

A community of members ages 55+ helping one another to live safe, active and connected lives.

Get Ready to VOTE!

by Julie Gentry, AHA member

Voting is both a right and a responsibility. Please make sure you vote in the November 5 general election.

What's on the ballot? A sample ballot is available at alexandriava.gov/Elections

How do I vote? All registered voters in Virginia are eligible to vote by mail or in person.

How do I register? Visit vote.elections.virginia.gov to register, check registration status, or update an existing registration.

How to I vote by mail?

1. Request a mail-in ballot before October 25 by:
 - Visiting vote.elections.virginia.gov or alexandriava.gov/Elections
 - Calling Alexandria Voter Registration & Elections at 703.746.4050
2. Return your completed ballot
 - By mail (postmark by November 5)
 - By ballot drop box at 132 N Royal Street available 24 hours a day through November 4 or at polling places on election day.

How do I vote EARLY in person? Visit one of the City's four locations by November 2. More details are available at alexandriava.gov/elections/key-early-voting-dates-deadlines

1. The **Office of Voter Registration and Elections** at 132 N Royal Street is now open for early voting during regular business hours and extended hours on weekends.
2. **Charles E. Beatley, Jr. Central Library**, 5005 Duke Street, opens for early voting on Monday, October 21.
3. Two locations – **George Washington Middle School**, 1005 Mt. Vernon Avenue, and **Minnie Howard Campus of Alexandria City High School**, 3775 W. Braddock Road – will be open only on three weekend days.

How do I vote in person at the polls on November 5?

1. Go to your polling place (To find your polling place, go to vote.elections.virginia.gov/VoterInformation/Lookup/polling)
2. Polls are open 6 a.m. to 7 p.m.
3. Don't forget to bring one form of identification.



October 2024 Calendar

Please note the programs in this calendar may be scheduled via Zoom or in person. The AHA office will send you the Zoom link once you have registered. The link will allow you to attend via computer or phone. NOTE: Financial Literacy is on hiatus in October. You must be fully vaccinated to attend in-person events.

Tuesday, Oct 8	Ladies' Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Ave. Limit of 10.	5pm
Wednesday, Oct 9	Met Opera's "Les Contes d'Hoffmann" at AMC Hoffman Center	1pm
Thursday, Oct 10	Oh Hell! Let's Play Cards at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	2-3pm
Thursday, Oct 10	AHA Movie Group on Zoom. featuring <i>Thelma</i> and <i>Cast Away</i> . See article on next page.	4-5pm
Wednesday, Oct 16	Walk Through Jones Point Park , located at Jones Point Dr.	10am
Wednesday, Oct 16	Dine Around , at Gadsby's Tavern Restaurant, 138 N Royal St. Limit of 8.	6:30pm
Thursday, Oct 17	Tech Thursday: iPhone Health Check at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	1pm
Thursday, Oct 17	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5-6:30pm
Saturday, Oct 19	AHA Happy Hour at Woodbine Rehabilitation and Healthcare Center, 2729 King St	5-7pm
Monday, Oct 21	AHA Lively Arts Discussion at St. Elmo's Coffee Pub - Old Town North, 529 Montgomery St. Limit of 8.	9:30am
Monday, Oct 21	Vaccine Clinic co-sponsored with Mount Vernon at Home More details in Program Notes.	10:30am-1:30pm
Thursday, Oct 24	Lunch Around at Jula's on the Potomac, 44 Canal Center Plaza #401. Limit of 12.	12 noon

Thursday, Oct 24	Oh Hell! Let's Play Cards , at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	2-3pm
Saturday, Oct 26	AHA Lunch Group at Hank's Oyster Bar, 818 N St Asaph St. Limit of 6.	12 noon
Monday, Oct 28	Morning Brew at Panera, located at 3201 Duke St.	10am
Tuesday, Oct 29	Coffee and Conversation at Royal Restaurant. Limit of 12.	10-11:30am
Wednesday, Oct 30	AHA Interview with Greg Parks, Clerk of Courts, Zoom.	10am

Program Notes:

Wednesday, October 16 – Walk In Jones Point Park

Join AHA Members Doug Blass and Jim Woolwine for a pleasant stroll through Jones Point Park, located at the south end of Old Town. Park at the lot at the end of S Royal St. (near 495 overhead). This is a relatively easy ¾ mile loop with pavement and gravel. Walkers of all levels are welcome! Rain date is Wednesday, October 23 at 10am. Contact the AHA office for more info.

