

WEST WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 21 + May 20, 2024

UPCOMING MEETINGS

Movie Committee

Monday, May 20 at 3:00 p.m. |
Board Room

TIME OR LOCATION CHANGE

Death Cafe w/ Microphones
Thursday, May 23 - **Canceled**

Town Hall
Thursday, May 23 - **Canceled**







COVID CASES

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

MESSAGE FROM THE EDITORS

Next *West Winds* Submission
Deadline is Saturday, May 25
at 5:00 p.m. in observance of
Memorial Day

WELLNESS ICON KEY:

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



Goodwin House
Bailey's Crossroads

SEMI-ANNUAL MEETING

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

Come meet Rob Liebreich, GL CEO & President, and C.C. Clark, GL Board of Trustees Chair at the spring Semi-Annual meeting. Rob and C.C. will come to GHBC to update us on the latest GL developments. Come welcome them and learn more about the larger GL organization.



SCHEDULED GROUPS/EVENTS: STRONGERMEMORY GROUP

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

Led by Ellie Pettoni, Brain Health Coordinator

- May 20, 2024 – Session Topic: “Why easy math? How easy math can positively impact our word recall”
- May 27, 2024 – **Session Canceled** (Memorial Day)
- StrongerMemory Participant Quote:

“I had been looking for something to exercise my mind – and it needed to be easy to understand, or I wouldn’t do it regularly. StrongerMemory is the answer! My husband and I are doing it every day and have noticed improvement in finding the right words and remembering recent events.”



GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, May 22 at 3:00 p.m. | Media Room

- Episode 29 - Uncle Tom's Cabin
- Episode 30 - Stowe's Representation of Slavery



MORE HAPPENINGS

SIGN ALONG WITH ALAN FREY

Friday, May 24 at 4:00 p.m. | Rotunda

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

AFTERNOON CONCERT

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

Friday, May 17: *La verbena de la Paloma* - Zarzuela

La verbena de la Paloma (*The Fair of the Virgin of la Paloma*) is an 1894 Zarzuela. It premiered on February 17, 1894 in Madrid, Spain. Zarzuela is a Spanish lyric-dramatic genre that alternates between spoken and sung scenes, incorporating operatic and popular songs, as well as dance. Sung in Spanish with English Subtitles. Running Time: 1 hour 8 minutes.



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: HAROLD LLOYD

Saturday, May 25 from 12:00 p.m. to 1:30 p.m. | Board Room

Lloyd looks at married life and the issues of the in-law. Adventures include a ride on a crowded trolley with a live turkey and a wild spin in a new auto with the in-laws in tow. Finally, there is a sequence in which Hubby accidentally chloroforms his mother-in-law and becomes convinced that he's killed her! Morning, afternoon, and evening of "one of those days."



SATURDAY NIGHT MOVIE - *DRIVING MADELEINE*

Saturday, May 25 at 7:15 p.m. | Auditorium

A seemingly simple taxi ride across Paris evolves into a profound meditation on the realities of the driver, whose personal life is in shambles, and his fare, an elderly woman whose warmth belies her shocking past.

NR, 2022, Comedy/Drama, 1 hour 31 minutes

Starring: Line Renaud, Dany Boon, Christian Carion, and Alice Isaaz



SAVE THE DATE

SLAVIC DREAM ENSEMBLE BALALAIKA CONCERT

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



PREVENT GUN VIOLENCE EVENT

Friday, June 7, 2:00 p.m. | Auditorium.

Contact Jeff Robbins, ext. 3125; Carol Lewis, ext. 7546



A REVIEW OF THE LAST VIRGINIA LEGISLATIVE SESSION WITH SENATOR ADAM EBBIN AND DELEGATE CHARNIELE HERRING

Wednesday, May 29 at 1:30 p.m. | Auditorium



TRIPS NEWS, UPDATES, ANNOUNCEMENTS

CLAUDE MONET: THE IMMERSIVE EXPERIENCE

Thursday, May 30 from 9:15 a.m. to 1:00 p.m.

Embark on an astonishing journey through the incomparable universe of Claude Monet at this internationally renowned digital art exhibit that offers a new way to enjoy the artist's iconic paintings of tranquil gardens, vibrant fields, and shimmering waters. At "Claude Monet: The Immersive Experience," you'll be completely enveloped in the meticulous brushstrokes of the French impressionist's incredible paintings. You'll marvel at towering projections that dance across walls and floors, transforming the room into a living canvas. Accompanied by a soothing soundtrack, the exhibition evokes the ethereal atmosphere of Monet's artwork, immersing you in the artist's vision, and allowing you to experience his masterpieces like never before.

