UPCOMING MEETINGS

Resident Council Business Meeting
Monday, November 6 at 10:00 a.m. | Board Room
Veterans Committee
Monday, November 6 at 1:30 p.m. | Top of the West (ToW)
Let's Connect with Rob
Tuesday, November 7 at 1:30 p.m. | Fireside
BOM-COM Committee
Thursday, November 9 at 10:00 a.m. | Board Room
Community Service Committee
Thursday, November 9 at 2:00 p.m. | Top of the West (ToW)
Android Users Group
Thursday, November 9 at 4:15 p.m. | Top of the West (ToW)
Trips & Outings Committee
Friday, November 10 at 3:00 p.m. | Board Room

GET ACQUAINTED WITH DEMENTIA

Wednesday, November 8 from 8:30 a.m. to 9:30 a.m. | Board Room
Join the Director of Social Work, Michele Zimmer-Forster, as she hosts helpful information sessions regarding dementia. Future sessions will be on Monday, November 13 and Wednesday, November 15. For more information, please contact Michele Zimmer-Forster at MZimmer-Forster@GoodwinLiving.org (ext. 7225).

BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE:
WALTER RUSSELL MEAD - THE WORLD CRISIS

Wednesday, November 8 at 7:30 p.m. | Auditorium
“A gradual retreat into strategic passivity led to the world’s spinning suddenly out of control.” Walter Russell Mead, the Ravenel B. Curry III Distinguished Fellow in Strategy and Statesmanship at Hudson Institute, will present his annual tour d’horizon. The presentation will not be recorded.

HANDEL’S MESSIAH

Friday, November 10 at 1:00 p.m. | Auditorium
Encore Chorale will gather to watch the 2014 Brigham Young University TV documentary about Handel’s Messiah. Using re-enactments, it shows how Messiah was created amidst adultery, apostasy, financial ruin, and suicide, but still became a glorious expression of faith and hope. It incorporates film clips of choirs from all over the world, in all sorts of styles, performing the wonderful Hallelujah chorus. The NY Times deemed it an “apt treatment for anyone who loves music.” Anybody who finds the subject intriguing is welcome to join the audience. Running time: 1 hour, 20 minutes.

COVID CASES

Independent Living (IL): 3
Assisted Living (AL): 1
Health Care Center (HCC): 0
Staff: 3
MORE HAPPENINGS

FITNESS WALK - SPRINGFIELD TOWN CENTER
Thursday, November 9 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, November 6. Water and snacks will be provided.

ART GALLERY RECEPTION AND ARTIST TALK
Friday, November 10 from 10:00 a.m. to 12:00 p.m.| Atrium

Celebrate the latest exhibition in the Crossroads Gallery, *Partners In Pastel: Gayle Mangan Kassal & Dawn Capron*, with the artists in person. Each artist will speak about their work and discuss why they love the pastel medium. There will be a reception with drinks and treats to follow. Everyone is invited!

VETERANS DAY BREAKFAST
Saturday, November 11 at 8:45 a.m.| Jefferson Dining Room

Breakfast this Saturday on Veterans Day! Wonderful menu from Dining Services, patriotic music from the Encore Chorale, traditional songs with the Jefferson Street String Band, and a awards ceremony in support of the Vietnam War Commemoration. The guest speaker is our own Marty Michlik. Contact Bill Rockey to sign up, ext. 3153. Veterans, don’t miss this patriotic event!

AFTERNOON AT THE OPERA
Every Friday at 1:00 p.m.| Media Room

**Friday, November 3: Nights at the Opera - Episode 2**
Documentary investigates four cities in France and Germany and four operas of a new kind that swept away conventions in the 19th and early 20th centuries; how history and opera go hand in hand, with musical sections. Running time: 1 hour

SATURDAY CINEMA MATINEE: WHEN HARRY MET SALLY
Saturday, November 11 from 12:00 p.m. to 2:40 p.m.| Board Room

