THE RESIDENTS’ COUNCIL SLATE

The Residents’ Council Nomination Committee has identified a slate of six residents who have agreed to be nominees for the six openings on the 2017-2019 Residents’ Council. They are Lou Cook, Roger Brown, Pat Heenan, Rosie Robbins, Julie Slavik, and Frank Sullivan.

Thanks and congratulations to all six residents for their commitment to making Goodwin House Alexandria the best place it can be!

As provided in the Resident Handbook, other nominations for the openings on the Residents Council can be made with the agreement of the person being proposed. If you wish to nominate another resident (including yourself), please contact a member of the Nominating Committee (Judy Davis, Bill Dols, Frank Wade, or Fitz Woodrow (Chair)). If additional nominations are made, an election will be held in October.

Again, Congratulations to the Slate for their commitment and for being nominated!

Fitz W.M. Woodrow, Jr.

SAVE THE DATE!

The 90th Tea honoring residents who are 90 years old and older will be held on Tuesday, October 10 in the afternoon. More information will follow in the upcoming weeks.

Matt Schwartz

GARAGE CLEANING

If you are going to be out of town during the garage cleaning on September 13, 14, and 15, please leave a key to your car with the Front Desk so that we can move your car during the garage cleaning process. More information is available at the Front Desk.
WWII INTERVIEW
DOROTHY HUNTER

The video this week features Dorothy Hunter. You can watch it on Channel 971 at **10:00 a.m. on Tuesday, September 5**, or at **2:00 p.m. on Thursday, September 7**.

As Dorothy celebrated her 13th birthday, residents of her city, Provincetown, Rhode Island, experienced an overwhelming feeling of vulnerability. Everyone was sure an attack was coming, either by plane or submarine. Dorothy was recruited as a plane watcher. She stood on a rooftop, equipped with a phone number she was to call, if any plane flew over the area. This went on week after week for more than a year.

Dorothy’s father, a civilian employee of the Army Corps of Engineers, was ordered to Florida to build a ship canal that would cross Florida, protecting ships and their valuable cargo from attack by U-boat. Dorothy and her parents drove to Florida, and work on the canal began immediately. The work was canceled because South Florida protested that the canal would make South Florida into an island.

Watching this video describing a hard working family’s efforts, you become aware that many of our efforts in this long war ended up being completely non-productive. The truth about war is that we often know nothing about the enemy’s intentions. People can work years on projects that are canceled in the end.

Joan Nugent

VENDORS BAZAAR!

Due to all the construction and limited space, we will be having a special Vendors Bazaar on **Saturday, September 9** from **10:00 a.m. to 4:00 p.m.** in Auditorium ABC. The following vendors will be present: Harun African Crafts, Mary Kay, Linda’s Treasures, Elegant Jewelry, Patti’s Pretties, Scentsy and Sea Glass, Silver & Shells. Enjoy shopping!

Matt Schwartz
NOTES FROM CVS

Just a reminder for all residents that you may place a personal credit card “on file” with CVS.com to pay for prescriptions filled at the CVS Pharmacy located at Goodwin House. You would benefit from the credit card points, and those charges will not be on your Goodwin House monthly bill. Just call Meg or Evelina today at 703-820-1061 for more information.

Please note that charges to your credit card will be processed through our finance department located in Indianapolis, IN. So don’t be surprised if you have charges on your credit card statement from Indiana or from www.cvs.com.

Thank you!

Meg Kophazi, R.Ph.
CVS at Goodwin House

SUCCESSFUL 50TH ANNIVERSARY CELEBRATION

The smiles on the faces of the residents and enjoyment of staff at the 50th Anniversary dinner said it all. The food was delicious, the service impeccable, gifts and favors appreciated, and happiness abounded among residents and staff. We appreciated the accommodating attitude of residents so that all 300+ residents could be served with surf & turf or stuffed chicken. We also appreciated the dedicated work by cooks, servers, and supervisors to make this celebration a success. It was a grand time for all.