- Departure: Bus boards at 9:15 a.m. at the Main Entrance
- Cost: \$55.00 (\$35.00 entrance fee, \$20.00 transportation fee)
- **Sign-up: Monday, May 20 at 9:00 a.m.** in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, shenninger@goodwinliving.org

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

COMMUNITY SERVICE TEAM AT WORK

Sponsored by the Community Service Committee, assembling dental kits is one of two service projects done by residents on our second floor. Pictured are the Social Services' Administrative Assistant (left) receiving one of 65 dental kits delivered by GHBC resident, Donna Cornman (right). If interested in assembling the next set of kits, contact Donna at ext. 7385. Please leave donations, such as toothpaste, floss, and toothbrushes inside the designated bin in the Resident Business Center.



MESSAGE FROM ADMINISTRATION - NEW FAMILY LISTSERVE

The *West Winds* team is creating a new listserv for resident family members. Please fill out this survey on behalf of your family members to ensure they receive the *West Winds*: <https://forms.office.com/r/HEtgjzzRi4>. If more than one family member would like to receive the weekly newsletter, please submit multiple forms. If you have any questions, please reach out to Steffan Barahona, Volunteer and Communications Coordinator, at SBarahona@GoodwinLiving.org (ext.7671).

BRIDGE LESSONS

Mondays 10:30 a.m. | Card Room

For all "Kitchen Bridge Players." Learn simple conventions to enhance your play. Guaranteed to make you smile and say, "I like Bridge." Contact deannashuman1@gmail.com.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

BRAIN HEALTH TEAM - BRAIN FACT

The brain can be separated into four different sections (or lobes). They are the frontal, parietal, occipital, and temporal lobes. Each lobe has a specific set of functions, but they all work together.

VOTE FOR YOUR FAVORITE CHAIR FOR THE AUDITORIUM!

Starting on Monday, May 20, through Friday, May 31, come to the Rotunda to test options for new Auditorium chairs. Vote for your favorite!

POINTE & CROSSROADS PHONE PREFIXES

In the past, all Pointe residents had a phone number prefix of "842" and all Crossroads residents had a prefix of "578." Separate prefixes by building are no longer being used. If you would like to contact a resident from your cell phone, you need their full 10-digit phone number.

THANK YOU FROM THE GROUNDS COMMITTEE

Thanks to all the residents and team members who came out to celebrate spring at the Knoll Garden Party and "Pay What You Wish" Houseplant Sale on May 7. Special thanks to all the team members from Administration, Dining Services, Environmental Services, Grounds, Life Enrichment, and the GL Foundation who made everything work, particularly when the Garden Party was moved indoors at the last minute. And thanks to the all the residents, plus Grounds Assistant Danny Moore (hydroponic plant specialist), who propagated plants and volunteered their help at the plant sale. The Knoll Garden Fund is \$500 richer for your efforts and participation. Sue LaRue & Mädi Green.

POSTER ALERT

Residents posting flyers about upcoming GHBC events are reminded that the flyers should be put up no earlier than 24 to 48 hours before the event and should be removed immediately when the event is over. Putting them up earlier and/or leaving them up takes up space for posting new events, many of which happen in the same time frame. Thank you for your consideration.

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 21, 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.

May 28, 2024: Rehabilitation

The Rehab Department, located on the first floor of the Health and Wellness Center, is staffed by licensed therapists and licensed assistants. Peach Querubin, LPTA, Director, 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.

MEET CAROL POPLIN

Carol Poplin moved into Crossroads apartment 901 on April 23, 2024.

Carol grew up in Roxbury, Massachusetts. She graduated from Mission Church High School and began working as a legal secretary in Boston. She came to Washington in part because she wanted to see JFK's gravesite and in part to begin working for an organization called Employees Overload, which found temporary workers for a variety of jobs. She left that organization to begin working as an accountant with D.C Transit, that later became Metro. She remained there until she married and had five children. Once the youngest child entered kindergarten she went back to work and served as the parish secretary at St. Charles Catholic Church in Arlington and then at St. Anthony Catholic Church in Falls Church until retirement. She reports that reading has been her favorite pastime since she retired and that she loves doing all types of crossword puzzles. She also enjoys exercise, especially water aerobics. She likes spending time with people and looks forward to exploring activities here.

