

# 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 21 ✨ May 29, 2023

### WEEKLY PROGRAMS:

#### Trivia

Monday, May 29 and  
Friday, June 2 - Canceled

#### Great Decisions

Wednesday, May 31 at  
3:00 p.m. | Media Room

### CHANGES IN TIME OR LOCATION:

#### Prayer Group

Mondays at 4:00 p.m. | Chapel

#### Rally in Support of Sensible Gun Laws

Friday, June 2 at 2:00 p.m. |  
Auditorium







#### Shopping Shuttle

Monday, May 29 - Canceled

### COVID CASES AS OF TUESDAY, MAY 23

Independent Living (IL): 4  
Assisted Living (AL): 0  
Health Care Center (HCC): 0  
Staff: 0

### WELLNESS ICON KEY:

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



Goodwin House  
Bailey's Crossroads

### GHBC OBSERVES MEMORIAL DAY

Monday, May 29 and Tuesday, May 30

Goodwin House Bailey's Crossroads observance of Memorial Day 2023 begins with a Memorial Day lunch on Monday, May 29 in the Jefferson Dining Room from 11:30 a.m. to 1:30 p.m. The JDR will be closed for dinner; the Bistro will be open all day with no changes to the menu.



On Tuesday, May 30 at 3:00 p.m. in the Auditorium, all residents are invited to share in remembering departed service members and to honor our GHBC resident military veterans who died during the past year. Our Memorial Day Speaker, John Bowers, will share reflections on Memorial Day, and our resident veterans will be recognized. Sponsored by the GHBC Veterans Committee, this traditional observance marks the 155th Anniversary of Memorial Day. In addition, this year we also witness the National Vietnam War 50th Anniversary Commemoration. A reception for all GHBC residents will follow the ceremony in the Auditorium.



### BIRDS OF KENYA BY RESIDENT GEORGIA FULLER

Tuesday, May 30 at 7:30 p.m. | Auditorium

Come see a variety of birds from all around Kenya. Georgia Fuller will share her PowerPoint; her photos are beautiful, cute, and funny. Duration: about 40 minutes plus questions and discussion.



## MORE HAPPENINGS

### GHBC AND GHA WELLNESS FIELD DAY

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

Physical activity is key to maintaining health and wellbeing. In honor of National Physical Fitness & Sports Month, we invite you to enjoy fun activities at our Field Day event, co-hosted by GHA and GHBC. Take part in games, a balance obstacle course, a Zumba class, or simply come around and enjoy the fun! We'll end the event by cheering on team members in a potato sack race!



The event is open to all Goodwin Living residents, Goodwin Living at Home members, and Priority Club members. Whatever your mobility or fitness, we hope you'll find an activity to enjoy!



### GREAT DECISIONS - CLIMATE MIGRATION

Wednesday, May 31 at 3:00 p.m. | Auditorium

As climate change accelerates and drought and rising sea levels become more common, millions of people in affected regions must uproot themselves and seek safety elsewhere. Who are these affected individuals, and how might the United States aid them, and be affected by the migration? Moderated by Jim Rial.



### BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE: "GREAT POWER RIVALRY IN AFRICA"

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

Ambassador George Moose will discuss how the return of great power rivalry erodes Africa's hard-won democratic gains, deepens its existing conflicts, and threatens new ones.

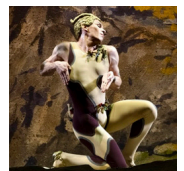
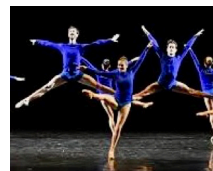


### AFTERNOON AT THE OPERA

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

#### June 2: *Three Short Ballets*

1. *Rhapsody in Blue* - George Gershwin - 10 minutes
2. *El Amor Brujo* - Manuel de Falla - 10 Minutes
3. *L'Après-midi d'un faune* - Claude Debussy - 11 Minutes



