

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 34, Number 36 ✨ September 5, 2022

WEEKLY PROGRAMS:

Trivia

Monday, September 5 at 2:00 p.m.
CANCELED

Great Courses

Wednesday, September 7 at 3:00 p.m. in the Media Room

Trivia

Friday, September 9 at 2:00 p.m.
CANCELED

SAVE THE DATE:

Friday, September 15

Sterling Players Concert

Monday, October 3

Motorcoach trip to VA Museum of Fine Arts, Richmond

Thursday, October 6

VaCCRA 20th Anniversary Celebration

ACTIVE COVID CASES:

Independent Living: 2

Assisted Living: 9

Health Care Center: 1

Staff: 8



Goodwin House
Bailey's Crossroads

COUNTRY MUSIC SING-ALONG

Monday, September 5 at 3:00 p.m. | Atrium

Join us on Labor Day for a country music sing-along led by Hank Lewis (guitar) and Katherine Chambers (fiddle). This concert consists of classic country songs, folk tunes and Old-Time fiddle and dance music. Some of the country tunes we will be singing include *Red River Valley*, *The Gambler*, *Take Me Home Country Roads*, *Wabash Cannon Ball* and *Five Hundred Miles*. Song sheets will be provided to everyone.

SENTIMENT AND THE AMERICAN FOLK SONG

Wednesday, September 7 at 7:30 p.m. | Auditorium

Ben Wilmot will offer an hour of nostalgia with songs from the romantic era of American music. Mandy Whalen and Howard Smith will appear as guest singers. Join us for an evening of music!



BORISEVICH DUO

Thursday, September 8 at 7:30 p.m. | Auditorium

The Borisevich Duo, featuring pianist Margarita Loukachkina and violinist Nikita Borisevich, is an internationally acclaimed violin and piano duet, frequently performing across the United States and

Europe. We are excited to welcome them back to GHBC for an evening of classical music.

LABOR DAY HOUSEKEEPING SCHEDULE Except for a few essential employees, Monday, September 5, will be a holiday for staff members. Government offices and banks will be closed, and there will be no mail delivery. Housekeeping will be on a limited schedule during the week. They will be working a day behind normal schedule.

MORE ACTIVITIES

THE VIRGINIA GRAND MILITARY BAND CONCERT

Saturday, September 17 at 7:30 p.m. | Schlesinger Hall

Signup starting Monday, September 12 at 10:00 a.m. Residents will buy tickets at the door. Questions? Contact Elizabeth Whitehouse at ewhitehouse@goodwinliving.org.

RESIDENT VOLUNTEER TUTORING PROGRAM

Friday, September 9 at 2:00 p.m. | Board Room

Learn how you can share your knowledge, skills, and areas of expertise with staff members who are college students. Staff members are paired with a resident tutor to support their college studies and education goals. Residents and staff will experience purposeful engagement through tutoring. If you are interested and unable to attend, contact Catie Ramos at cramos@goodwinliving.org or 703-578-7209.

TRIPS AND OUTINGS

NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

Wednesday, September 14 at 9:45 a.m.



Visit this highly regarded Museum and tour on your own. The Museum includes History, Culture, and Community Galleries.

The History Galleries themselves can take about two hours to see, are on three levels (one mile) in the lower underground section, and cover the chronological history of African Americans from slavery to the 1960s and beyond. You take an elevator or stairs to the lowest floor; there are ramps between floors, rather than stairs. If you

don't wish to see the whole exhibit, you must walk on the ramps back to the elevator on the lowest floor.

You have the option to visit just the Culture and Community Galleries on the upper floors which you can access by elevator or escalator and which cover African American achievements in many fields.

The GHBC bus will depart at 9:45 a.m. and return by 1:00 p.m. The transportation fee is \$18. Sign-up in the Resident Business Center. If you have any questions, contact Grace Schmitt at ext. 7628 or Margaret Kelley at ext. 3147. (Grace will be away from September 6-10.)

