

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 38 ✨ September 16, 2024

UPCOMING MEETINGS

Movie Committee

Monday, September 16 at 10:30 a.m. | Board Room

Town Hall Meeting

Tuesday, September 17 at 2:00 p.m. | Auditorium

Grounds Committee

Wednesday, September 18 at 1:30 p.m. | Top of the West

Dining Services Committee

Thursday, September 19 at 9:30 a.m. | Board Room

BOM-COM Meeting

Thursday, September 19 at 10:00 a.m. | Pointe Conference Room

Arts Committee

Friday, September 20 at 2:30 p.m. | Art Center

JUSTIN'S FAREWELL RECEPTION

Monday, September 16 from 2:15 p.m. to 3:45 p.m. | Rotunda
Please join us as we say farewell to Justin Carwile, Executive Director. Light refreshments will be served.



SENIOR QUEST FOR MEANING SERIES

Monday, September 16 at 3:30 p.m. | Auditorium

Resident and retired professor Tony Tambasco will introduce the new season for this series under the theme "Spiritual Practices: Mind, Body, Spirit." He will be followed in succeeding months by experts describing their practices related to this theme, such as prayer, meditation, works of social justice, and healing. Mark your calendars with the following dates reserved at 3:30 p.m. for each event: October 21, November 18, January 20, February 17, March 24, April 21, May 19, and June 16.



CITIZENSHIP CELEBRATION!

Wednesday, September 18 at 10:30 a.m. | Auditorium



Goodwin Living
Foundation

Each year Goodwin Living celebrates those team members who have begun their journeys to U.S. citizenship AND those who have completed their journeys with the oath of allegiance to the United States! Please join us in celebrating the team members you help us support and uplift. This year, we are thrilled to again provide a private screening of a short documentary produced by professional film makers about one of our Goodwin Living citizenship grant recipients, Eric Frimpong, and his GL resident tutors, Jill and Carl Miller. You won't want to miss this inspiring event that celebrates our Goodwin Living Citizenship Program. We look forward to celebrating with you!
The Foundation Team

CHANGES

Movie Committee

Monday, September 16 at 10:30 a.m. | Board Room - **Time Change**

Town Hall Meeting

Tuesday, September 17 at 2:00 p.m. | Auditorium - **Date Change**

BOM-COM Meeting

Thursday, September 19 - **Date Change**

COVID CASES AS OF SEPTEMBER 12

Independent Living (IL): 2

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0



MORE HAPPENINGS

OPEN HOUSE SALON

Monday, September 16 from 10:00 a.m. to 12:00 p.m. | Salon

A wig specialist from Joi Wig Salon in Springfield, Virginia is showcasing short hair wigs in many textures and hair colors. Joi Salon has been around for many years, and the owner will allow wig consultations in a semi-private salon for your discretion. Wigs will be available for purchase.

STRONGERMEMORY GROUP

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

Led by Ellie Pettoni, Brain Health Coordinator

- September 16, 2024 – Topic: StrongerMemory Refresh
- September 23, 2024 – Topic: The Pawsitive Impacts of Pets on Brain Health

Brain Health Fact of the Week:

Each heartbeat carries 20-25% of your blood to the brain. Questions? Contact Ellie Pettoni at EPettoni@GoodwinLiving.org.



VESPERS AT GOODWIN HOUSE

Tuesday, September 17 at 7:15 p.m. | Chapel

All GHBC residents and team members are invited to GHBC 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.



HARP AND PIANO DUET FEATURING IRAIDA POBEREZHNYAYA AND ILDAR KHANNANOV

Tuesday, September 17 at 7:15 p.m. | Auditorium

Returning for another performance, Iraidia Poberezhnyaya is accompanied by her husband, Dr. Ildar Khannanov on the piano. Both Iraidia and Ildar are accomplished musicians with years of experience traveling the world, sharing their love for music. This concert's program will focus on music from M. Ravel, M. Glinka, P.T. Chaikovsky, A. Griboedov, G. Gershwin, E. Garner, and G. Shearling.

VENDOR: WITH YOU IN MIND - JOETTE DOROSHEFF

Wednesday, September 18 from 11:00 a.m. to 3:00 p.m. | Rotunda

Select a fall wreath for your door and have a sneak preview of her holiday collection "With You in Mind."



