

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 29 ✨ July 15, 2024

UPCOMING MEETINGS

Movie Committee

Monday, July 15 at 3:00 p.m. | Board Room

Grounds Committee

Wednesday, July 17 at 1:30 p.m. | Board Room

Dining Services Committee

Thursday, July 18 at 9:30 a.m. | Board Room

StrongerMemory Group

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

Led by Ellie Pettoni, Brain Health Coordinator

- July 15, 2024 – Session Topic: “Nourishing Minds: Eat Smart for a Healthier Brain”
- July 22, 2024 – Session Topic: “Mind Matters: How Stress Impacts Our Brain Health”

StrongerMemory Participant Quote:

“Since starting StrongerMemory, my blood pressure hasn’t been this low in years! Can I read aloud the next time they check it at the doctor’s office?”



TIME OR LOCATION CHANGE

Arts Committee

Friday, July 19 - **Canceled**

MESSAGE FROM THE EDITORS

West Winds submission deadline has changed to Saturdays at 5:00 p.m. Articles will be compiled Monday mornings. Late submissions will not be accepted.

COVID CASES

Independent Living (IL): 5

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 3

CHAPEL OF ALL SAINTS IS SPONSORING A THREE-PART SUMMER SERIES ON CHRISTIAN CONTRIBUTIONS

Our Chapel of All Saints is sponsoring a three-part summer series on Christian contributions to the path from loss to healing. The first event, on Friday, August 2 in the Chapel at 3:00 p.m., will be an organ recital of spiritual music. Dr. Jane Tavernier, the music director at Immanuel Church on the Hill and a university professor of music, among her many other talents, is our first performer. Dr. Tavernier will be playing on the Chapel organ. The organ is a digital electronic organ capable of matching the power and range of large pipe organs. All residents are invited and will be warmly welcomed to share the joy and comfort of beautiful music.



WELLNESS ICON KEY:

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

MORE HAPPENINGS

YOUR INVITATION TO TRUE BELONGING: NAME IT, AIM IT, CLAIM IT

Tuesday, July 16 | Auditorium

DEI research has proven that shared experiences, courageous conversations, and outcome-based interactions break down implicit biases and barriers to inclusion and belonging.

In this dynamic training, we invite all residents, members and team members to bring relevant lived experiences and whatever else it takes to start open and honest discussions. Organized by the DEI Committee, DEI@GoodwinLiving.org, 703-517-3633

- GHBC Auditorium 10:00 a.m. to 11:00 a.m.
- GHBC Auditorium 1:00 p.m. to 2:00 p.m.

GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, July 17 at 3:00 p.m. | Media Room

- Episode 45: Stephen Crane and the Literature of War
- Episode 46: *The Red Badge of Courage* - Brave New World



LOW VISION GROUP AND HEARING GROUP RETURNS!

Thursday, July 18 at 4:00 p.m. | Group Room in the Pointe

Questions? Contact Susan Allen at sallen@goodwinliving.org (ext. 7225).



VESPERS AT GOODWIN HOUSE

Tuesday, July 23 at 7:15 p.m. | Chapel

All GHBC residents and team members are invited to our inaugural Vespers.

The Chaplaincy department is grateful to partner with residents for a shared interfaith service of Vespers, a quiet ritual of personal reflection. Vespers at Goodwin House draws on a range of spiritual practices using chants, music, readings and silence. Vespers is a ritual of few words with contemplative time that invites each of us to think about what is important to us. We do this alone in community. We share silence, listen to readings, and enter chants, as singers or listeners.

The invitation of Vespers is to let the ritual wrap us in quiet and grace. Please join us.



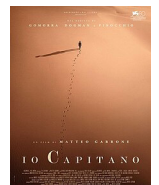
THURSDAY MOVIE MATINEE - *LO CAPITANO*

Thursday, July 18 at 2:00 p.m. | Media Room

Longing for a brighter future, two Senegalese teenagers embark on a journey from West Africa to Italy. However, between their dreams and reality lies a labyrinth of checkpoints, the Sahara Desert, and the vast waters of the Mediterranean.

