

# 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 36, Number 16 ✨ April 15, 2024

## UPCOMING MEETINGS

### Movie Committee

Monday, April 15 at 3:00 p.m. | Board Room

### Grounds Committee

Wednesday, April 17 at 1:30 p.m. | Board Room

### Dining Services Committee,

Thursday, April 18 at 9:30 a.m. | Board Room

### Arts Committee

Friday, April 19 at 2:30 p.m. | Art Center

## STRONGERMEMORY GROUP

Monday, April 15 from 1:00 p.m. to 1:45 p.m. | Board Room

Session Topic - Do you enjoy testing your knowledge with trivia? Well, get ready for some trivia and discuss the ways in which this cognitive activity can benefit your overall brain health!

The Brain Health Team is offering weekly StrongerMemory group sessions for residents interested in learning more about brain health and how to improve memory with the StrongerMemory program. Weekly sessions will focus on various brain health topics and act as an additional source of motivation as residents work on the StrongerMemory program independently. Contact Ellie Pettoni, Brain Health Coordinator, at [epettoni@goodwinliving.org](mailto:epettoni@goodwinliving.org) or 703-578-7431 with any questions.

## TIME OR LOCATION CHANGE

### Jeopardy

Friday, April 19 at 1:00 | Board Room - **Canceled**

### Great Courses

Wednesday, April 17 - **Canceled**

### Tai Chi

Tuesday, April 16 at 11:30 a.m. - **Time Change**

### Total Body Standing

Wednesday, April 17 at 8:30 a.m. - **Time Change**

### Total Body Seated

Wednesday, April 17 at 10:30 a.m. - **Time Change**

## COVID CASES

Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 1

## EID CELEBRATION

Monday, April 15, from 1:30 p.m. to 3:00 p.m. | Formal Parlor

Team members will wear their traditional Eid attire and will share their Eid experiences at 2:00 p.m. Eid al-Fitr or "Holiday of Breaking the Fast" is celebrated by Muslims worldwide to mark the end of Ramadan. Questions? Contact Catie Ramos at [CRamos@GoodwinLiving.org](mailto:CRamos@GoodwinLiving.org), ext. 7209.

## NOVA ALEXANDRIA UPCOMING CONCERTS

As we continue our collaboration with NOVA, residents are invited to attend two concerts by their Alexandria Campus music students and department. A sign-up sheet will be available in the Community Outings tab on Monday afternoon, April 15 in the Resident Business Center.

- April 26, 2024, in AFA at 7:00 p.m. Applied Instrumental Recital Alexandria's applied instrumental students will each perform selections that they have been perfecting during the semester.
- April 30, 2024, in Schlesinger at 7:30 p.m. Jazz Concert directed by Shannon Gunn. The NOVA Nighthawks, NOVA Jazz Combos, and special guests will perform in celebration of International Jazz Day. Question? Contact Kimerlyn Butler at [KButler@GoodwinLiving.org](mailto:KButler@GoodwinLiving.org)

## MORE HAPPENINGS

### BIBLE STUDY

Monday, April 15 at 3:30 p.m. | Top of the West  
Discussion will begin with Romans 4:1.



### EARTH DAY CELEBRATION

Monday, April 22

Earth Day is an annual event on Monday, April 22 to demonstrate support for environmental protection. At GHBC, we have a full day of fun ways to learn and celebrate the earth! Take a look at our Earth Day schedule and join us for the fun!



Earth Day schedule

- 10:00 a.m. Wilderness Walk (Lead by Jennifer Frum, Meet at Front Entrance)
- 2:00 p.m. Herb and Flower Planting with Tiffany & Elizabeth (Atrium patio)
- 3:00 p.m. Earth Day Documentary on Native Plants (Auditorium)

