

# WEST★WINDS

## NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

[www.ghbcresidents.org](http://www.ghbcresidents.org)

Volume 36, Number 41 ✨ October 7, 2024

### UPCOMING MEETINGS

#### Resident Council Business Meeting

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

Board Room

#### Veterans Committee

Monday, October 7 at 1:30 p.m. |

Top of the West

#### Fitness Committee

Tuesday, October 8 at 1:00 p.m. |

Formal Parlor

#### Finance Committee

Wednesday, October 9 at 3:00 p.m. |

Pointe Conference Room

#### BOM - COM

Thursday, October 10 at 10:00 a.m. |

Board Room

#### Community Service Committee

Thursday, October 10 at 2:00 p.m. |

Top of the West

#### Trips and Outings

Friday, October 11 at 3:00 p.m. |

Board Room

### WORLD MENTAL HEALTH DAY TABLE

Thursday, October 10 from 11:00 a.m. to 12:30 p.m. | Rotunda

World Mental Health Day is an

international day for global mental health

education, awareness, and advocacy against social stigma. It was

first celebrated in 1992 at the initiative of the World Federation

for Mental Health, a global mental-health organization with

members and contacts in more than 150 countries. Stop by the Life

Enrichment table for goodies that focus on your mental health,

self-care, positivity, and bring awareness to Mental Health!

Limited supplies, so stop by!



### BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE: *CHASING GOLDBLOCKS: HOW POPULATION AND FERTILITY KEEP SURPRISING US*

Wednesday, October 9 from 7:30 p.m. to 8:30 p.m. | Auditorium

Karl Hofmann, President/CEO, Population Services International

*Chasing Goldilocks: How Population And Fertility Keep Surprising*

*Us*. Falling fertility, rising Africa, and shrinking China - how to

make sense of it all? And, what are your tax dollars doing to

influence these big trends? Hear from a former US diplomat and

current health NGO head about population dynamics.

### INVITATION FROM YOUR RESIDENT COUNCIL!

Thursday, October 17 at 3:00 p.m. | Auditorium

Instead of a Community Meeting in October, The Resident

Council will host the Fall Semi-Annual Meeting. Come meet Rob

Liebreich, Goodwin Living CEO & President, and C.C. Clark, GL

Board Of Trustees Chair. Rob and C.C. will update us on the latest

GL developments. Come welcome them and learn more about the

larger GL organization. Please send your questions for them by

noon, Wednesday, October 9, to Mike Molino,

[mmolino1@me.com](mailto:mmolino1@me.com), or Martha Trunk, Vice Chair,

[marthatrunk1627@gmail.com](mailto:marthatrunk1627@gmail.com). If you want to be informed,

send in your questions and come to the meeting.



### CHANGES

### COVID CASES AS OF OCTOBER 3

Independent Living (IL): 3

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

### 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

- October 7 – Topic: The Power of Writing by Hand
- October 14 – Topic: Paws for Thought: How Pets Boost Brain Health

StrongerMemory Participant Quote: “I can now remember not only my neighbor’s name, but his dog’s name, too!”



### COFFEE AND CONVERSATION WITH CHANDRA KUMAR

Wednesday, October 9 at 2:00 p.m. | Board Room

Invitees are the residents of the ninth and tenth floors of both Pointe and Crossroads buildings.

Please join us for coffee, tea, and cookies with Chandra Kumar, our Goodwin Living COO and our interim Executive Director at GHBC. The ninth and tenth floor residents will have their chance to meet and talk with Ms. Kumar about their views on the joys of living here at GHBC. You might also want to tell her of problems you have experienced here or make suggestions for things which might be improved.

Resident Council member Debbie Massey will host the meeting. Please RSVP to Sue LaRue at ext. 3655 to be sure you'll have a chair and a cookie.



### THE GREAT TOURS: FRANCE THROUGH THE AGES

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

- Episode 21 - Bohemian Paris: Artists and Expats
- Episode 22 - Paris: the capital of design

\*Please note: There are only two more episodes after this week! New series starting on Wednesday, October 23 - World of Byzantium.



