

WEST WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 35 ✨ August 26, 2024

UPCOMING MEETINGS

Green Team

Monday, August 26 at 11:00 a.m. | Board Room

Marketing Committee

Tuesday, August 27 at 3:00 p.m. | Board Room

CHANGES

Maigret Films

Tuesday, August 27 at 7:15 p.m. - **Date Change**

Newcomers

Tuesday, August 27 | Top of the West - **Location Change**

WhatNot Shop

Thursday, August 29 - **Closed**

Jeopardy

Friday, August 30 - **Canceled**

COVID CASES AS OF AUGUST 22

Independent Living (IL): 3

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 3



Goodwin House
Bailey's Crossroads

WELLNESS ICON KEY:

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

BIBLE STUDY

Monday, August 26 at 3:30 p.m. | Top of the West
Discussion will begin with Romans: 8.



ANNUAL OUTDOOR MOVIE NIGHT

Thursday, August 29 | Back Contractors Lot |
Rain location - Auditorium

Fun activities start at **6:00 p.m.** with entertainment, food, drinks, games, and a petting zoo!

The movie starts at **7:45 p.m.**, featuring *IF*. After discovering she can see everyone's imaginary friends, a girl embarks on a magical adventure to reconnect forgotten imaginary friends with their kids. All Goodwin Living residents and family are welcome - hope to see you there!



THE BAILEY'S BIRDERS GO TO GREEN SPRING PARK

Tuesday, August 27 | Departs from Main Entrance

The Bailey's Birders plan to go to Green Spring Park on Tuesday, August 27. The loop path around a pond is about one mile. It is accessible for rollators but there are steep inclines going to and from the pond; one of the inclines is gravel. Birds to be sighted might include a green heron, hummingbirds, and woodpeckers. We will meet to carpool at the Main Entrance at 5:30 p.m. Please bring binoculars, comfortable walking shoes, and water. Contact Sue LaRue, ext. 3655, or Gary Nooger, ext. 7493 to be sure we have enough cars. Rain date: Wednesday, August 28.



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 26, 2024 – Session Topic: The Importance of Sleep and the Brain
- September 2, 2024 – **Session Canceled (Labor Day)**

StrongerMemory Participant Quote:

“Stronger Memory is an easy-to-use system for stimulating your thinking process. It has helped me to deal with temporary memory lapses and develop skills for retrieving thoughts from long ago.”



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

Tuesday, August 27 at 7:15 p.m. | Auditorium - **Note Date Change**

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. On Tuesday, August 27, we will show Episode 21 - *Maigret Goes Home*. What begins as a routine trip to his hometown of Saint-Fiacre turns into work, as Inspector Maigret arrives just in time to witness a murder.



THE GREAT TOURS: FRANCE THROUGH THE AGES

Wednesday, August 28 at 3:00 p.m. | Media Room

- Episode 9: The Loire Valley: Among the Chateaux
- Episode 10: Bordeaux and the Coast of Aquitaine



DEATH CAFE

Sunday, September 1 from 2:00 p.m. to 3:30 p.m. | Formal Parlor

Join other residents for a confidential group conversation around death - no agenda, no experts, you determine the topics. Numbers are limited, so arrive on time if you want to be sure of a place. Bring your own coffee/tea. We'll supply cake/cookies. Facilitators are residents Diane Ullius and/or Michael Milano, both of whom have years of experience with helping people talk about death and dying. No need to make a long-term commitment, but Death Cafe will continue to be offered on the first Sundays at GHBC. For info on the worldwide Death Cafe movement, go to deathcafe.com. No microphones this session.



MORE HAPPENINGS

AFTERNOON CONCERT

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

Friday, August 30: *Macbeth* - Verdi

Giuseppe Verdi's masterpiece is based on the Shakespeare play. Opera stars Placido Domingo and Anna Netrebko. Premiered on March, 14 1847. Sung in Italian with English subtitles.

Running time: 2 hours, 34 minutes with 1 intermission



SATURDAY NIGHT MOVIE - *FLIPSIDE*

Saturday, August 31 at 7:15 p.m. | Auditorium

Flipside documents filmmaker Chris Wilcha's tragicomic attempt to revive the record store he worked at as a teenager while revisiting other documentary projects he abandoned over the years.

