

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 18 ✨ May 6, 2024

UPCOMING MEETINGS

Resident Council Business

Monday, May 6 at 10:00 a.m. |

Board Room

Finance Committee

Wednesday, May 8 at 3:00 p.m. |

Pointe Conference Room

BOM-COM

Thursday, May 9 at 10:00 a.m. |

Board Room

Community Service Committee

Thursday, May 9 at 2:00 p.m. |

Top of the West

Trips and Outings Committee

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

Board Room

MAY 23 SEMI-ANNUAL MEETING REPLACES MAY FIRESIDE CHAT - INVITATION FROM YOUR RESIDENT COUNCIL!

Thursday, May 23 at 11:00 a.m. | Auditorium

Instead of the May 7 Fireside Chat, the Resident Council will host Dr. C.C. Clarke, Chair of the Board of Trustees, and Rob Liebreich, CEO of Goodwin Living, on Thursday, May 23. They will provide their semi-annual report. Please send any questions you would like them to address by Thursday, May 9, to Mike Molino, Resident Council Chair, mmolino1@me.com or Martha Trunk, Vice Chair, marthatrunk1627@gmail.com. If you want to stay informed about the present and what's on the horizon, come, listen, and ask. Mike Molino, Chair, Resident Council.



TIME OR LOCATION CHANGE

Trivia - **Canceled until June 3**

Afternoon Concert

Friday, May 10 at 1:00 p.m. -

Canceled

COVID CASES

Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE, DR. HEATHER ASHBY: FOREIGN POLICY AND NATIONAL SECURITY IN THE AGE OF AI

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

Dr. Ashby, a Principal Consultant with

Corner Alliance, works at the intersection of

national security and technology. Her research interests include misinformation, disinformation, and malinformation, as well as artificial intelligence, digital security, and safety, particularly focusing on Russia's use of disinformation to undermine democracy and as a tool of conflict.



WELLNESS ICON KEY:

 Physical

 Intellectual

 Spiritual

 Emotional

 Communal

 Social



Goodwin House
Bailey's Crossroads

THE EVOLUTION OF SYSTEMIC RACISM

Monday, May 6 from 3:00 p.m. to 5:00 p.m. | Top of the West

The Spiritual Life Committee presents the eighth and final Zoom presentation of this year's Senior Quest for Meaning Series by Professors Emeriti Leanne Puglielli and Ben Kempinen, "White Nationalism." PowerPoint material has been e-mailed to those who signed up.



MORE HAPPENINGS

EDUCATIONAL JAZZ CONCERT WITH QUENTIN WALSTON

Monday, May 6 at 1:30 p.m. | Auditorium

Quentin Walston's musical seminars are more than a public speaking event! These educational concerts combine Quentin's highly acclaimed solo piano performances with music history, appreciation, and more.



GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, May 8 at 3:00 p.m. | Media Room

- Episode 25: Whitman - Poet of the Body
- Episode 26: Whitman: Poet of the City



VENDOR: QUEEN OF APOSTLES JEWELRY SALE

Thursday, May 9 from 10:00 a.m. to 5:00 p.m. | Atrium

COMPUTER CORE IT ASSISTANCE

Thursday, May 9 from 10:00 a.m. to 11:00 a.m. | Bistro Private Dining Room

The IT Device Clinic is partnering with Computer CORE, a local non-profit organization teaches adults foundational digital and professional skills. Volunteers from this organization will be on site to answer questions about your PC laptops or mobile devices (iPhones, Androids, tablets). For example, increase font size, navigating your home screen, syncing your smartphone with your tablet, organize files and emails, etc. Additionally, you may donate any computer-related electronic (i.e. laptop, mice, cameras, keyboards, etc) to support their mission. Your donated devices assist in providing free refurbished equipment to their students. Donations are tax deductible. Sign up in the Resident Business Center, Friday, May 3 at 9:00 a.m. Sheet is in the Trips binder under Classes. If you have any questions, please contact Steffan Barahona at SBarahona@GoodwinLiving.org.



AFTERNOON CONCERT

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

Friday, May 10: **Canceled** - Will return next Friday, May 17



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: MAX LINDER

Saturday, May 11 from 12:00 p.m. to 1:30 p.m. | Board Room

Although neglected by fans of silent comedy, Max Linder is in many ways as important a figure as Chaplin, Keaton, or Lloyd, not least because he predated (and influenced) them by several years. He was largely responsible for the creation of the classic style of silent slapstick comedy. His onscreen persona "Max" was one of the first recognizable recurring characters in film. He has also been cited as the "first international movie star" and "the first film star anywhere."



