

# WEST★WINDS

## NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

[www.ghbcresidents.org](http://www.ghbcresidents.org)

Volume 35, Number 3 ✨ January 23, 2023

### WEEKLY PROGRAMS:

#### Trivia

Monday, January 23 at 2:00 p.m. in the Atrium. Trivia is back!

#### Great Courses

Wednesday, January 25 at 3:00 p.m. in the Media Room

#### Trivia

Friday, January 27 at 2:00 p.m. in the Atrium

### LUNAR NEW YEAR CELEBRATION

Monday, January 23 at 7:15 p.m. | Auditorium



Lunar New Year is the festival that celebrates the beginning of a new year on the traditional lunisolar and solar Chinese calendar. Our celebration will include entertainment featuring the Chinese Lion Dancers from the Wong People Kung Fu Association and themed hors d'oeuvres.

### SAVE THE DATE:

#### Friday, February 3

National Wear Red Day

### ACTIVE COVID CASES AS OF 1/19:







Independent Living: 0

Assisted Living: 0

Health Care Center: 4

Staff: 5

### WELLNESS ICON KEY:

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

  
Goodwin House  
Bailey's Crossroads

### AFTERNOON SINGALONG WITH ALAN FREY

Thursday, January 26 at 4:00 p.m. | Atrium

Alan Frey will be playing oldies and show tunes. Lyrics will be provided to enable you to sing, hum, or just listen. Alan has been doing these programs here for the Assisted Living and Terrace groups for several years. Come and enjoy the fun!

### THE PLAY'S THE THING!

The Goodwin House Play Reading Group is going strong! We meet at 3:30 p.m. twice a month to read a play together, usually the 2nd and 4th Wednesdays in the Board Room for 90 minutes. We would love to have you attend a reading. Dates and locations are flexible, so if you're interested in joining us as an actor (reader) or as an audience member, contact Catherine Irwin at ext. 7439 or send an email to [cath.irwin@comcast.net](mailto:cath.irwin@comcast.net).



## MORE HAPPENINGS



**NEW! SATURDAY BOARD ROOM CINEMA MATINEE** Remember Saturday matinees for 10-25¢? Relive those days in the Board Room this Saturday beginning at 12:30 p.m. with short selections from “Mr. Hulot’s Holiday” and “Mr. Bean–The Whole Bean,” followed by the classic movie “Harold and Maude,” (1971) beginning around 1 p.m. and ending around 2:30 p.m.. Bring your popcorn, lunch, virtual tomatoes, and suggestions for future offerings. (For further information or to offer suggestions, email or text Ric Blacksten, [herrickblacksten@gmail.com](mailto:herrickblacksten@gmail.com) or 703.980.5899.)

### EXCURSION TO HEAR “SERENADE TO MUSIC”

Puccini’s *Messa di Gloria* and Vaughan Williams’ “Serenade to Music” will be performed by the Arioso Chorale and Orchestra Thursday, January 26 at the Lutheran Church of the Reformation on Capitol Hill. Please sign up for the bus in the Resident Business Center. The bus will leave at 7:00 p.m. (The concert will also be presented on Saturday, January 28 but with no bus.) Free-will donations. Questions? Ask Jane Roningen, ext. 3109.

### RESIDENT COUNCIL TECHNOLOGY COMMITTEE MEETING

Wednesday, February 1, at 3:00 p.m. | Board Room



#### NOTE:

- Microsoft ends support for Windows 7 and 8.1 this month.
- There will be no security upgrades.
- The software will continue to function.
- If you continue to use 7 or 8.1 you will be more vulnerable to malware.
- Remember to hover and check the sender’s true email address. **THINK BEFORE YOU CLICK !**

### SATURDAY NIGHT MOVIE: PINOCCHIO

Saturday, January 28 at 7:15 p.m. | Auditorium

A father’s wish magically brings a wooden boy to life in Italy, giving him a chance to care for the child. However, the two of them have to struggle to find a place for themselves as Italy becomes embroiled in fascism.

*PG, 2022, Fantasy/Musical, 1 hour, 54 minutes*

*Starring: Gregory Mann, Ewan McGregor, Finn Wolfhard, Ron Perlman*



## GOODWIN LIVING FOUNDATION'S THIRD ANNUAL GIVING DAY: FEBRUARY 14



Join the Goodwin Living Foundation as we continue our Mission in Motion this year at our Third Annual Giving Day on February 14! Stay tuned for more information about Giving Day festivities – tabling in the Rotunda, the return of our Gratitude Board and, of course, chocolates!