### RESIDENT WELLNESS LECTURE - SECOND LECTURE

Monday, April 22 at 2:00 p.m. | Goodwin House Alexandria's Auditorium

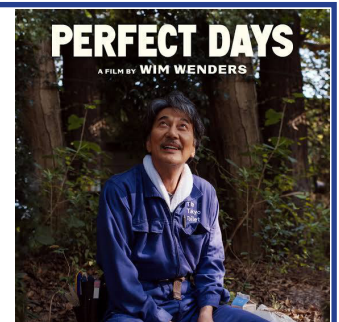
Join us for the second lecture in our Resident Wellness Series, which will focus on the communal dimension of wellness. The Chief Officer of Sustainability at Glenstone Museum of Modern Art, Paul Tukey, will be share valuable tips and information on sustainability. Interested in taking the shuttle to and from the event? **Sign up today, Friday, April 11** in the Resident Business Center, as seats are limited! A YouTube link will be available for those unable to make it in person. Our next Wellness Series will be at GHBC on May 15 at 2:00 p.m. and will discuss Emotional Wellness.



### THURSDAY MOVIE MATINEE - *PERFECT DAYS*

Thursday, April 18 at 2:00 p.m. | Media Room

Hirayama feels content with his life as a toilet cleaner in Tokyo. Outside of his structured routine, he cherishes music on cassette tapes, reads books and takes photos. Through unexpected encounters, he reflects on finding beauty in the world. A brief discussion will follow the film. Please note: this film is in Japanese with English subtitles.



Rated PG, 2023, Drama/Narrative, 2 hours, 5 minutes.  
Starring: Koji Yakusho, Aoi Yamada, and Min Tanaka

### AFTERNOON CONCERT

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

**Friday, April 19:** Giuseppe Verdi's - *Rigoletto*

The opera is based on a play by Victor Hugo ("The King Amuses Himself") and had a triumphant premiere at La Fenice in Venice on March, 11 1851.

This production is from the MET with an updated setting in Las Vegas. Sung in Italian with English subtitles. Running Time: 2 hours, 30 minutes.



## MORE HAPPENINGS

### SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: LAUREL AND HARDY

Saturday, April 20 from 12:00 p.m. to 1:30 p.m. | Board Room

Laurel and Hardy generally used visual humor, with slapstick for emphasis. They often had physical arguments, which were quite complex and involved cartoon violence. Their characters preclude them from making any real progress in even the simplest endeavors. Much of their comedy involves milking a joke, where a simple idea provides a basis from which to build several gags. Many of their films have extended sequences constructed around a single problem the pair is facing, without following a defined narrative.



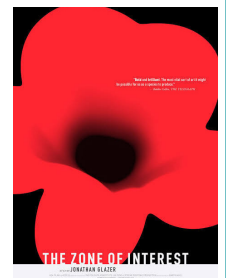
### SATURDAY NIGHT MOVIE - THE ZONE OF INTEREST

Saturday, April 20 at 7:15 p.m. | Auditorium

The commandant of Auschwitz, Rudolf Höss, and his wife, Hedwig, strive to build a dream life for their family in a house and garden next to the camp. A brief discussion will follow the film. Please note: this film is in German with English subtitles.

Rated PG-13, 2023, War/Crime 1 hour, 45 minutes

Starring: Rudolf Hoss, Sandra Huller, and Christian Friedel



## SAVE THE DATE

### FUNERALS, PLOTS, URNS, AND MORE: CONSIDERATIONS IN DECISION-MAKING

Sunday, April 28 2:00 p.m. to 3:30 p.m. | Auditorium

## TRIPS NEWS, UPDATES, ANNOUNCEMENTS

### SAVE THE DATE: NATIONAL SYMPHONY MATINEE, FRIDAY, MAY 31 SONGS OF THE NIGHT: NOSEDA CONDUCTS MAHLER'S SEVENTH SYMPHONY

Sign up will start Monday, April 22 at 11:30 a.m. and ends Monday, April 29 10:00 a.m. for Mahler's Seventh Symphony. Details will be in the next *West Winds*. Contact Chris White ext. 7587.

### REMINDER: LITTLE THEATRE OF ALEXANDRIA: MURDER ON THE ORIENT EXPRESS

Saturday, April 13 at 8:00 p.m. | Board the bus at 6:45 p.m. at the Main Entrance

We have a large Wait List, so please contact Grace Schmitt ext. 7628 if you need to cancel.

## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### THE BEAUTY SHOP CLOSED

The Beauty Shop will be closed Tuesday, April 16 from 3:00 p.m. to 5:00 p.m. and Wednesday, April 17 from 2:00 p.m. to 5:00 p.m.

## ARLINGTON PUBLIC LIBRARY SPRING BOOK SALE

Dear Friends of the GHBC "Little Library," Your welcomed contributions of adult and children's books to our "Little Library" are just keeping pace with the demand for books from our neighbors along S. Jefferson Street. Our reserve of donated books has been depleted, so we trust your steady supply will be sustained. We have an opportunity to build up our book reserves by purchasing used books at the Arlington Public Library Spring Book Sale: Friday, April 19 to Sunday, April 21, 2024, from 10 a.m. to 5 p.m., Each day The Friends of the Arlington Public Library (FOAL) book sale will be held in the garage of the Central Library located at 1015 N. Quincy Street, Arlington, VA 22207. On Sunday, books are 50% OFF! Cash, checks, and credit cards will be accepted. Park in the outdoor lots surrounding the library, and bring your own bags or boxes. Drop off books in the Art Room, or call Bob Simpson (571-249-6401) for pick-up from your apartment or from your car. Thank you for your generosity, from our many young and older neighbors.



## VOLUNTEERING AT GHBC

If you are interested in volunteering on Assisted Living, Healthcare Center, or the Terrace, please reach out to Steffan Barahona Volunteer and Communication Coordinator at [SBarahona@GoodwinLiving.org](mailto:SBarahona@GoodwinLiving.org) (ext. 7671) to learn more!

## COVID VACCINE CLINIC ON APRIL 23 AND 24

We will have a COVID Vaccine Clinic on Tuesday, April 23 and Wednesday, April 24 in the Auditorium. We will put a slip in your mailbox with your assigned time by the end of the day on Friday, April 19. If you do not want this vaccine or have already received your second dose of the updated 2023–2024 formula, please e-mail [GHBCVax@goodwinliving.org](mailto:GHBCVax@goodwinliving.org) or call Shelby Garlick at ext. 7271, so we can remove you from the list.

## THE NEW DOMINION CHORALE SEASON CLOSER

Sunday, April 28, 2024 at 4:00 p.m.

The featured work will be the *Requiem Mass* by Gabriel Fauré in celebration of the centennial of his death. Other works sung by the 120-voice chorus will be Purcells' *Sing unto the Lord* and Artistic Director, Tom Beveridge's *Stabat Mater*. A chamber orchestra and organ will accompany the chorus. Sign up for the bus in the Resident Business Center on Monday, April 15 and prior to Friday noon, April 22. You may buy your tickets at the church or Online for the senior price of \$35.00 (<https://www.newdominion.org/event-5371801>) Questions? Contact Jane Roningen at [jane.roningen@gmail.com](mailto:jane.roningen@gmail.com).

## WOW, DOUBLE PRIZES IN BINGO

Every Wednesday at 7:00 p.m. | Top of the West

Come to Bingo this Wednesday, April 17, to win great prizes. The winner of each of the first 10 games wins two new \$2 bills. The winner of the last game, which is a cover all numbers game, receives \$10. Everyone can play. We play for about an hour. Cards and cover chips are provided. Cost is \$2 for your first card and \$1 for each additional cards (no limit). BINGO is played every Wednesday at 7:00 p.m. in the Top of the West. No reservation needed. More information from Otto Reinbacher, ext. 3111.

**GOODWIN LIVING FOUNDATION**



Goodwin Living  
Foundation

At the recent Town Hall, our talented music therapists, Samantha Tedrow and Abigail Hanlon discussed their work and featured the Crdl, the care instrument designed to create impactful connections between people. Some residents asked about the cost of the Crdl. With shipping, our costs were approximately \$8,000 and the Foundation budgeted this amount when we were looking at priorities for this year. The first instrument was funded from a bequest that was restricted for the GHBC Terrace; the second instrument was paid for from a restricted fund designated for the GHA healthcare center. Currently, the instruments are used only in our assisted living, healthcare, and memory support areas. The majority of the funding for music therapy goes to support the salaries of our two music therapists and that remains the priority for now, though we aim to add additional instruments and programming as need and funding allows. If you have any questions about supporting music therapy, please contact Valerie Burke at [vburke@goodwinliving.org](mailto:vburke@goodwinliving.org) or 703-824-1345.