In 1977, college graduates Harry Burns (Billy Crystal) and Sally Albright (Meg Ryan) share a contentious car ride from Chicago to New York, during which they argue about whether men and women can ever truly be strictly platonic friends. Ten years later, Harry and Sally meet again at a bookstore, and in the company of their respective best friends, Jess and Marie, attempt to stay friends without sex becoming an issue between them.
SATURDAY NIGHT MOVIE - A SALUTE TO OUR VETERANS: SAVING PRIVATE RYAN
Saturday, November 11 at 7:15 p.m. | Auditorium

In recognition of Veterans Day, the Saturday Night movie will be Saving Private Ryan, a 1998 American epic war film directed by Steven Spielberg and written by Robert Rodat. Set in 1944 in France during World War II, the film follows a group of soldiers, led by Captain John Miller, on their mission to locate Private James Francis Ryan and bring him home safely after his three brothers are killed in action.

Saving Private Ryan is considered one of the greatest films ever made. Its battle scene filming techniques impacted many subsequent war, action, and superhero films, and numerous directors have cited it as an influence. In 2014, the film was selected for preservation in the United States National Film Registry by the Library of Congress as "culturally, historically, or aesthetically significant."

Rated R, 1998, Drama/War, 2 hour, 49 minutes
Starring: Tom Hanks, Matt Damon, and Tom Sizemore

MAKE A DIFFERENCE DAY (COMMUNITY SERVICE COMMITTEE)
Monday, November 6 to Friday, November 10 from 4:30 p.m. to 6:30 p.m. | Rotunda

SENIOR QUEST FOR MEANING: FREEDOM FOLLOWED BY SLAVERY BY ANOTHER NAME
Monday, November 13 from 3:00 p.m. to 5:00 p.m. | Top of the West (ToW)

DIWALI CONCERT FEATURING SOUMYA CHAKRAVERTY
Monday, November 13 at 7:15 p.m. | Auditorium

REMEMBRANCE DAY CELEBRATION
Thursday, November 16 at 3:00 p.m. | Auditorium

TRIPS AND OUTINGS COMMITTEE

TRIPS AND OUTINGS COMMITTEE REPORT

Our Theater Planning Group is currently selecting shows from the end of December through March. For example, we have tickets for Ain’t Too Proud (Life & Times of the Temptations) on Thursday, February 15, Matinee at 1:30 p.m. at the Kennedy Center.

November? We are not planning any trips during the month of November.
COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

RESIDENT COUNCIL UPDATES: CANDIDATE BIOS AND VOTING

Resident Council Candidates and their Bios
We have eight (8) candidates for seven (7) positions on the Resident Council. The candidates are Rob Warne, Sally Michel, Debbie Massey, Sue LaRue, Walt Knight, Bob Harris, Mar_T Ahrens, and Christer Ahl. Their photos and bios are on a poster by the Mailroom and are also accessible on the home page of the resident website Ghbresidents.org. Each candidate has been asked to wear a “Vote for Me” button so they are identifiable to answer any questions you might have.

Resident Council Update on Voting
1. Presentations by the candidates will be on Monday, November 13, 10:00 a.m., in the Auditorium. They each have no more than three minutes to share why they are running for a council seat and how they can contribute to the council and to our community.
2. Ballots will be placed in your mailboxes the night before, Sunday, November 12.
3. The ballot box will be in the Rotunda from Monday, November 13 until NOON on Friday, November 17.
4. Absentee ballots are available by contacting Sally Recinos at ext. 7452 or Salrecinos8@gmail.com.

EMPLOYEE GIFT FUND FIRST FULL WEEK

Moving into the annual appeal for the Employee Gift Fund, resident Rita Siebenaler shares why she gives:
• Replacing Bistro ceiling tiles? No problem—Dining Services serves pizza and pasta in the Fireside.
• Power outage? No problem—they provide cold cuts, salads, and dessert.
• Furniture for immigrants? No problem—Tinia rallies her team to get it to the pick-up truck.
• Blankets for earthquake victims? No problem—cartons, tape, and a room to pack them.
• You need a haircut before unexpected surgery? No problem. Erin reworks the salon schedule to fit you in.
• Battery dead in garage? No problem—Danny brings a portable charger, and you drive right out.

