

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 44 ✨ October 28, 2024

UPCOMING MEETINGS

Green Team Meeting

Monday, October 28 at 11:00 a.m. | Board Room

Resident Health Committee

Friday, November 1 at 10:00 a.m. | Top of the West

CHANGES

Clinic

Saturday, November 2 - **Closed**

Bridge Classes - **Canceled until November 4**

COVID CASES AS OF OCTOBER 24

Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

FILIPINO AMERICAN HISTORY MONTH CELEBRATION - TASTE OF THE PHILIPPINES

Tuesday, October 29 at 3:00 p.m. | Rotunda

October is Filipino American History month, which honors the history, accomplishments, and legacy of Filipino Americans in the United States. Let's celebrate with a Taste of The Philippines tour! Enjoy authentic Filipino food, drink pairings, and learn about Filipino culture from GHBC team members!



HALLOWEEN COSTUME PARADE AND COCKTAIL HOUR

Thursday, October 31 at 2:30 p.m. | Rotunda

Spooky season is here! Get your costumes ready for our annual Halloween Costume Parade. Even dress up your pet for the parade! After we show off our creative costumes, enjoy some spooky treats in the Rotunda. Need a costume? Stop by the Fitness Center to borrow one from our collection. We hope to see you there!



BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE

Wednesday, October 30 from 7:30 p.m. to 8:30 p.m. | Auditorium
Walter Russell Mead, Ravenel B. Curry III Distinguished Fellow in Strategy and Statesmanship at Hudson Institute and the Global View Columnist at The Wall Street Journal. "What Next?" War in the Middle East, war in Ukraine, crisis in the Far East and a historic election in the United States. 2025 looks like an interesting year in current affairs. Our speaker offers insights into the forces that are likely to drive events in the year ahead.

GHBC BLOOD DRIVE

Thursday, November 7 from 9:30 a.m. to 2:30 p.m. | Auditorium
Give the gift of life by donating at the upcoming GHBC Health Committee Blood Drive. If you would like to learn more about the blood drive or schedule a time to donate on November 7, contact Ron Karpick at 703-578-7399, LUNGONE@MSN.COM or Jeff Robbins at 703-842-3125, JROBBINS25V@GMAIL.COM.



Goodwin House
Bailey's Crossroads

WELLNESS ICON KEY:

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

MORE HAPPENINGS

STRONGERMEMORY GROUP

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

Led by Ellie Pettoni, Brain Health Coordinator

- October 28 – Topic: Laughter for a Healthier Brain
- November 4 – Topic: Read Aloud to Boost Your Brain Power

StrongerMemory Tip: When you reach a goal, like completing a week of StrongerMemory activities, treat yourself! Whether it's a favorite snack, a movie night, or extra time doing a hobby, rewards can make the journey even more enjoyable.



ART FILM - *THE NIGHT OF THE HUNTER*

Monday, October 28 from 1:00 p.m. to 3:00 p.m. | Media Room

Celebrate the upcoming Halloween holiday with a screening of one of history's most unsettling and compelling films. A horror movie with qualities of a Grimm's fairy tale, it stars a sublimely sinister Robert Mitchum as a traveling preacher with tattooed knuckles, whose nefarious motives for marrying a fragile widow, played by Shelley Winters, are uncovered by her terrified young children. Shunned by the public upon its release in 1955, the film is now included on the National Film Registry of the Library of Congress and its visuals and mood continue to influence filmmakers today. Directed by Charles Laughton. Total Run Time: 93 minutes. Discussion to follow.



THE GREAT COURSES: WORLD OF BYZANTIUM (NEW SERIES)

Wednesday, October 30 at 3:00 p.m. | Media Room

- Episode 1: Imperial Crisis of Reform
- Episode 2: Constantine

PRESENTATION ON INFECTIOUS DISEASES AND OLDER ADULTS

Wednesday, October 30 from 3:00 p.m. to 4:00 p.m. | Auditorium

Want to learn more about infectious diseases and their impact on older adults? Please join us in welcoming Dr. Zhaneta P. Zimmer, MD, an infectious disease and internal medicine specialist, as she presents current trends related to infectious diseases and older adults.

AFTERNOON CONCERT

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

Friday, November 1: *Dracula, The Romantic Ballet*

An original ballet fashioned from the legend of Vlad the Impaler, Count Dracula of Transylvania. Delve into the dark, passionate world of *Dracula*, a ballet rich in love, lust, and eternal desire, set against a backdrop of Gothic mystery.

