WEST WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041
www.ghbcresidents.org

Volume 36, Number 13 ✦ March 25, 2024

UPCOMING MEETINGS

Green Team
Monday, March 25 at 11:00 a.m. | Board Room

Marketing Committee
Tuesday, March 26 at 3:00 p.m. | Board Room

Town Hall
Thursday, March 28 at 2:00 p.m. | Auditorium

TIME OR LOCATION CHANGE

Great Decisions
Thursday, March 28 at 7:30 p.m. | Auditorium - Canceled

Jeopardy
Friday, March 29 at 1:00 p.m. | Board Room - Canceled in Observance of Good Friday

COVID CASES

Independent Living (IL): 0
Assisted Living (AL): 0
Health Care Center (HCC): 0
Team Members: 0

WELLNESS ICON KEY:

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

Goodwin House
Bailey's Crossroads

BIBLE STUDY

Monday, March 25 at 3:30 p.m. | Top of the West
Discussion will begin with Romans 3:21.

GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, March 27 at 3:00 p.m. | Media Room

- Episodes 15: Hawthorne's "A" - Interpretation and Semiosis
- Episode 16: The Scarlet Letter - Political Tract or Psychological Study?

DEATH CAFE WITH MICROPHONES

Thursday, March 28, 11:00 a.m. to 12:30 p.m. | Top of the West

If you want to be part of an informal but confidential group conversation about death, please join us. As always with Death Cafe, there is no agenda, no lecturing; topics will be determined by the interests of those attending--and no aspect of death or dying is off-limits. There will be table microphones; all the same, if you need hearing aids, please wear them. Also please bring your own coffee/tea. We'll serve cookies or cake. (The next Death Cafe will be on Sunday, April 7--no microphones.)

THE ARIOSO CHORALE AND ORCHESTRA

Thursday, April 11 | Board the Bus at 6:45 p.m. at Main Entrance

The Arioso Chorale and Orchestra will perform a concert of French music including Poulenc's *Gloria,* Faure's *La Naissance de Venus, and* Boulanger's *Vieille priere bouddhique* at the Lutheran Church of the Reformation on Capitol Hill. Please sign up in the Resident Business Center starting Monday, April 1 at 9:00 a.m. for the bus. (The concert will also be presented on Saturday, April 13, but with no bus.) Donation requested. Questions? Ask Jane Roningen, ext. 3109.

"IN TUNE" WITH WELLNESS: THE THERAPEUTIC BENEFITS OF MUSIC FOR OLDER ADULTS!

Thursday, March 28 at 2:00 p.m. | Auditorium

Goodwin Living Foundation

Music therapy offers a holistic approach to supporting the health and well-being of older adults, addressing their physical, emotional, cognitive, and social needs through the transformative power of music. Did you know? At GHBC, there are:

- 25 - Music therapy groups per month throughout Assisted Living, Memory Care, and Health Care centers
- 45 - Average number of residents that receive music therapy services every week either in group or individual settings
- 18 - Average number of residents in The Terrace and Independent Living from GHBC that are a part of Melody Makers program

Attend Town Hall on Thursday, March 28 for a live presentation of two new fascinating types of music therapy technology that are now available to residents and family members. The generous donors to the Goodwin Living Foundation provide for the music therapy positions at GHA and GHBC that provide individualized music therapy to older adults at our GL campuses.
--The Foundation Team

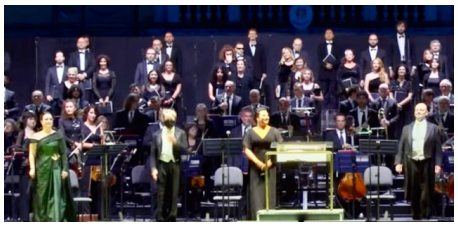
GOODWIN HOUSE BAILEY'S CROSSROADS VIGIL FOR GUN VIOLENCE VICTIMS

Tuesday, April 16, 2024

GHBC invites residents, team members, and guests to a Vigil for Peace. April 16 is the anniversary of the 2007 Virginia Tech massacre. On that day the Chapel will be open from 10:00 a.m. until 4:00 p.m. to anyone who would like to pray, meditate, or reflect on those who have suffered from gun violence. At 12:30 p.m., Reverend Alex Allain will conduct a brief prayer service. To contribute a short prayer, poem, or remembrance to honor those affected by gun violence, please send it to Jeff Robbins at jrobbins25v@gmail.com by March 31. A pamphlet will be assembled to share at the vigil.