### ANNUAL GHBC CRAFT FAIR

Wednesday, October 9 from 10:00 a.m. to 2:00 p.m. | Rotunda/Atrium.

GHBC Residents will display and sell their crafts. Come and browse the tables, and buy your holiday gifts.

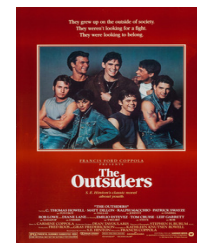
### MONTHLY MORNING MOVIE PRESENTS *THE OUTSIDERS*

Wednesday, October 9 at 10:00 a.m. | Media Room

A teen gang in rural Oklahoma, the Greasers are perpetually at odds with the Socials, a rival group. When Greasers Ponyboy (C. Thomas Howell) and Johnny (Ralph Macchio) get into a brawl that ends in the death of a social member, the boys are forced to go into hiding. Soon Ponyboy and Johnny, along with the intense Dallas (Matt Dillon) and their other Greaser buddies, must contend with the consequences of their violent lives. While some Greasers try to achieve redemption, others meet tragic ends.

1983, Crime/Thriller, 1 hour 31 minutes

Starring: Matt Dillon, Ralph Macchio, C. Thomas Howell, Patrick Swayze



## MORE HAPPENINGS

### COMPUTER CORE IT ASSISTANCE

Thursday, October 10 from 10:00 a.m. to 11:00 a.m. | Bistro Private Dining Room

The resident-led IT Device Clinic is partnering with Computer CORE, a local non-profit organization that teaches adults foundational digital and professional skills. Volunteers from this organization will be on-site to answer questions about your PC laptops or mobile devices (iPhones, Androids, tablets). Sign up in the Resident Business Center on Friday, October 4 in the Trips binder under Classes. Questions? Contact Steffan Barahona at [SBarahona@GoodwinLiving.org](mailto:SBarahona@GoodwinLiving.org).



### VLOG SERIES - FINGER LAKES AND MONONGAHELA FORESTS

Thursday, October 10 at 2:00 p.m. | Media Room

Enjoy an East Coast nature escape in the Finger Lakes National Forest and Monongahela National Forest in New York and West Virginia. Visit the “Queen’s Castle” to learn about the women’s suffrage movement and go horseback riding, hiking, sailing, and wine tasting in the Finger Lakes. In West Virginia, drive the Highland Scenic Highway to visit an old growth forest teeming with life, before fly fishing at Seneca Rocks, and more. REMINDER: Each viewing is 30 minutes long (one-episode a month).

### CULINARY PASSPORT LUNCH TRIP- PANJSHIR RESTAURANT

Monday, October 14 | Bus will depart from Main Entrance at 11:00 a.m.

Our next Culinary Passport Trip is to Panjshir Restaurant in Falls Church (Afghan Cuisine). A transportation fee of \$14 will be charged to resident accounts. Please sign up in the Resident Business Center beginning on Friday, October 4.

### SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: BUSTER KEATON

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

*Sherlock Jr. (1924)*. A film projectionist longs to be a detective and puts his meagre skills to work when he is framed by a rival for stealing his girlfriend's father's pocket watch.

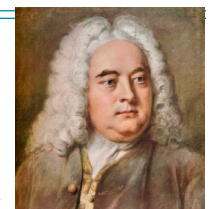


### AFTERNOON CONCERT

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

**Friday, October 11: George Frideric Handel**

George Frideric Handel traveled much more widely after his birth in Halle in the Southern part of Saxony. He settled in London for the last 40 years of his life. A series of superb concertos, operas, and oratorios poured out of him: *Messiah* is simply one of dozens of immortal vocal masterpieces he produced there. Running Time: 1 hour.



