

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 35, Number 20 ✨ May 22, 2023

WEEKLY PROGRAMS:

Trivia

Monday, May 22 at
2:00 p.m. | Atrium

Creative Writing

Tuesday, May 23 at 2:30 p.m. |
Formal Parlor

Great Courses

Wednesday, May 24 at
3:00 p.m. | Media Room

Jeopardy

Friday, May 26 at 2:00 p.m. |
Board Room

UPCOMING MEETINGS

Town Hall Meeting

Thursday, May 25 at 2:00 p.m. |
Auditorium

WELLNESS ICON KEY:

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



Goodwin House
Bailey's Crossroads

HISTORY OF JAZZ: AN EDUCATIONAL CONCERT

Monday, May 22 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.

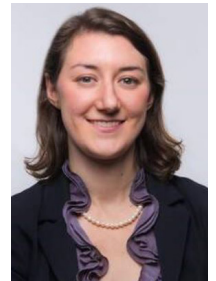


Q&A to follow, All are welcome!

THE GREEN TEAM INVITES BETTY CREMMINS TO DISCUSS GREEN BUILDING AND ENVIRONMENTAL POLICY

Monday, May 22 at 7:30 p.m. | Auditorium

Ms. Cremmins has worked on climate change mitigation projects around the world, from the US Gulf Coast to sub-Saharan Africa to Antarctica and now the White House. She holds a MPA in Environmental Science and Policy from Columbia University and a BA from New York University. Betty is an Advisory Board Member of the world's first Climate Museum, Advisory Council Member of the American Resilience Project, and Security Fellow with the Truman National Security Project. Resident Judith Kaufmann will moderate the panel.



SUITCASES FOR ESWATINI COLLECTION PROJECT

The MichiLu project uses suitcases to carry supplies like clothes, school materials, bras, dental, and permitted medical supplies to this landlocked country in southeastern Africa, Eswatini. The main recipients are connected to St Joseph school, the only boarding school in Eswatini for special education elementary and high school scholars. If you have a suitcase you no longer need, please call for pickup.

Otto Reinbacher: Oarroock@aol.com, ext. 3111, Apt 1376

MORE HAPPENINGS

Harp and Piano duet featuring Iraida Poberezhnaya and Ildar Khannanov

Thursday, May 25 at 7:15 | Auditorium

Returning for another performance, Iraida Poberezhnaya is accompanied by her husband, Dr. Ildar Khannanov on the piano. Both Iraida and Ildar are accomplished musicians with years of experience traveling the world, sharing their love for music. This concert's program will focus on music from M. Ravel, M. Glinka, P.T. Chaikovsky, A. Griboedov, G. Gershwin, E. Garner, and G. Shearling.



AFTERNOON AT THE OPERA

Every Friday at 1:00 p.m. | Media Room

May 26: *Jonas Kauffman in Concert*

1. Interview with Jonas Kauffman - 20 Minutes
2. An evening with Jonas Kauffman: Concert Performance - 1 hour 30 min



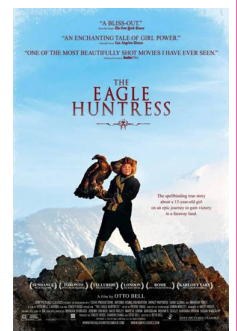
SATURDAY CINEMA MATINEE - CANCELED TILL FALL

Enjoy the warm weather outside! There will be no regular Saturday afternoon movies for the next few months. (For more information contact Ric Blacksten, hricblacksten@gmail.com, 703.980.5899 (M/Text)).

SATURDAY NIGHT MOVIE: *THE EAGLE HUNTRESS*

Saturday, May 27 at 7:15 p.m. | Auditorium

The Eagle Huntress follows the story of Aisholpan, a 13-year-old girl, who trains to become the first female in 12 generations of her Kazakh family to become an eagle hunter and rises to the pinnacle of a tradition that has been handed down from father to son for centuries. This is the glorious, true story of girl-power with spectacular footage of Mongolian life.



The film was shown at the Contemporary American Film Festival, becoming a favorite of the Festival in 2017.

