

WEST WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 40 ✨ September 30, 2024

UPCOMING MEETINGS

Rob's Fireside Chat

Tuesday, October 1, at 1:30 p.m. | Fireside

Technology Committee

Wednesday, October 2 at 3:00 p.m. | Top of the West

Health Committee

Friday, October 4, at 10:00 a.m. | Top of the West

CHANGES

Resident Council Community Meeting

Monday, October 14 - **Canceled**

COVID CASES AS OF SEPTEMBER 26

Independent Living (IL): 1

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

ACTIVE AGING WEEK 2024

Monday, September 30 to Friday, October 4

Join us once again as we celebrate Active Aging Week! Initiated by the International Council on Active Aging in 2003, Active

Aging Week celebrates older adults' contributions and promotes healthy lifestyles through engaging wellness activities. In addition to our regular programming, join us for these extra fun programs focused on all the Dimensions of Wellness and aging actively!

- **Monday, September 30 at 3:00 p.m. | Auditorium:** "Thirty Plants in Seven Days: Nourish your Body, Enhance your Life" with Ali Neov
- **Tuesday, October 1 at 12:00 p.m. to 2:00 p.m. | Atrium:** "Artful Aging" with Sarah Henninger and Samantha Tedrow
- **Tuesday, October 1 at 3:00 p.m. | Board Room:** "Brain Health Jeopardy" with Jessica Fredrickson
- **Wednesday, October 2 at 10:30 a.m. | Rotunda:** "Movin' and Groovin'" with Olga Cardoso
- **Thursday, October 3 at 1:00 p.m. to 2:00 p.m. | Rotunda:** "Words of Empowerment & Thoughtfulness" Card Workshop
- **Thursday, October 3 at 4:00 p.m. | Formal Parlor:** Playlist Making with Steffan Barahona **(Bring a phone or laptop!)**
- **Friday, October 4 at 3:15 p.m. | Auditorium:** Sound Bath Experience



Goodwin House
Bailey's Crossroads

WELLNESS ICON KEY:

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

FEDERAL ELECTION VOTER INFORMATION

Tuesday October 1, Wednesday Oct 2, 5:00 p.m. to 6:30 p.m. | Rotunda

Do you need help or have questions about verifying your registration, changing your address (even if you have moved within the building), or requesting an absentee ballot? Stop by the VaCCRA-sponsored help table in the Rotunda. You need to know your Social Security Number and bring your Driver's License or State ID.

MORE HAPPENINGS

STRONGER MEMORY GROUP

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

Led by Ellie Pettoni, Brain Health Coordinator

- September 30 – Session with Rob Liebreich, Goodwin Living President and CEO
- October 7 – Topic: The Power of Writing by Hand

Brain Health Myth or Fact: It takes 10% dehydration to affect your attention, memory, and cognitive skills. Myth! In reality, just 2% dehydration can impact your focus, memory, and other cognitive abilities. Here's your reminder to stay hydrated and keep your brain sharp!

Questions? Contact Ellie Pettoni at EPettoni@GoodwinLiving.org.



BIBLE STUDY

Monday, September 30 at 3:30 p.m. | Top of the West

Discussion will begin with Romans 8:31.



RAFT DEMENTIA SUPPORT PROGRAM: CAREGIVER RESILIENCE

Wednesday, October 2 at 1:00 p.m. | Board Room

A formal presentation will be led by the Northern Virginia Regional Older Adults Facility Team (RAFT)

ALL RESIDENTS ARE INVITED TO DISCUSS: “FUTURE RESIDENT TECH ESSENTIALS”

Wednesday, October 2 at 3:00 p.m. | Top of the West

Join the Technology Committee in an opportunity to promote technology solutions for residents. Bring a friend! Contribute your ideas. Improve our future.



THE GREAT TOURS: FRANCE THROUGH THE AGES

Wednesday, October 2 at 3:00 p.m. | Media Room

- Episode 19 - Alsace and Lorraine: France meets Germany
- Episode 20 - Paris Transformed: La Belle Epoque



GRIEF SUPPORT GROUP

Thursday, October 3 at 11:00 a.m. | Formal Parlor

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

AFTERNOON CONCERT WITH THE BORISEVICH DUO

Saturday, October 5 at 5:00 p.m. | Auditorium

The Borisevich Duo, featuring pianist Margarita Loukachkina and violinist Nikita Borisevich, is an internationally acclaimed violin and piano duet, frequently performing across the United States and Europe. We are excited to welcome them back to GHBC for an afternoon of classical music.

