

Sunday, October 29, 2017

4800 Fillmore Avenue, Alexandria, VA 22311



## VETERANS DAY PROGRAM

On **Friday, November 10**, the Goodwin House will have a program honoring our Veterans. The program will start at 11:00 a.m. and end around 12:00 p.m. Dining services will be passing out boxed lunches in the Auditorium following the program with various spaces set up for residents to sit and enjoy lunch. If you would like to attend lunch, please sign up by the bulletin board near the Front Desk.

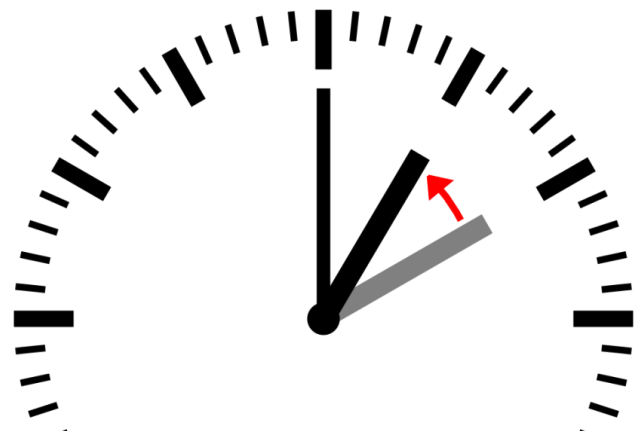
## CONGRESSIONAL OFFICES —PHONE NUMBER CORRECTION

The phone number for Congressional offices in the October 22<sup>nd</sup> *Gazette* is incorrect. The correct number is: **202-224-3121**. Apologies to all for my typo!

*Laura Lawson*

Goodwin House presents a special program that includes a slideshow of our resident veterans. We have not updated the slideshow since last year. If you have moved in and are interested in adding your photo to the slideshow, please bring photos and/or memorabilia to Matt Schwartz by **Monday, November 6**. Please include your name and contact information so your items can be returned. If you have questions, talk to Matt at 703-824-1225.

*Matt Schwartz*



## DAYLIGHT SAVINGS TIME ENDS NOV. 5TH

Daylight Savings Time will end at **2:00 a.m. on Sunday November 5<sup>th</sup>**. This is a reminder to set your clocks **BACK** one hour when you go to bed on Saturday the 4<sup>th</sup>. (Remember: “Spring ahead, Fall back.”)

## BARS OF SOAP INGATHERING

The Deacons of the Episcopal Diocese of Virginia are calling for bars of soap to be collected at the 223<sup>rd</sup> Annual Convention of the Diocese in Richmond on Saturday, November 4. Chaplain Bruce will be attending and will take your contributions with him. The soap will be distributed to prisons, jails, and homeless ministries. Please bring brand new bars of soap to the



basket near the banner in the Chapel by **Thursday, November 2.** Thank you!

*Bruce Stewart*

## ALL SAINTS' DAY

We will be observing All Saints' Day in our regular Sunday morning services on **November 5.** Our All Saints' celebration at Goodwin House is a time to remember all those who have died (at any time, not just the past year). If there is anyone you would like to have mentioned by name at these services, please submit those names to the chaplain's office this week. There is a form you may use for this purpose available on the table in the Memorial Chapel or call the Chaplain's Office: 703-824-1284. Sunday services are held at 9:00 a.m. in the Chapel and at 10:30 a.m. in Auditorium AB. All are welcome.

*Bruce Stewart*

PLEASE JOIN US AS WE HONOR

*Harry Baldwin*

As he retires with 12 years of dedication to  
Goodwin House Alexandria

Thursday, November 9th

3:30 - 5:30 p.m.

Goodwin House Alexandria Auditorium

R.S.V.P. sign up sheet at the Front Desk

## NOVEMBER TRIPS

Enjoy lunch at Tempo in Alexandria on **Friday, November 3**. The bus will depart at 11:30 a.m. Transportation costs \$5.00.

Explore the National Museum of Women in the Arts on **Wednesday, November 8**. The *Magnetic Fields* exhibit is currently on display. This exhibition is the first in the U.S. to explore the formal and historical dialogue on abstraction among African American women artists. You will explore other exhibits such as *Equilibrium: Fanny Sanin*, and *Wonder Women!* Transportation is \$15.00 and admission is \$8.00. The bus will depart at 10:00 a.m. and return around 1:30 p.m.

Get some of your holiday shopping done on **Thursday, November 9** at the Strathmore Museum Shop Holiday Market. Purchase unique gifts from a variety of museums. The bus will depart at 10:00 a.m. and return around 2:30 p.m. Transportation cost \$30.00, and do not forget to bring money to shop!

