

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 24 ✨ June 10, 2024

UPCOMING MEETINGS

Resident Council Committee Fair

Monday, June 10 at 10:30 a.m. | Rotunda

Fitness Committee

Tuesday, June 11 at 1:00 p.m. | Formal Parlor

Finance Committee

Wednesday, June 12 at 3:00 p.m. | Pointe Conference Room

BOM - COM

Thursday, June 13 at 10:00 a.m. | Board Room

Trips and Outings Committee

Friday, June 14 at 3:00 p.m. | Board Room

RESIDENT COUNCIL COMMITTEE FAIR

Monday June 10 from 10:30 a.m. to 1:30 p.m. | Rotunda

Ever wondered what a Resident Council Committee does? Want to know what's involved? What to join or contribute? Then come to the Rotunda and meet representatives of the Committees. This is your chance to ask them what they do. Plus, this is a perfect opportunity to sign up! The committees which will be represented include:

- Arts
- BOM - COM
- Dining Services
- Finance
- Fitness
- Veterans
- Employee Gift Fund
- Green Team
- Grounds
- Health
- Marketing
- Spiritual Life
- Technology
- Trips and Outings



COVID CASES

Independent Living (IL): 3

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

CULINARY PASSPORT LUNCH TRIP

Monday, June 10 | Bus Departs at 11:00 a.m

Our next Culinary Passport Trip is to the Peking Gourmet Inn, one of the first Chinese restaurants in northern Virginia specializing in Peking Duck. The Peking Gourmet Inn has built a reputation as one of Northern Virginia's best Chinese restaurants! Please sign up in the Resident Business Center. Contact Tiffany Proctor with any questions.

SCHEDULED GROUPS/EVENTS: StrongerMemory Group

Mondays from 1:00 p.m. to 2:00 p.m. | Board Room

Led by Ellie Pettoni, Brain Health Coordinator

- June 10, 2024 – Session Topic: “Pen to Paper - Enhancing Brain Function through Handwriting”
- June 17, 2024 – Session Canceled

StrongerMemory Participant Quote:

“I felt energized by the math, and that surprised me. I haven't felt that energized about anything in quite a while.”



WELLNESS ICON KEY:

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



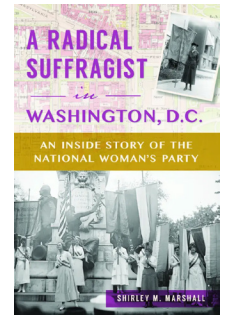
Goodwin House
Bailey's Crossroads

MORE HAPPENINGS

AUTHOR TALK WITH SHIRLEY MARSHALL

Monday, June 10 at 3:00 p.m. Auditorium

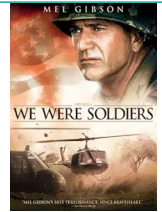
Local author Shirley Marshall will discuss her book, *A Radical Suffragist in Washington D.C.*, about the struggle for voting rights and important lessons learned. Her book features the letters of a young woman who lived and worked at the Headquarters of the National Woman's Party. Such a rare eye-witness account provides a new look at how 'radical' women helped make history. The letters draw the reader into a world of intense partisanship, battles with police, and diverse personalities united in common cause.



VETERANS COMMITTEE MOVIE: *WE WERE SOLDIERS*

Monday, June 10 at 7:15 p.m. | Auditorium

The movie depicts the first major battle between US soldiers and Vietnamese forces. Highlights valor, nobility under fire, and loyalty among soldiers.



NEED A REFRESHER ON RECENT DINING CHANGES?

Tuesday, June 11 at 11:30 a.m. | Board Room

Come to this meeting to learn more about online ordering, kiosk, key fobs, and Libro. Reserve your spot by signing up in the Resident Business Center.

BAILEY'S BIRDERS

Tuesday, June 11 at 3:00 p.m. | Board Room

Topics: Future talks and walks



GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, June 12 at 3:00 p.m. | Media Room

- Episode 35: Amherst's Madame de Sade
- Episode 36: Dickinson's Legacy



COMPUTER CORE IT ASSISTANCE

Thursday, June 13 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 that 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). Sign up in the Resident Business Center on Friday, June 7 in the Trips binder under Classes. Questions? Contact Steffan Barahona at SBarahona@GoodwinLiving.org.



