

WEST WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 20 ✨ May 13, 2024

UPCOMING MEETINGS

Resident Council Community Meeting

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

Fitness Committee

Tuesday, May 14 at 1:00 p.m. | Formal Parlor

Bailey's Birders

Tuesday, May 14 at 3:00 p.m. | Board Room

Grounds Committee

Wednesday, May 15 at 1:30 p.m. | Board Room

Dining Services Committee

Thursday, May 16 at 9:30 a.m. | Board Room

Arts Committee

Friday, May 17 at 2:30 p.m. | Art Center

INTERMEDIATE COMPUTERS PART II

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

This class builds on the concepts from the *Fundamentals of Computers* and *Intermediate Computers* courses. For a refresher, you can find these classes posted in the IT section of the resident website, under "Special Services." We recommend watching them beforehand to prepare for this session.

Don't forget to bring your smartphone for a fun game at the end of the class. The winner will receive a special prize! We look forward to seeing you there!



HOUSE OF GOODWIN FASHION SHOW

Tuesday, May 14 at 2:00 p.m. | Auditorium



DEMENTIA MAN, AN EXISTENTIAL JOURNEY

Wednesday, May 15 at 2:00 p.m. | Auditorium

Goodwin Living is excited to host Northern Virginia Resource Network event on May 15. Senior-living professionals in Northern Virginia are invited to GHBC for networking, refreshments, a performance, and discussion. *Dementia Man, An Existential Journey* is the award-winning autobiographical story of a man who faces his diagnosis of Alzheimer's disease by actor and playwright Samuel A. Simon. We encourage residents to attend the performance.



TIME OR LOCATION CHANGE

Jeopardy - **Canceled until June 7**

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

30-MINUTE BREATHWORK & MEDITATION SESSION

Thursday, May 16 at 11:30 a.m. and 12:05 p.m. | Aerobics Room

Sarah DeBlock of Soma Yoga Health Center will teach a class for residents and team members sponsored by the Wellness Team. Give yourself the gift of well-being. This wellness session will help calm the mind, restore your energy, and balance the nervous system.



MORE HAPPENINGS

GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, May 15 at 3:00 p.m. | Media Room

- Episode 27: Whitman: Poet of Death
- Episode 28: The Whitman Legacy



NOVA LIGHTS CHORALE CONCERT

Wednesday, May 15 at 7:30 p.m. | Auditorium

NoVA Lights Chorale returns to GHBC! Get ready to jazz up your spring with *The Color of Jazz*, a selection of favorites and soon-to-be favorites such as "Mack the Knife", "Night and Day", "Moonglow", "Route 66," and of course "You Make Me Feel So Young." And look for solos by Sam Scholar and Priority Club member Joan Welsh.



AFTERNOON CONCERT

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

Friday, May 17: *Symphony No. 7* - Gustav Mahler

The *Symphony No. 7* by Gustav Mahler was written in 1904–05, with repeated revisions to the scoring. It is sometimes referred to as *Song of the Night* (German: *Lied der Nacht*), which Mahler never knew. This video is with the Vienna Philharmonic Orchestra conducted by Leonard Bernstein.

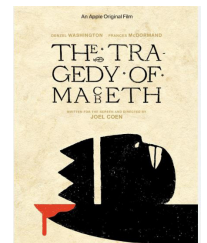
Running Time: 1 hour, 23 minutes.



THURSDAY MOVIE MATINEE - *THE TRAGEDY OF MACBETH*

Thursday, May 16 at 2:00 p.m. | Media Room

For those of you who were unable to get tickets to see Ralph Fiennes as Macbeth at D.C.'s Shakespeare Theater, our Third Thursday Movie Matinee of *The Tragedy of Macbeth* offers a significantly different interpretation of Shakespeare's play. *The Tragedy of Macbeth* premiered at the 2021 New York Film Festival and had a limited theatrical release in December. The film received critical acclaim for its direction, cinematography, and the performances of Denzel Washington and Frances McDormand. For his performance in the title role, Washington was nominated for the Academy Award, Golden Globe, Critics' Choice Award, and the Screen Actors Guild Award for Best Actor.