COMMUNITY NEWS AND UPDATES

COX REMOTE TRAINING

Tuesday, September 6: 10:00 a.m. - 11:00 a.m. in Top of the West
Thursday, September 8: 12:30 p.m. - 1:30 p.m. in Top of the West
Tuesday, September 13: 10:00 a.m. - 11:00 a.m. in Top of the West

***Please remember to bring your remote!**

9/11 REMEMBRANCE AND STEPS CHALLENGE



On September 11, 2001, 343 first responders climbed 110 floors, 1,980 steps, giving their lives to save others. On Sunday, September 11, **residents can grab a pedometer and walk 1,980 steps throughout the day.** Grab a friend or walk in silence to reflect and honor the lives lost on 9/11.

“Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11.” -Barack Obama

SOCIAL WORK ANNOUNCEMENTS

This Week's Reminders:

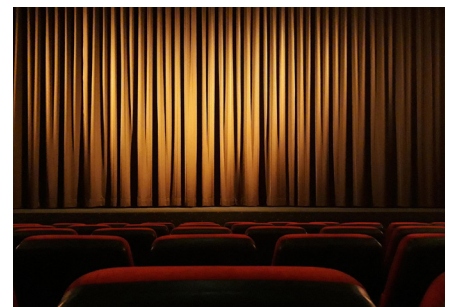
- Caregivers Support Group on Tuesday, September 6 at 10:00 a.m. in the Formal Parlor
- **DATE CHANGE:** Parkinson's Support Group on Wednesday, September 7 at 2:00 p.m. in the Formal Parlor
- Low Vision Support Group on Wednesday, September 14 at 2:00 p.m. in the Formal Parlor
- Hearing Support Group on Wednesday, September 21 at 2:00 p.m. in the Formal Parlor

Reminder:

If you are not reading this in the NEW LARGE PRINT format and would like to, contact Catie at ext. 7209 to have it delivered to your mailbox in the new format. You can also pick up a large print copy at the front desk.

LOVE THEATER? JOIN US IN STARTING THE “GOODWIN HOUSE PLAYERS” THIS FALL

We are interested in starting a new Play Reading Club at the Goodwin House. We would love to have you join us in discussing how to organize the Club. Needed are people who can help find great scripts, who would like to be the “actors” in reading the scripts, or could who can help get the word out about our activities. Please join us on Friday, September 30 at 3:00 p.m. in the Board Room as we begin our work. For more information, contact Catherine Irwin, ext. 7439.



NEWS YOU CAN USE: RESIDENT COUNCIL UPDATES



Mark your calendars! Meetings in September and October will be a little different. Xan Smith, Goodwin Living's CFO, is tentatively scheduled to address the GHBC community on Tuesday, September 13 to address the budget for the coming fiscal year. We encourage all residents to attend this important meeting.

There is a semi-annual meeting with Rob Liebreich, CEO, and Mary Hix, Board Chair, that is tentatively scheduled for Monday, October 10. There will also be a Community Meeting, tentatively scheduled for Wednesday, October 12. We will keep you posted on any changes.

Also please remember that GHBC in-house channels 2 and 43 will not be active until the Cox installation is complete. We will be notified of the new numbers once it occurs.

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.

September 6: 2nd and 3rd Floor Recreational Therapy

Residents on the 2nd and 3rd floors (Assisted Living, the Terrace, and the Health Care Center) are offered a holistic therapeutic recreation program. Regular events include fitness programs, discussion groups, performances, music and art therapy, cooking, and social events. Therapists Michelle Weinstein and Vy Tran will describe the programs that make for vibrant living on these floors. Carol Lewis hosts.

September 13: Technology Committee and IT Device Clinic

GHBC Resident Council's newest committee, Technology, directs requests for technology equipment and service needs directly to the Executive Director and the Resident Council. It holds monthly meetings open to all residents. The IT Resident Volunteer team offers IT Device Clinics twice a week in the Bistro and makes house-calls.