Harry Baldwin

TAI CHI PRACTICE

A 25 minute Tai Chi practice session, led by GHA Fitness Center Manager Laura Dow, will begin this Friday September 8, at 12:30 p.m. in AUD AB. Warm-up and opening moves will be included. If you have questions, please email Laura at ldow@goodwinhouse.org or call her at 703-824-1166.

Laura Dow

GROUND-committee meeting

After our annual summer hiatus, the Grounds Committee will meet in the RCR at 10:00 a.m. on Tuesday, September 12. New residents are welcome to sit in, meet the current members and hear of our upcoming Fall activities.....the bulbs have been ordered! See you on the 12th.

Bill Heenan, Chair
BACK-TO-SCHOOL OUTREACH PROJECT - THANK YOU!

Thank you for your participation in the Memorial Chapel Outreach Committee Back-to-School Project for 2017 supporting the work of the T. C. Williams High School International Academy in Alexandria. Your generosity will provide needed resources for the students that the school cannot provide.

GRAND TOTAL: $1,375.00 as of 8/29/17

Bruce Stewart

WELCOME TO OUR NEWEST RESIDENTS

In August we had three new residents move in to our Goodwin House community. Please welcome; Margaret King in Apartment 522, Linda Carder in Apartment 524, and Benjamin Bridges in Apartment 605.

Carol Opiela

LEGACY ART

Starting Tuesday, September 5 at 2:00 p.m. in the Arts Center, Kate Waters will introduce “Legacy Art”, a new creative group for residents creating autobiographical artworks and writings. The class will offer simple creative techniques, shortcuts, and tricks to create images and corresponding stories that capture lasting memories. The class will meet weekly, and at the end of the month gather together to share artworks and present the stories that inspired them. The first class assignment will be to make an image or story about “The Day I’ll Never Forget…” Bring photographs, memorabilia, and other items that tell the story of that day!

Kate Waters

SHAKESPEARE FILM FESTIVAL FAREWELL

The Shakespeare Film Festival ended August 10 with the viewing of Helen Mirren's *The Tempest*. We are grateful for all the support over the past months. Jim Carroll organized the activity and will place all the DVDs in the new library.

Two films were not shown — *Twelfth Night* because it was too long and *Henry V* because the subtitles were in French. The films will also be left in the library.

Sunday movies will continue. A foreign language film will be shown on the fourth Sunday of the month. An eclectic collection of films will be shown on the other Sundays.

Will Monahan

THE DAY I'LL NEVER FORGET

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In August we had three new residents move in to our Goodwin House community. Please welcome; Margaret King in Apartment 522, Linda Carder in Apartment 524, and Benjamin Bridges in Apartment 605.

Carol Opiela

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Kate Waters
Sunday, September 3, 2017

9:00: Holy Eucharist — CHP
10:30: Holy Eucharist — AUD-AB
6:00: Sunday Movie — AUD-A

Dave (1993), 1h 50min. To avoid a potentially explosive scandal when the U.S. President goes into a coma, an affable temp agency owner with an uncanny resemblance is put in his place.

Monday, September 4, 2017

Labor Day;
Administrative Staff Holiday.

9:00: Fun & Fitness — Canceled
9:30: Gentle Waves — Canceled
10:00: Catholic Communion — CHP
10:00: Trailblazers — Canceled
10:00: Beginners’ Line Dancing — LR
10:00: Neighborhood Studios — Canceled
10:15: Water Fit — Canceled
11:30: Tai Chi — Canceled
12:30: NVCC Class: Classical Music Appreciation — No Class
1:00: Bus to Bailey's Shopping Center — Rescheduled
2:00: Drawing Class — Canceled
3:00: Art Film — Canceled
Tuesday, September 5, 2017

