

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 7 ✨February 12, 2024

UPCOMING MEETINGS

Fitness Committee,

Tuesday, February 13 at 1:00 p.m. |
Formal Parlor

Dining Services Committee,

Thursday, February 15 at 9:30 a.m. |
Board Room

Arts Committee,

Friday, February 16 at 2:30 p.m. |
Art Center

RESIDENT COUNCIL COMMUNITY MEETING FOR ALL RESIDENTS

Monday, February 12 at 10:00 a.m. | Auditorium

A Valentine for Your Heart! February Resident Council Community Meeting speakers include Luke Logan, Fitness Manager, talking about exercises that benefit your heart and Alison Neov, our GHBC Registered Dietitian, speaking on heart healthy diets.

Walt Knight will introduce the 2024 resident survey designed to find out what we like about GHBC and ideas for making things even better. Justin Carwile will update us on dining services activities. Come and speak out. This is YOUR community meeting!



TIME OR LOCATION CHANGE

Trivia

Monday, February 12 - **Canceled**

Great Courses

Wednesday, February 14 - **Canceled**

MARDI GRAS CELEBRATION

Tuesday, February 13 at 3:00 p.m. | Rotunda/Atrium



Why travel to New Orleans when it can come to you!

Join us for an afternoon of fun with live music, food, and drinks all inspired by New Orleans in honor of this festive day! Grab a mask, some beads, a friend, and join the party!

COVID CASES

Independent Living (IL): 3

Assisted Living (AL): 0

Health Care Center (HCC): 3

Team Members: 3

HELP CELEBRATE OUR ANNUAL GIVING DAY!

Wednesday, February 14 from 11:00 a.m. to 12:30 p.m. and
3:30 p.m. to 5:00 p.m. | Rotunda

WELLNESS ICON KEY:

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



Goodwin House
Bailey's Crossroads

For the fourth year in a row, the Goodwin Living Foundation is marking this special day by expressing our gratitude and support for Goodwin Living and all the people who make up the wonderful community here. Stop by the Rotunda on February 14 for “Chocolates & Chats,” and to post a message about Goodwin Living on our Gratitude Board. We'll share important information about the Foundation's programs for residents and staff and how your generosity has a positive impact on the growth of our mission. We hope to see you on Giving Day, Wednesday, February 14!

MORE HAPPENINGS

BIBLE STUDY

Monday, February 12 at 3:30 p.m. | Top of the West
Discussion will continue with Romans.



VENDOR SHOPPING

Monday, February 12 at 10:00 a.m. | Atrium

Patti's Pretties will be here for all shopping needs. She will have silver and fashion jewelry, watches, clothing, hats, scarves, shawls, and other accessories.

BAILEY'S BIRDERS MEETING

Tuesday, February 13 at 3:00 p.m. | Board Room

The Bailey's Birders February discussions will include plans for finding speakers for the coming year to talk about birds and bird-watching, locally and globally. We will talk about our experiences with the Cornell Feeder Watch project - what times of the day are most likely to find birds active at the two GHBC feeders. Local walks will be planned for predicted warmer days this month.

Please join us if birds interest you.



LOW VISION INFORMATIONAL SUPPORT GROUP

Wednesday, February 14 at 2:00 p.m. | Group Room at the Pointe

Topic: Society for the Prevention of Blindness and Virginia Department for the Blind

VALENTINE'S DAY SOCIAL

Wednesday, February 14 from 2:30 p.m. to 3:30 p.m. | Art Gallery

Get to know your neighbors at Goodwin House Alexandria and The View Alexandria as we welcome them to our GHBC campus! Residents will have a chance to get to know residents from both communities or socialize with their GHBC friends and neighbors here. All are welcome! Not sure how to break the ice? Ice Breaker topics are available if you need to get the conversation going. Stop by the Art Gallery for some wine and fun this Valentine's Day!