On **Thursday, November 16**, come to the National Building Museum to see the *Architecture of An Asylum: St. Elizabeth's 1852-2017*. Trace the history and future of D.C.'s historic mental healthcare site. Other exhibits on display are *Around the World in 80 Paper Models* and the museum's new

acquisitions. Transportation is \$15.00 and admission is \$7.00. The bus will depart at 10:00 a.m. and return around 1:30 p.m.

On **Wednesday, November 29**, we will explore the new exhibit at the Renwick Gallery. *Murder Is Her Hobby: Frances Glessner Lee and The Nutshell Studies of Unexplained Death*. Frances Glessner Lee (1878-1962) crafted her extraordinary "Nutshell Studies of Unexplained Death"—exquisitely detailed miniature crime scenes—to train homicide investigators to “convict the guilty, clear the innocent, and find the truth in a nutshell.” Transportation costs \$15.00 and admission is free. The bus will depart at 10:00 a.m. and return around 1:00 p.m.



*Red Bedroom*, Frances Glessner Lee, mixed media

Enjoy lunch at Taverna Cretekou in Alexandria on **Thursday, November 30**. The bus will depart at 11:30 a.m. Transportation costs \$5.00.

*Matt Schwartz*

## REMEMBRANCE DAY CELEBRATION



Each year Goodwin House Alexandria and Goodwin House Palliative Care & Hospice join together to honor the wonderful people whom we

have had the privilege to serve. We invite you to come and celebrate the lives of all of our residents, staff, and their close family members who have died during the past year at our Remembrance Day Celebration on **Tuesday, November 14**, at 3:00 p.m. in the Goodwin House Alexandria Auditorium AB. A reception follows provided by the Goodwin House Foundation.

If residents have experienced the death of an immediate family member in the past year, they are invited to include that person. Your family member's name and photo will be included, and a flower will be presented to you in memory. To submit the name of a family member and a photograph, please contact Chaplain Bruce Stewart at 703-824-1284 or [bstewart@goodwinhouse.org](mailto:bstewart@goodwinhouse.org) by **Tuesday, November 7**.

*Bruce Stewart*

## VOLUNTEER TIMESHEETS

GHA Resident Volunteer Timesheets are now available at the Front Desk. Residents recording in-house and out-of-house volunteer hours at GHA can now pick up monthly timesheets there. Please deliver the form at the end of the month to the Life Enrichment office. Thank you to all our dedicated volunteers, Goodwin House is a community because of you!

*Kate Waters*

## WELCOME TO OUR NEWEST RESIDENTS

In October we had six new residents move in to our community. Please welcome Ann Gandy in Apartment 758, Barbara Bancroft in Apartment 702, Walter & Robin Barbee in Apartment 656, Frances Planning in Apartment 253, and Patricia "Pat" Coates in Apartment 727.

*Carol Opiela*

## KNITTERS AND CROCHETERS

Knitters and Crocheters, here we are again on the home stretch for our contributions to the Carpenter's Shelter. Please bring your work to the GHA chapel the day before Thanksgiving to be displayed at the Thanksgiving service here. Thanks to everyone who makes this such a successful outreach project.

*Wendy Hoge*



## GET READY FOR CHRISTMAS!

Come to the Annual Market Place Christmas Sale on **Thursday, November 2**, from 9:30 a.m. to 11:30 a.m. and 2:30 p.m. to 3:30 p.m. in the Game Room. Trees, lights, ornaments, trinkets, and gifts will all be for sale.

*Dick Wilson*



## FAMOUS MAIL CARRIERS

Would you like to join this list of celebrity mailmen: Mr. Beasley, Dagwood Bumstead's mailman? Cliff on the TV show "Cheers"? Mr. Zip (Zippy) the Post Office logo? Mr. McFeeley who delivers in "Mister Roger's Neighborhood"?

We're looking for volunteers to deliver mail to the Small Houses. This project would take an hour (or less) of your time each week and would make you a superstar in the eyes of our Care Partners. Call Pat Heenan at 703-820-1350 or email at [pheenan151@gmail.com](mailto:pheenan151@gmail.com) or ask her about it when you see her.

*Pat Heenan*

## A MISCELLANY INVITATION

*Miscellany* editors are poised to receive submissions for consideration for the Fall/Holiday edition. Original contributions can cover any topic that might be of interest to other residents, except for politics or religion. Some examples of subjects are:

- favorite personal stories
- travel memories
- educational or military experiences
- memorable events in which the writer was a participant or observer
- distinctive characters one has encountered
- poetry and essays
- anything – well, almost anything – that might come up in conversation around the dining room table

Get the idea? Put it down on paper and deposit it in the “*Miscellany Editors*” folder in the business center behind the Main Desk. Questions? Call Charles Alexander, the lead editor for this edition, at 703-751-4321 or send an email to [albetchal@gmail.com](mailto:albetchal@gmail.com).