MORE HAPPENINGS

AFTERNOON CONCERT WITH THE BORISEVICH DUO

Saturday, June 15 at 3:00 p.m. | Auditorium

The Borisevich Duo, featuring pianist Margarita Loukachkina and violinist Nikita Borisevich, is an internationally acclaimed violin and piano duet, frequently performing across the United States and Europe. We are excited to welcome them back to GHBC for an afternoon of classical music.

PRIDE PARADE AND DRAG BRUNCH

Tuesday, June 25 Parade at 11:00 a.m. |

Pride Drag Brunch at 11:30 a.m. | Jefferson Dining Room

Join us for our Annual GHBC Pride Parade followed by Drag Brunch!

We will kick off the parade at 11:00 a.m. After the parade, join us in the JDR and Fireside for a Pride Drag Brunch featuring local Drag Queens from Sad Brunch Entertainment!

Reservations will open at 9:00 a.m. on Tuesday, June 18 by calling ext. 7645.



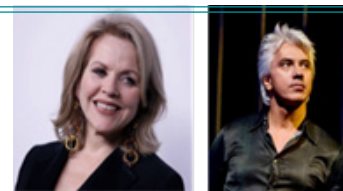
AFTERNOON CONCERT

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

Friday, June 14: Renée Fleming and Dmitri Hvorostovsky

A selection of arias, duets, and symphonic works with a concert orchestra by two of the leading opera stars, Renée Fleming and Dmitri Hvorostovsky.

Running Time: 1 hour, 30 minutes.



SATURDAY NIGHT MOVIE - 13 LIVES

Saturday, June 15 at 7:15 p.m. | Auditorium

A rescue mission is assembled in Thailand where a group of young boys and their soccer coach are trapped in a system of underground caves that are flooding.

PG-13, 2022, Thriller/Action, 2 hour 27 minutes

Starring: Viggo Mortenson, Colin Farrell, Joel Edgerton, and Tom Bateman



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: MABEL NORMAND, THE EXTRA GIRL (1923)

Saturday, June 15 from 12:00 p.m. to 1:30 p.m. | Board Room

Sue Graham is a small-town girl who wants to be a motion picture star. She wins a contract when a picture of a very pretty girl is sent to a studio rather than her picture. When she arrives in Hollywood, the mistake is discovered, and she starts working in the props department of the studio instead. Her parents then come out to California and invest some money with a very shifty individual.



SAVE THE DATE

MOUNT VERNON BAND PERFORMANCE

Tuesday, June 18 at 7:30 p.m. | Auditorium



JUNETEENTH COOKOUT

Wednesday, June 19 at 2:00 p.m. | Main Entrance



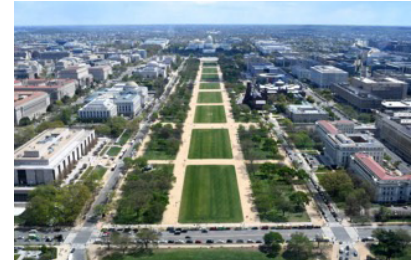
TRIPS NEWS, UPDATES, ANNOUNCEMENTS

NATIONAL MALL MUSEUMS LOOP

Wednesday, June 19 from 9:30 a.m. to 1:00 p.m. | Main Entrance

This unescorted National Mall trip will make three stops in the following order: the National Museum of Natural History, the National Gallery of Art and the National Museum of American History. Each museum offers many special and permanent exhibits. Check the information desks for possible guided tours during your visit or tour on your own. You will have two hours to spend in the museum of your choice. Pick-up for your return will be at the same place you got off the bus.

- Sign up: Monday, June 10, 11:30 a.m. Resident Business Center
- Cost: Transportation \$20, Admission is free.
- Boarding: June 19, 9:30 a.m.
- Contact: Jane Coughran, ext. 7450



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

CHRISTMAS IN JULY FOR ANGEL TREE

Thursday, June 13, at 2:00 p.m. | Top of the West.

