

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 18 ✨ April 29, 2024

UPCOMING MEETINGS

Technology Committee

Wednesday, May 1 at 3:00 p.m. |

Top of the West

Resident Health Committee

Friday, May 3 at 10:00 a.m. |

Top of the West

TIME OR LOCATION CHANGE

Shabbat Services

Saturday, May 11 at 9:30 a.m. |

Chapel - [Date Change](#)

COVID CASES

Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

SING ALONG WITH ALAN FRAY

Monday, April 29 at 4:00 p.m. | Rotunda

Alan will be playing oldies and show tunes; lyrics will be provided for you to sing, hum, or just listen. Alan has been doing these programs here for the Assisted Living and Terrace for several years. Come and enjoy the fun!

STRONGERMEMORY GROUP

Mondays from 1:00 p.m. to 1:45 p.m. | Board Room

Led by Ellie Pettoni, Brain Health Coordinator

- April 29, 2024 – Session Topic: “Unlocking the Power of a Focused and Unfocused Brain”
- May 6, 2024 – Session Topic: “Nature's Brain Boost: Exploring the Link Between Natural Environments and Cognitive Wellness”

StrongerMemory Participant Quote: “Stronger Memory is an easy-to-use system for stimulating your thinking process. It has helped me to deal with temporary memory lapses and develop skills for retrieving thoughts from long ago.”

DERBY DAY CELEBRATION - RUN FOR THE ROSES

Saturday, May 4 at 2:30 p.m. | Auditorium

Join us as we celebrate the greatest two minutes in sports! With live music, delicious Kentucky-style food, and mint juleps. This is sure to be a fun afternoon! Wear your best hat and enter which horse you think will win the race!



WELLNESS ICON KEY:

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



Goodwin House
Bailey's Crossroads

CAREGIVER SUPPORT GROUP

Tuesdays from 10:00 a.m. to 11:00 a.m. | Formal Parlor



MORE HAPPENINGS

VENDOR SALE - "WITH YOU IN MIND" JOETTE DORSHEFF

Wednesday, May 1, 11:00 a.m. - 2:00 p.m. | Rotunda

Come see Joette's Spring Collection of handcrafted wreaths, floral arrangements, college and sports wreaths.



GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, May 1 at 3:00 p.m. | Media Room

- Episode 23: "Benito Cereno" - Theater of Power or Power of Theater?
- Episode: 24: Walt Whitman - The American Bard Appears



PLAY READING GROUP, MAY SCHEDULE

Wednesday, May 1 at 3:30 p.m. | Board Room

We'll be reading *The Flattering Word* by George Kelly, which was written in 1929. This is a one act classic comedy about a traveling actor who visits an old flame, now married to a stuffy minister. On Wednesday, May 15, at 3:30 p.m. in the Top of the West, we will be work shopping a new play that is in development.

AFTERNOON CONCERT

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

Friday, May 3: *La Bohème* - Puccini

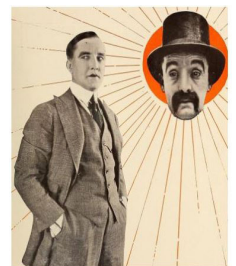
The story is set in Paris and shows the Bohemian lifestyle. The world premiere of *La Bohème* was in Turin on February 1, 1896, and conducted by the 28-year-old Arturo Toscanini. Since then, *La Bohème* has become part of the standard Italian opera repertory and is one of the most frequently performed operas worldwide. In today's video, Luciano Pavarotti is Rodolfo. Sung in Italian with English subtitles. Running Time: 2 hours.



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: SNUB POLLARD

Saturday, May 4 from 12:00 p.m. to 1:30 p.m. | Board Room

Pollard's small stature did not impede entering the motion picture industry, and he was keeping pace with the likes of Chaplin and Keaton who were also small in stature and had found a trademark look for their comedy persona. While the name Snub Pollard may not be well-known, he quietly kept working for over five decades, contributing a small yet significant part to the motion picture industry, and enduring in it far longer than most of his contemporaries.



