

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 34, Number 39 ✦ September 26, 2022

WEEKLY PROGRAMS:

Trivia

Monday, September 26 at 2:00 p.m.
in the Atrium

Great Courses

CANCELED

Jeopardy

CANCELED

SAVE THE DATE:

October 3-7

Active Aging Week

October 11

Fall Harvest Festival

October 15-22

Book Drive

ACTIVE COVID CASES:

Independent Living: 3

Assisted Living: 0

Health Care Center: 0

Staff: 5

OKTOBERFEST CELEBRATION

Tuesday, September 27 at 3:00 p.m. | Atrium/Rotunda

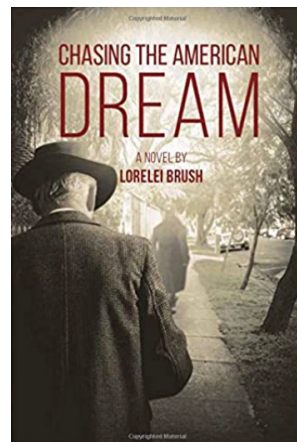


Our annual Oktoberfest Celebration is back! Grab your steins and wear your lederhosen as we celebrate this annual Munich festival. Sample different beers and German-inspired appetizers all while enjoying live entertainment featuring accordion player

Justin Paschalides. Resident Otto Reinbacher will have his collection of steins on display for residents to view as well. It is guaranteed to be a fun afternoon!

RESIDENT BOOK TALK: *CHASING THE AMERICAN DREAM* BY LORI BRUSH

Wednesday, September 28 at 3:00 p.m. | Auditorium



Come hear about the history embedded in my second novel, *Chasing the American Dream*. The story focuses on David Svehla's quest for justice against those whom he knew to have committed crimes against humanity in World War II. To his horror, his mission transforms into a fight with the U.S. Government, which threatens his own American Dream. Delve with me into Operation Paperclip and the Red Scare.



Goodwin House
Bailey's Crossroads

MORE HAPPENINGS

NOW ON VIEW IN THE CROSSROADS GALLERY: CYNTHIA FARRELL JOHNSON

The Crossroads Gallery is honored to host an extraordinary exhibition by artist Cynthia Farrell Johnson. “Welcome to My World” (September 23 – November 30) captures the beauty and vibrancy of a diverse world, the world she has lived and experienced as a diplomat traveling the world for 25 over years.

Her goal as an artist is to record beauty as she see it and she hopes to bring joy into the viewer’s life. “We are bombarded daily with reports of unspeakable horrors--caused by either forces of nature or by human frailties. Yet even in the midst of chaos and violence, one can find beauty, peace, and those who choose to provide comfort.”



HOLIDAY GIFT SALE

Tuesday, October 4, 10:00 a.m. - 2:00 p.m. | Rotunda

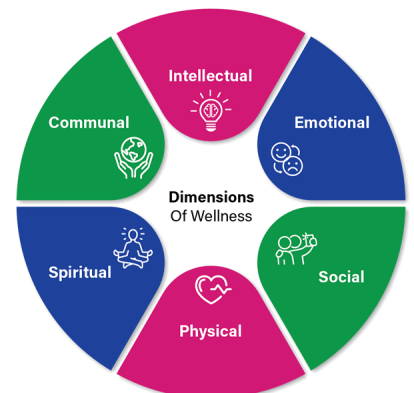
Please come to our sale of handmade goods and get your holiday shopping done early. We will have artisan crafts, jewelry, cards, decorations, quilts, ceramics, and more! All items for sale have been made with love by your neighbors. Ten percent of all proceeds will go to the Goodwin Living Foundation. Don’t miss out on the best day to buy the most beautiful and useful gifts for your friends and loved ones.

INTENSIVE BIBLE STUDY will meet Monday, September 26 at 3:30 p.m. in the Top of the West. Discussion will begin with Acts 15:30.

