

# 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 48 ✨ December 4, 2023

### UPCOMING MEETINGS

#### Resident Council - Business

Monday, December 4 at 10:00 |  
Board Room

#### Veterans Committee

Monday, December 4 at 1:30 | ToW

#### Finance Committee & VaCCRA Joint Meeting

Wednesday, December 6 at  
1:30 p.m. | Pointe Conference Room

#### Let's Connect with Rob

Tuesday, December 5 at 1:30 p.m. |  
Fireside

#### Trips & Outings Committee

Friday, December 8 at 3:00 p.m. |  
Board Room

### TIME OR LOCATION CHANGE

#### Trivia

Monday, December 4 - **Canceled**

### COVID CASES

Independent Living (IL): 1

Assisted Living (AL): 0

Health Care Center (HCC): 0

Staff: 4

### GHBC'S HOLIDAY BAZAAR IS HERE

Thursday, December 7 from 10:00 a.m. to 2:00 p.m. | Auditorium  
Special shopping hours for **Team Members only** from 9:00 a.m. to  
10:00 a.m.

Holiday Decorations, Crystal, Ceramics, Toys, Silver, Jewelry, China,  
Linens, Surprising High Value Treasures, and Gift Items Galore!!

All are invited: Goodwin Living Residents, Priority Club Members,  
and all GHBC Team Members. **DON'T MISS THIS ANNUAL "FUN-  
RAISING" EVENT** to do your Holiday Shopping—every \$\$  
goes to Goodwin Living Foundation. **Cash or check only!**



### NIGHT OF UNITY AND LIGHT

Thursday, December 7 at 7:00 p.m. | Rotunda

It's time to kick off the holiday season with a sense of wonder and  
gratitude for all the blessings in our lives. Join us as we take time  
to ceremoniously light the GHBC tree and mark the first night of  
Hanukkah. Master Sergeant Erik J. Ramos, brother of GHBC  
Executive Assistant Catie Ramos, returns with our favorite  
musicians from a premier military band to share  
popular holiday music that is sure to put everyone  
in the festive spirit.



### BIBLE STUDY

Monday, December 4 at 3:30 p.m. | Top of the West (ToW)  
Discussion will begin with Galatians 4:13.



### AFTERNOON CONCERT WITH AMY ANDREWS

Monday, December 4 at 3:00 p.m. | Auditorium



Singer, song writer, and guitarist Amy Andrews was  
brought up on the sounds of Frank Sinatra, Ella Fitzgerald, The  
American Songbook, and Motown. She spent many years training  
for a career in musical theater before writing her own  
music and taking it on the road. We are excited to welcome  
Amy back for an afternoon of wonderful music!



### WELLNESS ICON KEY:



Physical



Intellectual



Spiritual



Emotional



Communal



Social



Goodwin House  
Bailey's Crossroads

## MORE HAPPENINGS

### STRONGERMEMORY GROUP SESSION

Monday, December 4 from 1:15 p.m. to 2:00 p.m. | Board Room

Seeking ways to improve brain health? Join us for 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 StrongerMemory exercises and discuss interesting topics impacting brain health. **We will focus on how exercise impacts the brain this week!** Please contact Ellie Pettoni, Brain Health Coordinator, at [epettoni@goodwinliving.org](mailto:epettoni@goodwinliving.org) or 703-578-7431 if you have any questions.



### HANDBELL CHOIR CONCERT

Saturday, December 9 from 2:00 p.m. to 3:00 p.m. | Atrium

St. Matthew's United UMC Mitchell and Celebration Ringers will present *Sounds of the Season* featuring various Christmas and holiday music. Please come and enjoy music sure to put you in the holiday spirit!