MORE HAPPENINGS

SATURDAY NIGHT MOVIE - *ORIGIN*

Saturday, May 11 at 7:15 p.m. | Auditorium

Author Isabel Wilkerson writes her seminal book *Caste: The Origins of Our Discontents* while coping with personal tragedy.

Rated PG - 13, 2023, Drama/History, 2 hours, 21 minutes

Starring: Jon Bernthal, Victoria Pedretti, Aunjanue Ellis-Taylor, and Vera Farmiga



SAVE THE DATE

RESIDENT COUNCIL COMMUNITY MEETING

Monday, May 13, at 10:00 a.m. | Auditorium

INTERMEDIATE COMPUTERS PART II - INFORMATION TECHNOLOGY (IT)

Monday, May 13, at 3:30 p.m. | Auditorium

TRIPS NEWS, UPDATES, ANNOUNCEMENTS

REMINDER: THE UNDERGROUND RAILROAD OVERNIGHT

Wednesday, May 8 | Boards at 8:00 a.m. at Main Entrance

TRIP TO VIEW "IRRESISTIBLE: THE GLOBAL PATTERNS OF IKAT" EXHIBIT AT THE GEORGE WASHINGTON UNIVERSITY MUSEUM AND THE TEXTILE MUSEUM

Tuesday, May 7 from 1:00 p.m. to 4:00 p.m. | Boards at 1:00 p.m. at Main Entrance

"Irresistible: The Global Patterns of Ikat celebrates" the artistic and cultural legacy of ikat, a sophisticated resist-dyeing technique used across the globe to pattern textiles. This exhibit takes visitors on a world tour of ikat that spans centuries and cultures, from India, Monsoon Asia, West and Central Asia, Japan, Africa, and the Americas. Prized worldwide for producing vivid patterns and colors, the ancient dyeing technique of ikat continues to inspire artists and designers today. Come explore the global phenomenon of ikat textiles through the more than 70 masterful examples on display in this fascinating fiber art exhibit!

- Departure: Bus boards at 1:00 p.m. at the Main Entrance
- Cost: \$20.00 transportation fee
- Sign-up: Monday, May 6 at 9 a.m. in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, shenninger@goodwinliving.org

FITNESS WALK TO BON AIR PARK

Thursday, May 9 | Bus boards at 10:00 a.m.

Just off the southern part of Wilson Boulevard and linked to the WO&D trail, Bon Air is a delightful park with its surprising array of gardens. It's a paved path suitable for walking with sunny benches and shaded ones.

- Sign up: Friday, May 3 at 12 noon to May 7, 12 noon, Resident Business Center.
- No Cost!
- Contact: Olga Cardoso (ocardoso@goodwinliving.org)

EVENT PLANNING COMMITTEE

The Resident Council is considering chartering a Calendar and Event Planning Committee to replace the Life Enrichment Committee and the Music Committee.

This committee would allow residents to participate in planning for events, provide feedback on programs, and facilitate the creation of calendars of recurring events and longer term non-recurring events that would allow better planning for residents. If you would be interested in participating in this proposed committee, please contact Martha Trunk at martha.trunk1627@gmail.com or ext. 7551 by Saturday, May 4.

“PAY WHAT YOU WISH” HOUSEPLANT SALE

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

The Ground's Committee's Annual Houseplant Sale benefits the Knoll Garden Fund of the GL Foundation. All residents, team members, and guests are invited to choose plants and pay any amount they wish by cash or check (made out to “GL Foundation” with “Knoll Garden Fund” in the Memo Line). Plant Donors: Please deliver your plant(s) to the lobby from 2:00 p.m. to 2:45 p.m., or contact Mädi Green (madigreen@yahoo.com or ext. 7496) to schedule a volunteer to pick up your plant(s) prior to the sale.

ANNUAL SPRING GARDEN PARTY AND PLANT SALE

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

The Knoll Garden gardeners and the GHBC Grounds Committee invite all residents, team members, and guests to join us in the Garden to celebrate Spring. Harpist Iraida Poberezhnaya will entertain while refreshments are served under the Main Entrance canopy. Gardeners will gladly show you their Knoll Garden sections with many plants native to Northern Virginia providing attraction for pollinators and birds. The Houseplant “Pay What You Wish Sale” is in the Main Lobby during this time - easy to do both!!

NEWS YOU CAN USE - PERPLEXING PROBLEM OF PILE OF PUZZLES

A large number of very nice jig-saw puzzles has appeared in the pool table room. Are they being donated to the puzzle closet where 100s of puzzles await use by avid puzzlers in their apartments or at the two tables in the Atrium? Have they been culled from the Puzzle Closet to be sent somewhere else? The (very unorganized) puzzler regulars would gladly put them in the closet or help grow the pile with old puzzles from the closet. Contact Sue LaRue, ext. 3655.