WELLNESS OPEN HOUSE

Friday, October 7, 10:00 a.m. - 12:00 p.m. | Rotunda

The Wellness Advance Team is delighted to debut the tools and perspectives that will bring into sharper focus the culture of wellness that exists at Goodwin Living. We have developed a unique self-assessment survey based on a fine-tuned set of six dimensions of wellness: Spiritual, Emotional, Physical, Intellectual, Social, and Communal. Interested residents may use the results of the self-assessment to identify opportunities for personal growth and fulfillment. The team has developed “wellness icons,” similar to icons one might find on a restaurant menu to indicate a dish that pairs well with a particular beverage, or alerts patrons to items that are “mwg” (made without gluten) or “vegan”, or “dairy free.”



In collaboration with Life Enrichment, the Wellness Advance Team will begin assigning wellness icons to specific programs across the menu of activities offered at Goodwin Living.
Residents

may deliberately opt into specific programs that are flagged with icons that correspond to dimensions they would like to pursue. This Open House will be an opportunity for residents to directly engage with Wellness Ambassadors made up of team members and residents who will be on hand to provide more details about navigating the culture of wellness at Goodwin Living.

EVERY THURSDAY NIGHT is a friendly, low stakes poker game from 7:00 to 8:30 p.m. in the card room. Currently there are five “regulars” who would like to expand to seven or so players. It’s a fun, social, low stakes game that welcomes added players. Come give poker a try!

HEALTHCARE WORKFORCE SHORTAGES: WHAT CAN BE DONE?

Thursday, October 6, 2:00 p.m. | Auditorium



Dr. P.J. Maddox of George Mason University’s Department of Health Administration and Policy will outline the severity of the workforce problem and explore some solutions. In October 2002, The Virginia Continuing Care Residents Association (VaCCRA) was born. **A reception to celebrate VaCCRA’s 20 years of work on behalf of CCRC residents will follow Dr. Maddox’s presentation.**

RACE, RELIGION AND DEMOCRACY: HOW DID WE GET HERE?

Monday, October 3, 3:30 p.m. | Auditorium



The Spiritual Life Committee presents the first of its 2022-2023 series on Race, Religion, and Democracy: How Did We Get Here? Anthony Tambasco considers Race: How Has the Bible Been Used or Misused? Moderated by Peter Kearney.

TRIPS AND OUTINGS

ALEXANDRIA SYMPHONY ORCHESTRA CONCERT

Sunday, October 2, 3:00 p.m. | Schlesinger Hall

Bus Departs at 2:15 p.m. Enjoy an afternoon of classical music with the Alexandria Symphony Orchestra, featuring Beethoven’s Ninth. Residents can sign up in the Resident Business Center starting Monday, September 26 at 10:00 a.m. Tickets are \$65.50 (plus \$5.00 transportation fee) and will be charged to your account after the concert.

VIRGINIA MUSEUM OF FINE ARTS, RICHMOND

Monday, October 3, 8:00 a.m. - 4:30 p.m.

There are a few spots left for this trip! Sign up in the Resident Business Center. Please note, 10 spots are reserved for GHA residents; do not write in those blocked off areas.

COMMUNITY NEWS AND UPDATES



WINTER COAT DRIVE: OCTOBER 3-14

Winter is coming and it's time to look in our closets and donate any nice warm winter coat to help those in need. All coat types and styles are welcomed. The coats will be distributed by First Christian Church, Falls Church to the Seven Corners and Baileys Crossroads area. A large box will be placed outside the Resident Business Center for the collection of coats from October 3-14.

Please help keep our neighbors warm during the cold months ahead by donating to GHBC's Winter Coat Drive. Contact Beverley Augustitus at ext. 7679 if you have questions.

DO YOU VISIT THE BUTTERFLY GARDEN OFTEN? Or would you like to? Be part of the process by spending a few minutes digging ground for our new plot. The garden is located next to the far end of the Contractor's Parking Lot. Come on Saturday morning, October 1, anytime between 10:00 a.m. and noon. Shovels will be provided. Bring gardening gloves if you have them. As little as 10-15 minutes will make a difference. Our rain date is Saturday morning, October 8.