This one of the most exciting days of the year for the Goodwin Living Foundation and we look forward to showing our gratitude for all of YOU! Be on the lookout in the coming weeks for more details!

-The Foundation Team

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### SENIOR QUEST FOR MEANING

Monday, February 6 at 3:30 p.m. | Auditorium



#### **Race, Religion, and Democracy: Where Shall We Go? Confronting White Christian Nationalism and Hate Crimes**

The level of hate crimes and bigotry against a wide range of groups -- Muslims, Jews, LGBTQ, people of color -- has steadily increased. From white supremacist rallies to politicians promoting racist conspiracy theories to the ultimate horror of mass shootings and violence, the threats are clearly on the rise. Rabbi Emeritus Jack Moline, retired President of the Interfaith Alliance, will discuss this matter of timely importance.

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### VICTOR OTUSANYA PRESENTS "FUNDAMENTALS OF COMPUTERS"

Wednesday, February 1 at 2:00 p.m. | Auditorium

Do you wish you knew more about computers but don't know where to start? The IT Department would like to help. Victor Otusanya, Senior Resident Technologies Specialist, will present his class on the "Fundamentals of Computers." This class is designed to be the first building block on your journey to understanding computers. While this course is at a beginner level, all skill levels are welcome; it will be an excellent opportunity to brush up on the basics, and you might learn something new! The class is 2:00 p.m. - 3:00 p.m. on Wednesday, February 1, in the Auditorium; there is a signup sheet in the Resident Business Center for anyone who would like to attend.

#### **VACCINE CLINIC**

GHBC will host a Vaccine Clinic on Tuesday, January 24. We are offering the flu vaccine and COVID booster. We have both the Pfizer and Moderna bivalent boosters available. This is for those who did not receive these vaccinations last fall.

Please e-mail [ghbcvax@goodwinliving.org](mailto:ghbcvax@goodwinliving.org) if you would like to attend the Vaccine Clinic.

## TRIPS AND OUTINGS

### NATIONAL GEOGRAPHIC MUSEUM: BEYOND KING TUT

Thursday, January 26 from 12:00 p.m. - 2:30 p.m.



Back by popular demand! A second outing to this acclaimed and soon to close immersive experience has been arranged for Thursday, January 26, with departure from GHBC at 12:00 noon and return by 2:30 p.m. This is not an exhibit of artifacts, but instead soaring projections of beautiful archival and modern photographs and imaginative art which take the visitor into the world of the Boy-King Tutankhamum's short life, death, and afterlife. Fees are \$16 for admission and \$18 for transportation, charged

to your monthly statements. Signup will begin on Saturday, January 21 at 10:00 a.m. in the Resident Business Center. For more information contact Jane Coughran at ext. 7450.

## COMMUNITY NEWS AND UPDATES

### HEALTH CARE VOLUNTEERS NEEDED

Start the New Year by becoming a Health Center volunteer. Health Center volunteers assist visitors to the 2nd floor to find their family members and friends. They may assist the staff with a project that can be completed at the volunteer desk. It is also interesting to watch residents and staff come and go. Some residents stop by the desk just to chat.

We have several two-hour slots open or even one hour if that fits your schedule. Call or email Nancy Randolph, to sign up and receive an orientation. Contact her at ext. 7565 or [drnancyr@aol.com](mailto:drnancyr@aol.com). Thank you for your service.

### RESIDENT COUNCIL NEWS YOU CAN USE



The Resident Council decided to conduct a Resident Survey biennially rather than annually. We, along with the council committees, will continue work on and report results on issues from the 2022 Survey.

- The monthly Community Meetings will present a section dedicated to results in response to that survey. The Grounds Committee will be the first to share.
- Refer to Sally Michel's January 16, 2023 West Wind article on page 6, "Make a Suggestion," that lists how to communicate your wants and wishes to the right spot – the Resident Council and its Committees. {The West Winds archive is found on the resident website in the Homepage left side list of Resources under Publications.}



## SUPPORT FOR CAREGIVERS AT GHBC

Dozens of GHBC residents are caregivers for spouses or friends who are experiencing physical or cognitive challenges. If you are in this caregiver position, you know that it can be rewarding and frustrating, sometimes satisfying but often exhausting and isolating. It is certainly a learning experience, but it may also be puzzling, even frightening. You may feel blessed that you have taken on this work of love, and you may also wonder how to manage it for one more day.

