael Lonsdale



A professional assassin known as the Jackal is hired to kill French president Charles de Gaulle. French authorities learn of the plot but know little about the assassin's identity or methods. A determined detective leads a methodical search as the Jackal prepares his attack.

Upcoming

Thursday, November 19
The Verdict (1982)
Saturday, November 21
Empire of the Sun (1987)
Sunday, November 22
Exodus (1960)
Thursday, November 26
Young Victoria (2009)
Saturday, November 28
My Brilliant Career (1979)
Sunday, November 29
Network (1976)

The Weekly Schedule

Sunday, November 8, 2026 - Sunday, November 15, 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

Wednesday, November 11
Morning Yoga (CH 971 Only)
Fun & Fitness Video (CH 971 Only)
Resident Activities Committee
(Postponed to November 18)

Thursday, November 12
PM Painting & Drawing (Cancelled)
R&D: Melody & Mingle with Sabrina
(Time Change to 11:00am)

Saturday, November 14
Saturday Morning Live (Cancelled)

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. 13

Monday, November 9

9:00: Fun & Fitness (AUD-B, CH 973)
9:30: Trail Blazers: Fort Ward (LBY, Signup Required)
9:30: Market Place Donations (MP) See pg. 9
9:45: Aqua Fun (POOL)
10:00: BYOConversation (LR) See pg. 11
10:00: Catholic Communion & Rosary (CHP, CH 974)
12:00: 12-Step Meeting (For more info., call 202-701-9291.)
12:00: German Conversation Table (PDR)
1:00: Marketing Committee Meeting (AR)
1:15: Beginning Line Dancing (AUD-B)
2:00: Spiritual Life Committee (RCR)
2:00: **R&D**: Apple Tasting (RAR)
3:15: Seated Meditation (CHP, CH 974)
4:30: BYOB Happy Hour (FL)
7:15: Environmental Film (CH 972) See pg. 13

Tuesday, November 10

9:00: Strength & Stretch Class (AUD-B, CH 973)
9:30: Credit Union Open (PR)
10:00: Seated Strength (AUD-B, CH 973)
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)
10:00: Vendor: Foster's Greeting Cards (CC)
10:15: Just Dance Class (AUD-A)
11:00: Mat Pilates (AUD-B)
12:00: Family Caregiver Support Group (Contact Hilary Wurzbach for the Teams link)
12:30: StrongerMemory Class (RCR)
1:15: Mah Jongg (LR)
2:00: **R&D**: Brain Health Group (DDR)
3:30: StrongerMemory Class (RCR)
4:00: Photo Club (AS)
4:00: Fillmore Happy Hour (FL)
4:30: Advanced Tai Chi (AUD-B)

Wednesday, November 11

8:00: Morning Yoga (CH 971 Only)
9:00: Fun & Fitness Video (CH 971 Only)
9:30: Aqua Fun (POOL)
9:30: Market Place Sale (MP)
10:00: Watercolor Club (AS)
11:00: Prayer Group (CHP)
11:00: Veterans Day Program (AUD, CH 973) See pg.1
11:00: Teaching Company (CH 972) See pg. 13

Cont. Wednesday, November 11

11:00: **R&D**: Veterans Day Celebration (AUD)
1:00: Duplicate Bridge (LR)
2:00: Market Place Sale (MP)
4:00: Pop-up Technology Assistance (LBY)
4:30: BYOB Happy Hour (FL)

Thursday, November 12

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)
10:30: **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: Scripture, Songs & Prayers (AUD, CH 973)
11:00: Replay of Teaching Company (CH 972) See pg. 13
11:00: **R&D**: Melody & Mingle with Sabrina (DDR)
12:00: French Conversation Table (PDR)
1:00: Library Committee (RCR)
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. 12

Cont. Thursday, November 12

2:00: **R&D**: Kyleah's Going Away Party (RDR)
2:30: *The Four Things That Matter Most*: A Workshop on Saying What's Important (LR) See pg. 12
4:00: GHA Bell Ringers Choir Rehearsal (LR)
4:00: Fillmore Happy Hour (FL)
7:15: Movie: *Doubt* (CH 972) See pg. 14

Friday, November 13

8:00: Morning Yoga (AUD-B, CH 973, Zoom)
9:00: Fun & Fitness (AUD-B, CH 973)
10:00: Open Studio (AS)
10:00: Replay of Thursday Movie (CH 972) See pg. 14
10:00: Shuttle to Target (LBY, Signup Required)
10:30: GHA Encore Chorale (AUD-A)
11:00: Strathmore Holiday Market (Leave from LBY, Signup Required) See pg. 8
1:30: Aqua Fun (POOL)
1:30: Shanghai (LR)
1:30: Discussion with GL CEO Rob Liebreich (FL) See pg. 11
2:00: GHA Players Meeting (RCR)
2:00: Quilting Bees (BR)
3:00: Afternoon Concert: Jerry Roman (AUD) See pg. 5
3:15: Seated Meditation (CHP, CH 974)

Cont. Friday, November 13

4:30: Advanced Tai Chi (AUD-B)
4:30: BYOB Happy Hour (FL)
4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, November 14

9:30: Pop-Up Technology Assistance (LBY)
10:00: Vendor: We Do Together (CC)
10:30: Advanced Tai Chi with Instructor (LR)
11:30: Beginners' Tai Chi with Instructor (Dominion Lounge)
2:00: Concert: Charged Particles (AUD, CH 973) See pg. 6
7:15: Movie: *Race* (CH 972) See pg. 14

Sunday, November 15

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: *The Day of the Jackal* (CH 972) See pg. 14

Small Houses Schedule

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)

Monday, November 9

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

Tuesday, November 10

10:30: Individual Visits with Ted (SH-A)
1:30: Dog Visits with Cashew (SH-A)
2:30: EZ-Does-It Trivia (SN)
6:15: Music Therapy w/Sabrina (OQ)

Wednesday, November 11

10:30: Small House Mahjong Club (MH)
11:00: Music & Movement with Sabrina (PW)
11:00: Creative Corner with Ashley (OQ)
2:30: Small House Residents' Council (MH)
2:30: Veterans Day Documentary (CH 971)
2:45: Apple Pie in a Cup (SB)

Thursday, November 12

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

Friday, November 13

11:00: News Discussion Group (SN)
2:30: Small House Mahjong Club (MH)
3:00: Music Therapy With Sabrina (WL)
3:00: Afternoon Concert: Jerry Roman (AUD) See pg. 5

Saturday, November 14

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

Sunday, November 15

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

For a full list of activities, see pages 15-17

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.

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Application of Multivitamin mask, hydrating firming mask and pore refining mask.

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