**MEET CAROL AND BOB HOPPER**

Carol and Bob Hopper moved into Crossroads apartment 519 on April 25, 2004.


Bob grew up in San Pedro, California. He graduated from the University of Southern California with a bachelor's degree in international relations and, while there, also met and married Carol. He studied at New York University and completed all the work for a PhD except the dissertation. By then he had taken and passed the exam and was accepted into the Foreign Service. He took the oath of office in a candy store in Greenwich Village. During his 33 years with the State Department, he was assigned to posts in Monterrey, Mexico, Rome, and London but spent most of the time in the United States, where he enjoyed working to develop foreign policy. Since retiring he has worked with nonprofit organizations. He is on the Board of Directors of the Manuscript Society, which works to preserve all types of old paper. He has also been very active in the Unitarian Universalist Churches of Arlington and of Chautauqua. Carol grew up in Santa Monica, California. She too earned a bachelor's degree in international relations with a minor in international economics from the University of Southern California and also passed the Foreign Service exam. While they were serving in London she worked on renovating government housing. When living in Virginia, she took many art classes at NOVA and has taught classes in traditional water color and oil painting as well as decorative painting. She also managed historic renovations at a construction company in Alexandria. Since 2003 the couple has been spending summers at Chautauqua and were present at the program when Salman Rushdie was assaulted. Carol and Bob are pleased that their daughter and granddaughter live in Baltimore and that their son is moving into their previous family home off Carlin Springs Road. Carol is eager to continue her art here after they get settled.



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 20

 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 - As part of May celebrations for Asian American and Pacific Islander Heritage month, there will be a screening of *Maya Lin: A Strong, Clear Vision*, the Academy Award-winning documentary about sculptor and architect Maya Lin, who at age 21, designed the Vietnam Veterans Memorial. In this riveting and dramatic portrait, a decade of Lin's creative work is explored to reveal her ability to address major issues of our times through the healing power of art. Directed by Freida Lee Mock. Total Run Time: 83 minutes. Discussion to follow.



TUESDAY, MAY 21


 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 class for participants that have already signed up to develop a series of ceramic beads.

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

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


WEDNESDAY, MAY 22

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

Resident Wellness Series: The Emotional Dimension of Wellness - The Resident Wellness Series is an opportunity to learn about a different dimension of wellness each month, and this third lecture in the series will be on emotional wellness with a focus on art and music. Samantha Tedrow, GHBC's Music Therapist, and Sarah Henninger, GHBC's Arts Coordinator, will share their insights and expertise on the many ways that the arts positively affect emotional wellness. All are welcome to attend this presentation to learn how listening to music, viewing any form of art, and experiencing the creative process through artmaking can improve mood, reduce stress, and provide an outlet for self-expression. (Auditorium)

INSIDE THE ART CENTER

THURSDAY, MAY 23

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

Mixed Media Exploration - Play with a variety of materials and artistic processes in this relaxed, supportive class with Sarah. We will have fun combining paper, paint, ink, images, cardboard, and more to create dynamic, thoughtful artwork. This week: Create a colorful, mixed media painting inspired by Filipina American artist Pacita Abad. 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 24

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

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



MONDAY, MAY 20

- 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, - Aerobics Room

SATURDAY, MAY 25

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

TUESDAY, MAY 21

- 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 22

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

THURSDAY, MAY 23

- 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, 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, MAY 24

- 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 20

- 10:30 Monday Movement w/ Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne and Friends (Crossroads Area)
- 3:00 Discussion w/ Ambassador Courville (Community Room)

TUESDAY, MAY 21

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

WEDNESDAY, MAY 22

- 10:30 Chair Chi Fitness w/ Vy (Community Room)
- 11:00 Dining Committee w/ Ali (Community Room)
- 12:00 Lunch w/ Justin (Jefferson Dining Room)
- 2:00 Bingo w/ Vy (Crossroads Area)
- 3:00 Mister Roger's Day: Fun Facts & Refreshments w/ Vy (Crossroads Area)

THURSDAY, MAY 23

- 10:30 Chair Fitness w/ Michelle (Community Room)
- 11:00 Trivia in the Community Room w/ Michelle
- 2:00 SINGO w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 Fun Facts w/ Vy (Crossroads Area)
- 5:30 Music w/ The Tate Family (Crossroads Area)

