

WEST WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041
www.ghbcresidents.org

Volume 34, Number 47 ✨ November 21, 2022

WEEKLY PROGRAMS:

Trivia

Monday, November 21 at 2:00 p.m.
in the Atrium

Creative Writing

Tuesday, November 22 at 1:00 p.m.
in the Formal Parlor

Great Courses

Wednesday, November 23 at 3:00
p.m. in the Media Room

Jeopardy

Friday, November 25 at 2:00 p.m.
in the Board Room



EDUCATIONAL JAZZ CONCERT

FEATURING QUENTIN WALSTON

Monday, November 21 at 1:30 p.m. | Auditorium

Quentin Walston is back with another installment of his History of Jazz Educational Concert. Continue to learn jazz throughout the years and hear Quentin play pieces of his favorite jazz music. Q&A to follow, all are welcome!



RING IN THE HOLIDAYS!

The holiday season is here again. Let's enjoy with friends. With brass quintets and clarinets, the music's ready, and the stage is set! Mark your calendars with these dates. You'll be glad you joined our fêtes!

Goodwin Living At Home (GLAH) and GHBC are delighted to invite you to join us for two special holiday concerts:

Fourth Annual Holiday Brass Quintet Concert

Tuesday, December 6 at 1:00 p.m. | GHBC Auditorium

Featuring musicians from a premier military band and Erik Ramos, brother of GHBC team member Catie Ramos.

Second Annual Clarinet Ensemble Concert

Monday, December 19 at 1:00 p.m. | GHBC Rotunda

Featuring high school students from The Morgan Studio and their teachers, Emily and Patrick Morgan.

SAVE THE DATE:

Monday, November 28, 3:00 p.m.
Bluegrass Band

Thursday, December 8, 7:00 p.m.
Annual Tree Lighting

ACTIVE COVID CASES:

Independent Living: 1
Assisted Living: 0
Health Care Center: 0
Staff: 0

WELLNESS ICON KEY:

- Physical
- Intellectual
- Spiritual
- Emotional
- Communal
- Social

WEST WINDS SUBMISSIONS for next week's issue are due on Monday, November 21 by 5:00 p.m. because of the holiday.

MORE HAPPENINGS

PATTI'S PRETTIES

Tuesday, November 22 from 10:00 a.m. to 3:00 p.m. | Atrium

Patti's Pretties will be here at Goodwin House for all your winter and holiday shopping. She will have silver and fashion jewelry, watches, clothing, hats, gloves, scarves, shawls, and other accessories. If you miss her visit this month, she'll be back next month on Saturday, December 17.



NO BINGO ON THANKSGIVING EVE, NOVEMBER 23! BINGO will return on November 30 in the Top of the West at 7:00 p.m. Everyone, including family members, is invited!



OUR HOLIDAY BAZAAR IS ON THE WAY!

The Bazaar Poster with Santa's fluffy Red Hat is up, the signup sheets are on the table & our somewhat quirky hostess, "Holly Holiday" are all in place, located in the Rotunda on your way to the Bistro.

Now all we need are a whole lot of helpers (approximately 140) to come over, choose an appealing activity and time, then sign on. Join in the feel-good camaraderie, fun and joy in bringing this worthwhile "Funraiser" to life. Sign up and mark your calendar in holiday red. You might feel a bit tired at the end of the day, but your heart will be filled with "Happy" knowing every \$\$\$\$ goes to our Foundation, which in turn comes back to us.

Plan to shop at the Bazaar on Thursday, December 8, 9:00 a.m. - 2:00 p.m.

WHATNOT SHOP DONATIONS WILL BE CLOSED THIS WEEK Because our normal Donation Day falls on Thanksgiving, the WhatNotShop will be closed and will take in all donations on the following Monday, November 28 between 10:00 a.m. - 11:30 a.m. **This date will be the last day to donate items until next year. The shop will not be open during the month of December and will reopen January 2023.**

SATURDAY NIGHT MOVIE: *UNBEARABLE WEIGHT OF MASSIVE TALENT*

Saturday, November 26 at 7:15 p.m. | Auditorium

Unfulfilled and facing financial ruin, actor Nick Cage accepts a \$1 million offer to attend a wealthy fan's birthday party. Things take a wildly unexpected turn when a CIA operative recruits Cage for an unusual mission. Taking on the role of a lifetime, he soon finds himself channeling his most iconic and beloved characters to save himself and his loved ones. R, 2022, Action/Comedy, 1 hour 45 minutes
Starring: Nicolas Cage, Pedro Pascal, Lily Mo Sheen



EMPLOYEE GIFT FUND - NOTE THIS



A Thank You Note: A Happy Thanksgiving from the Employee Gift Fund!
As you enjoy the Thanksgiving Holiday weekend, remember the blessings you have received this year from our great staff at GHBC. Thanks to those who have already joined this “notable” campaign! If you have not yet written your “Thank You Note” check – please do so by Sunday, November 27!