THE TAILOR will be in the Smith Study on Thursday, October 6 from 10:00 a.m. - noon. Please bring payment with you.

NEWS YOU CAN USE: ELECTION REMINDER



We have two different elections at GHBC in November:

November 8 is the date of the Virginia state and local elections. VaCCRA and The League of Women voters will be sponsoring events to help us be ready. Opportunities to update voter registration info and to obtain vote by mail forms will be held. In case of a surge in COVID cases, vote by mail can be requested. If COVID levels remain low, these forms can be taken to the polls and you can vote in person if you choose.

November 14 will be the candidate forum to present those folks who have volunteered to run for the Resident Council to speak with residents. A brief introduction will be made for each candidate and after the presentation there will be the opportunity to speak directly with the candidates. Ballots will be in your resident mail slot at the front desk. Ballots will be collected from November 15 through November 18, 2022. Please consider sharing your talents with our community by serving on the Resident Council.

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 27: Employee Gift Fund

The Employee Gift Fund Committee is responsible for the overall operation of the annual campaign to solicit and receive monetary donations from residents and others for distribution to GHBC employees, only way residents can give to our amazing staff to show our appreciation for their services throughout the year. Co-chairs Lucy-Lee and Jean Reed explain the schedule and process with host Carol Lewis.

October 4: History of the GHBC

GHBC has a long and interesting history and who better to share it with us than COO Linda Lateana. Come and hear the stories behind the Knoll Garden, the “Iron Lady,” the bug at the entry, the Smith Study, and others. Claudia Blake hosts.

MORE NEWS

NEW RESIDENTS



Debbie Allnutt and Marty Michlik moved into Crossroads apartment 1019 on August 30. Debbie was born in Buffalo, New York. The family moved to Rockville when she was 10. After graduating from C.W. Woodward High School, she attended the Washington Hospital School of Nursing for a semester but left to work at the Montgomery County Health Department, first as a clerk and then as assistant to two Health Officers and the Director of Public Health Services. After 34 years she retired

from the county's Department of Health and Human Services as a budget analyst. She continued to work for the Montgomery County Council as a contractor managing a program for small grants to non-profit organizations. Debbie has been very active in retirement. She loves to cook, knit, crochet, travel, and get together with friends. Both she and Marty do Reformer Pilates. They are also avid Nationals fans. Between them, Debbie and Marty have five children, ten grandchildren, and two great-grandchildren.

Marty grew up in Trenton, New Jersey. He graduated from West Point in 1964 and spent the next 29+ years on active duty all over the world. He was first sent to Fort Carson in Colorado and then to Viet Nam. Over the course of his career, he has also been stationed in Germany and Korea and taught electrical engineering at West Point. He attended the Naval War College and the Industrial College of the Armed Forces. He worked in tank ammunition development at Picatinny Arsenal in Wharton, New Jersey, and was a tank battalion commander at Fort Knox. He ran the Army's night vision goggle program during his last five years of active duty. After retiring from the Army, he was a vice president of the Science Applications International Corporation in the night vision area. Like Debbie, Marty loves to travel, exercise, and spend time with friends. He used to be an avid long distance runner but now walks shorter distances instead.

NEW RESIDENTS



Tereza and Peter McNamee moved from Menlo Park, California into Crossroads apartment 820 on September 8.

Peter grew up in Brooklyn, New York, and graduated from Regis High School there. He went on to graduate with a BA from Fordham University and later from Stanford University with a PhD in theoretical physics. He taught in a variety of universities including Northwestern University, the University of Arizona, and the University of Virginia. He also taught in Leuven, Belgium and in Rio de Janeiro, Brazil. After teaching for a number of years, he left academia to work as a decision

consultant at Stanford Research Institute (SRI), followed by Strategic Decisions Group (SDG) and SmartOrg. He has led senior management teams in decision making and value optimization in a variety of industries. He is co-author of the book, *Decision Analysis for the Professional*. Peter enjoys singing and sang with the Masterworks Chorale. He plans to join Encore Chorale here. He also looks forward to being in closer proximity with his young grandchildren.