NR, 2023, Adventure/Drama, 2 hours, 1 minute

Starring: Seydou Sarr, Moustapha Fall, Affif Ben Badra, Bamar Kane



AFTERNOON CONCERT

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

Friday, July 19: *Gianni Schicchi* - Puccini

Puccini's only comic opera, *Gianni Schicchi* tells story of the Donati family. Once one of Florence's most influential and rich families, they have fallen on hard times and their fate depends entirely on the will of Buoso Donati. When Buoso dies the fight is won!

"Where there's a will, there's a way" in this hilarious comedy.

Running Time: 1 Hour



MORE HAPPENINGS

SATURDAY NIGHT MOVIE - *THE GREAT LILLIAN HALL*

Saturday, July 20 at 7:15 p.m. | Auditorium

Broadway actress Lillian Hall pours her heart and soul into preparing for her next big role but finds herself blindsided by confusion and forgetfulness. She strives to make it to opening night while holding on to her fading memories and identity.

PG-13, 2024, Drama

Starring: Jessica Lange, Lily Rabe, Jesse Williams, Pierce Brosnan, and Kathy Bates



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

HEALTH CARE CENTER VOLUNTEER RECEPTIONIST

We are looking for volunteers to sit at the Welcome Desk on the Health Care Center on the second floor. It is so helpful to relatives, friends, and staff to find someone at the Welcome Desk who can help them locate the people they are looking for. Most of the visitors know their way around, but there are many who need help with the complexities of the second floor. If you have an hour or two a week to sit at the Welcome Desk, we are prepared to give you an orientation. Please contact Nancy Randolph at ext. 7565 or email drnancyr@aol.com.

ANNOUNCEMENT FROM THE GREEN TEAM

Fairfax County is encouraging all its citizens to go plastic free for the month of July. That means not buying anything packaged in plastic! For most of us that would be impossible, but one thing that everyone can give up are single use bottles of water. There are many parts of the world where the only potable water is in such containers, but certainly not here. Our water is pure; we don't need to buy water that in many cases comes from other public water systems! Invest in one or two reusable water bottles, and use them please!

FROM THE DIVERSITY, EQUALITY, AND INCLUSION COMMITTEE - JULY CALENDAR, QUOTE, AND FEATURED AUTHOR

"Listening is where love begins: listening to ourselves and then to our neighbors."

Fred McFeely Rogers was an American television host, author, and Presbyterian minister. For more than 30 years, he hosted the children's program "Mister Rogers' Neighborhood" and was acclaimed for addressing complex topics such as death, sibling rivalry, and divorce and their impact on children's emotional and physical well-being.

- July 4 – [Independence Day](#)
- July 7 – [Islamic New Year](#)
- July 15 – DEI Committee Anniversary
- July 30 – [International Day of Friendship](#)

TRIPS AND OUTINGS

TUDOR PLACE HISTORIC HOUSE AND GARDEN

SPECIAL EXHIBIT: ANCESTRAL SPACES: PEOPLE OF AFRICAN DESCENT AT TUDOR PLACE

Friday, July 26 | Board at 8:45 a.m. at Main Entrance. Depart Tudor Place at 12:00 p.m.

Tudor Place is best known as an architectural masterpiece in Georgetown where six generations of descendants of Martha Washington lived and which is full of fabulous historical objects. Currently, the house features a special installation which re-imagines the estate from the perspective of the multi-faceted enslaved and free individuals who lived and worked there. The focus of the guided tour will be on those individuals, their contributions and legacy. For those unable to climb the stairs to the second floor, a binder with pictures and information will be available. Although level, the path to the house is pea gravel and flagstones.

- Sign up: Monday, July 15, 11:30 a.m. Resident Business Center
- Deadline: Tuesday, July 23, 10:00 a.m., after which all costs are nonrefundable
- Cost: Transportation \$27.00; tour: \$5:00
- Contact: Louise Ingram, ext. 7582

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

July 16: Housekeeping, Laundry, Furniture Sales

Did you know? Each housekeeper cleans five to six apartments daily. For a fee, staff can do your personal laundry or send out your dry cleaning. Used furniture is sold on certain days. Tinia McNeely, Environmental Services Manager, and Bridget Jamison, Laundry Manager, talk with host Betsy Bailey about these important services

July 23: Counseling - **Formal Parlor (Location Change)**

Greta Christ is Goodwin Living's Licensed Professional Counselor (LPC). She provides counseling services in-house to residents at GHBC, GHA, and TVA. She will discuss all she does with host Carol Lewis.