**CLINICAL PASTORAL EDUCATION (CPE) GRADUATION**

Friday, April 19 at 2:00 p.m. | Goodwin House Bailey’s Crossroads (GHBC) Chapel

Join us in the 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 Fairfax, and Loudoun hospitals. 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/88070806390?pwd=vNmqMksfLZQTkFBIjda4qHX38iar66.1>

**NEWCOMERS ET AL.**

**NEWCOMERS ET AL.**

Tuesdays at 4:00 p.m. | Auditorium

Newcomers Gatherings are weekly, in-person, and generally in the Auditorium. **The next two meetings will gather in the Formal Parlor.** Plan to attend as they will not be recorded. Questions? Contact Carol Lewis, [poplewis@hotmail.com](mailto:poplewis@hotmail.com).

**April 16, 2024: Brain Health, Stronger Memory, Power Braining - Formal Parlor**

Jessica Fredericksen, GHBC’s Director of Brain Health, Ellie Pettoni, Brain Health Coordinator, Andrea Bauman, resident Power Braining leader, and Olga Cardoso, Fitness Manager, discuss programs that provide opportunities to improve our brains as we age. Stefanie Reponen hosts.

**April 23, 2024: Rehab - Formal Parlor**

The Rehab Department, located on the first floor of the Health and Wellness Center, is staffed by licensed therapists and licensed assistants. Director Peach Querubin, LPTA, CDP, CLT, will talk about the staff of physical and occupational therapists and a speech pathologist who work with residents and how to initiate rehab. Debbie Massey hosts.

**NEW RESIDENT BIO - BETTY PLIONIS**

Betty Plionis moved from her home on the Chesapeake Bay of Virginia's Eastern Shore to the Crossroads, Apartment 935 on March 18, 2024.



Betty grew up in St. Paul, Minnesota, where she graduated from the College of St. Catherine with a bachelor's degree in sociology and psychology. She went on to earn a Masters of Social Work degree from the University of Minnesota. Upon graduation, she worked with people with intellectual impairments in St. Peter, Minnesota. She then moved to Baltimore, Maryland, where she worked with what was then known as the Baltimore Association of Retarded Citizens but is now known as The Arc Baltimore. She married Dimitri Plionis in 1972, and together they raised four children while each pursued careers. In 1973, Betty returned to school at the University of Maryland where she received her Doctorate in Social Work. For the next twenty years, she taught at the National Catholic School of Social Service at The Catholic University of America. She retired in 2005 as a tenured professor and assistant dean.

Betty moved to GHBC to be closer to her children and grandchildren as she continues to age. She is interested in exploring all activities offered here. She loves to travel (especially to Greece) and loves to read, write, attend lectures, meet new people, and learn.

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**NEW RESIDENT BIO - DIANE RIVINUS**

Diane Rivinus moved into Pointe apartment 771 on March 20.

Diane grew up in Roanoke, Virginia, and graduated from Jefferson High School there. She then graduated from William & Mary with a bachelors degree in Fine Arts History. At her mother's insistence she had also learned shorthand and typing. She used these skills when she traveled to New York to work at the Museum of Modern Art, first as a secretary and then as an assistant in various departments. She left there in 1965 and did some international traveling before returning to Roanoke and working at the main desk of the local library. After about



a year there, she came to Washington and began working in the Cultural Affairs department at the Department of State and then at USAID. While there she gained experience working in the new field of computers. She took these skills to a variety of departments in the federal government before retiring. Diane has always loved traveling and, from 1978 until Covid hit, was an active member of the Shillelaghs Travel Club, which provided opportunities to explore the world. She is happy to be settling in here at GHBC and is especially looking forward to attending concerts. She has already discovered the Mah Jongg group and will explore other activities here as well. She has been very impressed with the friendliness and helpfulness of both residents and staff here.