2023, Documentary, 1 hour, 31 minutes



SAVE THE DATE

LABOR DAY COCKTAIL HOUR WITH LIVE ENTERTAINMENT

Monday, September 2 at 3:00 p.m. | Rotunda



VISIT TO THE PHILLIPS COLLECTION FOR A TOUR OF THE SPECIAL EXHIBIT "MULTIPLICITY: BLACKNESS IN CONTEMPORARY AMERICAN COLLAGE"

Wednesday, September 4 from 10:30 a.m. to 3:00 p.m.



JEWISH SHABBAT SERVICES

Saturday, September 7, 9:30 a.m., Chapel



"PARIS 1874: THE IMPRESSIONIST MOMENT" EXHIBIT AT THE NATIONAL GALLERY OF ART

Thursday, September 19, 9:30 a.m. to 2:00 p.m.



ANNOUNCEMENT FROM THE ROSARY GROUP

Rosary Group meets every Tuesday at 1:00 p.m. in the Smith Study. It is a half hour of prayer time. Everyone is welcome. Contact: Karen Hurley, ext. 7586



HOW THE HOME HEALTH TEAM RECOMMENDS YOU KEEP MOVING!

To help, focus on these strategies:

- Daily Walks: Regular, short walks to improve cardiovascular health.
- Chair Exercises: Incorporate seated leg lifts, arm circles, and seated marches for gentle strength training.
- Strength Training: Use light weights or resistance bands to maintain muscle strength.
- Balance Exercises: Practice standing on one leg or heel-to-toe walking to enhance stability.
- Stretching: Perform gentle stretches to maintain flexibility and prevent stiffness.
- Functional Tasks: Engage in activities like gardening or light housework to stay active.
- These activities help support mobility, balance, and overall well-being.

ANNOUNCEMENTS FROM THE CLINIC

If you have fallen, or encounter another resident that has fallen, please wait for a nurse to respond to the scene. Do not attempt to get up or assist someone else to get up. It is important that a medical assessment is completed prior to moving an individual to minimize the risk of further injury. You can always dial “0” to reach the Reception Desk and they will contact the nurse. Your cooperation is greatly appreciated.

We would also like to remind all resident that have planned a scheduled surgery to contact the Admission Coordinator at ext. 7261. Please provide us with the procedure you will be having, the date of the surgery, the name of the hospital, and the expected length of stay. This will help us prepare and plan for your stay with us on the Health Care Center if needed.

EMPLOYEE GIFT FUND

With the warmth of the holiday season approaching, GHBC residents again have the opportunity to express their affection and gratitude to the many team/staff members who work every day to enhance our lives. The appreciation is expressed by making a gift to the Employee Gift Fund. Stay tuned for more information on how you can support the Fund by marking your calendars for these EGF events:

- Newcomers Presentation: September 10
- EGF Campaign Kickoff: November 1
- Presentation of Gifts: December 6

DIVERSITY, EQUITY, INCLUSION & BELONGING (DEIB) SEPTEMBER INSPIRATIONS CALENDAR - QUOTE AND FEATURED AUTHOR

“The point is not to pay back kindness, but to pass it on.” Julia Alvarez is an American poet, novelist and essayist. Born in New York City, she spent the first ten years of her life in her parents’ home country, the Dominican Republic. She is regarded for examining the expectations of women and exploring stereotypes in both Dominican and American cultures.

- September 5 – GL Foundation started (1989)
- September 8-14 – [International Housekeeping and Environmental Services Week](#)
- September 15 – [Hispanic Heritage Month](#) starts
- September 16 – [The Prophet’s Birthday](#)
- September 16-22 – [Falls Prevention Awareness Week](#)
- September 17 – [Constitution Day](#)
- September 26 – GH Development Corporation started (2001)
- September. 30 - October 6 – [Active Aging Week](#)

TRIPS AND OUTINGS

CULINARY PASSPORT LUNCH TRIP- KANJI IZAKAYA

Monday, September 9, 2024 | Departs at 11:00 a.m.