### CLINICAL PASTORAL EDUCATION (CPE) GRADUATION

Wednesday, December 13 at 2:00 p.m. | Goodwin House Alexandria (GHA) Chapel

Join us in the GHA Chapel for the Graduation Ceremony of our Clinical Pastoral Education interns. We have a total of six students who have been serving at all three Goodwin Living campuses, Goodwin Hospice, Inova Loudoun, and Fair Oaks hospitals. Transportation will be provided to GHA; sign-up sheet is in the Resident Business Center starting on **Monday, December 4 at 10:00 a.m.** We hope you will come to wish a fond farewell and hearty congratulations to our graduates as they celebrate the completion of this important step along the path of their ministry. Join virtually by following this Zoom link: <https://goodwinliving.zoom.us/j/81417757620?pwd=Wa23bhJizENLMtvDz7ODWldGOgSVor.1>

### AFTERNOON CONCERT (FORMERLY AFTERNOON AT THE OPERA)

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

**Friday, December 8:** *Richard Tucker Gala*

**Conductors:** Anton Guadagno and Julius Rudel

**Singers:** Birgit Nilsson, Carlo Bergonzi, Ghena Dimitrova, Harry Dworchak, Dimitri Kavrakos, Giorgio Lamberti, Sherrill Milnes, Samuel Ramey, Dolora Zajick, Richard Leech, and Charles Anthony.

Running Time: 1 hour



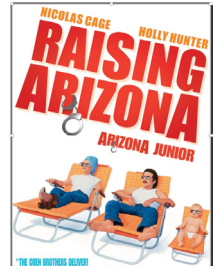
## MORE HAPPENINGS

### SATURDAY CINEMA MATINEE DOUBLE FEATURE - SILENT FILMS & RAISING ARIZONA

Saturday, December 9 from 12:00 p.m. to 2:40 p.m. | Board Room

**Opener Silent Films from 12:00 p.m. to 12:55 p.m.:** Four very early silent films starring John Bundy. (Selected by GHBC resident, James Vandeputte)

**Feature Film from 1:00 p.m. to 2:40 p.m.:** *Raising Arizona*, An ex-con and an ex-cop meet, marry, and long for a child of their own. When it is discovered that they are unable to have children, they decide to snatch a quintuplet baby. They try to keep their crime a secret, while friends, co-workers, and a bounty hunter look to use the child for their own purposes. (Comedy, 1987)



### SATURDAY NIGHT MOVIE - NYAD

Saturday, December 9 at 7:15 p.m. | Auditorium

Sixty-four-year-old marathon swimmer, Diana Nyad, attempts to become the first person ever to swim from Cuba to Florida.

PG-13, 2023, Sports/Thriller, 2 hours

Starring: Annette Bening, Jodie Foster, and Rhys Ifans



## SAVE THE DATE

### ANNUAL GHBC CHANUKAH PARTY

Sunday, December 10 at 7:00 p.m. | Formal Parlor



### JOIN US FOR A PRESENTATION ON REQUIRED VACCINATIONS FOR OLDER ADULTS!

Wednesday, December 13 from 2:00 p.m. to 3:00 p.m. | Auditorium



## TRIPS AND OUTINGS COMMITTEE

### NATIONAL SYMPHONY - WAGNER'S *THE RING WITHOUT WORDS*

Friday, January 12, 2024 | Departs from Main Entrance at 10:30 a.m.

All the drama of Wagner's Ring Cycle is here, but told through the pure power of the orchestra alone. Enjoy 75-continuous minutes of soaring beautiful music!

- **Sign up:** Monday, December 4, 11:30 a.m., Resident Business Center.
- **Deadline:** Friday, December 8, 10:00 a.m. after which the trip costs are nonrefundable.
- **Costs:** \$20.00 Transportation, Orchestra/prime \$64.00, Tier 2 \$26.25.



**Special note:** The next NSO Coffee Concert matinee will be Friday, April 12, 2024.

## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### FINANCE COMMITTEE AND VaCCRA HOST GREENSPRING'S FINANCE CHAIR

Wednesday, December 6 at 1:30 p.m. | Pointe Conference Room

The GHBC Finance Committee and VaCCRA members will host Dan Ancona, Chair of Greenspring's Resident Finance Committee. Greenspring Senior Living, located in Fairfax County, is a non-profit continuing care community and part of the Erickson senior living chain. The program will provide an opportunity to compare how residents at both Greenspring and Bailey's Crossroads follow finances and coordinate with management on governance issues. The invitation to Dan was extended by GHBC Finance Chair Wayne Kelley and Claudia Blake on behalf of GHBC's VaCCRA members.



