

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 34, Number 32 ✨ August 8, 2022

WEEKLY PROGRAMS:

Trivia

Monday, August 8 at 2:00 p.m.
in the Atrium CANCELLED

Great Courses

Wednesday, August 10 at 3:00
p.m. in the Media Room

Trivia

Friday, August 12 at 2:00 p.m.
in the Atrium

SAVE THE DATE:

Thursday, August 11

Renwick Gallery Outing

Tuesday, September 13

Annual Community Meeting
on Budget

ACTIVE COVID CASES:

IL: 3

AL: 0

HCC: 1

Staff: 10

OUTDOOR MOVIE NIGHT FEATURING *THE LOST CITY*

Thursday, August 11 at 8:00 p.m. | Front Lawn



Weather Permitting

Join us for an outdoor movie night on our front lawn! We will be showing *The Lost City*. Reclusive author Loretta Sage writes about exotic places in her popular adventure novels that feature a handsome cover model named Alan. While promoting her new book on tour with Alan, Loretta gets kidnapped by an eccentric billionaire

who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her. Starring Sandra Bullock and Channing Tatum, this movie is sure to make you laugh and want to pick up a book afterwards!

Please note: this movie is rated PG-13 for suggestive material, some bloody images, partial nudity and language.

RESIDENT COUNCIL COMMUNITY MEETING:

Monday, August 8 at 10:00 a.m. in the Auditorium.

See page 3 for details on who you will hear from!

IN-DEPTH BIBLE STUDY

meets Monday, August 8th at 3:30 p.m. in the Top of the West. Discussion will begin with Acts, chapter 13, verse 42. All are welcome.



Goodwin House
Bailey's Crossroads

MORE ACTIVITIES

WEDNESDAY EVENING FRENCH MOVIES IN AUGUST: INSPECTOR MAIGRET (ENGLISH SUBTITLES)

Wednesday, August 10 at 7:15 p.m. | Auditorium

Arrive at 7:10 for a short series introduction by Andrea Baumann



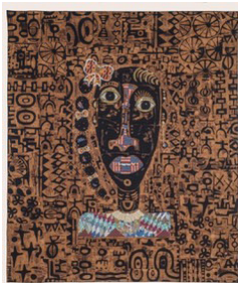
Against a backdrop of 1950s Paris, International film star Bruno Cremer brings the beloved Parisian Inspector Maigret to life in filmed adaptations of the legendary writer Georges Simenon's bestselling crime novels. Five Maigret episodes will be shown on the five Wednesday evenings in August. Each episode is self-contained, so you need not have seen prior episodes to catch up on the plots. English subtitles make the action easy to understand.

On Wednesday August 10, we will show **Episode 2 - Maigret and the Burglar's Wife** (96 minutes). Tough luck for a hardworking burglar - instead of a safe, his break-in lands him next to a corpse! His wife summons Maigret but the corpse is gone.

TRIPS AND OUTINGS

SMITHSONIAN'S RENWICK GALLERY: "THIS PRESENT MOMENT: CRAFTING A BETTER WORLD"

Thursday, August 11 at 9:30 a.m.



This exhibit showcases the dynamic and changing landscape of American craft today. Its 171 artworks, most of them displayed at the Renwick for the first time, represent a racially and culturally diverse group of American artists, including many women and those from marginalized communities. Their art, crafted from a wide range of materials including fiber, glass and ceramics, speaks of resilience, activism and a more inclusive and empathetic world.

The GHBC bus will depart at 9:30 a.m. and return by 12:30 p.m. The fee is \$18. Sign-up in the Resident Business Center. For more information contact Jane Coughran at ext.7450.

COMMUNITY NEWS AND UPDATES

PET CARE NOTICE:

The Goodwin House Home Care (GHHC) Team is proud of the services we offer our residents and strive to provide personalized attention to each person we serve. **GHHC will no longer provide pet care services after September 30, 2022.** If you need assistance locating services for dog walking or other pet care services, please contact your Social Worker who can assist you in finding a local service provider.