## MORE HAPPENINGS

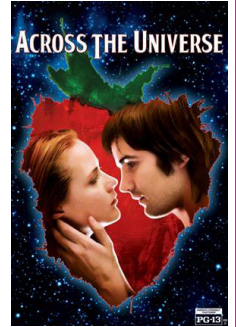
### **SATURDAY NIGHT MOVIE: *ACROSS THE UNIVERSE***

Saturday, June 3 at 7:15 p.m. | Auditorium

The songs of the Beatles provide the sonic framework for this musical tale of romance, war, and peace. When young British worker Jude (Jim Sturgess) sets sail for the United States in search of his father, he ends up meeting carefree college student Max (Joe Anderson) and his lovely sister Lucy (Evan Rachel Wood), along with a cast of eccentric characters. As Jude and Lucy fall for each other, their relationship is threatened by the social upheaval that accompanies the Vietnam War.

Rated PG-13, 2007, Musical/Romance, 2 hours, 13 minutes

Starring: Jim Sturgess, Joe Anderson, Evan Rachel Wood, T.V. Carpio, and Bono.



## SAVE THE DATE

### **LET'S CONNECT WITH ROB (ADMINISTRATION)**

Tuesday, June 6 at 1:30 p.m. | Fireside



### **SAVE MEDICARE POSTCARD CAMPAIGN (VaCCRA)**

Tuesday, June 6 to Thursday, June 8, before lunch and dinner | Rotunda



### **TECHNOLOGY COMMITTEE MEETING (TECHNOLOGY COMMITTEE)**

Wednesday, June 7 at 3:00 p.m. | Top of the West



### **NOVA LIGHTS CHORAL PERFORMANCE (LIFE ENRICHMENT)**

Wednesday, June 7 at 7:00 p.m. | Auditorium



## TRIPS AND OUTINGS COMMITTEE REPORT

**Culinary Passport** is suspended until September.

**Suggestion Box** is now available in the Resident Business Center for future partial and full-day trip ideas.

**Theater:** Two or three residents are needed to research and recommend productions at community theaters, Arena Stage, and other venues.

**Notice:** Motor coach trips (e.g. Brandywine in July or Monticello in October) will require advance, initially refundable, deposits followed by full non-refundable payments. Canceled, fully-paid reservations may be filled by other residents, if they're available. All payments will be charged to resident accounts. Sign-up and payment details will be posted for each upcoming motor coach trip.



## THE GROUNDS COMMITTEE - ATTENTION RESIDENTS WISHING TO CONTRIBUTE TO GHBC GROUNDS

Residents have been adding new plants to our grounds anonymously. We appreciate your interest, but please coordinate with the Grounds Committee on future plantings. Our spaces are carefully planned by residents and staff, and we wish to incorporate your contributions into our planning.

Before planting anywhere on the grounds, please contact the coordinator responsible for the location of your interest. **Cutting Garden:** Sally Recinos (ext. 7452) or Sarah Eastman (ext. 3199); **Knoll Garden:** Sally Recinos (ext. 7452); **Butterfly Garden:** Shirley Gay (ext. 3131) or Nan Allen (ext. 7394); **Box Gardens:** Barb Jonas (ext. 3605); **Wilderness Trail and all other areas:** Nathan Neuffer, Grounds Supervisor (ext. 7465).

## GOOD WINDS - ART & LITERATURE ONLINE MAGAZINE

As you may have heard, some fellow residents are working to launch "Good Winds," an online magazine of resident art and literature. We are seeking very short stories (fiction), poems (including haiku and limericks), memoirs of moderate length (500 to 1000 words preferred), anecdotes about life at GHBC, etc. Also good, clear photos of paintings, sculptures, quilts, ceramics, etc. And fine photographs, too.

Send your submissions to Ric Blacksten (hricblacksten@gmail.com) and cc fellow founding editors, Ann Kurzius (annkurzius@gmail.com) and Marcia Reecer (mreecer@earthlink.net).