TECHNOLOGY FOR FALL PREVENTION

Monday, October 7, 10:30 a.m. to 11:30 a.m. | Formal Parlor

The Technology Committee will be screening a webinar entitled “Take Advantage of Technology for Fall Prevention.” Learn how technology can be used by older adults to better predict the potential for a fall, avoiding injury and medical costs. No registration is needed. Please arrive a few minutes early because the webinar starts promptly at 10:30 a.m. Contact: Jeanne Springmann, ext. 7488

MORE HAPPENINGS

TEASER FOR LABYRINTH

If you missed walking the labyrinth last winter, an opportunity to experience walking meditation is coming back. Mark your calendar for October 15-16, and stay tuned.

JEWISH SHABBAT SERVICES

Saturday, October 5 at 9:30 a.m. | Chapel

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

SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: CHARLIE CHAPLIN

Saturday, October 5 from 12:00 p.m. to 1:30 p.m. | Board Room

Tillie's Punctured Romance (1914). A con man from the city dupes a wealthy country girl into marriage.



AFTERNOON CONCERT

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

Friday, October 5: *Le Villi* - Giacomo Puccini

Le Villi (The Willis or The Fairies) is an opera-ballet in two acts. Puccini revised the work several times until its Hamburg premiere in 1892, conducted by Gustav Mahler. This is the opera with which Puccini made his debut, immediately making his mark due to the intensity of the melodies and the force of the symphonic writing.

Running Time: 1 hour, 10 minutes.



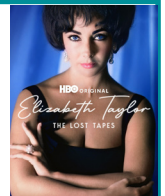
SATURDAY NIGHT MOVIE - ELIZABETH TAYLOR: THE LOST TAPES

Saturday, October 5 at 7:15 p.m. | Auditorium

Allowing Elizabeth Taylor's own voice to narrate her story, accompanied by personal photos, home movies, and clips from her iconic roles that mirror her real-life challenges and triumphs while also challenging audiences to reconsider Taylor's legacy. Through newly-discovered interviews with Taylor and unprecedented access to the movie star's personal archive, the film reveals the complex inner life and vulnerability of the Hollywood legend and of a life lived on a global stage.

Rated R, 2024, Documentary, 1 hour, 41 minutes.

Starring: Elizabeth Taylor, Debbie Reynolds, and Roddy McDowall



SAVE THE DATE

RESIDENT COUNCIL BUSINESS MEETING

Monday, October 7 at 10:00 a.m. | Board Room

BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE: "HOW POPULATION AND FERTILITY KEEP SURPRISING US" KARL HOFMANN, PRESIDENT/CEO, POPULATION SERVICES INTERNATIONAL

Wednesday, October 9 at 7:30 p.m. | Auditorium

HAVE THE LAST WORD: WRITING YOUR OWN OBITUARY

Sunday, October 20 from 2:00 p.m. to 3:30 p.m. | Auditorium

THE DIVERSITY, EQUITY, INCLUSION AND BELONGING (DEIB) OCTOBER INSPIRATIONS CALENDAR QUOTE AND FEATURED AUTHOR

“Stop acting so small. You are the universe in ecstatic motion.”

Jalal ad-Din Muhammad Rumi was a 13th Century Persian Islamic theologian and scholar. He gained fame through his mystical poetry and is commonly known simply as “Rumi” in English. In his writings, Rumi emphasizes moving away from the structures of religion to live a spiritual life.