**The weekly Caregivers Support Group helps caregivers.** For an hour every Tuesday, caregivers meet confidentially to tell their stories, to laugh or cry about recent events, to empathize, to ask questions, occasionally to give suggestions. Come once to discover if it's right for you. Come regularly if you are ready to give support as well as to receive it. Each week the group is facilitated by a professional staff member from Social Work or Brain Health.

The Caregivers Support Group meets every Tuesday, 10:00-11:00 a.m., in the Formal Parlor. No need to register; the group is open to all who identify as caregivers.

### 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. **New seating when we are in the Formal Parlor: Enter through any door or the chapel and find a seat in the circles.***

### January 24: The Green Team (Formal Parlor)


Jane McKeel, Jane Roningen, Ron Karpick, and Eleanor Lewis of the Green Team will bring us up to speed on current and future projects which support sustainable living and working at GHBC. Carol Lewis hosts.

### January 31: Clinical Pastoral Education (CPE)

Goodwin Living has a unique CPE program. CPE Director Liz Pomerleau and some of her current students will explain the why and how of the program and what GHBC residents gain from it with Claudia Blake.

## INSIDE THE ART CENTER

### MONDAY, JANUARY 23

 **Art Film: Great Courses, Leonardo Da Vinci** After taking a “winter break” to watch some other films, it is time to jump back into the study of Leonard da Vinci with lectures from a fascinating professor, George R. Bent, Ph.D. You don’t have to be an art lover to enjoy learning about the “real” Leonardo. (*Media Room*)

### TUESDAY, JANUARY 24

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

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



 **Advanced Ceramics Group Meets** Contact Carol Lewis at ext. 7546

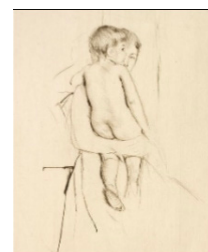
 **Knit for Kids Group Meets** Contact Sue Swisher at ext. 7442.

### WEDNESDAY, JANUARY 25

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

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

  **Drawing Lessons from the Masters: Mary Cassatt** Mary Cassatt is best known for her tender depictions of mothers and children (pictured right). Her drawings and engravings offer lessons in shading with lines that translate well to painting and pastels. (*Sign up required limit 14*)



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

2:30 p.m. - 3:00 p.m.

**Beginner** (*Sign up required limit 12*)

**Intermediate** (*Sign up required limit 14*)

### THURSDAY, JANUARY 26

1:00 p.m. - 4:00 p.m.

**Excursion to the Philips Collection to see the exhibition An Italian Impressionist in Paris:**

**Giuseppe De Nittis** Phillip Kennecott of the Washington Post, writes: “He was enormously talented and highly skilled, with a unique eye and sensibility, yet remains relatively unknown.” The

bus will leave GHBC at 1:00 and return by 4:00. Sign up in the Resident Business Center on Monday, January 23 at 9:00 a.m.



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

**Woodcarving** Mike Connors will not be here today but you are encouraged to work on your own.

### FRIDAY, JANUARY 27

8:30 a.m. - 11:00 a.m.

**Flower Arrangers At Work** The Art Center is occupied at this time.

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

**Virtual Tour of Chinese Ceramics in the National Museum of Asian Art (Freer)** In conjunction with the celebration of Chinese New Year, a docent from the museum will give us a personalized tour of museum masterpieces (via Zoom) in the Board Room. Everyone is welcome!



## LET'S GET FIT TOGETHER



### NEW CLASS: FUNCTIONAL FITNESS (45 MIN)

Have you tried our new Functional Fitness class? Your participation and feedback is needed! During each session we will focus on three key elements: Balance, Mobility, and Strength. No matter your experience or fitness level, it can be a great addition to your health and wellness routine. Hope to see you there! Thursdays at 9:30 a.m., Auditorium

#### MONDAY, JANUARY 23

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

#### TUESDAY, JANUARY 24

8:15 a.m. Stretch and Flex, Aerobics Room  
9:00 a.m. Getting Started, 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  
11:00 a.m. Tai Chi, Canceled  
2:30 p.m. Power Braining, Media Room

#### WEDNESDAY, JANUARY 25

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. Power Braining, Aerobics Room  
11:30 a.m. Chair Yoga, Aerobics Room  
2:00 p.m. Wii Bowling, Aerobics Room