*Charles Alexander*

## OKTOBERFEST

Join us for OktoberFest Dinner on **Tuesday, October 31**, from 4:30 p.m. to 7:00 p.m. Enjoy some delicious German foods, including sauerbraten, pork schnitzel, and German beer!

## GHA RESIDENTS ANNUAL MEETING

Tuesday, November 7, 2017

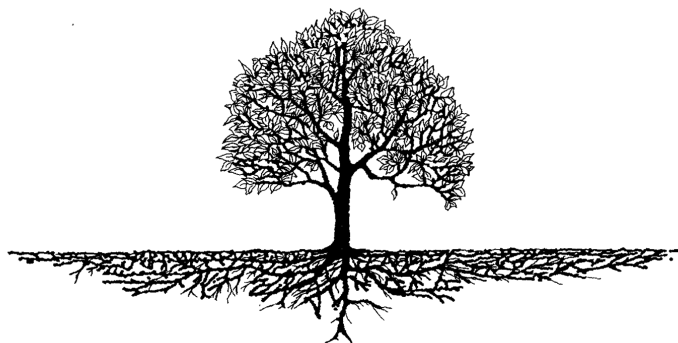
4:00 p.m.

AUD

Chip Calloway, Chair of the GHI Board of Trustees, and Kathy Anderson, President and CEO of GHI, will be the featured speakers.

## TRACING YOUR FAMILY ROOTS THROUGH GENEALOGY

Have you ever wanted to know more about your ancestors and to learn how you can discover the exciting history of your family tree? Come join professional genealogist Sharon Hodges in a discussion on ways to explore and create your family history, including an interactive exercise on how to get started! This free event will be held on **Wednesday, November 15** at **Beatley Central Library**, 5005 Duke Street with registration at 9:30 a.m. The program runs from 10 am to Noon. Register by calling 703-836-4414 ext 110 or online at <https://goo.gl/KdxaqJ>. GHA transportation is *unavailable* for this event.



## SUNDAY NIGHT MOVIE TIME CHANGE

Several Sunday night movie goers asked that the show start later. The time has been moved to 6:30 p.m. The foreign films on the fourth Sunday will remain at 6:00 pm.

The schedule for the rest of the October and November is as follows:

- October 29, *The American President*
- November 5, *Fargo*
- November 12, *Same Time, Next Year*
- November 19, *Two Bits*
- November 26, *The Intouchables* (Foreign Language Film at 6:00 p.m.)

*Will Monahan*



The deadline for the weekly Gazette is every **Tuesday at 4:00 p.m.** Please submit all articles via **email** to Jenny Wu: **[cwu@goodwinhouse.org](mailto:cwu@goodwinhouse.org)**

If you need a transcriber to type and submit the articles for you, please contact Jenny, 703-824-1004.

# The Weekly Schedule

Sunday, October 29, 2017 — Sunday, November 5, 2017

(The room location key is at the end of this calendar.)

## Sunday, October 29, 2017

9:00: Holy Eucharist — CHP

10:30: Holy Eucharist — AUD-AB

6:30: Sunday Movie — AUD-A

*The American President* (1995), 1hr 54min. Comedy-drama about a widowed U.S. President and a lobbyist who fall in love. It's all above-board, but politics is perception, and sparks fly anyway.

10:00: Trailblazers — **Canceled**

(Staff unavailable.)

10:00: Beginners' Line Dancing — AUD-A

10:15: Water Fit — POOL

11:30: Tai Chi — AUD-AB

12:30: NVCC Class: Classical Music Appreciation — AUD-A

1:00: Bus to Bailey's Shopping Center — LBY

1:00 - 4:00: Technology Help with Matt — **Canceled**

(Staff unavailable.)

2:00: Drawing Class — AC

3:00: Art Film — AUD-A

*Art and Craft* (2014), 1hr 29min. Mark Landis has been called one of the most prolific art forgers in US history. Posing as a philanthropic donor, and most recently as a Jesuit priest, Landis has given away hundreds of works over the years to a staggering list of institutions.

## Monday, October 30, 2017

8:15: Morning Yoga — AUD-B

9:00: Fun & Fitness — AUD-B

9:30: Gentle Waves — POOL

10:00: Catholic Mass — CHP

## Tuesday, October 31, 2017

9:00: Morning Stretch Class — AUD-B

9:30: NVCC Class: Painting I — AC

10:00: Library Shuttle — LBY

While our Library is packed away, there is a bus to Burke Library every Tuesday morning, leaving at 10:00 a.m. and returning at 11:00 a.m.

10:00: Sit and Be Fit — AUD-B

11:00: Wii Bowling — GR

11:00: Bible Study — CHP

1:00: Poker — GR

1:30: Core & Balance — **SOL**

Core & Balance has been moved to the Solarium this week due to the Halloween Parade.

2:00: Halloween Party — AUD-ABC

Come dressed up to the Halloween party! Jane Ring will be playing the piano, funny Halloween videos will be shown and wine and meal vouchers will be passed out to the people with the best costumes!