## COMMUNITY NEWS AND UPDATES

### REMINDER - RALLY IN SUPPORT OF SENSIBLE GUN LAWS

Friday, June 2 from 2:00 p.m. to 3:00 p.m. | **New Location - Auditorium**  
(Assemble in Auditorium Lobby at 1:30 p.m.)



### FROM THE VOLUNTEER COORDINATOR - SUBMITTING VOLUNTEER HOURS

Residents, this is a friendly reminder to fill out your volunteer hours log form!

Volunteer hours count for all volunteer activities around the community including churches, museums, schools, the time you spend supporting committee/ group meetings or events, and one-off volunteer activities you sign-up for independently.

You can find copies of the volunteer hours log form in the Resident Business Center. Feel free to reach out to Steffan Barahona, Volunteer & Communications Coordinator, at sbarahona@goodwinliving.org (ext.7671) with any questions.

### VACCINE CLINIC FOR INDEPENDENT LIVING

Thursday, June 15 | Auditorium

The CDC is currently recommending a second bivalent booster for individuals over the age of 65 and those who are immunocompromised. The Vaccine Clinic at GHBC is on Thursday, June 15. The pharmacy will provide the Covid-19 bivalent booster (Pfizer or Moderna) that offers protection from the Omicron variant.

Have you received this second bivalent booster? If “yes”, please contact ghbcvax@goodwinliving.org and let us know.

If you have **NOT YET** received the second bivalent booster, you will automatically receive an appointment time and an information packet. This will be in your mailbox by Thursday, June 8. Please complete and bring the forms with you to your scheduled appointment.

If you have any questions, please reach out to ghbcvax@goodwinliving.org.



### TIPS FROM FACILITIES MANAGEMENT - PEST CONTROL MAINTANENCE

The best thing you can do to keep your apartment pest-free is to make sure that all food scraps and crumbs are cleaned up from the floor, sinks, countertops, tables, etc. If you have pests, please inform Estephanie Rubio at erubio@goodwinliving.org (ext. 7244)



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## NEWS FROM THE ART CENTER -A POP UP ART SHOW OF SHOPPING BAGS FROM AROUND THE WORLD.

Opens Tuesday, May 30 | Art Gallery

Residents Tanni and Robert Newlin will share their fascinating collection of creative shopping bags acquired while traveling to (and shopping in) countries around the world. On June 5, Tanni will walk everyone through the exhibit and share stories.



### 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](mailto:poplewis@hotmail.com).*

#### 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 team of physical and occupational therapists and a speech pathologist who work with residents. Stefanie Reponen hosts.

#### June 6: Hospice and Palliative Care

When a resident of GHBC suffers from a chronic disease or is approaching the end of his or her life, Goodwin House provides services through Palliative Care (now Care Connections) and Hospice. Join Stefanie Reponen as she hosts Aaron Zajdel and Beth Klint to discuss these important facets of care at GHBC.

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## 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](mailto: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.

**MONDAY, MAY 29**

Memorial Day

**TUESDAY, MAY 30**

8:30 a.m. - 10:00 a.m.

**Photography Cards for Sale in the Art Center/ Photography Show Closes** -The photography exhibition will come down today. This will be your final opportunity to purchase a photograph or box of cards. Please see Adrienne to pick up or purchase.

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

**Advanced Ceramics Group Meets** - Contact Carol Lewis at ext. 7546. This is the last time 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.

2:30 p.m. - 4:30 p.m.

**Excursion to Green Springs Garden** - Exhibition of pastel paintings. (Sign up Monday morning at 9:00 a.m. in the ResidentsBusiness Center).

**WEDNESDAY, MAY 31**

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

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

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

**Still Life Drawing: Odd, Interesting, Beautiful, and Ugly** - For something new and different, I am asking residents to look around their apartments to find something interesting to add to a still life arrangement – be creative (shoe, souvenir, hat, bowl, etc.). The display will be available during the usual drawing times. Come in and draw anytime that works for you and stay as long as you like. No sign up is needed.

