

# 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 47 ✨ November 18, 2024

## UPCOMING MEETINGS

### Movie Committee

Monday, November 18 at 3:00 p.m. | Board Room

### Rob's Fireside Chat

Tuesday, November 19 at 1:30 p.m. | Fireside

### Grounds Committee

Wednesday, November 20 at 1:30 p.m. | Board Room

### Dining Services Committee

Wednesday, November 20 at 9:30 a.m. | Board Room

### Finance Committee

Thursday, November 21 at 1:00 p.m. | Top of the West

## CHANGES

### Jeopardy

Friday, November 22 and 29 - **Canceled**

### Marketing Committee Meeting

Tuesday, November 26 and Tuesday, December 24 - **Canceled**

## COVID CASES AS OF NOVEMBER 14







Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

## WELLNESS ICON KEY:

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

## SENIOR QUEST FOR MEANING SERIES

Monday, November 18 at 3:30 p.m. | Auditorium

The Spiritual Life Committee presents the November Senior Quest for Meaning Series on “Spiritual Practices: Mind, Body, Spirit.”

Resident Michael Milano will guide us as we intellectually and experientially discover “Vespers: An Ecumenical Spiritual Practice.”



## STRONGERMEMORY GROUP

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

Led by Ellie Pettoni, Brain Health Coordinator

- November 18 – Topic: Bright Minds - How Sunshine Boosts Brain Health
- November 25 – Topic: Boosting Brain Health Through Gratitude

StrongerMemory Tip: Just as your muscles get stronger with regular exercise, your brain thrives with consistent mental workouts. By practicing StrongerMemory exercises regularly, you'll start to notice positive changes building over time. Stick with it – consistency is key!



## VESPERS AT GOODWIN HOUSE

Tuesday, November 19 at 7:15 p.m. | Chapel

All GHBC residents and team members are invited to GHBC Vespers. November's theme is “Healing.” The Chaplaincy Department is grateful to partner with residents for a shared interfaith service of Vespers, a quiet ritual of personal reflection. Vespers at Goodwin House draws on a range of spiritual practices using chants, music, readings, and silence. Vespers is a ritual of few words with contemplative time that invites each of us to think about what is important to us. The invitation of Vespers is to let the ritual wrap us in quiet and grace. Please join us.



## MORE HAPPENINGS

### ART FILM - *RUMBLE: THE INDIANS WHO ROCKED THE WORLD*

Monday, November 18 from 1:00 p.m. to 3:00 p.m. | Media Room

In honor of National Native American Heritage Month, there will be a screening of *Rumble: The Indians Who Rocked the World*, a film that brings to light the profound and overlooked influence of Indigenous people on popular music in North America. Focusing on music icons like Link Wray, Jimi Hendrix, and Buffy Sainte-Marie, this revelatory documentary shows how these pioneering Native American musicians helped shape the soundtracks of our lives. Directed by Catherine Bainbridge.  
Total Run Time: 100 minutes. Discussion to follow.



### THE GREAT COURSES: WORLD OF BYZANTIUM

Wednesday, November 20 at 3:00 p.m. | Media Room

- Episode 7: The Friends of God - Ascetics and Monks
- Episode 8: The Fall of the Western Empire



### SING ALONG WITH ALAN FREY

Wednesday, November 20 at 4:00 p.m. | Rotunda

Join Alan as he plays oldies and show tunes. Lyrics will be provided to enable you to sing, hum or just listen. Alan has been doing these programs here for the Assisted Living and Terrace groups for several years. come and enjoy the fun.



### VENDOR: MARA HOMEMADE

Thursday, November 21, 10:00 a.m. to 4:00 p.m. | Atrium

Mara Homemade will be selling their one-of-a-kind scarves and accessories. If you're looking for holiday gifts (or something nice for yourself), stop by to see Mara Homemade's current items. Credit cards or cash accepted.



### THURSDAY MOVIE MATINEE - *THE TEACHERS LOUNGE*

Thursday, November 21 at 2:00 p.m. | Media Room

Teacher Carla Nowak decides to get involved when one of her students is suspected of theft. Caught between her ideals and the school system, the consequences of her actions threaten to break her.

