

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 51 ✨ December 16, 2024

UPCOMING MEETINGS

Movie Committee

Monday, December 16 at
3:00 p.m. | Board Room

Town Hall

Thursday, December 19 at
2:00 p.m. | Auditorium

Arts Committee

Friday, December 20 at
3:00 p.m. | Art Center

ENCORE CHORALE

Monday, December 16 at 7:00 p.m. | Auditorium

Your friends and neighbors will sing for you. GHBC's Encore Chorale, joined by the Arlington Chorale, will present their Fall 2024 concert. The program lasts about an hour with a variety of music, including a piece from a Mozart mass, a swinging version of "Deck The Halls", and new arrangements of traditional carols. No tickets are required, but seating is first-come-first-served (Doors open at 6:45 p.m.).

CHANGES

Dining Services

Thursday, December 19 - **Canceled**

Grounds Committee

Wednesday, December 18 -
Canceled

COVID CASES AS OF DECEMBER 12







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

BIBLE STUDY

Monday, December 16 at 3:30 | Top of the West
Discussion will begin with Romans 12:3.



VESPERS AT GOODWIN HOUSE

Tuesday, December 17 at 7:15 PM in the Chapel.

All GHBC residents and team members are invited. GHBC Vespers December's theme is "Waging Peace." 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.



Goodwin House
Bailey's Crossroads

MORE HAPPENINGS

STRONGERMEMORY GROUP

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

Led by Ellie Pettoni, Brain Health Coordinator

*StrongerMemory will take a short break and return in January—stay tuned for details.

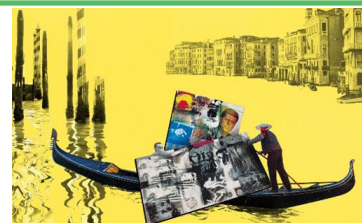
StrongerMemory Tip: Set aside a specific time each day to work on StrongerMemory, like right after breakfast or before lunch. Tying it to a daily routine can make it feel like a natural part of your day, rather than an extra chore. Consistency is key to forming new habits. So a set time can help you stick with it.



ART FILM - TAKING VENICE

Monday, December 20 from 1:00 p.m. to 3:00 p.m. | Media Room

The Venice Biennale of Art, known as the “Olympics of Art,” is the oldest international contemporary art exhibition in the world and 2024 marks 60 years since Robert Rauschenberg became the first American artist to win the Biennale’s Grand Prize, the International Prize in Painting. *Taking Venice* is a recently released documentary that uncovers the true story behind rumors that the U.S. government and a team of high-placed insiders rigged the 1964 Venice Biennale so their chosen artist, Rauschenberg, could win during the height of the Cold War. Directed by: Amei Wallach. Total Run Time: 98 minutes. Discussion to follow.



VENDOR: PATTI'S PRETTIES

Tuesday, December 17 at 10:00 a.m. | Atrium

Patti’s Pretties will be here at Goodwin House for all your winter and holiday shopping. Patti will have silver and fashion jewelry, watches, clothing, hats, gloves, scarves, shawls, and other accessories.

HOLIDAY CONCERT FEATURING CITY OF FALLS CHURCH CONCERT BAND

Wednesday, December 18 at 7:15 p.m. | Auditorium

Listen to the City of Falls Church Concert Band perform festive musical selections depicting sleigh rides, dreidels, the deep midwinter, plus many more!



THE GREAT COURSES: WORLD OF BYZANTIUM

Wednesday, December 18 at 3:00 p.m. | Media Room

- Episode 15: Life in the Byzantine Dark Age
- Episode 16: The Iconoclastic Controversy



GIFT WRAPPING WORKSHOP

Thursday, December 19 from 1:00 p.m. to 3:00 p.m. | Atrium

Need an extra hand wrapping gifts this year? Have no fear! Stop by our gift-wrapping workshop and have our volunteer elves create some magic. We will have wrapping paper, bags and boxes to choose from along with gift tags. Enjoy this free service!