GREAT DECISIONS - SCIENCE ACROSS BORDERS

Thursday, February 15 at 3:00 p.m. | Auditorium

Scientific advances benefit from collaboration between researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation's national security? Is there a middle ground between sharing information and denying access? How can we regulate cooperation?

MORE HAPPENINGS

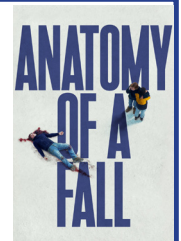
THURSDAY MOVIE MATINEE - *THE ANATOMY OF A FALL*

Thursday, February 15 at 2:00 p.m. | Media Room

A woman is suspected of her husband's murder, and their blind son faces a moral dilemma as the sole witness.

Rated R, 2023, Thriller, 2 hours 30 minutes

Starring: Sandra Huller, Swann Arlaud, Milo Machado Graner, and Samuel Theis



AFTERNOON CONCERT

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

Friday, February 9: *Romeo and Juliet Ballet - Prokofiev*

Romeo and Juliet is a ballet by Sergei Prokofiev based on William Shakespeare's play. First composed in 1935, it was substantially revised for its Soviet premiere in early 1940. Running Time: 1 hour, 56 minutes



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: MARY PICKFORD

Saturday, February 17 from 12:00 p.m. to 1:30 p.m. | Board Room

Mary Pickford was a producer, screenwriter, and film studio founder, who was a pioneer in the US film industry with a Hollywood career that spanned five decades. She was the first movie actress to receive a percentage of a film's earnings. She was the first star (along with husband Douglas Fairbanks) to officially place hand and footprints in the cement at Grauman's Chinese Theatre and was named #24 on The American Film Institute's 50 Greatest Screen Legends.



SATURDAY NIGHT MOVIE - *INVISIBLE BEAUTY*

Saturday, February 17 at 7:15 p.m. | Auditorium

Fashion revolutionary Bethann Hardison looks back on her journey as a pioneering Black model, modelling agent, and activist.

2023, Documentary, 1 hour, 55 minutes



SAVE THE DATE

BLACK HISTORY MONTH DANCE PERFORMANCE FEATURING KANKOURAN WEST AFRICAN DANCE COMPANY

Tuesday, February 20 at 11:00 a.m. | Auditorium



TRIPS AND OUTINGS COMMITTEE

REMINDER: AIN'T TOO PROUD - THE LIFE AND TIMES OF THE TEMPTATIONS

Thursday, February 15, Boards at 12:00 p.m. | Main Entrance

This performance runs for 2 hours and 30 minutes, including one intermission; we will return to GHBC immediately after the performance. Contact: Chris White, ext. 7587.

TRIPS & OUTINGS COMMITTEE REPORT

- We need volunteers to select and organize summer outings.
- Before then, we have volunteers for Little Theater of Alexandria (*Murder on Orient Express* and *Mark Twain's Is He Dead?*), the unique Synetic Theater's *Romeo and Juliet* wordless performance, and three Friday matinees of the National Symphony.
- One special new venue planned is Naval Surface Warfare Center, Carderock.
- May 8 - May 9 will be an overnight trip to the Underground Railroad, Cambridge, Maryland, with our own tour guide, preceded by luncheon on a paddleboat, and a stop at Blackwater Wildlife Refuge.
- Future trips? - It's up to you. Contact Mary McClelland, ext. 7511 for details.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

2024 RESIDENT COUNCIL SURVEY FEBRUARY 12 - 15: NOW'S THE TIME TO USE YOUR VOICE

Monday, February 12 to Thursday, February 15

- **If you use your computer**, look for an email with the link to the online survey. Complete and submit it online. There will be paper copies of the survey at the Reception Desk if you prefer. Put the completed paper survey in the collection box in the Rotunda.
- **If you don't have an email address**, look for a paper survey in your box at the Front Desk. Place the completed survey in the collection box in the Rotunda.