THE GREAT TOURS: FRANCE THROUGH THE AGES

Wednesday, September 18 at 3:00 p.m. | Media Room

- Episode 15: Corsica - The Isle of Beauty
- Episode 16: Avignon - From Popes to Produce Stands



MORE HAPPENINGS

WEDNESDAY NIGHT MOVIE - *BRIDGE OF SPIES*

Wednesday, September 18 at 7:10 p.m. | Auditorium

On August 2, we woke to the headlines of a complicated prisoner swap involving the release of 16 prisoners from Russia and Belarus to the West with the simultaneous release of eight prisoners from five European countries to Russia. This 2015 Steven Spielberg movie, starring Tom Hanks as the key lawyer-negotiator, is based on the true story of the similar exchange in 1962 of Russian spy Rudolf Abel for American pilot Francis Gary Powers. Powers had been captured inside the Soviet Union in 1960 when his U-2 plane was shot down. We begin with a short introduction at 7:10, but the movie will begin at the usual time of 7:15 p.m. 2 hours, 21 minutes. PG-13. This is on a high definition Blu-ray disc.



THIRD THURSDAY MOVIE MATINEE - *AFTER LOVE*

Thursday, September 19 at 2:00 p.m. | Media Room

Set in the port town of Dover, Mary Hussain suddenly finds herself a widow following the unexpected death of her husband. A day after the burial, she discovers he has a secret just twenty-one miles across the English Channel in Calais.

2020, Drama, 1 hour, 29 minutes.

Starring: Joanna Scanlan, Nasser Memarzia, and Nathelie Richard.



MORAL ISSUES FOR THE ELECTIONS

Friday, September 20 at 11:30 a.m. | Top of the West

The Spiritual Life Committee and others will continue discussion of videos of panels moderated by Rev. Dr. William Barber II at the Yale Center for Public Theology and Public Policy and offered on YouTube (<https://www.theologyandpolicy.yale.edu/inaugural-conference>). Watch two one-hour videos on your own for this week's discussion: "Healthcare and Ecological Justice Are Moral Issues" and "How to Break through the Media Narrative." If you cannot watch the videos but have interest, come anyway!



LOW HEARING GROUP WITH GUEST SPEAKER BONNIE O'LEARY

Friday, September 20 at 3:00 p.m. | Top of the West

Northern Virginia Resource Center for Deaf and Hard of Hearing Persons. Questions? Contact Susan Allen at Sallen@GoodwinLiving.org (ext. 7225).



AFTERNOON CONCERT FEATURING THE MT. VERNON GERMAN BAND

Saturday, September 21 at 3:00 p.m. | Auditorium

The Mount Vernon German Band provides multiple performances in September and October to civic organizations, church fund raisers, and community associations. Starting with only with only five musicians, the Mount Vernon German Band has grown to 25 musicians. Enjoy the start of the Oktoberfest season with this terrific band!



MORE HAPPENINGS

AFTERNOON CONCERT

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

Friday, September 20: Vienna Philharmonic Summer Night Concert 2024

Enjoy the world-renowned Vienna Philharmonic's annual open-air concert from the gardens of Austria's Imperial Schönbrunn Palace, featuring Andris Nelsons as guest conductor joined by soprano Lise Davidsen as guest soloist. Running Time: 1 hour, 20 minutes.



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: HAROLD LLOYD

Saturday, September 21 from 12:00 p.m. to 1:30 p.m. | Board Room

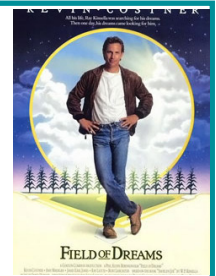
Dr. Jack (1922). Country doctor Jack Jackson is called in to treat the Sick-Little-Well-Girl, who has been making Dr. Saulsborg and his sanitarium very rich, after years of unsuccessful treatment. Dr. Jack's old-fashioned methods do the trick, and the quack is sent packing.



SATURDAY NIGHT MOVIE - FIELD OF DREAMS

Saturday, September 21 at 7:15 p.m. | Auditorium

When Iowa farmer Ray hears a mysterious voice one night in his cornfield saying "If you build it, he will come," he feels the need to act. Despite taunts of lunacy, Ray builds a baseball diamond on his land, supported by his wife, Annie. Afterward, the ghosts of great players start emerging from the crops to play ball, led by "Shoeless" Joe Jackson. But, as Ray learns, this field of dreams is about much more than bringing former baseball greats out to play.