MORE HAPPENINGS

AFTERNOON CONCERT

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

Friday, December 20: **Radio City Music Hall Christmas Spectacular**

Step into a world of enchantment at the iconic Radio City Music Hall and be captivated by a breathtaking display of artistry, music, and dance. Experience the magic of Christmas at Radio City Music Hall in New York City starring the Radio City Rockettes.

Running Time: 1 hour



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: CHRISTMAS THEME SILENT MOVIES

Saturday, December 21 from 12:00 p.m. to 1:30 p.m. | Board Room

Santa Claus (1898). The earliest known film appearance of Santa Claus.

Scrooge, or Marley's Ghost (1901). This is the earliest known film adaptation on Charles Dickens' *A Christmas Carol*.

The Christmas Angel (1904). As usual for Georges Méliès' films, this short film uses multiple special effects.

The Night Before Christmas (1905). First film production of "Twas the Night Before Christmas" poem!

A Little Girl Who Did Not Believe in Santa Claus (1907)

A Christmas Carol (1910). This film adaptation of "A Christmas Carol" is one of the earliest of Dickens' novel, the first being in 1901.

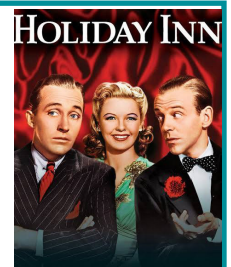


SATURDAY NIGHT MOVIE - **HOLIDAY INN**

Saturday, December 21 at 7:15 p.m. | Auditorium

In this Irving Berlin musical, Jim (Bing Crosby) and Lila (Virginia Dale) are members of a performing trio who plan to quit and run a country hotel. When Lila says she has fallen in love with the dancer in the act, Ted (Fred Astaire), Jim leaves town with a broken heart. After turning the inn into a holidays-only live entertainment venue, Jim winds up booking -- and falling for -- Linda (Marjorie Reynolds). But when Ted shows up at the place after being dumped by Lila, he too sets his sights on beautiful Linda. Music and lyrics written by Irving Berlin, including "White Christmas".

NR, 1942, Musical Comedy, 1 hour 40 minutes



SAVE THE DATE

& JULIET, A MUSICAL, KENNEDY CENTER OPERA HOUSE

Thursday, January 2 at 1:30 p.m. Board the bus at the front entrance 12:15p.m.

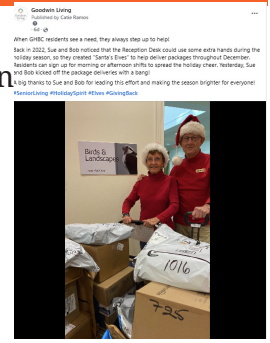
- Sign up starts on Monday, December 23 at 11:30 a.m. in the Resident Business Center
- Cost: Tier 1 - \$53.00 Tier 2 - \$40.55
- Questions: Contact Alyce Bassoff, ext. 3115

THE ANNUAL GHBC CHANUKAH PARTY

Sunday, December 29th at 7:00 PM in the Board Room.

GHBC ON THE GOODWIN LIVING FACEBOOK

Stay up to date with the latest resident-led activities at GHBC by visiting our Goodwin Living Facebook page! Last week, Sue and Bob Becker kicked off the “Santa’s Elves” initiative to help the Reception Desk deliver packages during the month of December. Spread the word and let your friends and family know about all the fun happening at GHBC by liking and following our Facebook! If you'd like to feature an event or activity on the Goodwin Living Facebook page, contact Catie Ramos at CRamos@GoodwinLiving.org for the details.



2024 EMPLOYEE GIFT FUND, A HUGE SUCCESS!

The Employee Gift Fund (EGF), which gives residents of Goodwin House Baileys Crossroads the opportunity to materially thank team members for their many kindnesses and services that enhance life throughout the year, rolled to a resounding conclusion at the end of November. With a steering committee of Crossroads 10th floor residents, chaired by Catherine Irwin and Dan VanBelleghem, the EGF campaign raised a record amount which was distributed to 488 team members and was ceremoniously distributed on December 6. Everyone, team members and residents, were thrilled with the event and the love and respect for our staff that it represents. The 2025 Steering Committee will be chaired by Mary Gore and Sue Whittier. They are already laying the ground work for the 2025 EGF.