If you have questions about filling out the survey, come to the "Use Your Voice" table in the **Rotunda** from 11:00 a.m. to noon or from 4:00 p.m. to 5:00 p.m., Monday, February 12 to Thursday, February 15. Survey committee: Walt Knight (ext. 3120), Jane Gore (ext. 7396), Don Gurney (ext. 3119), Wren Gurney (ext. 3119), and Debbie Massey (ext. 7364).

STAGE MANAGER NEEDED FOR SPRING FLING

Duties:

1. Attend all previews/rehearsals to list what is needed on stage for each act, i.e., props, sound.
2. Work with props and sound teams to ensure performers have what is needed for each act.
3. Ensure performers are lined up to go on stage as programmed.
4. Assist with distribution of tickets for each performance.

Contact Mollie Warner (ext. 3194) if interested.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

ANNOUNCEMENT FROM SOCIAL WORK - VALENTINE'S DAY TREAT

Wednesday, February 14 | Rotunda

The Social Work department invites you to treat yourself this Valentine's Day. Check out some self-care ideas in the Rotunda this February 14. We're here to support you!

WANT TO REDUCE? NO, NOT WEIGHT. JUNK MAIL

We have a problem with stuff: we have too much of it. One method of reducing the amount of unwanted paper we get is to use the service, Catalogue Choice. Remember, reducing what we get is the most effective solution to land and water pollution. <https://www.catalogchoice.org/>



ASH WEDNESDAY SERVICE WITH HOLY EUCHARIST AND THE IMPOSITION OF ASHES

Wednesday, February 14 at 10:00 a.m. | Chapel

If you're unable to attend the service, the Rev. Alex Allain will be walking through the first floor and the various departments after the service and into the afternoon. He can make apartment visits to those who are unable to attend the service. Please contact Rev. Alex (ext. 7224 or tallain@goodwinliving.org) if you are interested in a visit to your apartment or staff work area.



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. We've missed you at Newcomers Gatherings! If you have suggestions for topics that appeal to you, email Carol Lewis at poplewis@hotmail.com or leave a note for her at the Front Desk, #811. On February 22, the Planning Group will schedule future meetings and we welcome your input.

February 13, 2024: Technology Committee & IT Device Clinic

The Technology Committee directs requests for technology equipment and service needs directly to the Executive Director and the Resident Council. It holds monthly meetings open to all residents. The IT Resident Volunteer team (the Bistro Bunch) offers IT Device Clinics twice a week in the Bistro and makes house calls. Volunteers present classes on tech topics requested by residents. Barb Molino hosts committee co-chairs Carol Biondolillo and Wren Gurney.

February 20, 2024: Communications

GHBC communicates in many ways: West Winds, The Scoop, DEI Friday Thoughts, the big screens, and email blasts! Carol Lewis hosts Steffan Barahona, Alison Neov, Jeanne Hobbs, and Catie Ramos, all of whom provide us with the news we need (and is ultimately posted on the resident website.)

INSIDE THE ART CENTER

The Art Center has many supplies available for you to use at any time for your creative projects and if you have any questions, just ask Sarah! All art classes and events will have materials and tools provided and will take place in the Art Center with Sarah, unless otherwise noted. Sign-up sheets will be available at the entrance of the Art Center every Monday at 9 a.m., as needed.

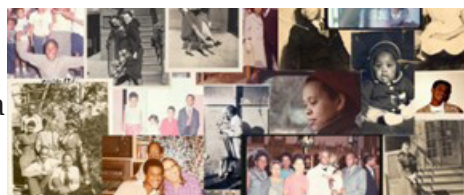
MONDAY, FEBRUARY 12

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



Art Documentary Film - The first documentary to explore the role of photography in shaping the identity, aspirations, and social emergence of African Americans from slavery to the present, the award-winning film *Through a Lens Darkly: Black Photographers and the Emergence of a People* probes the recesses of American history through images that have been suppressed, forgotten, and lost.

Inspired by Deborah Willis's book *Reflections in Black*, the film features the works of Carrie Mae Weems, Lorna Simpson, Hank Willis Thomas, Coco Fusco, and many others. Directed by Thomas Allen Harris. Total run time: 90 minutes. Discussion to follow. (Media Room)



3:00 p.m. - 4:00 p.m.