### SATURDAY NIGHT MOVIE - *TWISTER*

Saturday, October 12 at 7:15 p.m. | Auditorium

Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking system. She soon crosses paths with Tyler Owens, a charming but reckless social-media superstar who thrives on posting his storm-chasing adventures. As storm season intensifies, Kate, Tyler and their competing teams find themselves in a fight for their lives as multiple systems converge over central Oklahoma.

PG-13, 2024, Action/Thriller, 2 hours, 2 minutes.

Starring: Glen Powelle, Daisy Edgar-Jones, Anthony Ramos, and Kiernan Shipka



## MORE HAPPENINGS

### WALKING MEDITATION

Tuesday, October 15 at 2:00 p.m. | Auditorium

A large floor cloth containing the winding path of a labyrinth will be laid out, where a brief introduction to labyrinths will happen at 2:00 p.m. You're invited to experience walking meditation that afternoon or evening or from 10:00 a.m. till 9:00 p.m. on

Wednesday, October 16. A labyrinth is not a puzzle; it's a single path which leads you to the center and back out. Labyrinths evolved from ancient spiral patterns dating back at least four thousand years. The idea is to enter with an open frame of mind and quietly place one foot in front of the other.



### VETERANS DAY BREAKFAST

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

Veterans, spouses, and widows are invited to the annual Veterans Day breakfast on Monday, November 11 in the Jefferson Dining Room. Please be seated by 9:00 a.m. **Questions? Contact Rob Warne at ext. 3601.**

## SAVE THE DATE

### RESIDENT COUNCIL BUSINESS MEETING

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

### BAILEYS BIRDERS MEETING

Tuesday, October 8 at 3:00 p.m. | Formal Parlor

### AUDITORIUM SEMI-ANNUAL MEETING WITH CHAIR OF GOODWIN LIVING BOARD OF TRUSTEES, DR. C. C. CLARKE AND GOODWIN LIVING CEO, ROB LIEBREICH

Thursday, October 17 at 3:00 p.m. | Auditorium

### BUILDING YOUR VILLAGE AS A CAREGIVER WITH SPEAKER LORETTA VENEY

Monday, October 21 from 3:00 p.m. to 4:00 p.m., | Media Room

### GOODWIN HOUSE FASHION SHOW

Wednesday, October 23 at 2:00 p.m. | Auditorium. Question? Victoria Carns at 831-295-3883

## TRIPS AND OUTINGS

### NATIONAL SYMPHONY MATINEE

Friday, November 22

Alexandra Dovgan plays Schumann; Marek Janowski conducts Bruckner's Fourth.

- Sign up will start on Monday, October 14 at 11:30 a.m. and ends on Monday, October 21 at 10:00 a.m.
- Details will be in the next *West Winds*.
- Contact: Chris White ext. 7587

### FALL FOLIAGE DRIVE AND LUNCH AT OLD ANGLERS INN, POTOMAC, MARYLAND

Thursday, October 31 from 11:00 a.m. to 2:00 p.m.

- Sign-up: Monday, October 21 at 11:30 a.m. in the Resident Business Center.
- Details in *West Winds* on October 18.
- Contact Jane Coughran, ext. 7450



### FOOD DRIVE FOR ARLINGTON FOOD ASSISTANCE CENTER

Support our GHBC food drive Sunday, October 6 through Saturday, October 12 for the Arlington Food Assistance Center (AFAC). Healthy (low-fat, low-sugar, and low-sodium) donations are requested. 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 the white cardboard boxes near the Resident Business Center, Pointe Lobby, and Crossroads Ground Floor Lobby. Tax deductible checks for AFAC will be accepted in the Rotunda on Tuesday, October 8 and Friday, October 11 from 4:30 p.m. to 7:00 p.m.

### REMEMBRANCE DAY

Each year, Goodwin House Bailey's Crossroads and Goodwin Hospice teams join to honor the wonderful residents we have had the privilege to serve. We invite you to join us in celebrating the lives of GHBC residents who have died during the past year. We also invite residents and team members who experienced the death of an immediate family member to honor them at this celebration. Your loved one's name and photo will be included, and a flower will be presented to you in memory. To submit the name of a family member, please contact Sarah Mogzec no later than **Friday, November 1**, at 571-302-6213. If you would like your loved one's photo included in our slideshow presentation, please email it to [smogzec@goodwinliving.org](mailto:smogzec@goodwinliving.org). The deadline for all photo submissions is Friday, November 1. Thank you for helping us celebrate the lives of our residents, family members, and friends.