## 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 9:00 a.m., as needed.

### MONDAY, APRIL 15

 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 Film** - In honor of National Poetry Month, there will be a screening of *Dont Look Back*, a film about the musician, songwriter, and poet Bob Dylan. Dylan is captured on-screen as he never would be again in this groundbreaking documentary that finds him in England during his 1965 tour, which would be his last as an acoustic artist. Featuring some of Dylan's most famous songs, including "The Times They Are A-Changin'" and "It's All Over Now, Baby Blue," *Dont Look Back* is a radically conceived portrait of an American icon that has influenced decades of vérité behind-the-scenes documentaries. Directed by D. A. Pennebaker. Total Run Time: 96 minutes. Discussion to follow. (Media Room)



### TUESDAY, APRIL 16

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

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



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

**Beginning Ceramics** - Join experienced artist and educator Betty Bott in creating with clay using handbuilding skills of pinching, coiling, and slab work in combination with various surface design techniques. This will be the second session of a four-week class for participants who have already signed up to develop a series of pots and planters. (Sign up for the next class session will be available in May)

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

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

### WEDNESDAY, APRIL 17

**Drawing Skills** - Learn the principles of drawing central to every artist's and designer's creative practice. Sarah will help you hone your drawing skills and develop confidence with diverse materials and approaches to drawing. This week: Be inspired by the painter Pierre Bonnard, who created his artwork from memory rather than from life. All skill levels welcome - no previous art experience or drawing skills required.

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

Session 1 (Sign up, 12 participants)

11:30 a.m. - 12:30 a.m.

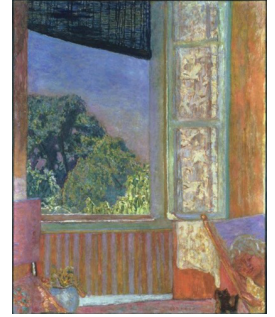
Session 2 (Sign up, 12 participants)

## INSIDE THE ART CENTER

### THURSDAY, APRIL 18

 10:30 a.m. - 2:30 p.m.

**Trip to view Bonnard's Worlds exhibition at The Phillips Collection** - Come see what the *Washington Post* has called “a marvelous, mind-altering exhibition” of Pierre Bonnard’s paintings on view at The Phillips Collection. Bonnard’s Worlds, the first major retrospective of Pierre Bonnard’s work at The Phillips Collection in 20 years, transports the visitor from the larger realms in which Bonnard lived—the landscapes of Paris, Normandy, and the South of France—to the most intimate interior spaces of his dwellings and his thoughts. This exhibit reunites some of Bonnard’s most celebrated works from museums across Europe and the United States, as well as many less-exhibited works drawn from private collections worldwide. There will be a private tour of this special exhibition with a museum educator.




- Departure: Shuttle bus boards at 10:30 a.m. at the Main Entrance
- Cost: \$49.00 (\$29.00 museum entrance and tour fee, \$20.00 transportation fee)
- Sign-up: Monday, April 15 at 9:00 a.m. in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, [shenninger@goodwinliving.org](mailto:shenninger@goodwinliving.org)

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, APRIL 19

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

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

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

**Arts Committee Meeting** - Join Arts Committee Chair Jan Pomerantz and fellow residents to discuss GHBC’s arts programming, events, and trips. All are welcome!





