

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 48 ✨ November 25, 2024

UPCOMING MEETINGS

CHANGES

Silver Panther Meetings

Mondays - **Canceled Until January Clinic**

Monday, November 25 - **Closed Jeopardy**

Friday, November 29 - **Canceled Creative Writing**

Thursday, November 28 - **Canceled**

Duplicate Bridge

Thursday, November 28 - **Canceled**

Green Team Meetings

Monday, November 25 and

Monday, December 23 - **Canceled**

Death Cafe w/ Microphones

Thursday, November 28 - **Canceled**

Marketing Committee

Tuesday, November 26 and

December, 24 - **Canceled**

UUCA Service

Sunday, December 1 at

10:15 a.m., | Board Room - **Time Change**

COVID CASES AS OF NOVEMBER 21

Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

BIRDWATCHING WALK WITH BAILEYS BIRDERS

Monday, November at 25 8:45 a.m. | Depart from Main Entrance
Please join us for a bird watching walk at Fort Hunt Park, Alexandria. The one (1) mile walk is on paved paths very suitable for rollators. On our last visit there we saw several Northern Flickers and other birds. Bring your binoculars and comfortable walking shoes. We may finish our morning at a nearby bakery. We will carpool; please call Gary Nooger at ext 7493 to tell us you are coming. Anyone wishing to help with the annual Feeder Watch count should call Sue LaRue at ext. 3655.



STRONGERMEMORY GROUP

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

Led by Ellie Pettoni, Brain Health Coordinator

- November 25 – Topic: Boosting Brain Health Through Gratitude - **Top of the West**
- December 2 – Topic: Stress Less, Remember More: Practical Techniques for Reducing Stress

StrongerMemory Participant Quote: “The StrongerMemory program has motivated me to start writing stories about my life, so that I can pass them on to my children, grandchildren and great grandchildren!”



TITANS ROBOTICS DEMONSTRATION

Sunday, November 24 at 2:00 p.m. | Rotunda

Titan Robotics is the first Robotics team from Alexandria City HS. The team will conduct a robot demonstration

and interested attendees will have an opportunity to drive the robot. The team members will give a short presentation about the team, their STEM outreach activities, programs, and achievements. Come have fun exploring robotics with us!



MORE HAPPENINGS

ART FILM - *BABETTE'S FEAST*

Monday, November 25 from 1:00 p.m. to 3:00 p.m. | Media Room

In celebration of the upcoming Thanksgiving holiday, there will be a screening of *Babette's Feast*, a joyous story about a good meal healing social divisions. At once a rousing paean to artistic creation and the ultimate film about food, this Oscar-winning feature tells the tale of a French housekeeper with a mysterious past who brings quiet revolution in the form of one exquisite meal to a circle of starkly pious villagers in late nineteenth-century Denmark. By the end of the film, you may be convinced that food can be raised to the level of art and that, through art, comes divinity. Directed by: Gabriel Axel.

Total Run Time: 100 minutes. Discussion to follow.



BIBLE STUDY

Monday, November 25 at 3:30 p.m. | Top of the West

Discussion begins with Romans 10:5.



THE GREAT COURSES: WORLD OF BYZANTIUM

Wednesday, November 27 at 3:00 p.m. | Media Room

- Episode 9: The Age of Justinian
- Episode 10: The Reconquest of the West



VENDOR: PATTI'S PRETTIES

Saturday, November 30 at 10:00 a.m. | Atrium

Patti's Pretties will be at Goodwin House on Saturday, November 30, from 10:00 a.m. to 3:00 p.m. for all your winter and holiday shopping. Patti will have silver and fashion jewelry, watches, clothing, hats, gloves, scarves, shawls, and other accessories. If you miss her visit this month, she'll be back next month on Tuesday, December 17.



DEATH CAFE

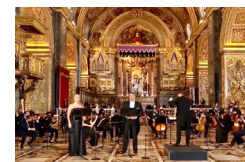
Sunday, December 1 from 2:00 p.m. to 3:30 p.m. | Formal Parlor

Join a casual but confidential conversation about death with other residents. No agenda, no experts YOU determine the topics for the session. Led by trained facilitators, residents Diane Ullius and/or Michael Milano. (No microphones this session.)