### ADVANCED CARE PLANNING: UNDERSTANDING THE POLST FORM

It can sometimes be challenging to know what documents may be useful for detailing your medical wishes. Thankfully, Virginia adopted the national POLST form in April of 2023 for just that reason! POLST stands for "physician's orders for life-sustaining treatment" and contains medical orders that are signed by a physician who knows you. It can be used to express your preferences on medical items such as code status ("full code" v. "do not resuscitate"), artificial nutrition, level of preferred medical intervention, hospitalizations, Hospice, and much more! More information about this form can be found at [www.polst.org](http://www.polst.org). If you have questions about the POLST form or would like to talk to a Care Connections team member about completing one, please feel free to reach out to us at [CareConnections@goodwinliving.org](mailto:CareConnections@goodwinliving.org) or 571-351-0145.

### WELCOME MISBAH ALLI " MIZ"

Miz' training styles are sports and agility training along with functional training of all ages. Working in the fitness industry since 2008, her passion for health and wellness has only increased. Miz has worked with clients of young ages to older adults. Her two main training styles stem from her personal background playing lacrosse and basketball from a young age. Miz is patient and believes in the process of slow and steady growth over time. Working on mobility and flexibility is something always targeted to prevent future injuries.



### ATTENTION JOURNALISTS, EDITORS, TEACHERS, AND ALL WRITING ENTHUSIASTS!

*West Winds* is looking for more residents to proof the *West Winds* once a month! Our publication thrives thanks to dedicated residents who volunteer their time to proofread. These valuable contributions help us maintain high standards of quality and content. If you're interested or would like more information, please reach out to Steffan Barahona, *West Winds* Editor, at [sbarahona@doodwinliving.org](mailto:sbarahona@doodwinliving.org).

## ARLINGTON PUBLIC LIBRARY FALL BOOK SALE

Dear Friends of the GHBC "Little Library,"

Your contributions of adult and children's books to our "Little Library" are keeping pace with the demand for books from our neighbors along S. Jefferson Street. We have an opportunity to build up our book reserves by purchasing used books at the The Friends of the Arlington Public Library (FOAL) book sale Friday, October 4 through Sunday, October 6. The book sale will be held in the parking garage of the Central Library located at 1015 N. Quincy Street, Arlington, Virginia 22207 (Friday and Saturday (10:00 a.m. to 5 p.m.), and Sunday (11:00 a.m. to 5:00 p.m.). On Sunday, books are 50% OFF! Cash, checks, and credit cards will be accepted. Please park in the outdoor lots surrounding the library. Please bring your own bags or boxes. Drop off books in the Art Room (boxes mid-way along the outer window wall), or call Bob Simpson (571-249-6401) for pick-up from your apartment or from your car. Thank you for your generosity, from our many young and older neighbors.

## PRIORITY CLUB INFO SESSIONS

Wednesday, October 9 and Thursday, October 10

The Sales team will be hosting a series of sessions to share a new option for the Priority Club with Priority Club members. We thank you in advance for warmly welcoming our Priority Club members during their visits to the community. Sessions will be held on the following dates:

- Wednesday, October 9 at 1:00 p.m.
- Thursday, October 10 at 1:00 p.m.

We are grateful for the interest shown by residents in the change to the Priority Club. Due to space limitations, we do ask that these events be for Priority Club members exclusively. If you would like to learn more, please stop by the Sales Office after Thursday, October 10 for additional information.

## 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](mailto:poplewis@hotmail.com).

### 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.

### October 15: Recreational Therapists - **Top of the West**

Residents on the 2nd and 3rd floors (Assisted Living, the Terrace, and the Health Care Center) are offered a holistic therapeutic recreation program: fitness programs, discussion groups, performances, music and art therapy, cooking, and social events.