NEWS YOU CAN USE: RESIDENT COUNCIL UPDATES



Please be sure to attend the **Community Meeting on Monday, August 8** for updates on the following:

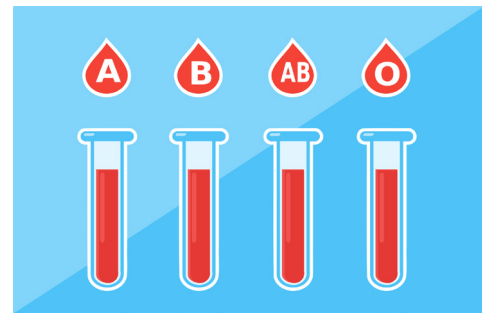
Annual Employee Gift fund by Jean and Lucy Lee Reed. They will fill you in on the ways we can honor our hard working, attentive staff.

An update on the bylaws changes related to the election and Chris White will present the revised schedule of the Resident Council elections.

FYI, the new shredder has been purchased and will be installed soon in the business office.

CALLING ALL BLOOD DONORS

The Health Committee would like to invite the Inova Bloodmobile to our campus to allow residents and staff to donate blood. So far, 21 residents have expressed interest in donating. We need 50 potential donors before the Bloodmobile would come to visit us. The donation would happen sometime in the fall. Remember, donations are the only source of blood, there is no substitute. For more information check the website: <https://www.inovablood.org/> or contact Ron Karpick, ext. 7399, lungone@msn.com



NEWCOMERS ET AL.

Tuesdays at 4:00 pm | Auditorium

Newcomers Gatherings are in-person and in the Auditorium unless otherwise specified. Plan to attend as they will not be recorded.

August 9: New and Vintage Residents

Vintage? Veteran? Old-timer? Come and identify areas of GHBC life in which you participate. Newcomer? Fledgling? New-timer? Come and share when you moved in and any facet of GHBC in which you are involved. Y'all come to a Meet and Greet and get to know each other better, hosted by Carol Lewis.

August 16: Library, Resident Business Center, Computer Room | **IN THE ATRIUM**

Learn the adventures our library holds for you in books, movies, and audiobooks, and how to obtain them. Learn the interesting and useful things the Resident Business Center has, from signup sheets, places for old batteries, a computer, printer/copier, shredder and much more. Learn about our new computer room for all to use. We promise you'll be smarter. Sharlene Aukofer hosts Sue Swisher, a library volunteer.

SOCIAL WORK ANNOUNCEMENTS

If you are not reading this in the **NEW LARGE PRINT VERSION** format and would like to, contact Catie at extension 7209, to have it delivered to your mailbox in the new format.

THIS WEEK'S REMINDER

Caregiver Support Group meets every Tuesday at 10:00 a.m. in the Formal Parlor.

SAVE THE DATES THIS MONTH

Low Vision Support Group on Wednesday, August 17 at 2:00 p.m. in the Formal Parlor.

Hearing Support Group on Wednesday, August 24 at 2:00 p.m. in the Formal Parlor.

TAILOR STARTING NEXT MONTH

The tailor be at GHBC on the first Thursday of every month, starting September 1st at 10:00 a.m. - 12 noon in the Smith Study. Any urgent alterations needed in the meantime can be arranged by calling Sam at 703-371-6969 and mention you are from Goodwin House Bailey's Crossroads.



COX is moving in.

Say "HELLO" to your **NEW REMOTE.**

It's **VOICE ACTIVATED.**

The advertisement features a black remote control on the left. To its right are two circular icons: one with various communication symbols (phone, mail, video, etc.) and another with a stylized person wearing a headset, representing voice activation.