NEW RESIDENT BIOS

MEET JOAN AND DICK KISCHE

Joan and Dick Kische and their dog Avery moved from nearby Alexandria into Crossroads apartment 1019 on June 17, 2024. Avery is a Guide Dog Foundation puppy in training to become a fully accredited service dog.

Joan grew up in Milwaukee, Wisconsin, and graduated from Pius XI Catholic High school. She went to the University of Wisconsin-Milwaukee and graduated with a bachelor's degree in history and economics and a master's degree in economics. She moved to Chicago, where she began work at the Federal Reserve bank as an economist. She soon moved to the D.C. area to take an economist position at the Securities and Exchange



Commission and then to the Treasury Department, where she worked for the next 33 years with a concentration on international economic issues. Joan enjoys ballroom and swing dancing. In 2004, she answered a personal ad from Dick, who was in search of a dance partner. The couple dated and were engaged for 10 years before marrying in 2021. Joan loves all kinds of outdoor activities including cross country skiing and biking. She has recently taken up playing the violin again. She volunteers at ECHO to help provide food, clothing, and household goods to those in need. Here at GHBC she would like learn how to play chess and Mah Jongg. She would also like to explore activities in the Art Center.

Dick grew up in Harrisburg, Pennsylvania, and graduated from Bishop McDevitt High School. He graduated from American University with a bachelor's degree in real estate and a master's degree in international business. He focused on real estate, construction, and investment activities. His first professional position was a job assessing real estate feasibility for a firm headquartered in Chicago. This position involved substantial travel to Venezuela, Panama City, and Canada, all of which he thoroughly enjoyed. He worked on large projects including the development of Six Flags Amusement Parks and Nieman Marcus Greenhouse Spa, which drew customers including Grace Kelly, Estee Lauder, and Lady Bird Johnson. He returned to the East Coast to concentrate on residential construction. He also enjoys an active lifestyle including ballroom dancing, biking, and raising puppies to be future assistance dogs. He loves going to live musical performances in this area.

NEW RESIDENT BIO

MEET MILDRED NEELY

Mildred Neely moved into Pointe apartment 1375 on June 11, 2024.

Mildred grew up in Caguas, Puerto Rico, where she attended Catholic schools from kindergarten through high school. She earned a bachelor's degree in English and history at the College of Mount St. Vincent in New York City. She went on to Columbia University, where she graduated with a master's degree in journalism and met her future husband, Bruce W.


Neely, who was also attending Columbia. She was trade books editor at Publisher's Weekly magazine in New York. When Bruce went to law school, she was editor of the faculty paper at the University of Pittsburgh. After they moved to Virginia, Mildred stayed home with their infant daughter, Alexandra, for two years. She returned to work outside the home at the U.S. Information Agency, where she held a variety of positions, including editor of the foreign news summary for the White House and other agencies, and then member of the Policy Staff for the agency's director. After USIA was merged with the Department of State, she was a special assistant to the Under Secretary for Public Diplomacy and then Director of overseas publications. Since retiring in 2008, Mildred has been busy volunteering, teaching U.S. citizenship classes as well as English as a second language with Arlington County's REEP program. She loves to travel and enjoys the theater, reading, ballet and good restaurants. Here at GHBC, she would like to tutor staff who want ESL/Citizenship lessons and to tend a plot in the Knoll Garden. She adds that her granddaughter, Isabella, loves playing ping pong here and is looking forward to trying out the pool.