WHAT IS VACCRA & WHY SHOULD I JOIN?

The Virginia Continuing Care Residents Association (VaCCRA) is the only statewide, resident-based organization promoting and protecting the interests of CCRC residents. Join because... you want to share information with and learn from other CCRC resident associations nationwide. You want to be heard at the local, state, and national levels on issues that affect CCRCs and their residents. The larger our membership numbers, the louder our voice. Annual dues are \$35/individual or \$60/couple. The dues include membership in both the national and the state associations. Bring a check or your credit card to join or renew your membership. See members before dinner in the Rotunda, December 16 through December 18.

HCBS – HOME HEALTH: HOW TO KEEP YOUR BODY WARM DURING THE COOL MONTHS WITH HOME HEALTH ACTIVITIES!

- Chair Squats: Stand up and sit down from a chair without using hands.
- Heel-to-Toe Walk: Walk in a straight line, placing one heel directly in front of the other.
- Seated Leg Raises: Lift one leg at a time while seated to strengthen thighs and hips.
- Wall Push-ups: Perform push-ups against a wall to build upper body strength.
- Standing Marches: March in place, lifting knees high for leg strength.
- Ankle Circles: Rotate ankles in circles to improve mobility.
- Gentle Stretching: Stretch arms, legs, and back for flexibility.

For more information please contact our office at 703-824-1390.

FLATTEN YOUR BOXES!

The volunteer elves are busy delivering hundreds of boxes. We are able to open the boxes to find the treasure inside. That means we are also able to FLATTEN the boxes before taking them to the trash room. Please be considerate of your neighbors and the facilities team by flattening your boxes.

SMOKE DETECTOR REMINDER/BLURB

If your smoke detector starts beeping intermittently, it's likely signaling a low battery that needs replacement. For your safety, please do not ignore this warning. Contact our maintenance team at your earliest convenience. Your safety is our priority; don't hesitate to reach out.

DECEMBER RESIDENT SHOWCASE

MEET CLAIRE RUBIN

Claire Rubin moved into Crossroads apartment 727 on November 14.

Claire grew up in Medford, Massachusetts. After graduating from Medford High School, she earned a bachelor's degree from what is now Simmons University in Boston and then went on to earn a master's degree in public administration and policy from Boston University.

During her undergraduate years Claire spent a semester at American University and discovered that she liked being in the DC area. She moved to DC, passed the Civil Service Exam, and was quickly hired as an economist with the United States Tariff Commission. She moved to the International Association of City Managers, where she developed extensive knowledge and experience working with local public services. She then moved to George Washington University, where she directed federal grants in emergency management. Claire has written a series of six books on disasters. The publication of her most recent book had to be delayed because of the necessary addition of the disastrous aftermath of Hurricanes Helene and Milton, but should be available in early 2025. Claire also maintains a fascinating blog about disasters at www.recoverydiva.com.

Claire does not yet know what she will become involved with here at GHBC, but she is definitely interested in the Fitness Center activities. As a hobby, she has a collection of about a hundred antique fountain pens



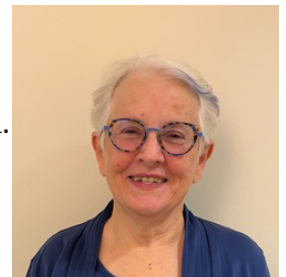
MEET BARBARA STUDENMUND

Barbara Studenmund moved into Crossroads apartment 417 on November 21.