Therapists Michelle Weinstein and Vy Tran and Tiffany Proctor, Life Enrichment Director, describe the programs that make for vibrant living on these floors. Carol Lewis hosts.

## NEW RESIDENT BIO

### MEET SUSAN GROSSMAN AND JIM SHARPE

Susan Grossman and Jim Sharpe moved into Crossroads apartment 833 on August 30.

Sue grew up in Bay Village, Ohio. She graduated from Ohio Wesleyan University with a bachelor's degree in American history and a minor in education. She later earned a master's degree in education from the University of Northern Colorado. She taught social studies at Luther Jackson Middle School in Fairfax County and retired in 1995 after 30 years of teaching. While teaching, she had spent many summers as a temporary worker in a variety of situations and continued this type of work for the next eight years until she retired for good. One of her most memorable assignments was working with the Navy to convince their office workers to use the newly invented Post-it notes. Sue and Jim have enjoyed traveling extensively throughout the world and have been on all continents except Antarctica and South America. She is looking forward to using the Fitness Center and classes here.



Jim grew up in Windber, Pennsylvania in the middle of coal mining country. His parents were determined that their two sons would not go into the mines. Neither did. Instead he and his twin brother went to Pennsylvania State University, where Jim earned a bachelor's degree in English secondary education. Upon graduation, he was commissioned a second lieutenant by virtue of his participation in the Army ROTC program at the university. His two-year tour of duty included assignment to Vietnam where he was wounded in May 1968 during fighting in Saigon.

Back home, he enrolled at the University of Pittsburgh, earned a master's degree, and then went to Sweden under a study abroad program sponsored by Rotary International. After he returned from overseas, Jim held a series of jobs: school teacher, newspaper reporter, account executive, industrial hygienist, and environmental specialist. In 1998, he joined the mining industry as a safety and health official and ended his career there. He plays tennis and is making use of the Fitness Center here at GHBC. He also enjoys some of the old movies shown.

## RESIDENT SHOWCASE

### MEET STEFANIE REPONEN

Check out the October Resident Showcase on the resident website and meet Crossroads resident Stefanie Reponen, long-time WhatNot Shop volunteer, meditator, Silver Panther, Bible student, play reader—and a key player in bringing the Clinical Pastoral Education (CPE) program to Goodwin House. To read about her, go to [www.ghbcresidents.org](http://www.ghbcresidents.org) and select "Resident Showcase" from the left-hand menu. Click on "Current Showcase" to meet Stefanie, or click on "Showcase Archive" to meet many other neighbors at GHBC. Don't forget: you'll need to use your website password – the same one you use for the resident directory – to access the Resident Showcase.



## 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, OCTOBER 7

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



**Inktober Drawing Challenge Meetup** - Inktober is a national drawing challenge, which the Art Center is taking on with resident artists and non-artists alike as an opportunity to get more creative. It's not too late to join! Participants in Inktober create one ink drawing each day for the month of October, using pens, paper, and a set of suggested prompts provided by the Arts Center. Learn tips and tricks for drawing with ink and explore various creative techniques to inspire your drawing journey in this drop-in class. Anyone already participating in the Inktober art challenge as well as those curious to start drawing on their own are welcome to join! No previous experience with drawing required.

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

**Art Film** - In celebration of National Hispanic-Heritage Month there will be a film screening that spotlights Hispanic and Latino narratives and legacies in the United States. Traveling from the streets of Havana to the stage of Carnegie Hall, *Buena Vista Social Club* is a revelatory documentary that captures a forgotten generation of Cuba's brightest musical talents. The veteran vocalists and instrumentalists collaborated with American guitarist Ry Cooder to form the Buena Vista Social Club, playing a jazz-inflected mix of cha-cha, mambo, bolero, and other traditional Latin American styles, and recording an album that won a Grammy and made them an international phenomenon. Directed by Wim Wenders. Total Run Time: 105 minutes. Discussion to follow. (Media Room)



### TUESDAY, OCTOBER 8


 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, OCTOBER 9

 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 last session for those currently signed up to make ceramics inspired by the fall season! A sign-up sheet for the next session of this class will be available on Monday, October 14 in the Arts Center.