ARTIST AND AUTHOR PUBLISH A BOOK

PAINTINGS AND POEMS

BY ANNE CORSON AND JENNIFER GADEN

Anne and Jenny were roommates freshman year at Smith College. They kept in touch over the years and eventually Jenny became a poet and Anne an artist. A few months ago they decided to collaborate on a book, to be published by Amazon. It would include Anne's paintings and Jenny's poems. Come and see the book in the library! It will be available from Amazon after August 17.



CHAPLAINCY UPDATES

REMINDER ABOUT SUPPORT GROUPS

With the many support groups now available at GHBC, you may have forgotten two support groups through Chaplaincy Services:

- **Women Experiencing Life Transitions Support Group**, for residents seeking support with life transitions and changes; and
- **Twelve-Step Support Group**, for residents seeking continued support from other residents needing the same.



Both are confidential groups—confidential in membership, meeting date and membership. The life transitions support group, facilitated by Theresa Brion, meets biweekly. The resident-run twelve-step support group meets weekly. For more information about joining either group, contact Theresa Brion (Ext. 7224; tbrion@goodwinliving.org).

Selected Upcoming Religious and Spiritual Holidays:

August 7: Sundown, Ashura (Islam)	Christian, Oriental Orthodox, Anglican Communion)
August 11: Raksha Bandhan (Hindu)	
August 11: Sundown, Tu B'Av (Jewish)	August 15: Dormition of the Theotokos (Orthodox Christian)
August 13: Obon (Ullambana) (Buddhist)	August 18: Krishna Janmashtami (Hindu)
August 14: Dormition Fast (Orthodox Christian)	August 24: Paryushan Parvarambha begins (Jain)
August 15: Assumption of the Blessed Virgin Mary (Catholic)	August 31: Ganesh Chaturthi (Hindu)

LET'S GET FIT TOGETHER

MOVEMENT FOR LIVING

Tuesdays and Thursdays at 1:00 PM | Aerobics Room

Something exciting has arrived at the Goodwin House Rehab Department! A new group exercise class, led by Aileen Foley, LPTA, from the Physical Therapy department. The goal of this group exercise class is to promote learning of BIG amplitude movements for walking, balance and strengthening, much like what is done in the Parkinson's LSVT program. **The objective of the class is to promote exercises geared toward Parkinson's and other Neurological issues which cause muscle tightness, rigidity, weakness, instability and decreased balance.** The goal of this exercise class is to keep you motivated in moving, to maintain or progress in areas of exercise and to have fun with friends while exercising in a safe setting. It will include a variety of sitting and standing exercises with options for modifications to ensure safety and balance while focusing on strengthening and movement. No sign up needed!



2022 NORTHERN VIRGINIA SENIOR OLYMPICS IS HERE!

The 2022 Northern Virginia Senior Olympics (NVSO) is coming up this September with a record number of events for participants to enjoy: 77 individual events! Events will range from recreational physical activities to competitive athletics to non-physical games. The Olympics will be held at 25 venues throughout Northern Virginia from **September 10th through 24th**. Last year the GHBC was represented by 16 residents and altogether, our Olympians brought home 22 medals and all the joy from participating in such amazing event!

- To participate you can check out the list of events and rules online NVSO website <https://nvso.us/>.
- Pick up a blank GHBC/NVSO registration form at the Fitness Center desk.
- Complete registration and return to Olga Cardoso no later than Friday, August 26.
- Be sure to sign the registration waiver on the form.
- The registration fee and the additional fee for cycling paid by GHBC Fitness Dept.