Barbara grew up in Cresskill, New Jersey, and graduated from Cresskill High School. She earned a bachelor's degree in music and education from Chatham College in Pittsburgh but realized that she really didn't want to teach and would prefer to work in an office setting. She spent two months in the Entree program at Katharine Gibbs School in Manhattan where she learned basic secretarial skills as well as

more advanced office skills. She moved to DC to be near friends and some family and worked for the Senior Vice President of the First National Bank for two years. For the next five years she worked at Changing Times Education Service, part of Kiplinger. She then decided that she wanted to work in a non-profit setting and moved to the Association of American Law Schools, where she worked for the next 40 years and continues to work part-time. She began there as an assistant but finished her career as CFO. While working, she raised a daughter almost single-handedly.

Barbara remains active in her church and sings in the choir there. She has had wonderful experiences singing with the Choral Arts Society as well as with other choruses in DC. She has also enjoyed working with clay at a potter's wheel. Here at GHBC, she has already begun taking fitness classes and looks forward to working in the Art Center.



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.

December 17: Transportation

Theresa Thomas, Associate Executive Director at GHA, is currently coordinating transportation for GHBC, GHA, and TVA. She'll discuss how the system for arranging trips by car, bus, or shuttle works and address concerns and suggestions. Debbie Massey hosts.

December 24: NEWCOMERS PAUSES FOR THE HOLIDAYS!

Next Newcomers Gathering: Tuesday, January 7, 2025, Confidant Program

TRIPS AND OUTINGS**US BOTANIC GARDEN, SEASON'S "GREENINGS" EXHIBIT**

Monday, December 30 | Board at Main Entrance at 2:00 p.m. |

We are repeating last year's popular trip to the US Botanic Garden to see their annual holiday display of beautifully handcrafted DC landmark buildings (e.g., Union Station, the Capitol) made with USBG's plant materials. After viewing this display, enter the rest of the museum to enjoy the sensory delights in the tropical rain forest, desert, and orchid galleries. In the garden-themed gift store, many items are locally sourced. If the weather permits, we will add 15 minutes to our trip to view the G-gauge model trains running through fanciful displays of pollinators (oversized hummingbirds and bees) in the gated outdoor gardens.

- Sign up: Monday, December 16, 11:30 a.m., Resident Business Center.
- Sign up deadline: Friday, December 27 at 10:00 am.
- Depart: Board the shuttle at 2:00 (which is after the shopping shuttle returns). Costs: Admission is free; Transportation: \$17.00.
- Contact: Louise Ingram, ext. 7582

NATIONAL SYMPHONY ORCHESTRA MATINEE**CARLOS MIGUEL PRIETO CONDUCTS RACHMANINOFF'S SYMPHONIC DANCES | JORGE FEDERICO OSORIO PLAYS BEETHOVEN**

Friday, January 17, Board shuttle at 10:15 a.m. at Main Entrance. Depart Kennedy Center immediately after the concert ends

Outstanding Mexican artists treat the audience to timeless classics and stirring new music. Jorge Federico Osorio, hailed as "an imaginative interpreter with a powerful technique" (New York Times), takes on Beethoven's intensely energetic Piano Concerto No. 3. Rachmaninoff's lush and lively Symphonic Dances comes alive under the baton of Carlos Miguel Prieto—who returns following his "revolutionary, high-octane" 2018 NSO debut (Washington Classical Review).


- Sign up: Friday, December 13 11:30 a.m. in the Resident Business Center
- Deadline after which the costs are nonrefundable: Tuesday, December 17 at 10:00 a.m.
- Costs: Transportation \$17.00 (only available with T+O ticket purchase); Mid-prime orchestra \$65.50, Tier 2.\$27.00 (plus handling fees).
- Ticket locations are same as last year
- Contact: Elizabeth Whitehouse, ext. 7221.

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, DECEMBER 16

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


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



Art Film – See information on Page 2

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

TUESDAY, DECEMBER 17

 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 – Celebrate the December birthday of Ludwig van Beethoven with a screening of *In Search of Beethoven*, a documentary that offers a comprehensive and dynamic account of the life and works of one of the greatest composers of the Western European music tradition. Over 65 performances by the world's finest musicians were recorded and 100 interviews were conducted in the making of this beautifully crafted film included in the Exhibition on Screen series, which looks at the world's most extraordinary artists. Directed by Phil Grabsky. Total Run Time: 120 minutes. Discussion to follow. (Media Room)



 3:00 p.m. – 5:00 p.m.

