

WEST★WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 35, Number 10 ✨ March 13, 2023

WEEKLY PROGRAMS:

Trivia

Monday, March 13 CANCELED

Creative Writing

Tuesday, March 14 CANCELED

Great Courses

Wednesday, March 15 at 3:00 p.m.
in the Media Room

Jeopardy

Friday, March 17
CANCELED

ST. PATRICK'S DAY COCKTAIL HOUR

Friday, March 17 at 3:00 p.m. | Rotunda



Join us as we celebrate St. Patrick's Day, also known as the Feast of St. Patrick. Sip your cocktails and enjoy Irish-inspired food while wearing your best green for the celebration!

"May your blessings outnumber the shamrocks that grow. And may trouble avoid you wherever you go."—Irish Blessing

GET READY FOR AN EXCITING PI DAY CELEBRATION!

Tuesday, March 14 at 2:00 p.m. | Auditorium



Savor delicious pies made by the local ACME Pie Company. Cheer on team members Elizabeth Whitehouse, Kerri Mai, David Savoy, Xan Smith, Steffan Barahona, Daniel Bauman and Heba

Sikander as they compete in a thrilling pie eating contest. CFO Xan Smith will attempt to break his record of memorizing more than 20 digits of Pi – how far can he go? Join us for a fun-filled event all about Pi!

COMMUNITY MEETING REMINDER

Join us **Monday, March 13**
at 10:00 a.m. in the
Auditorium for the
Community Meeting.

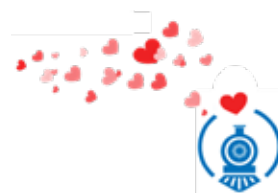
ACTIVE COVID CASE AS OF 3/8:

Independent Living: 5
Assisted Living: 0
Health Care Center: 0
Staff: 3

WELLNESS ICON KEY:

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

DEADLINE FOR GIFT MATCH: MARCH 14!



We are so grateful for the many wonderful donations to the Foundation that we have received since Giving Day in support of residents and team members. Our anonymous donor will continue matching gifts until March 14, up to

a total of \$150,000! This is the perfect time to show your support of the Foundation AND maximize the impact of your gift. Please stop by the Foundation office if you need more information about this gift match, or to make your gift in person. Together, we change lives! -The Foundation Team

MORE HAPPENINGS

SENIOR QUEST FOR MEANING

Monday, March 13 from 3:30 p.m. - 5:00 p.m. | Auditorium



SENIOR QUEST FOR MEANING

Inter-religious and humanistic
reflections on basic issues of human life

Race, Religion and Democracy: Where Shall We Go? Communications and the Role of the Media

Michael McCurry, Distinguished Professor Emeritus of Public Theology, Wesley Seminary, and former White House Press Spokesman, will share thoughts on how the media, both mainstream and not, can influence how we think about race, religion, and democracy.

BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE SERIES: WHO ARE THE KURDS?

Tuesday, March 14 at 7:30 p.m. | Auditorium



Dr. Henri Bakey, Cohen Professor of International Relations, Lehigh University, adjunct senior fellow for Middle East studies at the Council of Foreign Relation

Who are the Kurds? “The Kurds are the world’s largest ethnic group or nation without a state of their own. Divided among Turkey, Iran, Iraq and Syria, Kurds have been denied basic rights, identity, repressed, and subjected to genocidal attacks. Starting with the collapse of the Ottoman Empire in the early 20th Century, they have agitated for their rights, ranging from making political demands to outright rebellions. Only in Iraq have they achieved

a modicum of recognition and rights as Kurds. Elsewhere, they are still reduced to second class citizenship. Their struggle continues.”



STARRING ETHEL MERMAN: A LOOK AT HER BROADWAY MUSICALS

Thursday, March 16 at 2:00 p.m. | Auditorium

Join GHBC Resident Dan Dietz in the Auditorium on Thursday March 16 at 2:00 p.m. for a talk about singer Ethel Merman, arguably the greatest Broadway star of them all. During her 40-year career she created roles in 13 musicals (including *Anything Goes*, *Annie Get Your Gun*, and *Gypsy*) where she introduced songs by George Gershwin, Irving Berlin, and Cole Porter, including such standards as “I

Got Rhythm,” “There’s No Business Like Show Business,” and “I Get a Kick Out of You.” Twelve of her musicals were successes, and even her one flop (the 1956 musical *Happy Hunting*) ran a full year on Broadway and yielded a hit song.