### REMINDER - HOLIDAY GATHERING AND READING

Wednesday, December 6 at 11:00 a.m. | Top of the West

The GHBC Play Reading Group will read *A Christmas Memory* by Truman Capote, a story of love and grace. In addition we'll celebrate the holidays with cookies and tea. Please join us. If you are new to our group, please let Catherine Irwin know you are coming (ext. 7439).



### ANNOUNCEMENTS FROM THE WHATNOT SHOP

The WhatNot Shop will be closed for the month of December. It will reopen on Thursday, January 4, 2024 at 10:00 a.m. to accept donations.

A post Holiday Bazaar sale will be held in the hallway outside the WhatNot Shop on Thursday, December 14 from 12:30 p.m. to 3:00 p.m.

### ANGEL TREE CONTRIBUTIONS

Monday, December 4 to Friday, December 8 from 4:30 p.m. to 6:30 p.m. | Resident Business Center

Volunteers will accept your contributions of cash, checks, or gift cards.



### THE *GOOD WINDS* 2023, REVISION. 3

Revision 3 of GHBC's 64-page online journal *Good Winds*: resident literature, arts, and crafts is available at [https://drive.google.com/file/d/1tLD\\_DwsVz8h5xVPHOoXoWCLyghavRkw4/view?usp=share\\_link](https://drive.google.com/file/d/1tLD_DwsVz8h5xVPHOoXoWCLyghavRkw4/view?usp=share_link) A few spiral-bound copies of Revision 2 of the journal are available for \$5 (cost of binding) and include a loose insert of the corrected article, "Chino." If interested, contact Ric Blacksten at [hricblacksten@gmail.com](mailto:hricblacksten@gmail.com), 703-980-5899.



### ANNOUNCEMENT FROM THE CLINIC

We're heading into cold-and-flu season, which means increased attention to illnesses that cause respiratory symptoms. Respiratory Syncytial Virus (RSV) has been in the news recently due to a new vaccine that just became available for adults ages 60 and older. As with other respiratory illnesses, older adults are more likely to develop severe illness with RSV. We can keep RSV from spreading by being aware of symptoms and taking standard precautions. According to the Center for Disease Control (CDC), common symptoms of RSV are runny nose, decreased appetite coughing, sneezing, fever, and wheezing. These symptoms may come on in stages. Everyone can take the standard precautions of frequently washing hands, covering coughs and sneezes, and cleaning frequently touched surfaces. These actions all help to prevent the spread of RSV. If you are feeling ill, please remain in your apartment and call the Clinic.



### THE GOODWIN LIVING FOUNDATION - WHAT IS A QUALIFIED CHARITABLE DISTRIBUTION?



Goodwin Living  
Foundation

A qualified charitable distribution (QCD) is a distribution of funds from your IRA directly to a qualified charitable organization. Because the gift goes directly to charity without passing through your hands, the dollar amount of the gift may be excluded from your taxable income. QCDs can be used to manage your required minimum distributions from an IRA. Please note that because Goodwin Living Foundation's IRS tax-exempt status is that of a "supporting organization," the Goodwin Living Foundation cannot directly accept a QCD gift. **However**, if you wish to make a QCD donation, QCDs need to be made payable to "Goodwin Living," which is itself a qualified charitable organization (Tax ID #: 54-0623670). These gifts will ultimately be allocated to support the Goodwin Living Foundation. Please contact your tax advisor for more about charitable giving.

### WELCOME COURT MANNING, GHBC'S NEW GROUNDS SUPERVISOR

Courtney "Court" Manning is our new Grounds Supervisor, in the Facilities Management Department. He will provide oversight of the ground maintenance and care of flowers, plants, shrubs, and trees to keep them healthy and beautiful. He has been in grounds maintenance for over 35 years, supervising grounds maintenance teams across the District of Columbia, Maryland, and Virginia. He previously owned and operated a professional landscape company and also did grounds maintenance at Carlyle Towers Condominiums. Welcome, Court!