PG, 1989, 1 hour, 42 minutes

Starring: Kevin Costner, Ray Liotta, James Earl Jones, Dwier Brown

SAVE THE DATE

GHBC ANNUAL OKTOBERFEST CELEBRATION

Wednesday, September 25 at 2:30 p.m. | Rotunda/Atrium

VETERANS BREAKFAST

Monday, November 11 at 9:00 a.m. | Jefferson Dining Room (JDR)

The Veterans breakfast is open to all resident vets, their spouses, and spouses of former vets.

Distinguished speakers, choral songs, and recognition of new resident veterans will be included.

Registration forms will be delivered to your mailbox. Please fill out the form and return to the Front Desk, Apt, #1583. Mark your calendar! Questions? Contact Rob Warne at ext. 3601.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

ANNOUNCEMENT FROM ADMINISTRATION

The pickleball court will be closed all day on Thursday, September 19 for GHBC's annual team member celebration. Parking near the pickleball court will also be unavailable. All vehicles that are parked in that area will need to be relocated by Thursday, September 17. Questions? Contact Catie Ramos at CRamos@GoodwinLiving.org.

HOMECARE GIVER SHOUT OUT

Aklille Berhanu has been with homecare since 2017. She has remained a dedicated professional and is currently the primary care aide for one of our residents who resides on AL. With Aklille's support the resident continues to thrive in her Assisted Living environment. Aklille escorts her to all of her social and medical appointments, maintaining her quality of life, health and happiness. Aklille became her main caregiver after her beloved brother passed away, and she has helped the resident to grieve and honor his memory daily in a healthy way. She has become a member of their family, from brother to sister and beyond.

NOTES FROM THE CHAPLAINS OFFICE - INTERFAITH CALENDAR FOR SEPTEMBER

- September 1-7 – Paryushan - Jain
- September 1 - Religious year begins - Orthodox Christian
- September 8 - Nativity of Virgin Mary - Christian
- September 14 - Elevation of the Life Giving Cross (Holy Cross) - Christian
- September 15-16 – Mawlid-al-Nabi - Islam
- September 29 – St. Michael and All Angels - Christian

WEST WINDS NEEDS MORE PROOFREADERS!

The *West Winds* is made possible by the diligent efforts of residents who volunteer to serve as proofreaders. These extra sets of eyes ensure this publication exceeds resident expectations in terms of quality and content. Proofreaders serve on a weekly basis. If interested or for more information, email Steffan Barahona, *West Winds* Editor, at sbarahona@GoodwinLiving.org.

TRIPS AND OUTINGS

SAVE THE DATE: U.S. COPYRIGHT OFFICE TOUR, THURSDAY, OCTOBER 3, 2024

- Sign up: Monday, September 23, at 11:30 a.m. in the Resident Business Center
- Details will be in next week's *West Winds*. Contact: Louise Ingram, ext.7582

SMITHSONIAN UDVAR-HAZY SPACE CENTER, CHANTILLY, VA

Monday, September 23, 2024, 2:00 p.m. | Formal Parlor - See description on next page

Friday, September 27, 2024, Board 9:30 a.m., GHBC's Main Entrance

Smithsonian's Steven F. Udvar-Hazy Center (near Dulles Airport), which opened 20 years ago, is the size of three football fields! There are more than 3,000 artifacts in two hangars. We have arranged for a tour guide in the Aviation Hangar who will focus on World II and Cold War aircraft including the Enola Gay, SR-71 Blackbird, P-47 Thunderbolt Fighter, F-4 Tomcat, among others. Resident Larry Welch will provide commentary during the guided tour, based on his military aviation experience from 1954 to 1990.

- Sign up: Monday, September 16, 11:30 a.m., Resident Business Center.
- Deadline: Wednesday, September 25, 10:00 a.m.
- Cost: Admission and tour: free. Transportation: \$27.00.
- Note: Lots of walking! Plus many stairs to the hangar in the lower level; alternatives are a very long ramp or small elevator. The tour is scheduled for up to 90 minutes, and there may be very limited time left to walk to the Space Hangar to see the space shuttle Discovery before we depart.
- Contact: Chris White, ext. 7587.