REMIDNER: ARMED INTRUDER ALARM TESTING will take place on Monday, Marh 13 at 11:00 a.m. - 12:00 p.m.

CHERRY BLOSSOM OUTINGS (Tidal Basin & Haines Point) are planned for 1:30 p.m. March 24 and 27. Sign-ups will start when peak bloom dates are more certain.

THIRD THURSDAY MOVIE MATINEE: TAR

Thursday, March 16 at 2:00 p.m. | Media Room



“TAR” was selected Best Film of the Year by the New York Film Critics Circle, Los Angeles Film Critics Association, London Film Critics’ Circle, and the National Society of Film Critics, becoming only the fourth film in history named as such from the world’s top critics’ groups. It was named the year’s best film by more critics than any other film released in 2022. It also was nominated for an Academy Award for Best Picture, Best Director, Best Original Screenplay, and Best Actress (for Cate Blanchett).

Renowned musician Lydia Tár is days away from recording the symphony that will elevate her career. When all elements seem to conspire against her, Lydia’s adopted daughter Petra becomes an integral emotional support for her struggling mother.

GREEN TEAM ORGANIZATIONAL MEETING will take place on Monday, March 27 at 11:00

a.m. in the Board Room. Over the last 10 years Jane McKeel and Barbara Allen have led the work of the Green Team Committee. The mission of the Committee has been to raise awareness among residents and staff on ways our personal and collective practices can contribute to a more sustainable future for the earth. Bravo to Jane and Betty for their wonderful accomplishments over the years. Betty has been unable to continue work while Jane needs to step back to pursue personal projects. She is hoping that other residents will want to see the work continue. We will be exploring the possibilities of renewing the Green Team efforts this year. Sally Recinos will chair the meeting. Please join us with your ideas and energy.



WEEKLY PRAYER GROUP

A weekly prayer group begins March 14 at 3:00 p.m. in the Formal Parlor. Prayer requests may be placed in the prayer box inside the door of the Chapel. All requests are confidential. All those who would like to join us in prayer on Tuesdays are welcome. For questions, please call Rev. Alex at ext. 7224 or Sue Becker at ext. 7539.

ANNUAL LOAVES AND FISHES WORSHIP SERVICE AND MEAL on Holy Thursday (Maundy Thursday) returns on Thursday, April 6. The gathering will be in the Fireside, beginning at 5:00 p.m. with a simple celebration of the Lord’s Last Supper, followed by dinner. Dinner seating is limited to 62 residents, and advance reservations for the dinner are required. Reservations close on Thursday, March 30, or when the maximum is reached. As in the past, special (limited) seating will be available for those who wish to attend only the service. Sign up now in the Loaves and Fishes notebook at the Chapel entrance. Residents will be billed the dining dollar rate.



JEREMY ALLEN FROM CONGRESSMAN DON BEYER'S OFFICE

will be at Goodwin House for an on-site community workday on Wednesday, March 15 from 10:00 a.m. to 3:00 p.m. Jeremy will be available to speak with residents about their issues with federal agencies such as OPM, SSA, and Medicare, open casework inquiries, talk federal policy suggestions, or simply chat about life in the office and the Congressman's work throughout the district. Rep. Beyer values your input so please stop by to say hello!

SATURDAY BOARD ROOM CINEMA MATINEE

Saturdays at 11:45 a.m. | Board Room

Short selections beginning at 11:45 a.m followed by feature film around 12:15-2:30 p.m.



March 11: Compartment No. 6

(Drama, Russian with English subtitles) A young Finnish woman escapes an enigmatic love affair in Moscow by boarding a train to the arctic port of Murmansk. Forced to share the long ride and a tiny sleeping car with a larger-than-life Russian miner, the unexpected encounter leads the occupants of Compartment No. 6 to face major truths about human connection. (Bring a sweater or blanket for chilly Board Room and frozen scenery.)



March 18: The Big Lebowski

(Comedy) Jeff Bridges plays Jeff Lebowski who insists on being called "the Dude," a laid-back, easygoing burnout who happens to have the same name as a millionaire whose wife owes a lot of dangerous people a whole bunch of money -- resulting in the Dude having his rug soiled, sending him spiraling into the Los Angeles underworld.