The film's dialog is in Kazakh; the narration is in English. Starring: Aisholpan Nurgaiv, Rys Nurgaiv, and Daisy Ridley. Rated G, 2016, Documentary, 1 hour, 41 minutes



SAVE THE DATE

MEMORIAL DAY OBSERVANCE (VETERANS COMMITTEE)

Tuesday, May 30 at 3:00 p.m. | Auditorium



WELLNESS FIELD DAY EVENT (LIFE ENRICHMENT)

Wednesday, May 31, from 1:00 p.m. to 4:00 p.m., GHA Courtyard and Auditorium



GEORGE MOOSE: GREAT POWER RIVALRY IN AFRICA (BRENT SCROWCROFT FOREIGN AFFAIR LECTURE)

Thursday, June 1 at 7:30 p.m. | Auditorium



COMMUNITY NEWS AND UPDATES

TORPEDO FACTORY ART CENTER, ALEXANDRIA

Thursday, June 1 from 10:00 a.m. to 1:30 p.m.

Alexandria's acclaimed Torpedo Factory Art Center, once a munitions plant that produced torpedoes in WWII, now houses 72 studios and 10 galleries exhibiting and selling the work of 150 juried artists in a wide range of media. Located in the heart of historic Old Town, the Center is also home to 18th century Alexandria's Archeology Museum. It opens onto the recently redeveloped Potomac waterfront, adjacent to many restaurants, outdoor displays, and scenic walkways.

We'll leave GHBC at 10:00 a.m. and have two and a half hours to spend as we please, with return by 1:30 p.m. Transportation will be \$7. Sign up will start Monday, May 22 at 10:00 in the Resident Business Center.



TIPS FROM FACILITIES MANAGEMENT

Always make sure you're using the detergents for both the washer machine and dishwasher that manufacturers recommend so the machines can work as they were designed.

COMMUNITY NEWS AND UPDATES

TECH COMMITTEE TECH TIPS - VOTING IN THE PRIMARIES - JUNE 20, 2023

Have you just moved to GHBC? Changed apartments? You need to register anew. Who are our candidates and what are their issue positions? Check these apolitical sites: <https://www.vote411.org/> and <https://justfacts.votesmart.org/> Do your research. Be an informed voter.



SPANISH SPEAKERS GROUP - MEETINGS ON HOLD

The Spanish Speakers Group will be taking a break for the summer. The group will begin to meet again starting in September. Hope to see you then. Hasta la vista.

REMINDER - SIRI SOLUTION FOR YOUR IPHONE (TECHNOLOGY COMMITTEE)

Monday May 22, 3:00 p.m. to 4:00 p.m., Board Room

Sign-up and wait-list sheets are in the Resident Business Center



BRAS FOR ESWATIN COLLECTION PROJECT - THANK YOU FOR YOU GENEROUS CONTRIBUTIONS

Residents have donated 201 bras and five suitcases for Eswatini. Many of the bras were brand new so we are amazed at all your generosity. We have filled two suitcase for Eswatini.

The MichiLu project, Bailey's Crossroads Rotary Club, Life Enrichment, and the Community Services Committee thank you for your encouragement and gifts.

MESSAGES FROM THE EDITORS

- The West Winds will follow the new submission guidelines and style sheet (available on the resident website under Announcements at the bottom of the page). Please expect changes in the formatting.
- We kindly ask that any articles, questions, or comments about West Winds be sent directly to westwinds@goodwinliving.org to ensure your message is received. The inbox is monitored daily, and the West Winds team will respond within one business day.

NEWCOMERS ET AL.

Tuesdays at 4:00 p.m. | Auditorium

Newcomers Gatherings are weekly, in-person, and in the Auditorium unless otherwise specified. Plan to attend as they will not be recorded. Questions? Contact Carol Lewis, poplewis@hotmail.com.

May 23: Adjusting to GHBC Life

So, you moved into Goodwin House Bailey's Crossroads. Have you found the light switches yet? Located the trash room? Is adjusting to living here going as you expected? You are not alone. Resident Margaret Sullivan will talk about the up and down cycles of all major life changes and how that includes moving to GHBC. Carol Lewis hosts.