Tereza grew up in Drexel Hill outside Philadelphia. She graduated from the School of the Holy Child and from Rosemont College with a degree in French. Because her mother was from Brazil, Portuguese was often spoken in the home and Tereza is fluent in both Portuguese and English. As an undergraduate she received grants to study Portuguese in a U.S. government-sponsored program at the University of Texas and then at an international program in Portugal. After graduation, she went to Brazil to enjoy time with her Brazilian family and earned a master's degree in Brazilian literature and taught English at the Catholic University in Brazil, where she met Peter. They married, and Tereza spent 10 years at home raising their children and moved on to coordinating the religious education program at her church. From there her interests expanded. She was an active participant in the Bay Area Association for Psychological Type. She earned a master's degree in transpersonal psychology and led dream groups where participants explored their dreams. In recent years, Tereza has become engrossed in family history through genealogies and enjoys writing about the times in which her ancestors lived. She is currently maintaining a journal on their retirement transition from California to Goodwin House. She has done pastel painting and would like to continue with her art here at GHBC and return to playing her piano. She is eager to meet fellow residents and to spend time with her grandchildren.

Information Technology Alerts

Mark your Calendar

Email Fraud / Spam Class

September 28 4:00 p.m. Boardroom

Sign-up in the Resident Business Office

Presenter: Jeanne Springmann

iPhone User Group Forming

Watch the West Winds for information

of the meetings to begin in October.

Lead by [Dan VanBellegem](#) and

[Jeanne Springmann](#)

Cox Television - contact:

Christopher Floyd

Director of Facilities Management

Ext: 7242 cfloyd@goodwinliving.org

CHAPLAINCY UPDATES

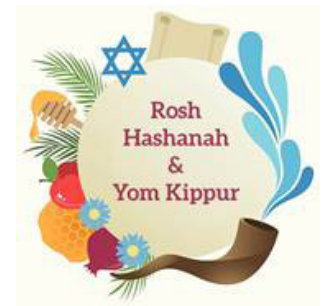
THE ST. IGNATIUS BIBLE DISCUSSION GROUP—MAKING THE SCRIPTURES RELEVANT TO CURRENT LIVES AND TIMES

Enjoy discussing how to make the Bible scriptures (and particularly the Gospel lessons) relevant to our daily lives? Then, you might be interested in a resident group that discusses the previous Sunday's biblical readings that are used by the many churches that use the Revised Common Lectionary. The group meets 1st and 3rd Tuesdays of each month at 11:00 a.m. to Noon in the Board Room. All are welcome to attend as their schedules permit. Please join us! Our next meeting is Tuesday, October 4, at 11:00 a.m. in the Board Room.

Selected Upcoming Religious and Spiritual Holidays:

The August issue of the "Diversity, Equality & Inclusion Committee Newsletter" included a Diversity Calendar for August through October. Consult that and the list below for some of the upcoming holidays and holy days that might be of interest.

- September 23-31: Paryushana (Jain)
- September 25-27: Rosh Hashanah (Jewish)
- September 26-October 4: Navaratri (Hindu)
- October 4-5: Yom Kippur (Jewish)



CELEBRATION OF LIFE SERVICE FOR KEN ANDERSON

Monday, September 26 3:00 p.m. Auditorium

The Goodwin House Community will have a celebration of life service with readings, prayers and remembrances. All are invited to attend. A basket will be available for collecting any notes or cards you wish to pass along to the Anderson Family.



INSIDE THE ART CENTER

MONDAY, SEPTEMBER 26

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

Art Film: How to Look at and Understand Great Art Lecture 17: Signs—Symbols, Icons, and Indexes in Art; Lecture 18: Portraits—How Artists See Others. (Media Room)

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

Art Film Discussion Ask yourself: Did I learn something new in these lectures? (Media Room)

2:30 p.m. - 4:00 p.m.