**MONDAY, APRIL 15**

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, APRIL 16**

8:15 a.m. Stretch and Flex, Aerobics Room  
 9:00 a.m. Functional Fit, Aerobics Room  
 9:00 a.m. Pickleball Practice, Pickleball Court  
 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. Tai Chi, Aerobics Room - **Time Change**  
 2:00 p.m. Power Braining, Aerobics Room

**WEDNESDAY, APRIL 17 - NOTE NEW TIMES**

8:30 a.m. Total Body Standing, Aerobics Room - **Time Change**  
 9:30 a.m. Total Body Standing, Aerobics Room  
 10:30 a.m. Total Body Seated, - Aerobics Room - **Time Change**  
 10:30 a.m. Power Braining, - Aerobics Room - **Canceled**  
 2:00 p.m. Gentle Chair Yoga, Aerobics Room  
 4:30 p.m. Line Dancing, Aerobics Room

**THURSDAY, APRIL 18**

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  
 11:30 a.m. Chair Fit - Aerobics Room  
 2:00 p.m. Wii Bowling, Aerobics Room

**FRIDAY, APRIL 19**

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, APRIL 20**

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 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, APRIL 15

- 10:30 Monday Movement w/ Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne and Friends (Crossroads Area)
- 12:00 Lunch w/ Taneisha (Jefferson Dining Room)
- 3:00 Encore Learning: Book Banning: How America's Libraries Are Countering Censorship (Community Room)

### TUESDAY, APRIL 16

- 10:30 Morning Art Discussion w/ Sarah (Community Room)
- 2:00 Spiritual Discussion Group w/ Rev. Alex (Community Room)
- 2:45 Weekly Musician Spotlight w/ Sam (Community Room)
- 6:00 Broadway Lecture Series w/ Sam (Community Room)

### WEDNESDAY, APRIL 17

- 10:30 Travel w/ Tony Tambasco: Baltic Sea Cruise (Community Room)
- 1:30 Springtime Matinee: Singing in the Rain (Community Room)
- 3:30 Farm Animal Mini Petting Zoo in the (Atrium)

### THURSDAY, APRIL 18

- 10:30 Gardening & Discussion w/ ElderGrow and Vy (Community Room)
- 2:00 SINGO w/ Sam (Crossroads Area)
- 3:00 Pet Visit w/ Frankie (Crossroads Area)
- 7:00 Spring Fling (Ticked residents Only-Auditorium)

### FRIDAY, APRIL 19

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:00 Dog Appreciation: Meet Chloe! (Crossroads Area)
- 2:30 Dog Appreciation: Meet Harper! (Crossroads Area)
- 3:00 Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 Stretch & Refresh w/ Olga (Community Room)

### SATURDAY, APRIL 20

- 10:00 Chair Chi Exercise w/ Cynthia (Community Room)
- 3:00 Piano Music w/ Heather (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

### SUNDAY, APRIL 21

- 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 Music Trivia & Lemonade w/ Sam (Crossroads Area)
- 3:00 Puzzles & Word Games Station in (Community Room)
- Afternoon Spiritual 1:1 Visits w/ Alex
- 7:00 Compline Service in the Chapel

## HEALTH CARE CENTER PROGRAMS

### MONDAY, APRIL 15

- 9:30 News with Your Neighbors
- 10:30 Reminiscing: "Hee-Haw" w/ Aki
- 11:00 Monday Mindset w/ Aki
- 2:00 Humor Month Matinée: The Parent Trap (1961)

### TUESDAY, APRIL 16

- 9:30 Table Talk
- 10:00 Resident Council w/ Megan
- 10:30 Joints in Motion w/ Aki
- 11:00 Spiritual Devotions w/ Rev. Alex
- 11:30 Spring Brunch in the Community Room
- 3:30 Bingo w/ Aki & Friends

### WEDNESDAY, APRIL 17

- 9:30 Wednesday News
- 10:00 Equine Assisted Learning Outing
- 10:30 Stretch It Out w/ Vilma
- 11:00 Positive Words w/ Vilma
- 2:00 Spring Fling in Auditorium w/ Vilma & Aki
- 3:30 Farm Animal Mini Petting Zoo in the Atrium

### THURSDAY, APRIL 18

- 9:30 Table Talk
- 10:30 Tech Feat w/ Vilma
- 11:00 Trivia on IN2L w/ Aki
- 2:30 1:1 Pet Visits w/ Frankie
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot
- 7:00 Spring Fling in the Auditorium w/ Aki

### FRIDAY, APRIL 19

- 9:30 Daily News Brief
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Chit-Chat w/ Aki
- 3:00 Dog Appreciation: Meet Harper!
- 3:30 Art Therapy w/ Dejah