Photography Club - This is an opportunity to appreciate and learn more about the art of photography as well as to discuss photographic techniques. There will be an optional assignment and opportunity to share your photos at future club meetings.

TUESDAY, FEBRUARY 13

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 a decorated vase 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, 8 participants)

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



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

WEDNESDAY, FEBRUARY 14

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



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: Celebrate Valentine's Day creating artwork inspired by Lovers' Eyes, miniature paintings of a loved one that were popular to wear as jewelry in the 1700s. All skill levels welcome - no previous experience or drawing skills required. (Sign up, 12 participants)



THURSDAY, FEBRUARY 15

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

Clay Club - Working with clay is a great way to relax while making fun and functional art for yourself and others. Join fellow residents that have an interest in clay and want to work more independently in the studio. This is an opportunity for all levels – from the beginner to the experienced – to discuss your ideas for ceramics projects and hone your technical skills with support and guidance from Sarah. All clay, glazes, tools, and firing provided. Drop-ins welcome.

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, FEBRUARY 16

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



Flower Arrangers at Work - The Art Center is occupied.

2:30 a.m. - 3:30 a.m.

Arts Committee Meeting - Join Arts Committee Chair Jan Pomerantz and fellow residents to discuss GHBC's arts programming, events, and trips. All are welcome in the Art Center!



FITNESS ANNOUNCEMENT - RESIDENT COMMUNITY MEETING

Monday, February 12 at 10:00 a.m. | Auditorium

The Resident Community Meeting will focus on fitness and heart health.

MONDAY, FEBRUARY 12

- 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, Auditorium

TUESDAY, FEBRUARY 13

- 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, FEBRUARY 14

- 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, FEBRUARY 15

- 8:15 a.m. Stretch and Flex, Auditorium
- 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
- 11:30 a.m. Chair Fit, Auditorium
- 2:00 p.m. Wii Bowling, Aerobics Room

FRIDAY, FEBRUARY 16

- 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, FEBRUARY 17

- 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

Contact to Luke Logan at llogan@goodwinliving.org.

Massage Therapy Available:

60 minutes - \$90
30 minutes - \$55

Contact Madison Roach at 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.

ASSISTED LIVING PROGRAMS

MONDAY, FEBRUARY 12

- 10:30 Intergenerational Program: St. Stephen's & St. Agnes School Valentine Delivery & Story Time, Crossroads Area
- 3:00 Encore Learning: A Wartime Love Story, Community Room

TUESDAY, FEBRUARY 13

- 10:30 The Art of Love: Art Discussion w/ Jan, Community Room
- 2:00 Spiritual Discussion Group w/ Rev. Alex, Community Room
- 3:00 Mardi Gras Celebration, Rotunda

WEDNESDAY, FEBRUARY 14

- 10:30 Gardening Group w/ ElderGrow & Vy, Community Room
- 2:00 Bingo w/ Care Partners & JoAnn, Crossroads Area
- 3:00 Healthy Hearts and Sweet Day w/ Vy & Ali, Crossroads Area
- 3:30 Ash Wednesday Blessing w/ Rev. Alex, Crossroads Area

THURSDAY, FEBRUARY 15

- 10:30 Chair Fitness w/ Vy, Community Room
- 11:00 Dining Committee Meeting, Community Room
- 12:00 Lunch Group w/ Justin, Jefferson Dining Room
- 2:00 Valentine's SINGO w/ Sam, Crossroads Area
- 2:45 Pet Visit w/ Frankie, Crossroads Area
- 5:30 Evening Love Songs w/ The Tate Family, Crossroads Area

FRIDAY, FEBRUARY 16

- 10:30 Service Project For AFAC w/ Michelle, Community Room
- 3:00 Afternoon Trivia w/ Tiffany, Community Room
- 3:30 Stretch & Refresh w/ Luke, Community Room
- 4:00 Hot Apple Cider Social, Crossroads