For more information contact Ric Blacksten, hricblacksten@gmail.com

SATURDAY NIGHT MOVIE: THE BANSHEES OF INISHERIN

Saturday, March 18 at 7:15 p.m. | Auditorium

On a remote island off the coast of Ireland, Pádraic is devastated when his buddy Colm suddenly puts an end to their lifelong friendship. With help from his sister and a troubled young islander, Pádraic sets out to repair the damaged relationship by any means necessary. However, as Colm's resolve only strengthens, he soon delivers an ultimatum that leads to shocking consequences

R, 2022, Drama/Comedy, 1 hour 54 minutes

Staring: Colin Farrell, Barry Keoghan, Brendan Gleeson, Kerry Condon



THE FITNESS COMMITTEE meets the second Tuesday of each month at 1:00 p.m. in the Formal Parlor. Its next meeting is Tuesday, March 14, at 1:00 p.m.

TRIPS AND OUTINGS

THE KATZEN ARTS CENTER: MADAYIN, EIGHT DECADES OF ABORIGINAL AUSTRALIAN BARK PAINTING FROM YIRRKALA

Wednesday, March 22 from 10:15 a.m. - 1:30 p.m.



The Katzen Arts Center at American University is hosting the first major U.S. exhibition of Madayin, an acclaimed collection of paintings on bark by the aboriginal Yolngu people in northern Australia. For centuries the Yolngu painted their ancestral clan designs on ceremonial objects and their bodies; in the 1930s they began to use eucalyptus bark as a canvas for their stories of the interconnection between people, plants, animals, fish, water and their land. Each painting of Madayin, which to the Yolngu means sacred and beautiful, is a story executed by fine brushes of human hair and natural pigments. The exhibition, the first organized with the Yolngu people, shares the Katzen Center with several other exhibits we'll have time to see.

We'll visit the Katzen Center on Wednesday, March 22, leaving GHBC at 10:15 a.m. and returning by 1:30 p.m. Transportation is \$18. Sign up will start on Monday, March 13 at 10:00 a.m. in the Resident Business Center. For more info contact Jane Coughran at ext. 7450.

COMMUNITY NEWS AND UPDATES



NEWS YOU CAN USE

There are two new bulletin boards in the Mail Room:

- The first features the Resident Council and its committees.
- Check it weekly for postings of meetings.
- Follow the ribbon from the committee to find the day, time, and location.
- Updates will be made every weekend for the upcoming week's meetings.

The second is Talent Search:

- If you need help with tasks, post them there.
- If you have talents, check to see if you can help a neighbor.

Please join us at the Community Meeting on Monday, March 13, at 10:00 a.m. in the Auditorium featuring:

- The Components of Wellness: Brian Patterson, Culinary Innovations and Development Chef, and Ali Neov, Registered Dietitian
- Council Survey updates related to wellness issues
- Welcome our new residents and more!

TECH COMMITTEE UPDATE



How to get rid of unwanted electronics responsibly:
visit [Call2Recycle.org](https://www.call2recycle.org) or [SustainableElectronics.org](https://www.sustainableelectronics.org)

MARCH IS SOCIAL WORKER APPRECIATION MONTH!

Throughout the month, the Social Work Department will be featuring some of the contributions of social workers throughout time. Here are some interesting facts about major contributors of the field:

- Jeannette Rankin (1880-1973) was the first female elected to the House of Representatives. She is known for introducing the Nineteenth Amendment in Congress, advocating for Women's Rights to Vote.
- Whitney Young, Jr. (1921-1971) helped eradicate employment discrimination and helped strengthen the approach of the National Urban League.



How has a social worker impacted your life?

NEW RESIDENT: MARY LOU VROMAN



Mary Lou Vroman and her cats Fred and Barney moved into Crossroads apartment 737 on February 13. Mary Lou grew up on a family farm in the small town of Reynolds, Illinois. After graduating from Rock Island Senior High School, she earned a bachelor's degree in Business Administration from Northern Illinois University and a master's degree in Management and Administration from Central Michigan University. She immediately went to work at an independent marketing research firm in Cincinnati before moving on to work for Proctor & Gamble, where she conducted brand research. After that she began her career with the federal government. For the next 40 years she worked as a civilian with the Department of Defense in the areas of programming, budgeting, and financial management. Ultimately she moved to become the head of the Department of Navy Stock Fund, Marine Corps Division. She ended her career at the Defense Information Systems Agency and retired from the position of Chief of the Headquarters Financial Management Office. After retirement Mary Lou joined the Annandale chapter of the National Active and Retired Federal Employees Association, where she served in many capacities including President.