That’s our responsive, caring staff. During November, show your gratitude by depositing a check issued to “Employee Gift Fund” in the marked box in the Mailroom.

VIRGINIA GENERAL VOTING INFORMATION
Tuesday, November 7 from 6:00 a.m. to 7:00 p.m. | Auditorium

If necessary, you can register to vote or change registration and vote a provisional ballot
Saturday, November 4
• Last date for in-person early voting
• Mason Government Center on Columbia Pike 9:00 a.m. to 5:00 p.m.

Mail-in Absentee ballots
• May be placed in drop boxes at polling locations during voting hours
• Or must be postmarked no later than Tuesday, November 7

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COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

GREEN TIP OF THE WEEK

Please remove bottle caps from plastic bottles before recycling. They can fly into the faces of those running the compression machines.

DONATING USED HEARING AIDS

Did you know you can donate hearing aids that are no longer needed to the Lions Club International? Please place them into the box for Used Glasses in the Resident Business Center.

HAPPY BIRTHDAY TO THE UNITED STATES MARINES - 248 YEARS ON NOVEMBER 10

“. . . every clime and place.”

Today's Marine Corps stands ready to continue in the proud tradition of those who so valiantly fought and died at Belleau Wood, Iwo Jima, the Chosin Reservoir, and Khe Sanh. Combining a long and proud heritage of faithful service to the nation, with the resolve to face tomorrow's challenges will continue to keep the Marine Corps the "best of the best." When you see GHBC Marine veterans Bill Rockey, Lou Crescioli, Lash LaRue, and Robert Newlin on 10 November wish them “Happy birthday.”

MARINES’ BIRTHDAY MOVIE: WHAT PRICE GLORY

Friday, November 10 at 7:15 p.m. | Auditorium

In 1918 France at the Front during World War I, Captain Flagg (James Cagney) commands a company of Marines; his new top sergeant is his old friendly enemy, Sergeant Quirt (Dan Dailey). The two men become rivals for the favors of the innkeeper’s fair daughter Charmaine (Corinne Calvet), but the rivalry goes into reverse when Charmaine proves to be angling for a husband. When the company is ordered back to the Front, this comedy interlude gives way to the grim realities of war.

A few brief battlefield scenes are quite realistic of "The War to End All Wars." The historical accuracy of naval jargon, weapons, uniforms, and equipment used by the Marines is very accurate. A charged, rollicking movie for the Marine Corps birthday on Friday, November 10.
COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

JOIN US FOR A PRESENTATION ON ARTHRITIS: CUTTING EDGE TREATMENT OPTIONS
Tuesday, November 14 from 2:30 p.m. to 3:30 p.m. | Auditorium

Bill Reddy, a board-certified licensed acupuncturist with over 20 years of experience, will give a talk on treatment options for arthritis. You will learn about the major types of arthritis and their primary symptoms, foods to avoid, nutritional support, the latest surgical and non-surgical treatment options, and what therapies are most effective. Bill was invited by a GHBC resident, and his presentation was reviewed by our Health & Wellness leaders.

STRONGERMEMORY GROUP
Monday, November 6 from 1:15 p.m. to 2:00 p.m. | Board Room

Seeking ways to improve brain health? Join the weekly StrongerMemory meetings! Improve memory, focus, and recall with the StrongerMemory program. Each week we’ll check in on the progress you’ve made independently working on exercises and discuss interesting topics impacting brain health.

This week’s meeting will focus on how stress impacts the brain! Please contact Ellie Pettoni, Brain Health Coordinator, at epettoni@goodwinliving.org or 703-578-7431 if you have any questions.

FROM SOCIAL WORK

Vision Informational Support Group
Wednesday, November 8 at 2:00 p.m. | Group Room at the Pointe
Topic: Reclaim Your Kitchen

Caregivers Support Group
Tuesday's at 10:00 a.m. | Formal Parlor
The Caregiver Support Group meets weekly in the Formal Parlor. The group is designed for the spouses or partners of independent living residents, and discussions are confidential and private.