Undecided about how much to give? How much you give in thanksgiving and appreciation for what the staff has meant to you over this last year is up to you! A rule of thumb that some use is \$4 to \$7 dollars a day per person multiplied by the number of days you’ve lived at GHBC this year. Determine the amount of your gift based on just how thankful you are for all the services the entire GHBC staff has provided for you throughout the past year. And it’s not just those employees you see every day who should be remembered, but all the others who work so diligently behind the scenes.

Please write your check today, payable to GHBC Employee Gift Fund, put it in an envelope, and put the envelope in the Employee Gift Fund Box in the Mail Room. Assisted Living residents can give their envelope to social worker Lauren Kipfer or to director Taneisha Hampton. Don’t forget: the Gift Fund must receive your check no later than Sunday, November 27. Any gifts received after that date will be included in next year’s Gift Fund.

Join the celebration on Friday, December 2 at 3:00 p.m. in the Auditorium when we will sing “Thank Your Very Much” to our fantastic employees!

Questions? Please contact co-chairs Jean and Lucy-Lee Reed at ext. 3121.

SEEKING INPUT FOR HOW GL MIGHT BE A RESOURCE FOR HELPING REFUGEE FAMILIES

The Community Contribution and Accountability Committee of the Goodwin Living Board is exploring how our community might help churches aiding refugee families. A small group of volunteers from both GHA and GHBC will be gathering to discuss possibilities. At the same time there is thought that our communities might be able to partner with churches in the area that are sponsoring families. In order to ascertain possibilities there is need to find out who at GHBC is working with their churches to help sponsor refugees. If you are involved with this activity, would you please contact Donna Cornman (Donnacornman@icloud.com or ext. 7385) or Tony Tambasco (tambasca@georgetown.edu or ext. 3114). We would like to have the names of people to contact in these churches to set up another brainstorming session to explore partnerships or other ways in which our communities can help in this great work.

NEWCOMERS ET AL.

Tuesdays at 4:00 p.m. | Auditorium

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

November 22: GHBC Website

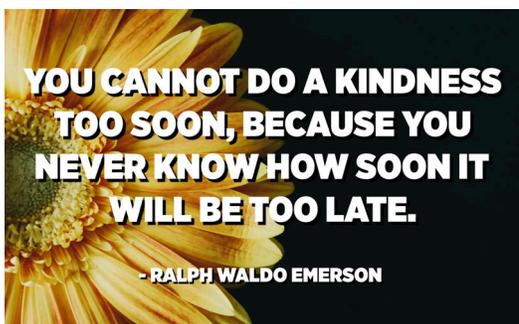
Claudia Blake will take us on a tour of the resident website, highlighting the wealth of information available on it. Meet some of the website team, those residents responsible for keeping the site up to date.

November 29: GHBC Public Art & Art Gallery

Have you wondered where much of the artwork in the GHBC public spaces comes from or its history? Have you thought about how artists and their works are chosen for the Gallery? Adrienne Wyman, Creative Arts Coordinator, will talk about both topics. Hosted by Carol Lewis.

YOU MADE A DIFFERENCE!

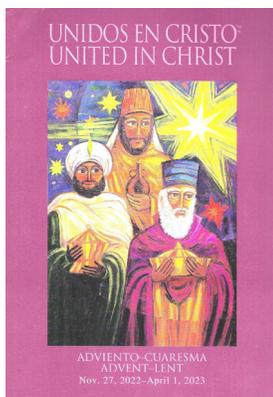
Thanks to YOU who volunteered and donated this past week for Make A Difference Day



Our generous community raised just over \$6,300 to provide Thanksgiving meals to 50-plus homeless neighbors at the Bailey's Shelter and to their hypothermia prevention program.

