

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 35, Number 32 ✨ August 14, 2023

UPCOMING MEETINGS

Resident Council Community Meeting

Monday, August 14 at 10:00 a.m. | Auditorium

Grounds Committee

Wednesday, August 16 at 1:30 p.m. | Board Room

Arts Committee

Friday, August 18 at 2:00 p.m. | Art Center

TIME OR LOCATION CHANGE

Shopping Shuttle Buses

Monday, August 14 and Tuesday, August 15 - **Canceled**

IPHONE USERS GROUP

Monday, August 14 at 2:30 p.m. | Top of the West

Our Topic will be, *Getting Started on your iPhone*. Presented by Jeanne Springman.



MAIGRET FILMS: MAIGRET AND THE MAN ON THE BENCH (FRENCH FILM IN ENGLISH SUBTITLES)

Wednesday, August 16 at 7:15 p.m. | Auditorium

It should be easy to identify a man murdered just off a Parisian boulevard during rush hour, but his wife doesn't recognize her husband's shoes. Episode 10. Length: 85 minutes.



AFTERNOON AT THE OPERA

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

Friday, August 18: *The Maid Turned Mistress* - Pergolesi

La serve padrona (The Maid Turned Mistress), composed by Giovanni Pergolesi is important for the development of the opera buffa; premiered on 6 September 1733. Sung in Italian with English subtitles, 45 minutes.



WELLNESS ICON KEY:

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



Goodwin House
Bailey's Crossroads

MORE HAPPENINGS

SATURDAY NIGHT MOVIE: *IT AIN'T OVER*

Saturday, August 12 at 7:15 p.m. | Auditorium

Friends, family, and former players tell the story of Yogi Berra, the beloved New York Yankees legend who became famous for his championship rings and funny proverbs.

Rated PG, 2022, Documentary/Sports, 1 hour, 39 minutes.

Starring: Andy Andres, Roger Angell, and Marty Appel.



SAVE THE DATE

CITIZENSHIP CELEBRATION (GOODWIN LIVING FOUNDATION)

Monday, September 18 at 3:00 p.m. | Auditorium



TRIPS AND OUTINGS COMMITTEE

REMINDER - BALTIMORE MUSEUM OF ART: *THE CONE COLLECTION & MATISSE*

Wednesday, August 30 from 8:30 a.m. to 4:30 p.m. | Departs from Main Entrance at 8:30 a.m.

The \$50.00 transportation fee is non-refundable if you cancel after Wednesday, August 23.



REMINDER - NATIONAL SYMPHONY MATINEE

Friday, October 6 from 11:30 a.m. to 1:00 p.m. | Departs from Main Entrance at 10:30 a.m.

Sign ups will begin on Monday, August 21, 10:00 a.m., and details will also be next week's *West Winds*.



COMMUNITY NEWS AND UPDATES

RESIDENT COUNCIL COMMUNITY MEETING - NEWS YOU CAN USE

Monday, August 14 at 10:00 a.m. | Auditorium

Be a part of the solution:

Residents make GHBC a thriving community by participating at many levels of involvement. This month's Community Meeting will focus on the annual Resident Council elections coming up in the fall. Join us in the Auditorium at 10:00 a.m. Monday, August 14 to learn how you can help make our lives better.



BAILEY'S BIRDERS NEWS

Great News! Under the leadership of Donna Cornman, Bailey's Birders has received a GL Foundation Quality of Life grant to fund a seating area for the feeders near the contractor's parking lot.

Bird Walk

Wednesday, August 16, rides depart from the Main Entrance at 8:00 a.m.

The next bird walk is Wednesday, August 16, at the Four Mile Run nature path. Part of the path is gravel, so it is not appropriate for rollators. Resident birders will provide transportation. Contact Anne Blacksten (ext. 3171, email blacksten@yahoo.com) if you plan to go.



ANNOUNCEMENT FROM THE TECHNOLOGY COMMITTEE - NEWS FROM INFORMATION TECHNOLOGY (IT)

The IT Department is diligently working to respond within 24 hours to help desk calls or emails but is not able to promise resolution in that timeframe. When submitting a request, keep the Resident IT Specialist schedule in mind:

- Monday - Administrative time
- Tuesday - GHBC in the a.m. / GHA in the p.m.
- Wednesday - GHBC all day
- Thursday - GHA all day
- Friday - GHBC in the a.m. / GHA in the p.m.

