

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 33 ✨ August 12, 2024

UPCOMING MEETINGS

Resident Council Community Meeting

Monday, August 12 at 10:00 a.m. | Auditorium

Fitness Committee

Tuesday, August 13 at 1:00 p.m. | Formal Parlor

Dining Services Committee

Thursday, August 15 at 9:30 a.m. | Board Room

CANCELATIONS

Photography Club

Monday, August 12 - **Canceled**

Great Tours

Wednesday, August 14 - **Canceled until August 28**

Afternoon Concert

Wednesday, August 16 - **Canceled**

COVID CASES AS OF AUGUST 8

Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 3

Team Members: 2

RESIDENT COUNCIL COMMUNITY MEETING

Monday, August 12 at 10:00 a.m. | Auditorium

The August meeting of the GHBC community will feature a discussion of and vote to adopt the revised Charter for the Resident Council. This is the mandate for resident governance here at GHBC. It states the things that the Council must and should be doing to democratically replace itself, to keep open communications between residents, management and the Board of Trustees, to encourage the chartered committees and other groups in their service to the community, and to encourage cooperation and enjoyment among residents. Donations for the Holiday Bazaar will resume soon. Find out how, where, and when to bring your “stuff” for sale to benefit our GHBC Foundation.



COFFEE AND CONVERSATION WITH CHANDRA KUMAR, COO OF GOODWIN LIVING







Wednesday, August 14 at 2:00 p.m. | Top of the West

All residents of the 8th floors of both the Crossroads and the Pointe are invited to attend. This is a chance to tell Chandra about your joys and concerns about life here at GHBC. Please RSVP to Susan LaRue at susan.larue275@gmail.com or ext. 3655 before Monday, August 12 to be sure there are enough cookies for all!



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

- August 12, 2024 – Session Topic: The Importance of Sleep and the Brain - Top of the West
(Location Change)
- August 19, 2024 – Session Topic: Stress & the Brain

StrongerMemory Participant Quote:

“The StrongerMemory program has motivated me to start writing down stories about my life, so that I can pass it on to my children, grandchildren, and great grandchildren!”



BAILEY'S BIRDERS MEETING

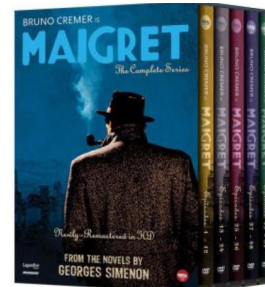
Tuesday, August 13 at 3:00 p.m. | Board Room

The Bailey's Birders meeting will talk about plans for a speaker later this month, August 20, when Dan Van Bellegham will speak about his photos of West Virginia birds. We will try again to do a birdwatching walk to Green Spring Park in the evening, as the one last month was canceled due to expected rain. The bird book shelf in the GHBC library is nearly empty, so it seems the people are enjoying reading about birds! We hope the bird books will reappear to allow others to use them too. Thank you to those who have contributed to the birdseed fund for the two GHBC birdfeeders.

WEDNESDAY EVENING MYSTERY MOVIES IN AUGUST: INSPECTOR MAIGRET (FRENCH WITH ENGLISH SUBTITLES)

Wednesday, August 14 at 7:15 p.m. | Auditorium

International film star Bruno Cremer brings the beloved Parisian 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 plots. English subtitles make the action easy to understand. See Andrea Baumann for questions. On Wednesday August 14, we will show Episode 14 - *Maigret and the Spinster*. Every day, Cecile comes to Maigret's office vainly trying to convince him that a stranger has been breaking into her home. Is Cecile really in danger? (90 minutes).



THURSDAY MOVIE MATINEE - *EVIL DOES NOT EXIST*

Thursday, August 15 at 2:00 p.m. | Media Room

Takumi and his daughter live in Mizubiki Village, close to Tokyo. One day, the village inhabitants become aware of a plan to build a glamping site near Takumi's house, offering city residents a comfortable escape to nature.