Our next Culinary Passport Trip is to Kanji Izakaya in Arlington (Japanese cuisine/ Sushi). Enjoy delicious authentic Japanese Cuisine and a variety of fresh sushi options from this local Arlington restaurant. On Monday, September 9, 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 beginning on Friday, August 30. Questions? Contact Tiffany Proctor at tproctor@goodwinhouse.org.

SAVE THE DATE: NATIONAL SYMPHONY MATINEE

Friday, October 11, 2024

We are attending four NSO matinees in the coming season. The first is Nosedá conducting Beethoven’s “Emperor” and Strauss’ “Ein Heldenleben.”

- Sign up: Tuesday, September 3, 11:30 a.m.
- Deadline after which the costs are nonrefundable: Monday, September 9, 10:00 a.m.
- Details will be in next week’s *West Winds*.
- Contact: Chris White, ext 7587

REMINDER - NATIONAL MALL MUSEUMS LOOP

Thursday, September 5 | Board at 9:30 a.m. - Return at 1:00 p.m.

- Sign up: Monday, August 26, 11:30 a.m., Resident Business Center
- Sign-up Deadline: Wednesday, September 3, 10:00 a.m.
- Cost: Transportation \$20, Admission is free
- Contact: Jane Coughran, ext. 7450.
- Details of the museum stops were in last week’s *West Winds*.



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 27: Health Committee - **Top of the West**

A reason for moving here to GHBC is concern for our health. The Health Committee supports the GHBC Health team in providing the highest quality health care and is a forum for residents to bring health questions and concerns to the attention of administration and residents. Committee chair Ron Karpick and Associate Executive Director Karen Doyle discuss this vital work with host Stefanie Reponen.

September 3: Literary Groups

Do you enjoy reading and writing? Learn, create, and make new friendships in one or more of our literary groups, including Book Club, Memoirs, Creative Writing, Poetry, and Play Reading. Hear about *Good Winds*, GHBC's first literary journal, now online on the resident website. (Any volunteers for creating a 2nd edition?) Margaret Kelley hosts.

STAFF SPOTLIGHT

MEET ESTEPHANIE RUBIO

Estephania Rubio is the Assistant Manager and Service Coordinator in the Facilities Management Department here at GHBC.

Estephania grew up in Alexandria, Virginia. After graduating from what was then called T.C. Williams High school, she worked in a hair salon for a year. She was hired as a “shampoo girl” but also learned to do all the rest of the jobs in the salon except cutting hair. The salon relocated and Estephania decided to try something new. In 2012 she came to work at GHBC as a server in Dining Services and, as she puts it, she eventually did everything but work in the kitchen. In search of new challenges, she moved to Facilities Management as a service coordinator where her first big project was introducing WorxHub to residents and team members. In 2021, she was given additional responsibility and become an assistant manager/service coordinator. Estephania is always in search of new things to learn. She is enrolled in the University of Maryland Global Campus pursuing a degree in Human Resource Management. In addition, she holds certifications as a CNA and as a Medical Assistant. In her free time, she collaborates with an online company dedicated to empowering individuals to enhance their diets and physical activities to become healthier. She also enjoys gardening, with a special affinity for orchids. In the rest of her free time, she practices yoga and meditation. Estephania embodies the values of resilience, compassion, and a relentless pursuit of excellence. As she continues to evolve in her career, she's ready to take on new challenges and make a meaningful impact.



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 26

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

Art Film – *That Summer* centers on the film project artist Peter Beard initiated together with Lee Radziwill about her relatives: the Beales of Grey Gardens in East Hampton. Lost for decades, this extraordinary footage features the influential creative community that formed in Montauk in the 1970s, including Andy Warhol, Mick Jagger, and Truman Capote. Directed by Goran Hugo Olsson. Total Run Time: 80 minutes. Discussion to follow. (Media Room)



TUESDAY, AUGUST 27

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

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

 2:30 p.m. - 4:00 p.m.