DEATH CAFE

Sunday, May 5, from 2:00 p.m. to 3:30 p.m. | Formal Parlor

Join us for a lightly facilitated, confidential conversation about death. Topics raised by participants will guide the direction of the conversation--there is no agenda, no sales pitch, no expert. Guest facilitator for this month's Death Cafe will be Laura Lyster Mensch, the death doula in residence at Historic Congressional Cemetery; regular resident facilitators will also be on hand. We'll provide cookies, so bring your own coffee or tea. NOTE: No microphones at this session. Seating is limited.

MORE HAPPENINGS

SATURDAY NIGHT MOVIE - *THE MONK AND THE GUN*

Saturday, May 4 at 7:15 p.m. | Auditorium

An American travels to Bhutan in search of treasure and crosses paths with a young monk wandering the serene mountains and instructed by his teacher to make things right.

Rated PG-13, 2023, Drama, 1 hour, 47 minutes

Starring: Harry Einhorn, Tandin Wangchuk, Tandin Sonam, and Choeying Jatsho



SAVE THE DATE

EIGHTH AND FINAL SESSION OF THE SENIOR QUEST FOR MEANING SERIES ON THE EVOLUTION OF SYSTEMATIC RACISM: "WHITE NATIONALISM"

Monday, May 6, at 3:00 p.m. | Top of the West

"PAY WHAT YOU WISH" HOUSEPLANT SALE

Tuesday, May 7, from 3:00 p.m. to 4:00 p.m. | Front Lobby

SPRING GARDEN PARTY

Tuesday, May 7, 2024 from 3:00 p.m. and 4:00 p.m. | Front Lawn, Knoll Garden, and Main Lobby

BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE: FOREIGN POLICY AND NATIONAL SECURITY IN THE AGE OF AI

Thursday, May 9, 7:30 p.m. | Auditorium

SHABBAT SERVICES

Saturday, May 11 at 9:30 a.m. | Chapel

TRIPS NEWS, UPDATES, ANNOUNCEMENTS

SAVE THE DATE: UPCOMING ART TRIPS!

- Trip to view 'Irresistible: The Global Patterns of Ikat' exhibit at George Washington University Textile Museum - Tuesday, May 7, 1:00 p.m. to 4:00 p.m.
- Visit to Hillwood Museum & Gardens with docent tour - Thursday, May 16, 9:30 a.m. to 2:30 p.m.
- Trip to view 'Woven Histories: Textiles and Modern Abstraction' exhibit at National Gallery of Art, East Building - Thursday, June 6, 10:00 a.m. to 2:00 p.m.
- Visit to Smithsonian American Art Museum for the special exhibit 'Pattern and Paradox: The Quilts of Amish Women' - Thursday, June 13, 10:15 a.m. to 1:15 p.m.
- Daylong trip to Philadelphia Museum of Art for a tour of the 'Mary Cassatt at Work' exhibition - Thursday, June 27, 7:00 a.m. to 6:00 p.m.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

RESIDENT STORY GET PUBLISHED!

Barbara Morris' essay about widowhood was scheduled for publication--and remains available-- in the online edition of the Washington Post as of Saturday, April 20 (<https://www.washingtonpost.com/wellness/2024/04/20/widow-grief-elderly/>). Her essay on life in a retirement community is planned for online publication on Saturday, May 4.

REMINDER: BOOK TALK ABOUT ADOPTING A CHILD FROM CHINA

Wednesday, May 1 at 10:30 a.m. | Media Room

COMMUNITY SERVICE TEAM AT WORK

From the 2024 Resident Survey, one suggestion to make the Community Service Committee even better was "better publicity in West Winds." The Premie Project became a new initiative for the team in January 2024. Hand crafted hats and small blankets are donated to the Neonatal Intensive Care Unit at the Virginia Hospital Center. Pictured are two GHBC residents, Donna Cornman (left) and Elsa Edwards (right), who are among those who meet in the Art Center on Tuesdays at 1:30 p.m. to work on items for the Premie Project.