2023, Drama, 1 hour 46 minutes

Starring: Hitoshi Omika, Ryuki Kosaka, and Ayaka Shibutani



MORE HAPPENINGS

COME FOR A LUNCH DISCUSSION

Friday, August 16, at 11:30 a.m. | Auditorium

The Chapel of All Saints second event in our three-part summer series is on Friday, August 16, in the Auditorium. Dr. Frank Wade will talk on the Christian contribution to Loss and Healing. Lunch will be available. We plan to lunch and chat after the talk then reconvene to share as we wish. Frank has been an Episcopal priest for 58 years and rector of St. Albans, adjacent to Washington Cathedral for 22 years. His book *The Art of Being Together* is in its third printing. Frank has served as Dean of the Washington Cathedral and Interim Dean of Students at Virginia Theological Seminary where he is currently an adjunct faculty member.

REMINDER: ANNUAL OUTDOOR MOVIE NIGHT

Thursday, August 29 at 6:00 p.m. | (Rain Location: Auditorium)

The Annual Goodwin Living Outdoor Movie Night is scheduled for Thursday, August 29 and will include food, games, goodies, and Squeals on Wheels petting Zoo! Stay for the movie starting at 7:45 p.m. We will be showing *IF*, about a girl who discovers she can see everyone's imaginary friends! This event is open to everyone; GHBC, GHA, and TVA Residents, all team members, Priority Club Members, Goodwin Living At Home, family, and friends. We hope to see you there!



REMINDER: GHBC VESPERS

Tuesday, August 20 at 7:15 p.m. | Chapel

The Chaplaincy Department, in collaboration with residents invites,7 all GHBC residents and team members to this interfaith contemplative ritual of personal reflection. The August theme is “Compassion.”



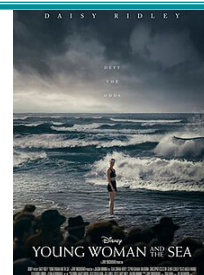
SATURDAY NIGHT MOVIE - *YOUNG WOMAN AND THE SEA*

Saturday, August 17 at 7:15 p.m. | Auditorium

Through the steadfast support of her older sister and trainers, Trudy Ederle overcomes adversity and the animosity of a patriarchal society to rise through the ranks of the Olympic swimming team and complete a 21-mile trek from France to England.

PG, 2024, Drama/Romance, 2 hour 9 minutes

Starring: Daisy Ridley, Stephen Graham, Jeanette Hain, and Kim Bodnia



SAVE THE DATE

MINI-MUSICALS ON THE MOVE PERFORMING *GUYS AND DOLLS*

Thursday, August 22 at 7:15 p.m. | Auditorium



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

PATRICK HENRY FAMILY SHELTER

Mary Hamilton, Community Coordinator for the Patrick Henry Family Shelter, received the donations from the Christmas in July campaign for the Angel Tree, with Betty Plionis and Stefanie Reponen, co-chairs. Gifts totaled a record \$7,672: \$1,127 in cash, \$725 in gift cards and \$5,820 in checks. Mary expressed her deep gratitude saying “this will make such a big difference for so many for a long time.” Thank you, GHBC residents and staff, for your generosity!



ANNOUNCEMENT FROM LIFE ENRICHMENT - MONDAY TRIVIA UPDATE

Trivia on Monday, August 12 will be a 30-minute session, 2:00 p.m. to 2:30 p.m. Bring a friend!

SENIOR OLYMPICS DEADLINE IS COMING

Don't miss your chance to earn a medal at the September 14-29, 2024, Northern Virginia Senior Olympics (NVSO). The last day to turn in your completed registration form at the Fitness Center Desk is Thursday, August 22. GHBC pays residents' registration fees and provides a special team tee shirt, but only if you register before August 22. Pick up your registration form at the Fitness Center today, and join the fun at NVSO. Over 40 events include competitive athletics (e.g. track), recreational physical activities (e.g. croquet), and non-physical games (e.g. Scrabble). Questions? Contact Olga Cardoso at ocardoso@goodwinliving.org.