AFTERNOON CONCERT

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

Friday, November 29: **Music from Malta's St. John's Cathedral**



Join us for a very special concert of sacred music. We take to you to Malta's stunning St. John's Cathedral for works by Verdi, Franck, Mozart, and a wonderful Amazing Grace. Tenor Joseph Calleja is joined by soprano Sondra Radvanovsky, mezzo Marvic Monreal, and bass-baritone Christian Van Horn.

Running Time: 1 hour, 10 minutes.

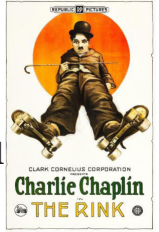


MORE HAPPENINGS

SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: CHARLIE CHAPLIN

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

The Rink (1916). After causing restaurant chaos at work, a bumbling waiter tears up the local roller rink with his skating.



Behind The Screen (1916). Charlie is an overworked laborer at a film studio who helps a young woman find work even while his coworkers strike against his tyrannical boss.



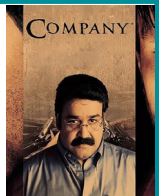
SATURDAY NIGHT MOVIE - COMPANY

Saturday, November 30 at 7:15 p.m. | Auditorium

A slumdog named Chandu teams up with Malik, a low-level enforcer for a criminal syndicate. Together they eliminate all their enemies and become the most feared gangsters in Mumbai.

NR, 2022, Action, Thriller, 2 hour 35 minutes

Starring: Ajay Devgn, Vivek Oberoi, Mohanlal, Manisha Koirala



MEET & GREET WITH HWAN YI, GHBC'S NEW EXECUTIVE DIRECTOR

Wednesday, December 4 from 2:00 p.m. to 3:00 p.m. | Rotunda

Wine and hors d'oeuvres will be served.



SAVE THE DATE

FOREIGN AFFAIRS LECTURE: DR. TEGAN BLAINE "THE INTERNATIONAL SECURITY IMPLICATIONS OF A CHANGING CLIMATE"

Tuesday, December 3 at 7:30 p.m. | Auditorium

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

EMPLOYEE GIFT FUND NEEDS SUPPORT FROM ALL RESIDENTS!

The growing Employee Gift Fund for Goodwin House Baileys Crossroads and Alexandria has been supercharged by the announcement that the Health Care Centers of both have been named as among the "Best Nursing Homes of 2025" by U.S. News and World Report. Each received the magazine's national "High-Performing" rating in both Short-term Rehabilitation and Long-Term Care categories. We are so proud of the GHBC Team/Staff and are happy to support them by making a generous contribution to the Employee Gift Fund. **If you haven't made a gift yet, please be sure to get your check in by November 30!** A huge thanks to those residents who have already given. **On December 6 at 3:00 p.m. in the Auditorium the gifts will be distributed.** Please join us!! - Catherine Irwin, Dan Van Belleghem, and residents of the Crossroads 10th floor

GHBC ON THE GOODWIN LIVING FACEBOOK

In case you missed it, be sure to check out the recent resident-led events at GHBC on our Goodwin Living Facebook page. Residents organized a heartfelt Veterans Day Breakfast. Don't miss these wonderful community moments! Feel free to invite your friends and family to check out the happenings too. If you're interested in highlighting an event or activity on the Goodwin Living Facebook page, contact Catie Ramos at CRamos@GoodwinLiving.org for the guidelines.



ANNOUNCEMENT FROM THE CLINIC

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

NATIVE AMERICAN HERITAGE EVENT SURVEY

Last week's Native American Heritage event at Goodwin House Bailey's Crossroads was a rousing success! If you attended, the Diversity, Equity, Inclusion, and Belonging (DEIB) committee would love to hear your feedback. This brief survey should not take more than five minutes to complete and will help us to plan future events. Please click here: <https://forms.office.com/r/LyKhEYKwXT>

FRENCH CONVERSATION GROUP

The French conversation group meets Wednesdays from 4:00 p.m. to 5:00 p.m. in the Smith Study. Please note that this is the new meeting time. New members are welcome. If you spoke French in a previous life, this is an opportunity to become more fluent again and meet with other Francophiles. If you have questions, contact Janet Horwitz at ext. 3143.