#### THURSDAY, JANUARY 26

8:15 a.m. Stretch and Flex, Auditorium  
9:30 a.m. Functional FIT (NEW!), Auditorium  
10:00 a.m. Water Aerobics, Pool  
10:30 a.m. Pilates, Auditorium  
11:30 a.m. Chair Fit, Auditorium

#### FRIDAY, JANUARY 27

8:45 a.m. Total Body Standing, Auditorium  
9:00 a.m. Pickleball Practice, Pickleball Court  
9:30 a.m. Total Body Seated, Auditorium  
10:30 a.m. Chair Yoga, Auditorium  
2:30 p.m. Mat Yoga, Aerobics Room

#### SATURDAY, JANUARY 28

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

## ASSISTED LIVING PROGRAMS

### MONDAY, JANUARY 23

- 10:30 Morning Exercise w/ Olga (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends in the Crossroads
- 3:00 Art Discussion w/ Adrienne in the Community Room
- 3:30 Chinese New Year Celebration in the Crossroads

### TUESDAY, JANUARY 24

- 10:30 Resident Council Meeting (Community Room)
- 11:00 Piano Music w/ Alan in the Crossroads Area
- 2:30 Weekly Musician Spotlight w/ Samantha in the Community Room
- 3:30 Assisted Living Happy Hour in the Crossroads Area

### WEDNESDAY, JANUARY 25

- 10:30 Travel to Australia with Elizabeth in the Community Room
- 11:00 Morning Fitness w/ Vy in the Community Room
- 2:00 Bingo in the Crossroads Area
- 3:00 January Birthday Celebration in the Crossroads Area

### THURSDAY, JANUARY 26

- 10:30 Let's Get Moving w/ Vy (Community Room)
- 11:00 Word in a Word Game in the Community Room
- 2:15 Music with Hank Lewis in the Crossroads
- 3:00 Australia Fun Fact w/ Vy in the Community Room

### FRIDAY, JANUARY 27

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

### SATURDAY, JANUARY 28

- 10:30 Morning Music w/ Alexa in the Crossroads Area
- 2:00 Independent Word Game Package
- 3:00 Afternoon Snacks in the Crossroads Area

### SUNDAY, JANUARY 29

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

## HEALTH CARE CENTER PROGRAMS

*\*Due to covid precautions, some scheduled programs have changed. All programs facilitated 1:1 with TR staff until further notice. Thank you for your understanding\**

### MONDAY, JANUARY 23

- 9:30 Morning Newsletter Delivery and Visits
- 10:15 1:1 Exercise Visits
- 2:00 1:1 TR Visits
- 3:15 Chinese New Year Celebration on Wheels

### TUESDAY, JANUARY 24

- 9:30 Morning Newsletter Delivery and Visits
- 10:15 1:1 Exercise Visits
- 2:00 Java Time
- 3:30 Creativity Cart

### WEDNESDAY, JANUARY 25

- 9:30 Morning Newsletter Delivery and Visits
- 10:15 1:1 Exercise Visits
- 2:30 Sensory Cart Visits
- 3:30 Music Therapy Visits w/ Sam

### THURSDAY, JANUARY 26

- 9:30 Morning Newsletter Delivery and Visits
- 10:15 1:1 Exercise Visits
- 2:00 1:1 Social Visits
- 3:30 Australia Day Travelogue Packets

### FRIDAY, JANUARY 27

- 9:30 Morning Newsletter Delivery and Visits
- 10:30 Service Project
- 2:00 Books on Wheels
- 3:30 Music Therapy Visits w/ Sam
- 3:30 Hot Apple Cider Cart

### SATURDAY, JANUARY 28

- 9:30 Daily Newsletter and West Winds Visits
- 3:15 Music Therapy Visits w/ Sam

### SUNDAY, JANUARY 29

- 10:30 Daily Newsletter
- 1:15 1:1 Spiritual Visits

*Reading material (Daily Chronicles, magazines, etc.), puzzles, art supplies and books will be available to all residents. Activity Cart in Crossroads.*



## WEEKLY CALENDAR

### MONDAY, JANUARY 23

8:45 a.m.	Total Body Standing, Auditorium
9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Total Body Seated, Auditorium
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.	Bradlee Shopping Shuttle, departs Main Entrance
1:00 p.m.	Art Film, Media Room
2:00 p.m.	Mat Yoga, Auditorium
2:00 p.m.	Rummikub, Card Room
2:00 p.m.	Trivia, Atrium
4:15 p.m.	Silver Panthers, Board Room
7:00 p.m.	Mexican Dominoes with Lessons, Game Room
7:15 p.m.	Lunar New Year Celebration, Atrium