Mary Lou likes sports of all kinds, especially tennis. She also likes reading, watching old movies, playing with her cats, and enjoying nature. She has found the residents she has met here at GHBC to be kind and helpful and is grateful to her neighbors on the seventh floor, who held a "meet and greet" so that she could get acquainted with those around her.

IT'S EASY TO BE GREEN!



Have you seen this sign? It doesn't just mean 'recycle'.

It stands for **REDUCE, REUSE, RECYCLE**. It lists actions in order of importance. **REDUCE** paper usage by reading on-line versions of paper communication. **REUSE** paper that has been printed on one side. **RECYCLE** paper that may not be reused.

NEW BOOKS! Come check out the list of the latest donations to the library.

NEW RESIDENTS: JAN POMERANTZ AND EVERETT WILCOX



Jan Pomerantz and Everett Wilcox moved into Pointe Apartment 1173 on February 27. Everett grew up in Clearwater, Florida and graduated from Duke University with a degree in history. He went to the University of Florida, where he earned a master's degree in history and a law degree. For the next 40 years he practiced law in the D.C. area and in Atlanta. Perhaps his most memorable position was in senior marketing for the Olympics when they were held in Atlanta. Aside from the position, it was notable because he met Jan, who held a similar position and had an office right next door to his. After the Olympics, he joined IBM as director for Worldwide contracts for an IBM division. Eventually he retired, and they moved to Charleston before coming to Alexandria. In retirement he has been president of two homeowner associations and was on the board and treasurer of another. He is an avid reader and a woodworker. He and Jan also enjoy plays and concerts.

Jan grew up in Great Neck, New York. She graduated from the University of Pennsylvania and then earned a law degree from Emory University. She worked at Federated Department Stores for 14 years as vice-president regional counsel until it was taken over by Macy's. After her four-year stint with the Olympics, she served as the founding executive of the American Marketing Association Foundation, which is dedicated to expanding marketing and public relations in the nonprofit world. As an outgrowth of her experience with the foundation, she then became a strategic planning consultant through South Carolina. After combining their families 24 years ago, she and Everett raised their four daughters and now have eight grandchildren. Since coming to Virginia, she has enjoyed volunteering at the National Gallery of Art. Both she and Everett enjoy singing in the choir at Temple Rodef Shalom.

During their brief time here at GHBC Jan and Everett have been very impressed with the friendliness and helpfulness of the staff and residents here.

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.

March 14: Reception, Security, Transportation

The Reception Desk is the activity hub of GHBC. Security keeps us safe. Transportation gets us where we need to go. Omar Alvarez, David Savoy, Christy Clarke-Bolden, hosted by Claudia Blake, tell us about their invaluable services for residents and guests.


March 21: Assistant to the Executive Director

Catie Ramos joined the GHBC Administration team last year. She will relate some of her past experiences and describe her many responsibilities with host Betsy Bailey.

INSIDE THE ART CENTER

MONDAY, MARCH 13

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



 **Art Film:** Great Courses, Leonardo Da Vinci: Learn all about Leonardo Da Vinci with professor George R. Bent, Ph.D. Lecture 31: Leonardo and the Medici in Rome, Lecture 32: High Renaissance in Art from Rome to Venice. *(Media Room)*

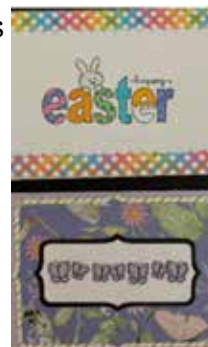
TUESDAY, MARCH 14

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



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

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

  **Holiday Card Making Workshop** The creative ladies from Caring Cards Inc. will be back to provide the designs and materials to make adorable cards (picture right). The project is easy and fun - everyone is welcome. (No sign up required)





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

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



WEDNESDAY, MARCH 15

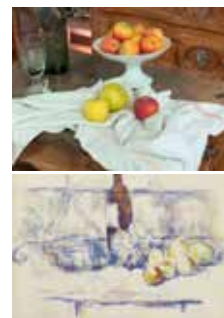
10:00 a.m. - 11:00 a.m.

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

  **Still Life Drawing Inspired by Paul Cezanne** Practice drawing and shading from an interesting still life arrangement of vases, fruit and fabric inspired by artist Paul Cezanne.

