

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 35, Number 5 ✦ February 6, 2023

WEEKLY PROGRAMS:

Trivia

Monday, February 6 at 2:00 p.m. in the Atrium

Great Courses

Wednesday, February 8 at 3:00 p.m. in the Media Room

Trivia

Friday, February 10 at 2:00 p.m. in the Atrium

LET'S CONNECT! AN INVITATION FROM ROB

Tuesday, February 7 at 1:30 p.m. | The Fireside

Goodwin Living President and CEO Rob Liebreich invites Residents to join him in the Fireside to strike up a candid conversation. He's really looking forward to spending this time with you. Reservations are not required. All are welcome!

RESIDENT RIGHTS PRESENTATION

Friday, February 10 at 10:30 a.m. | Auditorium

All residents are invited to a Residents' Rights presentation by Claire Yomans of the Northern Virginia Long-Term Care Ombudsman Program in Fairfax County. Residents' Rights are set in law to protect the dignity, choice and self-determination of residents with a view of improving their quality of life. Goodwin Living has an obligation to bring awareness to Residents' Rights and to review them annually. Please contact Michele Zimmer-Forster, LCSW, at ext. 7225 with any questions.

SAVE THE DATE:

Monday, February 20

Educational Jazz Concert, 1:30 p.m.

ACTIVE COVID CASES AS OF 2/2:

Independent Living: 0

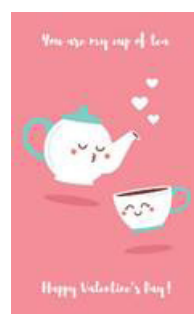
Assisted Living: 0

Health Care Center: 1

Staff: 6

VALENTINE'S DAY TEA FOR TWO

Tuesday, February 14 from 1:30 p.m. | Lounge



Celebrate with your loved one at a special Tea in the Lounge on February 14. You and your partner will be treated to tea and treats to celebrate this day of love. Sign up required as space is limited and the cost is \$18/person. Sign up starts Monday, February 6 at 10:00 a.m.

WELLNESS ICON KEY:

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

VETERANS COMMITTEE MEETING will be held in the TOW on Monday, February 6, at 2:00 p.m. All Veterans are invited and encouraged to attend. Future activities as well as major issues will be on the Agenda.

MORE HAPPENINGS



SATURDAY BOARD ROOM CINEMA MATINEE: BAGDAD CAFE

Saturday, February 4 at 12:15 p.m. | Board Room

This Saturday's matinee will begin around 12:15 p.m. with short selections (perhaps Victor Borge, George Carlin, Bob Newhart, Mr. Bean) followed by the comedy "Bagdad Cafe" beginning around 1:00 p.m. and ending by 2:45 p.m. This 1987 movie finds a stranded German lady tourist checking into run down cafe in the American Southwest. Jack Palance is resident. Fun. Bring your popcorn, coffee, virtual tomatoes, and suggestions for future offerings. (For further information or to offer suggestions email, hricblacksten@gmail.com or text Ric Blacksten, 703-980-5899.)

VENDOR SHOPPING

Saturday, February 11 from 10:00 a.m. - 3:00 p.m.

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.

JOIN THE GOODWIN HOUSE POKER GROUP

For a good time, join the Goodwin House Poker Group, which gathers at 7:00 p.m. Thursdays in the Baileys Crossroads first floor game room. It can satisfy latent gambling instincts and promotes good fellowship. There are no wild card or other zany games; just five-card and seven-card stud, and five-card draw. There's little chance of losing a shirt or blouse because the stakes are 5 cents and 10 cents—played with poker chips so it looks like the Really Big Game in a casino. There's only a small time investment because the game ends at 8:30 p.m.

Poker Night is open to all residents. As of now, all players are guys, but ladies are welcome as well. If you'd like to play, or even to observe, please contact Stephen Chaplin, ext. 7532 or 571-651-0611, or email at chaplincs@msn.com.