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. Join experienced craft instructor and GHBC resident Vicky Moore to learn new techniques for making your own ATCs with a variety of fun materials. (Sign up, 10 participants)

WEDNESDAY, DECEMBER 18

11:30 a.m. - 3:00 p.m.

Art Trip to view the special exhibition - (*Brilliant Exiles*: American Women in Paris (1900-1939) at the National Portrait Gallery! Explore the collection of the National Portrait Gallery and view the excellently curated exhibition) *Brilliant Exiles*: American Women in Paris, (1900 – 1939), which illuminates the histories of 60 convention-defying women who contributed to the vibrant modernist milieu of Paris, including Josephine Baker, Zelda Fitzgerald, and Peggy Guggenheim. . There will also be time to view other exhibits as well as the adjacent Smithsonian American Art Museum on your own.

- Cost: \$17.00 transportation fee
- Departure: Bus boards at 11:30 a.m.
- Sign Up: Monday, December 16 at 9 a.m. in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, shenninger@goodwinliving.org

INSIDE THE ART CENTER



1:00 p.m. – 4:00 p.m.

Still Life Drawing Session – Work with pencil and charcoal from a still life that will be set up for you to practice drawing techniques in a relaxed group setting without an instructor present. Whether you are looking to experience a creative outlet for the first time, hone your skills independently, or find a community that shares your artistic interests, the Art Center is the place for you! Drop-ins welcome.



THURSDAY, DECEMBER 19

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

Beginning Watercolor – Explore watercolor painting with Marni Maree, a talented local artist and expert instructor. This is the last class for residents who have already signed up for three sessions total to learn basic watercolor skills and create multiple paintings.



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

Intermediate Watercolor – Learn various watercolor techniques with Marni Maree, a talented local artist and expert instructor. This is the last class for residents who have already signed up for three sessions total to create a unique series of watercolor paintings.

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, DECEMBER 20



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

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

3:00 p.m. - 4:00 p.m.

Arts Committee Meeting -Join Arts Committee Chair Jan Pomerantz and fellow residents to discuss GHBC's arts programming, events, and trips. All are welcome.



SUNDAY, DECEMBER 22



3:00 p.m. - 5:00 p.m.

Collage Greeting Cards Workshop – Play with a variety of materials and artistic processes in this relaxed, supportive workshop with Sarah. We will have fun combining paper, paint, ink, images, sequins, and more to create dynamic, thoughtful greeting cards that will be perfect for giving to neighbors and loved ones. Registration is not required, and all are welcome to join.

Call For Entry: Upcoming Resident And Team Member Art Exhibits!

The Art Gallery invites you to submit work for upcoming exhibitions featuring residents and team members. Any two-dimensional artwork created by GHBC residents and Goodwin Living team members are welcome. Please contact Sarah in the Art Center by Friday, January 3 to discuss your artwork and how it could be included in an exhibit at shenninger@goodwinliving.org or ext. 7218.



MONDAY, DECEMBER 16

- 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

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

SATURDAY, DECEMBER 21

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

TUESDAY, DECEMBER 17

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 9:00 a.m. Functional Fit, Aerobics Room
- 9:00 a.m. Pickleball, Pickleball Court
- 10:00 a.m. Water Aerobics, Pool
- 10:00 a.m. Pilates, Aerobics Room
- 11:30 a.m. Chair Fit, Aerobics Room
- 12:15 p.m. Tai Chi, Aerobics Room - **Time Change**
- 1:30 p.m. Movement for Living, Aerobics Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room