TRIPS AND OUTINGS

THE UNITED STATES INSTITUTE OF PEACE (“USIP”).

Friday, August 23, 2024 | Boarding promptly at 1:00 p.m. at GHBC's Main Entrance. Depart USIP approximately at 3:30 p.m.

The United States Institute of Peace (USIP) was established by Congress as an independent institution devoted to the nonviolent prevention and mitigation of deadly conflict abroad.

Resident George Moose will introduce Dr. Robert McCan, American peacemaker, who was part of of the citizen movement that lead to USIP's creation in 1984. Dr. McCan will share stories from his remarkable life committed to peace and justice and his thoughts on the future of peacemaking, on this occasion of his 100th birthday. Our visit will include a short tour of USIP.

- Sign up: Monday, August 12, 11:30 a.m., Resident Business Center
- Deadline: Friday, August 16, 10:00 a.m. when we must provide USIP with names of residents attending. No substitutions permitted after this deadline.
- Requirements: Government-issued photo ID required for admittance at USIP.
- Cost: Transportation \$20.00. USIP Free.
- Contact: Chris White, ext 7587.

CULINARY PASSPORT LUNCH TRIP - GREEK RESTAURANT

Monday, August 12 at 11:00 a.m. | Departs from Main Entrance

Our next Culinary Passport Trip is to Our Mom Eugenia in Shirlington. Enjoy delicious authentic Greek cuisine from this family-owned restaurant. The bus will depart at 11:00 a.m. A transportation fee of \$14 will be charged to resident accounts. Please sign up in the Resident Business Center. Questions? Contact Tiffany Proctor at tproctor@goodwinhouse.org.

TRIPS AND OUTINGS

SAVE THE DATE: NATIONAL MALL MUSEUM LOOP

Thursday, September 5, 2024

The Trips & Outings Committee is bringing back its very popular National Mall Museums Loop! Signup starts Monday, August 26. Details will be in next week's *West Winds*. Contact Jane Coughran, ext. 7450.

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

August 13: Marketing Committee and Buddies Welcome Program

The Marketing Committee assists the work of the Goodwin Living Sales Department. The Buddies Welcome program introduces new residents to another resident to contact during their move to GHBC. Stefanie Reponen hosts Anne Stewart and Susan Kilpatrick, committee co-chairs, and Anne Baxter, Buddies Welcome Program.

August 20: Spiritual Life Committee/Senior Quest

The Spiritual Life Committee presents the Senior Quest for Meaning Program, an annual themed series of sessions in the fall, winter, and spring on matters involving values-oriented reflections. The 2023-24 theme was "The Evolution of Systemic Racism." Tony Tambasco provides insight into the work of the committee. Carol Lewis hosts.

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, AUGUST 12

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

Art Film - Experience the beauty of the French countryside and art in *Summer Hours*, a film commissioned by the Musée d'Orsay. Three siblings scattered across the globe must come together to decide what to do with their late mother's estate, which includes a rambling country house in disrepair and the rare objets d'art acquired by her beloved uncle, a notable post-Impressionist painter. From this setup, the film untangles issues pertaining to intergenerational misunderstandings and the loss of context in museumification, while grounding these concerns in emotional truths. Directed by Olivier Assayas. Total Run Time: 99 minutes. Discussion to follow. (Media Room)

TUESDAY, AUGUST 13

 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, AUGUST 14

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


Beginning Ceramics - Join experienced artist and educator Betty Bott in creating with clay using handbuilding skills of pinching, coiling, and slab work in combination with surface design techniques. This class will meet for the next 3 weeks to make decorative lanterns and more! Geared towards beginners, but open to all. (Sign up for 3 sessions total, 8 participants)