**THURSDAY, JUNE 1**

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

**Painting Watercolor Bookmarks** - Everything will be provided so you can paint as many bookmarks as you like using various traditional or experimental watercolor techniques. Hand-painted bookmarks make great gifts. (Sign up limit 15)

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

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

**FRIDAY, JUNE 2**

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

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

11:00 a.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 29

No activities scheduled in observance of Memorial Day

## TUESDAY, MAY 30

- 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, Auditorium
- 2:30 p.m. Power Braining, Aerobics Room

## WEDNESDAY, MAY 31

- 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, JUNE 1

- 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, Auditorium

## FRIDAY, JUNE 2

- 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, JUNE 3

- 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.

## FITNESS WALK - THEODORE ROOSEVELT ISLAND

Thursday, June 8 | Depart from Main Lobby

Sign-up sheet will be posted in the Resident Business Center on Monday, June 5 at 10:00 a.m. Residents will depart at 10:00 a.m. and return by 12:30 p.m. Water and snacks will be provided.



## ASSISTED LIVING PROGRAMS

### MONDAY, MAY 29

- 10:00 Monday Music w/ Alexa in the Crossroads Area
- 2:00 Work on Memorial Day Word Games Package
- 3:00 Music w/ the Tate Family in the Crossroads Area

### TUESDAY, MAY 30

- 10:30 Sit & Stretch W/ Vy in the Community Room
- 11:00 Wacky Wordy Word Games w/ Vy in the Community Room
- 2:00 Spritual Discussion Group w/ Alex in the Living Room
- 2:45 Weekly Musician Spotlight w/ Sam in the Community Room

### WEDNESDAY, MAY 31

- 10:30 Travel Wednesday w/ Elizabeth in the Community Room
- 11:00 Animal Visits in the Atrium
- 2:00 Bingo in the Crossroads Area
- 3:00 Travel to Puerto Rico w/ Vy in the Community Room

### THURSDAY, JUNE 1

- 10:30 Brain Games w/ Brain Health in the Community Room
- 11:00 Morning Exercises w/ Vy in the Community Room
- 2:00 Music Group w/ Sam in the Crossroads Area
- 2:45 Visit w/ Frankie in the Crossroads Area
- 3:00 It Happened in June: Trivia and Social in the Crossroads Area

### FRIDAY, JUNE 2

- 10:30 Service Project for AFAC in the Community Room
- 2:00 Cappuccino on the Patio w/ Jocelyn
- 3:00 Afternoon Trivia w/ Tiffany in the Community Room
- 3:30 Friday Dance Party w/ Olga in the Community Room

### SATURDAY, JUNE 3

- 10:00 Seated Stretches w/ Cynthia in the Community Room
- 1:00 Music Spotlight in the Crossroads Area
- 2:45 Fitness Fun Facts w/ Luke in the Community Room

### SUNDAY, JUNE 4

- 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 29

- 4:00 Music Concert w/ the Tate Family
- \*Memorial Day Packets available in Household Living Rooms

### TUESDAY, MAY 30

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Seated Zumba
- 11:00 Spiritual Group w/ Alex
- 2:00 Java Time in Cherry Blossom
- 3:30 Bingo w/ Friends

### WEDNESDAY, MAY 31

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Seated Fitness w/ Luke
- 11:00 Farm Animal Visits in the Atrium
- 2:00 1:1 TR Visits
- 3:30 Handbell Choir w/ Sam

### THURSDAY, JUNE 1

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Let's Get Moving
- 11:00 Group Word Game
- 2:00 1:1 Knoll Garden Visits (Weather Permitting)
- 2:30 1:1 Pet Visits w/ Frankie
- 3:30 Refreshments in the Patio

### FRIDAY, JUNE 2

- 9:30 Daily Chronicle Delivery & Visits
- 10:30 Service Project
- 2:00 1:1 Art Gallery Visits
- 3:30 Hydration Visits
- 3:30 Music Therapy Group