May 30: Rehabilitation (Formal Parlor)

The Rehab Department, located on the first floor of the Health and Wellness Center, is staffed by licensed therapists and licensed assistants. Peach Querubin, LPTA, Director, will talk about the staff of physical and occupational therapists and a speech pathologist who work with residents. Stefanie Reponen hosts.

NEW RESIDENT: DICK CLINE



Dick Cline moved into Pointe Apartment 1071 on May 10.

Dick grew up in Freeville, New York, a small town near Ithaca. He graduated from Cornell University with a major in agriculture and then joined the Navy, where he served as a helicopter pilot. After five years in the Navy, he earned a master's degree in soils from North Dakota State University and a PhD in soils from Washington State University. He joined the United States Department of Agriculture Forest Service working in management in Idaho and Montana for the next eight years before coming to the research offices of the Forest Service in Washington, where he remained until his retirement in 2007. Dick has been interested in soil and fossils since he was child. He was involved in the design the Secrets of Soil exhibit at the Smithsonian and served as a docent at the exhibit until it went on tour around the country. He then began volunteering at the Hall of Human Origins. Since the pandemic he has continued to volunteer two days a week working in the "FossiLab" in the Deep Time exhibit. His primary activity is excavating fossils out of matrix blocks from the Petrified Forest in Arizona and, on occasion, rehousing fossils for storage. Presently he is also doing demonstrations of fossil picking for visitors. When he has spare time he enjoys reading and watching baseball.





MONDAY, MAY 22

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

Art Film - Paul Klee - Born in 1879 and part of the Bauhaus school, Paul Klee had an enormous impact on the development of modern art. This is a definitive biography followed by spectacular images of the artist's work. (Media Room)



TUESDAY, MAY 23

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

Advanced Ceramics Group Meets - Contact Carol Lewis at ext. 7546. This time is open for use to make posters for the In Support of Sensible Gun Laws rally. Carol will be available to help.

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

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

WEDNESDAY, MAY 24

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

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

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

Pen and Ink Drawing: Travel Sketchbook - Inspired by her trip to Barcelona and Morocco, Adrienne will provide reference images to capture unique and interesting sights using pen and ink. There is no need to pack your bags; we bring the exotic locations to you.

Session 1 - Session one is great for beginners and those who are new to art because it includes a lesson and demonstration. (No sign up required).

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

Session 2 - Session two is great for those who prefer a more unstructured format where you may choose your own reference image. (No sign up required).



THURSDAY, MAY 25

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

Painting in the Style of Picasso (Cubism) - In this class we will have fun trying to paint ala Picasso. (No sign up required; limited to first 12 participants).

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

Woodcarving Join resident woodcarving master Mike Connors in the Art Center.



FRIDAY, MAY 26

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.

Framing and Finishing Workshop/ Lesson - Have you ever wondered how to stretch a canvas, varnish a painting, or which frame to use on which type of art? Adrienne will be giving a talk and demonstration as well as helping those who would like assistance finishing a work for the upcoming resident exhibition.



FITNESS NOTES

Personal Training Now Available

\$45 per Session (30-minute session)

- Custom workout programs tailored to your specific needs/goals
- Flexible scheduling options
- Accountability to help maintain a consistent routine

Fitness Consultation (Free)

- Develop your personalized fitness routine
- Ensure proper usage of equipment and machines
- Answer any questions you may have regarding the Fitness Center and available programs

Contact Luke Logan (ext. 7321) or Olga Cardoso (ext. 7609) in the Fitness Center for more details and scheduling.

