

# 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 36 ✨ September 11, 2023

## UPCOMING MEETINGS

### Let's Connect with Rob

Tuesday, September 12 at 1:30 p.m. |  
Fireside

### BOM-COM

Thursday, September 14 at  
10:00 a.m. | Pointe Conference Room

### Arts Committee

Friday, September 15 at 2:00 p.m. |  
Arts Center

## TIME OR LOCATION CHANGE

### iPhone User's Group

Monday, September 11 at 2:30  
p.m. | Formal Parlor - **Location  
Change**

### Tai Chi

Tuesday, September 12 - **Canceled**  
**Fitness Committee Meeting**  
Tuesday, September 12 at 12:45 p.m.  
| Formal Parlor - **Time Change**

### Pilates

Thursday, September 14 at 9:30 a.m.  
| Aerobics Room - **Time Change**

### Chair Fit







Thursday, September 14 - **Canceled**  
**Dining Services Committee**

Thursday, September 28 at 9:30 a.m. |  
Board Room - **Date Change**

## COVID CASES

Independent Living (IL): 1  
Health Care Center (HCC): 2  
Staff: 2

### WELLNESS ICON KEY:

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

## RESIDENT COUNCIL COMMUNITY MEETING

Monday, September 11 at 10:00 a.m. | Auditorium

This month's Community Meeting will be Looking Ahead to Fall: Community Service Committee will present activities to support our less fortunate neighbors through the holidays. There will be an Employee Gift Fund presentation. Learn more about the ways you can participate as we as a community give and work to uplift our neighbors and staff.



## SENIOR QUEST - THE EVOLUTION OF SYSTEMIC RACISM: *THE ROOTS OF CHATTEL SLAVERY*

Monday, September 11 from 3:00 p.m. to 5:00 p.m. | Top of the West

The session will be a hybrid, interactive program with Professors Emeriti Leanne Puglielli and Ben Kempinen on Zoom from Wisconsin and tables of eight headed by members of the Spiritual Life Committee. Discussion will move toward specific concrete actions that GHBC can undertake to address inequalities that developed over history. The professors have offered this series numerous times and request that residents try to keep continuity in attending the sessions in person.

The presentations will not be recorded.



## MASON DISTRICT SUPERVISOR PENNY GROSS SPEAKS

Wednesday, September 13 at 2:30 p.m. | Auditorium

The Virginia Continuing Care Residents Association (VaCCRA) will host Penny Gross, Mason District Supervisor. She will highlight current and future issues in Mason District. In addition, new residents will be glad to learn about our Fairfax County district. Since she is retiring after a long career of dedicated service, it will be an opportunity to say "thank you" for her service and for her help to Goodwin Living.



## MORE HAPPENINGS

### **BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE: *HOW BREXIT AND THE WAR IN UKRAINE HAVE TRANSFORMED EUROPE***

Tuesday, September 12 at 7:30 p.m. | Auditorium

Just back from seven years based in London, NPR's Frank Langfitt will talk about witnessing some of Europe's biggest historic events in decades and explain how they are changing Britain and the continent.

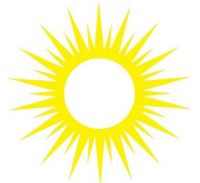


### ***GOD'S WAITING ROOM* BY NORMAN HICKS, A PLAY READING**

Thursday, September 14 at 3:30 p.m. | Auditorium

Presented by the Goodwin House Play Reading Group

*God's Waiting Room* is an original play written by GHBC resident Norman Hicks. In this new play, residents of the "Sunshine Valley Senior Center" meet in their restaurant called the "Bistro" where they tell jokes, complain about the food, grieve for their departed friends and develop new relationships. The play offers a unique look at people living in a retirement community as they navigate life. A reception hosted by playwright Norman Hicks will follow the reading.



### **GOODWIN HOUSE BAILEY'S CROSSROADS MINIATURE GOLF MINI-TOURNAMENT**

Saturday, September 16 at from 2:00 p.m. to 3:00 p.m. | Putting Green (Weather permitting)

Come try your skill at ad hoc miniature golf. We'll lay out obstacles on the GHBC putting green to make it more like a real miniature golf course. Clubs, balls, and obstacles will be provided. Children welcomed—encouraged! Resident Dan Alexander, once a professional Putt-Putt golfer, will preside. (If there's enough interest, Dan has agreed to head up a working group to see about converting the GHBC putting green into a permanent miniature golf course).