TRIPS AND OUTINGS

REMINDER: PREVIEW FOR SMITHSONIAN UDVAR-HAZY CENTER VISIT

Monday, September 23, 2024, 2:00 p.m. | Formal Parlor

Resident Larry Welch, who flew more than 7,000 hours in military aircraft, will discuss many of the aircraft on display in the Smithsonian's Steven F. Udvar-Hazy Center, which we will visit on Friday, September 27. Larry's focus will be on World War II and Cold War aircraft, based on his military aviation experience from 1954 to 1990. This special preview is available to everyone who plans to join the trip to the museum on Friday, September 27 (see separate article for trip details on page 5) . Contact: Chris White, ext. 7587.

ART TRIP TO "PARIS 1874: THE IMPRESSIONIST MOMENT" EXHIBITION AT THE NATIONAL GALLERY OF ART, WEST BUILDING

Thursday, September 19 from 9:30 a.m. to 2:00 p.m. | Board at 9:30 a.m.

How did Impressionism begin? Discover the origins of the French art movement in a new look at the radical 1874 exhibition now on view at the National Gallery of Art, which will be the only American stop for this historic exhibition. This remarkable presentation of 130 works includes a rare reunion of many of the paintings first featured in that now-legendary exhibition considered the birth of modern painting. Revisit beloved paintings by Paul Cézanne, Claude Monet, Berthe Morisot, and Camille Pissarro and meet their lesser-known contemporaries. See the art norms they were rebelling against and learn what political and social shifts sparked their new approach to art. Honoring the 150th anniversary of the first impressionist exhibition, "Paris 1874: The Impressionist Moment" is a must-see art exhibit this fall!

- Departure: Bus Boards at 9:30 a.m. at the Main Entrance
- Cost: \$20.00 transportation fee
- Signup: Monday, September 16, 9:00 a.m. in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, shenninger@goodwinliving.org

NEWCOMERS ET AL.

NEWCOMERS ET AL.

Tuesdays at 4:00 p.m. | Auditorium

Newcomers Gatherings are weekly, in-person, open to all, and usually in the Auditorium **unless otherwise noted**. Plan to attend as they will not be recorded. Questions? Contact Carol Lewis, poplewis@hotmail.com

September 17: Palliative Care

When a resident of GHBC suffers from a chronic disease or is approaching the end of his or her life, Goodwin House provides services through Palliative Care (nowCare Connections) and Hospice. Join Carol Lewis as she hosts team members Aaron Zajdel and Beth Klint to discuss these important facets of care at GHBC.

September 24: Transitions in Care & Living

As a Continuing Care Retirement Community (CCRC), GHBC offers independent living with access to higher levels of care including assisted living, memory care, skilled nursing, and rehabilitation. Making the transition from one level of care to another can be daunting. The Social Workers from Assisted Living, Mindy Snyder, and the Health Care Center, Megan McCord, will talk with host Debbie Massey to demystify this process.

NEW RESIDENT BIO

MEET JOAN SILVERLIEB

Joan Silverlieb moved into Crossroads apartment 801 on August 28.

Joan grew up in Providence and then Cranston, Rhode Island until she reached high school and the family moved to Lowell, Massachusetts. She graduated from University of Massachusetts Amherst after having spent a year studying in Mexico. She received a degree in Spanish language and literature. She had no idea what she might do with that knowledge but knew that she wanted to travel and live overseas. She happened upon an advertisement for what turned out to be the CIA and was quickly hired as a typist even though she had no typing skills and was immediately moved to the Latin America division and sent to Merida, Mexico. Throughout her career she enjoyed posts for varying amounts of time in Buenos Aires, Santiago, Chile, Mexico City, Madrid, Paris, and Rio de Janeiro. While she was already fluent in Spanish, she also had to learn Portuguese and Italian. She was manager of a couple of overseas posts as well as of some geographic areas back in Headquarters before retiring. After formally retiring, she was hired back to teach for 11 years.



Joan spends winters at her condo in Boynton Beach, Florida. When back in Falls Church, she is active at her synagogue and enjoys playing Mah Jongg. She is impressed with the variety of activities here at GHBC and can't yet decide where she wants to be involved.