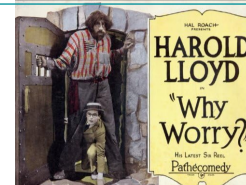
Running Time: 1 hour, 15 minutes.



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: MABEL NORMAND

Saturday, November 2 from 12:00 p.m. to 1:30 p.m. | Board Room

Why Worry? (1923). A hypochondriac vacations in the tropics for the fresh air - and finds himself in the middle of a revolution instead.



MORE HAPPENINGS

SATURDAY NIGHT MOVIE - *HITMAN*

Saturday, November 2 at 7:15 p.m. | Auditorium

Professional killer Gary Johnson breaks protocol to help a desperate woman trying to flee an abusive husband and finds himself falling for her.

Rated R, 2023, Comedy/Action, 1 hour, 50 minutes.

*Please note, the film deals with several adult themes, not suitable for all audiences

Glen Powell, Adria Arjona, Austin Amelio, and Molly Kate Bernard



JEWISH SHABBAT SERVICES

Saturday, November 2 at 9:30 a.m. | Chapel

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

DEMENTIA FRIENDS INFO SESSION

Monday, November 4 from 5:00 p.m. to 7:15 p.m. | Board Room

Learn how to become a dementia friend and turn your new understanding of dementia into a practical action that can help someone living in your community. Dinner will be served for the first 15 residents who sign up in the Resident Business Center by Friday, November 1st. Event is in partnership with the Dementia Friendly Fairfax Initiative. Contact Jessica Fredericksen, ext. 7431, for more information.

NATIVE AMERICAN HERITAGE CELEBRATION SPECIAL EVENT

November 14 from 2:00 p.m. to 3:30pm | Auditorium

We're excited to celebrate Native American Heritage Month this year by hosting our first Native American Heritage Celebration at Goodwin House Bailey's Crossroads. This special events includes a dance troop performance, live drumming and singing, and a speaker discussing Native American culture and history. We also may be treated to a special friendship dance! If you have questions, please email them to DEIB@GoodwinLiving.org or JHobbs@GoodwinLiving.org.

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. Former Astronaut "Buz" Carpenter will speak. Ben Wilmot will play the piano and Encore Chorale will entertain. Please be seated by 9:00 a.m. **Questions? Contact Rob Warne at ext. 3601.**

SAVE THE DATE

COMMUNITY SERVICE COMMITTEE - MAKE A DIFFERENCE: HOMELESS SHELTER DONATIONS

November 4 through the 8 | Rotunda

DIWALI PERFORMANCE FEATURING STEPHANIE STRINGS

Wednesday, November 6 at 2:00 p.m. | Auditorium

TRIPS AND OUTINGS

NATIONAL MALL MUSEUMS LOOP

Thursday, November 7 from 9:30 a.m. to 1:00 p.m. | Departs from Main Entrance
This unescorted National Mall trip will make three stops in this order: the National Museum of Natural History, the National Gallery of Art, and the National Museum of American History. Each museum offers both special and permanent exhibits: among the National Gallery's current shows are Paris 1874: The Impressionist Moment and Spirit and Strength: Modern Art from Haiti. You will have two hours to tour on your own at the museum of your choice. Pick-up for your return will be exactly two hours after you get off the bus, at the very same location.



- Sign Up: Monday, October 28 at 11:30 a.m. in the Resident Business Center
- Sign Up Deadline, November 5 at 10:00 a.m.
- Cost: Transportation \$17, Admission is free.
- Boarding: November 7 at 9:30 a.m., Return: 1:00 p.m.
- Contact: Jane Coughran, ext. 7450

ARIOSO CHORALE AND ORCHESTRA CONCERT

Thursday, November 7 | Departs from Main Entrance
Leonard Bernstein Chichester Psalms and R. Vaughan Williams' Dona Nobis Pacem. Suggested donation \$20.