### **AFTERNOON AT THE OPERA**

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

**Friday, September 15: *Don Quichotte* - Jules Massenet**

Opera based on the Don Quixote legend by Miquel de Cervantes. The simple farm girl Aldonza (Dulcinea) of the original novel becomes the more sophisticated Dulcinée, a flirtatious local beauty inspiring the infatuated old man's exploits. Sung in French with English subtitles. Running Time: 1 hour, 51 minutes.



## MORE HAPPENINGS

### SATURDAY NIGHT MOVIE: *ONCE*

Saturday, September 16 at 7:15 p.m. | Auditorium

A modern-day musical about a busker and an immigrant and their eventful week in Dublin, as they write, rehearse and record songs that tell their love story.

Rated R, 2007, Music/Drama/Romance, 1 hour, 26 minutes

Starring: Glen Hasgard and Markéta Irglová



## SAVE THE DATE

### JAZZ CONCERT FEATURING RESIDENT MANDY WHALEN ON VOCALS

Wednesday, September 13 at 7:00 p.m. | Auditorium



### OKTOBERFEST CELEBRATIONS (LIFE ENRICHMENT)

Friday, September 22 at 3:00 p.m. | Rotunda and Atrium



### BLOOD DRIVE (RESIDENT HEALTH COMMITTEE)

Monday, November 6 from 9:30 a.m. to 2:00 p.m. | Auditorium



## TRIPS AND OUTINGS

### CULINARY PASSPORT PROGRAM

The Trips & Outings Culinary Passport program needs resident help to research, select, and lead small groups to area restaurants on mid-week lunch outings. The restaurants must be ADA compliant (few or no steps and accessible restrooms) and offer separate checks to each customer. Please contact Jane Coughran at ext. 7450 or Chris White at ext. 7587 if interested.



## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### GHBC'S GOT TALENT! —AND NOW AN ONLINE MAGAZINE, *GOOD WINDS*, TO SHOW IT.

A few retirement communities—very few—publish magazines or journals highlighting resident art and writing. Why not us? Now we do, thanks to wonderful editor advisors, writing contributors, and resident art and crafts found or solicited. Here's the link to the pdf file:

[https://drive.google.com/file/d/1WHyWS5rdILG-r\\_cFDiSIOV0l-xOoh3b9/view?usp=share\\_link](https://drive.google.com/file/d/1WHyWS5rdILG-r_cFDiSIOV0l-xOoh3b9/view?usp=share_link)

Ric Blacksten, 2023 Editor



## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### FREE BINGO! TRY IT FOR FREE

Wednesday, September 13 at 7:00 p.m. | Top of the West

You are invited to spend about an hour playing BINGO with other residents. Bingo Cards and marker chips are provided for free. The winners of our 10 regular Bingo games each receive a \$2 bill. The winner of the last game wins a \$5 bill. The last game requires you to cover all numbers on your card. No reservation needed, just come after dinner. Further information from Jane Brungart, Trudy Creed, or Otto Reinbacher.



### WHO, WHAT, WHEN, AND WHERE IS THE WHAT NOT SHOP?

The WhatNot Shop is the ultimate recycler: items no longer needed by residents are sold at bargain basement prices to team members and other residents. It's a win-win!

Alternating Thursdays we accept **donations**, in good, clean, usable condition from 10:00 a.m. to 11:30 a.m. We do not accept clothing, shoes, books, CDs, or DVDs. If you have a large or heavy item, please call Tinia McNeely at ext. 7240 to arrange for pickup. The other Thursdays we **sell** from 12:30 p.m. to 3:00 p.m.; watch out for announcements of special sales.

The WhatNot Shop is located on the Ground Floor on the way to the Crossroads Garage.

The Goodwin Living Foundation is the sole beneficiary of the WhatNot Shop's proceeds. That makes it a triple Win-Win-Win!

### JOIN RESIDENT AUTHOR BARBARA MORRIS FOR HER BOOK TALK

Friday September 15 at 7:00 p.m. | Auditorium

Celebrate Barbara's latest book, *Cora the Cat: On Loan from God*, the true story of a sad and lonely widow and a needy, orphaned cat, who comforted and rehabilitated one another with the unique love that exists between humans and their devoted pets. Also included are lighthearted tales of a writer's royalties and rejections.