**THE MONTHLY COFFEE AND CONVERSATION WITH CHANDRA KUMAR,
GOODWIN LIVING COO**

Wednesday, May 8 at 2:00 p.m. | Top of the West

The monthly Coffee and Conversation with Chandra Kumar, Goodwin Living COO, will be held in the Top of the West on May 8, 2024, at 2:00 p.m. This month, 6th Floor residents of both buildings are invited to come to talk with Ms. Kumar about the joys they have found while living at GHBC and how things might be made even better. Refreshments will be served. This event is sponsored by the GHBC Resident Council and we hope that all 6th floor residents will join us.

ANNOUNCEMENTS FROM LIFE ENRICHMENT

Monday Trivia Update: Monday Trivia will be taking a small break and will begin again on Monday, June 3.

Mark your Calendars for these concerts in May!

- **NOVA Lights Chorale Performance** - Wednesday, May 15 at 7:15 p.m. | Auditorium
 - **Balalaika Performance** - Thursday, May 30 at 7:15 p.m. | Auditorium
 - **Piano Concert featuring Haskell Small** - Friday, May 31 at 2:00 p.m. | Auditorium
-

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

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.

May 14, 2024: The Clinic

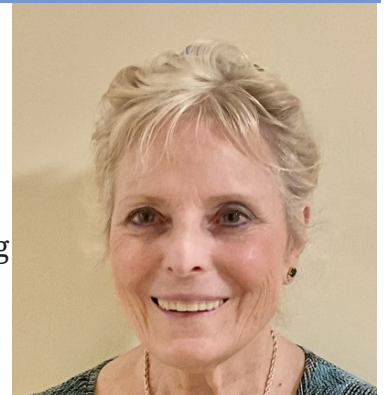
The GHBC Clinic handles minor health issues and assists with the health concerns of residents. Registered clinic nurses provide health assessments and treatments that do not require the services of a physician. Zainab Thomas, the nurse practitioner, can diagnose, treat, and prescribe medications in the same way a physician can. She serves as the Clinic Coordinator and will discuss the Clinic with host Barb Molino.

RESIDENT SHOWCASE

MEET VICTORIA CARNS

Check out the May Resident Showcase on the resident website and meet Crossroads resident Victoria Carns.


Victoria is a teacher, traveler, and gifted crafter who regaled us at the Spring Fling with her spoonerisms and is organizing our first-ever fashion show this month. To read about Victoria, go to www.ghbcresidents.org and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet Victoria, or click on Showcase Archive to meet many other neighbors at GHBC. Every month, a different resident who is thriving at GHBC is showcased at the website. Don't forget: you'll need to use your website password – the same one you use for the resident directory – to access the Resident Showcase.



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, MAY 6

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




Art & Music Meditation - Practice the art of attention while creating artwork and listening to instrumental music. 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 - *The First Monday in May* is a behind-the-scenes look at both the curation of The Costume Institute at The Metropolitan Museum of Art's most attended fashion exhibition in history, "*China: Through the Looking Glass*," and the preparations for its opening gala. With unprecedented access, this documentary captures the Met Gala, one of the biggest global fashion events of the year where the most illustrious figures in fashion, film, art, and music all collide. Featuring Anna Wintour, editor-in-chief of Vogue magazine and longtime chair of the Met Gala, and many more fashion icons. Directed by Andrew Rossi. Total Run Time: 90 minutes. Discussion to follow. (Media Room)



TUESDAY, MAY 7

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

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

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

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

Knit for Kids Group Meets - Contact Mary Lee Payton at ext. 7674.
Trip to view "Irresistible: The Global Patterns of Ikat" exhibit at The George Washington University Museum and The Textile Museum
"Irresistible: The Global Patterns of Ikat" celebrates the artistic and cultural legacy of ikat, a sophisticated resist-dyeing technique used across the globe to pattern textiles. This exhibit takes visitors on a world tour of ikat that spans centuries and cultures, from India, Monsoon Asia, West and Central Asia, Japan, Africa and the Americas. Prized worldwide for producing vivid patterns and colors, the ancient dyeing technique of ikat continues to inspire artists and designers today. Come explore the global phenomenon of ikat textiles through the more than 70 masterful examples on display in this fascinating fiber art exhibit!