Volunteers present classes on tech topics requested by residents. Margaret Kelley hosts committee co-chairs Carol Biondolillo and Wren Gurney.

IF YOU HAVE FALLEN, OR ENCOUNTER ANOTHER RESIDENT WHO HAS FALLEN, please wait for a nurse to respond to the scene. Do not attempt to get up or assist someone else to get up. It is important that a medical assessment is completed prior to moving an individual to minimize the risk of further injury. You can always dial "0" to reach the reception desk and they will contact the nurse. Your cooperation is greatly appreciated.

We would also like to remind all residents who have scheduled surgery to contact the Admission Coordinator at ext. 7261. Please provide us with the procedure you will be having, the date of the surgery, the name of the hospital, and the expected length of stay. This will help us prepare and plan for any stay you may need at the Health Care Center.

HOW TO REQUEST IT SUPPORT FROM THE TECHNOLOGY STAFF



If you find yourself in a situation where you need IT support, you have a couple options available to you. The first option is to email the Help Desk at residentialhd@goodwinliving.org. In the body of your email, state your name, apartment number, and a brief description of the issue. If you cannot submit an email, call the Help Desk at ext. 1277. If there is no answer, please leave a message with your name and number so Barbara Chapins can get back to you as quickly as possible.

We ask that your requests be submitted through the Help Desk by email or phone to ensure a quick response. Our technicians spend a lot of time away from their desks and do not always have access to their phones or voicemail. By following these steps, we can assist promptly; if you have any questions, feel free to call the Help Desk at ext. 1277 or Barbara Chapins at ext. 1377. You may also simply complete an IT Service Request form found on the resident website under Special Services.

MORE NEWS

NEW RESIDENT: HELEN GINBERG



Helen Ginberg moved into Crossroads apartment 1005 on August 18. Helen grew up in Washington, DC and in Arlington. After graduating from Coolidge High School in Northwest Washington, she went to the Philadelphia Museum School of Art and graduated with a major in 3-dimensional design and a minor in fine and applied art. She spent two years working in retail and wholesale interior design in DC and was then employed for 31 years in the small interior/space planning department of the General Services Administration which provided special services to the executive, judicial, and military branches of our government around the world. She retired from there at age 55 but went back to work part-time at the Environmental Protection Administration during their consolidation into one location and assisted in monitoring the work of private sector architectural and interior design firms.

Helen has continued her interest in art throughout her life, evolving through realism, abstract impressionism and, in later years, a variety of styles. After retirement she studied and painted at American University, the Corcoran, and the Torpedo Factory. She has maintained a studio at Columbia Pike Artists Studio for over 20 years. She has also volunteered for many years at information desks at various Smithsonian museums.

Helen is very excited to be here at GHBC. She is quite familiar with the various amenities as her father was here in the Health Care Center for the last years of his life. She is eager to explore the Huddle, Newcomers meetings, mat yoga, Tai Chi and, of course, the Art Center. She also hopes to continue to attend concerts, theater, and museums.

SEPTEMBER RESIDENT SHOWCASE: MEET CAROL BIONDOLILLO!



Check out the September Resident Showcase on the resident website and meet Crossroads resident Carol Biondolillo, an ardent tech supporter, needleworker, and reader. To read about Carol, go to www.ghbcresidents.org and select **Resident Showcase** from the left-hand menu. Click on Current Showcase to meet Carol, or click on Showcase Archive to meet many other neighbors at GHBC.

Every month, a different resident who is thriving at GHBC is showcased at the website.

TECH COMMITTEE UPDATE

Protect your privacy online!