REMINDER: DEATH CAFE
Sunday, November 5 from 2:00 p.m. to 3:00 p.m. | Board Room

GHBC’s in-person Death Café continues on Sunday, November 5. This is a drop-in group, and all are welcome for informal but confidential conversation about any aspects of death you wish to discuss. Each session is different, guided by the interests of participants. Resident Diane Ullius facilitates. Please be prompt.
GOODWIN LIVING CITIZENSHIP PROGRAM FEATURED ON GREAT DAY WASHINGTON

Thanks to the generosity of donors to the Goodwin Living Foundation (and with continued thanks to GHBC resident Rita Siebenaler for bringing us the idea), Goodwin Living has a wonderful Citizenship Program that assists team members who wish to become U.S. citizens. We are delighted to share this program recently featured on WUSA-9 Great Day Washington. Valerie Burke represented the Goodwin Living Foundation as GHA team member Ngoc Nguyen and her resident mentor Sandy Connolly shared their experience with the Citizenship Program. You can see the segment in an upcoming Town Hall, or watch at this link:

ANNOUNCEMENT FROM FACILITIES MANAGEMENT (FM) - FOR CROSSROADS RESIDENTS ONLY

When an appliance (common area washer or dryer) is not working on your floor, please notify Estephanie Rubio at ext. 7244 as soon as you can so we can call an outside vendor as soon as possible.

CECA HONOREES THIS QUARTER

Daniel Moore (Grounds)
A lot has changed in 34 years, but one thing has remained solid, which is Danny's dedication, commitment, and hard work to our residents and GHBC. Danny has seen a lot of people come and go but has remained committed after all these years. He keeps the community looking great, is always available to help our residents and team members. He has outlasted all his supervisors, and he has been a good and faithful team member.

Hanna Teji (Health Care Center)
Hanna has been an employee of Goodwin Living for the past four years. You will find her working evenings on our Orchid household on the Health Care Center. This year, Hanna participated in the Advanced CNA training program through Northern Virginia Community College, and she obtained her Advanced CNA certification. This program includes special instruction on care of the cognitively impaired, leadership skills, restorative programs, and wound care. Hanna has a calm personality, and she is a caring and compassionate caregiver for our residents. She excels in what she does, and we are so proud she has been recognized with a Ceca award!

Steffan Barahona (Administration, New Hire Honoree)
Steffan has shown dedication, drive, initiative, and passion since he joined the Administration team earlier this year. In the short time he has been with us, he has used his talents and skills to become proficient in GHBC’s Audio-Visual systems, has taken over the publication of West Winds, including mastering the very complicated software used to create WW, and has completely rebuilt the volunteer program. Steffan goes above and beyond to support both team members and residents. He is detailed oriented and is always up for a challenge. Steffan brings joy, positivity, and provides excellent customer service. He is an asset to GHBC and the Administration team!
RESIDENT SHOWCASE - MEET DON GURNEY

If you've noticed a tall, bald, bearded man having fun on the pickleball court, jogging around the building, or dashing to a meeting with a book under his arm, it's likely to be Don Gurney. Check out the November Resident Showcase on the resident website and meet Pointe resident Don Gurney, a former intelligence officer and a patriotic progressive. To read about him, go to www.ghbcresidents.org and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet Don, or click on Showcase Archive to meet many other neighbors at GHBC. Every month, a different resident who is thriving at GHBC is showcased at the website.

STAFF SPOTLIGHT - RICKY CARRANCEJA

For the last four years, Ricky Carranceja has been a driver here at GHBC. We all know that he cheerfully drives residents wherever they want to go. At times he takes a single resident to an appointment but, at other times, he drives a bus full of residents. In addition, he is responsible for making sure that all inspections and licenses are up to date and that our vehicles are in working condition. He has also been responsible for scheduling drivers and rides. Ricky grew up in the Philippines, where he was the only boy with five sisters. Because his father was a military officer the family moved frequently. Ricky earned a bachelors degree in business administration from Trinity College of Quezon City and went to work in personnel at the Experimental Cinema of the Philippines, where his boss was the daughter of Ferdinand and Imelda Marcos. That office closed after the Philippine revolution in 1986, and Ricky began working at his own security company but left to come to the United States in 1998. He is now an American citizen. He married Dining Services Supervisor Maribel in 2001, and their daughter Nikki is now almost 16 and looking forward to driving and college. In his spare time, Ricky enjoys spending time with his family and also works out at the gym in their apartment building. The family routinely watches movies together. Ricky enjoys his job here and has no plans to leave Goodwin Living.
INSIDE THE ART CENTER