### CHAPLAIN'S OFFICE NOTES

#### Holidays for December

- December 3 - The Season of Advent - Christian
- December 7 - Hanukkah Begins - Jewish
- December 8 - Feast of the Immaculate Conception - Catholic
- December 8 - Bodhi Day (Rohatsu) Buddhism- Buddhist
- December 12 - Feast of Our Lady of Guadalupe - Catholic
- December 15 - Hanukkah Ends - Jewish
- December 22 - Yule - Wicca
- December 25 - Christmas - Christian
- December 26 - Zarathosht Diso (Death of Prophet Zarathushtra) - Zoroastrian

#### Shabbat Services

Saturday, December 2, at 9:30 a.m. | Formal Parlor

Please join us.

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### ANNOUNCEMENTS FROM LIFE ENRICHMENT

#### As We Prepare for Holiday Decorating

The pool table and ping pong table will be unavailable for use starting Friday, December 1 to Tuesday, December 5.

#### Volunteers Needed – Gift Wrapping Station

It is that time of year! We are asking for help from residents who have a knack for gift wrapping or ribbon tying. Our annual gift-wrapping day will take place on Wednesday, December 13, 9:00 a.m. to 12:00 p.m. If you are interested in volunteering, please sign up in the Resident Business Center. Wrapping paper, ribbons, tape, and scissors are provided.

#### Save the Date: Holiday Vendors in December

Whether you are shopping for a loved one, a neighbor or treating yourself this holiday season, we have vendors for you! Mark your calendars for these vendors coming in December!

- Monday, December 11: Patti's Pretties (Clothes & Accessories)
- Tuesday, December 12: Pat Britz (Cards & Crafts)
- Monday, December 18: Mara Made Scarfs & more

More details to come!

## 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).

#### December 5, 2023: COVID-19 Protocols

Karen Doyle, RN, Associate Executive Director of GHBC and Administrator of Health Services, will give us an update on covid protocols as we head into the holidays. Residents will hear the most up-to-date information and be able to ask questions in 'real' time. Carol Lewis hosts.

#### December 12, 2023: GHBC Public Art & Art Gallery

Have you wondered where much of the artwork in the GHBC public spaces comes from or what its history is? Have you thought about how artists and their works are chosen for the Gallery? Sarah Henninger, Creative Arts Coordinator, will talk about those topics. Hosted by Claudia Blake.

## DECEMBER 2023 RESIDENT SHOWCASE - MEET RIC BLACKSTEN

Check out the December Resident Showcase on the resident website and meet Pointe resident Ric Blacksten, a math whiz, energetic volunteer, and an idea man who admits that some of his ideas have emerged a little under-cooked. To read about Ric, go to [www.ghbcresidents.org](http://www.ghbcresidents.org) and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet Ric, 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.



### INSIDE THE ART CENTER

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

#### MONDAY, DECEMBER 4

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



**Art & Music Meditation** - Practice the art of attention while viewing and creating artwork. 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 Documentary Film: Audubon** - A self-taught artist and ornithologist, John James Audubon left a legacy of art and science that made him famous in the 19th century and endures to this day. *Audubon*, a documentary about the man filmed in locations where he painted, brings to life his artwork with dazzling footage of the living birds he immortalized and celebrates visually the natural world described in his writings. Directed by Al Reinert. Total run time: 90 minutes. Discussion to follow. (Media Room)



#### TUESDAY, DECEMBER 5

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



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

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



**Beginning Ceramics** - Join experienced artist and educator Betty Bott in creating with clay using hand-building techniques of pinching, coiling, and slab work. This class is perfect for those with some clay knowledge or those without any previous experience with clay or for anyone who wants to try something new! (Sign up, 10 participants).

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



**Knit for Kids Group Meets** - Contact Noel Sipple at ext. 7588.



## INSIDE THE ART CENTER

### WEDNESDAY, DECEMBER 6



**Painting & Drawing** - Explore, learn, and practice drawing skills and the painting medium with Sarah. Develop confidence and competence with diverse techniques and concepts. This week: Be inspired to create by the beauty of winter birds! All skill levels welcome - no previous experience or drawing skills required.

10:00 a.m. - 11:30 a.m.

Session 1 (Sign up, 12 participants)

2:00 p.m. - 3:30 p.m.

Session 2 (Sign up, 12 participants)

### THURSDAY, DECEMBER 7

10:30 a.m. - 12:00 p.m.