ROTARY CLUB GIFT TO EMPLOYEE GIFT FUND

The Bailey's Crossroads Rotary Club contributed \$1,403 to our Employee Gift Fund. Rotary meets every Friday morning at 7:30 a.m. in the Board Room. The club pays GHBC for a great buffet breakfast and recognizes this gift of \$1,403 as a way to thank those who prepare and serve breakfast. All are welcome to visit the meeting any Friday morning.

ANNOUNCEMENT FROM ENVIRONMENTAL SERVICES

On Monday, November 25 to Wednesday, November 27, housekeeping will be on a limited schedule. Services provided are cleaning bathrooms and kitchen and changing linens. There will be no dusting or vacuuming. Full service will resume on Friday, November 29. Questions? Contact Tinia McNeely at tmcneely@goodwinliving.org (ext. 7240).

ANNOUNCEMENT FROM LIFE ENRICHMENT

Jeopardy Update: There will be no Jeopardy on Friday, November 29. Please stay tuned for a modification in days/times of upcoming Jeopardy games to accommodate the holiday schedule. Questions? Contact Elizabeth Whitehouse at ewhitehouse@goodwinliving.org

TRIPS AND OUTINGS

THE PEOPLE'S HOUSE: A WHITE HOUSE EXPERIENCE

Thursday, December 5. | Board the Shuttle at 8:45 a.m. at the Main Entrance | Pickup at the museum will be at 11:30 a.m.

The White House Historical Association opened this new, cutting-edge educational museum in September. The first-of-its-kind immersive center tells the story of the Executive Mansion, its inhabitants, and the people who have dedicated their careers to its functions. It is located less than a block from the White House. Explore on your own the exhibits and galleries that bring the White House and its storied history to life. You can interact with a large-scale White House model, a recreation of the Rose Garden, a full-scale Oval Office, and much more—including a gift shop.

- Sign up: Begins Monday, November 25, 11:30 a.m., Resident Business Center
- Cost: Admission is free (a \$15 donation is suggested). Transportation is \$17.00.
- Deadline: Monday, December 2, 10:00 a.m.
- Contact: Debbie Massey, ext. 7364 or Barbara Hodges, ext. 3138

SAVE THE DATE: NATIONAL THEATER A BEAUTIFUL NOISE

Saturday, December 7 at 2:00 p.m. | Board from the Main Entrance

- Sign up starts on Monday, December 2 at 11:30 a.m.
- Cost: Ticket Cost \$124 + Transportation is \$17.
- Questions: Contact Bunny Ball, ext. 7686

SAVE THE DATE: & JULIET, KENNEDY CENTER OPERA HOUSE

Thursday, January 2, 2025

We have 20 tickets to see the hilarious new musical that asks the question: what would have happened next if Juliet didn't end it all over Romeo? Details will be in a later West Winds.

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.

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.

December 3: Facilities Management Brian Greenfield, Director of Facilities

Brian will describe the multitude of tasks his staff accomplishes daily to make our lives easier, including maintenance, engineering, grounds, reception desk, and security, with host Claudia Blake hosts.

SHERRA AND JIM BABCOCK

Sherra and Jim Babcock took possession of Crossroads apartment 736 on July 17 but finally moved in on October 20 after spending the summer at their condo in Chautauqua.




Sherra was born in Baytown, Texas and spent her childhood in various cities in Texas as they moved with her father's assignments as a United Methodist minister. She graduated with a degree in American studies from Southwestern University. With a liberal arts degree, she worked as a secretary and then, after earning an MBA from Southern Methodist University, she became an advertising executive. She served on the Board of Trustees at Southwestern and eventually became the dean of students there. She loved working with the students and remains in touch with many of them. She retired from Southwestern in 2003 and began her dream job of planning the intellectual programs at Chautauqua in 2007. She retired again in 2017. In her spare time, Sherra loves bridge and enjoys writing many letters and cards. At GHBC she plans to join a water aerobics class and wants to do "something useful" such as tutoring.