SENIOR QUEST FOR MEANING

Monday, February 6 from 3:30 p.m. - 5:00 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. Rev. Rob Schenck, a dissenting American Evangelical clergyman, will speak on this timely topic.

SHARE THE LOVE MEET AND GREET

Monday, February 13 at 2:00 p.m. | Formal Parlor



We've all heard of speed dating but how about speed meeting? Valentine's Day is not just for lovebirds, but can also focus on building meaningful relationships and friendships that warm our hearts. Everyone deserves to share the love! The Life Enrichment team is holding an event inviting Residents from Goodwin House Alexandria and The View Alexandria to convene for a fun-filled round of speed meeting. The event will take place in the GHBC Formal Parlor and residents from our sister campuses will be transported here by bus. Attendance from GHBC is limited to 15 residents, please sign up in the Resident Business Center starting on Monday, February 6, at 10:00 a.m. Valentine's Day goodie bags will be given to all participants. Imagine meeting a new friend...or maybe even more!

WORLD WAR II MUSICALS

Wednesday, February 8 at 2:00 p.m. | Top of the West

The Veterans Committee is pleased to host Goodwin House Resident Dan Dietz who will give a talk on Broadway musicals mostly written and produced during the World War II era and which focus on the military and the war. Dan will discuss popular shows of the period (This Is the Army, On the Town, South Pacific) as well as obscure ones (Hooray for What!, Jackpot, Follow the Girls).

SAVE THE DATE: THE SCOWCROFT FOREIGN AFFAIRS LECTURE SERIES will be held on Thursday, February 16. The topic will be "Trends in Global Extremism and Approaches to Prevention."

THE VISION SUPPORT GROUP will meet on February 8 at 2:00 p.m. in the Group Room at the Pointe with Sandy Neuzil of the Prevention of Blindness Society.

WHATNOT SHOP SALE

Thursday, February 9 from 12:30 p.m. - 3:00 p.m.

The WhatNot Shop will have a half price sale on all items except furniture. There are many beautiful and practical items for your selection at bargain prices.

JAZZ CONCERT FEATURING RESIDENT MANDY WHALEN ON VOCALS

Wednesday, February 15 at 7:00 p.m. | Auditorium



This performance was originally planned in 2020 to celebrate Mandy’s 80th birthday, but was postpone by Covid restrictions. The song selection includes: tunes from the “Great American Songbook” by Arlen, Berlin, Carmichael, Gershwin and Rodgers -- some of which you probably haven’t heard before; jazz classics by Duke Ellington, George Shearing, and King Oliver; Broadway numbers; and pop favorites like “Goody, Goody.” (In March 2022, when Mandy began to think a live event might never be possible, she recorded a virtual concert at Blue House Productions. Although the songs and some of the backup musicians are different, this YouTube video will give you some idea of what to expect: <https://youtu.be/8yluqX2SCOs>)

While in her 20’s, Mandy for a while tried to make a living as a singer/actress, performing off-Broadway, in summer stock, and classical recitals. She eventually switched to a career in computer systems, but never stopped loving to sing. Since moving to GHBC in 2014, she’s been active in Encore Chorale and appeared in several “Spring Fling” shows. In 2019, she joined Chris Grasso’s Jazz Vocal Workshop to begin exploring the jazz repertoire.

Pianist Chris Grasso, who specializes in working with vocalists, splits his time between DC and Cape Cod, and has just finished a tour with stops in Boston, NYC and Palm Springs. Bassist Paul Langosch has played with many notable musicians, and did a long stint as a permanent member of Tony Bennett’s trio. On drums, Dominic Smith has been a fixture on the local jazz scene for 30 years, working with many top musicians from both DC and NYC, and as sideman on more than 50 recordings.

After the concert ends at about 8:15, there’ll be a reception with light refreshments in the vestibule.