**Mixed Media Collage Workshop** - Play with paper, paint, and collage in this mixed media class with Sarah. Mixed-media collage is a highly intuitive art form with lots of room for creative curiosity. It's beginner friendly as well as useful for the more experienced art maker. Drop-ins welcome any time.

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

**Woodcarving** - Join resident woodcarving master and instructor Mike Connors in the Art Center. Newcomers are always welcome.



### FRIDAY, DECEMBER 8

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

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



11:00 a.m. - 12:00 p.m. **Drawcember: Daily Drawing Challenge Meet-Up** - Join this month-long art challenge that is focused on improving skill and developing positive drawing habits. This is an opportunity to be inspired to draw every day on your own using a list of prompts and then share your work with others on the same creative journey. The Art Center will provide all the materials to draw as well as space to post your artwork over the month of December. No previous experience with drawing required. Drop-ins welcome.





## FITNESS ANNOUNCEMENT

To accommodate the increased attendance at our Functional Fitness class, we will be adding an additional class on Tuesdays and Thursdays. The adjusted times for Tuesdays and Thursdays will begin December 5 (location will vary):

- Functional Fit: 9:00 a.m.
- Pilates: 10:00 a.m.
- Functional Fit: 11:00 a.m.

### MONDAY, DECEMBER 4

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

### TUESDAY, DECEMBER 5

8:15 a.m. Stretch and Flex, Auditorium  
 9:00 a.m. Pickleball Practice, Pickleball Court  
 9:00 a.m. Functional FIT, Auditorium  
 10:00 a.m. Water Aerobics, Pool  
 10:00 a.m. Pilates, Auditorium  
 11:00 a.m. Functional Fit, Aerobics Room  
 11:00 a.m. Tai Chi, Auditorium  
 2:00 p.m. Power Braining, Aerobics Room

### WEDNESDAY, DECEMBER 6

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  
 4:00 p.m. Line Dancing, Aerobics Room

### THURSDAY, DECEMBER 7

8:15 a.m. Stretch and Flex, Aerobics Room  
 9:00 a.m. Functional Fit, Aerobics Room  
 10:00 a.m. Water Aerobics, Pool  
 10:00 a.m. Pilates, Aerobics Room

11:00 a.m. Functional Fit, Aerobics Room  
 11:45 a.m. Chair Fit, Aerobics Room  
 2:00 p.m. Wii Bowling, Aerobics Room

### FRIDAY, DECEMBER 8

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, DECEMBER 9

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

#### Personal Training Available

\$45 per Session (30-minute session)

- Custom workout programs tailored to your specific needs/goals

Direct Personal Training inquiries to Luke Logan at [llogan@goodwinliving.org](mailto:llogan@goodwinliving.org).

#### Massage Therapy Available:

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](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, DECEMBER 4

- 10:30 Monday Movement w/ Olga, Community Room
- 11:00 Sing-a-Long w/ Anne & Friends, Crossroads Area
- 3:00 Afternoon Concert w/ Amy Andrews, Auditorium

### TUESDAY, DECEMBER 5

- 10:30 Morning Art Discussion w/ Sarah, Community Room
- 2:00 Spiritual Discussion Group w/ The Rev. Alex, Community Room
- 2:45 Weekly Musician Spotlight: Bing Crosby, Community Room
- 6:00 Hot Chocolate & White Christmas Movie w/ Sam, Community Room

### WEDNESDAY, DECEMBER 6

- 10:30 Travel Wednesday w/ Elizabeth, Community Room
- 11:00 Chair Chi Exercise w/ Vy, Community Room
- 2:00 Hot Cocoa & Let's Decorate for Christmas w/ Vy, Crossroads Area

### THURSDAY, DECEMBER 7

- 10:30 Culinary Class w/ ElderGrow & Vy, Community Room
- 2:00 Christmas SINGO w/ Sam, Crossroads Area
- 2:45 Pet Visit w/ Frankie, Crossroads Area
- 7:00 A Night of Unity & Light Brass Quintet w/ Michelle, Rotunda

### FRIDAY, DECEMBER 8

- 10:30 Service Project for AFAC w/ Vy, Community Room
- 3:00 Winter Word Games & Puzzles Station, Community Room
- 4:00 Hot Apple Cider Social, Crossroads Area