### SATURDAY, JUNE 3

- 9:30 Daily Chronicle & West Winds Visits
- 11:00 Seated Fitness
- 3:30 Virtual Travelogue: Historic Moments

### SUNDAY, JUNE 4

- 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 29

9:00 a.m. IT Device Clinic, Bistro  
 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 Yoga, Ch. 1960  
 2:00 p.m. Rummikub, Card Room  
 4:00 p.m. Mindfulness Group Practice, Smith Study  
 4:00 p.m. Prayer Group, Chapel  
 4:15 p.m. Silver Panthers, Board Room  
 7:00 p.m. Mexican Dominoes, Game Room

### TUESDAY, MAY 30

8:15 a.m. Stretch and Flex, Auditorium  
 8:30 a.m. Photography Showcase/ Sale, Art Center  
 9:00 a.m. Pickleball Practice, Pickleball Court  
 9:30 a.m. Advanced Ceramics, Art Center  
 9:30 a.m. Functional FIT, Auditorium  
 9:30 a.m. Poster Making for Sensible Gun Law Rally, Art Center  
 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. Excursion to Green Springs Gardens, departs from Main Lobby  
 2:30 p.m. Power Braining, Aerobics Rm  
 3:00 p.m. Memorial Day Observance, Auditorium  
 4:00 p.m. Newcomers et al., Formal Parlor  
 7:30 p.m. Birds of Kenya, Auditorium

### WEDNESDAY, MAY 31

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. Power Braining, Aerobics Room  
 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. Chair Yoga, Aerobics Room  
 1:00 p.m. Functional FIT, Aerobics Room  
 1:00 p.m. Wellness Field Day, GHA  
 1:00 p.m. Still Life Drawing, Art Center  
 2:00 p.m. Informal Open Bridge, Card Rm  
 2:00 p.m. Wii Bowling, Aerobics Room  
 3:00 p.m. Great Decisions, Auditorium  
 3:30 p.m. French Conversation Group, Smith Study  
 4:30 p.m. Drinks & Trivia, Formal Parlor  
 7:00 p.m. Bingo, Top of the West

## THURSDAY, JUNE 1

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 Ground Level  
9:30 a.m. Functional FIT, Auditorium  
10:00 a.m. Standing Total Body Stretch, Ch. 1960  
10:00 a.m. Tailor for Alterations, Smith Study  
10:00 a.m. Torpedo Factory Outing, Departs from Main Lobby  
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, Sales  
1:00 p.m. Movement for Living, Auditorium  
1:00 p.m. Painting Bookmarks, Art Center  
2:00 p.m. Duplicate Bridge, Card Room  
3:00 p.m. Woodcarving, Art Center  
3:30 p.m. UUCA Ministerial Visit, ToW  
4:00 p.m. Meditation Group, Smith Study  
7:00 p.m. Poker Night, Game Room  
7:30 p.m. Scowcroft Foreign Affair Lecture, Auditorium

## FRIDAY, JUNE 2

8:45 a.m. Total Body Standing, Auditorium  
9:00 a.m. Pickleball Practice, Pickleball Court  
9:30 a.m. Total Body Seated, Auditorium  
10:00 a.m. Resident Health Committee, ToW  
10:30 a.m. Chair Yoga, Auditorium  
10:30 a.m. Seated Fitness, Ch. 1960  
11:00 a.m. Framing and Finishing, Workshop, 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 from Main Lobby  
12:15 p.m. Mah Jongg, Card Room  
1:00 p.m. Afternoon at the Opera, Media Room  
1:30 p.m. Assemble for Rally in Support of Sensible Gun Laws, Auditorium Lobby  
2:00 p.m. Rally in Support of Sensible Gun Laws Program, Auditorium  
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

## SATURDAY, JUNE 3

9:00 a.m. Total Body Video, Aerobics Rm  
9:30 a.m. Jewish Shabbat Services, Formal Parlor  
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, JUNE 4

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