Monday, October 21 – Vaccine Clinic

Mount Vernon at Home, with support from AHA, is hosting a free vaccine clinic at the Sherwood Regional Library (2501 Sherwood Hall Lane). The program offers the COVID vaccine that targets the latest variant as well as six other vaccines including pneumonia, flu, and shingles. Using their own judgment, participants can get up to three shots. We encourage members, volunteers, family, friends, and neighbors to participate. There are three ways to register:

- Online** – <https://www.safeway.com/vaccinations/group-clinic/mvah1021>. Print and bring the Consent Form with you to the vaccine clinic.
- Email or Mail** – Contact the Mount Vernon At Home office to choose a time and request that a Consent Form be emailed or mailed to you.
- Walk-in** – A volunteer will assist you with filling out the Consent Form upon arrival.

Note: you must bring your **insurance card and ID to the clinic**. Kaiser members are not eligible for the free vaccines. For help with any of the above, email info@mountverontathome.org or call 703-303-4060.

Wednesday, October 30 – AHA Interview

The next AHA discussion with local officials will feature Greg Parks, Alexandria Clerk of Courts. AHA member Howard Weiss is hosting. For more details about what is sure to be an interesting discussion, visit AHA Hub.

Capture Your Thoughts and Experiences on Video

by Cele Garrett, AHA executive director

Autumn days are upon us and AHA has been busy expanding our social calendar with several new offerings. Check out our calendar on page 2.

Now I'm excited to announce yet another AHA opportunity: we have begun a partnership with a group of Alexandria City High School students. We are offering individual video interviews with AHA members. The interview can take place either at the high school or at your home. (There are lighting and sound advantages to doing the interviews at the school but we understand that some members may be more comfortable in their home environment.) The video interview will be lightly edited for a finished product that will be approximately 30 minutes in length. It will be presented to you for your keeping and there is no cost.

The topic of the interview is up to you, so think of some remembrances you wish to preserve on video. Maybe it's your experience with a specific event, your career, your experience in the Peace Corps, your travels, your family, etc.

This is a lovely way to bring different generations together—and we are delighted to be working with these students who have an interest in meeting our members. Filming will take place starting in October—and will conclude in late January. To learn more about this project, contact Veronica at the AHA office: 703-231-0824; veronica@AtHomeInAlexandria.org.

Welcome New Members

Susan Samuels (Old Town)

Susan and Georges Toth (Potomac West)

AHA Movie Group

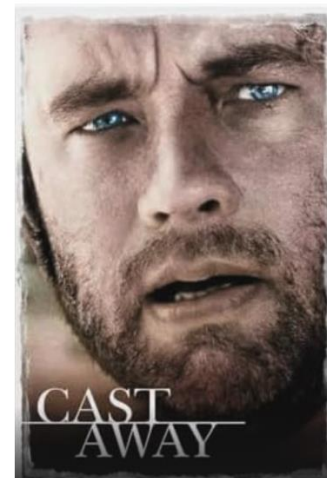
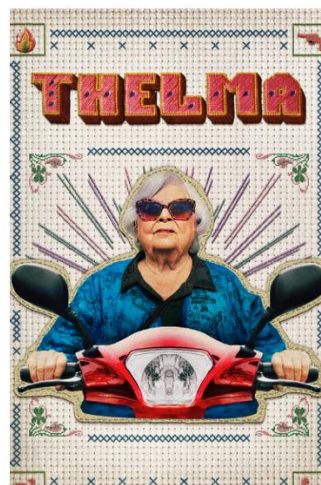
The next AHA Movie Group is October 10 at 4:00 p.m. AHA office will send you the Zoom link after you have registered for the program. The link will allow you to attend via computer or phone.

The movie group gives AHA members an opportunity to watch and discuss movies from the comfort of their own homes. Each month, two movies are selected which members watch at their leisure. At the monthly Zoom meeting, members discuss the movies and rate them.

At its September meeting, the group watched *Wicked Little Letters* and *The French Connection*, rating them 4.4 and 4.3, respectively. Movie selections for October are:

Thelma (Netflix) is a 2024 American comedy-drama film written, directed, and edited by Josh Margolin. The film is loosely based on Margolin's own grandmother, a feisty 93-year-old lady who gets conned by a phone scammer pretending to be her grandson.

Cast Away (Amazon Prime) is a 2000 American survival drama film. Tom Hanks plays a FedEx troubleshooter who is stranded on an uninhabited island after his plane crashes in the South Pacific. The plot focuses on his desperate attempts to survive and return home.



Photos from September Activities

Community Volunteer Fair



AHA was represented at the September 7 Alexandria Community Volunteer Fair by Cele Garrett, AHA Executive Director; Veronica Ferris, AHA Marketing & Membership Manager; and Jim Woolwine, AHA Member, pictured here. Jim is speaking to a guest about potential volunteer opportunities at AHA.

