

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 31 + July 29, 2024

UPCOMING MEETINGS

Resident Health Committee

Friday, August 2 at 10:00 a.m. | Top of the West

Arts Committee

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

LOCATION OR TIME CHANGE

Chapel of All Saints three-part summer series on Christian contributions

On Friday, August 2 at 2:00 p.m. | Chapel - **New time**

COVID CASES AS OF JULY 25

Independent Living (IL): 1

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 5

AFTERNOON CONCERT WITH JULIEN XUEREB

Wednesday, July 31 at 2:00 p.m. | Auditorium

Innovative French guitarist, singer, and composer Julien Xuereb strives to make every performance a unique experience. His compositional style ingeniously blends elements of Classical, Pop, Jazz, and Middle Eastern music. Tim Smith, critic at the *Baltimore Sun*, described his works as “subtly nuanced compositions.” Join us for an afternoon performance by this local French musician!



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

On Friday, August 2 at 2:00 p.m. | Chapel

A three-part summer series on Christian Contributions to Spiritual Enrichment has been planned by our Chapel of All Saints. Dr. Jane Tavernier will provide an organ recital on the Chapel's beautiful, powerful, digital organ demonstrating the comfort and joy of music. On Friday, August 16 at 11:30 a.m. in the Auditorium, Dr. Frank Wade will talk about loss and healing. A light lunch will be available while attendees chat at tables. Before we depart, Frank will talk again to bring our thoughts to some conclusions. Our final event will be on Friday, September 6 at 4:00 p.m. in the Chapel. Beth and Michael Hansen, a married and musical couple, will perform on the organ and the violin to again demonstrate the power of music in spiritual enrichment.



Goodwin House
Bailey's Crossroads

WELLNESS ICON KEY:

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

MORE HAPPENINGS

STRONGERMEMORY GROUP

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

Led by Ellie Pettoni, Brain Health Coordinator

- July 29, 2024 – Session Topic: Mind Matters: How Stress Impacts Our Brain Health
- August 5, 2024 – Session Topic: The Importance of Sleep and the Brain

StrongerMemory Participant Quote:

"The best part of the program has been the weekly check-in meetings. I enjoy hearing and relating to the stories, experiences, and suggestions from other participants as well as the feedback from the facilitator."



GREAT COURSES SERIES - THE GREAT TOURS: FRANCE THROUGH THE AGES

Wednesday, July 31 at 3:00 p.m. | Media Room

- Episode 3: The Splendor of Versailles
- Episode 4: Paris in Revolution



JEWISH SHABBAT SERVICES

Saturday, August 3 at 9:30 a.m. | Chapel

Open to all residents, Priority Club members, and staff. You don't have to be Jewish!



ROMAN CATHOLIC COMMUNION SERVICE

Sunday, August 4 at 10:00 a.m. | Top of the West

Questions? Contact Ron Karpick at lungone@msn.com (ext. 7399).



AFTERNOON CONCERT

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

Friday, August 2: Popular Symphony Finales

The 10 Most Popular Symphony Finales - by Dvořák, Mahler, Beethoven, Brahms, Berlioz, Mozart, Bruckner, and Tchaikovsky.

Running Time: 1 hour, 14 minutes



SATURDAY NIGHT MOVIE - *GHOSTLIGHT*

Saturday, August 3 at 7:15 p.m. | Auditorium

When a construction worker joins a local theater's production of *Romeo and Juliet*, the drama onstage starts to mirror his own life.

2024, Comedy/Drama, 1 hour, 55 minutes

Starring: Keith Kupferer, Katherine Kupferer, Dolly De Leon, and Tara Mallen



SAVE THE DATE

"BEHIND THE SCENES OF THE OLYMPICS" TALK WITH RESIDENT CHRISTER AHL

Tuesday, August 6 at 2:00 p.m. | Formal Parlor



COMMUNITY SERVICE COMMITTEE - PREEMIE PROJECT

Marietta Tanner, Apt. 1209, proudly displays her first knitted preemie blanket that will go to the Neonatal Intensive Care Unit in the Virginia Hospital Center. While many years have passed since Marietta last knitted, she went to the Art Center on Tuesdays when Knit for Kids meets at 1:30 p.m. and chose her yarn and needles. Preemie blankets are the size of a placemat and are quick to make. Marietta got help casting on, knitting the garter, and stockinette stitches and binding off. She has decided to start a second blanket using the same yarn but using a new pattern for the body. Since the Community Service Committee adopted the Preemie Project in January 2024, a total of 165 hats and 162 blankets have been made for the newborns this year.