SATURDAY, FEBRUARY 17

- 10:00 Morning Chair Exercise w/ Aki, Community Room
- 10:30 Morning Virtual Travel w/ Rick Steves, Community Room
- 3:00 Piano Music w/ Heather, Crossroads Area
- 7:15 Evening Movie, Auditorium

SUNDAY, FEBRUARY 18

- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV Channel 1960
- 1:45 Chair Exercise w/ Mar_T (Community Room)
- 2:30 Puzzles & Word Station, Community Room
- Afternoon Spiritual 1:1 Visits w/ Rev. Alex
- 3:00 Piano Music w/ Luke, Crossroads Area
- 7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS

MONDAY, FEBRUARY 12

- 9:30 Monday Morning News
- 10:30 SSSA Children Story Time & Valentine's Delivery
- 2:00 Puzzles & Games w/ Aki
- 2:00 1:1 TR Visits w/ Michelle
- 2:00 Obie Time w/ Vilma
- 3:00 Bingo w/ Vilma, Aki & Friends

TUESDAY, FEBRUARY 13

- 9:30 Daily Digest
- 10:30 Sit & Get Fit w/ Aki
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:00 Social Club w/ Michelle
- 2:00 Travelogue: Ethiopia w/ Aki
- 3:00 Mardi Gras Celebration w/ Vilma & Aki, Rotunda

WEDNESDAY, FEBRUARY 14

- 9:30 Today's Headlines
- 10:00 Equine Assisted Learning Outing
- 10:30 Seated Fitness w/ Luke
- 11:00 Word in a Word "Valentine" w/ Aki
- 2:00 Ash Wednesday Visits w/ The Rev. Alex
- 3:00 Valentine's Day Social w/ Vilma & Aki

THURSDAY, FEBRUARY 15

- 9:30 Table Talk
- 10:30 Techno Feat w/ Vilma
- 11:00 Resident Council w/ Megan
- 2:00 Resident Choice w/ Aki
- 2:30 Creative Art w/ Sarah
- 2:30 1:1 Pet Visits w/ Frankie
- 4:00 Piano Tunes w/ Dr. Wilmot
- 5:00 Dinner at the Bistro w/ Vilma & Aki

FRIDAY, FEBRUARY 16

- 9:30 Morning Newsletter
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Black History Highlight: Brudget's Story
- 3:30 Hot Apple Cider Social w/ Vilma & Aki

SATURDAY, FEBRUARY 17

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Saturday Stretches w/ Mar_T
- 4:00 Piano Music w/ Heather in the Community Room

SUNDAY, FEBRUARY 18

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

WEEKLY CALENDAR

MONDAY, FEBRUARY 12

- 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. Art & Music Meditation, Art Center
10:00 a.m. Patties Pretties Vendor, Atrium
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
11:00 a.m. Resident Council Survey Table, Rotunda
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 Documentary Film, Media Room
1:00 p.m. StrongerMemory, Board Room
2:00 p.m. Hot Apple Cider, Bistro
2:00 p.m. Mat Yoga, Auditorium
2:00 p.m. Rummikub, Card Room
3:00 p.m. Photography Club, Art Center
3:30 p.m. Bible Study, ToW
4:00 p.m. Resident Council Survey Table, Rotunda
4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
4:15 p.m. Silver Panther Huddle, Board Rm
7:45 p.m. Mexican Dominoes, Game Room

TUESDAY, FEBRUARY 13

- 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. Resident Council Survey Table, Rotunda
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 (Sign up), Art Center
1:00 p.m. Rosary Group, Smith Study
1:00 p.m. Fitness Committee Meeting, Formal Parlor
1:30 p.m. Knit for Kids, Art Center
2:00 p.m. Hot Apple Cider, Bistro
2:00 p.m. Power Braining, Aerobics Room
3:00 p.m. Bailey's Birders, Board Room
3:00 p.m. Mardi Gras Celebration, Rotunda
4:00 p.m. Newcomers, Auditorium
4:00 p.m. Resident Council Survey Table, Rotunda