- [National Physical Therapy Month](#)
- [Clergy and Chaplains Appreciation Month](#)
- October 1 – [International Day of Older Persons](#)
- October 1 – Goodwin Rehabilitation started (2020)
- October 6-12 – [Healthcare Foodservice Workers Week](#) + [National Health Care Supply Chain Week](#)
- October 2 - [Rosh Hashana](#) (begins)
- October 4 – [Rosh Hashana](#) (ends)
- October 11 – [Yom Kippur](#) (evening to evening)
- October 12 – [Yom Kippur](#) (evening to evening)
- October 14 – [Indigenous Peoples’ Day](#)
- October 24 – GHBC opened in 1987
- October 27 – Nov. 2 – [National Healthcare Facilities and Engineering Week](#)
- October 29 – [World Stroke Day](#)
- October 31 – [Halloween](#) / [Diwali](#)

THE DIVERSITY, EQUITY, INCLUSION AND BELONGING (DEIB) COMMITTEE INVITATION

Are you interested in diversity, equity, inclusion, and belonging (DEIB)? Do you have ideas that you’d like the DEIB committee to know or consider? We’d love to have you join us for our next meeting on Wednesday, October 9 at 2:00 p.m. (on Zoom) to see the committee in action. We are proud to educate, embrace, and empower all within Goodwin Living (residents, team members, and patients) to support Diversity, Equity, Inclusion, and Belonging. Through our work we seek open and honest communication and collaboration that will inform and celebrate the array of differences and diversity of all served by Goodwin Living without bias. Please email JHobbs@GoodwinLiving.org to learn more.

FOOD DRIVE FOR ARLINGTON FOOD ASSISTANCE CENTER

GHBC will hold its first food drive Sunday, October 6 through Saturday, October 12 to support the Arlington Food Assistance Center (AFAC). Their best food donations are healthy (low-fat, low-sugar, and low-sodium) and meet the needs of the multicultural communities served by AFAC. The five kinds of foods needed are peanut butter (in plastic jars), no-salt added cans of tuna, soups, vegetables, and low sugar cereals. No food in glass jars. Place your items in white cardboard boxes near the Resident Business Center, Pointe Lobby, and Crossroads Ground Floor Elevator Lobby. Tax deductible checks for AFAC will be accepted in the Rotunda Tuesday, October 8 and Friday, October 11 from 4:30 p.m. to 7:00 p.m. (Pictured left to right, Mathilda Dack, AFAC Food Drive Coordinator, Barbara Nyman and Elaine Lomax, co-chairs for GHBC Food Drive).



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

TUTORS FOR WAKEFIELD HIGH SCHOOL

Can you volunteer on a Thursday during lunch hour to help a senior at Wakefield High School? Wakefield is the only school in Arlington that requires students to complete a Senior Project as a requirement for graduation. Volunteers meet with students in the library at Wakefield on intermittent Thursdays from mid-November to mid-March. Sessions are from 11:00 a.m. to 12:00 p.m. or 12:00 p.m. to 1:00 p.m. Volunteers sign up whenever they are available, usually two per session. Free parking near the main entrance will be available. For more information or to say "YES," please contact, Jamie Gallagher at ext. 7678 or jamiieg2905@gmail.com. Let's devote some time and energy to ensure these young adults succeed.



COVID AND FLU VACCINE CLINIC ON WEDNESDAY, OCTOBER 2 AND THURSDAY, OCTOBER 3

We will have a Vaccine Clinic on Wednesday, October 2 and Thursday, October 3. We will put a notice in your mailbox with your assigned time and additional forms by the end of the day on Friday, September 27. If you do not want these vaccines or have already received your doses of the updated 2024-2025 formulas, please e-mail GHBCVax@goodwinliving.org or call Shelby Garlick at ext. 7271, so we can remove you from the list.

YOU CANNOT WIN THE MUSTANG IF YOU DON'T HAVE A TICKET - THE ROTARY CLUB

Black Magic 1966 convertible Mustang can be yours on November 11 when your ticket is drawn. Tickets are \$25 from Otto Reinbacher, Baileys Crossroads Rotary Club member at oarrock@aol.com ext. 3111., apt. 1376. One ticket free if you buy five tickets.

PHARMACY DELIVERIES - ANNOUNCEMENT FROM ANN LAM

If you are expecting pharmacy deliveries, please stop by the Reception Desk daily after 6:00 p.m. Questions? Contact Ann Lam at aqualters@goodwinliving.org (ext. 7213).

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.