Fall Holiday Card Making Workshop Everyone loves a handmade card! This great opportunity to spend time with other residents socializing and learning something new. Everyone is welcome. All supplies and step-by-step instruction will be provided by the wonderful women from Caring Cards Inc. at St. Michael's Church.



TUESDAY, SEPTEMBER 27

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:

Guatemalan Worry Dolls Come learn something new and have fun creating 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, ext. 7442.

WEDNESDAY, SEPTEMBER 28

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

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

Drawing: Lessons from the Masters (Lesson 1 of 10) During this 10-week drawing course, we will study the drawing techniques of different artists and then put into practice lessons learned with hands-on activities. You will be surprised at what you can learn and achieve. Artists will include Rembrandt, van Gogh, Picasso, Matisse and more. *(Sign up each week in the Art Center, limit 14)*

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

Beginner

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

Intermediate

THURSDAY, SEPTEMBER 29

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

Painting Food, Fabulous Food A mound of butter, a bunch of grapes, a pile of cookies. Throughout history artists have turned their groceries into lasting works of art. In this acrylic painting class, the subject will be paintings of food. Bring in an image you would like to paint or use one of the reference images (see Manet's brioche pictured right).



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

Woodcarving Learn from resident woodcarving master Mike Connors.

FRIDAY, SEPTEMBER 30

1:00 p.m. - 5:00 p.m.

Artsy Afternoon Grab a friend and spend some time crafting or creating together. This is an open studio time with no instruction.

CHANNEL 2, CHANNEL 43 AND THE MEDIA ROOM

Please Note: Equivalent Channels to 2 and 43 for Cox are still being set up. Some TVs still offer Ch. 2 and 43 and will show the below schedule.

MONDAY, SEPTEMBER 26

- 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, SEPTEMBER 27

- 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: *Hell's Angels* (Ch. 43)



WEDNESDAY, SEPTEMBER 28

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

THURSDAY, SEPTEMBER 29

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

FRIDAY, SEPTEMBER 30

- 10:30 a.m. Seated Fitness
- 11:00 a.m. Meditation
- 11:30 a.m. Chair Yoga
- 1:00 p.m. Opera: José Carreras & Montserrat Caballé (Media Room)
- 7:15 p.m. Veterans Movie: *For Whom the Bell Tolls* (Channel 43)



SATURDAY NIGHT MOVIE: MRS. HARRIS GOES TO PARIS

Saturday, October 1 at 7:15 p.m. | Auditorium

Mrs. Harris Goes to Paris is a 2022 historical comedy-drama film directed and produced by Anthony Fabian, from a screenplay he co-wrote with Carroll Cartwright, Keith Thompson, and Olivia Hetreed. It is the third film adaptation of the 1958 novel *Mrs. 'Arris Goes to Paris* by Paul Gallico. 2022, PG, Drama/Comedy, 1 hour 32 minutes

Starring: Leslie Manville, Alba Baptista, Lucas Bravo and Jason Issacs

LET'S GET FIT TOGETHER

NEW EQUIPMENT ORIENTATION

The Fitness Center will be offering orientation sessions on the new weight machines acquired this month. The orientation consists on a brief explanation on proper set up and use of the equipment, followed by a "test drive" of the machine assisted and supervised by a fitness specialist.

The session will take place at 2:00 p.m. on September 28 and 29, and again on October 5 and 6. Sessions will be 45 minutes long with a maximum of 8 participants each session. The sign-up sheet will be available in the Fitness Center starting Friday, September 23.