Our three toy turkeys were won by Mike Connors who selected the Humpty-Dumpty turkey; Jennifer Frum who chose the baby talking turkey; and Mike Morton just got a turkey.

Gertrude Creed and Eleanor Lewis, Community Services Committee
Make a Difference Day 2022 Co-Chairs, November 7-11.



DO YOU NEED A NEW MISSAL from St. Anthony's Catholic Church for the season of Advent through Lent 2023? Please contact Ron Karpick in apt. 437, ext. 7299, lungone@msn.com.

HELP! CHRISTMAS BAZAAR SILVER NEEDS POLISHING!



Thanks to all donors of serving dishes, turkey-stuffing spoons, and candle sticks galore.
Pitchers and platters and so much more.

You will gasp at long tables of bright, sparkling booty!
But, there's work to be done to uncover the beauty.

Long years in store rooms have hidden the shine
Under layers and layers of ugly, black grime.

We're calling all hands who are itching to polish.
Join us in the Art Center to abolish the tarnish!!



Tuesday, November 29, 10:00 a.m. - 12:00 p.m. and Wednesday, November 30, 2:00-4:00 p.m.
For more information, call Betsy Bailey at ext. 3602.



TECH COMMITTEE UPDATE

Find help at these links:

<https://www.ftc.gov/>

- Report Fraud
- Get a free credit report
- Report identify theft
- Register for Do Not Call

GHBC IT Helpdesk

ext. 1277 or on the form

Staff Support Specialist Click [HERE](#)

The Wonders of Amazon Alexa (Part Two)

Presented by Prevention of Blindness Society of Metropolitan Washington Tech Talk Tuesday on November 22 at 1:00 p.m. Alexa-enabled devices can help make your life more independent, accessible, and fun. Join us to learn more! Bring your questions! It is highly recommended to join via computer with your video enabled.

Join by video:

<https://zoom.us/j/96312889662>

Meeting ID: 963 1288 9662

A NOTE ABOUT MASKS GHBC management has provided this clarification to the October 25, 2022 covid-19 protocols: "If the COVID guidelines say you are required to wear a mask at all times when out of your apartment, there is no communal dining or participation in any activity where you would need to remove your mask."

SHUTTLE UPDATE

A Shuttle to Giant will be available on Tuesday, November 22 departing from the front entrance at 10:45 a.m.

All other shuttles for the week are canceled.



INSIDE THE ART CENTER

MONDAY, NOVEMBER 21

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

Ceramic Christmas Ornaments It's time to think about holiday shopping, and people love hand-made gifts that last for years and years. Join us in the Art Center to make Ceramic Christmas Ornaments. This is a great class for those who are new to ceramics. If you can roll out a cookie - you can make ceramic ornament! This is a two-part session: in session one we cut and carve the ornaments. After the ornaments are fired in the kiln, we will meet again to apply glazes. The finished ornaments will be available for pick up after a final firing. *(This class is open to the first 10 people to arrive.)*



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

 **Art Film: How to Look at and Understand Great Art** Lecture 33: Abstraction/Modernism—New Visual Language. Lecture 34: Dada Found Objects—Surreal Doodles and Dreams. (Media Room)

TUESDAY, NOVEMBER 22

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

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

Advanced Ceramics Group Meets Contact Carol Lewis, ext. 7546

  **Knit for Kids Group Meets** Contact Sue Swisher, ext. 7442.

WEDNESDAY, NOVEMBER 23

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

Mats for Homeless Neighbors Group WILL NOT Meet this week! Contact Jamie Gallagher, ext. 7678.

1:00 p.m. - 3:30 p.m.

No drawing class today!

THURSDAY, NOVEMBER 24

No classes today. Happy Thanksgiving!

FRIDAY, NOVEMBER 25

No classes today.

Remember: The studio is open for your creative pleasure whenever there is not a class in session.

LET'S GET FIT TOGETHER

THE BENEFITS OF STRENGTH TRAINING

Adults aged 65 and older need **at least two days a week** of activities that strengthen muscles. Even for older adults with limitations, building strength is important and can improve quality of life.

Some of the benefits of strength training are:

- Improved muscle strength and tone – to protect your joints from injury.
- May help reduce or prevent cognitive decline in older people.
- Decreased risk of injury.
- Enhanced performance of everyday tasks.
- Prevention or control of chronic conditions such as diabetes, heart disease, arthritis, back pain, depression and obesity



FITNESS EQUIPMENT ORIENTATION DATE: Friday, November 25 at 2:00 p.m.