- Departure: Bus boards at 1:00 p.m. at the Main Entrance
- Cost: \$20.00 transportation fee
- Sign-up: Monday, May 6 at 9 a.m. in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, shenninger@goodwinliving.org

INSIDE THE ART CENTER

WEDNESDAY, MAY 8

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 ink drawings of Ruth Asawa, a celebrated American sculptor who drew every day! All skill levels welcome - no previous art experience or drawing skills required.



 10:00 a.m. - 11:00 a.m.
11:30 a.m. - 12:30 p.m.


Session 1 (Sign up, 12 participants)
Session 2 (Sign up, 12 participants)

THURSDAY, MAY 9

 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: Use pressed flowers to create greeting cards for celebrating spring or the upcoming Mother's Day holiday! This class is beginner friendly as well as useful for the more experienced art maker. (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, MAY 10

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

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





MONDAY, MAY 6

- 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, - Aerobics Room

- 3:30 p.m. Mother's Day Celebration: Margaritas & Music w/ Vilma & Aki

SATURDAY, MAY 11

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

TUESDAY, MAY 7

- 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 (video), Aerobics Room
- 11:00 a.m. Functional Fit, Aerobics Room
- 11:00 a.m. Tai Chi, Auditorium
- 2:00 p.m. Power Braining, Aerobics Room

WEDNESDAY, MAY 8

- 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 9

- 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 (video), Aerobics Room
- 10:30 a.m. Fitness Walk to Bon Air Park
- 11:00 a.m. Functional Fit - Aerobics Room - **Canceled**
- 11:30 a.m. Chair Fit - Auditorium - **Canceled**
- 2:00 p.m. Wii Bowling, Aerobics Room - **Canceled**

FRIDAY, MAY 10

- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. Pickleball Practice, Pickleball Court
- 9:30 a.m. Total Body Seated, Aerobics Room
- 10:30 a.m. Chair Yoga, Aerobics Room
- 2:30 p.m. Mat Yoga - 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, MAY 6

- 10:30 Monday Movement w/ Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne and Friends (Crossroads Area)
- 2:00 Documentary Spotlight: *The Mystery of D.B Cooper* (Community Room)

TUESDAY, MAY 7

- 10:30 Morning Art Discussion w/ Sarah (Community Room)
- 2:00 Spiritual Discussion Group w/ Alex (Community Room)
- 3:00 Knoll Garden Party w/ Vy (Front Lobby-Frist Floor)

WEDNESDAY, MAY 8

- 10:30 Tony Tambasco Presents: Baltic Cities (Community Room)
- 2:00 Bingo w/ Michelle (Crossroads Area)
- 3:15 Relax & Unwind: Coke Floats Social (Crossroads Area)

THURSDAY, MAY 9

- 10:30 Gardening w/ ElderGrow & Vy (Community Room)
- 2:00 SINGO w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 What Country Is It? w/ Vy (Crossroads Area)
- 6:00 Bingo w/ Vy & Sussanna (Living Room)

FRIDAY, MAY 10

- 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 11

- 10:00 World Travel w/ Elizabeth (Community Room)
- 1:30 Weekend Brain Games Packet
- 7:15 Evening Movie in the Auditorium

SUNDAY, MAY 12

- 10:00 Sunday Stretches w/ Aki (Crossroads Area)
- 10:30 Sunday Service in the Chapel
- 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, MAY 6

- 9:30 Dining Room Discussion
- 11:00 Exercise w/ Sarah
- 2:00 1:1 Word Games
- 3:30 Music Therapy Group w/ Sam

TUESDAY, MAY 7

- 9:30 News with Your Neighbors
- 10:30 Sit & Be Fit w/ Vilma
- 11:00 Spiritual Devotions w/ Alex
- 2:00 1:1 Nature Walk w/ Michelle
- 3:00 Garden Party on the Front Lawn w/ Vilma & Aki
- 6:30 Biography Spotlight w/ Aki: Mae West

WEDNESDAY, MAY 8

- 9:30 Daily Digest
- 10:00 Equine Assisted Learning Outing W/ Aki
- 10:30 Seated Exercise w/ Vilma
- 11:00 Trivia w/ Michelle
- 2:00 Fresh Air Fun w/ Aki
- 3:30 Music Therapy w/ Sam

THURSDAY, MAY 9

- 9:30 Sip & Social
- 10:30 MATCH! w/ Vilma
- 11:00 Cranium Crunches w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot

FRIDAY, MAY 10

- 9:30 Coffee & Conversation
- 10:30 Service Project for AFAC w/ Vilma
- 2:00 Decorating the Patio w/ Aki & Vilma
- 3:30 Mother's Day Celebration: Margarita Social on the Patio w/ Vilma & Aki