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: BUSTER KEATON

Saturday, May 18 from 12:00 p.m. to 1:30 p.m. | Board Room

The first feature Keaton wrote, directed, produced, and starred in, Keaton structured the film like three inter-cut short films – the Stone Age, the Roman Age, and the Modern Age. A real ground-breaker in terms of big-screen historical satire, it tackles its subjects with a lightness of touch and a sense of cheeky irreverence that lays the comic groundwork for later efforts by Mel Brooks and Monty Python.



MORE HAPPENINGS

SATURDAY NIGHT MOVIE - *PADDINGTON 2*

Saturday, May 18 at 7:15 p.m. | Auditorium

Settled in with the Brown family, Paddington the Bear is a popular member of the community who spreads joy and marmalade wherever he goes. One fine day, he spots a pop-up book in an antique shop -- the perfect present for his beloved aunt's 100th birthday. When a thief steals the prized book, Paddington embarks on an epic quest to unmask the culprit before Aunt Lucy's big celebration.

PG, 2017, Family/Comedy, 1 hour, 44 minutes

Starring: Hugh Grant, Hugh Bonneville, Ben Whishaw, and Brendan Gleeson



SAVE THE DATE

THIRD LECTURE IN OUR RESIDENT WELLNESS SERIES- EMOTIONAL DIMENSION OF WELLNESS

Wednesday, May 22, at 2:00 p.m. | Auditorium

TRIPS NEWS, UPDATES, ANNOUNCEMENTS

GHA TRIP TO ANTIETAM NATIONAL BATTLEFIELD, MARYLAND

Thursday, June 20 | Board at 7:45 a.m. for 8:00 a.m. departure from GHA

GHA's Trips & Outings Committee invites GHBC residents for a motorcoach trip to Antietam National Battlefield, site of a pivotal Civil War battle. GHA anticipates at least six seats for GHBC residents.

The trip starts at the Visitor Center with a film about the battle, then a museum visit, and box lunch on the motorcoach. With GHA resident Mark Raabe as our guide, we'll tour the Battlefield. Mark has monitored Eastern bluebird nesting boxes on the Battlefield for years. We hope to see bluebirds flying and plan to get off the motorcoach periodically (weather permitting). Expect moderate walking.

- Sign up: Monday, May 13, 11:30 a.m., GHBC's Resident Business Center
- Deadline: Thursday, May 16, 5:00 p.m., after which trip costs are nonrefundable.
- Cost: \$83.00 includes motorcoach, driver gratuity, box lunch, and entrance fee.
- Lunch preference: select (on the sign-up sheet) either turkey & Swiss wrap or Mediterranean sandwich.
- Contact at GHA: Karen Thunberg, 703-836-6178

TRIP TO HILLWOOD MUSEUM AND GARDENS

Thursday, May 16 from 9:30 a.m. - 2:30 p.m. | Bus boards at 9:30 a.m.

Spring is in full bloom and Hillwood is one of the best places in the D.C. area to enjoy it! The businesswoman and socialite Marjorie Merriweather Post established Hillwood Estate, Museum & Gardens to reflect her lifestyle and passion for excellence, gracious hospitality, art, history, and gardens. Currently on display, the special exhibition "Marjorie Merriweather Post's Paris" offers visitors the opportunity to travel to France through a wide variety of beautiful objects in Hillwood's renowned French collection. Hillwood's spectacular gardens capture the vision Marjorie Post conceived when building the estate in the 1950s, featuring a diverse and fascinating array of trees, shrubs, and herbaceous plants. There will be a private docent-led tour of the gardens and time for lunch at the Merriweather Café.

- Cost: \$35.00 (\$15.00 tour fee, \$20.00 transportation fee)
- Sign up: Monday, May 13, 9:00 a.m., in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, shenninger@goodwinliving.org

TRIPS NEWS, UPDATES, ANNOUNCEMENTS

CULINARY PASSPORT TRIP

Monday, May 13 | Departs at 11:15 a.m.