- Sign Up: Monday, November 4, Resident Business Center
- Cost: Transportation \$17, Admission is free.
- Boarding: November 7, 6:45 p.m.
- Contact: Jane Roningen at jane.roningen@gmail.com

ALEXANDRIA FILM FESTIVAL FEATURING *THE TEST*

Saturday, November 9 at 1:00 p.m. | Northern Virginia Community College | Bus Boards at 12:15 p.m.
Very exciting news – the Alexandria Film Festival (November 7 – 10) is featuring *The Test* about our citizenship program at its festival. *The Test* will air on Saturday, November 9 at NOVA at 1pm. Goodwin Living will provide a shuttle for 6 residents from GHBC and GHA to go to the film festival and receive a discount on tickets. Residents can sign up in the Resident Business Center. Please note: The shuttle is just for the showing of *The Test*. If you wish to view more films at the festival, please check their website for tickets and show times. <https://alexfilmfest.com/>

- Signup: Monday, October 28 at 10:00 a.m. in the Resident Business Center
- Sign Up Deadline: Monday, November 4 at 10:00 a.m.
- Cost: Ticket \$12.00 (nonrefundable). Questions? Contact Elizabeth Whitehouse at ext. 7221

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

PRIORITY CLUB UPDATES: INFORMATION SESSION FOR RESIDENTS

Friday, November 1 from 10:00 a.m. to 11:15 a.m. | Auditorium.

In addition to the Town Hall updates provided in September on new options for Priority Club members and at the request of a few residents, the Sales team will host an information session for residents on these new options. This session will parallel the information sessions being hosted for Priority Club members and will include Q&A time at the end. We welcome all residents and hope to see you then!

ANNOUNCEMENT FROM FACILITIES MANAGEMENT - UNCLAIMED STORAGE BINS

Facilities Management is cleaning out the Resident Storage Room. The contents of any unclaimed storage bins will be thrown out on Thursday, October 31. If you would like to see the unclaimed bins, please contact Estephanie Rubio at erubio@goodwinliving.org (ext. 7244).

CLINIC CLOSED

The Clinic will be closed on Saturday, November 2 and will reopen on Monday, November 4. Please dial "0" for any emergencies. Thank you.

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

"My existence is resilience in itself."

Geronimo Louie is Chiricahua Apache and Navajo, based in Gallup, New Mexico. He is an Indigenous fashion designer and LGBTQ+ advocate. Taught by his grandmother in the tradition of skirt and ribbon work, he expresses his joy and pride as a queer, Two-Spirit person in ways that challenges and redefines tradition. Please click on the links below to learn more about these special celebrations.

- [Native American Heritage Month](#)
 - [National Hospice and Palliative Care Month \(now National Care at Home Month\)](#)
 - November 11 – [Veterans Day](#)
 - November 28 – [Thanksgiving](#)
-

EMPLOYEE GIFT FUND KICK OFF ON NOVEMBER 1 IN THE ATRIUM

Dr. Ben Wilmot, who among his other skills, is a talented and entertaining pianist often seen playing the piano in the Atrium, provides real world evidence of reasons we all welcome the opportunity to thank and reward our employee Team through the Employee Gift Fund. Following is Ben's account of three kindnesses he recently received in a brief half hour at GHBC. Many of us have had similarly rewarding and warm encounters with the folks who take care of us.

Three Acts Of Kindness

Between 8:00 a.m. and 8:30 a.m. this morning I said, "Ooh! That would be nice - Thank You!" three times. I reached for my keys before going for breakfast. They were not there. Neither were they in any of the pockets of clothes recently worn nor anywhere else as far as I could see. A call to the front desk confirmed that they had been turned in. As I picked them up, the lady on duty smiled and said, "Would you like me to add a tag to your key chain with your apartment number on it?" "Ooh! that would be nice-Thank you!" Thank you, number One.

After placing my breakfast order in the Bistro and proceeding to a table, I dropped my order number sign. While trying to figure out what to do with the coffee I held in my other hand a dining staffer came up behind me and said, "Let me get that for you!" "Ooh! That would be nice-Thank you!"

Thank you, number Two.

As I sat down to drink the coffee while waiting for the meal, I remembered that I hadn't picked up butter for my toast. "It's too much of an effort to go get butter, I thought. "Today I'll just do without." At that moment the server arrived with breakfast and before she turned to go she said ; Can I bring you some butter? I thought you might need some. "Ooh! That would be nice-Thank you! Thank you, number Three!

If all that kindness can happen in thirty minutes, just think how many similar episodes happen in one year. I hope I speak for all of us residents who say to staff - Thank you, Thank you, Thank you!!