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


  **Beginners** are encouraged to join and learn. *(Sign up required, limit 15)* **Intermediate artists** paint what they chose from the display. *(Sign up required, limit 15)*



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

THURSDAY, MARCH 16

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

  **Cezanne Still Life in Watercolor** Create a watercolor painting from the Cezanne inspired still life.

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

Woodcarving Join resident wood carving master Mike Connors in the Art Center.

FRIDAY, MARCH 17

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

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

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

Arts Committee Meeting All are welcome.

LET'S GET FIT TOGETHER

FITNESS NOTES

- Monthly Fitness Walking Group resumes this month on Thursday, March 16 at 10:30 a.m. (signup required)
- New Class Time- Functional Fitness Wednesdays at 1:00 p.m. (Led by Coach Karen)
- Personal Training now available! (Contact Luke or Olga in Fitness Center for details)



MONDAY, MARCH 13

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

TUESDAY, MARCH 14

- 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
- 1:00 p.m. Movement for Living, Aerobics Room
- 2:30 p.m. Power Braining, Media Room

WEDNESDAY, MARCH 15

- 8:45 a.m. Total Body Standing, Auditorium
- 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
- 1:00 p.m. Functional FIT, Aerobics Room (NEW CLASS TIME)
- 2:00 p.m. Wii Bowling, Aerobics Room

THURSDAY, MARCH 16

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:30 a.m. Functional FIT, Auditorium
- 9:30 a.m. Pilates, Aerobics Room (Temporary Time Change)
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. Fitness Walking Group, Front
- 11:30 a.m. Chair Fit, CANCELED
- 1:00 p.m. Movement for Living, Aerobics Room

FRIDAY, MARCH 17

- 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, MARCH 18

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

ASSISTED LIVING PROGRAMS

MONDAY, MARCH 13

- 10:30 Morning Exercise w/ Olga in the Community Room
- 11:00 Sing-a-Long w/ Anne & 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
- 3:30 Afternoon Chat w/ Mindy in the Community Room
- 4:00 Music w/ Phil & Ed in the Crossroads Area

TUESDAY, MARCH 14

- 10:00 Wowzitude: Travel to Dublin in the Community Room
- 11:00 Morning Stretches w/ Vy in the Community Room
- 2:00 Spiritual Discussion Group w/ Alex in the Living Room
- 2:45 Weekly Musician Spotlight: Doris Day w/ Samantha in the Community Room

WEDNESDAY, MARCH 15

- 10:30 Wednesday World Travel w/ Elizabeth in the Community Room
- 11:00 Piano Music w/ Alan in the Crossroads Area
- 2:00 Bingo in the Crossroads Area
- 3:00 Georgia Fuller Presentation on Africa in the Community Room

THURSDAY, MARCH 16

- 10:30 Culinary Class with ElderGrow in the Community Room
- 2:30 "Celebrating National Nutrition Month" w/ Ali in the Crossroads Area
- 3:00 Music Group with Samantha in the Crossroads Area
- Evening Matinee in the Living Room (After Dinner)*

FRIDAY, MARCH 17

- 10:30 Service Project for AFAC in the Community Room
- 2:00 TimeSlips w/ Brain Health in the Community Room
- 3:00 St. Patrick's Day Celebration in the Rotund

SATURDAY, MARCH 18

- 10:00 Morning Music w/ Alexa in the Crossroads Area
- 2:00 Independent Word Game Packet Distribution
- 3:00 Piano Music w/ Heather in the Crossroads Area

SUNDAY, MARCH 19

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

HEALTH CARE CENTER PROGRAMS

MONDAY, MARCH 13

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Discussion with Dr. Tambasco: Ireland: From Dublin to the North
- 2:00 Universal Yums w/ Ali in Cherry Blossom
- 3:30 Afternoon Trivia w/ Tiffany

TUESDAY, MARCH 14

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Sit & Get Fit
- 11:00 Spiritual Group w/ Alex
- 2:00 Creative Club w/ Cherry Blossom: Aquapaintings
- 3:15 Bingo with Friends

WEDNESDAY, MARCH 15

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Seated Fitness w/ Luke
- 11:00 Conversation Cards
- 2:00 Short Story Group
- 3:30 Trivia w/ Elizabeth
- 3:30 Music Therapy with Sunflower/Tulip

THURSDAY, MARCH 16

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Seated Strength
- 11:00 Word Game: Scattergories
- 2:45 Animal Visits in the Atrium

FRIDAY, MARCH 17

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Service Project
- 2:00 1:1 Visits
- 3:00 St. Patrick's Day Celebration in Rotunda

SATURDAY, MARCH 18

- 9:30 Daily Chronicle & West Winds Visits
- 11:00 Morning Exercise
- 4:00 Piano Music w/ Heather in Lavender Living Room!