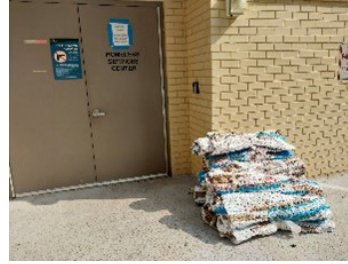
Prepare for changes in the 2024 budget in which it is anticipated that Goodwin Living will restore charges for non-Goodwin Living system issues that were eliminated due to COVID. These charges will appear on your monthly bill starting in the new budget, October 1, 2023.

GHBC Service Charges:

No charge for any issues with any system or service provided by Goodwin Living (landline phone, internet, wireless access, etc.)

- All other services: \$50/hour – Temporarily suspended until October 1, 2023
- 30-minute minimum for in-apartment service
- 15-minute minimum for service conducted over the phone or in the IT Office.

COMMUNITY SERVICE COMMITTEE - *MATS FOR HOMELESS CONCLUSION*



Eleven plarn mats were delivered to PathForward recently. More than 120 mats have been used in their outreach program to tackle Arlington Homelessness.

Sponsored by the Community Service Committee, the project Mats for Homeless Neighbors started June 2, 2021. Every Wednesday morning, residents met in the Art Center and transformed plastic grocery bags into “plarn” (plastic yarn) used to make sleeping mats for people without homes in Arlington County. Thanks to many dedicated volunteers who contributed to the success of this project. Because of Virginia’s Disposable Plastic Bag tax of five cents, the number of plastic grocery bags to make the mats steadily dwindled. Gathering bags from neighboring states temporarily sustained the project. However, Mats for Homeless Neighbors will end this month. The Resident Business Center will no longer be a collection point for plastic grocery bags. Residents can put their plastic bags into the recycle bins inside our neighboring Giant.

THE EMPLOYEE GIFT FUND CONTINUES

Although November is officially the annual campaign for the Employee Gift Fund, many residents choose to give throughout the year. You can write a check (or arrange for an automatic check from your bank) payable to GHBC Employee Gift Fund. This can either be deposited directly into the box in the Mailroom (below the Resident Council bulletin board) or mailed to the Employee Gift Fund c/o GHBC Administration, 3440 S Jefferson St., Falls Church, VA 22041. We have nearly 500 staff eligible to receive our gift of appreciation on December 1, 2023.

NEW RESIDENT BENEFIT! BECOME A MEMBER OF ENCORE LEARNING FOR FREE!

Thanks to the generous donors of the Goodwin Living Foundation, residents can get a complimentary membership to Encore Learning. Membership costs \$65 annually and comes with many benefits. Since 2002, this local nonprofit organization has helped to meet the continuing educational and social interests of those age 50 and above. Members have access to college-level courses, special interest clubs, social events, and more! Encore Learning’s fall schedule launches in September. Learn more about this new program and how you can become a member. Join us for a special presentation during Town Hall on Thursday, August 24.



CHAPLAIN'S OFFICE NOTES

All Saints Chapel Looking for Eucharistic Ministers

Since Covid-19 began, our communion services in the Chapel of All Saints have had what the Episcopal Church calls “communion in one kind.” That is, we received the bread, but not the wine. However, we will shortly be returning to the common cup in the chapel, and we are looking for people who feel called to be chalice bearers during the service. Those interested should contact Rev. Alex Allain at Tallain@goodwinliving.org.

All are Welcome at Coffee Hour

Sundays from 9:30 a.m. to 10:30 a.m. before Sunday Service | Formal Parlor

Join us for coffee hour! All members of the GHBC community are welcome. It’s intended as an opportunity to see friends and catch up, with no requirement to attend the service afterward.

ANNOUNCEMENT FROM THE VOLUNTEER & COMMUNICATIONS COORDINATOR - VOLUNTEER OPPORTUNITIES

GHBC Assisted Living and Health Care are calling for volunteers to help contribute to residents' social, emotional, and intellectual enrichment. Opportunities may include leading weekend activities such as fitness activities, sharing musical talents, or discussing a topic of interest such as art, music, travels, or history. If interested, please reach out to the Steffan Barahona, Volunteer & Communications Coordinator at sbarahona@goodwinliving.org (ext. 7671).

NEWCOMERS

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.

August 15, 2023: Library, Resident Business Center, Computer Rooms, Atrium

Learn the adventures our library holds for you in books, movies, and audiobooks, and how to obtain them. Learn the interesting and useful things the Resident Business Center has: sign-up sheets, places for old batteries, a computer, printer/copier, shredder, and much more. Learn about the computer rooms for all to use. We promise you'll be smarter. Barb Molino hosts Sue Swisher, library volunteer.