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, JULY 15

 9:30 a.m. - 10:30 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 - Celebrate the recent birthday of Andrew Wyeth by watching *WYETH: The Life of Andrew Wyeth in Bold Strokes*, a documentary that tells the story of one of America's most popular, but least understood, artists. Through unprecedented access to family members, archival materials, and his work, this film presents the most complete portrait of the artist, bearing witness to a legacy just at the moment it is evolving. This documentary is part of the award-winning American Masters series produced by PBS. Directed by Glenn Holsten. Total Run Time: 87 minutes. Discussion to follow. (Media Room)



TUESDAY, JULY 16


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

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

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

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

WEDNESDAY, JULY 17

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



Art trip to Green Spring Gardens to see lotus flowers in peak bloom and tour new art exhibits on view both in the Horticulture Center and Historic House! Green Spring Gardens is a must-visit park in Fairfax County and an inspiration for any gardener, nature-lover, or artist! The park has a wooded stream valley with ponds, a naturalistic native plant garden, more than 20 thematic demonstration gardens, a greenhouse, a plant shop, and multiple art exhibitions featuring local artists on view in both the historic house and horticulture center. This is an opportunity to tour the vibrant summer gardens with a Green Spring Master Gardener docent during the peak blooming period of lotus blossoms, which are beautiful flowers considered to be a must-see in our region every July.

- Departure: Bus boards at 8:30 a.m. at the Main Entrance
- Cost: \$22.00 total (\$12.00 tour fee, \$10.00 transportation fee)
- Sign up: Available on Monday, July 15 at 9:00 a.m. in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, shenninger@goodwinliving.org

INSIDE THE ART CENTER

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 pastels to create artwork inspired by summer lotus blossoms, which are in peak bloom across our region! All skill levels welcome - no previous art experience or drawing skills required.



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



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

THURSDAY, JULY 18



3:00 p.m. - 5:00 p.m.

Session 1 (Sign up, 12 participants)

Session 2 (Sign up, 12 participants)

Woodcarving - Join resident woodcarving master and instructor Mike Connors in the Art Center. Newcomers are always welcome.

FRIDAY, JULY 19

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



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



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

Creative Portraits Workshop - Join resident Victoria Carns in the Art Center to have fun creating portraits with fabulous hair styles! Explore collage techniques using decorative papers and hand-drawn images in this class, which is perfect for crafters or anyone looking for new creative project. All supplies will be provided to create your own artwork, and no previous art skills are required. (Sign up, 12 participants)



MONDAY, JULY 15

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

TUESDAY, JULY 16

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Aerobics Room
- 9:00 a.m. Pickleball Practice, Pickleball Court
- 10:00 a.m. Water Aerobics, Pool
- 10:00 a.m. Pilates, Aerobics Room
- 11:00 a.m. Tai Chi, Aerobics Room - **New Location**
- 11:30 a.m. Chair Fit, Fitness Center/ Main Room - **New Location**
- 1:00 p.m. Movement for Living, Aerobics Room - **New Class**
- 2:30 p.m. Brain Balance Fitness, Aerobics Room

WEDNESDAY, JULY 17

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. Fitness Orientation, Fitness Center (sign up needed)
- 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, JULY 18

- 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
- 11:30 a.m. Chair Fit, Aerobics Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room

FRIDAY, JULY 19

- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. Pickleball Practice, Pickleball Court
- 9:30 a.m. Chair Fit, Auditorium

- 10:30 a.m. Chair Yoga, Auditorium
- 1:00 p.m. Movement for Living, Aerobics Room - **New Class**
- 2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, JULY 20

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

Senior Olympics Registration

The Senior Olympics will be held on September 14 - 19. Registration opens July 1. 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.