### BAILEY'S BIRDERS MEETING AND BIRD WALK

Tuesday, September 12, at 4:00 p.m | Formal Parlor

The next meeting of Bailey's Birders will be Tuesday, September 12, at 4:00 p.m. in the Formal Parlor. We will begin to organize participation in the Cornell Lab of Ornithology Feeder Watch program that begins in the fall and goes out into the spring. All are invited, including Assisted Living. The next bird walk is Thursday, September 14 at Dyke Marsh. We will leave the Main Entrance at 8:00 a.m. Transportation will be provided by private car. Please contact Anne Blacksten at ext. 3171 or a.blacksten@yahoo.com to sign up and/or get on the mailing list.



## DINING SERVICES - CELEBRATING FOOD SAFETY MONTH! DEBUNKING SOME MYTHS

Have you ever smelled food to see if it's spoiled? Many believe "no stench means it is OK to eat". However, this is not always the case. The microorganisms (bacteria, yeasts, and, molds) that spoil food by making it smelly, slimy or moldy might not give you food poisoning. Having said that, this isn't an invitation to consume obviously spoiled food. Hazardous or contaminated food may not always smell bad, which is why it is imperative to follow basic rules of sanitation. To steer clear of nasty bugs in food, observe "use by" dates, refrigerate foods that need to be kept cold (this slows down the microbes), cook foods properly (this kills the microbes), and prevent contact and cross contamination between ready-to-eat foods such as salads with raw food such as meat that still needs to be cooked.



## GOODWIN LIVING AT HOME - MEDICARE WEBINAR

Monday, September 11, 2023 at 1:00 p.m. | Zoom

Goodwin Living At Home cordially invites you to attend a Medicare Webinar. This Webinar is provided by The Virginia Insurance Counseling and Assistance Program (VICAP) which is part of a national network of programs that offers FREE, unbiased, confidential counseling and assistance for people with Medicare. This webinar is to educate residents and staff on Medicare before open enrollment period. Our guest speaker is Ashley Johnson, Deputy Division Chief & Long-Term Care Coordinator for the Division of Aging and Adult Services, City of Alexandria.

Upon registration, there is a section where we encourage you to enter any questions you have regarding Medicare so we can share your questions with Ms. Johnson ahead of time. We want to ensure your questions are answered during the webinar. You may also feel free to send any questions you have directly to Melissa Mays via email at [mmays@goodwinliving.org](mailto:mmays@goodwinliving.org).

Please register in advance for this webinar:

[https://goodwinliving.zoom.us/webinar/register/WN\\_ZNbdZYowQAmjbsNq-tneg](https://goodwinliving.zoom.us/webinar/register/WN_ZNbdZYowQAmjbsNq-tneg)



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

### September 12, 2023: Technology Committee and IT Device Clinic

The Technology Committee directs requests for technology equipment and service needs directly to the Executive Director and the Resident Council. The IT Resident Volunteer team offers IT Device Clinics twice a week in the Bistro and makes house calls. Volunteers present classes on tech topics requested by residents. Hosted by Barb Molino.

### September 19: Marketing Committee & Buddy Welcome Program

The Marketing Committee assists the work of the Goodwin Living Marketing (now Sales) Department. The Buddy Welcome program introduces new residents to another resident to contact during their move to GHBC. Stefanie Reponen hosts Anne Stewart and Susan Kilpatrick, committee co-chairs, and Anne Baxter, Buddy Welcome Program.

## INSIDE THE ART CENTER

### MONDAY, SEPTEMBER 11

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

**Great Courses: Michelangelo** (Media Room) 

### TUESDAY, SEPTEMBER 12

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

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

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

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


### WEDNESDAY, SEPTEMBER 13

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, SEPTEMBER 14

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, SEPTEMBER 15

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

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



**FITNESS WALK - LONG BRANCH NATURE CENTER**

Thursday, September 14 from 10:30 a.m. to 12:30 p.m. | Departs from Main Entrance

Sign-up sheet will be posted in the Resident Business Center  
Monday, September 11 at 10:00 a.m. (Water and snack provided).