SATURDAY NIGHT MOVIE: THE HELP

Saturday, February 4 at 7:15 p.m. | Auditorium

In 1960s Mississippi, Southern society girl Skeeter (Emma Stone) returns from college with dreams of being a writer. She turns her small town on its ear by choosing to interview the Black women who have spent their lives taking care of prominent white families. Only Aibileen (Viola Davis), the housekeeper of Skeeter’s best friend, will talk at first. But as the pair continue the collaboration, more women decide to come forward, and as it turns out, they have quite a lot to say.

PG-13, 2011, Drama, 2 hours 26 Minutes

Starring: Viola Davis, Emma Stone, Octavia Spencer, Jessica Chastain



TRIPS AND OUTINGS

CULINARY PASSPORT: LUNCH AT RT'S

Wednesday, February 15 at 11:15 a.m.



Now in its 38th year in northern Alexandria, RT's is renowned throughout the DMV for its superb Creole and Cajun cuisine. While fish and seafood are featured, its extensive menu also includes meat and poultry dishes and a large assortment of scrumptious desserts. We'll leave GHBC at 11:15 a.m. on February 15 and return by 1:30 p.m. Cost is \$7 for transportation plus the price of your meal. Sign-up starts on Monday, February 6 at 10:00 a.m. in the Resident Business Center. For more details contact Anita Gomez-Bennett at ext. 3145.

COMMUNITY NEWS AND UPDATES



RESIDENT COUNCIL NEWS YOU CAN USE

As promised here is the list of liaisons for 2023. Please feel free to contact the representative with any concerns you may have.

Arts: Jaime Gallagher

Bom Com: Carole Hunt

Community Service: Jaime Gallagher

Dining Services: Mike Molino

Election: Carole Hunt

Employee Gift Fund: Sally Recinos

Finance: Martha Trunk

Fitness: Jane Gore

Green Team: Wren Gurney

Grounds: Sally Michel

Health: Mar_T Ahrens

Life Enrichment: Don Gurney

Marketing: Martha Trunk

Movies: Andrea Baumann

Music: Peter Kearney

Spiritual Life: Peter Kearney

Technology: Wren Gurney

Trips and Outings: Martha Trunk

Veterans: Don Gurney

THE BAZAAR TEAM IS OPEN FOR BUSINESS! GHBC's annual Winter Holiday Bazaar may be 10 months away, but it's never too early to prepare. So sort through your treasures—you know, those beloved items you thought you couldn't possibly live without—but no longer use, need nor have space for? We're here to help! Bring them down to us! From 10:00am until 11:30am on every WhatNotShop Donation Day, our tables will be set up in the hallway directly in front of the Shop. NOTE: we accept everything "Holiday" throughout the year—no need to wait.

FROM THE GOODWIN LIVING FOUNDATION



DID YOU KNOW...that your giving supports internship opportunities at Goodwin Living? In a time when finding fantastic employees is harder and harder, being intentional about welcoming others to visit and learn about Goodwin Living makes a difference.

This week, the Senior Dining Association published a feature article on Goodwin Living's partnership with Kitchen of Purpose (formerly La Cocina), a local nonprofit that supports underserved youth pursuing careers in the culinary field.

“This is part of our bigger effort to reach out to vocational programs in the area. We want to do our part to support, honor, and uplift as many as possible and empower others to do the same,” said Goodwin Living Culinary Innovation and Development Chef Brian Patterson. Thanks to your generous support of the Goodwin Living Foundation, we have been able to offer several paid internships in our Dining Services department through this partnership. And, we are pleased to say that we have already three cooks who liked their internships so much, they wanted to join our team full time!

HIGHLIGHTS OF RESULTS OF THE JANUARY 2023 DINING SERVICES COMMITTEE FOOD PREFERENCES SURVEY

We sent the survey to the 100 residents who volunteered in the September Dining Opinion Survey. We also invited new residents who arrived since the earlier survey. 93 responded.