AFTERNOON CONCERT

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



Friday, March 29: *Requiem - Giuseppe Verdi*

Verdi's *Requiem* is one of the most dramatic, and undoubtedly the most operatic, of its type ever composed. In 1873, Verdi was moved to write his *Requiem* by the death of Alessandro Manzoni, a leading Italian author. The *Requiem* was first performed in the church of San Marco in Milan on May 22, 1874. Verdi himself conducted. Sung in Italian with English subtitles. Running time: 1 hour, 30 minutes.

MORE HAPPENINGS

SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: MABEL NORMAND

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

Beginning her career in modeling as a “Gibson Girl,” Normand became a leading performer in film without a background in vaudeville or theater, which was unusual at the time. She was one of the first actresses to be named in her film titles, the first of many being *Mabel’s Lovers* in 1912. Normand, who commonly portrayed empowered women, also performed many of her own stunts, from daring horseback riding to being dragged through the mud clinging to rope.

SATURDAY NIGHT MOVIE - *BOYS IN THE BOAT*

Saturday, March 30 at 7:15 p.m. | Auditorium

During the height of the Great Depression, members of the rowing team at the University of Washington were thrust into the spotlight as they competed for gold at the 1936 Olympics in Berlin.
PG-13, 2023, Sport/Drama, 2 hours, 4 minutes.
Starring: Callum Turner, Joel Edgerton, Jack Mulhern, and Hadley Robinson.

SAVE THE DATE

MINI-MUSICALS ON THE GO FEATURING THE MUSIC MAN

Thursday, April 4 at 7:00 p.m. | Auditorium

SHABBAT SERVICE

Saturday, April 6, at 9:30 a.m. | Chapel

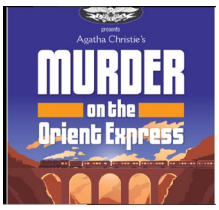
TRIPS NEWS, UPDATES, ANNOUNCEMENTS

CHERRY BLOSSOM TOURS

Monday, March 25 at 12:45 p.m. or Tuesday, March 26 at 12:45 p.m.

Don't miss your chance to view the Cherry Blossoms around the Tidal Basin and East Potomac Park! To see the blossoms, sign up for one of two trips in the Resident Business Center.

LITTLE THEATRE OF ALEXANDRIA: *MURDER ON THE ORIENT EXPRESS*



Saturday, April 13, 7:00 p.m.
"It’s 1934, just after midnight, and a snowstorm has stopped the opulent sleeper train in its tracks. A wealthy American is found dead and the brilliant Hercule Poirot must solve the mystery before the murderer strikes again." This plot-twisting masterpiece by Agatha Christie, adapted by Ken Ludwig, will take you on a thrilling, suspense-filled ride. Tickets are $24.00 plus transportation. Bus will depart at 7:00 p.m. and return around 11:00 p.m. Sign up starts on Monday, April 1 at 11:30 a.m. in the Resident Business Center. The trip leader is Jane Coughran, ext. 4750

TRIPS NEWS, UPDATES, ANNOUNCEMENTS

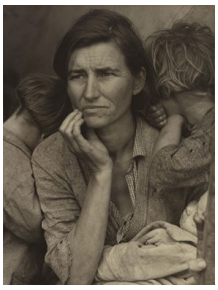
UPCOMING TRIPS: NATIONAL SYMPHONY MATINEE, FRIDAY MAY 3 BRUCKNER'S NINTH SYMPHONY AND BEETHOVEN'S ROMANCES

Friday, May 3, 2024 | Board at 10:15 a.m., Main Entrance | Depart Kennedy Center immediately after the concert ends at 1:00 p.m.

Acclaimed Music Director of the Pittsburgh Symphony Manfred Honeck quotes Bruckner's biographer Max Auer: "....one feels surrounded by the twilight of a Gothic cathedral - a mood that releases us from the heaviness and fatigue of matter and leads us to the after life." Maestro Honeck will perform this gripping unfinished symphony based on his 2020 recording which earned him several Grammy nominations. NSO Concertmaster Nurit Bar-Josef showcases her "especially beautiful playing., brimming with character" (*The Washington Post*) in Beethoven's rarely heard romances for violin and orchestra.