- Read privacy policies when downloading new apps and especially health devices.
- Keep your location private. Opt out or select “only when using”.
- Watch what you share. Provide info only necessary for the app to function. AND don’t lie. It may come back to bite you.
- Review privacy settings periodically on each app [on your phone go to “settings” and select “privacy”]. What information really needs to be shared?
- Deactivate apps [especially health apps] you haven’t used in a while. Consider deleting them.
- Weigh the risk. Is the benefit worth the risk your data may be sold, stolen, or misused?
- Guard your DNA. Is what you are getting from the product worth sharing your data? Better go through your doctor than a commercial provider to ensure tests and counseling from trained professionals and HIPPA protection of your DNA. [Source: BRAINANDLIFE.org]



Mark your calendar for the Resident Council Technology Committee meeting on Wednesday, September 7 at 3:00 p.m. in the Boardroom.

One-on-One Cox Remote Help

Sign up in the Resident Business Center
In the usual Classes Binder
to receive One-on-One help
using your Cox remote
in front of your own television.



IT'S EASY BEING GREEN!



Using electricity has environmental consequences. But there are many simple ways for GHBC residents to cut down on our use of electricity, both throughout the building and in our own apartments. When you leave the game room, or resident storage areas, or the locker-room showers, or a single-use restroom—turn out the lights. When you walk by a meeting room and no one is there, do the same thing.



Of course we have the most control in our own apartments. Adjusting the thermostat, or turning off lights in empty rooms, or using LED light bulbs, helps. And there is one new way to save energy at GHBC. Just unplug your Cox box when you are out of town; you'll be helping decrease GHBC's carbon footprint in one more way.

CHAPLAINCY UPDATES

WELCOME CHAPLAIN INTERN BARB SCHWEITZER!

Last week, we welcomed Barb Schweitzer as she began her Chaplaincy internship with us. She is a United Methodist pastor who also served in the military and as a missionary at locations round the globe. She began her ministry hours late last week and will spend all of her weekly 20 ministry hours at GHBC, with the internship ending in early December. Her phone number at GHBC is ext. 7328 if you wish to meet her or to leave her a message.

JEWISH SHABBAT SERVICE The September Shabbat Service will be Saturday, September 17 at 9:30 a.m. in the Formal Parlor. We expect to resume our normal “first Saturday” schedule in October.

Selected Upcoming Religious and Spiritual Holidays:

- September 10-25: Pitru Paksha (Hindu)
- September 11: Coptic New Year (Coptic Orthodox Christian Church)
- September 17: Arbaeen (Muslim)
- September 23: Mabon (Pagan and Wiccan)
- September 23-31: Paryushana (Jain)
- September 25-27: Rosh Hashanah (Jewish)
- September 26-October 4: Navaratri (Hindu)
- October 4-5: Yom Kippur (Jewish)

MONDAY, SEPTEMBER 5 (LABOR DAY)

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

TUESDAY, SEPTEMBER 6

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: Exodus (Ch. 43)

WEDNESDAY, SEPTEMBER 7

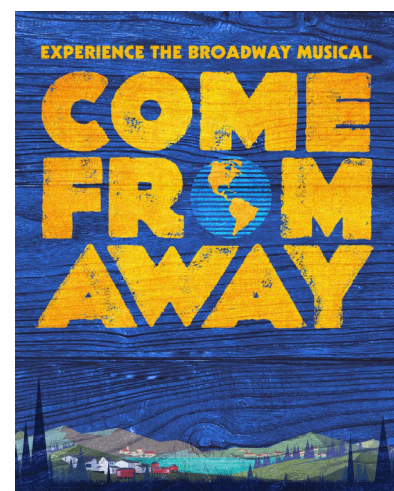
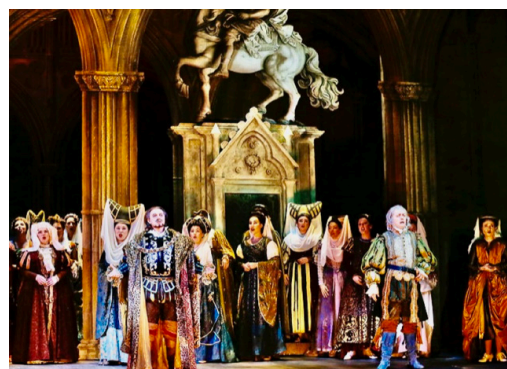
10:30 a.m.	Seated Fitness
11:00 a.m.	Meditation
11:30 a.m.	Chair Yoga