Our third trip of the year is to Jerusalem Restaurant in Falls Church. The menu of Jerusalem consists of traditional home-style Middle Eastern Cuisine such as the Makluba, rice casserole with vegetables and chicken or lamb turned upside down. Kibbeh Balls, finely ground lamb balls with lamb spices and pine nuts and deep-fried is another Jerusalem favorite. Residents can sign up in the Resident Business Center starting Friday, May 9 at 9:30 a.m. Please contact Tiffany Proctor (ext. 7222) with any questions.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

HOLIDAY BAZAAR DONATIONS PAUSED

The Holiday Bazaar will not be receiving donations until approximately mid-to-late July. The Bazaar's storage space, in the basement across from the WhatNot Shop, will undergo renovation from mid-June until late July (if all goes well.) The WhatNot Shop will remain open on its regular donation and sale days. Remember the Bazaar accepts Christmas decorations, trees, and high value items. If in doubt, please call Barb Molino, ext. 3149. Thank you for your patience!

SPRING CLEARANCE! BARGAINS GALORE!

Everything, except furniture, is HALF PRICE in the WhatNot Shop on Thursday, May 16! The shop is open from 12:30 p.m. to 3:00 p.m.

LITTLE LIBRARY NEWS

Thank you to all the Friends of the GHBC Little Library for recent book donations, especially for children's and teenagers' books. Many books came from the Arlington Public Library Semi-Annual Sale. The children in our neighborhood will be surprised and pleased with the wonderful selection of books. In the future, the nearby Fairfax County Woodrow Wilson Library always has a supply of inexpensive books for sale; children's paperback books are 25 cents each.

VACCRA VOTING INFORMATION

Tuesday, June 18

Republican (Only) primary for Senate (5 candidates)

NO Democratic primary

Crossroads Precinct 514, GHBC Auditorium

6:00 am — 7:00 p.m. ID required

May 28

Deadline to register or change voting address if you have moved here recently.

June 8-15

Early in-person voting or to put mail-in-ballot in a drop box

Mason Governmental Center,

6507 Columbia Pike, Annandale, VA 22003

June 8-15, 1:00 p.m. — 7:00 p.m. weekdays; 9:00 a.m.- 5:00 p.m. Saturdays.

Vote by Mail Applications are available in the Resident Business Center.

JEOPARDY UPDATE - LIFE ENRICHMENT

There will be no Jeopardy the rest of May. We will resume again on Friday, June 7 at 2:00 p.m. in the Board Room.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

HELP! MY COMPUTER...CELLPHONE...IPAD...READER IS NOT WORKING!!!

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

The Resident Council Community Meeting will feature Technology issues and the people who help us with them. The Goodwin Living IT team and the Bistro Bunch will describe their work. A Smartphone Team will be introduced. Steffan Barahona will describe his work coordinating volunteers and the Computer CORE IT program. Other news and issues of importance to our life here at GHBC will be covered. Be sure to join us. Your questions and ideas are valuable. Come, listen, speak out!

CALLING ALL BOCCE BALL PLAYERS

The season started this past Friday. First day champion, Mollie Warner. All are welcome to join the fun and if you've never played, let me personally introduce you to this easy, colorful Italian game played safely on turf -- soft landing if you slip! Interested? Call Wayne Sartis, at ext. 7386 email at sarway@me.com. We are thinking of an after-dinner weekly fun game, maybe Monday or Friday evening around 7:30 p.m., with cooler temperatures and no sun. Look forward to hearing from current and future players.

DINING KEY TAGS

Most of you have recently received a dining key tag (pictured to the right) in your mailbox. This new dining key tag will be used at the Bistro and the Jefferson Dining Room (JDR) to ensure the correct resident is charged. It can also be used if you order from the self-serve Kiosk located in the Bistro. The use of dining key tags is encouraged, but not mandatory. The guest coupons have been automatically added to your dining account and can be redeemed electronically in the JDR and Fireside. We are still working with the Bistro, so any resident that brings a guest to the Bistro will be asked to bring the paper guest coupon from the Market Place.