ASSISTED LIVING PROGRAMS

MONDAY, JULY 15

- 10:15 Monday Movement w/ Olga & Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends & Vy (Community Room)
- 2:00 Documentary: *The Eighties: Tear Down This Wall* (Community Room)
- 3:00 Action Station w/ Si & Ali & Vy: Grilled Watermelon and Pineapple (Crossroads Area)

TUESDAY, JULY 16

- 10:30 Morning Art Discussion w/ Sarah & Vy (Community Room)
- 2:15 Baseball fun Facts w/ Mindy (Crossroads Area)
- 2:45 Weekly Musician Spotlight w/ Samantha (Community Room)
- 3:30 Tuesday Tastings: Iced Tea Social in the Crossroads Area

WEDNESDAY, JULY 17

- 10:30 Wednesday Travel w/ Elizabeth (Community Room)
- 11:00 Chair Chi Exercise w/ Vy (Community Room)
- 2:00 Bingo w/ Michelle (Crossroads Area)
- 3:30 Farm Animal Mini Petting Zoo w/ Vy (First Floor Patio)

THURSDAY, JULY 18

- 10:30 Gardening Education w/ ElderGrow & Vy (Community Room)
- 2:00 Music Group w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 July's Birthday Celebration w/ Vy (Crossroads Area)
- 6:30 Jeopardy & Evening Snacks w/ Vy (Crossroads Area)

FRIDAY, JULY 19

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:30 Ice Cream Bar w/ Michelle (Crossroads Area)
- 3:00 Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 Friday Fitness w/ Olga (Community Room)

SATURDAY, JULY 20

- 10:00 Chair Chi Exercise w/ Vy (Community Room)
- 10:30 Virtual Travelogue: Belgium (Community Room)
- 3:00 Piano Music Appreciation w/ Heather & Vy (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, JULY 21

- 10:30 Pet Visit w/ Frankie (Crossroads Area)
- 10:30 Sunday Service in the Chapel
- 1:45 Sunday Stretches w/ Mar_T (Community Room)
- 2:15 Lemonade & Snacks w/ Olga (Crossroads Area)
- 3:00 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, JULY 15

- 9:30 News and Views
- 10:30 Morning Movement w/ Vilma
- 11:00 Crossword Solvers w/ Michelle
- 2:00 1:1 Visits w/ Vilma
- 3:30 Monday Music Therapy w/ Sam

TUESDAY, JULY 16

- 9:30 Morning Newsletter
- 10:30 Exercise w/ Sarah
- 11:00 Resident Council Meeting w/ Megan
- 2:00 Discussion Group w/ Christine & Aki
- 2:00 Community Stroll w/ Vilma
- 3:30 Bingo w/ Aki & Friends

WEDNESDAY, JULY 17

- 9:30 Daily Digest
- 10:30 Pop Workout w/ Aki
- 11:00 Piano Sing Along w/ Anne
- 2:00 Social Visits w/ Aki
- 3:30 Music Therapy Small Group w/ Sam
- 3:30 Farm Animal Petting Zoo in the Atrium w/ Aki

THURSDAY, JULY 18

- 9:30 Morning Discussion
- 10:30 Mindful Movers Exercise w/ Vilma
- 11:00 Learning Circle w/ Vilma
- 2:00 Service Project Prep w/ Aki & Vilma
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot & Aki
- 6:45 Sunset on the Patio w/ Aki

FRIDAY, JULY 19

- 9:30 Today in History
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:30 Stronger Memory w/ Jessica
- 3:30 Birthday Party Celebration w/ Vilma & Aki

SATURDAY, JULY 20

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Seated Fitness w/ Mar_T & Vy
- 3:30 Afternoon Trivia w/ Erica & Vy
- 4:00 Piano Music Appreciation w/ Heather & Vy

SUNDAY, JULY 21

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Move & Groove w/ Olga
- 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, JULY 15

8:30 a.m. Total Body Standing, Auditorium
9:00 a.m. IT Device Clinic, Bistro
9:30 a.m. Chair Fit, Auditorium
9:30 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. Functional Fitness, Aerobics Rm
11:00 a.m. Meditation, Ch. 1960
11:00 a.m. Memoirs, Smith Study
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 Program Group, Board Room
2:00 p.m. Mat Yoga, Aerobics Room
2:00 p.m. Rummikub, Card Room
2:00 p.m. Trivia, Atrium
2:30 p.m. Smartphone Users Group, Top of the West
3:00 p.m. Movie Committee Meeting, Board Room
4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
4:15 p.m. Silver Panthers Huddle, Board Rm
4:30 p.m. Angel Tree for Patrick Henry Shelter, Rotunda
6:45 p.m. Mexican Dominos, Game Room
7:30 p.m. Bocce Ball, Bocce Ball Court