MONDAY, MAY 22

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

TUESDAY, MAY 23

- 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, Aerobics Room

WEDNESDAY, MAY 24

- 8:45 a.m. Total Body Standing, Auditorium
- 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
- 2:00 p.m. Wii Bowling, Aerobics Room

THURSDAY, MAY 25

- 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
- 1:00 p.m. Movement for Living, Aerobics Room

FRIDAY, MAY 26

- 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, MAY 27

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

Additional fitness classes are broadcasted on Cox Channel 1960. See weekly calendar or coming events/ GHBC TV. for details

ASSISTED LIVING PROGRAMS

MONDAY, MAY 22

- 10:30 Monday Movement w/ Olga in the Community Room
- 11:00 Sing-a-Long w/ Anne & Friends in the Community Room
- 3:00 Afternoon w/ Tiffany in the Community Room

TUESDAY, MAY 23

- 10:30 Assisted Living Resident Council Meeting in the Community Room
- 11:00 Morning Stretches W/ Vy in the Community Room
- 2:45 Weekly Musician Spotlight w/ Sam in the Community Room

WEDNESDAY, MAY 24

- 10:30 Travel Wednesday w/ Elizabeth in the Community Room
- 11:00 Chair Fitness w/ Vy in the Community Room
- 2:00 Bingo in the Crossroads Area
- 3:00 Discussion w/ Ambassador Courville in the Community Room

THURSDAY, MAY 25

- 10:00 Morning Scenic Bus Ride
- 10:30 Brain Games w/ Brain Health in the Community Room
- 11:00 Karaoke on IN2L in the Community Room
- 2:00 Visit w/ Frankie in the Crossroads Area
- 2:15 Sing-a-Long w/ Hank Lewis in the Crossroads Area
- 3:00 Wine Tasting w/ Ann Lam in the Crossroads Area

FRIDAY, MAY 26

- 10:30 Service Project for AFAC in the Community Room
- 3:00 Afternoon Trivia w/ Tiffany in the Community Room
- 3:30 Friday Dance Party w/ Olga in the Community Room

SATURDAY, MAY 27

- 10:00 Seated Stretches w/ Cynthia in the Community Room
- 1:00 Weekend Package Delivery
- 2:45 Fitness Fun Facts w/ Luke in the Community Room

SUNDAY, MAY 28

- 10:00 Walking Club
- 10:30 Sunday Service in the Chapel
- 3:00 Church Service w/ Alex in the Community Room
- 3:30 Travel w/ Rick Steves in the Community Room
- 4:00 Walking Club

HEALTH CARE CENTER PROGRAMS

MONDAY, MAY 22

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Monday Movement
- 11:00 Group Word Game
- 2:00 Garden Stroll (Weather Permitting)
- 3:30 Virtual Travelogue: Exploring Canada
- 3:30 Refreshment Cart: Citrus Spring Sipper

TUESDAY, MAY 23

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Tuesday Tone-Up
- 11:00 Hymnal Sing Along
- 2:00 Books on Wheels
- 2:00 Small Group Social in the Atrium
- 3:30 Bingo With Friends

WEDNESDAY, MAY 24

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Seated Fitness w/ Luke
- 11:00 Great States Trivia
- 2:00 1:1 Art Gallery Tours
- 3:30 Handbell Choir w/ Sam

THURSDAY, MAY 25

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Sit & Get Fit
- 11:00 Word Game: Name 5
- 2:30 1:1 Pet Visits w/ Frankie
- 2:30 Scenic Bus Outing

FRIDAY, MAY 26

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Service Project
- 2:00 Movie Matinee in the Community Room
- 3:30 Music Therapy with Cherry Blossom/ Magnolia/Orchid
- 3:30 Paws and Play w/ Otis with Tulip/ Sunflower/Lavender

SATURDAY, MAY 27

- 9:30 Daily Chronicle & West Winds Visits
- 11:00 Saturday Stretches
- 3:30 Fitness Program w/ Luke

SUNDAY, MAY 28

- 11:00 Seated Exercises on TV Channel 1960
- 1:15 Sunday Spiritual Service in the Community Room