GET YOU FEET READY FOR SANDALS!

Memorial Day is coming! Manicure/Pedicure special year round: \$60.00. Come and treat yourself to dipping powder gel nails: \$45.00. Gentleman's detoxifying shampoo, and haircut: \$30.

MEET A HOME CARE TEAM MEMBER: MESHA FRANKLIN

Mesha Franklin is a dedicated floating CNA who goes above and beyond to provide exceptional care at all three campuses, and the outside community. Mesha has over six years of experience in the health field and is pursuing a Bachelor of Science degree in nursing at Chamberlain University. She brings a wealth of knowledge and compassion. Mesha enjoys exploring museums, working out, and indulging in her husband's delicious Jamaican curry chicken. Mesha's warm and welcoming nature makes her an integral part of our Goodwin Living community. If you spot Mesha, say hello and experience the dedication and warmth she brings.

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 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 and clinic Coordinator, along with Maritess Pita, Lisa Jones, and Wolansa Girma will discuss the Clinic with host Barb Molino.

May 14, 2024: Let's Hear From You!

Are you new to GHBC? Or maybe not so new but have questions? comments? suggestions for change or future Newcomer topics? This meeting is open to all new-and-not-so-new-comers, plus seasoned residents, to question, comment, and suggest. Share your thoughts and ideas with us! Hosted by the Newcomers Planning Group

NEW RESIDENT BIO

MEET JANE COMINGS

Jane Comings moved into Crossroads apartment 816 on April 24, 2024.

Jane grew up in Oberlin, Ohio. She earned a bachelor's degree in French from Carlton College and then studied in France for a year on a Fulbright scholarship. Returning to the United States, she completed a master's degree in French at the University of Wisconsin and then taught in Virginia at the Hampton Institute with the Woodrow Wilson Teaching Intern program. She continued to study French and eventually completed all the requirements for a PhD except for the dissertation. She taught at Carthage College in Wisconsin for a few years and then moved to the DC area, where she taught English as a Second Language at Wakefield High School. She also married and raised a daughter. For the next 22, years she taught preschool classes in Washington in the morning and, in evenings and on weekends, taught swimming in Arlington at Wakefield High School at what was then called Washington-Lee High School. In summer, she taught swimming and managed the waterfront at the Congregational Summer Assembly on Michigan's Lower Peninsula. She retired in 2009 but continued to teach occasionally. She is a long-time member of an Arlington over 55 walking group that gets together weekly. She swims regularly. She has volunteered at the Arlington Library book sale and also enjoys knitting. She is not yet entirely sure what activities she would like to investigate here at GHBC.



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 13

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


Art Film - See the world through the eyes of Nam June Paik, the father of video art and coiner of the term “electronic superhighway.” Born in Japan-occupied Korea, Paik went on to become a pillar of the American avant-garde and transformed modern image-making with his sculptures, films, and performances. Experience his creative evolution, as Academy Award nominee Steven Yeun reads from Paik's own writings in *Nam June Paik: Moon Is the Oldest TV*, a documentary from PBS's award-winning American Masters series. Directed by Amanda Kim. Total Run Time: 100 minutes. Discussion to follow)



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

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

TUESDAY, MAY 14


 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 surface design techniques. This class will meet for the next 4 weeks to make a variety of ceramic beads and pendants that can be used for custom jewelry, ornaments, chimes, and more! 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.

WEDNESDAY, MAY 15

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

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:** Create a landscape inspired by the work of Chiura Obata, one of the most significant Japanese American artists of the last century. All skill levels welcome - no previous art experience or drawing skills required.