- Sign up: Monday, March 25, 11:30 a.m., Resident Business Center
- Deadline: Monday, April 1, 10:00 a.m. after which trip costs are nonrefundable.
- Cost: Transportation $20.00. Tickets: Orchestra prime $64.00, Tier 2 $26.25.
- Contact: Chris White, ext. 7587

ART TRIP TO "DOROTHEA LANGE: SEEING PEOPLE"



Wednesday, March 27 from 1:00 p.m. to 4:00 p.m. | Board from Main Entrance

Join this opportunity to visit the National Gallery of Art to view the work of American photographer, Dorothea Lange. This exhibition explores Lange's prolific and groundbreaking career through the lens of her iconic portraits. Featuring over 100 photographs, the exhibit addresses her innovative approaches to picturing people, emphasizing her work on social issues including economic disparity, migration, poverty, and racism. There will be an opportunity to tour this exhibition with a museum docent. (Sign up on Monday, March 25 at 9:00 a.m. in the Art Center, limit 13 participants, $20.00 fee, bus boards at 1:00 p.m.)

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

CALLING KNITTERS AND CROCHETERS

The Community Service Committee has recently taken on a new project to knit, crochet and quilt small blankets for Preemies. We are also knitting and crocheting very tiny hats. After a request from a second-floor resident to participate, we are looking for knitting buddies for second and third floor residents. If you think you might be interested, please contact Mar_T Ahrens at ext. 7489, mtahrens@verizon.net

TECHNOLOGY COMMITTEE BYTES OF THE WEEK

Watch for announcements for Computer Core monthly help sessions. The Computer CORE are good at one-on-one PC and Android/ iPhone issues. Volunteer Coordinator Steffan Barahona will post alerts for signing up for Computer CORE's assistance. There will be a Technology Committee meeting on Wednesday, April 3 with reports on Computer Core and discussions on web-based help desks and classes.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

RESIDENT GARDENER NEEDED

There is a sunny spot in the Knoll Garden that is looking for a caretaker. This is the oldest of our resident gardens, the most prominent, and the most visited. The spot up for adoption already has many fine native plants but like any garden needs care and culling. Please contact Sally Recinos at Salrecinos8@gmail.com or ext. 7452 in order to claim this rare opportunity.

REHAB CORNER PRESENTS: GAITBETTER

Dr. Craig Hillman is speaking at the next Town Hall meeting on March 28, 2024. In this insightful presentation, he will discuss how university researchers around the world have found that struggles with mobility and increased likelihood of falling are due to a decline in cognition, specifically executive function. This 'mental' aspect of walking is often overlooked and greatly limits the benefit of standard interventions, like medication management. The latest technology at GHBC, GaitBetter, uses best practices in neuroplasticity to reverse decline in executive function and help our residents stay sharp and mobile throughout their golden years!

PLAY READING GROUP

The Play Reading Group will be reading ***Rounding Third,*** by Richard Dresser on April 3 and 10. This contemporary play explores the tumultuous journey of two Little League coaches through an entire season, from their first tentative meeting to the climactic championship game. It's a very entertaining play. Do join us!

- Act I, Wednesday, April 3, 3:30 p.m. in the Board Room
- Act ll, Wednesday, April 10, 3:30 p.m. in the Pointe Conference Room

NEWCOMERS ET AL.

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.

March 26, 2024: Spiritual Interest Groups

Among the many groups and activities that have been formed to meet the varied interests of the GHBC community are those that address our spiritual needs. Join us for a presentation of the Bible, Meditation, Prayer, and Rosary groups, plus the Shabbat service, Unitarian Universalist service, and Quaker Contemplative Worship. Claudia Blake hosts.

April 2, 2024: Dining Services

Mar_T Ahrens, Dining Services Committee Chair, Robin Norman, Director of Dining. Services, and her team, discuss all that goes into providing meals in three venues at GHBC Hosted by Stefanie Reponen.

INSIDE THE ART CENTER

The Art Center is always open at GHBC! 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, MARCH 25

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. - 2:00 p.m.