THURSDAY, SEPTEMBER 8

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

FRIDAY, SEPTEMBER 9

10:30 a.m.	Seated Fitness
11:00 a.m.	Meditation
11:30 a.m.	Chair Yoga
1:00 p.m.	Opera: Ernani, Verdi (Media Room)
7:15 p.m.	Veterans Movie: Stalingrad (Channel 43)



SATURDAY NIGHT MOVIE: COME FROM AWAY

Saturday, September 10 at 7:15 p.m. | Auditorium

Come from Away is a 2021 American-Canadian musical film comprising a live stage recording of Irene Sankoff and David Hein's 2017 musical of the same name, which tells the true story of 7,000 airline passengers stranded in a small town in Newfoundland after the 9/11 attacks. 2021, Comedy, 1 hour 46 minutes

Starring: Jenn Colella, Tony LePage, Sharon Wheatley

INSIDE THE ART CENTER

MONDAY, SEPTEMBER 5

2:30 p.m. - 4:30 p.m.

Creative Collage with Anne Corson (week 3 of 3) Today is the final session of resident Anne Corson's collage class. We are so grateful that she has generously shared her time, talent, and knowledge with us (*for previously registered participants only*).

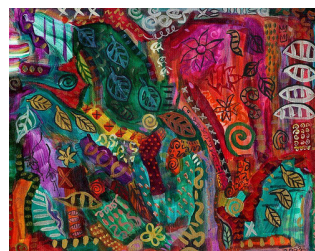
TUESDAY, SEPTEMBER 6

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

11:00 a.m. - 12:00 p.m.

Advanced Ceramics Group Meets Contact Carol Lewis, ext. 7546.

Eclectic Art Making with Deanna Do you enjoy art that's a bit more eclectic? Do you need a break from more traditional painting and drawing classes? Are you looking for something new? Come explore various artistic techniques, materials, and ideas in a laid back, safe environment where there's no such thing as "bad" art. No artistic experience necessary! (*Sign up in the Art Center, limit 12.*)



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

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

3:00 p.m. - 3:50 p.m.

Very Easy Origami Butterfly The Bluebirds of Happiness have flown in the Art Center for 12 months. It is time to replace them with 488 butterflies - one for every resident. Come and fold a butterfly or two to add to the installation or take them home to fly in your own apartment. Peg Bethany, resident Origami Master, will guide the group with easy step-by-step instructions. (*Everyone welcome - No sign up required*).



WEDNESDAY, SEPTEMBER 7

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

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

THURSDAY, SEPTEMBER 8

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

Watercolor Painting Techniques with Marni Maree Artist and instructor Marni Maree will introduce new techniques with a fun different project this week. No prior experience necessary. (*Sign up in the Art Center on Monday morning for each class, limit 12.*)

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

Woodcarving Learn from resident woodcarving master Mike Connors.

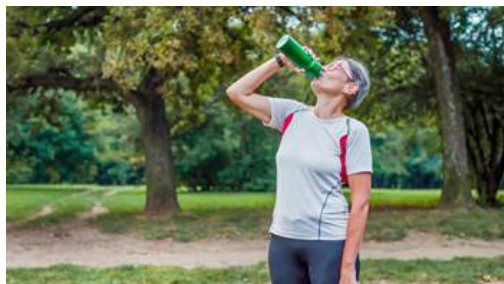
FRIDAY, SEPTEMBER 9

2:00 p.m. - 3:00 p.m.