## INSIDE THE ART CENTER



10:00 a.m. – 2:00 p.m.

**Resident Arts & Crafts Sale** – Support your fellow GHBC residents who have been busy crafting and artmaking in preparation for this annual sale with proceeds benefiting the Goodwin Living Foundation. Tables will be set up in the Atrium and Rotunda to display a variety of resident-made arts and crafts for sale including, original paintings, handbuilt ceramics, and amazing origami! (Atrium/Rotunda)

### THURSDAY, OCTOBER 10



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 11



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

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



**MONDAY, OCTOBER 7**

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

**TUESDAY, OCTOBER 8**

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, OCTOBER 9**

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, OCTOBER 10**

8:15 a.m. Stretch and Flex, Auditorium  
 9:00 a.m. Functional Fit, Auditorium  
 9:00 a.m. Pilates, Aerobics Room  
 10:00 a.m. Water Aerobics, Pool  
 10:30 a.m. Fitness Walk to Ben Brenmam Park  
 11:30 a.m. Chair Fit - **Canceled**  
 2:30 p.m. Brain Balance Fitness, Aerobics Room

**FRIDAY, OCTOBER 11**

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 12**

8:15 a.m. Stretch & Flex, Aerobics Room  
 9:00 a.m. Total Body Video, Aerobics Room  
 10:00 a.m. Total Body Video, Aerobics Room  
 11:00 a.m. Functional Fit, Aerobics Room

**SUNDAY, OCTOBER 13**

1:30 p.m. Bocce Ball, Bocce Ball Court

**Fitness Walk: Ben Brenham Park**

Thursday, October 10 at 10:30 a.m. |  
 Depart from Main Entrance

This is a wide-open space with a walking trail leading to a little pond where geese rest. There are bridges to walk across and a beautiful view of the river to enjoy. Lots of sun!

**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, OCTOBER 7

- 10:30 Monday Movement w/ Misbah & Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends & Vy (Community Room)
- 2:00 Art Discussion w/ Jan & Vy (Community Room)
- 3:00 Meet & Greet w/ Nicky/Art Therapy Intern (Crossroads Area)

### TUESDAY, OCTOBER 8

- 10:00 Chair Fitness w/ Misbah & Vy (Community Room)
- 10:30 Morning Gardening Group w/ Garden Thyme & Vy (Community Room)
- 2:00 Spiritual Discussion w/ Alex (Community Room)
- 2:45 Weekly Musician Spotlight w/ Sam (Community Room)
- 6:30 Hollywood Biography: Clint Eastwood w/ Sam (Community Room)

### WEDNESDAY, OCTOBER 9

- 10:30 Wednesday World Travel w/ Elizabeth (Community Room)
- 11:00 Chair Chi Fitness w/ Vy (Community Room)
- 2:00 Bingo w/ Aki (Crossroads Area)
- 3:15 Birthday Celebration w/ Michelle (Crossroads Area)

### THURSDAY, OCTOBER 10

- 10:30 Morning Chair Stretches w/ Misbah & Vy (Community Room)
- 11:00 "Double 10 Day" Trivia & Facts w/ Vy (Community Room)
- 2:00 SINGO w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:30 Fall Harvest Social & Music in the Auditorium w/ Vy

### FRIDAY, OCTOBER 11

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:15 The Bush Years: Part 1: Fathers & Sons (Community Room)
- 3:00 Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 Friday Fitness w/ Olga (Community Room)

### SATURDAY, OCTOBER 12

- 10:00 Chair Exercise w/ Vilma (Community Room)
- 3:00 Piano Music Appreciation w/ Heather & Vilma (Crossroads Area)
- 7:15 Evening Movie: *Twisters* (Auditorium)