FRIDAY, MAY 24

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 3:00 Afternoon Trivia w/ Michelle (Crossroads Area)
- 3:30 Friday Fitness w/ Olga (Community Rm)

SATURDAY, MAY 25

- 10:15 Exercise w/ Tiffany (Community Room)
- 10:45 Bingo w/ Catie Ramos (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, MAY 26

- 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 20

- 9:30 News and Views
- 10:30 Sit -N- Stretch w/ Vilma
- 11:00 Trivia w/ Michelle
- 2:00 1:1 Visits w/ Vilma
- 3:30 Music Therapy Group w/ Sam
- 3:30 Bingo w/ Vilma & Friends

TUESDAY, MAY 21

- 9:30 Sip & Social
- 10:00 Resident Council w/ Megan
- 10:30 Stretch it Out w/ Aki
- 11:00 Spiritual Devotions w/ Alex
- 2:00 Stories w/ Christine
- 3:00 Snacks w/ Ali & Chef Nina

WEDNESDAY, MAY 22

- 9:30 Headlines of the Day
- 10:00 Equine Assisted Learning Outing w/ Michelle
- 10:30 Seated Exercise w/ Vilma
- 11:00 Discussion w/ Vilma
- 2:00 Fresh Air Fun w/ Aki
- 3:30 Music Therapy w/ Sam

THURSDAY, MAY 23

- 9:30 Table Talk
- 10:30 Shake It Off w/ Vilma
- 11:00 Trivia w/ Michelle
- 2:30 Scenic Bus Outing
- 2:30 Creative Art w/ Sarah
- 3:30 Catholic Mass in the Chapel
- 4:00 Piano Tunes w/ Dr. Wilmot
- 6:30 Music with the Tate Family

FRIDAY, MAY 24

- 9:30 Morning Newsletter
- 10:30 Service Project for AFAC w/ Vilma & Michelle
- 2:00 1:1 Nature Walk w/ Michelle (Weather Permitting)
- 3:30 Birthday Party Celebration w/ Vilma

SATURDAY, MAY 25

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Saturday Stretches w/ Tiffany
- 2:00 Puzzle Station in Lavender Living Room

SUNDAY, MAY 26

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Cranium Crunch 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 20

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.	Art & Music Meditation, Art Center
10:30 a.m.	Bridge Lessons, Card 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
2:00 p.m.	Mat Yoga, Aerobics Room
2:00 p.m.	Rummikub, Card Room
2:30 p.m.	Smartphone Users Group, Top of the West
3:00 p.m.	Movie Committee, Board Room
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study
4:15 p.m.	Silver Panthers Huddle, Board Rm
6:45 p.m.	Mexican Dominoes, Game Room

TUESDAY, MAY 21

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.	Rosary Group, Smith Study
1:30 p.m.	Beginning Ceramics, Art Center
1:30 p.m.	Knit for Kids, Art Center
4:00 p.m.	Newcomers, Auditorium

WEDNESDAY, MAY 22

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 Group, ToW
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
2:00 p.m.	Gentle Chair Yoga, Aerobics Rm
2:00 p.m.	Informal Open Bridge, Card Rm
2:00 p.m.	Resident Wellness Lecture: The Emotional Dimension of Wellness, Auditorium
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 23

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. Mixed Media Exploration, Art Center
 10:00 a.m. Standing Total Body Stretch, Ch. 1960
 10:00 a.m. Pilates, Aerobics Room
 10:00 a.m. Water Aerobics, Pool
 10:00 a.m. WhatNot Shop, Donations
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Muscle Relaxation, Ch. 1960
 11:00 a.m. Functional Fit, Aerobics Room
 11:00 a.m. Semi-Annual Meeting, Auditorium
 11:30 a.m. Chair Fit, Aerobics Room
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Wii Bowling, Aerobics Room
 2:45 p.m. Catholic Confession, Smith Study
 3:00 p.m. Woodcarving, Art Center
 3:30 p.m. Catholic Mass, Chapel
 7:00 p.m. Poker Night, Game Room

FRIDAY, MAY 24

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. Mat Yoga, Aerobics Room
 4:00 p.m. Sing Along w/ Alan Frey, Rotunda
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, MAY 25

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: Harold Lloyd, 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: *Driving Madeleine*, Auditorium

SUNDAY, MAY 26

9:30 a.m. Chapel Coffee Hour, Formal Parlor
 10:15 a.m. UU Service, Board Room
 10:30 a.m. Holy Eucharist Service, Chapel
 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