



October 2026 Highlights

Open Monday-Thursday, 10:00 AM-3:00 PM
For a complete list of programs and updated information,
please visit www.godfreymillercenter.org

For programs with *** please RSVP to: 540-667-5869 or anna@godfreymillercenter.org

Lunch - Thursdays, October 1, 8, 15, 22, & 29, 12:30 PM *RSVP (Tickets: \$10)**

- October 1: Chicken Pot Pie, Cucumber Salad, & Dessert
- October 8: Barbeque Chicken Legs, Baked Beans, Macaroni Salad, & Dessert
- October 15: Chicken Enchilada Casserole, Zucchini, Rice, & Dessert
- October 22: Roast Beef Sliders, Smashed Potatoes, Peas, & Dessert
- October 29: Chicken & Waffles, Fruit, & Dessert

Android Smart Phone Help Session - Monday, October 5, 10:30-11:30 AM

Join Anna for help with your smart phone. Bring your device, account passwords, and any questions!

Lunch - Mondays, October 5, 12, 19, & 26, 12:30 PM *RSVP (Tickets: \$10)**

- October 5: Quiche, Hashbrown Casserole, Orange Slices, & Dessert
- October 12: Loaded Baked Potatoes, Roasted Brussel Sprouts, Rolls, & Dessert
- October 19: Baked Ravioli, Green Beans, Garlic Bread, & Dessert
- October 26: Meatloaf, Mashed Potatoes, Carrots, & Dessert

Scottish Country Dancing - Monday, October 5, 12, 19, & 26, 6:30-8:30 PM

Come join us in dancing to lively Scottish music - jigs, reels, hornpipes - and the uniquely Scottish strathspey! You do not need a partner or Scottish heritage. All beginners and experienced dancers are welcome. (Suggested Donation: \$5)

Art Class: Acrylic & Watercolor Painting - Tuesdays, October 6, 13, 20, & 27, 10:00 AM-12:00 PM *RSVP**

In this course, students will develop painting skills, techniques, and aesthetic sensibilities related to artistic expression in acrylic and/or watercolor mediums. Taught by master artist Tracy Burke. (Suggested donation: \$15 per class)

Art Class: Drawing - Tuesdays, October 6, 13, 20, & 27 1:00-3:00 PM *RSVP**

In this course, students will improve drawing skills through using a combination of mediums such as graphite, charcoal, pen, and ink. Taught by master artist Tracy Burke. (Suggested donation: \$15 per class)

Sunday Stitch-In - Sunday, October 11, 2:00 PM

The Winchester Chapter of the Embroiderers' Guild of America, in cooperation with Godfrey Miller Center (GMC), is hosting "Sunday Stitch-In." at 2:00 PM. The stitch-ins are for anyone who loves stitching and wants to learn the ins and outs of embroidery. All skill levels are welcome. For questions contact us at 703-946-0191 or winchesterega@gmail.com

Workshop: 18th Century Hand Sewing - Sunday, October 11, 2:00 PM

The Fort Loudoun Chapter of the Daughters of the American Revolution is hosting a sewing circle, with a focus on hand sewing and 18th Century clothing, perfect to wear to one of the many VA250 events. Any skill level is welcome. Attendees who want to learn to sew a petticoat, bedgown (shirt), or cap (1 yard white cotton or muslin) should bring 3 yards of cotton or linen fabric (solid color recommended), cotton thread, a needle, pins, and scissors to their first session, during which they will receive a full supply list and instructions.

Seated Yoga - Mondays, October 12 & 26, 11:00 AM

Join yoga instructor, Debbie Coulson, for a seated chair yoga session. All are welcome - including beginners!
(Suggested Donation: \$3)

Midweek Mahjong - Wednesdays, October 14 & 28, 10:00 AM - 12:00 PM

In addition to our regular Thursdays of Mahjong, there will be two opportunities to play on Wednesdays.
Beginners and experienced players are welcome to join!

Intergenerational Craft with Grace Lutheran Preschool - Wednesday, October 14, 10:30 AM *RSVP**

The Pre-K classes from Grace Lutheran Preschool will be coming to Godfrey Miller Center for a Fall Craft and Snack! Sign up to help the kids with their craft and enjoy refreshments together!

Golden Bingo - Thursday, October 15, 10:30 - 11:30 AM

Enjoy classic bingo fun with a golden twist, anniversary-themed prizes, and plenty of chances to have fun with friends old and new. Come and win some sparkling prizes!

Guided Historic Tours - Third Thursday, October 15, 1:00-3:00 PM

Stop in for a guided tour of the historic Godfrey Miller Home. Learn about the historic home and what the Center does today!

iPhone Help Session - Monday, October 19, 10:30-11:30 AM

Join Program Coordinator Anna for help with your smart phone. Bring your device, account passwords, and any questions!

Workshop: Thankful Greeting Card Workshop - Wednesday, October 21, 10:30 AM *RSVP**

Join master paper crafter Lorraine for a fun creative morning making Thankful Autumn Greeting Cards; all supplies provided. (Suggested Donation: \$6)

Art Show Opening Reception - Wednesday, October 21, 5:00 PM

Join us for our annual Godfrey Miller Art Show! There will be many art pieces of a variety of mediums on display by our Godfrey Miller participants. Light refreshments will be served. There will also be a selection of hand painted Christmas and holiday cards for sale featuring our artists.

Practical Tai Chi - Wednesday, October 28, 11:00 AM

Adrian's Practical Tai Chi classes are a blend of tai chi and qigong, meant to get the practitioner connected into their own body. The focus is on proper body structure and grounding, while different series of movements are performed. Attendees can expect to feel more grounded, relaxed, and rejuvenated after each class.
Limited-mobility friendly! (Suggested Donation: \$3)

Every Monday Jigsaw Puzzles – 10:00 AM Art Studio – 10:00 AM Monday Card Games – 12:00 PM Exercise for Balance and Strength – 2:00 PM (Suggested donation: \$3.00)	Every Wednesday Exercise for Balance and Strength – 2:00 PM (Suggested donation: \$3.00)
Every Tuesday Samba/Hand & Foot – 10:00 AM Strength and Conditioning Class – 2:00 PM	Every Thursday Mahjong – 10:00 AM Strength and Conditioning Class – 2:00 PM