Art Documentary Film - In honor of Women's History Month, there will be a screening of *Women Composers,* a documentary that highlights the historical and personal circumstances under which remarkable female musicians created their works in the 19th and early 20th centuries. When contemporary pianist Kyra Steckeweh realized that her repertoire almost exclusively consisted of music composed by men, she began searching for pieces written by female composers, particularly Mel Bonis, Lili Boulanger, and Fanny Mendelssohn-Hensel. Directed by Kyra Steckeweh and Tim van Beveren. Total Run Time: 53 minutes. Discussion to follow. (Media Room)

2:00 p.m. - 4:00 p.m.

Art Event for Assisted Living - Art Center occupied for special event

TUESDAY, MARCH 26

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

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

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

Just Lines! Neuro Art Workshop - Try your hand at abstract Neuro Art with resident Victoria Carns! Learn this technique of drawing freeform lines that has been proven to create positive changes in our senses. No experience needed. Supplies provided. (Sign up, 12 participants)

1:30 p.m. - 3:00 p.m.

Beginning Ceramics - Join experienced artist and educator Betty Bott in creating with clay using hand building skills of pinching, coiling, and slab work in combination with various surface design techniques. This will be the third session of a four-week class to develop your own series of functional ceramic bowls. Geared towards beginners, but open to all! (Sign up for 4 sessions total, 8 participants)

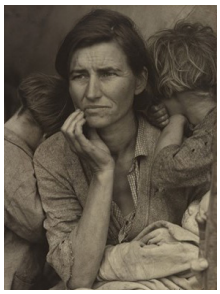
1:30 p.m. - 2:30 p.m.

Knit for Kids Group Meets - Contact Mary Lee Payton at ext. 7674.

INSIDE THE ART CENTER

WEDNESDAY, MARCH 27

1:00 p.m. - 4:00 p.m.



Art Trip to "Dorothea Lange: Seeing People" - Join this opportunity to visit the National Gallery of Art to view the work of American photographer, Dorothea Lange. This exhibition explores Lange's prolific and groundbreaking career through the lens of her iconic portraits. Featuring over 100 photographs, the exhibit addresses her innovative approaches to picturing people, emphasizing her work on social issues including economic disparity, migration, poverty, and racism. There will be an opportunity to tour this exhibition with a museum docent. (Sign up on Monday, March 25 at 9:00 a.m. in the Art Center, limit 13 participants, $20.00 fee, bus boards at 1:00 p.m.)

THURSDAY, MARCH 28

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

Mixed Media Exploration - Play with a variety of materials and artistic processes in this relaxed, supportive class with Sarah. We will have fun combining paper, paint, ink, images, cardboard, and more to create dynamic, thoughtful artwork. This week: Create assemblage sculptures with upcycled materials inspired by Louise Nevelson. (Sign up, 12 participants)

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

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

FRIDAY, MARCH 29

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

Flower Arrangers Group Meets - Contact Sarah Eastman at ext. 7218.

LET'S GET FIT TOGETHER

MONDAY, MARCH 25

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, Auditorium

TUESDAY, MARCH 26

8:15 a.m. Stretch and Flex, Auditorium
9:00 a.m. Functional Fit, Auditorium
9:00 a.m. Pickleball Practice, Pickleball Court
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, MARCH 27

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, MARCH 28

8:15 a.m. Stretch and Flex, Auditorium
9:00 a.m. Functional Fit, Auditorium
10:00 a.m. Pilates, Auditorium
10:00 a.m. Water Aerobics, Pool
11:00 a.m. Functional Fit, Aerobics Room
11:30 a.m. Chair Fit, Auditorium
2:00 p.m. Wii Bowling, Aerobics Room

FRIDAY, MARCH 29

8:45 a.m. Total Body Standing, Auditorium
9:30 a.m. Total Body Seated, Auditorium
10:30 a.m. Chair Yoga, Auditorium
2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, MARCH 30

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

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.