Arts Committee Meeting

LET'S GET FIT TOGETHER

IT IS ALMOST SEPTEMBER, BUT THE SUMMER HEAT ISN'T OVER!



Don't be fooled by the change of month; it is still hot and important to stay hydrated. When you are dehydrated, your body doesn't have enough fluid and electrolytes to work properly. Electrolytes are minerals in your body like sodium, calcium and potassium. The good news is that you have more options than just drinking plain water to stay hydrated this summer. Here are some tips to help you stay refreshed:

- Eat more "water-rich" fruits and vegetables like watermelon, strawberries, grapefruit, peaches, and cantaloupe. Other good options include cucumbers, lettuce, zucchini, celery, and tomatoes.
- Try iced coffee (caffeine-free is always a great option). You may be surprised to learn that coffee counts as part of your daily fluid intake. In fact, about 98 percent of your morning cup of coffee is water.
- Try iced tea. There are many types of tea (white, black, green and oolong) and flavors to choose from. In general, tea has about half the amount of caffeine as coffee. There are also herbal and fruit teas that are caffeine-free.
- Eat cold soups, preferably those that are broth-based. Gazpacho is one popular cold soup that originated from Spain. The main ingredients are tomatoes, bell peppers, cucumbers, garlic, and onions.
- Choose coconut water over fruit juice. Coconut water generally has fewer calories and added sugars than fruit juice. It's also a good source of potassium.

MONDAY, SEPTEMBER 5

9:00 a.m. Master Fit, Aerobics Room

2:00 p.m. Wii Bowling, Aerobics Room

7:00 p.m. Bocce Ball Practice, Bocce Ball Court

TUESDAY, SEPTEMBER 6

8:15 a.m. Stretch and Flex, Auditorium

9:00 a.m. Getting Started, Auditorium

9:00 a.m. Ballet Barre & Balance, CANCELED

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

11:00 a.m. Tai Chi, Auditorium

2:30 p.m. Power Braining, Media Room

THURSDAY, SEPTEMBER 8

8:15 a.m. Stretch and Flex, Auditorium

9:00 a.m. Posture & Core, Auditorium

9:00 a.m. Ballet Barre & Balance, CANCELLED

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, SEPTEMBER 9

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

WEDNESDAY, SEPTEMBER 7

8:45 a.m. Total Body Standing, Aerobics Rm

9:15 a.m. Water Aerobics, Pool

9:30 a.m. Total Body Seated, Aerobics Room

10:30 a.m. Brain Body Fitness Break, CANCELED

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

SATURDAY, SEPTEMBER 10

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

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

ASSISTED LIVING PROGRAMS

MONDAY, SEPTEMBER 5

Labor Day Word Games Package

Afternoon Snacks in Room

TUESDAY, SEPTEMBER 6

- 9:30 Daily Chronicles Reading
- 10:30 In Room 1:1s Morning Exercise Visits
- 2:00 Spiritual 1:1 Visits w/ Theresa
- 2:30 Afternoon 1:1 Visits with Social Work
- 3:30 Afternoon Hydration Carts

WEDNESDAY, SEPTEMBER 7

- 9:30 Daily Chronicles Reading
- 10:30 In Room 1:1s Morning Exercise Visits
- 2:00 Afternoon Refreshments
- 3:00 Afternoon Travel 1:1 Discussion: Brazil

THURSDAY, SEPTEMBER 8

- 9:30 Daily Chronicles Reading
- 10:30 In Room 1:1s Morning Exercise Visits
- 2:30 Specialty Drinks & Word Games in Room
- 3:30 1:1 Afternoon Trivia Visits

FRIDAY, SEPTEMBER 9

- 9:30 Daily Chronicles Reading
- 10:30 Seated Fitness on TV: Channel 2
- 11:30 Chair Yoga on TV: Channel 2
- 2:30 Activity Package Distribution