The Art Center at GHBC is open all day and night! Art classes and events have all materials and tools provided and take place in the Art Center, unless otherwise noted. Sign-up sheets are available at the entrance of the Art Center every Monday at 9:00 a.m. as needed.

MONDAY, NOVEMBER 6
10:00 a.m. - 11:00 a.m.  Art & Music Meditation: Draw your own Mandala, an Aid for Meditation - Explore the connections between art and mindfulness with Sarah. Much like meditation, art can be a refuge from the world around us, as well as an opportunity to engage with it more consciously. No previous experience with drawing or meditation required. Drop-ins welcome. 🎨🎨

1:00 p.m. - 3:00 p.m.  Art Film: Marwencol - This 2010 documentary follows the story of Mark Hogancamp, a victim of a brutal beating, who in response created a fantastic miniature world. As he documents his constructed town's dramas with his camera, his dolls become living characters in an epic tale of love, adventure, resurrection, and revenge. When his photos are discovered by the art world, Mark is suddenly forced to choose between the safety of his imaginary world and the real world he's avoided since the attack. Directed by Jeff Malmberg. Total run time: 82 minutes. Discussion to follow. (Media Room). 🎥

TUESDAY, NOVEMBER 7
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 Noel Sipple at ext. 7588. 🧶🧶

WEDNESDAY, NOVEMBER 8
2:00 p.m. - 3:30 p.m.  Painting & Drawing - Explore, learn, and practice drawing skills and the painting medium with Sarah. This week: Be inspired by the beauty of fall foliage and try the pastel medium. All skill levels welcome - no previous experience or drawing skills required. (Sign up, 12 participants) 🎨🖌️

THURSDAY, NOVEMBER 9
3:00 p.m. - 5:00 p.m.  Woodcarving - Join resident woodcarving master Mike Connors in the Art Center. Newcomers are always welcome. 🎨🪓

FRIDAY, NOVEMBER 10
8:30 a.m. - 11:00 a.m.  Flower Arrangers at Work - The Art Center is occupied.

10:00 a.m. - 12:00 p.m.  Art Gallery Reception & Artist Talk - Celebrate the latest exhibition in the Crossroads Gallery, Partners In Pastel: Gayle Mangan Kassal & Dawn Capron, with the artists in person. Each artist will speak about their work and discuss why they love the pastel medium. There will be a reception with drinks and treats to follow. (Atrium) 🎨💐
FITNESS NOTES
Personal Training Now Available
$45 per Session (30-minute session)
• Custom workout programs tailored to your specific needs/goals

Direct Personal Training inquires to llogangoodwinliving.org

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

MONDAY, NOVEMBER 6
8:45 a.m. Total Body Standing, Aerobics Room
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, NOVEMBER 7
8:15 a.m. Stretch and Flex, Aerobics Room
9:00 a.m. Pickleball Practice, Pickleball Court
9:30 a.m. Functional FIT, Aerobics Room
10:00 a.m. Water Aerobics, Pool
10:15 a.m. Pilates, Aerobics Room
11:15 a.m. Tai Chi, Aerobics Room
2:00 p.m. Power Braining, Aerobics Room

WEDNESDAY, NOVEMBER 8
8:45 a.m. Total Body Standing, Aerobics Room
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, NOVEMBER 9
8:15 a.m. Stretch and Flex, Auditorium
9:30 a.m. Functional FIT, Aerobics Room
9:30 a.m. Pilates, Aerobics Room
10:00 a.m. Water Aerobics, Pool
10:30 a.m. Fitness Walk, Departs from Main Entrance
2:00 p.m. Wii Bowling, Aerobics Room