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




Drawing Skills - Learn the principles of drawing central to every artist's and designer's creative practice. Sarah will help you hone your drawing skills and develop confidence with diverse materials and approaches to drawing. This week: Create artwork inspired by sunflowers using pen and ink. All skill levels welcome - no previous art experience or drawing skills required. (Sign up, 12 participants)

THURSDAY, AUGUST 15

 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 16

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

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



MONDAY, AUGUST 12

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Chair Fit, Aerobics Room
- 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 17

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

TUESDAY, AUGUST 13

- 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
- 11:30 a.m. Chair Fit, Aerobics Room
- 1:00 p.m. Movement for Living, Aerobics Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:15 p.m. Tai Chi, Aerobics Room - **New Time**

WEDNESDAY, AUGUST 14

- 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 15

- 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 16

- 8:30 a.m. Total Body Standing, Aeorbics Rm
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Aeorbics Room
- 10:30 a.m. Chair Yoga, Aeorbics Room

Save the Date: Sixties Summer Sweat Session with Catie

Saturday, August 24 at 1:30 p.m. | Auditorium

Join Catie Ramos, Executive Assistant and Athletics and Fitness Association of America (AFAA) Certified Fitness Instructor, for a Saturday morning workout featuring tunes from the sixties. The class will feature a lively cardio session, which can be done either seated or standing, followed by a strength segment performed entirely from a seated position. Don your favorite summer shirt or attire and get ready to move!

Senior Olympics Registration

The Senior Olympics will be held on September 14 - 19. Registration closes August 22. 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, AUGUST 12

- 10:15 Monday Movement w/ Olga & Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends & Vy (Community Room)
- 12:00 Lunch Group w/ Mindy (JDR)
- 2:00 Documentary: *The Nineties: Isn't It Ironic?* (Community Room)
- 3:00 Frozen Yogurt & Patio Visit w/ Vy (1st Floor)

TUESDAY, AUGUST 13

- 11:00 Travel Tuesday w/ Michelle (Community Room)
- 2:00 Spiritual Discussion w/ Alex (Community Room)
- 2:45 Weekly Musician Spotlight w/ Sam (Community Room)
- 6:30 Remembering Audrey Hepburn w/ Sam (Community Room)

WEDNESDAY, AUGUST 14

- 10:30 August Word Games w/ Vy (Community Room)
- 11:00 Chair Chi Exercise w/ Vy (Community Room)
- 2:00 Bingo w/ Vy (Crossroads Area)
- 3:30 Farm Animal Mini Petting Zoo in the Atrium

THURSDAY, AUGUST 15

- 10:30 Chair Exercise w/ Vy (Community Room)
- 11:00 Dining Services Committee w/ Ali & Vy (Community Room)
- 2:00 Music SINGO w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 Evening Music w/ The Tate Family & Vy (Crossroads Area)

FRIDAY, AUGUST 16

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

SATURDAY, AUGUST 17

- 10:00 Mind & Body Workout w/ Michelle (Community Room)
- 3:00 Virtual Travelogue: Cruising the Mediterranean (Community Room)
- 7:15 Evening Movie in the Auditorium

SUNDAY, AUGUST 18

- 10:00 Spelling Bee w/ Aki (Crossroads Area)
- 10:30 Sunday Service in the Chapel
- 2:00 Gardening w/ Youth Group Volunteers, Jessica & Aki (Community Room)
- 3:00 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, AUGUST 12

- 9:30 Coffee & Conversation
- 10:30 Morning Movement w/ Vilma
- 11:00 Travelogue w/ Michelle: California
- 2:00 Trivia in the Atrium w/ Vilma
- 3:30 Bingo w/ Vilma & Friends

TUESDAY, AUGUST 13

- 9:30 Morning Newsletter
- 10:30 Summer Fitness w/ Aki
- 11:00 Spiritual Devotions w/ Alex & Vilma
- 2:00 Patio Time w / Aki
- 2:00 Social Visits w/ Vilma
- 3:30 Birthday Party Celebration w/ Vilma & Aki
- 7:00 Evening Bingo w/ Michelle