Session 1 (Sign up, 12 participants)

Session 2 (Sign up, 12 participants)

INSIDE THE ART CENTER

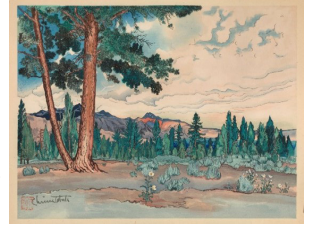
THURSDAY, MAY 16



9:30 a.m. - 2:30 p.m.



Trip to Hillwood Museum with Tour of the Gardens - See information on Page 3



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 17



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

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



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

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





MONDAY, MAY 13

8:30 a.m. Total Body Standing, Auditorium
 9:30 a.m. Total Body Seated, Aerobics Room
 11:30 a.m. Chair Fit, Auditorium
 2:00 p.m. Mat Yoga, - Auditorium

SATURDAY, MAY 18

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

TUESDAY, MAY 14

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, - **Canceled**

WEDNESDAY, MAY 15

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, Aerobics Room

THURSDAY, MAY 16

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

FRIDAY, MAY 17

8:30 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

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 13

- 10:30 Monday Movement w/ Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne and Friends (Crossroads Area)
- 12:00 Lunch w/ Denise (Jefferson Dining Room)
- 3:00 Art Discussion w/ Jan (Community Rm)

TUESDAY, MAY 14

- 10:30 Morning Art Discussion w/ Sarah (Community Room)
- 2:00 Spiritual Discussion Group w/ Rev. Alex (Community Room)
- 2:00 Resident Fashion Show in the Auditorium
- 3:00 Weekly Musician Spotlight w/ Sam (Community Room)
- 6:00 Broadway Lecture Series w/ Sam (Community Room)

WEDNESDAY, MAY 15

- 10:30 Rosie the Riveter Day: Fun Facts w/ Vy (Community Room)
- 11:00 Chair Chi Fitness w/ Vy (Community Room)
- 2:00 Bingo w/ Vy (Crossroads Area)
- 3:00 Name That Toll & Afternoon Refreshments w/ Vy (Crossroads Area)
- 3:30 Mini Farm Animal Petting Zoo in the Atrium

THURSDAY, MAY 16

- 10:00 Gardening Group w/ ElderGrow & Vy (Community Room)
- 11:00 Piano Music w/ Alan (Crossroads Area)
- 2:00 Music Therapy w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 Lincoln Memorial Day: Trivia w/ Vy (Crossroads Area)

FRIDAY, MAY 17

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:30 Afternoon Trivia w/ Harper & Mindy (Crossroads Area)
- 3:00 Afternoon Social: Smoothie w/ Ruth/ Dining Services (Crossroads Area)

SATURDAY, MAY 18

- 10:00 Chair Chi Exercise w/ Cynthia (Community Room)
- 2:30 Virtual Smithsonian Exhibit w/ Michelle: Photographs (Crossroads Area)
- 3:00 Piano Music w/ Heather (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, MAY 19

- 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/ Rev. Alex
- 7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS

MONDAY, MAY 13

- 9:30 Coffee & Conversation
- 10:30 Keep Moving w/ Vilma
- 11:00 Discussion: Vilma's View
- 2:00 1:1 Visits w/ Vilma
- 3:30 Music Therapy Group w/ Sam
- 3:30 Bingo w/ Vilma & Friends

TUESDAY, MAY 14

- 9:30 Today in History
- 10:30 Strengthening w/ Aki
- 11:00 Spiritual Devotions w/ Alex
- 2:00 Resident Fashion Show in the Auditorium w/ Vilma & Aki
- 4:00 Happy Hour in the Lounge w/ Vilma

WEDNESDAY, MAY 15

- 9:30 Wednesday News
- 10:30 Seated Exercise w/ Vilma
- 11:00 Name 5 w/ Aki
- 2:00 Patio Time w/ Aki
- 3:30 Farm Animal Mini Petting Zoo in the Atrium
- 7:15 NOVA Lights Chorale Performance in the Auditorium w/ Michelle