FRIDAY, NOVEMBER 10
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
2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, NOVEMBER 11
9:00 a.m. Total Body Video - Aerobics Room
10:00 a.m. Total Body Video - Aerobics Room

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

Massage Therapy Available (New Rates):
60 minutes - $90
30 minutes - $55

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

TIME OR LOCATION CHANGE
Time or location change in red.
### Health Care Center Programs

**Monday, November 6**
- 9:30 Daily Digest: On this Day
- 10:30 Sittercise w/ Aki
- 11:00 Riddles w/ Aki
- 2:00 Obie Time w/ Aki
- 3:30 Bingo w/ Aki & Friends

**Tuesday, November 7**
- 9:30 Headlines of the Day
- 10:30 Art Therapy w/ Dejah
- 10:30 Power up w/ Vilma
- 11:00 Spiritual Devotions w/ Alex
- 2:30 Movie Matinee: *Wizard of Oz* w/ Vilma & Aki, Media Room

**Wednesday, November 8**
- 9:30 Dining Room Discussion
- 10:00 Equine Outing
- 10:30 Seated Fitness w/ Luke
- 11:00 A Cup of Encouragement w/ Vilma
- 2:00 Bean Bag Toss w/ Aki
- 3:30 Handbell Choir w/ Sam

**Thursday, November 9**
- 9:30 Morning Newsletter
- 10:30 Strength & Balance w/ Vilma
- 11:00 Resident Council w/ Megan
- 2:00 Activity Visits w/ Aki
- 2:30 1:1 Pet Visits w/ Frankie
- 3:00 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot

**Friday, November 10**
- 10:30 Service Project for AFAC w/ Vy, Community Room
- 10:30 Morning Word Games/Puzzles Table, Community Room
- 3:00 Music w/ The Tate Family, Crossroads Area
- 4:00 Hot Apple Cider Social, Crossroads Area

**Saturday, November 11**
- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Saturday Stretches w/ Mar_T
- 3:30 Veterans Day Trivia & Discussion w/ Vy

**Sunday, November 12**
- 10:00 Holy Eucharist Service, Chapel
- 10:00 Service Project for AFAC w/ Vilma & Aki
- 4:00 Music with the Tate Family, Community Room
- 7:00 Compline Service in the Chapel

### Assisted Living Programs

**Monday, November 6**
- 10:30 Monday Movement w/ Olga, Community Room
- 11:00 Travel w/ Rick Steves, Community Room
- 3:00 Art Discussion w/ Jan, Community Room

**Tuesday, November 7**
- 10:30 Morning Art Discussion w/ Sarah, Community Room
- 11:30 Lunch Group w/ Justin, Jefferson Dining Room
- 2:00 Spiritual Discussion Group w/ Alex Community Room
- 2:45 Weekly Musician Spotlight: Aretha Franklin, Community Room

**Wednesday, November 8**
- 10:30 Travel Wednesday w/ Elizabeth, Community Room
- 11:00 Piano Music w/ Alan, Crossroads Area
- 2:00 Bible Discussion Group w/ Mr. Sykes, Living Room
- 3:00 Bible Discussion Group w/ Mr. Sykes, Living Room

**Thursday, November 9**
- 10:30 Service Project for AFAC w/ Vy, Community Room
- 2:00 SINGO w/ Sam, Crossroads Area
- 2:45 Pet Visit w/ Frankie, Crossroads Area
- 6:00 Virginia’s Natural Bridge: Discussion & Pictures w/ Vy, Community Room

**Friday, November 10**
- 10:30 Morning Word Games/Puzzles Table, Community Room
- 3:00 Music w/ The Tate Family, Crossroads Area
- 4:00 Hot Apple Cider Social, Crossroads Area

**Saturday, November 11**
- 10:00 Seated Stretches w/ Cynthia, Community Room
- 10:45 Bingo w/ Catie, Crossroads Area
- 7:15 Evening Movie in the Auditorium

**Sunday, November 12**
- 10:00 Seated Chair Exercise w/ Luke, 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
- 2:30 Piano Music w/ Luke, Crossroads Area
- 7:00 Compline Service in the Chapel
### MONDAY, NOVEMBER 6