- 50% of respondents have some dietary restriction or preference:
- 18% need a Cardiac(Low Cholesterol)/Low-Sodium diet;
- 16% are mostly vegetarian and infrequently eat some meat and/or fish;
- 9% are Lactose Intolerant and require a Dairy Free diet;
- 7% are on a vegetarian diet with fish and seafood;
- 7% need a Gluten-free diet;
- 5% need a Diabetic diet;
- 1 person is a vegetarian who eats eggs. (The percentages add to more than 50% because 19% had more than one restriction or preference.)
- 13% Almost Never eat in person at any one of the restaurants.
- 78% order Take-Out at some time. 18% order Take-Out 7 or more times a week.

Top Favorite Foods are Farmers Salad, Omelets, Salmon (Grilled or Pan seared), Chicken (Rotisserie or Roasted), Beef Filet and Steak, Pork Baby Back Ribs, Grilled Cheese, Plain Baked Potato, Broccoli, and Vanilla Ice Cream.

Contact Mike Molino, mmolino1@me.com or ext. 3149 for more details.

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.

February 7: Goodwin Living Foundation

James Woodward, Director of Development for the Goodwin Living Foundation, speaks on how the Foundation provides support for residents in need and funds programs dedicated to residents' well-being, as well as supporting several programs for team members, with host Claudia Blake.

February 14: Technology Committee and IT Device Clinic

The Technology Committee 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 (the Bistro Bunch) 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.

CONGRATULATIONS TO OUR CECA AWARD WINNERS THIS QUARTER!

Olga Cardoso: Ceca Employee of the Quarter

Olga Cardoso, Fitness Specialist, was awarded Ceca Employee of the Quarter. Olga has been a team member at GHBC for over two years. She has shown a life-long commitment to fitness and wellness and challenges our residents to stay active and healthy on a daily basis.

Her personality, vigor, and enthusiasm are infectious. She stepped up to the plate during a 4-month period of being short-staffed in the Fitness Center by extending her already heavy class load, managing contractors, planning all aspects of the Senior Olympics, and kept the fitness center afloat. She received 25 nominations, which is an unprecedented number, and more than any other staff member has received to date.

One nominator shared the following about Olga:

“This Fall, the position of Fitness Center Manager was open and Olga has done a superior job of covering many classes. She has clear boundaries and works well with other staff as well as residents. She has continued this rigorous schedule for months with unwavering energy, imagination, and skill. Her humor and joy energize all. Her professionalism encourages and affirms each person in her classes. Olga is a treasure for those of us who live at GHBC.”

Augusto Cotrina Fernandez: Ceca Honoree

Augusto Cotrina Fernandez was recognized as a Ceca Honoree this quarter.

Augusto has been with GHBC since 2014 and started as contractor hanging wallpaper on the first floor. He was hired once there was an opening available. He is incredibly talented and skilled when it comes to his work. Residents and team members love working with him and appreciate his work. It is a pleasure to have him as a GHBC team member.

Megan McCord: Ceca New Hire Honoree

Megan McCord was recognized as a Ceca New Hire Honoree this quarter. She started as social work intern on the healthcare center and when an Assisted Living Social Work position became available, she took on the position part time while she was in school. When the position for the Health Care Center Social Worker became available, she applied and became the new Health Care Social Worker upon graduation on December 13, 2023.

Megan has juggled multiple roles in multiple positions and has worked diligently with team members of all disciplines and to satisfy the legal reporting requirements in Assisted Living and Independent Living. She also keeps calm and positive through challenging learning experiences.

MORE NEWS

NEW RESIDENT: ED BECK



Ed Beck and his cat Gucci moved into Crossroads apartment 1117 on January 21. Ed grew up in a suburb of Richmond. He went to Hamden-Sydney College for two years and then to Davidson College, where he graduated with a degree in political science and American literature. He earned a master's degree in political economy from the University of Virginia and from the University of Manchester in England. Not yet finished with formal education, he completed law school.