MONDAY, NOVEMBER 21

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

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

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

TUESDAY, NOVEMBER 22

8:15 a.m. Stretch and Flex, Auditorium
9:00 a.m. Getting Started, Auditorium
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, NOVEMBER 24

No Classes - Happy Thanksgiving!

FRIDAY, NOVEMBER 25

8:45 a.m. Total Body Standing, Auditorium
9:30 a.m. Total Body Seated, Auditorium
10:30 a.m. Chair Yoga, Auditorium
2:00 p.m. Fitness Equipment Orientation
2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, NOVEMBER 26

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

WEDNESDAY, NOVEMBER 23

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. Power Braining, Aerobics Room
NEW

ASSISTED LIVING PROGRAMS

MONDAY, NOVEMBER 21

- 10:30 Morning Exercise w/ Olga in the Community Room
- 11:00 Sing-a-Long w/ Anne and Friends in the Crossroads Area
- 2:00 Hand Massages w/ Denise in the Community Room
- 3:00 Art Discussion w/ Adrienne in the Community Room

TUESDAY, NOVEMBER 22

- 10:30 Resident Council Meeting in the Community Room
- 11:00 Morning Exercise w/ Vy in the Community Room
- 1:45 Spiritual Discussion Group w/ Barb-Chaplain Intern in the Community Room
- 2:15 Buddhism Around the World- On IN2L in the Community Room
- 3:00 Autumn Pie Tasting Social in the Crossroads Area

WEDNESDAY, NOVEMBER 23

- 10:30 Travel Wednesday w/ Elizabeth in the Community Room
- 11:00 Morning Fitness w/ Vy in the Community Room
- 2:00 Bingo in the Crossroads Area
- 3:00 Afternoon Fun Facts & Snacks in the Crossroads Area

THURSDAY, NOVEMBER 24

- 10:30 Daily Chronicles Reading
- 11:00 Morning Music w/ Alexa in the Crossroads Area
- 2:00 Thanksgiving Word Game Package
- 3:00 Afternoon Snacks in the Crossroads Area

FRIDAY, NOVEMBER 25

- 10:30 Service Project for AFAC in the Community Room
- 3:00 Trivia w/ Tiffany in the Community Room
- 3:30 Hot Apple Cider Social in the Crossroads Area

SATURDAY, NOVEMBER 26

- 10:30 Art Therapy Group w/ Kristopher in the Community Room
- 2:30 Music w/ Chris Hagan and Friends in the Crossroads Area

SUNDAY, NOVEMBER 27

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

HEALTH CARE CENTER PROGRAMS

MONDAY, NOVEMBER 21

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Morning Exercise
- 11:00 How Many Words
- 2:00 1:1 Visits
- 3:30 Bingo with Friends

TUESDAY, NOVEMBER 22

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Tuesday Tone Up
- 11:00 Hymnal Sing-Along
- 2:00 Memories We Are Thankful For
- 3:30 Thanksgiving Art & Crafts

WEDNESDAY, NOVEMBER 23

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Seated Fitness
- 11:00 Thanksgiving Trivia
- 2:00 1:1 TR Visits
- 3:00 Sparkling Cranberry Mocktail & Sing-Along

THURSDAY, NOVEMBER 24

- 10:30 Threshold Singers Performance
- Thanksgiving Activity Cart available in the Crossroads Area

FRIDAY, NOVEMBER 25

- 9:30 Daily Newsletter
- 10:00 Good Morning Visits
- 10:30 Service Project
- 2:00 1:1 Visits
- 2:30 Movie Matinée with Hot Apple Cider

SATURDAY, NOVEMBER 26

- 9:30 Daily Newsletter & West Winds Visits
- 11:00 Saturday Stretches
- 3:30 Bill Crews Entertainment

SUNDAY, NOVEMBER 27

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

Activity packets (reading material, puzzles, word games, etc.), West Winds, magazines, and books will be available to all residents. Resident activity boxes will be left in the community room and household living room.