Everyone is invited to join the Community Service Committee meeting. Our special guest will be Mary Hamilton (pictured center) who will discuss the needs of Patrick Henry Family Shelter near Seven Corners. Once a year, residents donate funds during the Angel Tree campaign to help parents and children in this 42-bed shelter. While previously held during the first week in December, the Angel Tree campaign will be held July 15 to 19, in the Rotunda.



ANNOUNCEMENTS FROM LIFE ENRICHMENT

Join us for Monday Trivia and Friday Jeopardy - Every week, all are welcome! Check the calendar page for details.

Creative Writing will be on Thursday, June 13 at 1:00 p.m. in the Formal Parlor. All are welcome!

AA AT GHBC

There is a weekly in-house Alcoholics Anonymous meeting at GHBC. GHBC residents, staff, and Priority Club members are welcome. If you are interested in learning more, contact Chaplain Alex Alain at ext. 7224 or tallain@goodwinliving.org.

GOODWIN HOUSE HOME CARE NOW PROVIDES "COUPLES CARE"

"Couples care" means that one caregiver can help both loved ones with Activities of Daily Living care during one visit. Our compassionate caregivers understand how to address the diverse needs that a couple may have, allowing them to provide the type of service that best suits the couple. To learn more, contact Shunquanna Woolard at 703-578-7632.

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

June 11, 2024: Adjusting to GHBC Life

So, you moved into Goodwin House Bailey's Crossroads. Is adjusting to living here going as you expected? If not, you are not alone. Resident Margaret Sullivan will talk about the up and down cycles of all major life changes and how that includes moving to GHBC. Stefanie Reponen hosts.

June 18, 2024: Woodworking Shop/Woodcarving Class **Top of the West**

Mike Connors, resident and long-time GHBC woodcarving teacher, will discuss the shop with Bob Lassiter and Larry Welch, and the woodcarving class with Ron Karpick. Come to hear about yet another activity and resource that GHBC offers. Barb Molino hosts.

NEW RESIDENT BIO

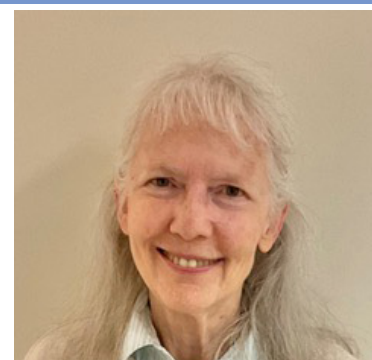
MEET MARION HINNERS

Marion Hinnners moved into Crossroads apartment 420 on May 29, 2024.

Marion was born in Elko, Nevada, but the family moved often with her father's civilian career in the Army. They lived on posts in California before her father was assigned to the Pentagon, and they moved to this area. They later moved to Frankfurt, Germany, where Marion went to middle and high school and began college at the University of Maryland in Munich. She came back to the United States and briefly attended the University of Rhode Island before completing a bachelor's degree in psychology from American University. After graduation she worked at National Institutes of Health assisting with sleep studies, first with profoundly mentally ill patients and then with animals. She retained a strong interest in nutrition, however, and went to Virginia Tech to earn a master's degree but returned to NIH and, for the next seven years, worked as a lab technician focussing on immunology, molecular biology, and sequencing DNA. Finally, she transferred to the Food and Nutrition Service at the Department of Agriculture, where she worked primarily with the National School Lunch Program doing nutrition education and food safety. She retired after 25 years there.

Throughout her life, Marion has loved to travel. She returned to Germany several times to participate in immersive German classes and traveled all over the world, with a particular love of traveling on trains. In 1974 she went on a three-month long bus tour from Katmandu to London. In 1988, she made it to Tibet, China, and Japan.

Here at GHBC, Marion plans to investigate the many fitness programs, to try some art classes and to do some gardening. She would definitely like to join the Encore Chorale and be part of the trips to museums, concerts, and theater productions.




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, JUNE 10

 10:30 a.m. - 1:30 p.m.

