

A Community of Members Age 55+ Helping One Another to Lead Safe, Active, and Connected Lives

## IT'S SCOTTISH WALK TIME!



We're excited to participate again this year in the Alexandria Scottish Christmas Walk! Join AHA members, volunteers, friends and supporters to walk or ride in this popular Old Town parade. We will gather at **9:30 am on Saturday, December 6.**

AHA has walked in the parade since 2011, so the Scottish Walk is an AHA tradition, too. The parade provides great visibility to AHA but, more important, it illustrates that older adults are still fun and active—and enjoy being a vital part of this Alexandria community we love. Once again, AHA member Ann Liddle is graciously opening her home to AHA members and volunteers for some warm refreshment and snacks prior to the parade lineup. We'll be walking AND riding in some convertible cars. We'll supply the banners, signs and AHA red scarves for those who don't have their own family tartan. Please let the office know if you plan to walk or ride. Can't wait to see you there!

## AHA THANKS ITS CORPORATE SPONSORS

by Cele Garrett, AHA Executive Director

We are grateful to several businesses that invest in AHA year after year. Their support has made a great difference.

AHA often recommends our four preferred, trusted home care agencies for our members – **Assisting Hands Home Care, Comfort Keepers, Griswold Home Care, and Synergy Home Care.** The owners of these agencies are very active in the daily work of their teams—and that attention makes a difference. We are grateful to these agencies for their financial support to AHA.

We've had a longstanding partnership with **Goodwin Living At Home.** They pay an AHA Associate membership fee for any of their own members who live in Alexandria and wish to take part in AHA's social activities. They also support us as a corporate sponsor.

**Six Half Dozen** has provided consistent monthly financial support to AHA for the past several years. Beyond their financial support, Six Half Dozen supports AHA with some pro bono design. Ben Roberts and his creative team do fantastic work for many nonprofits in Alexandria, and we consider ourselves lucky to work with them.

## December 2025 Calendar

Please note that the programs in this calendar may be scheduled via Zoom or in person. The AHA office will send you the Zoom link after you have registered for a program. The link will allow you to join Zoom. Movie Group, Happy Hour, and Third Wednesday Book Club are on hiatus for the month.

Tuesdays, December 2, 16, 30	<b>Weekly Scrabble</b> at the home of Jeff and Donna Gathers. Limit of 3.	1:30pm
Tuesdays, December 2, 9, 23, 30	<b>AHA Yoga</b> at The View in Alexandria House. Spaces may be limited. *Mat Yoga 9:30-10:30; Chair Yoga 11am-12 noon.	9:30am - 12pm*
Tuesday, December 9	<b>Ladies' Night Out</b> at Del Ray Cafe, 205 E Howell Ave. Limit of 10.	5-7pm
Wednesday, December 10	<b>Dine Around</b> at Clyde's, 1700 North Beauregard Street. Limit of 8.	6-8pm
Monday, December 15	<b>Lively Arts Discussion</b> at Charlotte Tsoucalas's home. Limit of 10.	10am
Thursday, December 18	<b>Tech Thursday</b> What are Passkeys and Why Should I Care? AHA office. Limit of 10.	1pm
Thursday, December 18	<b>Men's Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5-6:30pm
Monday, December 22	<b>Morning Brew</b> at Paris Baguette, 4616 Kenmore Ave. No limit.	10am

### Special Events in December

Saturday, December 6	<b>Alexandria Scottish Christmas Walk with AHA</b> For more details see page 1.	9:30am- 12:15pm
Saturday, December 6	<b>Alexandria Boat Parade of Lights Viewing</b> For more details see page 3.	4:30- 6:30pm
Wednesday, December 24	<b>Christmas Eve Dinner</b> at Laporta's, 1600 Duke St. Limit of 8. For more details see page 3.	4pm

#### TO REGISTER

Sign up on the Hub or contact the office at [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org) or at (703) 231-0824

#### AHA'S COVID GUIDELINES

AHA no longer requires, but **highly recommends**, COVID vaccines for members attending in-person events. If you don't feel well, please test prior to attending AHA events.

## YEAR-END CAMPAIGN IN FULL SWING

by Cele Garrett, AHA Executive Director

Despite these being difficult times for many Alexandrians, many of you have taken the time and effort to contribute to At Home in Alexandria here at our year's end. We are deeply grateful.

Many of our supporters contribute toward a scholarship membership for someone in need. Other folks just want to know that AHA will be around in the future when they may need help. Others may know a particular AHA member who is depending on AHA now.

For whatever reason you choose to support AHA, we thank you for investing in an organization committed to helping older Alexandrians age in place with confidence, engagement and enjoyment. AHA's campaign will run through the end of December. We gratefully accept your support via our web site ([www.AtHomeInAlexandria.org/Donate](http://www.AtHomeInAlexandria.org/Donate)), by phone (703-231-0824), or by check.



Donate by scanning the QR code.