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00 a.m.</td>
<td>Blood Drive, Auditorium</td>
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<td>8:45 a.m.</td>
<td>Total Body Standing, Aerobics Room</td>
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<td>9:00 a.m.</td>
<td>IT Device Clinic, Bistro</td>
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<td>9:30 a.m.</td>
<td>Total Body Seated, Aerobics Room</td>
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<tr>
<td>10:00 a.m.</td>
<td>Art &amp; Music Meditation, Art Center</td>
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<td>10:00 a.m.</td>
<td>Resident Council Business Meeting, Board Room</td>
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<td>10:30 a.m.</td>
<td>Seated Fitness, Ch. 1960</td>
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<tr>
<td>11:00 a.m.</td>
<td>Meditation, Ch. 1960</td>
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<tr>
<td>11:00 a.m.</td>
<td>Memoirs, Smith Study</td>
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<tr>
<td>11:30 a.m.</td>
<td>Chair Fit, Aerobics Room</td>
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<tr>
<td>11:30 a.m.</td>
<td>Chair Yoga, Ch. 1960</td>
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<td>11:30 a.m.</td>
<td>Shopping Shuttle - Harris Teeter at Barcroft Plaza, Departs from Main Entrance</td>
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<tr>
<td>1:00 p.m.</td>
<td>Art Film: <em>Marwencol</em>, Media Room</td>
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<td>1:15 p.m.</td>
<td>StrongerMemory, Board Room</td>
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<td>1:30 p.m.</td>
<td>Trivia, Atrium</td>
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<td>1:30 p.m.</td>
<td>Veterans Committee Meeting, ToW</td>
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<td>2:00 p.m.</td>
<td>Mat Yoga, Aerobics Room</td>
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<td>2:00 p.m.</td>
<td>Rummikub, Card Room</td>
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<td>3:00 p.m.</td>
<td>Sr. Quest: The Evolution of Systemic Racism, ToW</td>
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<td>3:30 p.m.</td>
<td>Bible Study, ToW</td>
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<tr>
<td>4:00 p.m.</td>
<td>Stress Reduction Mindfulness Practice, Smith Study</td>
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<td>4:30 p.m.</td>
<td>Make-a-Difference Day, Rotunda</td>
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<td>7:00 p.m.</td>
<td>Mexican Dominoes, Game Room</td>
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### TUESDAY, NOVEMBER 7

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6:00 a.m.</td>
<td>General Election Voting, Auditorium</td>
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<tr>
<td>8:15 a.m.</td>
<td>Stretch and Flex, Aerobics Room</td>
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<tr>
<td>9:00 a.m.</td>
<td>Pickleball Practice, Pickleball Court</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Advanced Ceramics, Art Center</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Functional FIT, Aerobics Room</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Caregivers Support Group, Formal Parlor</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Standing Total Body Stretch, Ch. 1960</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Water Aerobics, Pool</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>Pilates, Aerobics Room</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Seated Fitness, Ch. 1960</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Muscle Relaxation, Ch. 1960</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>Tai Chi, Aerobics Room</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Rosary Group, Smith Study</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Knit for Kids, Art Center</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Let's Connect with Rob, Fireside</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Power Braining, Aerobics Room</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Creative Writing, Formal Parlor</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Newcomers et al., Formal Parlor</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>Make-a-Difference Day, Rotunda</td>
</tr>
</tbody>
</table>

### WEDNESDAY, NOVEMBER 8

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Get Acquainted with Dementia, Board Room</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>Total Body Standing, Aerobics Room</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Total Body Seated, Aerobics Room</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Holy Communion Service with Healing Prayers and Anointing, Chapel</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Power Braining, Aerobics Room</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Seated Fitness, Ch. 1960</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Contemplative Worship (Quaker), Smith Study</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Meditation, Ch. 1960</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Chair Yoga, Ch. 1960</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Gentle Chair Yoga, Aerobics Room</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Informal Open Bridge, Card Rm</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Vision Informational Support Group, Group Room in Pointe</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Paintings &amp; Drawing, Art Center</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Great Courses: Orchestral Works, Media Room</td>
</tr>
</tbody>
</table>
### THURSDAY, NOVEMBER 9