REPEAT REPEAT. DOUBLE PRIZES FOR BINGO

Wednesday, May 1 at 7:00 p.m. | Top Of The West

BINGO is pleased to announce another double prize night. Winners take home \$4 for each win and \$10 for the last game, cover all numbers. Everyone welcome! No reservations needed. Cards and Chips are provided. Cost of play is \$2 for your first card and \$1 for additional cards (no limit). COME AND WIN BIG MONEY!!

COVID VACCINE CLINIC RESCHEDULED

The COVID vaccination clinic scheduled for Wednesday, April 24 has been canceled. All COVID vaccines will be given on Tuesday, April 30 at your originally scheduled time. If you have any questions or scheduling conflicts, please contact Shelby Garlick at 703-578-7271 or at GHBCvax@GoodwinLiving.org.

A REMINDER FOR FOLKS PROPAGATING PLANTS FOR THE GROUNDS COMMITTEE'S

"Pay What You Wish" Houseplant Sale on Tuesday, May 7 from 3:00 p.m. to 4:00 p.m. If you are still re-potting plants, the Knoll Garden shed has potting soil and a large collection of pots of all sizes for you. On sale day, please bring your plants (with plant name and care instructions) to the lobby between 2:00 p.m. to 2:45 p.m., or contact Mädi Green (madigreen@yahoo.com or ext. 7496) ahead of time to schedule a volunteer to pick up your plant(s). We also welcome additional volunteers for the plant sale itself (setting up, helping customers, cleaning up).

BRAIN HEALTH FUN FACT FROM BRAIN HEALTH TEAM

The brain is about 2% of the body's weight.

THE BISHOP IS COMING & INTERFAITH CALENDAR FOR MAY

The former Suffragan Bishop of the Episcopal Diocese of Virginia, the Rt. Rev. Susan Goff, will preside at the 10:30 Eucharist service on the feast of Pentecost, May 19, in the Chapel. Bishop Goff will dedicate a banner commissioned by Sarah Eastman in memory of her late husband, the Rt. Rev. Ted Eastman, former Episcopal bishop of Maryland. Please join us for the service or the festive reception afterward.

Holidays in May:

May 1: Beltane - Wiccan

May 2: Ridván ends - Bahá'í

May 3: Good Friday - Eastern Orthodox

May 5: Easter - Eastern Orthodox

May 9: Feast of the Ascension - Christian

May 19: Pentecost - Christian

May 22: Declaration of the Bab - Bahá'í

May 23: Vesak - Buddhist

May 26: Trinity Sunday - Christian

May 29: Ascension of Bahá'u'lláh - Bahá'í

NEWCOMERS ET AL.

NEWCOMERS ET AL.

Tuesdays at 4:00 p.m. | Auditorium

Newcomers Gatherings are weekly, in-person, and usually in the Auditorium **unless otherwise noted**. Plan to attend as they will not be recorded. Questions? Contact Carol Lewis, poplewis@hotmail.com

April 30, 2024: The Arts Center and the Arts Committee - ART CENTER

Learn about the components of arts programming at GHBC, which enhances the creative lives of GHBC residents, team members, and visitors. Sarah Henninger, Art Coordinator, and Jan Pomerantz, Arts Committee Chair, share how to get involved with the visual arts, including shows in the Art Gallery, a wide array of classes (drawing, painting, and ceramics) and events (art films and movies about art movements and artists), in the Arts Center and with trips to local and regional museums and galleries. Margaret Kelley hosts.

May 7, 2024: Silver Panthers Huddle

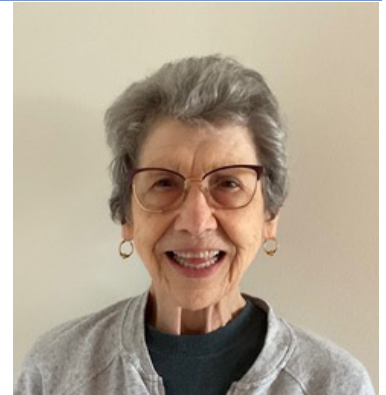
You've probably met a Silver Panther - committed residents who support progressive views through education, lobbying, and election work. Come see how the Silver Panthers started back in 2017. Hear how our current focus is on electing progressive candidates in the Virginia June 18 primary and in the Presidential election on November 5, 2024. We also continue to work on Gun Violence Prevention. Georgia Fuller and Jeff Robbins join host Carol Lewis.