MONDAY, AUGUST 8

8:45 a.m. Total Body Standing, CANCELED
 9:00 a.m. Master Fit, Aerobics Room
 9:30 a.m. Total Body Seated, CANCELED
 10:15 a.m. Line Dance, CANCELED
 11:30 a.m. Chair Fit, Aerobics Room
 2:00 p.m. Mat Yoga, Auditorium

TUESDAY, AUGUST 9

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Getting Started, Auditorium
 9:00 a.m. Ballet Barre & Balance, Aerobics Room
 9:00 a.m. Pickleball Practice, Pickleball Court
 9:45 a.m. Tone & Balance, Aerobics Room
 10:00 a.m. Water Aerobics, Pool
 10:30 a.m. Pilates, Aerobics Room
 11:30 a.m. Tai Chi, Auditorium
 2:30 p.m. Power Braining, Media Room

WEDNESDAY, AUGUST 10

8:45 a.m. Total Body Standing, Aerobics Room
 9:15 a.m. Water Aerobics, Pool
 9:30 a.m. Total Body Seated, Aerobics Room
 10:30 a.m. Brain Body Fitness Break, Aerobics Room

11:30 a.m. Chair Yoga, Aerobics Room (Must Register)

2:00 p.m. Wii Bowling, Aerobics Room (New)
 7:00 p.m. Bocce Ball Practice, Bocce Ball Court

THURSDAY, AUGUST 11

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Posture & Core, Auditorium
 9:00 a.m. Ballet Barre & Balance, Aerobics Room
 9:45 a.m. Tone & Balance, Aerobics Room
 10:00 a.m. Water Aerobics, Pool
 10:30 a.m. Pilates, Auditorium
 11:30 a.m. Chair Fit, Auditorium

FRIDAY, AUGUST 12

8:45 a.m. Total Body Standing, Auditorium
 9:30 a.m. Total Body Seated, Auditorium
 10:30 a.m. Chair Yoga, Auditorium
 2:30 p.m. Mat Yoga, Aerobics Room (New Class)

SATURDAY, AUGUST 13

9:00 a.m. Total Body Video, Aerobics Room
 10:00 a.m. Total Body Video, Aerobics Room

CHANNEL 2, CHANNEL 43 AND THE MEDIA ROOM

MONDAY, AUGUST 8

10:30 a.m.	Seated Fitness
11:00 a.m.	Meditation
11:30 a.m.	Chair Yoga
1:00 p.m.	Art Film (Media Room)

TUESDAY, AUGUST 9

10:00 a.m.	Standing Total Body Stretch Workout
10:30 a.m.	Seated Fitness
11:00 a.m.	Muscle Relaxation
7:15 p.m.	Veterans Movie: Thirteen Days (Ch. 43)

WEDNESDAY, AUGUST 10

10:30 a.m.	Seated Fitness
11:00 a.m.	Meditation
11:30 a.m.	Chair Yoga

THURSDAY, AUGUST 11

10:00 a.m.	Standing Total Body Strength Workout
10:30 a.m.	Seated Fitness
11:00 a.m.	Muscle Relaxation

FRIDAY, AUGUST 12

10:30 a.m.	Seated Fitness
11:00 a.m.	Meditation
11:30 a.m.	Chair Yoga
1:00 p.m.	Opera: Enrico Caruso, Maria Callas (Media Room)
7:15 p.m.	Veterans Movie: The Green Berets (Channel 43)



SATURDAY NIGHT MOVIE: ENCANTO

Saturday, August 13 at 7:15 p.m. | Auditorium

**Please note: Saturday Movies have moved back to the Auditorium!*

The Madrigals are an extraordinary family who live hidden in the mountains of Colombia in a charmed place called the Encanto. The magic of the Encanto has blessed every child in the family with a unique gift -- every child except Mirabel. However, she soon may be the Madrigals' last hope when she discovers that the magic surrounding the Encanto is now in danger. 2021, PG, Musical, 1 hour 49 minutes

Starring: Stephanie Beatriz, Wilmer Valderrama, John Leguizamo, Maluma

INSIDE THE ART CENTER

MONDAY, AUGUST 8

1:00 p.m. - 2:00 p.m.

Art Film How to Look at and Understand Great Art. This Great Course series helps provide a foundation to better understand and appreciate art. Today's film will include the following 30-minute lectures: Lecture 5 will explore how artists use shape and mass to create a variety of visual and emotional effects. Lecture 6 will focus on how artists create compositions. (Media Room)

2:00 p.m. - 2:15 p.m.