SATURDAY, MAY 11

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 9:30 Shabbat Service in the Formal Parlor
- 11:00 Saturday Stretches w/ Mar_T

SUNDAY, MAY 12

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Wall of Positivity w/ Aki
- 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, MAY 6

8:30 a.m. Total Body Standing, Auditorium
9:00 a.m. IT Device Clinic, Bistro
9:30 a.m. Total Body Seated, Auditorium
10:00 a.m. Art & Music Meditation, Art Center
10:00 a.m. Resident Council Business Meeting, Board Room
10:30 a.m. Seated Fitness, Ch. 1960
11:00 a.m. Meditation, Ch. 1960
11:00 a.m. Memoirs, Smith Study
11:30 a.m. Chair Fit, Auditorium
11:30 a.m. Chair Yoga, Ch. 1960
11:30 a.m. Shopping Shuttle – Bradlee Shopping Center, Departs from Main Entrance
1:00 p.m. Art Film, Media Room
1:00 p.m. Stronger Memory, Board Room
1:30 p.m. History of Jazz, An Educational Concert, Auditorium
1:30 p.m. Veterans Committee, ToW
2:00 p.m. Mat Yoga, Aerobics Room
2:00 p.m. Rummikub, Card Room
3:00 p.m. Sr. Quest: The Evolution of Systematic Racism, Top of the West
4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
4:45 p.m. Silver Panthers Huddle, Board Rm
6:45 p.m. Mexican Dominoes, Game Room

TUESDAY, MAY 7

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 (video), 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
11:00 a.m. Tai Chi, Auditorium
11:30 a.m. Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
1:00 P.M. George Washington University Textile Museum: "The Global Patterns of Ikat" exhibit
1:00 p.m. Rosary Group, Smith Study
1:30 p.m. Knit for Kids, Art Center
2:00 p.m. Power Braining, Aerobics Room
3:00 p.m. Garden Party, Front Lawn
3:00 p.m. Pay What You Wish Houseplant Sale, Front Lobby
4:00 p.m. Newcomers, Auditorium

WEDNESDAY, MAY 8

8:00 a.m. Underground Railroad: Harriet Tubman's Journey (overnight trip), Boards at Main Entrance
8:30 a.m. Functional Fit, Auditorium
9:30 a.m. Total Body Seated, Auditorium
10:00 a.m. Drawing Skills, Art Center
10:00 a.m. Chair Yoga, Ch. 1960
10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, Chapel
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. Drawing Skills, Art Center
2:00 p.m. Sixth Floors Coffee & Conversation with Chandra, Top of the West
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

3:00 p.m. Finance Committee, Pointe Conference Room

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, MAY 9

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. Bom Com Committee Meeting, Board Room

10:00 a.m. Computer CORE IT Assistance, Bistro Private Dining Room

10:00 a.m. Mixed Media Exploration, Art Center

10:00 a.m. Vendor: Queen of Apostles, Atrium

10:00 a.m. Standing Total Body Stretch, Ch. 1960

10:00 a.m. WhatNot Shop, Donations

10:00 a.m. Pilates (video), Aerobics Room

10:00 a.m. Water Aerobics, Pool

10:00 a.m. Fitness Walk to Bon Air Park, Board at Main Entrance

10:30 a.m. Seated Fitness, Ch. 1960

11:00 a.m. Muscle Relaxation, Ch. 1960

2:00 p.m. Community Service Committee Meeting, ToW

2:00 p.m. Duplicate Bridge, Card Room

2:00 p.m. Poetry Group, Smith Study

3:00 p.m. Woodcarving, Art Center

7:00 p.m. Poker Night, Game Room

7:30 p.m. Scowcroft Lecture: Foreign Affairs and National Security in the Age of AI, Auditorium

FRIDAY, MAY 10

8:30 a.m. Total Body Standing, Auditorium

9:00 a.m. Pickleball Practice, Pickleball Court

9:30 a.m. Total Body Seated, Aerobics Room

10:00 a.m. Bocce Ball Practice, Bocce Ball Court

10:30 a.m. Chair Yoga, Aerobics Room

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. Mah Jongg, Card Room

2:00 p.m. Jeopardy, Board Room

2:30 p.m. Mat Yoga, Aerobics Room

3:00 p.m. Trips & Outings Committee, Board Room

3:30 p.m. Mother's Day Celebration: Margaritas & Music, Fitness Center

4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, MAY 11

9:00 a.m. Total Body Video, Aerobics Room
9:30 a.m. Jewish Shabbat Services, Chapel
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: Max Linder,
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: *Origin*

SUNDAY, MAY 12

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. Compline, Chapel