SATURDAY, SEPTEMBER 10

- 9:30 Daily Chronicles Reading
- 10:30 In Room 1:1s Morning Exercise Visits
- 3:00 Afternoon Ice Cream Treat & Word Games in Room

SUNDAY, SEPTEMBER 11

** Work on Weekend Activity Package**

HEALTH CARE CENTER PROGRAMS

MONDAY, SEPTEMBER 5

- 9:30 Daily Newsletter
- 10:00 Morning Visits
- 10:30 Seated Fitness
- 11:00 September Trivia
- 2:00 1:1 Garden Visits
- 3:00 Labor Day Ice Cream Social on Patio

TUESDAY, SEPTEMBER 6

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Tuesday Tone Up
- 11:00 Spiritual Group
- 2:00 1:1 TR Visits
- 3:30 Taste & Talk Travelogue

WEDNESDAY, SEPTEMBER 7

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Active Game: Bowling
- 11:30 Bistro Lunch Bunch
- 2:00 1:1 Art Center Strolls
- 3:30 Bingo with Friends

THURSDAY, SEPTEMBER 8

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Sit & Get Fit
- 11:00 Group Crossword
- 2:00 1:1 iN2L Sessions
- 3:30 Canvas Creations

FRIDAY, SEPTEMBER 9

- 9:30 Daily Newsletter
- 10:30 Nutrition Corner
- 2:00 Brain Health Sessions
- 3:30 1:1 Spiritual Visits

SATURDAY, SEPTEMBER 10

- 9:30 Daily Newsletter
- 10:00 Morning Visits
- 10:30 Exercise
- 11:00 Group Trivia
- 2:00 1:1 Visits & West Winds
- 3:30 Red, White, & Blue Social: Drink & Discuss

SUNDAY, SEPTEMBER 11

- 10:30 Daily Newsletter
- 1:15 Sunday Service

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, SEPTEMBER 5 (LABOR DAY)

9:00 a.m.	IT Device Clinic, Bistro
9:00 a.m.	Clothing collection for immigrants, Res. Business Ctr.
9:00 a.m.	Master Fit, Aerobics Room
10:30 a.m.	Seated Fitness, Channel 2
11:00 a.m.	Memoirs, Smith Study
11:00 a.m.	Guided Meditation, Channel 2
11:30 a.m.	Chair Yoga, Channel 2
2:00 p.m.	Rummikub, Card Room
2:30 p.m.	Collage with Anne Corson, Art Center
3:00 p.m.	Country Music Sing-along, Atrium
4:15 p.m.	Silver Panthers, Board Room
7:00 p.m.	Mexican Dominoes with Lessons, Game Room

TUESDAY, SEPTEMBER 6

8:15 a.m.	Stretch and Flex, Auditorium
9:00 a.m.	Clothing collection for immigrants, Res. Business Ctr.
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
10:00 a.m.	Cox Remote Training, Top of the West
10:30 a.m.	Pilates, Aerobics Room
10:30 a.m.	Seated Fitness, Channel 2
11:00 a.m.	Muscle Relaxation, Channel 2
11:00 a.m.	Eclectic Art Making, Art Center
11:00 a.m.	St. Ignatius Group, Board Room
11:00 a.m.	Tai Chi, Auditorium

11:30 a.m.	Trader Joe's and Target shuttle, departs Main Entrance
1:00 p.m.	Mah Jongg, Card Room
1:30 p.m.	Knit for Kids, Art Center
2:30 p.m.	Power Braining, Media Room
3:00 p.m.	Very Easy Origami Butterfly, Art Center
3:00 p.m.	Ping Pong and Pool, Game Room
4:00 p.m.	Newcomers, et al., Auditorium
7:15 p.m.	Veterans Movie, Channel 43