Art Film Discussion Stay after the film to discuss the materials presented. Consider the following questions: How does the impression of mass and space in the work influence my reaction to it. How does the composition of the work influence my response to it?

TUESDAY, AUGUST 9

9:30 a.m. - 11:00 a.m.

Advanced Ceramics Group Meets Contact Carol Lewis, ext. 7546

1:30 p.m. - 2:30 p.m.

Knit for Kids Group Meets Contact Sue Swisher at ext. 7442

3:30 p.m. - 4:30 p.m.

Resident Art Show Reception Come to the Atrium to celebrate the beautiful art on display in the Crossroads Gallery and learn more about our talented residents and their creative processes. *(No food or drinks will be served at this reception.)*

WEDNESDAY, AUGUST 10

10:00 a.m. - 11:00 a.m.

Mats for Homeless Neighbors Group Meets Contact Jamie Gallagher, ext. 7678

1:00 p.m. - 2:00 p.m.

Drawing for Beginners In this session, beginners will learn how to use different types of lines for shading drawings. Everyone is welcome.

2:30 p.m. - 3:30 p.m.

(Sign up each week, limit 10)

Intermediate Drawing In this session we will review techniques for shading with lines including crosshatching and using sketchy lines. Create a drawing using pen and ink techniques. Inspiration will be provided or bring your own. *(Sign up each week, limit 15)*



THURSDAY, AUGUST 11

1:00 p.m. - 2:30 p.m.

Painting Luscious Summer Fruit in Acrylic

It is time to create something new for the Bistro display. Real fruit will be used in for inspiration. *(Sign up in the Art Center, limit 12)*

3:00 p.m. - 5:00 p.m.

Woodcarving Learn from resident woodcarving master Mike Connors.



FRIDAY, AUGUST 12

12:00 p.m. - 5:00 p.m.

Artsy Afternoon The Art Center will be open and available for you to create.

ASSISTED LIVING PROGRAMS

MONDAY, AUGUST 8

- 10:30 Hallway Chair Fitness w/ Vy
- 11:00 Hallway Biography Spotlight
- 2:45 Hallway Art Group w/ Adrienne
- 3:30 Hallway Word in a Word Game w/ Vy

TUESDAY, AUGUST 9

- 10:00 Hallway Morning Exercise
- 11:00 Hallway Brain Games w/ Vy
- 2:30 Hallway Mindfulness with Social Work
- 3:00 Hallway Discussion: You Be the Judge

WEDNESDAY, AUGUST 10

- 10:30 Hallway Trivia
- 11:00 Hallway Stretches with Vy
- 2:00 Hallway Bingo
- 3:00 Lemonade Cart & Word Games in Room

THURSDAY, AUGUST 11

- 10:30 Hallway Assisted Living News w/ Social Work
- 11:00 Hallway Morning Exercises
- 2:45 Hallway Art Group w/ Vy
- 3:30 Afternoon Ice Cream Treat & Word Games in Room

FRIDAY, AUGUST 12

- 10:30 Hallway Service Project for AFAC
- 2:15 Hallway Mindfulness w/ Social Work
- 3:00 Hallway Afternoon Trivia w/ Tiffany
- 3:30 Lemonade Cart & Word Games in Room

SATURDAY, AUGUST 13

- 10:30 Hallway Chair Exercise with Vy
- 3:00 Hallway Word Games with Vy

SUNDAY, AUGUST 14

- 10:30 Sunday Chapel Service in the Chapel
- ** Work on Weekend Activity Package**

HEALTH CARE CENTER PROGRAMS

All visits will be done in the resident's room with one TR staff member and one resident

MONDAY, AUGUST 8

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits & Hydration Cart
- 10:45 Range of Motion Exercise
- 2:00 Individualized Room Visits
- 3:30 Art Sessions