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

WEEKLY CALENDAR

MONDAY, MAY 22

- 8:45 a.m. Total Body Standing, Auditorium
- 9:00 a.m. IT Device Clinic, Bistro
- 9:30 a.m. Total Body Seated, Auditorium
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. GHBC Green Team, Board Rm
- 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. Shopping Shuttle, Bradlee Shopping Center, departs from Main Lobby
- 1:00 p.m. Art Film, Media Room
- 1:30 p.m. History of Jazz, Auditorium
- 2:00 p.m. Mat Yoga, Aerobics Room
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Trivia w/ Elizabeth, Atrium
- 3:00 p.m. How to Use Siri, Board Room
- 3:30 p.m. In-Depth Bible Study, ToW
- 4:00 p.m. Mindfulness Group Practice, Smith Study
- 4:15 p.m. Silver Panthers, Board Room
- 7:00 p.m. Mexican Dominoes, Game Room
- 7:30 p.m. Green Building & Environmental Policy, Auditorium

TUESDAY, MAY 23

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Pickleball Practice, Pickleball Court
- 9:30 a.m. Advanced Ceramics & Poster Making, 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. Muscle Relaxation, Ch. 1960
- 11:30 a.m. Shopping Shuttle, Trader Joe's and Target, departs from Main Lobby
- 1:00 p.m. Rosary Group, Smith Study
- 1:00 p.m. Movement for Living, Auditorium
- 1:30 p.m. Knit for Kids, Art Center
- 2:30 p.m. Creative Writing, Formal Parlor
- 2:30 p.m. Power Braining, Aerobics Rm
- 3:00 p.m. Marketing Committee, Board Room
- 3:00 p.m. Prayer Group, Smith Study
- 4:00 p.m. Newcomers et al., Auditorium

WEDNESDAY, MAY 24

- 8:45 a.m. Total Body Standing, Auditorium
- 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. Book Group, Point Conference Room
- 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 (Quaker), Smith Study
- 11:30 a.m. Chair Yoga, Ch. 1960
- 11:30 a.m. Chair Yoga, Aerobics Room
- 1:00 p.m. Functional FIT, Aerobics Room
- 1:00 p.m. Drawing Session 1, Art Center
- 2:00 p.m. Informal Open Bridge, Card Rm
- 2:00 p.m. Wii Bowling, Aerobics Room
- 2:30 p.m. Drawing Session 2, Art Center
- 3:00 p.m. Great Courses, Media Room

3:30 p.m. French Conversation Group,
Smith Study
3:30 p.m. Play Reading Group, Board Rm
4:30 p.m. Drinks & Trivia, Formal Parlor
7:00 p.m. Bingo, Top of the West

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 Lobby
12:15 p.m. Mah Jongg, Card Room
1:00 p.m. Afternoon at the Opera,
Media Room
1:30 p.m. Framing and Finishing
Workshop, Art Center
2:00 p.m. Jeopardy, Board Room
2:15 p.m. Mah Jongg, Card Room
2:30 p.m. Mat Yoga, Aerobics Room
4:00 p.m. Mindfulness Group Practice,
Smith Study

THURSDAY, MAY 25

8:15 a.m. Stretch and Flex, Auditorium
9:30 a.m. Arlington Comm. Credit Union
open, Crossroads Ground Level
9:30 a.m. Dining Services Committee,
Board Room
9:30 a.m. Functional FIT, Auditorium
10:00 a.m. Mental Health Awareness
Month Walk, Main Lobby
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. 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
1:00 p.m. Movement for Living, Aerobics
Room
1:00 p.m. Painting, Art Center
2:00 p.m. Town Hall, Auditorium
2:00 p.m. Duplicate Bridge, Card Room
2:45 p.m. Catholic Confession, Smith
Study
3:30 p.m. Catholic Mass, Chapel
3:00 p.m. Woodcarving, Art Center
7:00 p.m. Poker Night, Game Room
7:15 p.m. Harpist and Piano Concert,
Auditorium

SATURDAY, MAY 27

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
1:30 p.m. Chinese Mah Jongg, Card Room
2:00 p.m. Duplicate Bridge, Top of the
West
7:15 p.m. Saturday Night Movie,
Auditorium

SUNDAY, MAY 28

10:15 a.m. UUCA Service, Board Room
10:30 a.m. Holy Eucharist Service, Chapel
2:00 p.m. Hand and Foot, Top of the West
7:00 p.m. Compline, Chapel

FRIDAY, MAY 26

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