9:00: Morning Stretch Class — AUD-B
9:30: NVCC Class: Painting I — AC
9:45: Library Shuttle — LBY
10:00: Sit and Be Fit — AUD-B
10:00: Interview: Dorothy Hunter — CH 971 (See article on page 2.)
10:00: Residents' Council Meeting — RCR
10:30: Low Vision Support — BR
11:00: Wii Bowling — AUD-B
11:00: Bible Study — CHP
1:00: Poker — LR
1:00: Bus to Bailey's Shopping Center — LBY
1:30: Core & Balance — AUD-B
2:00: Replay August 31 EBI Annual Budget Meeting — CH 971
2:00 Legacy Art — AC (See article on page 4.)
3:00: Zumba (video) — AUB-B

Wednesday, September 6, 2017

9:00: Optometrist — CL
   Please call the Clinic for an appointment.
9:00: Fun & Fitness — AUD-B
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. 7 Construction in Transition—The Colosseum
   Ep. 8The Genesis of a New Imperial Architecture
12:30: NVCC Class: Classical Music Appreciation — AUD-A
1:00: Episcopal High School Student/Resident Symposium — CHP & SOL
1:00: American Art Museum — LBY
2:00: Studio with Kate — AC
2:30: Entertainment: Jerry Roman — AUD-A
Thursday, September 7, 2017

9:00: Morning Stretch Class — AUD-B
9:30: NVCC Class: Painting I — AC
10:00: Sit and Be Fit — AUD-B
10:00: Replay August 31 EBI Annual Budget Meeting — CH 971
10:00: Holy Eucharist with Healing — CHP
11:00: Wii Bowling — AUD-B
11:00: Holy Eucharist — AUD-A
1:30: Line Dancing 1 — LR
1:30: Core & Balance — AUD-B
2:00: Interview: Dorothy Hunter — CH 971 (See article on page 2.)
2:00: Holy Eucharist — ALDR
3:00: GHA Players — AC
7:15: Thursday Movie — AUD-AB

A Man Called Ove (2016), 1h 56min. This film is about a widower contemplating suicide whose neighbors help him reconnect with life. Based on the 2012 novel by Fredrik Backman.

Friday, September 8, 2017

9:00: Fun & Fitness — AUD-B
9:30: Gentle Waves — POOL
10:00: Core and Balance Express — AUD-B
10:00: Singing Seniors — AUD-A
10:00: Clay Class — AC
10:00: Replay of Thursday Movie — CH 972
10:15: Water Fit — POOL
11:30: Lunch Trip: Farmers and Distillers — LBY
12:30: Tai Chi Practice — AUD-AB (See article on page 3.)
1:00 - 1:45: Seated Meditation — AUD-A
1:00: Shanghai — LR
2:00: Quilting Bees — AC
**Saturday, September 9, 2017**

10:00: Vendors Bazaar — AUD-ABC  
(See article on page 2.)

10:30: Alzheimer's Caregivers Support Group — RCR

1:00: GHA Popular Music — Canceled

7:15: Saturday Movie — AUD-AB  
*Mon Oncle* (1958). 2h 6m. Jacques Tati as M. Hulot whose simple life is sharply contrasted to that of his sister and brother-in-law who live in a gadget-laden modern home. “Continuous flow of sight gags makes this easygoing, nearly dialogue-less comedy a total delight.”

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**Sunday, September 10, 2017**

9:00: Holy Eucharist — CHP

10:30: Holy Eucharist — AUD-AB

2:15: Trip: Little Theater of Alexandria — LBY

6:00: Sunday Movie — AUD-A  
*Bridge of Spies* (2015), 2h 22min. At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release. Stars Tom Hanks, Mark Rylance, and Amy Ryan.

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**ROOM KEY**

- (AC) = Arts Center
- (ALAR) = Assisted Living Activity Room
- (ALDR) = Assisted Living Dining 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
- (LBY) = Lobby
- (LR) = Living Room
- (MP) = Market Place on G-1
- (RCR) = Residents’ Conference Room
- (RF) = Roof
- (SOL) = Solarium