Ben Wilmot

VETERANS DAY BREAKFAST - CAP DISPLAY

Veterans, please bring a uniform cap of you service for the Veterans Day Breakfast cap display. Caps will be displayed on two tables in the Rotunda. Please leave your cap on the table for the remainder of the day. Thanks!

WATCH OUT FOR CHAT BOT SCAMS!

Chat bots are programs that can mimic real conversations and are often used by companies for customer service. However, cybercriminals also exploit chat bots for scams.

How Cybercriminals Use Chatbots:

1. Scam Websites: They may add chatbots to fake websites, making them appear legitimate. When you visit these sites, the chatbot can trick you into providing sensitive information.
2. Phishing Emails: Criminals can use AI chatbots to craft convincing phishing emails that look like they come from trusted sources, like Google, encouraging you to click links or share personal information.

How To Stay Safe:

1. Be Cautious: Always question messages that seem legitimate, as they might be impersonating real people or organizations.
2. Look for Red Flags: Watch out for emails that urge you to click links or provide sensitive information.
3. Verify Information: If you're unsure about a message, contact the sender using a different method to confirm the senders authenticity

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 29: Movies

Resident committees and individuals provide us with silver screen opportunities. The Movie Committee (Alyce Bassoff) selects the Saturday Night Movie, the Veterans Committee (Jean Reed) shares films from its collection, the Arts Committee (Jan Pomerantz) shows a weekly art film, and James Vandeputte brings us the Saturday Cinema Matinee. They will discuss with host Stefanie Reponen.

November 5: Holiday Meals - Top of the West

GHBC Dining Services serve delicious meals over the winter holidays! Robin Norman, Director of Dining Services, Daniel Ghidey, Assistant Director of Dining Services, Executive Chef Nina Rakotoarisoa, and Alison Neov, Registered Dietician, will tempt your palate as they discuss their plans for the holiday season with host Claudia Blake.

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 28


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

Art Film – See information on Page 2

TUESDAY, OCTOBER 29

 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.

 2:00 p.m. - 3:30 p.m.

Exhibition on Screen – In honor of Dutch painter Johannes Vermeer's birthday this week, there will be an opportunity to experience the largest exhibition of his artwork in history at the Rijksmuseum in Amsterdam. The documentary, *Vermeer: The Greatest Exhibition*, invites audiences to a privileged view of this major retrospective accompanied by the curators of the show and is part of the "Exhibition on Screen" series, which looks at the world's most extraordinary art exhibits and artists. Directed by David Bickerstaff. Total Run Time: 90 minutes. Discussion to follow. (Media Room)

WEDNESDAY, OCTOBER 30


 10:00 a.m. - 11:30 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 second class for residents that have already signed up to learn how to create functional and decorative ceramic gifts.

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 ink to create a unique pumpkin! All skill levels welcome - no previous art experience or drawing skills required. (Sign up, 12 participants)

THURSDAY, OCTOBER 31

 9:30 a.m. - 10:30 a.m.

Watercolor for Beginners – Explore watercolor painting with Marni Maree, a talented local artist and expert instructor. Learn basic watercolor techniques and new approaches to painting through demonstration, instruction, and experimentation. This class is perfect for anyone wanting to try watercolor - you will be pleasantly surprised at what you can do! (Sign up, 12 participants)

 11:00 a.m. - 12:00 p.m.

Intermediate Watercolor – Learn various watercolor techniques with Marni Maree, a talented local artist and expert instructor. You will watch a fun watercolor demo, develop your painting skills, and leave with a unique finished artwork. This class is perfect for anyone with some experience with watercolor – you will get painting right away! (Sign up, 12 participants)

INSIDE THE ART CENTER



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, NOVEMBER 1



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

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



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

Inktober Drawing Challenge Meetup - Inktober is a national drawing challenge, which the Arts Center is taking on with resident artists and non-artists alike as an opportunity to get more creative! Participants in Inktober have created one ink drawing each day for the month of October, using pens, paper, and a set of suggested prompts provided by the Arts Center. Anyone already participating in the Inktober art challenge as well as those curious to start drawing on their own are welcome to join this drop-in class where we will share our completed artwork!