October 1: Resident Council Election

Nominations are open for the Resident Council. Who should consider running and why? Voting takes place November 11 through 15 at noon. Council Election Committee chair Sally Recinos will take us through the nomination and election processes, the schedule, and the important role the Council plays in GHBC life. Claudia Blake hosts.


October 8: Transitions in Levels of Care, Part Two

Karen Doyle, GHBC's Associate Executive Director and Administrator of Health Services, will join us to continue the recent discussion of transitioning from Independent Living to assisted Living or the Health Care Center. 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, SEPTEMBER 30

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

Art Film - In celebration of Active Aging Week, which showcases the stories and contributions of older adults to society, there will be a screening of *The Straight Story*. This narrative film takes its inspiration from the true story of Alvin Straight, a 73-year-old man who drove his riding lawnmower 240 miles to see his ailing brother. As closely as the film hews to the facts of its hero's journey, it simultaneously honors Straight as an emblem for the idea of getting somewhere in your own time and on your own terms. Directed by David Lynch. Total Run Time: 110 minutes. Discussion to follow. (Media Room)




 10:00 a.m. - 11:00 a.m.



Inktober: Daily Drawing with Ink - Begin this month-long art challenge that is focused on improving skill and developing positive drawing habits. This is an opportunity to be inspired to draw with ink every day on your own using a list of prompts and then share your work with others on the same creative journey. The Art Center will provide all the materials to draw as well as space to post your artwork over the month of October. No previous experience with drawing required. Drop-ins welcome.

TUESDAY, OCTOBER 1

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


 12:00 p.m. - 2:00 p.m.

Advanced Ceramics Group Meets - Contact Carol Lewis at ext. 7546.
Active Aging Week: Artful Aging - Join Samantha Tedrow, GHBC's Music Therapist, and Sarah Henninger, GHBC's Arts Coordinator, in the celebrations for Active Aging Week as we work on a collaborative art and music project in the Atrium. This is an opportunity to experience how listening to music and exploring the creative process through artmaking can improve mood, reduce stress, and provide an outlet for self-expression. We will be responding to songs by creating a visual music score using a variety of art materials. All are welcome to stop by and participate in this creative project with the community - no art or music experience required! (Atrium)

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

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

WEDNESDAY, OCTOBER 2

 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 is the fifth session for those signed up to make ceramics inspired by the fall season!

INSIDE THE ART CENTER



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 and colored pencils to draw a still life inspired by the fall season! All skill levels welcome - no previous art experience or drawing skills required (Sign up, 12 participants)

THURSDAY, OCTOBER 3



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



Artist Trading Cards: Creating a Masterboard - Artist Trading Cards (ATCs) are mini-works of art that are fun to create and trade with other artists in the community. Join experienced craft instructor and GHBC resident Vicky Moore to learn how to create an Artist Trading Card masterboard, a background created from a full sheet of painted, inked, or collaged paper that can be cut into multiple ATCs. In this first of two classes, we will create an abstract watercolor masterboard for use in our second ATC class the next day. This class is perfect for absolute beginners or those wishing to explore various ways of making art with paper! (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, OCTOBER 4



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

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



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

Artist Trading Cards: Creating Multiples - The only rule to create Artist Trading Cards (ATCs) 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 works of art, including watercolor, acrylics, collage, stamping, and mixed media. In this second class with GHBC Resident and expert paper crafter Vicky Moore, we will cut multiple Artist Trading Cards from a painted masterboard and use stamps, acrylic markers, and embellishments to complete three ATCs. Attendance at the first ATC class is not required, and all are welcome! (Sign up, 10 participants)





MONDAY, SEPTEMBER 30

- 8:30 a.m. Total Body Standing, Aerobics Room
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:15 a.m. Tai Chi for Beginners, Aerobics Room - **NEW CLASS!**
- 11:00 a.m. Functional Fitness, Aerobics Room
- 2:00 p.m. Mat Yoga, Aerobics Room

TUESDAY, OCTOBER 1

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 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, OCTOBER 2

- 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, Aerobics Room

THURSDAY, OCTOBER 3

- 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, OCTOBER 4

- 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, OCTOBER 5

- 9:00 a.m. Total Body Video, Aerobics Room
- 10:00 a.m. Total Body Video, Aerobics Room
- 1:30 p.m. Bocce Ball, Bocce Ball Court

Fitness Assessment with Miz!