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

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

Exhibition on Screen - In preparation for the exhibition “Paris 1874: The Impressionist Moment” opening at the National Gallery of Art this fall, there will be a screening of *Pissarro: Father of Impressionism*, a beautiful film about a significant artist in history. Filmed with exclusive access to the most extensive archive of any Impressionist painter, this documentary is part of the *Exhibition on Screen* series, which looks at the world’s most extraordinary art exhibits and the motivation behind them. Directed by David Bickerstaff. Total Run Time: 94 minutes. Discussion to follow. (Media Room)



WEDNESDAY, AUGUST 28

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

Beginning Ceramics - Join experienced artist and educator Betty Bott in creating with clay using handbuilding skills. This is the third session for residents that have already signed up to make decorative lanterns and more!

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: Use graphite or charcoal to draw a still life inspired by the summer season! All skill levels welcome - no previous art experience or drawing skills required (Sign up, 12 participants)

THURSDAY, AUGUST 29

 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 30

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

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



MONDAY, AUGUST 26

- 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
- 7:00 p.m. Bocce Ball, Bocce Ball Court

1:30 p.m. Movement for Living, Aerobics Room

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

SATURDAY, AUGUST 31

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

TUESDAY, AUGUST 27

- 8:15 a.m. Stretch and Flex, Auditorium
- 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
- 11:30 a.m. Chair Fit, Aerobics Room
- 1:30 p.m. Movement for Living, Aerobics Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:15 p.m. Tai Chi, Aerobics Room

WEDNESDAY, AUGUST 28

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

THURSDAY, AUGUST 29

- 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 30

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

Senior Olympics Registration

The Senior Olympics will be held on September 14 - 19. Registration closed Thursday, 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 26

- 10:15 Monday Movement w/ Olga & Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends & Vy (Community Room)
- 2:00 Discussion w/ Ambassador Courville (Community Room)
- 3:15 Documentary: *The Nineties: New World Order* (Community Room)

TUESDAY, AUGUST 27

- 10:30 Assisted Living Resident Council Meeting w/ Mindy & Vy (Community Room)
- 11:00 Morning Art Discussion w/ Sarah & Vy (Community Room)
- 2:00 Spiritual Discussion w/ Alex (Community Room)
- 2:45 Weekly Musician Spotlight w/ Sam (Community Room)
- 6:30 Family Feud & Snacks w/ Vy (Crossroads Area)

WEDNESDAY, AUGUST 28

- 10:00 Daily Chronicles w/ Michelle (Crossroads Area)
- 10:30 Travel to Hawaii w/ Tony Tambasco (Community Room)
- 2:00 Bingo w/ Michelle (Crossroads Area)
- 3:15 Relax & Unwind: Refreshments in the Crossroads Area

THURSDAY, AUGUST 29

- 10:30 Trivia w/ Michelle (Community Room)
- 11:00 Morning Chair Exercise w/ Sarah from PT (Community Room)
- 2:15 Sing-a-Long w/ Hank Lewis & Lucy-Lee (Crossroads Area)
- 3:00 Pet Visit w/ Frankie (Crossroads Area)
- 7:00 Movie Night, Contractors' Parking Lot

FRIDAY, AUGUST 30

- 10:30 Service Project for AFAC w/ Michelle (Community Room)
- 1:30 Friday Feature: Singin' in the Rain (Community Room)
- 3:00 Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 Friday Fitness w/ Olga (Community Room)

SATURDAY, AUGUST 31

- 10:45 Jeopardy w/ Catie (Community Room)
- 2:00 Music Trivia w/ Sam (Crossroads Area)
- 3:00 Piano Music Appreciation w/ Heather (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, SEPTEMBER 1

- 10:00 September Fun Facts w/ Aki (Crossroads Area)
- 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, AUGUST 26

- 9:30 Daily News Brief
- 10:30 National Dog Day Trivia w/ Michelle
- 11:00 Chair Chi w/ Vy
- 2:00 1:1 Knoll Garden Visits w/ Michelle
- 3:30 Monday Music Therapy w/ Sam

TUESDAY, AUGUST 27

- 9:30 Today in History
- 10:30 Nutrition 101 w/ Ali
- 11:00 Spiritual Devotions w/ Alex & Aki
- 2:00 Outdoor Patio Social w/ Aki
- 3:30 Bingo w/ Aki & Friends