### SUNDAY, OCTOBER 13

- 10:30 Sunday Service in the Chapel
- 11:00 Sunday Stretches w/ Mar\_T (Community Room)
- 3:00 Refreshments & Finish the Phrase w/ Michelle (Crossroads Area)
- 3:30 Puzzles & Word Games Station in the Community Room

## HEALTH CARE CENTER PROGRAMS

### MONDAY, OCTOBER 7

- 9:30 Dining Room Discussion
- 10:30 Strengthen w/ Sarah
- 11:00 Cranium Crunches w/ Aki
- 2:00 Trivia in the Atrium w/ Aki
- 2:00 Social Visits w/ Vilma
- 3:30 Music Therapy w/ Sam

### TUESDAY, OCTOBER 8

- 9:30 Coffee & Conversation
- 10:30 Sit & Be Fit w/ Vilma
- 11:00 Spiritual Devotions w/ Alex
- 2:00 Coffee in the Bistro w/ Vilma & Aki
- 3:30 Bingo w/ Vilma, Aki, & Friends
- 5:00 Men's Dinner in the Bistro w/ Vilma & Aki

### WEDNESDAY, OCTOBER 9

- 9:30 Social Visits
- 10:30 Seated Fitness w/ Miz
- 11:00 Sing-Along w/ Anne
- 2:00 Service Project Prep w/ Aki
- 3:30 Music Therapy Small Group w/ Sam
- 3:30 Learning Circle: Word of The Day w/ Aki

### THURSDAY, OCTOBER 10

- 9:30 Daily Digest
- 10:30 Chair Exercise w/ Aki
- 11:00 Trivia on iN2L w/ Aki
- 2:00 1:1 Visits w/ Aki
- 2:30 Creative Art w/ Sarah
- 3:30 Fall Harvest Social & Music in the Auditorium w/ Aki & Vilma

### FRIDAY, OCTOBER 11

- 9:30 Table Talk
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Table Games: Obie! w/ Aki & Vilma
- 3:30 Apple Cider Social
- 4:15 Piano Music w/ The Piano Man

### SATURDAY, OCTOBER 12

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Seated Fitness w/ Mar\_T & Vilma
- 4:00 Piano Tunes w/ Heather & Vilma

### SUNDAY, OCTOBER 13

- 10:30 Holy Eucharist Service in the Chapel
- 11:15 Jeopardy w/ Michelle
- 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, OCTOBER 7

8:30 a.m. Total Body Standing, Auditorium  
**9:00 a.m. Food Drive for AFAC, Various Donation Spots Around Building**  
 9:00 a.m. IT Device Clinic, Bistro  
 9:30 a.m. Chair Fit, Auditorium  
 10:00 a.m. Resident Council Business Meeting, Board Room  
 10:00 a.m. **Inktober Drawing Challenge Meetup, 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  
**10:30 a.m. Technology for Fall Prevention, Formal Parlor**  
 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  
 1:30 p.m. Veterans Committee Meeting, Top of the West  
 2:00 p.m. Mat Yoga, Auditorium  
 2:00 p.m. Rummikub, Card Room  
 2:00 p.m. Trivia, Atrium  
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study  
 4:15 p.m. Silver Panthers Huddle, Board Rm  
 6:45 p.m. Mexican Dominos, Game Room

#### TUESDAY, OCTOBER 8

8:15 a.m. Stretch and Flex, Auditorium  
**9:00 a.m. Food Drive for AFAC, Various Donation Spots Around Building**

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. Fitness Committee Meeting, Formal Parlor  
 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. Celebration of Senior Olympics Medal Winners, Rotunda**  
 3:00 p.m. Bailey's Birders, Board Room  
 3:15 p.m. Tai Chi, Aerobics Room  
 4:00 p.m. Newcomers, Auditorium  
**4:30 p.m. Check Collection for Arlington Food Assistance Center, Rotunda**