Personal Training Available

$43 per Session (30-minute session)

- Custom workout programs tailored to your specific needs/goals

Contact to Olga Cardoso, ocardoso@goodwinliving.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

ASSISTED LIVING PROGRAMS

MONDAY, MARCH 25
10:30 Monday Movement w/ Olga (Community Room)
11:00 Sing-a-Long w/ Anne and Friends (Crossroads Area)
2:00 Wine & Design Event in the Art Center

TUESDAY, MARCH 26
10:30 Assisted Living Resident Council Meeting (Community Room)
11:00 Morning Art Discussion w/ Sarah (Community Room)
12:00 Lunch w/ Justin (Jefferson Dining Room)
2:00 Spiritual Discussion Group w/ The Rev. Alex (Community Room)
2:45 Weekly Musician Spotlight w/ Sam (Community Room)

WEDNESDAY, MARCH 27
10:30 Wednesday World Travel w/ Elizabeth (Community Room)
11:00 Chair Chi Exercise w/ Vy (Community Room)
2:00 Bingo w/ Vy (Crossroads Area)
3:00 March's Birthday Celebration w/ Vy in the Crossroads Area

THURSDAY, MARCH 28
10:30 Chair Fitness w/ Vy (Community Room)
11:00 Piano Music w/ Alan (Crossroads Area)
2:00 Easter Egg Dye w/ Vy (Community Room
2:45 Pet Visit w/ Frankie (Crossroads Area)
3:00 Music Therapy w/ Sam: Songs of the Springtime (Crossroads Area)
6:00 Women's History Month Evening Matinee: Being Mary Tyler Moore (Community Room)

FRIDAY, MARCH 29
10:30 Service Project for AFAC w/ Vy (Community Room)
3:00 Afternoon Trivia w/ Tiffany (Community Room)
3:30 Stretch & Refresh w/ Vy (Community Room)

SATURDAY, MARCH 30
10:00 Chair Chi Exercise w/ Vy (Community Room)
2:00 Coffee & Chat w/ Steffan (Crossroads Area)
7:15 Evening Movie in the Auditorium

SUNDAY, MARCH 31
10:30 Sunday Service in the Chapel
11:00 Seated Exercise on TV CHANNEL 1960
1:45 Chair Exercise w/ MarT (Community Room)
2:30 Visit from the Easter Bunny w/ Snacks
3:00 Puzzles & Word Games Station in Community Room

Afternoon Spiritual 1:1 Visits w/ The Rev. Alex

7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS

MONDAY, MARCH 25
9:30 News with Your Neighbors
10:30 Move It! w/ Mary Katherine & Vilma
11:00 Maryland State Trivia w/ Aki
2:00 Trivia in the Atrium w/ Aki
3:15 SPA w/ Vilma & Aki

TUESDAY, MARCH 26
9:30 Table Talk
10:30 Sit & Be Fit w/ Vilma
11:00 Spiritual Devotions w/ The Rev. Alex
3:00 Making Crepes w/ Chef Nina
3:30 Bingo w/ Vilma, Aki & Friends
6:45 Symphony Sunset w/ Aki

WEDNESDAY, MARCH 27
9:30 Wednesday News
10:30 Seated Fitness w/ Vilma
11:00 History of the Cherry Tree w/ Aki
2:00 1:1 Outdoor Stroll w/ Vilma
2:00 Balloon Toss Challenge w/ Aki
3:30 Handbell Choir Performance w/ Sam

THURSDAY, MARCH 28
9:30 Sip & Social
10:30 Sit & Get Fit w/ Vilma
11:00 Word Pyramids w/ Aki
2:30 Scenic Bus Outing to View the Cherry Blossoms
2:30 Creative Art w/ Sarah
4:00 Piano Tunes w/ Dr. Wilmot

FRIDAY, MARCH 29
9:30 Daily Digest
10:30 Service Project for AFAC w/ Vilma
2:00 Puzzle Visits w/ Vilma
3:30 Art Therapy w/ Dejah
4:00 Music with the Tate Family

SATURDAY, MARCH 30
9:30 GHBC Happenings: West Winds Newsletter
11:00 Saturday Stretches w/ Mar_T
3:00 Easter Word Games w/ Vy

SUNDAY, MARCH 31
10:30 Holy Eucharist Service in the Chapel
11:00 Chair Exercise w/ Olga
11:00 Seated Exercise on TV CHANNEL 1960
1:15 Sunday Service w/ Rev. Alex
3:00 Sweet Treats from the Easter Bunny
7:00 Compline Service in the Chapel