**MONDAY, SEPTEMBER 11**

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

**TUESDAY, SEPTEMBER 12**

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

**WEDNESDAY, SEPTEMBER 13**

- 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, Aerobics Room

**THURSDAY, SEPTEMBER 14**

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

- 9:30 a.m. Pilates, Aerobics Room
- 10:00 a.m. Water Aerobics, Pool
- 2:00 p.m. Wii Bowling, Aerobics Room

**FRIDAY, SEPTEMBER 15**

- 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. Bocce Ball Meetup, Bocce Ball Court
- 10:30 a.m. Chair Yoga, Auditorium
- 2:00 p.m. Mat Yoga, Auditorium

**SATURDAY, SEPTEMBER 16**

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

**Massage 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](mailto:madison@musclephoria.com) or at (540)-487-8273.

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

## ASSISTED LIVING PROGRAMS

### MONDAY, SEPTEMBER 11

- 10:30 Monday Movement w/ Olga, Community Room
- 11:00 Sing-a-Long w/ Anne & Friends, Crossroads Area
- 3:00 Assisted Living Week: Art Discussion w/ Jan, Community Room

### TUESDAY, SEPTEMBER 12

- 10:30 Guided Exercise on iN2L: Sit & Stretch, Community Room
- 2:00 Spiritual Discussion Group w/ Rev. Alex, Community Room
- 2:45 Weekly Musician Spotlight: Elvis w/ Sam, Community Room

### WEDNESDAY, SEPTEMBER 13

- 10:30 Travel Wednesday w/ Tiffany, Community Room
- 11:00 Stretch It Out w/ Vy, Community Room
- 2:00 Bingo w/ Care Partners, Crossroads Area
- 3:00 Assisted Living Week: Resident Show & Tell, Crossroads Area

### THURSDAY, SEPTEMBER 14

- 10:30 Word in a Word Game w/ Vy, Community Room
- 11:00 Dining Committee Meeting w/ Ali, Community Room
- 3:00 Afternoon Snacks & Fun Facts w/ Vy, Crossroads Area
- 5:30 Evening Music w/ The Tate Family, Crossroads Area

### FRIDAY, SEPTEMBER 15

- 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, SEPTEMBER 16

- 10:00 Seated Stretches w/ Cynthia, Community Room
- 2:45 Fitness Fun Facts w/ Luke, Crossroads Area
- 7:15 Evening Movie in the Auditorium

### SUNDAY, SEPTEMBER 17

- 10:00 Seated Exercise w/ Olga, Community Room
- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV Channel 1960
- 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, SEPTEMBER 11

- 9:30 Daily Digest: On this Day
- 11:00 Seated Strength w/ Aki
- 2:00 Script Club w/ Aki
- 3:30 Patriot Day Sing-A-Long w/ Aki

### TUESDAY, SEPTEMBER 12

- 9:30 Daily News Brief
- 10:30 Tuesday Tone-Up w/ Vilma
- 11:00 Devotions w/ Rev. Alex
- 2:00 Table Games w/ Vilma
- 3:15 Creative Art w/ Vilma

### WEDNESDAY, SEPTEMBER 13

- 9:30 Wednesday World Events
- 10:00 Equine Outing
- 10:30 Seated Fitness w/ Luke
- 11:00 Resident Council w/ Megan
- 2:00 Word Scramble w/ Aki
- 3:30 Bingo with Vilma, Aki & Friends
- 7:00 Mandy Whalen Concert w/ Aki in the Auditorium

### THURSDAY, SEPTEMBER 14

- 9:30 Morning Newsletter
- 11:00 Sit & Be Fit w/ Vilma & Aki
- 2:00 Movie Matinée: *Sound of Music* w/ Aki & Vilma, Media Room
- 2:30 1:1 Pet Visits w/ Frankie

### FRIDAY, SEPTEMBER 15

- 9:30 Coffee & Chat
- 10:30 Service Project for AFAC w/ Vilma
- 4:00 Piano Tunes w/ Dr. Wilmot

### SATURDAY, SEPTEMBER 16

- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Saturday Stretches w/ Mar\_T
- 3:00 Football Social w/ Aki
- 4:00 Piano Tunes w/ Heather, Community Room

### SUNDAY, SEPTEMBER 17

- 10:15 Unitarian Universalist Service, Board Room
- 10:30 Holy Eucharist Service, Chapel
- 11:00 Chair Fitness w/ Olga
- 11:00 Seated Exercise on TV CHANNEL 1960
- 1:15 Sunday Spiritual Service w/ Rev. Alex, Lavender Living Room
- 7:00 Compline Service, Chapel