### SATURDAY, DECEMBER 9

- 9:30 Jewish Shabbat Service, Formal Parlor
- 10:00 Seated Chair Chi w/ Cynthia, Community Room
- 3:00 Piano Music w/ Heather, Crossroads Area
- 7:15 Evening Movie in the Auditorium

### SUNDAY, DECEMBER 10

- 10:00 Seated Fitness 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

## HEALTH CARE CENTER PROGRAMS

### MONDAY, DECEMBER 4

- 9:30 Coffee & Conversation
- 10:30 Morning Moves w/ Vilma
- 11:00 Group Discussion w/ Vilma
- 2:30 Decorating for the Season w/ Vilma

### TUESDAY, DECEMBER 5

- 9:30 News of the Day
- 10:30 Art Therapy w/ Dejah
- 10:30 Power up w/ Vilma
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:30 Decorating for the Season w/ Vilma & Aki

### WEDNESDAY, DECEMBER 6

- 9:30 Wednesday World Events
- 10:00 Equine Outing
- 10:30 Seated Fitness w/ Luke
- 11:00 Name 5 w/ Aki
- 2:00 Ring Toss w/ Aki
- 3:30 Holiday Sing-Along Around the Tree w/ Vilma
- 3:30 Handbell Choir w/ Sam

### THURSDAY, DECEMBER 7

- 9:30 Today in History
- 10:30 That's a Stretch! w/ Vilma
- 11:00 Resident Council w/ Megan
- 2:30 1:1 Pet Visits w/ Frankie
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot
- 7:00 A Night of Unity & Light Brass Quintet w/ Aki

### FRIDAY, DECEMBER 8

- 9:30 Friday Fun Facts
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Meditation Moment w/ Aki
- 3:30 Music Therapy w/ Sam
- 3:30 Hot Apple Cider Bingo w/ Vilma & Aki

### SATURDAY, DECEMBER 9

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Saturday Stretches w/ Mar\_T
- 3:30 Discussion w/ Vy: Fascinating Winter Facts

### SUNDAY, DECEMBER 10

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Sunday Stretches w/ Luke
- 11:00 Seated Exercise on TV CHANNEL 1960
- 1:15 Spiritual Service w/ Rev. Alex
- 7:00 Compline Service in the Chapel

## WEEKLY CALENDAR

### MONDAY, DECEMBER 4

8:45 a.m.	Total Body Standing, Auditorium
9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Total Body Seated, Auditorium
10:00 a.m.	Art & Music Meditation, Art Center
10:00 a.m.	Resident Council Business 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
11:30 a.m.	Shopping Shuttle - Bradlee Shopping Center, Departs from Main Entrance
1:00 p.m.	Art Film: <i>Audubon</i> , Media Room
1:15 p.m.	StrongerMemory, Board Room
1:30 p.m.	Veterans Committee, ToW
2:00 p.m.	Mat Yoga, Aerobics Room
2:00 p.m.	Rummikub, Card Room
3:00 p.m.	Afternoon Concert with Amy Andrews, Auditorium
3:30 p.m.	Bible Study, ToW
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study
4:30 p.m.	The Angel Tree, Outside the Resident Business Center
7:00 p.m.	Mexican Dominoes, Game Room

### TUESDAY, DECEMBER 5

8:15 a.m.	Stretch and Flex, Auditorium
9:00 a.m.	Functional FIT, Auditorium
9:00 a.m.	Pickleball Practice, Pickleball Court
9:30 a.m.	Advanced Ceramics, Art Center
10:00 a.m.	Caregivers Support Group, Formal Parlor

10:00 a.m.	Pilates, Auditorium
10:00 a.m.	Standing Total Body Stretch, Ch. 1960
10:00 a.m.	Water Aerobics, Pool
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Functional Fit, Aerobics Room
11:00 a.m.	Muscle Relaxation, Ch. 1960
11:00 a.m.	Tai Chi, Auditorium
11:30 a.m.	Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
1:00 p.m.	Beginning Ceramics, Art Center
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
4:00 p.m.	Newcomers et al., Auditorium
4:30 p.m.	The Angel Tree, Outside the Resident Business Center