WEDNESDAY, AUGUST 28

- 9:30 Coffee & Conversation
- 10:30 Fit for Life w/ Aki
- 11:00 Sing Along w/ Anne
- 2:00 1:1 Visits w/ Aki
- 3:30 Music Therapy Small Group w/ Sam
- 3:30 Travelogue: Barbados w/ Aki

THURSDAY, AUGUST 29

- 9:30 Headlines of the Day
- 10:30 Techno Feats w/ Vilma
- 11:00 Trivia! w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot, Vilma, & Aki
- 7:00 Movie Nigh, Contractors' Parking Lot

FRIDAY, AUGUST 30

- 9:30 News with Your Neighbors
- 10:30 Service Project for AFAC w/ Vilma
- 2:00 Social Visits w/ Vilma
- 3:30 Memory to the Table w/ Vilma

SATURDAY, AUGUST 31

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Seated Fitness w/ Mar_T & Sam
- 4:00 Piano Music Appreciation w/ Heather & Sam

SUNDAY, SEPTEMBER 1

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 September Brain Games w/ Aki
- 11:00 Seated Exercise on TV CHANNEL 1960
- 1:15 Sunday Service w/ Rev. Alex
- 3:30 Writing Group w/ Aki
- 7:00 Compline Service in the Chapel

Bolded Events Reflect New or Infrequent Upcoming Activities

WEEKLY CALENDAR

MONDAY, AUGUST 26

8:30 a.m. Total Body Standing, Auditorium
 9:00 a.m. IT Device Clinic, Bistro
 9:30 a.m. Chair Fit, Aerobics Room
 10:30 a.m. Bridge Lessons, Card Room
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Green Team Meeting, Board Room
 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
 3:30 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
 7:00 p.m. Bocce Ball, Bocce Ball Court

TUESDAY, AUGUST 27

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Aerobics Room
 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. Water Aerobics, Pool
 10:00 a.m. Standing Total Body Stretch, Ch. 1960
 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. Rosary Group, Smith Study
 1:30 p.m. Knit for Kids, Art Center
 1:30 p.m. Movement for Living, Aerobics Room
 2:30 p.m. Brain Balance Fitness, Aerobics Room
2:30 p.m. Exhibition on Screen, *Pissarro*, Media Room
2:30 p.m. True Belonging: Name It, Aim It, Claim It, Auditorium
 3:00 p.m. Marketing Committee Meeting, Board Room
 3:15 p.m. Tai Chi, Aerobics Room
 4:00 p.m. Newcomers, ToW
5:30 p.m. Bailey's Birders Go to Green Spring Park, Depart From Main Entrance
7:15 p.m. Maigret Film Series, Auditorium

WEDNESDAY, AUGUST 28

8:30 a.m. Total Body Standing, Auditorium
 9:30 a.m. Beginning Ceramics, Art Center
 9:30 a.m. Chair Fit, Aerobics Room
 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. Book Group, ToW
 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. Drawing Skills, Art Center
 2:00 p.m. Gentle Chair Yoga, Aerobics Room

Bolded Events Reflect New or Infrequent Upcoming Activities

2:00 p.m. Informal Open Bridge, Card Rm
 3:00 p.m. Great Tours, 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
 7:00 p.m. Bingo, ToW
**7:00 p.m. Jazz Concert Featuring Mandy
 Whalen on Vocals, Auditorium**

THURSDAY, AUGUST 29

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. 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
 1:00 p.m. Creative Writing, Formal Parlor
 2:00 p.m. Duplicate Bridge, Card Room
 2:30 p.m. Brain Balance Fitness, Aerobics
 Room
 3:00 p.m. Woodcarving, Art Center
**6:00 p.m. Annual Goodwin Living
 Outdoor Movie Night,
 Contractor's Parking Lot**
 7:00 p.m. Poker Night, Game Room

FRIDAY, AUGUST 30

8:30 a.m. Total Body Standing,
 Auditorium
 9:00 a.m. Pickleball, 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
 1:30 p.m. Mah Jongg, Card Room
 1:30 p.m. Movement for Living, Aerobics
 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 31

- 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: *Flipside*, Auditorium

SUNDAY, SEPTEMBER 1

- 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. 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.**