August 22, 2023: Life Enrichment: Beyond the Parties

All levels of our GHBC lives are enriched by the creative work of the Life Enrichment staff. Tiffany Proctor may surprise you with the breadth of opportunities offered under the Life Enrichment umbrella. Luke Logan, Emily Higgins, and Madison Roach join Tiffany. Claudia Blake hosts.

NEW RESIDENTS - MEET MICHAEL MILANO AND WAYNE SARTIS



Michael Milano (right) and Wayne Sartis (left) moved into Crossroads apartment 910 on July 27.

Michael grew up in Chicago. He earned a bachelor of education degree from Northern Illinois University and later a master's degree in religious education from Loyola University in Evanston, Illinois. He spent five years in what he describes as a "rather avant-garde" Catholic monastery where, after a year as a novice, he taught adult education. After leaving the monastery, he became interested in the principles of the Unitarian church and remains active in All Souls Unitarian Universalist Church in DC. He came to the Washington area and briefly worked at MCI Telecommunications before starting his own business focussing on leadership development and employee training. Most of his career was devoted to training health care leadership but he also spent time as adjunct faculty at Georgetown University leading a course on how to teach adults. Michael loves to sing and has already signed up for Encore Chorale. He also loves to cook but realizes he won't be doing much of that here. He is interested in hospice work and in Power Braining. Many of his interests revolve around adult development. He has a multitude of other interests and is taking his time to decide how he wants to be involved in activities here.

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NEWCOMERS

Wayne grew up in New Orleans and Biloxi. He studied architecture at the University of Southwestern Louisiana before going to Loyola University New Orleans to earn a degree in business administration. He also went to school during the day to study programming in the emerging era of computers. His first job was converting computer tapes to punch cards. He moved to Arlington to work at the Department of Defense before transferring to the Department of Veterans Affairs. Along the way, he earned a master's degree in computer science from George Washington University. He retired from the government and promptly got a job working as a bartender in the club room for Continental Airlines at National Airport for the next 10 years. This job entitles Wayne and Michael to fly all over the world for free. Wayne also volunteers at Traveler's Aid at the airport and has served on the condo board where they lived. He is an accomplished fused glass artist and has exhibited some of his works at the Workhouse Art Center in Lorton. He and Michael usher at Signature Theater. He loves antique cars and attends International car shows. Here at GHBC, he is eager to explore the stretch and flex and yoga classes.

STAFF SPOTLIGHT - KIDUS MULUGETA



We all know Kidus Mulugeta, who has worked in all three dining venues and occasionally in the Market Place. Recently he works most often in the lounge. Regardless of where he is, he is always competent and friendly but did you know that he is multi-talented? We often see his artwork on the chalkboard in the Bistro but he is also skilled in other kinds of art including portraits, architectural drawing, and abstracts. He is a talented singer and plays three musical instruments. We occasionally hear him playing the piano in the Rotunda, and he also plays the saxophone and the kirar, a traditional Ethiopian instrument. Kidus grew up in Addis Abbaba, Ethiopia, but came to the United States as a teenager. His father was already here and was finally able to bring the rest of his family to join him. Because he avidly watched American movies in Ethiopia, Kidus already spoke English as well as his native Amharic. He had completed most of the 11th grade before coming to America but they put him back two and a half years when he enrolled at Annandale High School even though he was well ahead in science and math. He says he didn't mind that at all because there were so many other things to learn. He has now completed an associate's degree and is beginning a certificate program in cyber security. He is also beginning the process to become an American citizen. When he came to this country, Kidus became intensely interested in learning about the Ethiopian Orthodox Church and soon became a deacon at the Kidan Mehret Church. He sings there, helps with the elderly and the children, and occasionally helps the priest. In his spare time, he enjoys a variety of sports, especially basketball and soccer. Kidus says he loves this country and its many opportunities. He also loves working at GHBC and enjoys working with the residents and other staff. He looks forward to being able to "grow with Goodwin Living."

INSIDE THE ART CENTER

MONDAY, AUGUST 14

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

Great Courses: *Michelangelo* (Media Room) 

TUESDAY, AUGUST 15

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

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

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

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


WEDNESDAY, AUGUST 16

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


Great Courses: *Drawing Class* - Follow along Great Courses drawing lessons on the flip screen in the Art Center. Resident Jan Pomerantz will monitor this session.

THURSDAY, AUGUST 17

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

Open Studio - The Art Center will be open for art exploration of your own choosing. 

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

Woodcarving - Join resident woodcarving master Mike Connors in the Art Center. Mike is a great instructor, and newcomers are always welcome. 

FRIDAY, AUGUST 18

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

Flower Arrangers at Work - The Art Center is occupied.  