Arts Committee at the Resident Committee Fair - Stop by the Arts Committee's table at the Committee Fair to learn about the many components of arts programming at GHBC, which enhances the creative spirit of our community. Members of the Arts Committee will 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), as well as 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 with fellow residents! (Rotunda/Atrium)


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

Art Film - Where does voguing come from, and what, exactly, is throwing shade?

Featuring legendary voguers, drag queens, and trans women, *Paris Is Burning* is a landmark documentary celebrating the joy of movement and the LGBT community.

Made over seven years, this film provides a vibrant snapshot of the 1980s in New York City through the eyes of the underground drag-ball scene, which includes fierce contests for trophies battled between rival fashion "houses" with house mothers offering sustenance in a world rampant with homophobia and transphobia, racism, AIDS, and poverty. Directed by Jennie Livingston. Total Run Time: 73 minutes. Discussion to follow. (Media Room)





 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, JUNE 11

 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 fourth class for participants who signed up earlier 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

INSIDE THE ART CENTER

WEDNESDAY, JUNE 12

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: Use vibrantly colored inks to create artwork inspired by the iconic rainbow flag in celebration of LGBTQ+ Pride Month. All skill levels welcome - no previous art experience or drawing skills required.

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

Session 1 (Sign up, 12 participants)

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

Session 2 (Sign up, 12 participants)

THURSDAY, JUNE 13

 10:45 a.m. - 2:15 p.m.



Renwick Gallery "Subversive, Skilled, Sublime: Fiber Art by Women" exhibit! - Offering an alternative history of art that includes fibers and textile art, "Subversive, Skilled, Sublime" is on view at the Renwick Gallery, a branch of the Smithsonian American Art Museum dedicated to contemporary craft. This newly opened exhibit celebrates artists who mastered and subverted the everyday materials



of cotton, felt, and wool to create deeply personal artworks. Dating from 1918 to 2004, the artworks range from sewn quilts, woven tapestries and rugs, and beaded and embroidered ornamentation, to bound sculptures and mixed media assemblages. There will be an opportunity for a docent-led tour of this special exhibit as well as time to explore the Renwick's collection.

- Departure: Bus boards at 10:45 a.m. at the Main Entrance
- Cost: \$20.00 transportation fee
- Sign-up: Monday, June 10 at 9 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, JUNE 14

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

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

 11:15 a.m. - 12:15 p.m.



Doodle Day! - Join resident Victoria Carns in the Art Center to have fun doodling, scribbling, and drawing with pens and paper. All supplies will be provided to create your own artwork as well as a collaborative doodle drawing project that anyone can contribute to! Drop ins welcome - no drawing skills required.



MONDAY, JUNE 10

8:30 a.m. Total Body Standing, Auditorium
 9:30 a.m. Total Body Seated, Auditorium
 11:00 a.m. Functional Fitness, Aerobics Rm
 2:00 p.m. Mat Yoga, Aerobics Room
 7:30 p.m. Bocce Ball Practice, Bocce Court

TUESDAY, JUNE 11

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 9:00 a.m. Pickleball, Pickleball Court
 10:00 a.m. Water Aerobics, Pool
 10:00 a.m. Pilates, Auditorium
 11:00 a.m. Tai Chi, Auditorium
 11:30 a.m. Chair Fit, Aerobics Room
 2:00 p.m. Brain Balance Fitness, Aerobics Room - **New Class**

WEDNESDAY, JUNE 12

8:30 a.m. Total Body Standing, Aerobics Room
 9:30 a.m. Total Body Seated, Aerobics Room
 10:15 a.m. Fitness Orientation (sign up needed), Fitness Center
 11:00 a.m. Functional Fitness, Aerobics Room
 2:00 p.m. Gentle Chair Yoga, Aerobics Room
 4:30 p.m. Line Dancing, Auditorium

THURSDAY, JUNE 13

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 10:00 a.m. Fitness Walk (Sign up needed)
 10:00 a.m. Water Aerobics, Pool
 10:00 a.m. Pilates, Auditorium - **Canceled**
 11:30 a.m. Chair Fit, Aerobics Room - **Canceled**
 2:00 p.m. Wii Bowling, Aerobics Room

FRIDAY, JUNE 14

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

SATURDAY, JUNE 15

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

Fitness Walk to Lubber Run Park

Thursday, June 13 | Depart from Main Entrance at 10:00 a.m.