PG-13, 2023, Drama, 1 hour 38 minutes

Starring: Leonie Benesch, Sarah Bauerett, Leonard Stettmisch, and Eva Lobau



### REMINDER - THE BAD MANORS BAND

Saturday, November 16 at 3:00 p.m. | Auditorium

We are excited to welcome the Bad Manors Band to GHBC. Featuring vinyl covers from the 60s - 90s such as Brown-eyed Girl, Folsom Prison, Tupelo Honey, and more. This trio will play some of your favorites and will take requests. Enjoy a rockin' afternoon!



## MORE HAPPENINGS

### AFTERNOON CONCERT

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

Friday, November 22: **Bluebeard's Castle**—Béla Bartok



Duke Bluebeard's *Castle* is a one-act opera by composer Béla Bartok. Based on a French folk legend it deploys just two singing characters: Bluebeard and his newest wife Judith. The two have just eloped and she is coming home to his castle for the first time. Sung in Hungarian with English subtitles.

Running Time: 1 hour.



### SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: HARRY LANGDON

Saturday, November 23 from 12:00 p.m. to 1:30 p.m. | Board Room

*The Strong Man* (1926). A meek Belgian soldier, fighting in World War I, receives a letter and a photo from "Mary Brown", an American girl he has never met. After the war, he travels to America searching for her.



### SATURDAY NIGHT MOVIE - TRAINS, PLANES, AND AUTOMOBILES

Saturday, November 23 at 7:15 p.m. | Auditorium

Easily excitable Neal Page is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith, whom he finds extremely annoying. Together they must overcome the insanity of holiday travel to reach their intended destination.



R, 1987, Comedy/Adventure, 1 hour 33 minutes

Starring: John Candy, Steve Martin, Laila Robins, Michael McKean, and Kevin Bacon



## SAVE THE DATE

### THE ANNUAL TREE LIGHTING EVENT

Thursday, December 5 at 7:00 p.m. | Rotunda

### BRASS QUINTET HOLIDAY CONCERT

Friday, December 13 2:00 to 3:00 p.m. | Rotunda

Ring in the holiday season with festive tunes at our Annual Brass Quintet Holiday Concert, featuring talented members of a premier military band! The ensemble will be led by Erik Ramos, brother of GHBC Executive Assistant Catie Ramos

## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### ANNOUNCEMENT FROM THE CLINIC

The Clinic will be closed on Monday, November 25 and will reopen on Tuesday, November 26 for the beginning of construction. Please dial "0" for any emergencies. Thank you.

OUR EMPLOYEE GIFT FUND CONTINUES!

With only a short time left Goodwin House residents and team members look forward to the finale of the Employee Gift Fund (EGF) campaign on December 6 at 3:00 p.m. in the Auditorium. Right now, the campaign is still in full swing. If you have already made your gift, thank you, we are deeply grateful. If you have yet to make your gift, we hope you will be as generous as possible. As a suggested guideline, you may determine your gift amount by multiplying the number of days in 2024 (this Leap Year it's 366), by \$5 to \$10. In the case of couples, each is encouraged to make a separate contribution using this guideline. The 2024 Gift Fund campaign ends on November 29. The EGF gives residents a great opportunity to demonstrate our gratitude for the vast services and kindnesses we receive from the wonderful team members every day. Join us on December 6 at 3:00 p.m. for the distribution of the EGF gifts. It will be a marvelous afternoon. From your EGF Co-Chairs, Catherine Irwin and Dan Van Belleghem and the 10th Floor Steering Committee.