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, AUGUST 14

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

TUESDAY, AUGUST 15

- 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
- 2:00 p.m. Power Braining, Aerobics Room

WEDNESDAY, AUGUST 16

- 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
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 4:30 p.m. Line Dancing, Auditorium

THURSDAY, AUGUST 17

- 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
- 2:00 p.m. Wii Bowling, Aerobics Room

FRIDAY, AUGUST 18

- 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
- 2:00 p.m. Mat Yoga, Aerobics Room

SATURDAY, AUGUST 19

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

Additional fitness classes are broadcast on Cox Channel 1960. See weekly calendar or Coming Events/GHBC TV on the resident website for details.

Message Therapy Now Available:

- 60 minutes - \$85
- 30 minutes - \$45

Residents may contact and book directly with Madison Roach. For more information, please contact Madison at madison@musclephoria.com or at (540)-487-8273.

ASSISTED LIVING PROGRAMS

MONDAY, AUGUST 14

- 10:30 Monday Movement w/ Olga, Community Room
- 11:00 Sing-a-Long w/ Anne & Friends, Crossroads Area
- 3:00 Andy Warhol: Art Discussion & Trivia w/ Vy, Community Room

TUESDAY, AUGUST 15

- 10:30 India Independence Day Discussion w/ Vy, Community Room
- 11:00 Seated Exercise w/ Vy, Community Room
- 2:00 Spiritual Discussion Group w/ Rev. Alex, Community Room
- 2:45 Weekly Musician Spotlight w/ Sam, Community Room
- 7:00 Broadway Musical Review w/ Sam, Living Room

WEDNESDAY, AUGUST 16

- 10:30 Wednesday World Travel w/ Tiffany, Community Room
- 11:00 Stretch It Out w/ Vy, Community Room
- 12:00 Lunch in the Bistro w/ Vy
- 2:00 Bingo w/ Care Partner, Crossroads Area
- 3:00 True or False Trivia w/ Michelle, Crossroads Areas

THURSDAY, AUGUST 17

- 10:30 Culinary Class w/ ElderGrow & Vy, Community Room
- 2:00 Music Group w/ Samantha, Crossroads Area
- 3:00 Nutrition Discussion w/ Ali, Crossroads Area
- 7:00 Travel to Belgium w/ Vy: Snacks & Fun Facts, Crossroads Area

FRIDAY, AUGUST 18

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

SATURDAY, AUGUST 19

- 10:00 Morning Exercise w/ Vilma, Community Room
- 10:45 Bingo w/ Catie Ramos, Crossroads Area
- 7:15 Evening Movie, Auditorium

SUNDAY, AUGUST 20

- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV Channel 1960
- 2:00 Music Therapy Group w/ Sam, Crossroads Area
- 2:00 Puzzles & Word Games Station, Community Room
- Afternoon Spiritual 1:1 Visits w/ Rev. Alex
- 7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS

MONDAY, AUGUST 14

- 9:30 Morning Sip & Social
- 10:30 Seated Strength w/ Vilma
- 11:00 In my Suitcase: To the Beach w/ Aki
- 2:00 Monday Matinée: West Side Story w/ Vilma
- 2:00 Poetry Group w/ Aki
- 3:30 Birthday Party Celebration w/ Vilma & Aki

TUESDAY, AUGUST 15

- 9:30 Today in History
- 10:30 Work It Out w/ Vilma
- 11:00 Spiritual Group w/ Rev. Alex
- 2:00 Discussion Group: "I am..." w/ Aki
- 2:00 1:1 Library Visits w/ Vilma
- 3:30 Bingo w/ Vilma and Friends

WEDNESDAY, AUGUST 16

- 9:30 Coffee and Chat
- 10:30 Seated Fitness w/ Luke
- 11:30 Lunch Bunch in the Bistro w/ Vilma & Aki
- 2:00 Biography Spotlight w/ Aki: Elvis Presley
- 2:00 1:1 Visits w/ Vilma
- 3:30 Music Therapy w/ Sam
- 3:30 Small Group Social in the Atrium w/ Vilma & Aki

THURSDAY, AUGUST 17

- 9:30 Daily News Brief
- 10:30 Move to the Music w/ Vilma
- 11:00 Name 5 w/ Michelle
- 2:00 Aquapaintings w/ Aki
- 2:00 Books on Wheels w/ Vilma
- 3:30 Freshly Picked: Garden Tasting w/ Vilma & Aki
- 6:45 Broadway Musical Review w/ Aki

FRIDAY, AUGUST 18

- 9:30 Daily Digest: On This Day
- 10:30 Service Project for AFAC
- 2:30 Frozen Yogurt Social in the Bistro w/ Vilma & Aki
- 3:30 Tate Family Performance