NEW RESIDENT BIO

MEET MARCIA BECKERDITE

Marcia Beckerdite moved into Crossroads apartment 703 on August 11.

Marcia grew up in Chicago and graduated from Madonna High School before going to Creighton University to earn a bachelor's degree in nursing. After college she worked as an oncology nurse but had a passion for infection prevention, epidemiology, and infectious diseases and earned a master's degree in epidemiology from Saint Xavier University. She was briefly married and remained in Chicago as a single mother to raise her daughter until her daughter went to college at the Air Force Academy. Marcia then became a contract worker going all over the country working with health care facilities that were struggling with epidemics, infection prevention, and accreditation. Some issues were solved quickly while others required prolonged stays. Her favorite facility was in Milwaukee. After retiring in 2019, she came to Virginia to help her daughter and son-in-law with childcare.



Although she has been at GHBC only a couple of weeks, Marcia has already participated in fitness activities, Jeopardy, and Trivia. She would love to connect with others to play Scrabble or ping pong.

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, SEPTEMBER 16

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

Art Film - In celebration of September as World Alzheimer's Month, an opportunity to raise dementia awareness and support people affected by the disease, there will be a screening of *Alive Inside*, an award-winning documentary that explores the healing power of music. This film follows social worker Dan Cohen, as he fights against a broken healthcare system trying to demonstrate music's ability to combat memory loss, and also offers illuminating interviews with experts including renowned neurologist and best-selling author Oliver Sacks. Directed by Michael Rossato-Bennett. Total Run Time: 78 minutes. Discussion to follow. (Media Room)



TUESDAY, SEPTEMBER 17

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

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

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


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

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

Exhibition on Screen - In preparation for visiting the recently opened exhibition "Paris 1874: The Impressionist Moment" at the National Gallery of Art this fall, there will be a screening of *The Impressionists and the Man Who Made Them*, the most comprehensive film ever made about the Impressionists. The story of Impressionism is told through a focus on the Impressionist art accumulated by Paul Durand-Ruel, the 19th century Parisian art collector who helped to establish many artists including Degas, Manet, Monet, Pissarro, Renoir, and Sisley. This film highlights artwork from Impressionist collections in several prominent American galleries and 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 Phil Grabsky. Total Run Time: 90 minutes. Discussion to follow. (Media Room)

INSIDE THE ART CENTER

WEDNESDAY, SEPTEMBER 18

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

Beginning Ceramics - 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 is the third session for those signed up to make ceramics inspired by the fall season! Geared towards beginners, but open to all.


 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 charcoal to create your own Impressionist landscape. All skill levels welcome - no previous art experience or drawing skills required. (Sign up, 12 participants)

4:00 p.m. - 5:30 p.m.

Paper Crafting: Making Bookmarks - If you can fold paper and use glue, then this one-hour class is for you! Join expert paper crafter and experienced teacher Vicky Moore, GHBC resident, to learn how to make a creative and functional bookmark from a hidden paperclip, which is a paperclip that is permanently attached to a piece of paper. In this absolute beginner paper crafting class, we will introduce basic paper crafting tools and supplies and use these items to create and decorate our hidden paperclip to make an attractive bookmark. (Sign up, 10 participants).

THURSDAY, SEPTEMBER 19

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



Art Trip to "Paris 1874: The Impressionist Moment" exhibition at the National Gallery of Art, West Building - See page 6 for more details.

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




Artist Trading Cards - Artist Trading Cards (ATCs) are mini works of art that are fun to create and trade with other artists in the community. The only rule is that they measure 2.5 by 3.5 inches, and there is no limit to the methods or mediums used to decorate these miniature marvels. This class is perfect for absolute beginners or those wishing to explore various ways of making art - watercolor, acrylics, collage, stamping, and mixed media. Our goal is to establish a Goodwin House ATC Club to trade these cards among ourselves and with other ATC groups around the world! (Sign up, 10 participants)

 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, SEPTEMBER 20

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

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

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



Arts Committee Meeting - Join Arts Committee Chair Jan Pomerantz and fellow residents to discuss GHBC's arts programming, events, and trips. All are welcome!