TUESDAY, AUGUST 9

- 9:30 Daily Chronicle
- 10:00 Good Morning Visits & Hydration Cart
- 10:45 Lets Get Moving Exercise
- 2:00 Outdoor Patio Visits
- 3:30 Tissue Flower Project

WEDNESDAY, AUGUST 10

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits & Hydration Cart
- 10:45 Exercise
- 12:00 Subway for Lunch (Orchid/Cherry Blossom/Magnolia)
- 2:00 Brain Games
- 3:30 Travel with the Senses

THURSDAY, AUGUST 11

- 9:30 Daily Chronicle
- 10:00 Good Morning Visits & Hydration Cart
- 10:45 Chair Fitness
- 2:00 Books on Wheels
- 3:30 Ice Cream Social

FRIDAY, AUGUST 12

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits & Hydration Cart
- 10:45 Service Project
- 2:00 Trivia on iN2L
- 3:30 Friday Root Beer Floats

SATURDAY, AUGUST 13

- 9:30 Daily Chronicle
- 10:00 Good Morning Visits & Hydration Cart
- 10:45 Saturday Stretches
- 2:00 West Winds Distribution
- 3:30 Healthy Snacking: Fruit Salad

SUNDAY, AUGUST 14

- 10:30 Daily Newsletter

Activity Packets (Reading Material, Puzzles, Word Games e.g.) West Winds, Magazines, & Books will be available to all residents. Resident Activity Boxes will be left in each Household Living Room

WEEKLY CALENDAR

MONDAY, AUGUST 8

9:00 a.m.	IT Device Clinic, Bistro
9:00 a.m.	Master Fit, Aerobics Room
10:00 a.m.	Resident Council Community Meeting, Auditorium Seated
10:30 a.m.	fitness, Channel 2
11:00 a.m.	Guided Meditation, Channel 2
11:30 a.m.	Bradlee Shopping Center, Main Entrance
11:30 a.m.	Chair Yoga, Channel 2
11:30 a.m.	Chair Fit, Auditorium
1:00 p.m.	Art film and Discussion, Media Room
2:00 p.m.	Mat Yoga, Auditorium
2:00 p.m.	Rummikub, Card Room
3:30 p.m.	In-depth Bible Study, Top of the West
4:15 p.m.	Silver Panthers, Board Room
7:00 p.m.	Mexican Dominoes with Lessons, Game Room

TUESDAY, AUGUST 9

8:15 a.m.	Stretch and Flex, Auditorium
9:00 a.m.	Ballet Barre & Balance, Aerobics
9:00 a.m.	Get Started, Auditorium
9:00 a.m.	Pickleball Practice, Pickleball Court
9:30 a.m.	Advanced Ceramics, Art Center
9:45 a.m.	Tone & Balance, Aerobics Room
10:00 a.m.	Caregivers Support Group, Formal Parlor
10:00 a.m.	Standing Total Body Workout, Channel 2
10:00 a.m.	Water Aerobics, Pool
10:30 a.m.	Seated Fitness, Channel 2
10:30 a.m.	Pilates, Aerobics Room
11:00 a.m.	Muscle Relaxation, Channel 2
11:00 a.m.	Tai Chi, Auditorium
1:00 p.m.	Fitness Committee Meeting, Formal Parlor
1:00 p.m.	Movement for Living, Aerobics

Room

1:30 p.m.	Knit for Kids, Art Center
2:30 p.m.	Power Braining, Media Room
3:00 p.m.	Ping Pong and Pool, Game Room
3:30 a.m.	Resident Art Reception, Atrium
4:00 p.m.	Newcomers, et al., Auditorium
7:15 p.m.	Veterans Movie, Channel 43