SUCCESSFUL BLOOD DRIVE THURSDAY, NOVEMBER 7, 2024

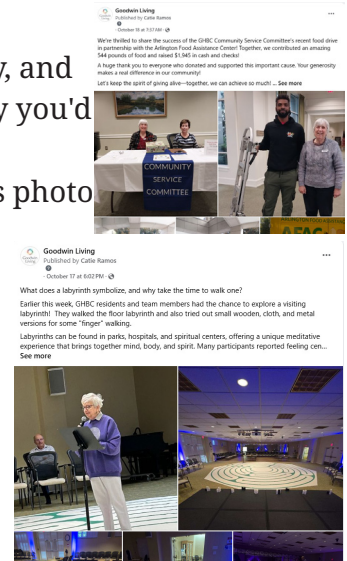
Amazing! Due to the hard work of our team members, our residents and the Inova blood donation team we had a successful blood drive on Thursday, November 7. Donors gave 53 pints of blood, far exceeding our total of 37 from last year. There were 47 residents and 28 team members signed up to donate blood. Besides our group of donors, recognition needs to go to the 16 volunteers from the Health Committee for their efforts in organizing, promoting, registering, and coordinating the donation event. Once again, GHBC has demonstrated our commitment to support the community in which we live. Thanks to everyone for this important effort. Ron Karpick and Jeff Robbins.

CONTRIBUTE TO THE GOODWIN LIVING FACEBOOK PAGE!

GHBC Administration celebrates the vibrant happenings across our community, and we'd love your help sharing those stories! When you attend an event or activity you'd like to showcase on the Goodwin Living Facebook page, follow these steps:

1. **Get Consent:** Ask if it's okay to take and share the residents/ team members photo on our social media. If not, please stop there.
2. **Capture the Moment:** Take photos in either vertical or horizontal format.
3. **Share the Details:** Write a brief description of the event.
4. **Send It In:** Email the photos and blurb to Catie Ramos at CRamos@GoodwinLiving.org
5. **No Pressure:** Participate whenever you'd like—there's no time commitment.

Recent collaborations on the Goodwin Living Facebook page highlighted the Community Service Committee's food drive for the Arlington Food Assistance Center and the resident-led effort to bring the Labyrinth from the UU Church to GHBC.



COOL IDEAS FOR FALL DRY AIR

In the fall, dry air in the home can lead to several health issues. As the weather cools, indoor heating systems often dry out the air, causing dry skin, chapped lips, and irritated eyes. Respiratory problems such as a dry throat, nasal congestion, and aggravated asthma can also arise. The lack of moisture can make the air feel stale and increase static electricity. To combat these issues, use a humidifier to maintain proper humidity levels, drink plenty of water, and moisturize your skin. Additionally, sealing windows and doors can help reduce drafts and improve indoor air quality. For more information or question? please contact the Home Health office at 703-824-1390

## TRIPS AND OUTINGS

### REMINDER: NSO CONCERT FRIDAY MATINEE

Friday, November 22, Board the shuttle at 10:15 a.m.

- If you are unable to attend, please contact Grace (ext. 7628).
- There is no wait list, so you will need to find your own substitute.
- Other questions: Contact Elizabeth Whitehouse.

## 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).

#### November 19: Community Service Projects

The Community Service Committee is responsible for many outreach activities to our surrounding community, both seasonal ("Make a Difference Day" and "Angel Tree" a.k.a. Christmas in July) and on-going (Knit for Kids, the Little Library, service projects on 2nd & 3rd floor, tutoring, collections from eyeglasses to suitcases, and more). Chair Jamie Gallagher and committee members discuss their work with host Stefanie Reponen.

#### November 26: Social Work - Susan Allen, MSW, LCSW

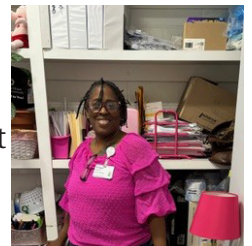
Meet our Director of Social Work and Independent Living. She supervises social work at all levels of care. Among her duties: counseling for individuals, couples, families; support and education for cognitive health; advance care planning; caregiver resources; arranging and facilitating support groups for residents and families; and screening of potential resident applicants. Carol Lewis hosts.