## Wednesday, November 1, 2017

9:00: Fun & Fitness — AUD-B

9:00: Optometrist — CL

Please call the clinic for an appointment.

9:30: Gentle Waves — POOL

9:30 -11:30: Market Place Accepts Donations — MP

10:00: Painting Studio — AC

10:00: Spanish Conversation Group — BR

10:15: Water Fit — POOL

11:00: Teaching Company — AUD-A

*Understanding Greek and Roman Technology: From Catapult to the Pantheon*

Ep. 23 Reconstructing the Greek Trireme

Ep. 24 The Modern Legacy of Ancient Technology

12:30: NVCC Class: Classical Music Appreciation — AUD-A

2:00: Legacy Art — AC

2:30: Entertainment: Pianist Jerry Roman — AUD-A



## Thursday, November 2, 2017

8:15: Tai Chi Practice — AUD-AB

**Please note the time change.**

9:00: Morning Stretch Class — AUD-B

9:30 - 11:30 & 2:30 - 3:30: Market Place Annual Holiday Sale — GR (See article on page 5.)

9:30: NVCC Class: Painting I — AC

10:00: Sit and Be Fit — AUD-B

10:00: Holy Eucharist with Healing — CHP

11:00: Wii Bowling — **Canceled**

Wii Bowling is canceled today due to the Market Place Annual Holiday Sale.

11:00: Holy Eucharist — AUD-A

1:30: Line Dancing 1 — AUD-A

1:30: Core & Balance — AUD-B

2:00: Holy Eucharist — ALDR

3:00: GHA Players — AC

7:15: Thursday Movie — AUD-AB

*Maudie* (2017), 1hr 55min. This is the quiet, poignant biopic of Maud Lewis (Sally Hawkins), the wife of a malcontent peddler (Ethan Hawke) whose hobby of painting led to her remarkable career as a folk artist.

## Friday, November 3, 2017

8:15: Morning Yoga — AUD-B

9:00: Fun & Fitness — AUD-B

9:30: Gentle Waves — POOL

10:00: Core and Balance Express — AUD-B

10:00: Bradlee Shopping Center — LBV

10:00: Singing Seniors — AUD-A

10:00: Clay Class — AC

10:00: Replay of Thursday Movie — **Canceled**

We are currently experiencing technical difficulties with Channel 972.

10:15: Water Fit — POOL

11:30: Friends in Grief — BR

11:30: Lunch Trip: Tempo — LBV

12:30: Tai Chi Practice — **Rescheduled**

Tai Chi Practice has been rescheduled to Thursday morning at 8:15 a.m.

1:00: Seated Meditation — ALAR

2:00: Bridge Club — GR

2:00: Quilting Bees — RCR

## Saturday, November 4, 2017

1:00: GHA Popular Music — AUD-A

7:15: Saturday Movie — AUD-AB

*Saving Grace* (1986), 1hr 33min. This impish (British) comedy is great fun. Brenda Blethyn stars as a widow who is prevailed upon by her gardener to grow marijuana with surprising results.

## Sunday, November 5, 2017

9:00: All Saints' Sunday — CHP (See article on page 2.)

10:30: All Saints' Sunday — AUD-AB

2:00: Entertainment: Blue Alley Youth Orchestra — AUD-AB

The orchestra is an award-winning ensemble comprised of top-tier

students from throughout the greater Washington metropolitan area. The orchestra has been repeatedly honored to perform at such distinguished venues as the Smithsonian Institution, The Kennedy Center, Voice of America, National Cherry Blossom Festival, Mid-Atlantic Jazz Festival, the Wolf Trap Center for the Performing Arts and its historic nightclub namesake Blues Alley Jazz.

6:30: Sunday Movie — AUD-A

*Fargo* (1996), 1hr 38min. Police chief Marge Gunderson -- a serious sleuth who's sharper than her folksy accent suggests -- is hot on the trail of a Minneapolis car dealer conspiring with two kidnappers to snatch his wife so he can pocket part of the hefty ransom. Starring Frances McDormand, William H. Macy, and Steve Buscemi.

---

## ROOM KEY

---

(AC) = Arts Center

(ALAR) = Assisted Living Activity Room

(AUD-A) = Auditorium A

(AUD-B) = Auditorium B

(AUD-AB) = Auditorium AB

(AUD-ABC) = Auditorium ABC

(BR) = Bishops' Room

(CH 971) = Channel 971

(CH 972) = Channel 972

(CHP) = Chapel

(CL) = Clinic

(CTY) = Courtyard

(CR) = Computer Room

(LBY) = Lobby

(MP) = Market Place on G-1

(RCR) = Residents' Conference Room

(SML) = Small House Lobby

(RF) = Roof

(SOL) = Solarium