AHA Happy Hour



There were lots of happy faces at the AHA Happy Hour on September 14. Dodo (fourth from left) and Charley Ablard hosted the gathering at their home. AHA hopes to hold these Happy Hours monthly and needs to find volunteers to host. What does it mean to host? This is a potluck event so the host has a fairly easy lift. Just provide the location and seating; your guests will do the rest. If you are interested in hosting, please contact Veronica Ferris at veronica@AtHomeInAlexandria.org or 703-231-0824.

But First, Coffee!!!



AHA held its inaugural gathering of Morning Brew on September 23 at the Alexandria Pastry Shop. The Brew returns for its second installment on Monday, October 28 at 10:00 am. The group will be meeting at the Panera in Alexandria Commons, 3201 Duke Street.

All AHA members, particularly new members, are welcome to attend by registering on the AHA Hub. Prospective members who are interested in learning more about AHA are welcome too.

There is no limit on the number of participants. Bob Eiffert, the current Brew facilitator, requests that you register by calling AHA (703) 231-0824 so he can reserve enough seats.

Continuum of Care Panel Discussion



Cele Garrett, AHA Executive Director, welcomes participants and panelists to the **Continuum of Care** panel discussion (held jointly with Arlington Neighborhood Village) on September 10. The panel included professionals from a home care agency, home health care company, an aging life care specialist, and a hospice care group.

Better Slow Your Mustang Down*



John Veldhuis participated in – and WON! – the National Capital Region Mustang Club Fall Show in Leesburg last month. He entered his 1966 Mustang in the competition out of curiosity and was surprised to win.

*In the immortal words of Wilson Pickett singing “Mustang Sally” in 1967.

Exploring Egypt



Mary Ann Bier and Loretta Darst went on a 16-day tour to Egypt. They explored pyramids, visited temples and met with local families. They ended the trip with a 6-day cruise on the Nile River.

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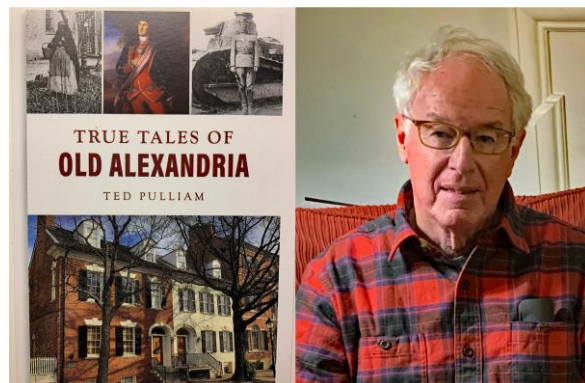
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Connecting with the Shadows of History

AHA member Ted Pulliam was recently interviewed by *The Zebra* newspaper about his recently published book *True Tales of Old Alexandria*. This is Ted’s second book, following his *Historic Alexandria: An Illustrated History*, published in 2011.



Ralph Peluso, literary editor of *The Zebra*, says that “Each story [in the collection] has an element of excitement, captivating characters, and plot lines that cemented Alexandria’s place in history.”

Ted is passionate about hidden and unique history. He told Peluso, “I have been curious about history in general since my mother took me to Yorktown when I was about seven. There, I realized I actually could stand where soldiers once shot at each other in a real battle, and that was fascinating. Much later, when my wife and I moved to Alexandria, I went to work in D.C. from the Braddock Road Metro. I generally knew that Braddock was a British general who was badly defeated by Indians but had no idea why a road and Metro station in Alexandria were named after him. . . . But learning the answer made me curious to know more about the history of Alexandria. . . .”

Read more about Ted and his book at thezebra.org/2024/09/03/take-a-sunday-stroll-and-connect-with-the-shadows-of-history/

CONTACT US

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SPECIAL DAYS IN OCTOBER

<i>October 2</i>	<i>Rosh Hashanah</i>
<i>October 11-12</i>	<i>Yom Kippur</i>
<i>October 14</i>	<i>Columbus Day</i>
<i>October 14</i>	<i>Indigenous Peoples' Day</i>
<i>October 25</i>	<i>Last day to request mail-in ballot</i>
<i>October 31</i>	<i>Diwali</i>
<i>October 31</i>	<i>Halloween</i>

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Accepting Newsletter Contributions!

Would you like to write an article for the AHA Newsletter? Do you have pictures from a recent trip you'd like to share? We always welcome your contributions to the AHA Newsletter. Please send your submissions to AHA Newsletter Editor Laurie Cammisa at Laurie@the-red-binder.com.