SATURDAY, AUGUST 19

- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Saturday Stretches w/ Mar_T
- 3:30 Ice Cream Tasting w/ Vilma

SUNDAY, AUGUST 20

- 10:15 Unitarian Universalist Service, Board Room
- 10:30 Holy Eucharist Service, Chapel
- 11:00 Seated Exercises on TV Channel 1960
- 1:15 Sunday Spiritual Service w/ Rev. Alex, Community Room
- 3:30 Music Therapy w/ Sam
- 7:00 Compline Service (Chapel)

WEEKLY CALENDAR

MONDAY, AUGUST 14

8:45 a.m.	Total Body Standing, Aerobics Room
9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Total Body Seated, Aerobics Room
10:00 a.m.	Resident Council Community Meeting, Board Room
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
1:00 p.m.	Art Film, Media Room
1:30 p.m.	Trivia, Atrium
2:00 p.m.	Mat Yoga, Auditorium
2:00 p.m.	Rummikub, Card Room
2:30 p.m.	iPhone Users Group, ToW
3:30 p.m.	In-Depth Bible Study, ToW
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study
4:15 p.m.	Silver Panthers, Board Room
7:00 p.m.	Mexican Dominoes, Game Room

TUESDAY, AUGUST 15

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.	Water Aerobics, Pool
10:30 a.m.	Pilates, Aerobics Room
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Muscle Relaxation, Ch. 1960
11:00 a.m.	Tai Chi, Auditorium
1:00 p.m.	Movement for Living, Auditorium

1:00 p.m.	Rosary Group, Smith Study
1:30 p.m.	Knit for Kids, Art Center
2:00 p.m.	Power Braining, Aerobics Room
2:30 p.m.	Creative Writing, Formal Parlor
4:00 p.m.	Newcomers et al., Atrium

WEDNESDAY, AUGUST 16

8:00 a.m.	Bird Walk: Four Mile Run Nature Path, Departs from Main Entrance
8:45 a.m.	Total Body Standing, Auditorium
9:30 a.m.	Total Body Seated, Aerobics Rm
10:00 a.m.	Holy Communion Service with Healing Prayers and Anointing, Chapel
10:30 a.m.	Power Braining, Aerobics Room
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Contemplative Worship (Quaker), Smith Study
11:00 a.m.	Meditation, Ch. 1960
11:30 a.m.	Chair Yoga, Ch. 1960
1:30 p.m.	Grounds Committee, Board Room
2:00 p.m.	Gentle Chair Yoga, Aerobics Room
2:00 p.m.	Informal Open Bridge, Card Rm
2:30 p.m.	Drawing Class, Art Center
3:00 p.m.	Great Courses, Media Room
3:30 p.m.	French Conversation Group, Smith Study
4:00 p.m.	Prayer Group, Chapel
4:30 p.m.	Drinks & Trivia, Formal Parlor
4:30 p.m.	Line Dancing, Auditorium
7:00 p.m.	Bingo, Top of the West
7:15 a.m.	Maigret Film Series, Auditorium

THURSDAY, AUGUST 17

- 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. Water Aerobics, Pool
10:00 p.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
11:00 a.m. American Art & National Portrait Gallery, Departs from Main Entrance
11:30 a.m. Chair Fit, Auditorium
1:00 p.m. Movement for Living, Auditorium
1:00 p.m. Open Studio, Art Center
2:00 p.m. Duplicate Bridge, Card Room
2:00 p.m. Wii Bowling, Aerobics Room
3:00 p.m. Woodcarving, Art Center
4:00 p.m. Meditation Group, Smith Study
7:00 p.m. Poker Night, Game Room

- 2:00 p.m. Arts Committee, Art Center
2:00 p.m. Mat Yoga, Aerobics Room
4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

FRIDAY, AUGUST 18

- 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
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 from Main Entrance
1:00 p.m. Afternoon at the Opera, Media Room
1:00 p.m. Mah Jongg, Card Room

SATURDAY, AUGUST 19

- 9:00 a.m. Croquet, Front Lawn
9:00 a.m. Total Body Video, Aerobics Room
10:00 a.m. Total Body Video, Aerobics Room
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: *It Ain't Over*, Auditorium

SUNDAY, AUGUST 20

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
10:15 a.m. UUCA Service, Board Room
10:30 a.m. Holy Eucharist Service, Chapel
2:00 p.m. Hand and Foot Card Game, Top of the West
2:00 p.m. Informal Open Bridge, Card Room
7:00 p.m. Compline, Chapel