WEEKLY CALENDAR

MONDAY, MARCH 25

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
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Green Team, Board Room
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 – Shopping Shuttle: Bradlee Shopping Center, Departs from Main Entrance Departs from Main Entrance
12:45 p.m.	Cherry Blossom Viewing Trip, Depart from Main Lobby
1:00 p.m.	Art Documentary Film, Media Room
1:00 p.m.	StrongerMemory, Board Room
2:00 p.m.	Mat Yoga, Auditorium
2:00 p.m.	Rummikub, Card Room
2:00 p.m.	Trivia, Atrium
3:30 p.m.	Bible Study, Top the West
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study
4:15 p.m.	Silver Panther Huddle, Board Rm
6:45 p.m.	Mexican Dominoes, Game Room

TUESDAY, MARCH 26

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.	Just Lines, 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
11:00 a.m.	Tai Chi, Auditorium
11:30 a.m.	Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
12:45 p.m.	Cherry Blossom Viewing Trip, Depart from Main Lobby
1:00 p.m.	Rosary Group, Smith Study
1:30 p.m.	Beginning Ceramics, Art Center
1:30 p.m.	Knit for Kids, Art Center
2:00 p.m.	Power Braining, Aerobics Room
3:00 p.m.	Marketing Committee Meeting, Board Room
4:00 p.m.	Newcomers, Auditorium

WEDNESDAY, MARCH 27

8:45 a.m.	Total Body Standing, Auditorium
9:30 a.m.	Total Body Seated, Aerobics Room
10:00 a.m.	Holy Communion Service with Healing Prayers and Anointing, Chapel
10:30 a.m.	Book Group, ToW
10:30 a.m.	Power Braining, Aerobics Room
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Meditation, Ch. 1960
11:15 a.m.	Contemplative Worship (Quaker), Smith Study
11:30 a.m.	Chair Yoga, Ch. 1960
1:00 p.m.	Art Trip, "Dorothea Lange: Seeing People," Board at Main Entrance
2:00 p.m.	Gentle Chair Yoga, Aerobics Rm

2:00 p.m.	Informal Open Bridge, Card Rm
3:00 p.m.	Great Courses: Classics of American Literature, Media Room
3:30 p.m.	French Conversation Group, Smith Study
4:00 p.m.	Prayer Group, Chapel
4:30 p.m.	Drinks & Trivia, Formal Parlor
4:30 p.m.	Line Dancing, Auditorium
7:00 p.m.	Bingo, ToW

THURSDAY, MARCH 28

8:15 a.m.	Stretch and Flex, Auditorium
9:00 a.m.	Functional Fit, Auditorium
9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Arlington Comm. Credit Union open, Crossroads Ground Level
10:00 a.m.	WhatNot Shop, Donations
10:00 a.m.	Mixed Media Exploration, Art Center
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.	Death Cafe w/ Microphones, ToW
11:00 a.m.	Muscle Relaxation, Ch. 1960
11:00 a.m.	Functional Fit, Aerobics Room
11:30 a.m.	Chair Fit, Auditorium
2:00 p.m.	Duplicate Bridge, Card Room
2:00 p.m.	The Therapeutic Benefits of Music for Older Adults, Auditorium
2:00 p.m.	Town Hall, Auditorum
2:00 p.m.	Wii Bowling, Aerobics Room
3:00 p.m.	Woodcarving, Art Center
5:00 p.m.	Loaves and Fishes Worship Service and Meal, Fireside
7:00 p.m.	Poker Night, Game Room

FRIDAY, MARCH 29

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, Auditorium
1:00 p.m.	Mah Jongg, Card Room
2:30 p.m.	Mat Yoga, Aerobics Room
3:00 p.m.	Good Friday Service, Chapel
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, MARCH 30

9:00 a.m.	Total Body Video, Aerobics Room
10:00 a.m.	Total Body Video, Aerobics Room
11:30 a.m.	Spanish Speaker Group, Bistro
12:00 p.m.	Saturday Cinema Matinee: Silent Film Special: Mabel Normand, Board Room
1:30 p.m.	Chinese Mah Jongg, Card Room
2:00 p.m.	Duplicate Bridge, Top of the West
7:15 p.m.	Saturday Night Movie: *Boys in the Boat*

SUNDAY, MARCH 31

9:30 a.m.	Chapel Coffee Hour, Formal Parlor
10:30 a.m.	Easter Service, Chapel
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