## WEEKLY CALENDAR

### MONDAY, SEPTEMBER 11

- 8:45 a.m. Total Body Standing, Auditorium  
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, Auditorium  
10:30 a.m. Seated Fitness, Ch. 1960  
11:00 a.m. Meditation, Ch. 1960  
11:00 a.m. Memoirs, Smith Study  
11:30 a.m. Chair Fit, Aerobics Room  
11:30 a.m. Chair Yoga, Ch. 1960  
11:30 a.m. Shopping Shuttle - Bradlee Shopping Center, Departs from Main Entrance  
1:00 p.m. Art Film, Media Room  
1:30 p.m. Trivia, Atrium  
1:00 p.m. Medicare Webinar, Zoom  
2:00 p.m. Mat Yoga, Aerobics Room  
2:00 p.m. Rummikub, Card Room  
2:30 p.m. iPhone Users Group, Formal Parlor  
3:00 p.m. Sr. Quest: Roots of Chattel Slavery, 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, SEPTEMBER 12

- 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. Caregivers Support Group, Formal Parlor  
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  
11:30 a.m. Shopping Shuttle - Target and Trader Joes's, Departs from Main Entrance  
12:45 p.m. Fitness Committee Meeting, Formal Parlor  
1:00 p.m. Rosary Group, Smith Study  
1:30 p.m. Knit for Kids, Art Center  
1:30 p.m. Let's Connect with Rob, Fireside  
2:00 p.m. Power Braining, Aerobics Room  
2:30 p.m. Creative Writing, Formal Parlor  
4:00 p.m. Bailey's Birders Meeting, Formal Parlor  
4:00 p.m. Newcomers et al., Auditorium  
7:30 pm. Scowcroft Foreign Affairs Series: Frank Langfitt of NPR, Auditorium

### WEDNESDAY, SEPTEMBER 13

- 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  
2:00 p.m. Gentle Chair Yoga, Aerobics Room  
2:00 p.m. Informal Open Bridge, Card Rm  
2:00 p.m. Low-Vision Support Group, Group Room in the Pointe  
2:30 p.m. VaCCRA Hosts Mason District Supervisor Penny Gross, Auditorium

2:30 p.m. Great Courses, Drawing Class, Art Center  
 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, Aerobics Room  
 7:00 p.m. Bingo, Top of the West  
 7:00 p.m. Jazz Concert featuring Mandy Whalen on Vocals, Auditorium

### THURSDAY, SEPTEMBER 14

8:00 a.m. Bird Walk: Dyke Marsh, Departs from Main Entrance  
 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  
 9:30 a.m. Pilates, Aerobics Room  
 10:00 a.m. BOM-COM Committee, Pointe Conference Room  
 10:00 a.m. Standing Total Body Stretch, Ch. 1960  
 10:00 a.m. Water Aerobics, Pool  
 10:30 a.m. WhatNot Shop, Donations  
 10:30 a.m. Fitness Walk (signup required), Departs from Main Entrance  
 10:30 a.m. Seated Fitness, Ch. 1960  
 11:00 a.m. Muscle Relaxation, Ch. 1960  
 1:00 p.m. Open Studio, Art Center  
 2:00 p.m. Community Service Committee Meeting, Top of the West  
 2:00 p.m. Duplicate Bridge, Card Room  
 2:00 p.m. Poetry Group, Smith Study  
 2:00 p.m. Wii Bowling, Aerobics Room  
 3:00 p.m. UUCA History Talk with Bill Forgarty, Chapel  
 3:00 p.m. Wood Carving, Art Center  
 3:30 pm. Play Reading Group  
 Performance: God's Waiting Room, Auditorium  
 7:00 p.m. Poker Night, Game Room

### FRIDAY, SEPTEMBER 15

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. Bocce Ball Meet-up, Bocce Ball Court  
 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. Encore Chorale, Auditorium  
 1:00 p.m. Mah Jongg, Card Room  
 2:00 p.m. Arts Committee Meeting, Art Center  
 2:00 p.m. Mat Yoga, Auditorium  
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study  
 7:00 p.m. Book Talk with Barbara Morris, Auditorium

## SATURDAY, SEPTEMBER 16

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
12:00 p.m.	Spanish Speaker Group, Bistro
1:30 p.m.	Chinese Mah Jongg, Card Room
2:00 p.m.	Duplicate Bridge, Top of the West
2:00 p.m.	Miniature Golf Mini-Tournament, Putting Green
7:15 p.m.	Saturday Night Movie: <i>Once</i> , Auditorium

## SUNDAY, SEPTEMBER 17

9:30 a.m.	Chapel Coffee Hour, Formal Parlor
10:30 a.m.	Holy Eucharist Service, Chapel
11:15 a.m.	UUCA Service Livestream, Board Room
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