Jim grew up in a blended family of eight children in Lake Forest, Illinois. He went to high school at The Hill School in Pottstown, Pennsylvania, and then on to St. Lawrence University. After graduation, he was commissioned in the Marine Corps and served for seven years, three of which were on active duty. He worked in advertising for several years before going to Dell computers in marketing. He then became a city planner in Georgetown, Texas. After eight years he retired from there to stay home and handle the household to help raise the family's four daughters and to support Sherra in her dream job. They have traveled extensively and also enjoyed camping and hiking.

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 25

-  1:00 p.m. - 3:00 p.m.
- 1:30 p.m. - 3:30 p.m.

Art Film – See information on Page 2



Artist Trading Cards - Artist Trading Cards (ATCs) are mini works of art that are fun to create and trade with other artists in the community. There is no limit to the methods or mediums used to decorate these miniature marvels, and they can be used in many ways, including as bookmarks, greeting cards, and refrigerator magnets. Join experienced craft instructor and GHBC resident Vicky Moore to learn new techniques for making your own ATCs with a variety of fun materials. This class is perfect for absolute beginners or those wishing to explore various ways of making art with paper. (Sign up, 10 participants)

TUESDAY, NOVEMBER 26

-  9:30 a.m. - 11:00 a.m.
-  10:00 a.m. - 12:00 p.m.

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

Handmade Gifts - This class focuses on creating small gifts perfect for neighbors, caregivers, and others for whom we are grateful. Expert crafter and GHBC resident Vicky Moore will instruct you on how to make handmade presents with a personal touch. Learn new techniques for crafting a thoughtful, personal, and unique way to show someone you care. (Sign up, 10 participants)

-  1:30 p.m. - 2:30 p.m.
-  2:00 p.m. - 4:00 p.m.

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

Art Documentary – Leonardo da Vinci is a two-part series recently released on PBS by filmmaker Ken Burns. It takes a deep dive into one of humankind's most curious and innovative minds. A 15th century polymath of soaring imagination and profound intellect, Leonardo da Vinci created some of the most revered works of art of all time, but his artistic endeavors often seemed peripheral to his pursuits in science and engineering. Through his paintings and thousands of pages of drawings and writings, Leonardo da Vinci: Part One explores the fascinating life of this monumental figure of the Renaissance. Directed by: Ken Burns, Sarah Burns, and David McMahon. Total Run Time: 116 minutes. Discussion to follow. (Media Room)

WEDNESDAY, NOVEMBER 27

-  10:00 a.m. - 12:00 p.m.

Gift Wrapping Like a Pro - 'Tis the season to be wrapping gifts large and small! Gift wrapping can be a way to show care and effort, and GHBC resident and expert paper crafter Vicky Moore will demonstrate ways to create unique gift tags that will enhance your gift's sentimental value. Wrapping paper in various themes (Christmas, Hanukkah, and neutral), ribbon, and other embellishments will be provided. Please bring a gift to be wrapped and an appropriately sized box, if needed. (Sign up, 10 participants)

INSIDE THE ART CENTER

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


Drawing Skills -Learn the principles of drawing central to every artist's and designer's creative practice. Sarah will help you hone your drawing skills and develop confidence with diverse materials and approaches to drawing. This week: Create your own cornucopia to celebrate the Thanksgiving holiday! (Sign up, 12 participants)

THURSDAY, NOVEMBER 28

Happy Thanksgiving!



FRIDAY, NOVEMBER 29

 10:00 a.m. - 11:30 a.m.

Mixed Media Collage - Play with a variety of materials and artistic processes in this relaxed, supportive class with Sarah. We will have fun combining paper, paint, ink, images, cardboard, and more to create dynamic, thoughtful artwork. This class is beginner friendly as well as useful for the more experienced art maker. (Sign up, 12 participants)

3:00 p.m. - 6:00 p.m.