THE 2024 NORTHERN VIRGINIA SENIOR OLYMPICS - NEW AND RETURNING EVENTS

The 2024 Northern Virginia Senior Olympics (NVSO), September 14 to 29, has new offerings this year: Sudoku Pentathlon, the 100-yard individual medley in swimming, and new horseshoe pits, Badminton and bunco are back by popular demand! Goodwin Home Health is an NVSO gold patron, and GHBC is hosting the Mexican Train Dominoes competition. Don't miss the fun. GHBC pays residents' registration fees, and is providing a special "Team GHBC" tee shirt for Olympians. Pick up your 2024 NVSO registration form at the Fitness Center Desk. Questions? Contact Fitness Manager Olga Cardoso at ocardoso@goodwinliving.org.

DIVERSITY, EQUALITY, AND INCLUSION COMMITTEE INSPIRATION CALENDAR - AUGUST

Chief Si'ahl was a Suquamish and Duwamish chief during the 1800s. He is sometimes known as Chief Seattle, because "Seattle" is the Anglicization of Si'ahl. Regarded as a venerable leader and respected for his peaceful ways, Chief Si'ahl became known for building friendly relations with European immigrants when they arrived in his native lands.

- [National Immunization Awareness Month](#)
- August 2 – Goodwin Living At Home Launched (2013)
- August 9 – [International Day of the World's Indigenous Peoples](#)
- August 20 – [National Radio Day](#)
- August 23 – [International Day for the Remembrance of the Slave Trade](#)
- August 25 – GHA Opened in 1967

GOOD WINDS 2024/5?

Last fall, we published *Good Winds 2023*, a magazine collection of resident stories, art, and photography. There is a bound copy of the magazine on the resident author's shelf in the GHBC library, and here is a link to the online magazine: https://drive.google.com/file/d/1tLD_DwsVz8h5xVPHOoXoWCLyghavRkw4/view?usp=sharing. Now, as editor-in-chief of *Good Winds 2023*, Ric Blacksten would be happy to advise folks creating the next *Good Winds* magazine. Ric Blacksten, hricblacksten@gmail.com, 703-980-5899 (mobile/text).

MAIGRET FILM SERIES

Wednesdays at 7:15 p.m. | Auditorium

As a summer August treat, four more of the popular French television film series Maigret will be shown at 7:15 p.m. in the Auditorium on each Wednesday evening in August. Made for French television, these original feature-length films are adapted from one of the most brilliant detective minds of the 20th Century, Georges Simenon, legendary writer of best selling crime novels. This Maigret series stars international film star Bruno Cremer, who brings the beloved fictitious Parisian Police Inspector Maigret to life against a backdrop of 1950's Paris. Each episode is self-contained, so you need not have seen prior episodes to catch up on the devious plots. Violence is negligible compared to American and British detective television. Films are in French with English subtitles.

HOME HEALTH HOME SAFETY REMINDERS FROM GOODWIN HOME HEALTH

For older adults, home safety is paramount to prevent falls and ensure independent living. Remove hazards like loose rugs and clutter to minimize tripping risks. Install grab bars and non-slip mats in bathrooms to aid mobility. Ensure adequate lighting in hallways, stairs, and outdoor pathways. Keep essential items within easy reach to avoid excessive bending or reaching. Regularly check smoke detectors and carbon monoxide alarms. Consider a medical alert system for emergencies. Finally, encourage regular vision and hearing check-ups to maintain awareness of surroundings. These measures promote a safe and comfortable home environment, supporting older adults in maintaining their well-being and independence.

TRIPS AND OUTINGS

SMITHSONIAN NATIONAL POSTAL MUSEUM

Wednesday, August 14, 2024 | Board at 10:30 a.m., GHBC Main Entrance. Depart at 1:30 p.m. from museum

This gem of a museum covers U.S. postal history. At 11:30 a.m., a guide will give a one-hour museum highlights tour, with time afterward to explore museum floors and the gift shop. Exhibits include a mail-carrying stagecoach, John Lennon's childhood stamp collection, "Baseball: America's Home Run" with memorabilia from the Baseball Hall of Fame and private collectors, and "Systems at Work" displaying advances in postal history. Remember Pneumatic Mail Canisters? Discover that mail traveled at 35 mph under city streets! Finally, the museum has the world's largest stamp gallery.

- Signup: Monday, August 5, at 11:30 a.m., Resident Business Center
- Deadline: Monday, August 12 at 10:00 a.m.
- Cost: Transportation \$20.00. Museum: Free.
- Contact: Gail Davenport, ext. 3106

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 30: VaCCRA - Top of the West (Location Change)

The Virginia Continuing Care Residents Association (VaCCRA) promotes and protects the interests of CCRC residents. It is the only statewide, resident-based organization that advocates for CCRC residents on the local, state, and national levels. Claudia Blake hosts fellow GHBC VaCCRA Board Members Joan Lewis and Mar_T Ahrens.