### Welcome New Members

June Whelan and Virginia Lieneck  
James and Janet Larocco  
Andrea Field

### Welcome New Volunteers

Deanna Cracchiolo, Tony Callaway,  
and Ray Wenderlich

## 25TH ANNUAL ALEXANDRIA HOLIDAY BOAT PARADE OF LIGHTS



Dozens of brightly lit boats will participate in Alexandria's 25<sup>th</sup> Annual Holiday Boat Parade of Lights. The festive boats will illuminate a mile of Old Town's waterfront. Nancy Kincaid is again hosting a small group of AHA members to view the festivities. It's a great view from her balcony! Nancy will be providing snacks but asks that you bring your own beverage. Please do not bring food.

The event is limited to 20. Please register on AHA Hub or to the AHA office at 703-231-0824 or [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org)

## JOIN AHA FOR CHRISTMAS EVE DINNER

AHA will be hosting Christmas Eve Dinner at Laporta's located at 1600 Duke Street starting at 4pm. Laporta's is promising a delicious menu featuring prix fixe (\$79.99) and a la carte options. Live jazz music by the Sharon Clark Trio will begin at 6pm. If you are interested in attending, register on AHA Hub or to the AHA office at 703-231-0824 or [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org)

A photo from last year's festivities!





## AHA MEMBERS OUT AND ABOUT

### Dine Around



AHA's November Dine Around served up Mexican food at Los Toltecos. Nancy and John Veldhuis, Babs and Elliott Waters, Sylvia McDonough, and Gerry Burns are pictured here.

### It's Spooky!



AHA member Steve Nelson demonstrated his superior pumpkin carving skills this Halloween. He created Count Von Pumkula and placed the Count on display for the neighborhood to see!

---

### Happy Hour

AHA Member Teddy McBay and her partner Jerry File hosted AHA's November Happy Hour. It was a great turnout. We gained two new AHA members that night!!



# KWANZAA

By Alan Dinsmore, AHA Board Chair

Millions of African Americans and others around the world celebrate Kwanzaa, the week-long pan-African holiday. First celebrated in 1966, the holiday is built around African harvest celebrations during the southern solstice. This year's celebration runs from December 26 through January 1.

Kwanzaa celebrations often include songs, dances, African drums, storytelling, poetry reading, and a large communal meal. On each night, a child lights one of the seven candles in the Kinara (candleholder). One of the seven associated principles is discussed, fostering community and cultural heritage. The principles are unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith. If you are interested in learning more, *The Complete Kwanzaa: Celebrating our Cultural Harvest* by Dorothy W. Riley is a great resource.

## Enjoying a Po Tat



Brenda Bloch-Young traveled to Macao and enjoyed a Portuguese egg custard tart. While the tart originated in Portugal, it was adopted in Macao during its time as a Portuguese colony. According to Brenda, the Maconese *po tat* was even better than the *pastel de nata* she had in Lisbon!

## Movie Group Update

After more than three and a half years leading the AHA Zoom Movie Group, Barbara Brennan is stepping down. Please join us in thanking Barbara for her many contributions to AHA. Her in-depth knowledge of cinematic history, her excellent selections, and her willingness to consider other members' suggestions resulted in an excellent entertainment and educational experience. Many AHA members look forward to the movies and a spirited discussion every month.

We are putting Movie Group on hiatus until we find another leader. Are you a movie buff who loves to share your passion with others? If the answer is yes, please think about becoming the new leader of our Movie Group. Anyone interested should reach out to Veronica Ferris at [Veronica@AtHomeInAlexandria.org](mailto:Veronica@AtHomeInAlexandria.org) or 703-231-0824.

### Board of Directors

Alan Dinsmore, Chair	Victoria Almquist, Vice Chair
Jim Woolwine, Treasurer	Ray Biegun, Secretary
Ruth Arnold	Bob Eiffert*
Jenny Elrod	Kathie Fricke
Jane King**	Gretchen Klimoski
Pam Nelson **	Karen Streich
John Veldhuis	

\*Non-Voting Emeritus Member    \*\*Voting Emeritus Member

#### Executive Director

Cele Garrett

#### Marketing and Membership Manager

Veronica Ferris

#### Operations and Member Services Manager

Tegan Cohen

Editor: M. Laurie Cammisa

#### Advisory Council

Laurie Blackburn	Pete Crouch
Louise Kenny	Jessica Lefevre
Ernie Lehmann	Mitch Opalski
Vicki Vasques	

## CONTACT US

### At Home in Alexandria

3139 Mt. Vernon Avenue  
Alexandria, VA 22305  
703-231-0824

[AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org)  
[www.AtHomeInAlexandria.org](http://www.AtHomeInAlexandria.org)



— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

## ***Special Days in December***

December 2	<i>Giving Tuesday</i>
December 14	<i>First Night of Hanukkah</i>
December 21	<i>Winter Solstice</i>
December 25	<i>Christmas</i>
December 26	<i>First Day of Kwanzaa</i>
December 26	<i>Boxing Day</i>
December 31	<i>New Year's Eve</i>

## ***In This Issue***

P. 1	<i>AHA Says Thank You!</i>
P. 2	<i>Calendar</i>
P. 3	<i>Special Events in December</i>
P. 4	<i>AHA Members Out and About</i>
P. 5	<i>Thank you, Barbara Brennan</i>