## NOVEMBER STAFF SPOTLIGHT

### MEET BRIDGET JOHNSON

Did you know that the laundry service here takes care of the “household” laundry for both GHBC and GHA? Among other things, this includes sheets, towels, bed linens, table cloths, napkins, pool towels, and items from the salon. On average, they do about 24,000 pounds a month. In addition, they clean approximately 10,000 pounds a month of personal laundry for GHBC residents. This massive undertaking is managed by Bridget Johnson and her staff of ten laundry attendants.

Bridget grew up in Manhattan, where she graduated from Louis D. Brandeis High School. After graduation, she moved to Virginia because she had come to love this area during summer visits with a beloved uncle. She had been particularly impressed with the friendliness of the residents in this area. She settled near Woodbridge and worked several jobs to raise three now-successful adult children as a single mother. At least in part, because of her love for her elderly grandfather and because she saw his needs as he aged, she chose to work primarily in senior communities. She also served as manager of shoe departments in various stores. She began working at GHBC six years ago as a supervisor under Tinia McNeely before becoming manager of the laundry. When not working, Bridget enjoys spending time with her husband and two dogs. She also takes various management courses offered to staff here and hopes to progress within the organization.




## 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, NOVEMBER 18

 1:00 p.m. - 3:00 p.m. **Art Film** – See information on Page 2

### TUESDAY, NOVEMBER 19

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

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

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

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

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

**Exhibition on Screen** – In honor of Impressionist painter Claude Monet's birthday this week, there will be an opportunity to experience the work of this great artist, along with many others, in the documentary *Painting the Modern Garden: Monet to Matisse*. This dazzling film takes a magical journey from the gallery to the gardens, to Giverny and Seebüll and other glorious grounds favored by artists. The film is part of the Exhibition on Screen series, which covers the world's most extraordinary art exhibits and artists. Directed by David Bickerstaff. Total Run Time: 93 minutes. Discussion to follow. (Media Room)

### WEDNESDAY, NOVEMBER 20

 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 last class for residents that have already signed up for five sessions total 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: Create artwork inspired by Native American artist Fritz Scholder! (Sign up, 12 participants)

### THURSDAY, NOVEMBER 21

 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 22

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

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





**MONDAY, NOVEMBER 18**

- 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, NOVEMBER 19**

- 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, NOVEMBER 20**

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

**THURSDAY, NOVEMBER 21**

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 10:00 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 22**

- 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
- 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 23**

- 8:30 a.m. All 70's Movin' and Groovin', Auditorium
- 9:00 a.m. Total Body Video, Aerobics Room
- 10:00 a.m. Total Body Video, Aerobics Room
- 11:00 a.m. Functional Fitness, Aerobics Room
- 1:30 p.m. Chair Fit, Aerobics Room

**SUNDAY, NOVEMBER 24**

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

**All 70's Movin' and Groovin'**  
 Saturday, November 23 at 8:30 am | Auditorium

Featuring hits from the 70's, this choreographed exercise routine will work on coordination, strength, and balance. Participants are required to be able to move without the help of rollators or canes.

**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, NOVEMBER 18

- 10:30 Monday Movement w/ Misbah & Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends & Vy (Community Room)
- 2:15 The Bush Years: A Family Triumph (Community Room)
- 3:00 Action Station w/ Chef Nina & Vy: A Taste of Thanksgiving (Community Room)

### TUESDAY, NOVEMBER 19

- 10:00 Chair Fitness w/ Miz & Vy (Community Room)
- 10:30 Morning Art Discussion w/ Sarah & Vy (Community Room)
- 11:15 Art Therapy Group w/ Nicky (Community Room)
- 3:00 Weekly Musician Spotlight w/ Sam (Community Room)
- 6:30 Hollywood Biography w/ Sam: Ingrid Bergman (Community Room)

### WEDNESDAY, NOVEMBER 20

- 10:30 Wednesday World Travel w/ Elizabeth (Community Room)
- 11:00 Dining Services Committee Meeting w/ Ali & Vy (Community Room)
- 2:00 Bingo w/ Vilma (Crossroads Area)
- 3:00 Spiritual Discussion w/ Syazana (Community Room)
- 3:30 Farm Animal Petting Zoo (Atrium)