MONDAY, OCTOBER 28

- 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 Circuit, Aerobics Room
- 2:00 p.m. Mat Yoga, Aerobics Room

TUESDAY, OCTOBER 29

- 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 30

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Chair Fit, Aerobics Room
- 11:00 a.m. Functional Circuit, Aerobics Room
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 4:30 p.m. Line Dancing, Aerobics Room

THURSDAY, OCTOBER 31

- 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
- 11:30 a.m. Chair Fit, Aerobics Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room

FRIDAY, NOVEMBER 1

- 8:30 a.m. Total Body Standing, Aerobics Room
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:00 a.m. Chair Yoga, Aerobics Room
- 11:00 a.m. Functional Circuit, Aerobics Room

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

SATURDAY, NOVEMBER 2

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

SUNDAY, NOVEMBER 3

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

Functional Circuit, Same Class, New Name

In this class, participants will be rotating through moderate-intensity exercises with little rest between exercises. Class will improve strength, endurance, stamina, flexibility, Balance, coordination and muscle tone. This is not a seated class and requires participants to be able to move without the help of rollators or canes.

Massage Therapy Update: Madison Roach, MT

is no longer a contractor with Goodwin Living. We look forward to introducing new Massage Therapists very soon. Stay tuned for more information.

Fitness Assessment with Miz!

The Fitness Center is offering a 30-minute one-on-one assessment 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. Sign up in the Fitness Center. Reserve your time slot.

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 28

- 10:30 Monday Movement w/ Misbah & Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends & Vy (Community Room)
- 2:00 Discussion w/ Ambassador Courville & Vy (Community Room)
- 3:00 Pie Tasting Social w/ Vy (Crossroads Area)

TUESDAY, OCTOBER 29

- 10:00 Chair Fitness w/ Misbah & Vy (Community Room)
- 10:30 Fall Craft in the Art Center w/ Sarah & Nicky (Art Center)
- 2:00 Spiritual Discussion w/ Rev. Sullivan (Community Room)
- 2:45 Weekly Musician Spotlight w/ Sam (Community Room)
- 6:30 Hollywood Biography: Shirley Temple w/ Sam (Community Room)

WEDNESDAY, OCTOBER 30

- 10:00 Chair Chi Exercise w/ Vy (Community Room)
- 10:30 Travel w/ Dr. Tony Tambasco (Community Room)
- 2:00 Bingo w/ Vy (Crossroads Area)
- 3:00 Afternoon Refreshments & Halloween True or False w/ Vy (Crossroads Area)

THURSDAY, OCTOBER 31

- 10:30 Morning Chair Stretches w/ Misbah & Vy (Community Room)
- 11:00 Halloween Fun Facts w/ Vy (Community Room)
- 2:30 Halloween Party & Parade w/ Michelle (Rotunda)
- 3:30 Pet Visit w/ Frankie (Crossroads Area)

FRIDAY, NOVEMBER 1

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:30 Hot Cider & November's Fun Facts w/ Vy (Crossroads Area)
- 3:00 Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 Friday Fitness w/ Olga (Community Room)

SATURDAY, NOVEMBER 2

- 10:00 Chair Chi Exercise w/ Cynthia (Community Room)
- 3:00 Afternoon Snacks w/ Vy (Crossroads Area)
- 7:15 Evening Movie (Auditorium)

SUNDAY, NOVEMBER 3

- 10:15 Morning Fun Facts w/ Aki (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, OCTOBER 28

- 9:30 Social Visits
- 10:30 Match! W/ Vilma
- 11:00 Who Am I w/ Aki
- 2:00 Trivia in the Atrium w/ Aki
- 2:00 Books on Wheels w/ Vilma
- 3:30 Music Therapy w/ Sam
- 7:00 Musing with Mendelssohn w/ Aki

TUESDAY, OCTOBER 29

- 9:30 Today in History
- 10:30 Fall Craft in the Art Center w/ Sarah & Vilma
- 10:30 Fit for Life w/ Aki
- 11:00 Spiritual Devotions w/ Rosemari
- 2:30 Art Therapy w/ Nicole
- 3:30 Birthday Party Celebration w/ Vilma & Aki

WEDNESDAY, OCTOBER 30

- 9:30 News With Your Neighbors
- 10:00 Equine Assisted Learning Outing w/ Vilma
- 10:30 Seated Fitness w/ Miz
- 11:00 Sing-Along w/ Anne & Aki
- 2:00 Service Project Prep w/ Aki & Vilma
- 3:30 Handbell Choir w/ Sam
- 3:30 History Facts w/ Aki