WEDNESDAY, FEBRUARY 14

- 8:45 a.m. Total Body Standing, Aerobics Room
9:30 a.m. Total Body Seated, Aerobics Room
10:00 a.m. Ash Wednesday Service with Holy Eucharist and Imposition of Ashes, Chapel
10:30 a.m. Power Braining, Aerobics Room
10:30 a.m. Seated Fitness, Ch. 1960
11:00 a.m. Annual Giving Day, Rotunda
11:00 a.m. Meditation, Ch. 1960

11:00 a.m. Resident Council Survey Table, Rotunda
 11:15 a.m. Contemplative Worship (Quaker), Smith Study
 11:30 a.m. Chair Yoga, Ch. 1960
 2:00 p.m. Gentle Chair Yoga, Aerobics Rm
 2:00 p.m. Hot Apple Cider, Bistro
 2:00 p.m. Informal Open Bridge, Card Rm
 2:00 p.m. Painting and Drawing, Art Center
 2:00 p.m. Vision Informational Group, Group Room in the Pointe
 2:30 p.m. Valentines Day Social, Art Gallery
 3:00 p.m. Finance Committee Meeting, Pointe Conference Room
 3:00 p.m. Great Courses: Classics of American Literature, Media Room
 3:30
 3:30 p.m. French Conversation Group, Smith Study
 4:00 p.m. Resident Council Survey Table, Rotunda
 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, ToW

11:00 a.m. Functional Fit, Aerobics Room
 11:00 a.m. Muscle Relaxation, Ch. 1960
 11:00 a.m. Resident Council Survey Table, Rotunda
 11:30 a.m. Chair Fit, Auditorium
 12:00 p.m. *Ain't Too Proud: Life and Times of the Temptations* (Kennedy Center Opera House), Board at Main Entrance
 12:30 p.m. WhatNot Shop, Sales
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Hot Apple Cider, Bistro
 2:00 p.m. Third Thursday Movie Matinee: *Anatomy of a Fall*, Media Room
 2:00 p.m. Wii Bowling, Aerobics Room
 3:00 p.m. Great Decisions: *Science Across Borders*, Auditorium
 3:00 p.m. Woodcarving, Art Center
 4:00 p.m. Meditation Group, Smith Study
 4:00 p.m. Resident Council Survey Table, Rotunda
 7:00 p.m. Poker Night, Game Room

FRIDAY, FEBRUARY 16

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 Concert, Media Room
 1:00 p.m. Encore Chorale, Formal Parlor
 1:00 p.m. Mah Jongg, Card Room
 2:00 p.m. Hot Apple Cider, Bistro
 2:00 p.m. Jeopardy, Board Room
 2:30 p.m. Arts Committee Meeting, Art Center
 2:30 p.m. Mat Yoga, Aerobics Room
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

THURSDAY, FEBRUARY 15

8:15 a.m. Stretch and Flex, Auditorium
 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
 9:30 a.m. Dining Services Committee Meeting, Board Room
 10:00 a.m. Clay Club, Art Center
 10:00 a.m. Pilates, Aerobics 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. Seated Fitness, Ch. 1960

SATURDAY, FEBRUARY 17

- 9:00 a.m. Total Body Video, Aerobics Room
- 10:00 a.m. Total Body Video, Aerobics Room
- 11:00 a.m. Spanish Speaker Group, Bistro
- 12:00 p.m. Saturday Cinema Matinee:
Silent Film Special: Mary Pickford, Board Room
- 1:30 p.m. Chinese Mah Jongg, Card Room
- 2:00 p.m. Open Bridge, Top of the West
- 3:00 p.m. Saturday Night Movie:
Invisible Beauty

SUNDAY, FEBRUARY 18

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:30 a.m. Holy Eucharist Service, Chapel and Channel 1960
- 11:15 a.m. UU Service, 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