Artist Trading Card Club Meeting – Join the tiny art movement with resident craft instructor Vicky Moore and fellow GHBC residents! Every Artist Trading Card (ATC) is created with the intention of trading with other ATC creators. Trading ATCs is a fun way to connect with other creative people and to hone your own artistic skills. In this club meeting, we will discuss outreach to other ATC groups to expand our opportunities for ATC trading and have an open crafting session for creating and sharing ATCs within our own group. (Sign up, 10 participants)

SUNDAY, DECEMBER 1

3:00 p.m. - 6:00 p.m.



Open Paper Crafting Session – Paper crafter and GHBC resident Vicky Moore will host an open crafting session with equipment, tools, and supplies available for anyone interested in working independently on paper projects. There will not be any instruction; However, there will be plenty of materials for you to use on your own to create anything you can imagine from paper, including greeting cards, bookmarks, or photo albums. Those with no experience with the equipment and tools will need to complete a short orientation for their safety and to avoid damage to equipment and tools. Registration is not required, and all are welcome to join!



MONDAY, NOVEMBER 25

- 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 26

- 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, - **Canceled**
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:15 p.m. Tai Chi, Aerobics Room

WEDNESDAY, NOVEMBER 27

- 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 - **Canceled**
- 4:30 p.m. Line Dancing - **Canceled**

THURSDAY, NOVEMBER 28

Happy Thanksgiving! All classes are **Canceled**

FRIDAY, NOVEMBER 29

- 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 - **Canceled**
- 11:00 a.m. Functional Circuit, Aerobics Room
- 1:30 p.m. Movement for Living - **Canceled**
- 2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, NOVEMBER 30

- 9:30 a.m. Total Body Video, Aerobics Room

SUNDAY, DECEMBER 1

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

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 25

- 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 The Bush Years: First Family (Community Room)

TUESDAY, NOVEMBER 26

- 10:00 Chair Fitness w/ Kelly & Vy (Community Room)
- 10:30 Resident Council Meeting w/ Mindy & Vy (Community Room)
- 11:00 Morning Art Discussion w/ Sarah & Vy (Community Room)
- 3:00 Weely Musician Spotlight w/ Sam (Community Room)
- 7:00 Evening Bingo w/ Vy & Susanna (Living Room)

WEDNESDAY, NOVEMBER 27

- 10:30 Wednesday World Travel w/ Elizabeth (Community Room)
- 11:00 Chair Chi Exercise w/ Vy (Community Room)
- 2:00 Bingo w/ Vy (Crossroads Area)
- 3:00 Spiritual Discussion w/ Rev. Alex (Community Room)

THURSDAY, NOVEMBER 28

- 9:00 Macy's Thanksgiving Day Parade on Ch. 4
- 10:00 Morning Chair Chi Exercise w/ Vy (Community Room)
- 10:30 A White House Thanksgiving w/ Dr. Jill Biden (Community Room)
- 2:30 Afternoon Matinee & Snacks: Planes, Trains & Automobiles (Community Room)

FRIDAY, NOVEMBER 29

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:00 Afternoon Matinee: My Big Greek Wedding (Community Room)
- 3:30 Friday Fitness w/ Miz (Community Room)
- 5:00 Evening Music w/ The Tate Family (Crossroads Area)

SATURDAY, NOVEMBER 30

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

SUNDAY, DECEMBER 1

- 10:30 Sunday Service in the Chapel
- 11:00 Sunday Stretches w/ Mar_T (Community Room)
- 2:00 Holiday Music Trivia w/ Sam (Crossroads Area)
- 3:30 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, NOVEMBER 25

- 9:30 Dining Room Discussion
- 10:30 Music & Movement w/ Vilma
- 11:00 Brain Health w/ Jessica
- 2:00 Trivia in the Atrium w/ Vilma & Aki
- 3:30 Music Therapy w/ Sam
- 5:30 Dinner in the Bistro w/ Aki & Vilma