MONDAY, SEPTEMBER 16

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

TUESDAY, SEPTEMBER 17

- 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
- 1:30 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, SEPTEMBER 18

- 8:30 a.m. Total Body Standing, Aerobics Room
- 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

THURSDAY, SEPTEMBER 19

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 9:00 a.m. Functional Fit, Aerobics Room
- 10:00 a.m. Water Aerobics, Pool
- 10:00 a.m. Pilates - Aerobics Room
- 11:30 a.m. Chair Fit - Aerobics Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room

FRIDAY, SEPTEMBER 20

- 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
- 1:30 p.m. Movement for Living, Aerobics Room
- 2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, SEPTEMBER 21

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

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, SEPTEMBER 16

- 10:15 Monday Movement w/ Olga & Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends & Vy (Community Room)
- 2:30 Encore Learning: Legal Expert Chuck Rosenberg on Current Activities Affecting Us (Community Room)
- 3:30 Afternoon Snacks w/ Vy (Community Room)

TUESDAY, SEPTEMBER 17

- 10:30 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)
- 3:30 Documentary: *The 2000's: Bush's 2nd Term* (Community Room)

WEDNESDAY, SEPTEMBER 18

- 10:30 Wednesday World Travel w/ Elizabeth (Community Room)
- 11:00 Chair Chi Fitness w/ Vy (Community Room)
- 2:00 Bingo w/ Vy (Crossroads Area)
- 3:30 Farm Animal Petting Zoo in the Atrium

THURSDAY, SEPTEMBER 19

- 10:30 Wacky Wordy Game w/ Vy (Community Room)
- 11:00 Morning Chair Exercise w/ Vy (Community Room)
- 2:00 Music Group w/ Sam (Crossroads Area)
- 5:30 Evening Music w/ The Tate Family (Crossroads Area)

FRIDAY, SEPTEMBER 20

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:00 Assisted Living Discussion Group w/ Mindy & Vy (Community Room)
- 3:00 Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 Friday Fitness w/ Olga (Community Room)

SATURDAY, SEPTEMBER 21

- 10:00 Chair Chi Exercise w/ Cynthia (Community Room)
- 2:00 Afternoon Refreshments w/ Vilma (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, SEPTEMBER 22

- 10:30 Sunday Service in the Chapel
- 11:00 Sunday Stretches w/ Mar_T (Community Room)
- 2:30 Social Hour w/ Jenna & Michelle (Crossroads Area)
- 3:00 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, SEPTEMBER 16

- 9:30 News with Your Neighbors
- 10:30 Shake It Off! w/ Vilma
- 11:00 Travelogue w/ Michelle: Mexico
- 2:00 1:1 Visits w/ Vilma & Aki
- 3:30 Classical Soiree w/ Sam & Aki

TUESDAY, SEPTEMBER 17

- 9:30 Daily Chronicle
- 10:30 Move It! w/ Vilma
- 11:00 Spiritual Devotions w/ Alex & Vilma
- 2:00 Fresh Air Fun w/ Aki
- 3:30 Bingo w/ Vilma, Aki & Friends
- 7:15 Classical Harp and Piano Duo Concert in the Auditorium w/ Aki

WEDNESDAY, SEPTEMBER 18

- 9:30 Sip & Social
- 10:00 Equine Assisted Learning Outing w/ Aki
- 10:30 Exercise w/ Sarah & Vilma
- 11:00 Sing-Along w/ Anne
- 2:00 Service Project Prep w/ Vilma & Aki
- 3:30 Music Therapy Small Group w/ Sam
- 3:30 Farm Animal Petting Zoo in the Atrium w/ Vilma & Aki

THURSDAY, SEPTEMBER 19

- 9:30 Morning Newsletter
- 10:30 Joints in Motion w/ Vilma
- 11:00 Aging Well w/ Ali
- 2:00 Tending to the Garden w/ Vilma
- 2:30 Creative Art w/ Sarah
- 2:30 Musical Matinée w/ Vilma: Oklahoma!