THURSDAY, OCTOBER 31

- 9:30 Sip & Social
- 10:30 Sittercise w/ Aki
- 11:00 Morning Trivia w/ Aki
- 2:30 Halloween Costume Party & Parade in the Rotunda w/ Vilma & Aki
- 4:00 Piano Tunes w/ Dr. Wilmot, Vilma & Aki

FRIDAY, NOVEMBER 1

- 9:30 News & Views
- 10:30 Service Project for AFAC w/ Vilma
- 2:00 Residents Choice w/ Vilma
- 3:30 November Social w/ Vilma

SATURDAY, NOVEMBER 2

- 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 in a Word Game w/ Vy

SUNDAY, NOVEMBER 3

- 10:30 Holy Eucharist Service in the Chapel
- 11:15 Exercise w/ Myra & Aki
- 11:00 Seated Exercise on TV CHANNEL 1960
- 1:15 Sunday Spiritual Service in the Community Room
- 7:00 Compline Service in the Chapel

Bolded Events Reflect New or Infrequent Upcoming Activities

WEEKLY CALENDAR

MONDAY, OCTOBER 28

8:30 a.m. Total Body Standing, Auditorium
 9:00 a.m. IT Device Clinic, Bistro
 9:30 a.m. Chair Fit, Auditorium
 10:15 a.m. Tai Chi for Beginners, Aerobics Room
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Functional Circuit, Aerobics Rm
 11:00 a.m. Green Team Meeting, Board Room
 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
 3:30 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

TUESDAY, OCTOBER 29

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. Movement for Living, Aerobics Room
 1:30 p.m. Knit for Kids, Art Center
 2:00 p.m. Exhibition on Screen, Media Room
 2:30 p.m. Brain Balance Fitness, Aerobics Room
 3:00 p.m. Filipino American Heritage Month: Taste of the Philippines, Rotunda
 3:15 p.m. Tai Chi, Aerobics Room
 4:00 p.m. Newcomers, Auditorium

WEDNESDAY, OCTOBER 30

8:30 a.m. Total Body Standing, Auditorium
 9:30 a.m. Chair Fit, Aerobics Room
 10:00 a.m. Beginning Ceramics, Art Center
 10:00 a.m. Holy Communion Service with Healing Prayers & Anointing, Chapel

Bolded Events Reflect New or Infrequent Upcoming Activities

10:15 a.m. Explore the Health and Wellness Features of the Apple Watch, Auditorium

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

11:00 a.m. Functional Circuit, 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

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

3:00 p.m. Infectious Diseases and Older Adults Presentation, Auditorium

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

7:00 p.m. Bingo, Top of the West

7:30 p.m. Scowcroft Foreign Affairs Lecture, Auditorium

Main Entranace

11:00 a.m. Intermediate Watercolor, Art Center

11:30 a.m. Chair Fit, Aerobics Room

12:30 a.m. WhatNot Shop and Bazaar, Sales

1:00 p.m. Creative Writing, Formal Parlor

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

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

2:30 p.m. Halloween Costume Parade and Cocktail Hour, Rotunda/Atrium

3:00 p.m. Woodcarving, Art Center

4:00 p.m. Meditation Group, Smith Study

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

THURSDAY, OCTOBER 31

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

9:00 a.m. Functional Circuit, Auditorium

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

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

9:30 a.m. Watercolors for Beginners, Art Center

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

1:00 a.m. Muscle Relaxation, Ch. 1960

11:00 a.m. Fall Foliage Drive and Lunch at Old Angler's Inn, Depart from

Bolded Events Reflect New or Infrequent Upcoming Activities

FRIDAY, NOVEMBER 1

- 8:30 a.m. Flower Arrangers Group, Art Center
- 8:30 a.m. Total Body Standing, Aerobics Room
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:30 a.m. Chair Yoga, Aerobics Room
- 10:00 a.m. Inktober Drawing Challenge Meetup, Art Center
- 10:00 a.m. Priority Club Updates: Info Session for Residents, Auditorium
- 10:00 a.m. Resident Health Committee Meeting, ToW
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 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
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study







SATURDAY, NOVEMBER 2

- 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
- 7:15 p.m. Saturday Night Movie: *Hitman*, Auditorium

SUNDAY, NOVEMBER 3

- 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. Complines, Chapel

WELLNESS ICON KEY:

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

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