August 6: Library, Resident Business Center, and Computer Rooms - Atrium (Location Change)

Learn the adventures our library holds for you in books, movies, and audiobooks, and how to obtain them. Learn useful information and items the Resident Business Center offers: sign-up sheets, places for old batteries, a computer, printer/copier, shredder, and much more. Learn about the computer rooms for all to use. We promise you'll be smarter. Hosted by Carol Lewis, with Noel Sipple and Eleanor Lewis

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 29

 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 - To celebrate July as Disability Pride Month, there will be a screening of *King Gimp*, an Academy Award-winning documentary that follows the daily life of Dan Keplinger to reveal how he discovered his voice through art and suggests that intelligent individuals with speech impediments and physical impairment are often perceived incorrectly. At the beginning of the film, Dan is a self-conscious teen with severe cerebral palsy living with his single mother in suburban Baltimore, but at the end, he's a college-educated artist painting and pondering the meaning of love. Directed by Susan Hannah Hadary and William A. Whiteford. Total Run Time: 40 minutes. Discussion to follow. (Media Room)

TUESDAY, JULY 30

 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 31

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



Collage Workshop with Youth Volunteers - Explore a variety of materials and artistic processes in this creative class with youth from Herralink, a volunteer organization that bridges the gap between generations. This is an opportunity to work collaboratively with an experienced volunteer on a mixed-media collage that expresses your unique perspective and shares your personal wisdom with the greater community. We will have fun combining paper, paint, ink, images, and more to create dynamic, thoughtful artwork for display. All are welcome - no art experience or drawing skills required! (Sign up, 12 participants)



THURSDAY, AUGUST 1

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

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

FRIDAY, AUGUST 2

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

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

Flower Arrangers Group Meets - Contact Sarah Henninger at ext. 7218
Arts Committee Meeting - Join Arts Committee Chair Jan Pomerantz and fellow residents to discuss arts programming, events, and trips.



MONDAY, JULY 29

- 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, Auditorium
- 7:30 p.m. Bocce Ball, Bocce Ball Court

1:00 p.m. Movement for Living, Aerobics Room

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

SATURDAY, AUGUST 3

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

TUESDAY, JULY 30

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

WEDNESDAY, JULY 31

- 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, AUGUST 1

- 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, AUGUST 2

- 8:30 a.m. Functional Fitness, Auditorium
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Auditorium
- 10:30 a.m. Chair Yoga, - **Canceled**

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 29

- 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: *Greed is Good* (Community Room)
- 3:00 Moon Landing Facts & Snacks w/ Shanna & Vy (Crossroads Area)

TUESDAY, JULY 30

- 10:30 Morning Art Discussion w/ Sarah (Community Room)
- 2:00 Spiritual Discussion w/ Alex (Community Room)
- 2:45 Weekly Musician Spotlight w/ Sam (Community Room)
- 6:30 Grace Kelly: An American Princess w/ Sam (Community Room)

WEDNESDAY, JULY 31

- 10:30 Wednesday Travel w/ Elizabeth (Community Room)
- 11:00 Chair Exercise w/ Vy (Community Room)
- 2:00 Bingo w/ Vy (Crossroads Area)
- 3:00 Afternoon Patio Visits w/ Vy (1st Floor Patio)

THURSDAY, AUGUST 1

- 10:30 August IQ: Fun Facts w/ Vy (Community Room)
- 11:00 Morning Chair Stretches w/ Vy (Community Room)
- 2:00 Music Group w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 Afternoon Social w/ Vy (Crossroads Area)

FRIDAY, AUGUST 2

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:15 Afternoon Trivia w/ Steffan (Community Room)
- 3:00 Afternoon Travel w/ Tiffany (Community Room)
- 3:30 Friday Fitness w/ Vy (Community Room)

SATURDAY, AUGUST 3

- 9:30 Shabbat Service in the Chapel
- 10:00 Morning Chair Chi Exercise w/ Vy (Community Room)
- 3:00 Piano Music Appreciation w/ Heather & Vy (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, AUGUST 4

- 10:00 Artist Spotlight w/ Sarah (Community Room)
- 10:30 Sunday Service in the Chapel
- 1:45 Sunday Stretches w/ Mar_T (Community Room)
- 3:00 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, JULY 29

- 9:30 Daily News Brief
- 10:30 Math Whiz: Adding Up w/ Vilma
- 11:00 Chair Chi w/ Vy
- 2:00 Trivia in the Atrium w/ Vilma
- 3:30 Monday Music Therapy w/ Sam

TUESDAY, JULY 30

- 9:30 Today's Headlines
- 10:30 Sit & Get Fit w/ Aki
- 11:00 Spiritual Devotions w/ Alex & Vilma
- 2:00 Fresh Air Fun w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 3:30 Bingo w/ Aki, Vilma, & Friends