MONDAY, SEPTEMBER 26

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

TUESDAY, SEPTEMBER 27

- 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

WEDNESDAY, SEPTEMBER 28

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

THURSDAY, SEPTEMBER 29

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 9:00 a.m. Posture & Core, Aerobics Room
- 9:00 a.m. Ballet Barre & Balance, CANCELED
- 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. Chair Fit, Aerobics Room

FRIDAY, SEPTEMBER 30

- 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

SATURDAY, OCTOBER 1

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

ASSISTED LIVING PROGRAMS

MONDAY, SEPTEMBER 26

- 9:30 Daily Chronicles Reading
- 10:30 In Room 1:1s Morning Exercise Visits
- 2:45 1:1 Art Discussion Visits
- 3:30 Afternoon Hydration Cart

TUESDAY, SEPTEMBER 27

- 9:30 Daily Chronicles Reading
- 10:30 Resident Council Meet- 1:1 Updates
- 11:00 In Room 1:1 Exercise Visits
- 2:00 Spiritual 1:1 Visits w/ Rev. Theresa
- 2:30 Afternoon 1:1 Visits with Social Work
- 3:30 Hot Apple Cider Cart

WEDNESDAY, SEPTEMBER 28

- 9:30 Daily Chronicles Reading
- 10:30 Morning Exercise 1:1 Visits
- 2:00 Afternoon Hydration Cart
- 3:00 Travel 1:1 Travel Discussion: Germany

THURSDAY, SEPTEMBER 29

- 9:30 Daily Chronicles Reading
- 10:30 Morning 1:1 Social Work Visits
- 2:30 Books on Wheels
- 3:30 In Room 1:1 Exercise Visits

FRIDAY, SEPTEMBER 30

- 9:30 Daily Chronicles Reading
- 10:30 Morning Exercise 1:1 Visits
- 2:30 Afternoon 1:1 Social Work Visits
- 3:30 Afternoon Snacks and Activity Package Distribution

SATURDAY, OCTOBER 1

** Work on Weekend Activity Package**

SUNDAY, OCTOBER 2

** Work on Weekend Activity Package**

HEALTH CARE CENTER PROGRAMS

MONDAY, SEPTEMBER 26

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Monday Motivation
- 11:00 Group Crossword
- 2:00 Specialty Drink Cart
- 3:30 Drinks & Discussion on the Patio

TUESDAY, SEPTEMBER 27

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Tuesday Tone Up
- 11:00 Spiritual Group
- 3:00 Oktoberfest Celebration in Atrium/Rotunda

WEDNESDAY, SEPTEMBER 28

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Wednesday Workout
- 11:30 Bistro Lunch Bunch
- 2:00 1:1 Short Stories
- 3:30 Bingo with Friends

THURSDAY, SEPTEMBER 29

- 9:30 Daily Newsletter
- 10:00 Morning Visits
- 10:30 Morning Movements
- 11:00 Brain Teasers
- 2:00 Books on Wheels
- 3:30 Taste & Talk Travelogue

FRIDAY, SEPTEMBER 30

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Service Project
- 2:00 1:1 Meditative Movement
- 3:30 Sing-Along: Classic Tunes

SATURDAY, OCTOBER 1

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Exercise
- 11:00 West Winds Discussion
- 2:00 1:1 Visits
- 3:30 Welcome to Autumn Art

SUNDAY, OCTOBER 2

- 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 26

- 8:45 a.m. Total Body Standing, Auditorium
- 9:00 a.m. IT Device Clinic, Bistro
- 9:00 a.m. Master Fit, Aerobics Room
- 10:15 a.m. Line Dance, Aerobics Room
- 10:30 a.m. Seated Fitness, Channel 2
- 11:00 a.m. Guided Meditation, Channel 2
- 11:00 a.m. Memoirs, Smith Study
- 11:30 a.m. Chair Yoga, Channel 2
- 11:30 a.m. Chair Fit, Auditorium
- 11:30 a.m. Harris Teeter Shopping Center Shuttle, departs Main Entrance
- 1:00 p.m. Art Film and Discussion, Media Room
- 2:00 p.m. Trivia, Atrium
- 2:00 p.m. Mat Yoga, Aerobics Room
- 2:00 p.m. Rummikub, Card Room
- 2:30 p.m. Fall Card Making, Art Center
- 3:00 p.m. Bocce Ball Practice, Bocce Ball Court
- 3:00 p.m. Intensive 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, SEPTEMBER 27