FRIDAY, SEPTEMBER 20

- 9:30 Today in History
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Classic TV Spotlight: Inspector Maigret
- 3:30 Stronger Memory w/ Jessica

SATURDAY, SEPTEMBER 21

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Seated Fitness w/ Mar_T & Vilma
- 3:30 Art Hour w/ May & Vilma

SUNDAY, SEPTEMBER 22

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Exercise w/ Myra & Michelle
- 11:00 Seated Stretches 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, SEPTEMBER 16

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. Open House Salon, Salon
 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 – Harris Teeter at Barcroft Plaza, 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, Aerobics Room
 2:00 p.m. Rummikub, Card Room
 2:00 p.m. Smartphone Users Group, ToW
 2:00 p.m. Trivia, Atrium
2:15 p.m. Justin's Farewell Reception, Rotunda
 3:00 p.m. Movie Committee, Board Room
 3:30 p.m. Sr. Quest: Spiritual Practices, Auditorium
 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, SEPTEMBER 17

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. 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
 2:00 p.m. Town Hall, Auditorium
 2:30 p.m. Brain Balance Fitness, Aerobics Room
2:30 p.m. Exhibition on Screen, Art Center
 3:15 p.m. Tai Chi, Aerobics Room
 4:00 p.m. Newcomers, Auditorium
5:00 p.m. Federal Election Voter Information, Rotunda
7:15 p.m. Harp and Piano Concert, Auditorium
7:15 p.m. Vespers at Goodwin House, Chapel

WEDNESDAY, SEPTEMBER 18

8:30 a.m. Total Body Standing, Aerobics Room
 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. Citizenship Celebration, Auditorium

Bolded Events Reflect New or Infrequent Upcoming Activities

10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Functional Fitness, Aerobics Room
11:00 a.m. Wreath Vendor, Rotunda
 11:00 a.m. Meditation, Ch. 1960
 11:15 a.m. Contemplative Worship (Quaker), Smith Study
 11:30 a.m. Chair Yoga, Ch. 1960
 1:30 p.m. Grounds Committee, Top of the West, ToW
 2:00 p.m. Drawing Skills, 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, Media Room
 3:30 p.m. French Conversation Group, Smith Study
3:30 p.m. Play Reading Group: *How Things Turn Out*
 4:00 p.m. Prayer Group, Chapel
 4:30 p.m. Drinks & Trivia, Formal Parlor
 4:00 p.m. Paper Crafting: Making Bookmarks, Art Center
 4:30 p.m. Line Dancing, Auditorium
5:00 p.m. Federal Election Voter Information, Rotunda
 7:00 p.m. Bingo, ToW
7:10 p.m. Wednesday Night Movie: *Bridge of Spies*, Auditorium

THURSDAY, SEPTEMBER 19

8:15 a.m. Stretch and Flex, Aerobics Room
 9:00 a.m. Functional Fit, Aerobics Room
 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
9:30 a.m. National Gallery of Art "Paris 1874: Impressionist Movement, Departs from Main Entrance
 10:00 a.m. BOM-COM Meeting, Pointe Conference Room
 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
 11:30 a.m. Chair Fit, Aerobics Room
 12:30 p.m. WhatNot Shop, Sales
 1:00 p.m. Artist Trading Cards, Art Center
 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
 4:00 p.m. Meditation Group, Smith Study
 3:00 p.m. Woodcarving, Art Center
 7:00 p.m. Poker Night, Game Room

FRIDAY, SEPTEMBER 20

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
11:30 a.m. Moral Issues for the Elections, Top of the West
 1:00 p.m. Afternoon Concert, Media Room
 1:00 p.m. Encore Chorale, Auditorium
 1:30 p.m. Mah Jongg, Card Room
 1:30 p.m. Movement for Living, Aerobics Room
 2:00 p.m. Jeopardy, Board Room
 2:30 p.m. Arts Committee Meeting, Art Center
 2:30 p.m. Mat Yoga, Aerobics Room
 3:00 p.m. Low Hearing Group, ToW
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, SEPTEMBER 21

- 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
12:00 p.m. Saturday Cinema Matinee: Silent Films, Board Room
1:00 p.m. Arena Stage: Jaja's African Hair Braiding, Departs from Main Entrance
1:30 p.m. Chinese Mah Jongg, Card Room
2:00 p.m. Duplicate Bridge, Top of the West
3:00 p.m. Afternoon Concert, The Mt. Vernon German Band, Auditorium
7:15 p.m. Saturday Night Movie: *Field of Dreams*, Auditorium

SUNDAY, SEPTEMBER 22

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
10:00 a.m. Catholic Communion Service, Top of the West
10:30 a.m. Holy Eucharist Service, Chapel
11:15 a.m. UU Service, Board Room
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.**