WEDNESDAY, JULY 31

- 9:30 Morning Newsletter
- 10:30 Shake It Off w/ Vilma
- 11:00 Piano Sing Along w/ Anne
- 2:00 1:1 Visits w/ Aki & Vilma
- 3:30 Music Therapy Small Group w/ Sam
- 4:00 Happy Hour in the Lounge w/ Vilma & Aki

THURSDAY, AUGUST 1

- 9:30 Sip & Social
- 10:30 Thursday Flex w/ Vilma
- 11:00 Word Game: So Much "Sun" w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 2:30 Creative Art w/ Sarah & Aki
- 4:00 Piano Tunes w/ Dr. Wilmot, Vilma & Aki
- 6:45 Interactive Jeopardy w/ Vy

FRIDAY, AUGUST 2

- 9:30 Table Talk
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Active Game: Horseshoes w/ Aki
- 3:30 Welcome August Social w/ Aki & Vilma

SATURDAY, AUGUST 3

- 9:30 Shabbat Service in the Chapel
- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Seated Fitness w/ Mar_T & Vy
- 4:00 Piano Music Appreciation w/ Heather & Vy

SUNDAY, AUGUST 4

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Artist Spotlight w/ Sarah
- 11:00 Seated Exercise on TV CHANNEL 1960
- 1:15 Sunday Service w/ Rev. Alex
- 7:00 Compline Service in the Chapel

Bolded Events Reflect New or Infrequent Upcoming Activities

WEEKLY CALENDAR

MONDAY, JULY 29

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. StrongerMemory Program Group, Board Room
 2:00 p.m. Mat Yoga, Auditorium
 2:00 p.m. Rummikub, Card Room
 2:00 p.m. Trivia, Atrium
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
 4:15 p.m. Silver Panthers Huddle, Board Rm
 6:45 p.m. Mexican Dominos, Game Room
 7:30 p.m. Bocce Ball, Bocce Ball Court

TUESDAY, JULY 30

8:15 a.m. Stretch and Flex, Aerobics Rm
 9:00 a.m. Functional Fit, Aerobics Rm
 9:00 a.m. Pickleball, Pickleball Court
 9:30 a.m. Advanced Ceramics, Art Center
 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. 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, Top of the West

WEDNESDAY, JULY 31

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 (Sign up)
 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
2:00 p.m. Afternoon Concert with Julien Xuereb, Auditorium

Bolded Events Reflect New or Infrequent Upcoming Activities

2:00 p.m. **Collage Workshop with Youth Volunteers, Art Center**
 2:00 p.m. Gentle Chair Yoga, Aerobics Room
 2:00 p.m. Informal Open Bridge, Card Rm
 3:00 p.m. Great Tours: France through the Ages, 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, AUGUST 1

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. 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
 2:00 p.m. Duplicate Bridge, Card Room
 2:30 p.m. Brain Balance Fitness, Aerobics Room
2:30 p.m. Thursday Travel Vlogs, Media Room
 3:00 p.m. Woodcarving, Art Center
3:30 p.m. UUCA Ministerial Visit, ToW
4:00 p.m. Meditation Group, Smith Study
 7:00 p.m. Poker Night, Game Room

FRIDAY, AUGUST 2

8:30 a.m. Functional Fitness, Auditorium
 9:00 a.m. Pickleball, Pickleball Court
 9:30 a.m. Chair Fit, Auditorium
 10:00 a.m. Resident Health Committee Meeting, ToW
 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. Movement for Living, Aerobics Room
 1:30 p.m. Mah Jongg, Card Room
 2:00 p.m. Jeopardy, Board Room
 2:30 p.m. Arts Committee, Art Center
 2:30 p.m. Mat Yoga, Aerobics Room
2:00 p.m. Christian Contributions to the Path from Loss to Healing: An Organ Recital, Chapel - New Time
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Bolded Events Reflect New or Infrequent Upcoming Activities

SATURDAY, AUGUST 3

- 9:00 a.m. Croquet, Front Lawn
9:00 a.m. Total Body Video, Aerobics Room
**9:30 a.m. Jewish Shabbat Services,
Chapel**
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:
Ghostlight, Auditorium

SUNDAY, AUGUST 4

- 9:30 a.m. Chapel Coffee Hour, Formal
Parlor
10:00 a.m. Catholic Communion Service,
ToW
10:15 a.m. UU Service, Board Room
10:30 a.m. Holy Eucharist Service, Chapel
2:00 p.m. Death Cafe, Formal Parlor
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

**Submit all articles or questions
to WestWinds@GoodwinLiving.org
Submission Deadline is Saturdays at 5:00 p.m.**