WEEKLY CALENDAR

MONDAY, NOVEMBER 21

- 8:45 a.m. Total Body Standing, Auditorium
- 9:00 a.m. IT Device Clinic, Bistro
- 9:00 a.m. Master Fit, Aerobics Room
- 9:30 a.m. Total Body Seated, Auditorium
- 10:00 a.m. Ceramic Ornaments, Art Center
- 10:00 a.m. Resident Council Business Meeting, Top of the West
- 10:15 a.m. Line Dance, Auditorium
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Meditation, Ch. 1960
- 11:00 a.m. Memoirs, Smith Study
- 11:30 a.m. Chair Fit, Auditorium
- 11:30 a.m. Chair Yoga, Ch. 1960
- 11:30 a.m. Harris Teeter Shopping Shuttle, departs Main Entrance
- 1:00 p.m. Art Film, Media Room
- 1:30 p.m. Jazz Concert, Auditorium
- 2:00 p.m. Mat Yoga, Auditorium
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Trivia, Atrium
- 3:00 p.m. Bocce Ball Practice, BBall Court
- 3:00 p.m. Movie Committee, Board Room
- 7:00 p.m. Mexican Dominoes with Lessons, Game Room

TUESDAY, NOVEMBER 22

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Getting Started, Auditorium
- 9:00 a.m. Pickleball Practice, Pickleball Court
- 9:30 a.m. Advanced Ceramics, Arty Center
- 9:45 a.m. Tone & Balance, Aerobics Rm
- 10:00 a.m. Standing Total Body Stretch, Ch. 1960
- 10:00 a.m. Caregivers Support Group, FP
- 10:00 a.m. Patti's Pretties, Atrium
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. Pilates, Aerobics Room

- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Muscle Relaxation, Ch. 1960
- 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, Formal Parlor
- 1:00 p.m. Movement for Living, Aerobics
- 1:00 p.m. Mah Jongg, Card Room
- 1:00 p.m. Rosary Group, Chapel
- 1:30 p.m. Knit for Kids, Art Center
- 2:30 p.m. Power Braining, Media Room
- 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

WEDNESDAY, NOVEMBER 23

- 8:45 a.m. Total Body Standing, Aerobics Room
- 9:15 a.m. Water Aerobics, Pool
- 9:30 a.m. Total Body Seated, Aerobics Rm
- 10:00 a.m. Morning Prayers, Chapel
- 10:30 a.m. Book Group, Top of the West
- 10:30 a.m. Seated Fitness, Ch. 1960
- 10:30 a.m. Stronger Memory, Formal Parlor
- 10:30 a.m. Power Braining, Aerobics Room (NEW)
- 11:00 a.m. Meditation, Ch. 1960
- 11:00 a.m. UU Ministerial Intern Visit, Chapel
- 11:30 a.m. Chair Yoga, Ch. 1960
- 11:30 a.m. Chair Yoga, Aerobics Room
- 2:00 p.m. Hearing Support Group, Group Room
- 2:00 p.m. Informal Open Bridge, Card Rm
- 2:00 p.m. Wii Bowling, Aerobics Room
- 3:00 p.m. Great Courses, Media Room
- 4:30 p.m. Drinks & Trivia, Formal Parlor

THURSDAY, NOVEMBER 24



- 9:00 a.m. IT Device Clinic, Bistro
- 10:00 a.m. Standing Total Body Stretch, Ch. 1960
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Muscle Relaxation, Ch. 1960
- 2:00 p.m. Duplicate Bridge, Card Room
- 7:00 p.m. Poker Game, Card Room

FRIDAY, NOVEMBER 25

- 7:30 a.m. Rotary Breakfast, Board Rm.
- 8:45 a.m. Total Body Standing, Aud.
- 9:30 a.m. Total Body Seated, Auditorium

- 10:30 a.m. Chair Yoga, Auditorium
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Meditation, Ch. 1960
- 11:30 a.m. Chair Yoga, Ch. 1960
- 11:30 a.m. Shopping Shuttle: Giant, departs Main Entrance
- 12:15 p.m. Mah Jongg, Card Room
- 1:00 p.m. Opera: Coppélia Ballet, Léo Delibes, Media Room
- 2:00 p.m. Fitness Equipment Orientation, Fitness Center
- 2:00 p.m. Jeopardy, Board Room
- 2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, NOVEMBER 26

- 9:00 a.m. Croquet, Front Lawn
- 9:00 a.m. Total Body Video, Aerobics Rm.
- 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, NOVEMBER 27

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

WEST WINDS DEADLINE: MONDAY, NOVEMBER 21

Submit all articles by 5:00 PM to
westwinds@goodwinhouse.org