The Fitness Center is offering a 30 minute assessment one-on-one with our Fitness Specialist using five fitness tests to determine your strength and evaluate your level of fitness. Assessments will be held in the Fitness Center Tuesday through Friday. Signups start Monday, September 30 at 8:00 a.m. in the Fitness Center. Reserve your time slot!

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 30

- 10:15 Monday Movement w/ Olga & Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends & Vy (Community Room)
- 2:0 Art Discussion w/ Jan & Vy (Community Room)
- 3:00 Documentary: *The 2000's: The Financial Crisis* (Community Room)

TUESDAY, OCTOBER 1

- 10:00 Exercise w/ Kelly & Vy (Community Room)
- 10:30 Morning Art Discussion w/ Sarah & Vy (Community Room)
- 11:15 Art Therapy w/ Nicky (Community Room)
- 2:00 Spiritual Discussion w/ Alex (Community Room)
- 2:45 Weekly Musician Spotlight w/ Sam (Community Room)

WEDNESDAY, OCTOBER 2

- 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)
- 3:00 Afternoon Social w/ Blair/Social Work Intern (Crossroads Area)

THURSDAY, OCTOBER 3

- 10:30 Morning Chair Stretches w/ Misbah & Vy (Community Room)
- 11:00 October's Gazette & Fun Facts w/ Vy (Community Room)
- 2:00 Music Group w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)

FRIDAY, OCTOBER 4

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

SATURDAY, OCTOBER 5

- 9:30 Shabbat Service in the Chapel
- 10:00 Chair Chi Exercise w/ Cynthia (Community Room)
- 3:00 Afternoon Snacks w/ Vy (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, OCTOBER 6

- 10:00 Art Discussion w/ Sarah (Crossroads Area)
- 10:30 Sunday Service in the Chapel
- 11:00 Sunday Stretches w/ Mar_T (Community Room)
- 3:30 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, SEPTEMBER 30

- 9:30 News and Views
- 10:30 Move It! w/ Vilma
- 11:00 Literary Trivia w/ Michelle
- 2:00 Trivia in the Atrium w/ Vilma
- 3:30 Chicken Soup for the Soul w/ Vilma & Sam

TUESDAY, OCTOBER 1

- 9:30 News and Views
- 10:30 Muscles in Motion w/ Aki
- 11:00 Spiritual Devotions w/ Alex
- 2:00 1:1 Visits w/ Aki & Vilma
- 3:30 Bingo w/ Vilma, Aki, & Friends
- 7:00 Biography Spotlight w/ Michelle: Julie Andrews

WEDNESDAY, OCTOBER 2

- 9:30 Headlines of the Day
- 10:00 Equine Assisted Learning Outing w/ Aki
- 10:30 Seated Fitness w/ Mis & Vilma
- 11:00 Wiser Now w/ Vilma & Brian
- 2:00 Service Project Prep w/ Vilma
- 3:30 Music Therapy Small Group w/ Sam
- 3:30 Learning Circle w/ Aki: Rosh Hashanah

THURSDAY, OCTOBER 3

- 9:30 Sip & Social
- 10:30 Thursday Flex w/ Vilma
- 11:00 Oktoberfest Trivia / Aki
- 2:00 Resident's Choice w/ Aki & Vilma
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot, Vilma & Aki

FRIDAY, OCTOBER 4

- 9:30 Today in History
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Table Games: Obie w/ Aki & Vilma
- 3:30 Welcoming October Social w/ Vilma & Aki

SATURDAY, OCTOBER 5

- 9:30 Shabbat Service in the Chapel
- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Seated Fitness w/ Mar_T & Vy
- 3:30 Word Games w/ Vy

SUNDAY, OCTOBER 6

- 10:30 Holy Eucharist Service in the Chapel
- 11:15 Morning Social w/ Gabriel and Sarah (Crossroads Area)
- 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, SEPTEMBER 30