WEDNESDAY, DECEMBER 18

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

THURSDAY, DECEMBER 19

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 9:30 a.m. Pilates, Auditorium
- 10:00 a.m. Water Aerobics, Pool
- 11:30 a.m. Chair Fit, Auditorium
- 12:15 p.m. Tai Chi, Auditorium - **Time Change**
- 2:30 p.m. Brain Balance Fitness, Aerobics Room

FRIDAY, DECEMBER 20

- 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. Chair Yoga, Auditorium
- 11:00 a.m. Functional Circuit, Aerobics Room

Pool Sign-up

Due to the Holidays, on December 18, you can sign up for the pool the next 3 weeks in advance. Week of December 23 to 28, December 30 to January 4 and January 6 to January 11. Sign up starts Wednesday, December 18th at 10:15 a.m.

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, DECEMBER 16

- 10:30 Monday Movement w/ Misbah (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends (Community Room)
- 2:00 Art Discussion w/ Jan (Community Room)
- 3:00 Action Station w/ Chef Nina & Ali: Eggnog Milkshakes (Crossroads Area)
- 7:00 Trivia Night w/ Michelle (Crossroads Area)

TUESDAY, DECEMBER 17

- 10:00 Chair Fitness w/ Miz (Community Room)
- 10:30 Holiday Storytime & Tree Decorating w/ SSSA Kindergarteners & Vy (Crossroads Area)
- 2:15 Crossword Solvers w/ Michelle (Crossroads Area)
- 3:00 Musician Spotlight w/ Sam (Crossroads Area)

WEDNESDAY, DECEMBER 18

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

THURSDAY, DECEMBER 19

- 10:30 Morning Stretches w/ Sarah & Vy (Community Room)
- 11:00 Christmas Silent Movie Discussion w/ James & Vy (Community Room)
- 2:00 Music Group w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 Holiday café & Christmas Trivia w/ Taneisha & Vy (Crossroads Area)

FRIDAY, DECEMBER 20

- 10:00 Morning Coffee & Sudoku w/ Martha & Vy (Living Room)
- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:00 Brass Quintet Concert (Rotunda)
- 2:15 Hand Massages w/ Denise (Community Room)

SATURDAY, DECEMBER 21

- 10:00 Chair Chi Exercise w/ Cynthia & Vy (Community Room)
- 2:00 NoVa Church Choir Music Performance (Crossroads Area)
- 3:00 Holiday Music w/ Heather & Vy (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, DECEMBER 22

- 10:15 History Facts w/ Aki (Crossroads Area)
- 10:30 Sunday Service in the Chapel
- 11:00 Sunday Stretches w/ Mar_T (Community Room)
- 2:00 Bingo w/ Jenna (Crossroads Area)
- 3:30 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, DECEMBER 16

- 9:30 Sip & Social
- 10:30 Spiritual Devotions w/ Chaplaincy
- 11:00 Music & Movement w/ Vilma
- 2:00 Trivia in the Atrium w/ Vilma
- 3:30 Music Therapy Group w/ Sam

TUESDAY, DECEMBER 17

- 9:30 Today in History
- 10:30 Exercise w/ Sarah & Vilma
- 11:00 Holiday Food Discussion w/ Ali & Aki
- 2:00 Service Project Prep w/ Vilma & Aki
- 3:30 Bingo! w/ Missy & Friends

WEDNESDAY, DECEMBER 18

- 9:30 Morning News
- 10:30 Seated Fitness w/ Miz
- 11:00 Sing-Along w/ Anne
- 2:00 1:1 Visits w/ Vilma
- 3:30 Handbell Choir w/ Sam
- 3:30 Farm Animal Petting Zoo in the Atrium w/ Vilma & Aki
- 7:00 Falls Church Band Concert in the Auditorium w/ Aki

THURSDAY, DECEMBER 19

- 9:30 Headlines of the Day
- 10:30 Hits & Moves w/ Vilma
- 11:00 Word Games: Three Letter Word w/ Aki
- 2:00 1:1 Visits w/ Vilma & Aki
- 2:30 Creative Art w/ Sarah
- 3:30 Birthday Party Celebration with Dr. Wilmot, Vilma, Aki & Friends