THURSDAY, MAY 16

- 9:30 Daily News Brief
- 10:30 Techno Feats w/ Vilma
- 11:00 Categories w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 2:30 Creative Art w/ Sarah
- 3:30 Documentary: Jane Goodall's Groundbreaking Research

FRIDAY, MAY 17

- 9:30 Friday Fun Facts
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 3:30 Piano Tunes w/ Dr. Wilmot in the Lavender Living Room

SATURDAY, MAY 18

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Saturday Stretches w/ Michelle
- 3:30 National Portrait Gallery Virtual Tour w/ Michelle
- 4:00 Piano Tunes w/ Heather

SUNDAY, MAY 19

- 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, MAY 13

8:30 a.m. Total Body Standing, Auditorium
9:00 a.m. IT Device Clinic, Bistro
9:30 a.m. Total Body Seated, Aerobics Room
10:00 a.m. Resident Council Community Meeting, Auditorium
10:30 a.m. Seated Fitness, Ch. 1960
11:00 a.m. Meditation, Ch. 1960
11:00 a.m. Memoirs, Smith Study
11:15 a.m. Culinary Passport: Jerusalem Restaurant, Board at Main Entrance
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, Departs from Main Entrance
1:00 p.m. Art Film, Media Room
2:00 p.m. Helen Lane Memorial Service, Chapel 1:00 p.m. Stronger Memory, Board Room
2:00 p.m. Mat Yoga, Auditorium
2:00 p.m. Rummikub, Card Room
3:00 p.m. Photography Club, Art Center
3:30 p.m. Bible Study, Top of the West
3:30 p.m. Intermediate Computer Pt 2 (IT), Auditorium
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 14

8:15 a.m. Stretch and Flex, Auditorium
9:00 a.m. Functional Fit, Auditorium
9:00 a.m. Pickleball Practice, Pickleball Court
9:30 a.m. Advanced Ceramics, Art Center
10:00 a.m. Caregivers Support Group, Formal Parlor

10:00 a.m. Pilates, Auditorium
10:00 a.m. Standing Total Body Stretch, Ch. 1960
10:00 a.m. Water Aerobics, Pool
10:30 a.m. Seated Fitness, Ch. 1960
11:00 a.m. Functional Fit, Aerobics Room
11:00 a.m. Muscle Relaxation, Ch. 1960
11:00 a.m. Tai Chi, Auditorium
11:30 a.m. Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
1:00 p.m. Fitness Committee Meeting, Formal Parlor
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. House of Goodwin Fashion Show, Auditorium
3:00 p.m. Bailey's Birders, Board Room
4:00 p.m. Newcomers, Auditorium

WEDNESDAY, MAY 15

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. 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. Power Braining, Aerobics Room
1:00 p.m. Drawing Skills, Art Center
1:30 p.m. Grounds Committee Meeting, Board Room
2:00 p.m. *Dementia Man*, Auditorium
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

3:30 p.m. French Conversation Group, Smith Study
 3:30 p.m. Play Reading Group, ToW
 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
 7:15 p.m. NOVA Lights Chorale Performance, Auditorium

THURSDAY, MAY 16

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
 9:30 a.m. Dining Services Committee, Board Room
 9:30 a.m. Hillwood Museum and Gardens Tour, Bus Board at Main Entrance
 10:00 a.m. Standing Total Body Stretch, Ch. 1960
 10:00 a.m. Pilates, Auditorium
 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, Auditorium
 11:30 a.m. Chair Fit, Auditorium
 11:30 a.m. 30- Minute Breathwork & Meditation Session, Aerobics Room
 12:05 p.m. 30-Minute Breathwork & Meditation Session, 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: *The Tragedy of Macbeth*, 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

FRIDAY, MAY 17

8:30 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. Bocce Ball Practice, Bocce Ball Court
 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. Mah Jongg, Card Room
 2:30 p.m. Arts Committee Meeting, Art Center
 2:30 p.m. Mat Yoga, Aerobics Room
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, MAY 18

- 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: Buster Keaton,
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:
Paddington 2, Auditorium

SUNDAY, MAY 19

- 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