Sign up starting Monday, June 10 at 10:00 a.m. in the Resident Business Center. Questions? Contact Olga Cardoso at OCardoso@ GoodwinLiving.org

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 Week-at-a-Glance/ 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, JUNE 10

- 10:15 Monday Movement w/ Olga (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends (Community Room)
- 2:00 Documentary: *The Seventies Part 2: The U.S. vs. Nixon* (Community Room)
- 3:00 Snack Action Station w/ Chef Nina: Grilled Bread w/ Cheese & Herbs (Crossroads Area)

TUESDAY, JUNE 11

- 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)
- 3:45 Tuesday Tastings: Sweet Tea in the Crossroads Area

WEDNESDAY, JUNE 12

- 10:30 Wednesday Travel w/ Elizabeth (Community Room)
- 11:00 Chair Chi Exercise w/ Vy (Community Room)
- 2:00 Bingo w/ Vy (Crossroads Area)
- 3:00 Snacks & Facts w/ Aki (Crossroads Area)

THURSDAY, JUNE 13

- 10:30 Gardening w/ ElderGrow & Vy (Community Room)
- 2:00 Cappuccino & Frozen Yogurt Social w/ Vy (1st Floor Patio)
- 3:00 Pet Visit w/ Frankie (Crossroads Area)
- 3:30 Refreshments & Music Relaxation (Crossroads Area)
- 6:00 Evening Bingo w/ Vy & Susanna (TV Room)

FRIDAY, JUNE 14

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 12:00 Barbecue & Brew: Men's Luncheon in the Board Room
- 3:00 Afternoon Trivia w/ Tiffany (Crossroads Area)
- 3:30 Friday Fitness w/ Olga (Community Room)

SATURDAY, JUNE 15

- 11:00 Chair Chi Exercise w/ Cynthia (Community Room)
- 10:45 Jeopardy w/ Catie (Community Room)
- 2:30 Refreshments w/ Elizabeth in the Crossroads Area
- 3:00 Piano Music w/ Heather (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, JUNE 16

- 10:00 Father's Day Trivia w/ Michelle (Community Room)
- 10:30 Sunday Service in the Chapel
- 1:45 Chair Exercise w/ MarT (Community Room)
- 3:00 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, JUNE 10

- 9:30 Coffee & Conversation
- 10:30 Match! Match! w/ Vilma
- 11:00 Culture Exploration w/ Michelle: Dragon Boat Festival
- 2:00 1:1 Visits w/ Vilma
- 3:30 Music Therapy w/ Sam
- 3:30 Bingo w/ Vilma & Friends

TUESDAY, JUNE 11

- 9:30 Today in History
- 10:30 Move It! w/ Aki
- 11:00 Spiritual Devotions w/ Rev. Alex
- 3:00 Outdoor Happy Hour in the Knoll Garden w/ Vilma & Aki
- 6:30 Sweet Tea Sing-Along w/ Michelle

WEDNESDAY, JUNE 12

- 9:30 Wednesday News
- 10:00 Equine Assisted Learning Outing w/ Michelle
- 10:30 Shake It Off w/ Vilma
- 11:00 Piano Music w/ Anne
- 2:00 Laughs in the Garden w/ Aki
- 3:00 Fruits & Veggies Tasting w/ Ali & Friends

THURSDAY, JUNE 13

- 9:30 Daily News Brief
- 10:30 Techno Beat w/ Vilma
- 11:00 Brain Booster w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 2:30 Creative Art w/ Sarah
- 3:30 Birthday Celebration w/ Vilma, Aki & Dr. Wilmot

FRIDAY, JUNE 14

- 9:30 Table Talk
- 10:30 Service Project for AFAC w/ Aki
- 12:00 BBQ & Brews: Men's Luncheon w/ Vilma & Michelle
- 4:15 Piano Tunes w/ The Piano Man