### THURSDAY, NOVEMBER 21

- 10:00 Scenic Bus Outing w/ Vy
- 10:30 Morning Chair Stretches w/ Sarah from PT (Community Room)
- 11:00 Piano Music w/ Alan & Michelle (Crossroads Area)
- 2:00 Pet Visit w/ Frankie (Crossroads Area)
- 2:15 Sing-a-Long w/ Hank Lewis, Lucy Lee & Vy (Crossroads Area)
- 3:00 Cranberry Fizz: Cocktail Social w/ Taneisha & Vy (Crossroads Area)
- 3:30 Catholic Mass (Chapel)

### FRIDAY, NOVEMBER 22

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

### SATURDAY, NOVEMBER 23

- 10:00 Spiro100 Self-Guided Seated Exercise (Community Room)
- 4:00 Piano Music Appreciation w/ Heather & Olga (Crossroads Area)
- 7:15 Evening Movie: Auditorium

### SUNDAY, NOVEMBER 24

- 10:15 World Travel w/ Elizabeth (Community Room)
- 10:30 Sunday Service (Chapel)
- 11:00 Sunday Stretches w/ Mar\_T (Community Room)
- 3:30 Puzzles & Word Games Station (Community Room)

## HEALTH CARE CENTER PROGRAMS

### MONDAY, NOVEMBER 18

- 9:30 Morning News
- 10:30 Chair Fitness w/ Aki
- 11:00 Resident Council Meeting w/ Megan
- 2:00 Trivia in the Atrium w/ Vilma & Aki
- 3:30 Music Therapy Group w/ Sam

### TUESDAY, NOVEMBER 19

- 9:30 Coffee & Conversation
- 10:30 Sit & Be Fit w/ Sarah
- 11:00 Morning Trivia w/ Aki
- 2:00 Screen Men w/ Aki
- 2:30 Art Therapy w/ Nicole & Vilma
- 3:30 Bingo w/ Vilma, Aki, & Friends
- 6:45 Evening Word Games w/ Vy

### WEDNESDAY, NOVEMBER 20

- 9:30 Headlines of the Day
- 10:00 Equine Assisted Learning Outing w/ Michelle
- 10:30 Seated Fitness w/ Miz & Vilma
- 11:00 Synonyms for Hello w/ Aki
- 2:00 Today's Topics w/ Aki
- 3:30 Farm Animal Petting Zoo in the Atrium w/ Vilma & Aki
- 3:30 Handbell Choir w/ Sam

### THURSDAY, NOVEMBER 21

- 9:30 Daily News Brief
- 10:30 60s Workout w/ Vilma
- 11:00 Spiritual Devotions w/ Chaplaincy
- 2:30 Scenic Bus Outing w/ Aki
- 2:30 Creative Art w/ Sarah & Vilma
- 4:00 Piano Tunes w/ Dr. Wilmot, Vilma & Aki

### FRIDAY, NOVEMBER 22

- 9:30 Sip & Social
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 1:1 Visits w/ Aki
- 3:30 Apple Crisp & Cider Sing-Along w/ Vilma & Aki

### SATURDAY, NOVEMBER 23

- 9:30 GHBC Happenings: West Winds Newsletter
- 10:15 Seated Fitness w/ Mar\_T & Olga
- 3:00 Piano Tunes w/ Heather & Olga

### SUNDAY, NOVEMBER 24

- 10:30 Holy Eucharist Service in the Chapel
- 11:15 World Travel w/ Elizabeth
- 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, NOVEMBER 18**