NEW RESIDENT

NEW RESIDENT - JEAN DuRETTE

Jean DuRette moved into Pointe apartment 373 on April 16.


Jean grew up in Canby, Oregon. She earned a bachelor's degree in English and secondary education from the University of Oregon before beginning work with the State Department as an administrative assistant. She was sent for a brief stint in West Berlin and then spent two years in Kuwait, where she met her soon-to-be husband, who worked for the United Nations. She resigned her position and they married in the United States. He began working at the University of Kentucky and she completed a master's degree in social and philosophical studies of education and a PhD in education with minors in anthropology and economic development. They assumed raising his two minor children, taking them to Malaysia for a year and later to the Philippines, where she taught at the University of the Philippines until her husband's terminal illness. Once the children were raised, she moved to Quebec to study French. For the next 25 years, she worked in education, human resources, and program management with USAID in Africa and Southeast Asia. After retirement, she continued work as a USAID consultant. In her spare time, Jean played tennis two to three times a week, practiced yoga, and walked whenever possible. She loves to read and has been an active member of a book club. Here at GHBC, she plans to investigate the fitness programs and would like to renew her casual bridge skills.



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 29

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


Art Film - In honor of National Poetry Month, there will be a screening of *A Quiet Passion*, the highly-acclaimed biopic of American poet Emily Dickinson. The story, which is beautifully filmed and features quotations from Dickinson's poems, examines the poet's day-to-day life in the 19th century and her struggle to establish herself as a literary voice at a time when women were mostly silenced. This movie also reveals Dickinson's fierce determination to express herself on the page and the price she paid for her independence. She ended up as a lonely recluse whose well-crafted verbal repartee drove others away. Directed by Terence Davies. Total Run Time: 115 minutes. Discussion to follow. (Media Room)


TUESDAY, APRIL 30

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

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



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

 4:00 p.m. - 5:00 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 hand building skills of pinching, coiling, and slab work in combination with various surface design techniques. This will be the fourth class for participants that have already signed up to develop a series of pots and planters.

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


Newcomers Gathering: The Art Center and Arts Committee - Join host Margaret Kelley and fellow residents in the Art Center to learn about the many components of arts programming at GHBC, which enhances the creative spirit of our community. Sarah Henninger, Art Coordinator, and Jan Pomerantz, Arts Committee Chair, share how to get involved with the visual arts, including shows in the Art Gallery, a wide array of classes (drawing, painting, and ceramics) and events (art films, art historical documentary screenings, and visiting artist talks), and educational outings to art museums and galleries across the region. Come see what is available for you to explore in the Art Center, ask questions, share ideas, and discuss any and all creative pursuits!

INSIDE THE ART CENTER

WEDNESDAY, MAY 1

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: Draw a floral composition using pencil and ink to celebrate the arrival of Spring!

All skill levels welcome - no previous art experience or drawing skills required.

 1:00 p.m. - 2:00 p.m.
2:30 p.m. - 3:30 p.m.

Session 1 (Sign up, 12 participants)

Session 2 (Sign up, 12 participants)

THURSDAY, MAY 2

 10:00 a.m. - 2:00 p.m.



Trip to the Smithsonian Craft Show at the National Building Museum

- Featuring the work of leading contemporary artists from across the United States, the Smithsonian Craft Show is an excellent opportunity to experience the unrivaled quality and creativity of the best in American craft and design. Selected




by a panel of expert jurors, 120 artists will show and sell their work representing all facets of craft and design, including basketry, ceramics, decorative fiber, furniture, glass, jewelry, leather, metal, mixed-media, paper, wearable art, and wood. You will see well-known artists who are masters of their craft, as well as lesser-known emerging talent. Come and discover one-of-a-kind works of art! The Smithsonian Women's Committee produces this annual event and all proceeds from the show benefit Smithsonian programs and museums.