- 8:30 a.m. Total Body Standing, Aerobics Room
- 9:00 a.m. IT Device Clinic, Bistro
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:00 a.m. Inktober: Daily Drawing with Ink, Art Center
- 10:15 a.m. Tai Chi for Beginners, Aerobics Room
- 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. Trivia, Atrium
- 3:00 p.m. "30 Plants in 7 Days: Nourish your Body, Enhance your Life" With Ali Neov, Auditorium**
- 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

- 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
- 12:00 p.m. "Artful Aging" with Sarah Henninger and Samantha Tedrow, Atrium**
- 1:00 p.m. Rosary Group, Smith Study
- 1:30 p.m. Knit for Kids, Art Center
- 1:30 p.m. Rob's Fireside Chat, Fireside**
- 1:30 p.m. Movement for Living, Aerobics Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. "Brain Health Jeopardy" with Jessica Fredrickson, Board Room**
- 3:15 p.m. Tai Chi, Aerobics Room
- 4:00 p.m. Newcomers, Auditorium
- 5:00 p.m. Federal Election Voter Information, Rotunda**
- 9:00 p.m. Vice Presidential Candidate Debate, ToW**

WEDNESDAY, OCTOBER 2

- 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
- 9:30 a.m. COVID and Flu Vaccine Clinic, 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. "Movin' and Groovin'" with Olga Cardoso, Rotunda**
- 10:30 a.m. Seated Fitness, Ch. 1960

TUESDAY, OCTOBER 1

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 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

Bolded Events Reflect New or Infrequent Upcoming Activities

11:00 a.m. Functional Fitness, Aerobics Room
 11:00 a.m. Meditation, Ch. 1960
 11:15 a.m. Contemplative Worship (Quaker), Smith Study
 11:30 a.m. Chair Yoga, Ch. 1960
1:00 p.m. RAFT Dementia Support Program: Caregiver Resilience, Board Room
 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
 3:00 p.m. Technology Committee Meeting, ToW
 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, Aerobics Room
5:00 p.m. Federal Election Voter Information, Rotunda
 7:00 p.m. Bingo, ToW

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
1:00 p.m. "Words of Empowerment & Thoughtfulness" Card Workshop, Rotunda
 2:00 p.m. Duplicate Bridge, Card Room
 2:30 p.m. Brain Balance Fitness, Aerobics Room
 3:00 p.m. Woodcarving, Art Center
 3:30 p.m. UU Minister, Top of the West
4:00 p.m. Playlist Making with Steffan, Formal Parlor
 4:00 p.m. Meditation Group, Smith Study
 7:00 p.m. Poker Night, Game Room

THURSDAY, OCTOBER 3

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. COVID and Flu Vaccine Clinic, Auditorium
9:45 a.m. U.S. Copyright Office Tour, Board At Main Entrance
 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. Grief Support Group, Formal Parlor

Bolded Events Reflect New or Infrequent Upcoming Activities

FRIDAY, OCTOBER 4

- 8:30 a.m. Total Body Standing, 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. 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. Moral Issues for the Elections, ToW**
- 11:30 a.m. Shopping Shuttle - Giant, Departs from Main Entrance
- 1:00 p.m. Afternoon Concert, Media Room
- 1:00 p.m. Artist Trading Cards, Art Center**
- 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. Mat Yoga, Aerobics Room
- 3:15 p.m. Sound Bath Experience, Auditorium**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, OCTOBER 5

- 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
- 12:00 p.m. Saturday Cinema Matinee: Silent Films, Board Room
- 1:30 p.m. Chinese Mah Jongg, Card Room
- 2:00 p.m. Duplicate Bridge, Top of the West
- 5:00 p.m. Afternoon Concert with the Borisevich Duo, Auditorium
- 7:15 p.m. Saturday Night Movie: *Elizabeth Taylor: The Lost Tapes*, Auditorium

SUNDAY, OCTOBER 6

- 9:00 a.m. Food Drive for AFAC, Various Donation Spots Around Building
- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:30 a.m. Holy Eucharist Service, Chapel
- 11:15 a.m. UU Service, Board Room
- 1:30 p.m. Bocce Ball, Bocce Ball Court**
- 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.**