SUNDAY, MARCH 19

- 10:30 Daily Newsletter
- 1:15 Sunday Service in Community Room

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

WEEKLY CALENDAR

MONDAY, MARCH 13

8:45 a.m.	Total Body Standing, Auditorium
9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Total Body Seated, Aerobics Rm.
10:00 a.m.	Resident Council Community Meeting, Auditorium
10:15 a.m.	Line Dance, Aerobics Rm.
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, CANCELED
2:30 p.m.	iPhone Users Group, TOW
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, MARCH 14

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.	Tai Chi, Auditorium
11:00 a.m.	Card Making, Art Center
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.	Fitness Committee, Formal Parlor
1:00 p.m.	Movement for Living, Aerobics Room
1:30 p.m.	Knit for Kids, Art Center
2:00 p.m.	Pi Day Celebration, Auditorium
2:30 p.m.	Power Braining, Media Room
3:00 p.m.	Prayer Group, Formal Parlor
4:00 p.m.	Newcomers et al., Auditorium
7:30 p.m.	Scowcroft Lecture, Auditorium

WEDNESDAY, MARCH 15

8:45 a.m.	Total Body Standing, Auditorium
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
10:00 a.m.	Jeremy Allen from Don Beyer's office at Goodwin House
10:30 a.m.	Seated Fitness, Ch. 1960
10:30 a.m.	Power Braining, Aerobics Rm.
11:00 a.m.	Meditation, Ch. 1960
11:00 a.m.	Contemplative Worship, Smith Study
11:15 a.m.	Culinary Passport, Front Entrance
11:30 a.m.	Chair Yoga, Ch. 1960
11:30 a.m.	Chair Yoga, Aerobics Room
1:00 p.m.	Beginner Drawing, Art Center
1:00 p.m.	Functional FIT, Aerobics Room
1:30 p.m.	Grounds Committee, Board Rm.
2:00 p.m.	Hearing Support Group, Group Room at the Pointe
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. Finance Committee, Staff
 Conference Room
 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, MARCH 16

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
 9:30 a.m. Pilates, Aerobics Room
 9:30 a.m. Dining Services Committee,
 Board Room
 10:00 a.m. Grief Support Group, Smith
 Study
 10:00 a.m. Standing Total Body Stretch, Ch.
 1960
 10:00 a.m. Water Aerobics, Pool
 10:00 a.m. WhatNot Shop Donations
 10:30 a.m. Fitness Outing: Walking Group,
 signup required
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Muscle Relaxation, Ch. 1960
 11:30 a.m. Chair Fit, CANCELED
 1:00 p.m. Painting, Art Center
 1:00 p.m. Movement for Living, Aerobics
 Room
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Ethel Merman talk, Auditorium
 2:00 p.m. Thursday Movie Matinee,
 Media Room
 2:45 p.m. Animal Visits, Atrium
 3:00 p.m. Woodcarving, Art Center
 4:00 p.m. Meditation Group, Smith Study
 7:00 p.m. Poker Night, Card Room

**WEST WINDS DEADLINE:
 TUESDAY, MARCH 14**
 Submit all articles by 12 Noon
 to westwinds@goodwinhouse.org

FRIDAY, MARCH 17

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
 10:30 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. Irish Opera Gala, Media Room
 1:00 p.m. Encore Chorale rehearsal,
 Auditorium
 2:00 p.m. Arts Committee, Art Center
 2:15 p.m. Mah Jongg, Card Room
 2:30 p.m. Mat Yoga, Aerobics Room
 3:00 p.m. St. Patrick's Day Happy Hour,
 Rotunda

SATURDAY, MARCH 18

9:00 a.m. Total Body Video, Aerobics Rm.
 10:00 a.m. Croquet, Front Lawn
 10:00 a.m. Total Body Video, Aerobics Rm.
 11:45 a.m. Saturday Cinema Matinee,
 Board Room
 12:00 p.m. Spanish Speakers Group, Bistro
 Side Room
 1:30 p.m. Mah Jongg, Card Room
 1:30 p.m. Joan Hilton Service, Chapel
 2:00 p.m. Duplicate Bridge, Top of the
 West
 7:15 p.m. Saturday Night Movie, Aud.

SUNDAY, MARCH 19

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. Complaine, Chapel