He began working for a D.C. law firm but then worked on Capitol Hill on the staff of Senator Harry Byrd, Jr. until the Senator retired and Ed became a lobbyist. After five years as a lobbyist, he has practiced law for the past 20 years.

About 10 years ago Ed broke his neck in rough waves at Ocean City and was paralyzed. After intensive therapy he is now ambulatory but decided it was time sell his Arlington condo and move. He enjoys watching football and is a member of Washington Golf Club, where he continues to play some golf. He swims regularly and has already used our pool. He likes boating on the Potomac and on the Rappahannock and would like to travel to Florida via inland waterways. He loves to read, especially David Baldacci novels. For the past several years he has attended the Key West Literary Seminar. He enjoys following the stock market

and is trying to master futures trading. He is also trying to improve his chess game. He is a baseball fan with NATS season tickets.

In the few days he has been here, Ed has been impressed with the friendly helpfulness of the staff and his fellow residents.

RESIDENT SPOTLIGHT: MEET JENNIFER FRUM



Check out the February Resident Showcase on the resident website and meet Crossroads resident Jennifer Frum. Jennifer is a tech savvy master naturalist and gold-medal-winning Senior Olympian. To read about Jennifer, go to www.ghbcresidents.org and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet Jennifer, 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



!!! ALERT !!!



Tax time is prime Phishing time for attackers to deceive you into revealing sensitive information or installing malware such as ransom ware on your devices. You and your Social Security numbers, passwords, etc. are their targets. Check [Technology Information](#) for ways to protect yourself.

IT'S EASY BEING GREEN



Many residents ask about the small clear cups with lids which salad dressing comes in with take-out orders. Are they compostable or recyclable? It's been confusing, as the first one used were compostable.

HOWEVER, these are now recyclable. Please RINSE and drop into the nearest RECYCLING bin. The marking and wording on the lid or bottom of clear cups are not easy to read, but any compostable container of any size will have the words compostable, made from plants, Eco-Ware, or Eco-Product.

INSIDE THE ART CENTER

IN THE CROSSROADS GALLERY: LUKMAN AHMAD



The Crossroads Gallery is alive with color thanks to Syrian born artist, Lukman Ahmad. His art reflects the Kurdish experience as well as the human experience. Ahmad's homage and deep sense of belonging to the Kurdish land is emphatically portrayed in his acrylic painting style through the use of cultural motifs. There will be many opportunities to delve into Ahmad's art and the Kurdish experience during the exhibition which runs until April 4.

MONDAY, FEBRUARY 6



Art Film: Great Courses, Leonardo Da Vinci and the High

Renaissance Learn all about Leonardo with professor George R. Bent, Ph.D. Lecture 24: Leonardo, Cesare Borgia, and Machiavelli. Lecture 25: Michelangelo and Leonardo. *(Media Room)*

TUESDAY, FEBRUARY 7

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 at ext. 7442.

WEDNESDAY, FEBRUARY 8

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



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



Still Life Drawing An exploration of space and form using cross-hatching techniques.

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

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

Beginner *(Sign up required limit 12)*

Intermediate *(Sign up required limit 15)*



THURSDAY, FEBRUARY 9

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

Lessons in Painting with Texture In this class we will explore landscape paintings by John Singer Sargent and put into practice new techniques using palette knife and opaque paint. The class will include a short art history lecture on Sargent and hands on painting.



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

Woodcarving Join resident woodcarving master Mike Connors in the Art Center. Give it a try, you just might find your new hobby.

FRIDAY, FEBRUARY 10

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

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

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

Self Love, a Valentine's Creative Collage and Word Project As we celebrate the love and affection we have for one another, it is also important to celebrate the love and affection that we have for ourselves! Self-love and self-care can be many different things. Join Adrienne and Art Therapy intern Kristopher Forren as we engage in the creative process and explore self-love through creativity! Everyone welcome!