### TUESDAY, JANUARY 24

8:15 a.m.	Stretch and Flex, Aerobics Room
9:00 a.m.	Getting Started, Aerobics Room
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.	Standing Total Body Stretch, Ch. 1960
10:00 a.m.	Caregivers Support Group, Formal Parlor
10:00 a.m.	Water Aerobics, Pool
10:00 a.m.	Vaccine Clinic, Auditorium
10:30 a.m.	Pilates, Aerobics Room
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Tai Chi, CANCELED
11:00 a.m.	Muscle Relaxation, Ch. 1960

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.	Rosary Group, Smith Study
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.	Marketing Committee, Board Room
4:00 p.m.	Newcomers et al., Formal Parlor

### WEDNESDAY, JANUARY 25

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.	Mats for Homeless Neighbors, Art Center
10:00 a.m.	Holy Eucharist, Chapel
10:30 a.m.	Seated Fitness, Ch. 1960
10:30 a.m.	Power Braining, Aerobics Rm.
11:00 a.m.	Meditation, Ch. 1960
11:30 a.m.	Chair Yoga, Ch. 1960
11:30 a.m.	Chair Yoga, Aerobics Room
12:00 p.m.	Contemplative Worship, Smith Study
1:00 p.m.	Beginner Drawing, Art Center
2:00 p.m.	Informal Open Bridge, Card Rm
2:00 p.m.	Wii Bowling, Aerobics Room
2:30 p.m.	Intermediate Drawing, Art Ctr.
3:00 p.m.	Great Courses, Media Room
3:30 p.m.	French Group, Smith Study
4:30 p.m.	Drinks & Trivia, Formal Parlor
7:00 p.m.	Bingo, Top of the West

## THURSDAY, JANUARY 26

8:15 a.m.	Stretch and Flex, Auditorium
9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Arlington Comm. Credit Union open, Crossroads basement
9:30 a.m.	Functional FIT, Auditorium
10:00 a.m.	Standing Total Body Stretch, Ch. 1960
10:00 a.m.	Water Aerobics, Pool
10:30 a.m.	Pilates, Auditorium
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Muscle Relaxation, Ch. 1960
11:30 a.m.	Chair Fit, Auditorium
12:00 p.m.	National Geographic Museum outing, departs Main Entrance
12:30 p.m.	WhatNot Shop Sales
1:00 p.m.	Excursion to Philips Collection, departs Main Entrance
1:00 p.m.	Movement for Living, Aerobics
2:30 p.m.	Catholic Confession, Smith Study
3:00 p.m.	Catholic Mass, Chapel
3:00 p.m.	Woodcarving, Art Center
4:00 p.m.	Afternoon Singalong, Atrium
7:00 p.m.	Outing to Arioso Chorale and Orchestra concert, departs Main Entrance
7:00 p.m.	Poker, Game Room

## FRIDAY, JANUARY 27

7:30 a.m.	Rotary Breakfast, Board Rm.
8:45 a.m.	Total Body Standing, Aud.
9:00 a.m.	Pickleball Practice, Pickleball Court
9:30 a.m.	Total Body Seated, Auditorium
10:00 a.m.	UU Ministerial Intern Visit, Chapel
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: L'Amico Fritz, Mascagni, Media Room
1:00 p.m.	Encore Chorale rehearsal, Auditorium
1:30 p.m.	Virtual tour of Chinese Ceramics, Board Room
2:00 p.m.	Trivia, Atrium
2:15 p.m.	Mah Jongg, Card Room
2:30 p.m.	Mat Yoga, Aerobics Room

## SATURDAY, JANUARY 28

9:00 a.m.	Total Body Video, Aerobics Rm.
10:00 a.m.	Total Body Video, Aerobics Rm.
12:00 p.m.	Spanish Speakers Group, Bistro Side Room
12:30 p.m.	Saturday Cinema Matinee, Board Room
7:15 p.m.	Saturday Night Movie, Auditorium

## SUNDAY, JANUARY 29

10:00 a.m.	Holy Eucharist Service, Chapel
11:15 a.m.	UUCA Service, Board Room
2:00 p.m.	Hand and Foot, Top of the West
7:00 p.m.	Compline, Chapel

### WEST WINDS DEADLINE: TUESDAY, JANUARY 24

Submit all articles by 12:00 NOON  
to [westwinds@goodwinhouse.org](mailto:westwinds@goodwinhouse.org)