SATURDAY, JUNE 15

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Exercise w/ Mar_T
- 2:00 Travel Group w/ Elizabeth

SUNDAY, JUNE 16

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Father's Day Jeopardy w/ Michelle
- 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, JUNE 10

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. Bridge Lessons, Card Room
10:30 a.m. Seated Fitness, Ch. 1960
10:30 a.m. Resident Council Committee Fair, Rotunda
11:00 a.m. Functional Fitness, Aerobics Rm
11:00 a.m. Meditation, Ch. 1960
11:00 a.m. Memoirs, Smith Study
11:15 a.m. Culinary Passport, Board at Main Entrance
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
1:00 p.m. Stronger Memory, Board Room
2:00 p.m. Mat Yoga, Aerobics Room
2:00 p.m. Rummikub, Card Room
2:00 p.m. Trivia, Atrium
3:00 p.m. Author Talk: Shirley Marshall, Auditorium
3:00 p.m. Photography Club, Art Center
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
7:15 p.m. Veterans Committee Movie: *We Were Soldiers*, Auditorium
7:30 p.m. Bocce Ball Practice, Bocce Ball Court

TUESDAY, JUNE 11

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. 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. Muscle Relaxation, Ch. 1960
11:00 a.m. Tai Chi, Auditorium
11:30 a.m. Chair Fit, Aerobics Room
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. Brain Balance Fitness, Aerobics Room
3:00 p.m. Bailey's Birders, Board Room
4:00 p.m. Newcomers, Auditorium

WEDNESDAY, JUNE 12

8:30 a.m. Total Body Standing Aerobics Room
9:30 a.m. Total Body Seated, Aerobics Room
10:00 a.m. Holy Communion Service with Healing Prayers & Anointing, Chapel
10:15 a.m. Fitness Orientation (sign up needed), Fitness Center
10:30 a.m. Seated Fitness, Ch. 1960
11:00 a.m. Functional Fitness, Aerobics Room
11:00 a.m. Meditation, Ch. 1960
11:15 a.m. Contemplative Worship (Quaker), Smith Study
11:30 a.m. Chair Yoga, Ch. 1960
1:00 p.m. Drawing Skills 1 (limit 12), Art Center
2:00 p.m. Gentle Chair Yoga, Aerobics Room
2:00 p.m. Informal Open Bridge, Card Rm
2:30 p.m. Drawing Skills 2 (limit 12), Art Center

3:00 p.m. Great Courses: Classics of American Literature, Media Room
 3:00 p.m. Finance Committee, Pointe Conference 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, JUNE 13

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. Standing Total Body Stretch, Ch. 1960
 10:00 a.m. Water Aerobics, Pool
 10:00 a.m. Fitness Walk: Lubber Park, Departs from Main Entrance
 10:30 a.m. Seated Fitness, Ch. 1960
 10:45 a.m. Renwick Gallery "Subversive, Skilled, Sublime: Fiber Arts by Women," Departs Main Entrance
 11:00 a.m. Muscle Relaxation, Ch. 1960
 12:30 p.m. WhatNot Shop, Sales
 1:00 p.m. Creative Writing, Formal Parlor
 2:00 p.m. Community Service Committee, Top of the West
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Wii Bowling, Aerobics Room
 3:00 p.m. Poetry Group, Smith Study
 3:00 p.m. Woodcarving, Art Center
 7:00 p.m. Poker Night, Game Room

FRIDAY, JUNE 14

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
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Meditation, Ch. 1960
 11:15 a.m. Doodle Day, Art Center
 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
 3:00 p.m. Trips and Outings Committee, Board Room
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, JUNE 15

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: Mabel Normand, Board Room
 1:30 p.m. Chinese Mah Jongg, Card Room
 2:00 p.m. Duplicate Bridge, Top of the West
 3:00 p.m. Borisivich Duo, Auditorium
 7:15 p.m. Saturday Night Movie: *13 Lives*, Auditorium

SUNDAY, JUNE 16

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. Complines, Chapel