### WEDNESDAY, DECEMBER 6

8:45 a.m.	Total Body Standing, Aerobics Room
9:30 a.m.	Total Body Seated, Aerobics Room
10:00 a.m.	Holy Communion Service with Healing Prayers and Anointing, Chapel
10:00 a.m.	Paintings & Drawing Session 1, Art Center
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.	Holiday Gathering & Reading, ToW
11:00 a.m.	Meditation, Ch. 1960

11:30 a.m. Chair Yoga, Ch. 1960  
 1:30 p.m. Finance Committee & VaCCRA  
 Host Greenspring's Finance  
 Chair, Pointe Conference Room  
 2:00 p.m. Gentle Chair Yoga, Aerobics  
 Room  
 2:00 p.m. Informal Open Bridge, Card Rm  
 2:00 p.m. Paintings & Drawing Session 2,  
 Art Center  
 3:00 p.m. Great Courses: Orchestral Works,  
 Media Room  
 3:30 p.m. French Conversation Group,  
 Smith Study  
 4:00 p.m. Line Dancing, Aerobics Room  
 4:00 p.m. Prayer Group, Chapel  
 4:30 p.m. The Angel Tree, Outside the  
 Resident Business Center  
 4:30 p.m. Drinks & Trivia, Formal Parlor  
 7:00 p.m. Bingo, ToW

#### THURSDAY, DECEMBER 7

8:15 a.m. Stretch and Flex, Aerobics Room  
 9:00 a.m. Functional FIT, Aerobics Room  
 9:00 a.m. IT Device Clinic, Bistro  
 9:30 a.m. Arlington Comm. Credit Union  
 open, Crossroads Ground Level  
 10:00 a.m. GHBC Holiday Bazaar,  
 Auditorium  
 10:00 a.m. Standing Total Body Stretch, Ch.  
 1960  
 10:00 a.m. Tailor for Alterations, Smith  
 Study  
 10:00 a.m. Pilates, Aerobics Room  
 10:00 a.m. Water Aerobics  
 10:30 a.m. Mixed Media Collage, Art Center  
 10:30 a.m. Seated Fitness, Ch. 1960  
 11:00 a.m. Functional Fit, Aerobics Room  
 11:00 a.m. Muscle Relaxation, Ch. 1960  
 11:45 a.m. Chair Fit, Aerobics Room  
 2:00 p.m. Duplicate Bridge, Card Room  
 2:00 p.m. Wii Bowling, Aerobics Room  
 3:00 p.m. Woodcarving, Art Center  
 3:30 p.m. UUCA Ministerial Visit, ToW

4:00 p.m. Meditation Group, Smith Study  
 4:30 p.m. The Angel Tree, Outside the  
 Resident Business Center  
 7:00 p.m. Poker Night, Game Room  
 7:00 p.m. Night of Unity and Light,  
 Rotunda

#### FRIDAY, DECEMBER 8

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. Drawcember, 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 Entrance  
 1:00 p.m. Afternoon Concert: *Richard  
 Tucker Gala*, Media Room  
 1:00 p.m. Encore Chorale, Auditorium  
 1:00 p.m. Mah Jongg, Card Room  
 2:00 p.m. Jeopardy, Board Room  
 2:30 p.m. Mat Yoga, Aerobics Room  
 3:00 p.m. Trips & Outings Committee  
 Meeting, Board Room  
 4:00 p.m. Stress Reduction Mindfulness  
 Practice, Smith Study  
 4:30 p.m. The Angel Tree, Outside the  
 Resident Business Center



## SATURDAY, DECEMBER 9

9:00 a.m.	Total Body Video, Aerobics Room
10:00 a.m.	Total Body Video, Aerobics Room
12:00 p.m.	Saturday Cinema Matinee Double Feature: Silent Films & <i>Raising Arizona</i> , Board 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.	Handbell Choir Concert, Atrium
7:15 p.m.	Saturday Night Movie: <i>Nyad</i> , Auditorium

## SUNDAY, DECEMBER 10

9:30 a.m.	Chapel Coffee Hour, Formal Parlor
10:30 a.m.	Holy Eucharist Service, Chapel and Channel 1960
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
7:00 p.m.	GHBC Chanukah Party, Formal Parlor