WEDNESDAY, AUGUST 10

8:45 a.m.	Total Body Standing, Aerobics Room
9:15 a.m.	Water Aerobics, Pool
9:30 a.m.	Total Body Seated, Aerobics Room
10:00 a.m.	Holy Eucharist Service, Chapel
10:00 a.m.	Mats for Homeless Neighbors, Art Center
10:30 a.m.	Brain Body Fitness Break, Aerobics Room
10:30 a.m.	Seated Fitness, Channel 2
11:00 a.m.	Contemplative Worship (Quaker), Smith Study
11:00 a.m.	Meditation, Channel 2
11:00 a.m.	Contemplative Worship Quaker, Smith Study
11:30 a.m.	Chair Yoga, Aerobics Room
11:30 a.m.	Chair Yoga, Channel 2
1:00 p.m.	Easy Drawing for Beginners, Art Center
2:00 p.m.	Informal Open Bridge, Card Room
2:00 p.m.	Wii Bowling, Aerobics Room
2:30 p.m.	Intermediate Drawing, Art Center
3:00 p.m.	Great Courses, Media Room
7:00 p.m.	Bingo, Top of the West
7:00 p.m.	Bocce Ball Practice, Bocce Ball Court
7:15 p.m.	French Movie, Auditorium

THURSDAY, AUGUST 11

8:15 a.m.	Stretch & Flex, Auditorium
9:00 a.m.	IT Device Clinic, Bistro
9:00 a.m.	Ballet Barre & Balance, Aerobics Room
9:00 a.m.	Posture & Core, Auditorium
9:30 a.m.	Arlington Community Credit Union open, Ground floor
9:30 a.m.	Trip to Renwick Gallery, Main Entrance
9:45 a.m.	Tone and Balance, Aerobics Room
10:00 a.m.	BOM COM Meeting, Board Room
10:00 a.m.	Standing Total Body Strength Workout, Channel 2
10:00 a.m.	Water Aerobics, Pool
10:30 a.m.	Pilates, Auditorium
11:00 a.m.	Muscle Relaxation, Channel 2
11:30 a.m.	Chair Fit, Auditorium
12:30 a.m.	WhatNot Shop SALES
1:00 p.m.	Movement for Living, Aerobics Room
1:00 p.m.	Painting, Art Center
2:00 p.m.	Community Service Committee, Top of the West
2:00 p.m.	Duplicate Bridge, Card Room
3:00 p.m.	Woodcarving, Art Center
7:00 p.m.	Poker Game, Card Room
8:00 p.m.	Outdoor Movie, Front Lawn

FRIDAY, AUGUST 12

8:45 a.m.	Total Body Standing, Auditorium
9:30 a.m.	Total Body Seated, Auditorium
10:30 a.m.	Seated Fitness, Channel 2
10:30 a.m.	Chair Yoga, Auditorium
11:30 a.m.	Chair Yoga, Channel 2
12:00 p.m.	Artsy Afternoon, Art Center
12:15 p.m.	Mah Jongg, Card Room
1:00 p.m.	Afternoon at the Opera, Media Room
2:00 p.m.	Trivia, Atrium
2:30 p.m.	Mat Yoga, Aerobics Room
3:00 p.m.	Trips and Outings Committee, Board Room
7:15 p.m.	Veterans Movie, Channel 43

SATURDAY, AUGUST 13

9:00 a.m.	Croquet, Front Lawn
9:00 a.m.	Total Body Video, Aerobics Room
10:00 a.m.	Total Body Video, Aerobics Room
2:00 p.m.	Duplicate Bridge, Top of the West
7:15 p.m.	Saturday Night Movie, Media Room

SUNDAY, AUGUST 14

10:15 a.m.	UUCA Service, Board Room
10:30 a.m.	Holy Eucharist Service, Chapel
2:00 p.m.	Hand and Foot, Top of the West
2:00 p.m.	Informal Open Bridge, Card Room
7:00 p.m.	Compline, Chapel

WEST WINDS DEADLINE: TUESDAY, AUGUST 9

Submit all articles by 12 NOON to
westwinds@goodwinhouse.org