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. Bridge Lessons, Card Room  
 10:30 a.m. Seated Fitness, Ch. 1960  
 11:00 a.m. Functional Circuit, Aerobics Rm  
 11:00 a.m. Meditation, Ch. 1960  
 11:00 a.m. Memoirs, Smith Study  
 11:30 a.m. Chair Yoga, Ch. 1960  
 11:30 a.m. Shopping Shuttle – Bradlee Shopping Center, Departs from Main Entrance  
 1:00 p.m. Art Film, Media Room  
 1:00 p.m. StrongerMemory Program Group, Board Room  
 2:00 p.m. Mat Yoga, Aerobics Room  
 2:00 p.m. Rummikub, Card Room  
 2:00 p.m. Trivia, Atrium  
 2:30 p.m. Smartphone Users Group, ToW  
 3:00 p.m. Movie Committee Meeting, Board Room  
**3:30 p.m. Senior Quest for Meaning, Auditorium**  
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study  
 4:15 p.m. Silver Panthers, Board Room  
 6:45 p.m. Mexican Dominos, Game Room

**TUESDAY, NOVEMBER 19**

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. Seamstress, Smith Study**  
 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. Rob's Fireside Chat, Fireside  
 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  
 3:15 p.m. Tai Chi, Aerobics Room  
 4:00 p.m. Newcomers, Auditorium  
 7:15 p.m. Vespers, Chapel

**WEDNESDAY, NOVEMBER 20**

8:30 a.m. Total Body Standing, Auditorium  
 9:30 a.m. Chair Fit, Auditorium  
 9:30 a.m. Dining Committee, Board Room  
 10:00 a.m. Beginning Ceramics, Art Center  
 10:00 a.m. Holy Communion Service with Healing Prayers & Anointing, Chapel  
 10:30 a.m. Seated Fitness, Ch. 1960

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

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  
 1:30 p.m. Grounds Committee Meeting, 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 Courses, Media Room  
 4:00 p.m. French Conversation Group, Smith Study  
 4:00 p.m. Prayer Group, Chapel  
**4:00 p.m. Sing Along with Alan Frey, Rotunda**  
 4:30 p.m. Drinks & Trivia, Formal Parlor  
 7:00 p.m. Bingo, Top of the West

10:30 a.m. Seated Fitness, Ch. 1960  
 11:00 a.m. Muscle Relaxation, Ch. 1960  
 11:30 a.m. Chair Fit, Aerobics Room  
 1:00 p.m. Finance Committee, Top of the West  
 2:00 p.m. Duplicate Bridge, Card Room  
**2:00 p.m. Movie Matinee, Media Room**  
 2:30 p.m. Brain Balance Fitness, Aerobics Room  
 2:45 p.m. Catholic Confession, Smith Study  
**3:00 p.m. Remembrance Ceremony, Auditorium**  
 3:00 p.m. Woodcarving, Art Center  
 3:30 p.m. Catholic Mass, Chapel  
 4:00 p.m. Meditation Group, Smith Study  
 7:00 p.m. Poker Night, Game Room

**THURSDAY, NOVEMBER 21**

8:15 a.m. Stretch and Flex, Auditorium  
 9:00 a.m. Functional Fit, Auditorium  
 9:00 a.m. IT Device Clinic, Bistro  
 9:30 a.m. Arlington Comm. Credit Union open, Crossroads Ground Level  
 10:00 a.m. Bazaar & WhatNot Shop, Donations  
 10:00 a.m. Pilates, Aerobics Room  
 10:00 a.m. Standing Total Body Stretch, Ch. 1960  
**10:00 a.m. Vendor: Mara Homemade, Atrium**  
 10:00 a.m. Water Aerobics, Pool

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

**FRIDAY, NOVEMBER 22**

- 8:30 a.m. Flower Arrangers Group, Art Center
- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. National Symphony Matinee, Departs from Main Entrance
- 10:30 a.m. Chair Yoga, Auditorium
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 11:00 a.m. Meditation, Ch. 1960
- 11:30 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
- 2:30 p.m. Mat Yoga, Aerobics Room
- 3:00 p.m. Low Hearing Group, ToW**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study







**SATURDAY, NOVEMBER 23**

- 8:30 a.m. All 70s Movin' and Groovin', Auditorium**
- 9:30 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: *Trains, Planes, and Automobiles*, Auditorium

**SUNDAY, NOVEMBER 24**

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:00 a.m. Catholic Communion, 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

**WELLNESS ICON KEY:**

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

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