TUESDAY, NOVEMBER 26

- 9:30 Morning Social Visits
- 10:30 Muscles in Motion w/ Vilma
- 11:00 Finish the Quote w/ Aki
- 2:00 Autumn Centerpieces w/ Aki & Vilma
- 2:30 Art Therapy w/ Nicole
- 3:30 Bingo w/ Vilma, Aki, & Friends

WEDNESDAY, NOVEMBER 27

- 9:30 News with Your Neighbors
- 10:30 Seated Fitness w/ Miz & Vilma
- 11:00 Sing-Along w/ Anne & Aki
- 2:00 Movie Matinée & Popcorn w/ Vilma & Aki: Planes, Trains, & Automobiles
- 3:30 Handbell Choir w/ Sam

THURSDAY, NOVEMBER 28

- Happy Thanksgiving!
- 9:00 Macy's Thanksgiving Day Parade on TV Ch. 4
- 9:30 Daily Chronicle
- 11:00 Seated Chair Chi w/ Vy
- 2:45 Hot Chocolate Cart w/ Vy

FRIDAY, NOVEMBER 29

- 9:30 Today in History
- 10:30 Service Project for AFAC w/ Vilma
- 2:00 1:1 Visits
- 3:30 Hot Apple Cider Social w/ Vilma & Aki
- 4:00 Music with The Tate Family w/ Aki & Vilma

SATURDAY, NOVEMBER 30

- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Seated Fitness w/ Mar_T & Vilma
- 3:30 Saturday Samplings: Snack Cart w/ Vilma

SUNDAY, DECEMBER 1

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Seated Exercise on TV CHANNEL 1960
- 11:15 Music & Movement w/ Sam
- 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 25

8:30 a.m. Total Body Standing, Auditorium
8:45 a.m. Birdwatching Walk, Depart from Main Entrance
 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 – Harris Teeter at Barcroft Plaza, Departs from Main Entrance
 1:00 p.m. Art Film, Media Room
 1:00 p.m. StrongerMemory Program Group, Top of the West
 1:30 p.m. Artist Trading Cards, Art Center
 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
 6:45 p.m. Mexican Dominos, Game Room

TUESDAY, NOVEMBER 26

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 Handmade Gifts, Art Center
 10:00 a.m. Standing Total Body Stretch, Ch. 1960
 10:00 a.m. Water Aerobics, Pool
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Muscle Relaxation, Ch. 1960
 11:30 a.m. Chair Fit, Aerobics Room
 11:30 a.m. Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
 1:00 p.m. Rosary Group, Smith Study
 1:30 p.m. Knit for Kids, Art Center
 2:00 p.m. Documentary: Leonardo da Vinci, part 1, 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

WEDNESDAY, NOVEMBER 27

8:30 a.m. Total Body Standing, Auditorium
 9:30 a.m. Chair Fit, Auditorium
 10:00 a.m. Holy Communion Service with Healing Prayers & Anointing, Chapel
 10:00 a.m. Gift Wrapping Like a Pro, Art Center
 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
 2:00 p.m. Drawing Skills, Art Center
 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
 4:30 p.m. Drinks & Trivia, Formal Parlor
 7:00 p.m. Bingo, Top of the West

3:00 p.m. Artist Trading Card Club Meeting, Art Center
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, NOVEMBER 30

9:30 a.m. Total Body Video, Aerobics Room
10:00 a.m. Vendor: Pattis Pretties, Atrium
 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: *Company*, Auditorium

THURSDAY, NOVEMBER 28

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







FRIDAY, NOVEMBER 29

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
 10:00 a.m. Mixed Media Collage, Art Center
 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
 2:30 p.m. Mat Yoga, Aerobics Room

SUNDAY, DECEMBER 1

9:30 a.m. Chapel Coffee Hour, Formal Parlor
 10:00 a.m. Catholic Communion, Top of the West
 10:15 a.m. UU Service, Board Room
 10:30 a.m. Holy Eucharist Service, Chapel
 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
 3:00 p.m. Open Paper Crafting Session, Art Center
 7:00 p.m. Compline, 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.**