- Departure: Bus boards at 10:00 a.m., Main Entrance
- Cost: \$35.00 (\$15.00 entrance fee, \$20.00 transportation fee)
- Sign-up: Monday, April 29 at 9:00 a.m. in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, 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, MAY 3

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



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



MONDAY, APRIL 29

- 8:30 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 30

- 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
- 2:00 p.m. Power Braining, Aerobics Room

WEDNESDAY, MAY 1

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Total Body Seated, Auditorium
- 11:30 a.m. Power Braining, - Aerobics Room
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 4:30 p.m. Line Dancing, Auditorium

THURSDAY, MAY 2

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

FRIDAY, MAY 3

- 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, MAY 4

- 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 29

- 10:30 Monday Movement w/ Olga (Community Room)
- 11:00 Sing-a-Long w/ Anne and Friends (Crossroads Area)
- 12:00 Lunch w/ Mindy (Jefferson Dining Room)
- 2:00 Art Discussion w/ Jan (Community Room)

TUESDAY, APRIL 30

- 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)
- 6:30 Let's Play Jeopardy w/ Michelle (Crossroads Area)

WEDNESDAY, MAY 1

- 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 May Day- Discussion & Lemonade w/ Vy (Crossroads Area)

THURSDAY, MAY 2

- 10:30 Chair Fitness w/ Vy (Community Room)
- 11:00 May Word Game w/ Vy (Community Room)
- 2:00 Music Group w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 Afternoon Social w/ Vy (Crossroads Area)

FRIDAY, MAY 3

- 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, MAY 4

- 10:00 Chair Chi Exercise w/ Cynthia (Community Room)
- 2:30 Derby Day Celebration in the Auditorium w/ Vy
- 7:15 Evening Movie in the Auditorium

SUNDAY, MAY 5

- 10:00 Morning News & Discussion w/ Aki (Crossroads Area)
- 10:30 Sunday Service in the Chapel
- 1:45 Chair Exercise w/ Mar_T (Community Room)
- 2:30 Piano Tunes w/ Timothy (Crossroads Area)
- 3:00 Puzzles & Word Games Station (Community Room)
- Afternoon Spiritual 1:1 Visits w/ Rev. Alex
- 7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS

MONDAY, APRIL 29

- 9:30 Monday Morning News
- 10:30 Composting 101 w/ Ali
- 2:30 Let's Dance! w/ Vilma & Aki
- 3:00 Afternoon Social w/ Vilma & Aki

TUESDAY, APRIL 30

- 9:30 Morning Newsletter
- 10:30 Jazzercise w/ Aki
- 11:00 Spiritual Devotions w/ Rev. Alex
- 2:00 1:1 Visits w/ Vilma
- 2:00 Discussion: History Facts w/ Aki
- 3:30 Bingo w/ Aki, Vilma & Friends

WEDNESDAY, MAY 1

- 9:30 Headlines of the Day
- 10:00 Equine Assisted Learning Outing
- 10:30 Stretch & Refresh w/ Vilma
- 11:00 Wisser Now Wednesday
- 2:00 Library on Wheels w/ Vilma
- 3:30 Music Therapy w/ Sam

THURSDAY, MAY 2

- 9:30 Table Talk
- 10:30 Joints in Motion w/ Aki
- 11:00 Trivia w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot

FRIDAY, MAY 3

- 9:30 Daily News Brief
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Small Group Social w/ Aki
- 3:00 Garden Meditation w/ Vilma
- 3:30 Art Therapy w/ Dejah

SATURDAY, MAY 4

- 9:30 GHBC Happenings: West Winds Newsletter
- 9:30 Shabbat Service in the Formal Parlor
- 11:00 Saturday Stretches w/ Mar_T
- 2:30 Derby Day Celebration in the Auditorium

SUNDAY, MAY 5

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Saturday 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 29