#### WEDNESDAY, OCTOBER 9

8:30 a.m. Total Body Standing, Auditorium  
**9:00 a.m. Food Drive for AFAC, Various Donation Spots Around Building**  
 9:30 a.m. Beginning Ceramics, Art Center  
 9:30 a.m. Chair Fit, Auditorium  
**10:00 a.m. Arts and Crafts Sale, Atrium/Rotunda**

## Bolded Events Reflect New or Infrequent Upcoming Activities

10:00 a.m. Holy Communion Service with Healing Prayers & Anointing, Chapel

**10:00 a.m. Monthly Morning Movie, Media Room**

10:15 a.m. Fitness Orientation, Fitness Center (Sign up)

10:30 a.m. Seated Fitness, Ch. 1960

11:00 a.m. Functional Fitness, Aerobics Room

11:00 a.m. Meditation, Ch. 1960

11:15 a.m. Contemplative Worship (Quaker), Smith Study

11:30 a.m. Chair Yoga, Ch. 1960

2:00 p.m. Drawing Skills, Art Center

2:00 p.m. Gentle Chair Yoga, Aerobics Room

2:00 p.m. Informal Open Bridge, Card Rm

**2:00 p.m. Ninth and Tenth Floor Coffee and Conversation, Board Room**

3:00 p.m. Finance Committee Meeting, Pointe Conference Room

3:00 p.m. Great Tours, Media Room

3:30 p.m. French Conversation Group, Smith Study

**3:30 p.m. Play reading Group: *Our Town*, Top of the West**

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

**7:30 p.m. Scowcroft Foreign Affairs Lecture: *How Population and Fertility Keep Surprising Us*, Auditorium**

9:00 a.m. Pilates, Aerobics Room

9:30 a.m. Arlington Comm. Credit Union open, Crossroads Ground Level

10:00 a.m. BOM-COM Meeting, Board Room

**10:00 a.m. Bazaar and WhatNot Shop, Donations**

**10:00 a.m. Computer CORE IT Assistance, Bistro Private Dining Room**

10:00 a.m. Standing Total Body Stretch, Ch. 1960

10:00 a.m. Water Aerobics, Pool

**10:30 a.m. Fitness Walk, Depart from Main Entrance**

10:30 a.m. Seated Fitness, Ch. 1960

11:00 a.m. Muscle Relaxation, Ch. 1960

**11:00 a.m. World Mental Health Day table, Rotunda**

2:00 p.m. Community Service Committee, Top of the West

2:00 p.m. Duplicate Bridge, Card Room

2:00 p.m. Poetry Group, Smith Study

2:00 p.m. Thursday Travel Vlog, Media Room

2:30 p.m. Brain Balance Fitness, Aerobics Room

3:00 p.m. Woodcarving, Art Center

7:00 p.m. Poker Night, Game Room

## THURSDAY, OCTOBER 10

8:15 a.m. Stretch and Flex, Auditorium

**9:00 a.m. Food Drive for AFAC, Various Donation Spots Around Building**

9:00 a.m. Functional Fit, Auditorium

9:00 a.m. IT Device Clinic, Bistro



**Bolded Events Reflect New or Infrequent Upcoming Activities**

**FRIDAY, OCTOBER 11**

- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. Food Drive for AFAC, Various Donation Spots Around Building**
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. National Symphony Matinee, Board At Main Entrance
- 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
- 1:00 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
- 3:00 p.m. Trips and Outings Committee Meeting, Board Room
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 4:30 p.m. Check Collection for Arlington Food Assistance Center, Rotunda**

**SATURDAY, OCTOBER 12**

- 8:15 a.m. Stretch & Flex, Aerobics Room**
- 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
- 11:00 a.m. Functional Fit, 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. Chair Fit, Aerobics Room
- 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: *Twister*, Auditorium

**SUNDAY, OCTOBER 13**

- 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
- 1:30 p.m. Bocce Ball, Bocce Ball Court**
- 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](mailto:WestWinds@GoodwinLiving.org).  
Submission Deadline is Saturdays at 5:00 p.m.**