WEDNESDAY, AUGUST 14

- 9:30 Social Visits
- 10:30 Exercise w/ Sarah & Vilma
- 11:00 Sing Along w/ Anne & Aki
- 2:00 1:1 Visits w/ Vilma & Aki
- 3:30 Music Therapy Small Group w/ Sam
- 3:30 Farm Animal Mini Petting Zoo in the Atrium w/ Vilma & Aki

THURSDAY, AUGUST 15

- 9:30 Table Talk
- 10:30 Prime Movers w/ Aki
- 11:00 Trivia! w/ Aki
- 2:00 Service Project Prep w/ Aki
- 2:30 Creative Art w/ Sarah
- 3:30 Catholic Mass in the Chapel
- 3:30 Poolside Summer Luau Party w/ Aki & Vilma

FRIDAY, AUGUST 16

- 9:30 Today in History
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Social in the Atrium w/ Aki & Vilma
- 3:30 Music Therapy Group w/ Sam

SATURDAY, AUGUST 17

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Seated Stretching w/ Michelle
- 3:30 Taste & Travel w/ Michelle: Hawaii

SUNDAY, AUGUST 18

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Brain Game: Where Am I? w/ Aki
- 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, AUGUST 12

8:30 a.m. Total Body Standing, Auditorium
 9:00 a.m. IT Device Clinic, Bistro
 9:30 a.m. Chair Fit, Aerobics Room
 10:00 a.m. Resident Council Community Meeting, Auditorium
 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
11:00 a.m. Culinary Passport, Board at Main Entrance
 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
 2:30 p.m. Bible Study, ToW
 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, AUGUST 13

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 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, 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
 11:30 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
 1:00 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
 3:00 p.m. Bailey's Birders, Board Room
 3:15 p.m. Tai Chi, Aerobics Room
 4:00 p.m. Newcomers, Auditorium

WEDNESDAY, AUGUST 14

8:30 a.m. Total Body Standing, Auditorium
 9:30 a.m. Beginning Ceramics, Art Center
 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
10:30 a.m. Smithsonian Postal Museum, Board at Main Entrance
 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. Drawing Skills, Art Center

Bolded Events Reflect New or Infrequent Upcoming Activities

2:00 p.m. Eighth Floors Coffee and Conversation with Chandra Kumar, ToW
 2:00 p.m. Gentle Chair Yoga, Aerobics Room
 2:00 p.m. Informal Open Bridge, Card Rm
 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
7:15 p.m. Maigret Film Series, Auditorium

THURSDAY, AUGUST 15

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 9:00 a.m. IT Device Clinic, Bistro
 9:30 a.m. Arlington Comm. Credit Union open, Crossroads Ground Level
 9:30 a.m. Dining Services Committee, Board Room
 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. Third Thursday Movie Matinee, Media Room
 2:30 p.m. Brain Balance Fitness, Aerobics Room
 3:00 p.m. Woodcarving, Art Center
 4:00 p.m. Meditation Group, Smith Study
 7:00 p.m. Poker Night, Game Room

FRIDAY, AUGUST 16

8:30 a.m. Total Body Standing, Aerobics Room
 9:00 a.m. Pickleball, Pickleball Court
 9:30 a.m. Chair Fit, Aerobics Room
 10:30 a.m. Chair Yoga, Aerobics Room
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Meditation, Ch. 1960
 10:30 a.m. Chair Yoga, Ch. 1960
11:30 a.m. Christian Contributions to the Path from Loss to Healing Lunch Discussion, Auditorium
 11:30 a.m. Shopping Shuttle - Giant, Departs from Main Entrance
 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

Bolded Events Reflect New or Infrequent Upcoming Activities

SATURDAY, AUGUST 17

9:00 a.m. Croquet, Front Lawn
9:00 a.m. Total Body Video, Aerobics Room
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: *Young Woman and the Sea*, Auditorium

SUNDAY, AUGUST 18

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

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