LET'S GET FIT TOGETHER

FITNESS CONSULTATIONS NOW AVAILABLE Each Fitness

Consolation will be tailored to your specific goals/needs, so whether you are an avid exerciser looking for a new challenge, new to exercise and don't know where to begin, or just curious and want to meet our fitness staff, this is for you!

- Detailed orientation to ensure you are confident using the fitness equipment and machines
- Guidance and motivation to help you get started
- Evaluate and enhance your current routine
- Complimentary personal training session



Schedule your FREE Fitness Consultation today! Sign-up sheet is available in the Fitness Center.

MONDAY, FEBRUARY 6

- 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

THURSDAY, FEBRUARY 9

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

TUESDAY, FEBRUARY 7

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Pickleball Practice, Pickleball Court
- 9:30 a.m. Functional FIT, Auditorium
- 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

FRIDAY, FEBRUARY 10

- 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, FEBRUARY 11

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

WEDNESDAY, FEBRUARY 8

- 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

ASSISTED LIVING PROGRAMS

MONDAY, FEBRUARY 6

- 10:30 Morning Exercise w/ Olga (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends in the Crossroads Area
- 2:00 Afternoon Music w/ Ed in the Crossroads Area
- 3:00 Art Discussion w/ Adrienne in the Community Room

TUESDAY, FEBRUARY 7

- 10:30 Morning Exercise w/ Elizabeth (Community Room)
- 11:00 Morning Trivia w/ Elizabeth in the Community Room
- 2:00 Spiritual Discussion Group w/ Alex in the Living Room
- 2:45 Weekly Musician Spotlight w/ Samantha in the Community Room

WEDNESDAY, FEBRUARY 8

- 10:30 Travel Wednesday 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 Afternoon Snacks in the Crossroads Area

THURSDAY, FEBRUARY 9

- 10:30 Let's Get Moving w/ Vy (Community Room)
- 11:00 February Word Game in the Community Room
- 2:00 SINGO with Samantha in the Crossroads Area
- 3:00 Assisted Living Residents Spotlight in the Crossroads Area

FRIDAY, FEBRUARY 10

- 10:30 Service Project for AFAC in the Community Room
- 1:30 TimeSlips w/ Brain Health 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, FEBRUARY 11

- 10:30 Morning Music w/ Alexa in the Crossroads
- 2:30 Freshly Baked Cookie Tasting w/ Vilma in the Crossroads Crossroads Area

SUNDAY, FEBRUARY 12

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

HEALTH CARE CENTER PROGRAMS

MONDAY, FEBRUARY 6

- 9:30 Daily Chronicle Delivery & Visits
- 10:15 Monday Movement (Cherry Blossom/Magnolia/Orchid)
- 11:00 Monday Movement (Lavender/Tulip/Sunflower)
- 2:00 1:1 Visits
- 3:15 Black History Month Spotlight: Trivia

TUESDAY, FEBRUARY 7

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Walking Club
- 11:00 Resident Council
- 2:00 Crochet Group
- 3:30 Making Valentine Cards

WEDNESDAY, FEBRUARY 8

- 9:30 Daily Chronicle Delivery & Visits
- 10:15 Let's Get Moving (Cherry Blossom/Magnolia/Orchid)
- 11:00 Let's Get Moving (Lavender/Tulip/Sunflower)
- 2:00 Taste & Travel in Cherry Blossom
- 3:30 Music Therapy w/ Sam

THURSDAY, FEBRUARY 9

- 9:30 Daily Chronicle Delivery & Visits
- 10:15 1:1 Exercise Visits
- 11:30 National Pizza Day Luncheon
- 2:00 Art Center Strolls
- 3:15 Bingo with Friends

FRIDAY, FEBRUARY 10

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Service Project
- 2:00 1:1 Hand Massages
- 3:30 Music Therapy w/ Sam

SATURDAY, FEBRUARY 11

- 9:30 Daily Chronicle & West Winds Visits
- 10:30 Morning Exercise Visits
- 3:15 Chocolate Cookie Baking & Distribution