### SATURDAY, APRIL 20

- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Saturday Stretches w/ Mar\_T
- 3:15 Art Discussion w/ Sarah
- 4:00 Piano Music w/ Heather

### SUNDAY, APRIL 21

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Sunday Stretches w/ Myra
- 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, APRIL 15

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. 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 – Harris Teeter at Barcroft Plaza, Departs from Main Entrance  
1:00 p.m. Art Film, Media Room  
1:00 p.m. Stronger Memory, Board Room  
1:30 p.m. Eid Celebration, Formal Parlor  
2:00 p.m. Mat Yoga, Auditorium  
2:00 p.m. Rummikub, Card Room  
2:00 p.m. Trivia, Atrium  
2:30 p.m. Smartphone Users Group, TOW  
3:00 p.m. Movie Committee Meeting, Board Room  
3:30 p.m. Bible Study, Top of 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, APRIL 16

8:15 a.m. Stretch and Flex, Aerobics Room  
9:00 a.m. Functional Fit, Aerobics Room  
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, Aerobics Room  
10:00 a.m. Standing Total Body Stretch, Ch. 1960  
10:00 a.m. Vigil for Peace, Chapel

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  
11:30 a.m. Tai Chi, Aerobics Room  
11:30 a.m. Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance  
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  
4:00 p.m. Newcomers, Formal Parlor

### WEDNESDAY, APRIL 17

8:30 a.m. Total Body Standing, Aerobics Room  
9:30 a.m. Total Body Seated, Aerobics Rm  
10:00 a.m. Drawing Skills, Art Center  
10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, Chapel  
10:30 a.m. Total Body Seated, 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  
11:30 a.m. Drawing Skills, Art Center  
1:30 p.m. Grounds Committee Meeting, Board Room  
2:00 p.m. Gentle Chair Yoga, Aerobics Rm  
2:00 p.m. Informal Open Bridge, Card Rm  
2:00 p.m. Spring Fling 2024, Auditorium  
3:30 p.m. French Conversation Group, Smith Study  
4:00 p.m. Prayer Group, Chapel  
4:30 p.m. Drinks & Trivia, Formal Parlor  
4:30 p.m. Line Dancing, Aerobics Room  
7:00 p.m. Bingo, ToW

## THURSDAY, APRIL 18

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  
9:30 a.m. Dining Services Committee, Board Room  
10:00 a.m. Standing Total Body Stretch, Ch. 1960  
10:00 a.m. Pilates, Aerobics Room  
10:00 a.m. Water Aerobics, Pool  
10:30 a.m. Art Trip to Phillips Collection, Board at Main Entrance  
10:30 a.m. Seated Fitness, Ch. 1960  
11:00 a.m. Learn How to Order Meals Online, Board Room  
11:00 a.m. Muscle Relaxation, Ch. 1960  
11:00 a.m. Functional Fitness, Aerobics Room  
11:30 a.m. Chair Fit, Aerobics Room  
12:30 p.m. WhatNot Shop, Sales  
1:00 p.m. Creative Writing, Formal Parlor  
2:00 p.m. Duplicate Bridge, Card Room  
2:00 p.m. Third Thursday Matinee, Media Room  
2:00 p.m. Wii Bowling, Aerobics Room  
3:00 p.m. Woodcarving, Art Center  
4:00 p.m. Meditation Group, Smith Study  
7:00 p.m. Poker Night, Game Room  
7:15 p.m. Spring Fling 2024, Auditorium

## FRIDAY, APRIL 19

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  
2:00 p.m. CPE Graduation, Chapel and Zoom  
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

## SATURDAY, APRIL 20

9:00 a.m. Total Body Video, Aerobics Room  
10:00 a.m. Croquet, Front Lawn  
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 Films Special: Laurel and Hardy, 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: The Zone of Interest

## SUNDAY, APRIL 21

9:30 a.m. Chapel Coffee Hour, Formal Parlor  
10:30 a.m. Holy Eucharist 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  
7:00 p.m. Complines, Chapel