FRIDAY, DECEMBER 20

- 9:30 Coffee & Conversation
- 10:30 Service Project for AFAC w/ Vilma
- 2:00 Table Games: Obie w/ Vilma
- 3:30 Handbell Choir Performance w/ Sam
- 4:00 Hot Apple Cider Social

SATURDAY, DECEMBER 21

- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Seated Fitness w/ Mar_T & Vilma
- 3:15 Holiday Caroling & Hot Cocoa w/ Vilma

SUNDAY, DECEMBER 22

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Seated Exercise on TV CHANNEL 1960
- 11:15 Art Discussion w/ Sarah
- 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, DECEMBER 16

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. 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 Bradlee Shopping Center, Departs from Main Entrance
 1:00 p.m. Art Film, Media Room
 1:00 p.m. Handmade Gifts, Art Center
 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. Bible Study, Top of the West
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
 4:15 p.m. Silver Panthers, Board Room
5:00 p.m. Join/Renew VaCCRA Membership, Rotunda
 6:45 p.m. Mexican Dominos, Game Room
7:00 p.m. Encore Chorale, Auditorium

TUESDAY, DECEMBER 17

8:15 a.m. Stretch and Flex, Aerobics Room
 9:00 a.m. Functional Fit, Aerobics Room

9:00 a.m. Pickleball, Pickleball Court
 9:30 a.m. Advanced Ceramics, Art Center
 10:00 a.m. Caregivers Support Group, Formal Parlor
10:00 a.m. Pattis Pretties, Atrium
 10:00 a.m. Pilates, Aerobics Room
 10:00 a.m. Standing Total Body Stretch, Ch. 1960
10:00 a.m. Seamstress, Smith Study
 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
 12:15 p.m. Tai Chi, Aerobics Room
 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
 2:00 p.m. Exhibition on Screen, Media Room
 2:30 p.m. Brain Balance Fitness, Aerobics Room
 3:00 p.m. Artist Trading Card, Art Center
 4:00 p.m. Newcomers, Auditorium
5:00 p.m. Join/Renew VaCCRA Membership, Rotunda
 7:15 p.m. Vespers, Chapel

WEDNESDAY, DECEMBER 18

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
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Functional Circuit, Auditorium
 11:00 a.m. Meditation, Ch. 1960

Bolded Events Reflect New or Infrequent Upcoming Activities

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

11:30 a.m. **Art Trip to view the special exhibition Brilliant Exiles, Depart From Main Entrance**

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

1:00 p.m. Still Life Drawing Session, Art Center

2:00 p.m. Gentle Chair Yoga, Auditorium

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

4:30 p.m. Line Dancing, Auditorium

5:00 p.m. Join/Renew VaCCRA Membership, Rotunda

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

7:15 p.m. Holiday Concert Feat. City of Falls Church Band, Auditorium

THURSDAY, DECEMBER 19

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

9:30 a.m. Beginning Watercolor, 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

10:30 a.m. Pilates, Auditorium

11:00 a.m. Intermediate Water Color, Art Center

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

11:30 a.m. Chair Fit, Auditorium

12:15 p.m. Tai Chi, Auditorium

12:30 p.m. WhatNot Shop - SALES

1:00 p.m. Gift Wrapping Workshop, Atrium

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

2:00 p.m. Town Hall, Auditorium

2:45 p.m. Catholic Confession, Smith Study

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, Game Room

Bolded Events Reflect New or Infrequent Upcoming Activities

FRIDAY, DECEMBER 20

- 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. Chair Yoga, Auditorium
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Meditation, Ch. 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 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
- 1:30 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. Arts Committee Meeting, Art Center
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, DECEMBER 21

- 9:30 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: *Holiday Inn*, Auditorium

SUNDAY, DECEMBER 22

- 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
- 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. Collage Greeting Card Workshop, Art Center**
- 7:00 p.m. Compline, Chapel

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