SUNDAY, FEBRUARY 12

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

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

WEEKLY CALENDAR

MONDAY, FEBRUARY 6

- 8:45 a.m. Total Body Standing, Auditorium
- 9:00 a.m. IT Device Clinic, Bistro
- 9:30 a.m. Total Body Seated, Auditorium
- 10:00 a.m. Resident Council Business Meeting, Board Room
- 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. Veterans Committee, TOW
- 2:00 p.m. Mat Yoga, Auditorium
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Trivia, Atrium
- 3:30 p.m. Senior Quest for Meaning, Auditorium
- 4:15 p.m. Silver Panthers, Board Room
- 7:00 p.m. Mexican Dominoes, Board Room

TUESDAY, FEBRUARY 7

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Pickleball Practice, Pickleball Court
- 9:30 a.m. Advanced Ceramics, Art Center
- 9:30 a.m. Functional FIT, Auditorium
- 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
- 10:30 a.m. Pilates, Aerobics Room
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Ignatian Group, Smith Study
- 11:00 a.m. Tai Chi, Auditorium
- 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. Rosary Group, Smith Study
- 1:00 p.m. Movement for Living, Aerobics Room
- 1:30 p.m. Connect with Rob Liebreich, the Fireside
- 1:30 p.m. Knit for Kids, Art Center
- 2:30 p.m. Power Braining, Media Room
- 4:00 p.m. Newcomers et al., Auditorium

WEDNESDAY, FEBRUARY 8

- 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 with Healing Prayers, 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. World War II Musicals Talk, Top of the West
- 2:00 p.m. Informal Open Bridge, Card Rm
- 2:00 p.m. Wii Bowling, Aerobics Room
- 2:00 p.m. Low Vision Support Group, Group Room in the Pointe
- 2:30 p.m. Intermediate Drawing, Art Ctr.
- 3:00 p.m. Great Courses, Media Room
- 3:30 p.m. Play Reading, Board 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, FEBRUARY 9

- 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. Grief Support Group, Smith Study
- 10:00 a.m. Standing Body Stretch, Ch. 1960
- 10:00 a.m. BOMCOM, Board Room
- 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
- 12:30 p.m. WhatNot Shop Sale
- 1:00 p.m. Painting, Art Center
- 1:00 p.m. Movement for Living, Aerobics
- 2:00 p.m. Poetry Group, Smith Study
- 2:00 p.m. Duplicate Bridge, Card Room
- 3:00 p.m. Community Service Committee, Top of the West
- 3:00 p.m. Woodcarving, Art Center
- 4:30 p.m. Android Users Group, TOW
- 7:00 p.m. Poker Night, Card Room

FRIDAY, FEBRUARY 10

- 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
- 10:30 a.m. Resident's Rights program, Auditorium
- 11:00 a.m. Self Love Valentine's, Art Center
- 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: Love Arias, Media Room
- 1:00 p.m. Encore rehearsal, Aud.
- 2:00 p.m. Trivia, Atrium
- 2:15 p.m. Mah Jongg, Card Room
- 2:30 p.m. Mat Yoga, Aerobics Room
- 3:00 p.m. Trips and Outings, Board Room

SATURDAY, FEBRUARY 11

- 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.
- 11:00 a.m. Vendor Shopping, Atrium
- 12:00 p.m. Spanish Speakers Group, Bistro Side Room
- 12:15 p.m. Saturday Cinema Matinee, Board Room
- 1:30 p.m. Mah Jongg, Card Room
- 2:00 p.m. Duplicate Bridge, Top of the West
- 7:15 p.m. Saturday Night Movie, Auditorium

SUNDAY, FEBRUARY 12

- 10:00 a.m. Catholic Worship, Top of the West
- 10:30 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, FEBRUARY 7**
Submit all articles by 12:00 NOON
to westwinds@goodwinhouse.org