WEDNESDAY, SEPTEMBER 7

8:45 a.m.	Total Body Standing, Aerobics Room
9:00 a.m.	Clothing collection for immigrants, Res. Business Ctr.
9:15 a.m.	Water Aerobics, Pool
9:30 a.m.	Total Body Seated, Aerobics Room
10:00 a.m.	Standing Fitness, Channel 2
10:00 a.m.	Holy Eucharist Service, Chapel
10:00 a.m.	Mats for Homeless Neighbors, Art Center
10:30 a.m.	Seated Fitness, Channel 2
11:00 a.m.	Contemplative Worship (Quaker), Smith Study
11:00 a.m.	Guided Meditation, Channel 2
11:30 a.m.	Chair Yoga, Aerobics Room
11:30 a.m.	Chair Yoga, Channel 2
2:00 p.m.	Informal Open Bridge, Card Room
2:00 p.m.	Wii Bowling, Aerobics Room
2:00 p.m.	Parkinson's Support Group, Formal Parlor
3:00 p.m.	Great Courses, Media Room
3:00 p.m.	Tech Committee, Board Room
4:30 p.m.	Drinks & Trivia, Formal Parlor
7:00 p.m.	Bingo, Top of the West
7:00 p.m.	Bocce Ball Practice, Bocce Ball Court
7:00 p.m.	Sentiment and the American Folk Song, Auditorium

THURSDAY, SEPTEMBER 8

8:15 a.m.	Stretch & Flex, Auditorium
9:00 a.m.	Clothing collection for immigrants, Res. Business Ctr.
9:00 a.m.	IT Device Clinic, Bistro
9:00 a.m.	Posture & Core, Auditorium
9:30 a.m.	Arlington Community Credit Union open, Crossroads basement
9:45 a.m.	Tone and Balance, Aerobics Rm.
10:00 a.m.	BOM COM Committee, 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
10:30 a.m.	Seated Fitness, Channel 2
11:00 a.m.	Muscle Relaxation, Channel 2
11:30 a.m.	Chair Fit, Auditorium
12:30 p.m.	WhatNot Shop Sales
12:30 p.m.	Cox Remote Training, Top of the West
1:00 p.m.	Watercolor Painting, Art Center
2:00 p.m.	Community Service Committee, Top of the West
2:00 p.m.	Duplicate Bridge, Card Room
2:00 p.m.	Poetry Group, Smith Study
3:00 p.m.	Woodcarving, Art Center
7:00 p.m.	Poker Game, Card Room
7:30 p.m.	The Borisevich Duo, Auditorium

FRIDAY, SEPTEMBER 9

8:45 a.m.	Total Body Standing, Auditorium
9:00 a.m.	Clothing collection for immigrants, Res. Business Ctr.
9:30 a.m.	Total Body Seated, Auditorium
10:30 a.m.	Chair Yoga, Auditorium
10:30 a.m.	Seated Fitness, Channel 2
11:00 a.m.	Guided Meditation, Channel 2
11:30 a.m.	Chair Yoga, Channel 2
11:30 a.m.	Shopping Shuttle: Giant,

departs Main Entrance

12:15 p.m.	Mah Jongg, Card Room
1:00 p.m.	Afternoon at the Opera
2:00 p.m.	Arts Committee, Art Center
2:00 p.m.	Resident Volunteer Tutoring, Board Room
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, SEPTEMBER 10

9:00 a.m.	Croquet, Front Lawn
9:00 a.m.	Total Body Video, Aerobics Rm.
9:00 a.m.	Clothing collection for immigrants, Res. Business Ctr.
10:00 a.m.	Total Body Video, Aerobics Rm.
1:30 p.m.	Chinese Mah Jongg, Card Room
2:00 p.m.	Duplicate Bridge, TOW
7:15 p.m.	Saturday Night Movie, Auditorium

SUNDAY, SEPTEMBER 11

9:00 a.m.	Remembrance and Steps Challenge
9:00 a.m.	Nominations Open for Resident Council
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, SEPTEMBER 13**
Submit all articles by 12 NOON to
westwinds@goodwinhouse.org