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 a.m.</td>
<td>Stretch and Flex, Auditorium</td>
<td>Auditorium</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>IT Device Clinic, Bistro</td>
<td>Bistro</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Arlington Comm. Credit Union open, Crossroads Ground Level</td>
<td>Crossroads Ground Level</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Functional FIT, Auditorium</td>
<td>Auditorium</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Pilates, Aerobics Room</td>
<td>Aerobics Room</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>BOM-COM Committee Meeting, Board Room</td>
<td>Board Room</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Standing Total Body Stretch, Ch. 1960</td>
<td>Ch. 1960</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Water Aerobics, Pool</td>
<td>Pool</td>
</tr>
<tr>
<td>10:00 p.m.</td>
<td>WhatNot Shop, Donations</td>
<td></td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Fitness Walk, Departs from Main Entrance</td>
<td>Main Entrance</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Seated Fitness, Ch. 1960</td>
<td>Ch. 1960</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Muscle Relaxation, Ch. 1960</td>
<td>Ch. 1960</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Community Service Committee Meeting, ToW</td>
<td>ToW</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Duplicate Bridge, Card Room</td>
<td>Card Room</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Poetry Group, Smith Study</td>
<td></td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Wii Bowling, Aerobics Room</td>
<td></td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Woodcarving, Art Center</td>
<td></td>
</tr>
<tr>
<td>4:15 p.m.</td>
<td>Android Users Group, ToW</td>
<td>ToW</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>Poker Night, Game Room</td>
<td>Game Room</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>Make-a-Difference Day, Rotunda</td>
<td>Rotunda</td>
</tr>
</tbody>
</table>

### FRIDAY, NOVEMBER 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 a.m.</td>
<td>Total Body Standing, Auditorium</td>
<td>Auditorium</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Pickleball Practice, Pickleball Court</td>
<td>Pickleball Court</td>
</tr>
<tr>
<td>SATURDAY, NOVEMBER 11</td>
<td></td>
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<tr>
<td>-----------------------</td>
<td></td>
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</tr>
<tr>
<td><strong>9:00 a.m.</strong></td>
<td>Croquet, Front Lawn</td>
<td></td>
</tr>
<tr>
<td><strong>9:00 a.m.</strong></td>
<td>Total Body Video, Aerobics Room</td>
<td></td>
</tr>
<tr>
<td><strong>10:00 a.m.</strong></td>
<td>Total Body Video, Aerobics Room</td>
<td></td>
</tr>
<tr>
<td><strong>12:00 p.m.</strong></td>
<td>Saturday Cinema Matinee: <em>When Harry Met Sally</em>, Board Room</td>
<td></td>
</tr>
<tr>
<td><strong>12:00 p.m.</strong></td>
<td>Spanish Speaker Group, Bistro</td>
<td></td>
</tr>
<tr>
<td><strong>1:30 p.m.</strong></td>
<td>Chinese Mah Jongg, Card Room</td>
<td></td>
</tr>
<tr>
<td><strong>2:00 p.m.</strong></td>
<td>Duplicate Bridge, Top of the West</td>
<td></td>
</tr>
<tr>
<td><strong>7:15 p.m.</strong></td>
<td>Saturday Night Movie: <em>What Price Glory</em>, Auditorium</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SUNDAY, NOVEMBER 12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9:30 a.m.</strong></td>
</tr>
<tr>
<td><strong>10:30 a.m.</strong></td>
</tr>
<tr>
<td><strong>11:15 a.m.</strong></td>
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<tr>
<td><strong>2:00 p.m.</strong></td>
</tr>
<tr>
<td><strong>2:00 p.m.</strong></td>
</tr>
<tr>
<td><strong>7:00 p.m.</strong></td>
</tr>
</tbody>
</table>

**WELLNESS ICON KEY:**
- Physical
- Intellectual
- Spiritual
- Emotional
- Communal
- Social