TUESDAY, JULY 16

8:15 a.m. Stretch and Flex, Auditorium
9:00 a.m. Functional Fit, Aerobics Rm
9:00 a.m. Pickleball Practice, Pickleball Court
9:30 a.m. Advanced Ceramics, Art Center
10:00 a.m. An Invitation to True Belonging, Auditorium
10:00 a.m. Caregivers Support Group,

Formal Parlor
10:00 a.m. Pilates, Aerobics Room
10:00 a.m. Standing Total Body Stretch, Ch. 1960
10:00 a.m. Water Aerobics, Pool
10:30 a.m. Seated Fitness, Ch. 1960
11:00 a.m. Muscle Relaxation, Ch. 1960
11:00 a.m. Tai Chi, Aerobics Room
11:30 a.m. Chair Fit, Fitness Center/ Main Room
11:30 a.m. Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
1:00 p.m. An Invitation to True Belonging, Auditorium
1:00 p.m. Rosary Group, Smith Study
1:00 p.m. Movement for Living, Aerobics Room
1:30 p.m. Knit for Kids, Art Center
2:30 p.m. Brain Balance Fitness, Aerobics Room
4:00 p.m. Newcomers, Auditorium
4:30 p.m. Angel Tree for Patrick Henry Shelter, Rotunda

WEDNESDAY, JULY 17

8:30 a.m. Art trip to Green Spring Gardens
Departs from Main Entrance
8:30 a.m. Total Body Standing Auditorium
9:30 a.m. Chair Fit, Auditorium
10:00 a.m. Holy Communion Service with Healing Prayers & Anointing, Chapel
10:15 a.m. Fitness Orientation, 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 Session 1, Art Center

1:30 p.m. Grounds Committee Meeting, Board Room
 2:00 p.m. Gentle Chair Yoga, Aerobics Room
 2:00 p.m. Informal Open Bridge, Card Rm
 2:30 p.m. Drawing Skills Session 2, Art Center
 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. Angel Tree for Patrick Henry Shelter, Rotunda
 4:30 p.m. Drinks & Trivia, Formal Parlor
 4:30 p.m. Line Dancing, Auditorium
 7:00 p.m. Bingo, ToW

THURSDAY, JULY 18

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 Meeting, Board Room
 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
 11:30 a.m. Chair Fit, Aerobics Room
 1:00 p.m. Creative Writing, Formal Parlor
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Wii Bowling, Aerobics Room
 2:00 p.m. Thursday Movie Matinee: *Lo Capitano*, Auditorium
 2:30 p.m. Brain Balance Fitness, Aerobics Room
 3:00 p.m. Woodcarving, Art Center
 4:00 p.m. Meditation Group, Smith Study

4:00 p.m. Low Vision and Hearing Group, Group Room in the Pointe
 4:30 p.m. Angel Tree for Patrick Henry Shelter, Rotunda
 7:00 p.m. Poker Night, Game Room

FRIDAY, JULY 19

8:30 a.m. Total Body Standing, Auditorium
 9:00 a.m. Pickleball Practice, Pickleball Court
 9:30 a.m. Chair Fit, Auditorium
 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. Creative Portraits Workshop, Art Center
 1:00 p.m. Movement for Living, Aerobics Room
 1:30 p.m. Mah Jongg, Card Room
 2:00 p.m. Jeopardy, Board Room
 2:30 p.m. Mat Yoga, Aerobics Room
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
 4:30 p.m. Angel Tree for Patrick Henry Shelter, Rotunda

SATURDAY, JULY 20

9:00 a.m. Total Body Video, Aerobics Room
9:00 a.m. Croquet, Front Lawn
10:00 a.m. Total Body Video, Aerobics Room
11:30 a.m. Spanish Speaker Group, Bistro
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: *The Great Lillian Hall*, Auditorium

SUNDAY, JULY 21

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
2:00 p.m. Preparing End-of-Life Legal Documents, Board Room
7:00 p.m. Compline, Chapel