- 8:30 a.m. Total Body Standing, Auditorium
9:00 a.m. IT Device Clinic, Bistro
9:30 a.m. Total Body Seated, Auditorium
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
2:00 p.m. Mat Yoga, Auditorium
2:00 p.m. Rummikub, Card Room
2:00 p.m. Trivia, Atrium
4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
4:00 p.m. Sing Along with Alan Fray, Rotunda
4:15 p.m. Silver Panthers Huddle, Board Rm
6:45 p.m. Mexican Dominoes, Game Room

TUESDAY, APRIL 30

- 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
9:00 a.m. Covid Vaccination Clinic, Auditorium
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. 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, Art Center
7:30 p.m. NoVa CC Concert, Schlesinger Center, Alexandria Campus

WEDNESDAY, MAY 1

- 8:30 a.m. Total Body Standing, Auditorium
9:30 a.m. Total Body Seated, Auditorium
10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, Chapel
10:30 a.m. Book Talk: Spring Flower and the Jade Bracelet - An Adoption Story, Media Room
10:30 a.m. Seated Fitness, Ch. 1960
11:00 a.m. Meditation, Ch. 1960
11:00 a.m. Vendor Sale - "With You in Mind "Joette Dorsheff," Rotunda
11:15 a.m. Contemplative Worship (Quaker), Smith Study
11:30 a.m. Chair Yoga, Ch. 1960
1:00 p.m. Drawing Skills, Art Center
11:30 a.m. Power Braining, Aerobics Room
2:00 p.m. Gentle Chair Yoga, Aerobics Rm
2:00 p.m. Informal Open Bridge, Card Rm
2:30 p.m. Drawing Skills, Art Center
3:00 p.m. Great Courses: Classics of American Literature, Media Room
3:00 p.m. Technology Committee Meeting, ToW
3:30 p.m. French Conversation Group, Smith Study
3:30 p.m. Play Reading Group: *The Flattering World*, Board Room
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

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. Mah Jongg, Card Room
 2:00 p.m. Jeopardy, Board Room
 2:30 p.m. Mat Yoga, Aerobics Room
 4:00 p.m. Stress Reduction Mindfulness
 Practice, Smith Study

THURSDAY, MAY 2

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. Standing Total Body Stretch, Ch.
 1960
 10:00 a.m. National Building Museum:
 Smithsonian Craft Show, Boards
 at Main Entrance
 10:00 a.m. Pilates, Auditorium
 10:00 a.m. Tailor for Alterations, Smith
 Study
 10:00 a.m. Water Aerobics, Pool
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Muscle Relaxation, Ch. 1960
 11:00 a.m. Functional Fit, Aerobics Room
 11:30 a.m. Chair Fit, Auditorium
 12:30 a.m. WhatNot Shop, Sales
 1:00 p.m. Creative Writing, Formal Parlor
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Wii Bowling, Aerobics Room
 3:00 p.m. UU Ministerial Visit, ToW
 3:00 p.m. Woodcarving, Art Center
 4:00 p.m. Meditation Group, Smith Study
 7:00 p.m. Poker Night, Game Room

SATURDAY, MAY 4

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: Snub Pullard,
 Board Room
 1:30 p.m. Chinese Mah Jongg, Card Room
 2:00 p.m. Duplicate Bridge, Top of the West
 2:30 p.m. Derby Day Celebration: Run for
 the Roses, Auditorium
 7:15 p.m. Saturday Night Movie: *The Monk
 and the Gun*

SUNDAY, MAY 5

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. Death Cafe, Formal Parlor
 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

FRIDAY, MAY 3

8:45 a.m. Total Body Standing,
 Auditorium
 9:00 a.m. Pickleball Practice, Pickleball
 Court
 9:30 a.m. Total Body Seated, Auditorium
 10:00 a.m. Resident Health Committee,
 Top of the West
 10:15 a.m. National Symphony Matinee,
 Board at Main Entrance
 10:30 a.m. Chair Yoga, Auditorium
 10:30 a.m. Seated Fitness, Ch. 1960