- 8:15 a.m. Stretch and Flex, Auditorium
- 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. Pilates, Aerobics Room
- 10:30 a.m. Seated Fitness, Channel 2
- 11:00 a.m. Muscle Relaxation, Ch. 2
- 11:00 a.m. Eclectic Art Making with Deanna, Art Center
- 11:00 a.m. Tai Chi, Auditorium
- 11:30 a.m. Trader Joe's and Target shuttle, departs Main Entrance
- 1:00 p.m. Creative Writing Group, Formal Parlor
- 1:00 p.m. Mah Jongg, Card Room
- 1:00 p.m. Movement for Living, Aerobics
- 1:00 p.m. Creative Writing, Formal Parlor
- 1:30 p.m. Knit for Kids, Art Center
- 2:30 p.m. Power Braining, Media Room
- 3:00 p.m. Oktoberfest Celebration, Atrium/Rotunda
- 3:00 p.m. Marketing Committee, Board Room
- 3:00 p.m. Ping Pong and Pool, Game Rm.
- 4:00 p.m. Newcomers, et al., Auditorium
- 7:15 p.m. Veterans Movie, Channel 43

WEDNESDAY, SEPTEMBER 28

- 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. Seated Fitness, Channel 2
- 10:30 a.m. Book Group, TOW
- 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
- 1:00 p.m. Beginner Drawing, Art Center
- 2:00 p.m. Informal Open Bridge, Card

2:00 p.m. Fitness Equip. Orientation, FC
 2:00 p.m. Wii Bowling, Aerobics Room
 2:30 p.m. Intermediate Drawing, Art Ctr.
 3:00 p.m. Book Talk, *Chasing the American Dream*, Auditorium
 4:00 p.m. Email Fraud/Spam Class, Board Room
 4:30 p.m. Drinks & Trivia, Formal Parlor
 7:00 p.m. Bingo, Top of the West

departs Main Entrance
 12:15 p.m. Mah Jongg, Card Room
 1:00 p.m. Afternoon at the Opera, Media Room
 1:00 p.m. Artsy Afternoon, Art Center
 2:30 p.m. Mat Yoga, Aerobics Room
 3:00 p.m. Play Reading Organizational Meeting, Board Room
 7:15 p.m. Veterans Movie, Channel 43

THURSDAY, SEPTEMBER 29

8:15 a.m. Stretch & Flex, Auditorium
 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. Standing Total Body Strength Workout, Channel 2
 10:00 a.m. Water Aerobics, Pool
 10:00 a.m. WhatNot Shop Donations
 10:30 a.m. Pilates, Auditorium
 10:30 a.m. Seated Fitness, Channel 2
 11:30 a.m. Chair Fit, Aerobics Room
 1:00 p.m. Movement for Living, Aerobics
 1:00 p.m. Painting, Art Center
 2:00 p.m. Fitness Equip. Orientation, Fitness
 2:00 p.m. Duplicate Bridge, Card Room
 3:00 p.m. Woodcarving, Art Center
 7:00 p.m. Poker Game, Card Room

SATURDAY, OCTOBER 1

9:00 a.m. Croquet, Front Lawn
 9:00 a.m. Total Body Video, Aerobics Rm.
 9:30 a.m. Jewish Shabbat Services, Formal Parlor
 10:00 a.m. New Butterfly Garden Work Day, Contractors Parking Lot
 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

FRIDAY, SEPTEMBER 30

8:45 a.m. Total Body Standing, Auditorium
 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,

SUNDAY, OCTOBER 2

10:30 a.m. Holy Eucharist Service, Chapel
 11:15 a.m. UUCA Service, Board Room
 11:15 a.m. Washington National Cathedral Sunday Service, Channel 2
 2:00 p.m. Hand and Foot, Top of the West
 2:15 p.m. Alexandria Symphony Orchestra Concert, Schlesinger Hall, Departs Main Entrance
 7:00 p.m. Compline, Chapel

**WEST WINDS DEADLINE:
 TUESDAY, SEPTEMBER 27**
 Submit all articles by 12 NOON to
westwinds@goodwinhouse.org