

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 37, Number 1 ✨ January 6, 2024

UPCOMING MEETINGS

Resident Council Business

Monday, January 6 at
10:00 a.m. | Board Room

Rob's Fireside Chat

Tuesday, January 7 at
1:30 p.m. | Fireside

BOM-COM Committee

Thursday, January 9 at
10:00 a.m. | Board Room

Community Service Committee

Thursday, January 9 at
2:00 p.m. | Top of the West
Finance Committee

Thursday, January 9 at
3:00 p.m. | Pointe Conference
Room

Health Committee

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

Trips and Outings Committee

Friday, January 10 at
3:00 p.m. | Board Room

CHANGES

Stronger Memory

Monday, January 6 - **Canceled**

Monthly Morning Movie

Wednesday, January 8 - **Canceled**

COVID CASES AS OF JANUARY 2

Independent Living (IL): 0

Assisted Living (AL): 1

Health Care Center (HCC): 0

Team Members: 0

BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE

Tuesday, January 7 from 7:30 p.m. to 8:30 p.m. | Auditorium



Peter A. Clement - School of International and Public Affairs, Columbia University, Former US Intelligence Officer

"Putin's Invasion of Ukraine: Legacy...and Solzhenitsyn"

Putin's fierce desire to secure his place in Russian history was a significant, and unstated, factor in his decision to invade Ukraine. This and Putin's intriguing fascination with Aleksandr Solzhenitsyn suggest he is unlikely to settle for anything less than major territorial gains in Ukraine.



AFTERNOON CONCERT WITH PIANIST ALFRED YUN

Thursday, January 9 at 3:00 p.m. | Auditorium



Alfred Yun is a Korean American jazz pianist and composer. His music is influenced by his upbringing in both Korea and the United States. Alfred was honored to be chosen by The Music Center at Strathmore as an Artist-in-Residence for the 2023-2024 season. He will play jazz standards drawing from the Great American Songbook. You 10:00 a.m. Seamstress Service, Smith Study can expect to hear samba, bossa nova, and latin songs from the jazz repertoire.



THE GREAT COURSES: WORLD OF BYZANTIUM

Wednesday, January 8 at 3:00 p.m. | Media Room

- Episode 17: Recovery under the Macedonian Emperors
- Episode 18: Imperial Zenith - Basil II



MORE HAPPENINGS

ART FILM - *ON THE ADAMANT*

Monday, January 6 from 1:00 p.m. to 3:00 p.m. | Media Room

Come aboard the Adamant and witness the transformative power of art and community in this affecting, enlightening documentary from France. The Adamant is a one-of-a-kind place in the heart of Paris, a floating refuge on the Seine River that offers day programs for adults with mental illnesses. *On The Adamant* explores how a blend of therapy, education, and culture rooted in music and the arts can offer a hopeful vision of a humanistic approach to mental health care. Directed by: Nicolas Philibert. Total Run Time: 109 minutes. Discussion to follow. (Media Room)



AFTERNOON CONCERT

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

Friday, January 10: *Die Fledermaus* - Johann Strauss II

It's New Year Eve and we are in the company of Caroline, who is determined to teach her philandering husband, Gaillardin, a lesson, even while she is being pursued by her former beau, the operatic tenor, Alfred. *Die Fledermaus*, Johann Strauss II's comic operetta premiered in 1874. By the 1890s, it was performed all over the world. This production is sung in French (not German) with English subtitles. Running Time: 2 hours.



SATURDAY NIGHT MOVIE - *CONCLAVE*

Saturday, January 11 at 7:15 p.m. | Auditorium

Cardinal Lawrence is tasked with one of the world's most secretive and ancient events, participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trail of deep secrets that could shake the very foundation of the Roman Catholic Church. *Conclave* has been rated one of the 10 best movies of 2024.

Rated PG, Thriller/Mystery, 2 hours

Starring: Ralph Fiennes, Carlos Dieh, Isabella Rossellini, and Stanley Tucci



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: BUSTER KEATON

Saturday, January 11 from 12:00 p.m. to 1:30 p.m. | Board Room

Seven Chances (1925). Financial broker Jimmie Shannon is nearly bankrupt when an attorney presents him with his grandfather's will that leaves him seven million dollars. In order to inherit all that money, Jimmie must get married before 7:00 p.m. on his 27th birthday--today.



SAVE THE DATE

BIRDS OF FLORIDA: TALK AND PHOTO SHOW BY MARGARET KELLEY, RESIDENT OF GHBC

Monday, January 13 at 3PM | Auditorium

PROGRAM: "WORKING WITH AN ELDERCARE MANAGER--WHY AND HOW" FROM END OF LIFE RESOURCES WORKING GROUP

Sunday, January 19, 2:00-3:30 pm |

A CLASS USING PAPER, JEWELRY, AND OTHER ITEMS TO CREATE "GIVE AWAYS"

Friday, January 24 from 1:00 p.m. to 2:30 p.m. | Art Center

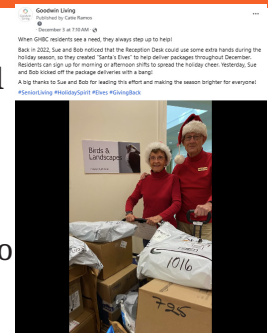
COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

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, a resident-led 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 resident-led Holiday Bazaar and the "Santa's Elves" package delivery efforts..



NEW BINGO IN THE NEW YEAR!!

We return to our BINGO schedule with NEW CARDS, NEWLY PACKAGED CHIPS, AND NEW TWO DOLLAR BILLS. Every Wednesday we gather to play BINGO in the Top of the West at 7:00 P.M. We play 10 games and conclude with a game where you must cover all the numbers on your card to win. Winners of the regular game win a NEW \$2 Bill, while the winner of Coveralls wins \$5. Play as many cards as you wish. Each card costs \$1 for the night. Cards and chips are provided. If you like your card, you can take it home and use it again and again. More information available from Otto Reinbacher, POINTE 1376, phone 3111, oarrock@aol.com

THE IMPORTANCE OF HOME CARE IN THE WINTER MONTHS

During the winter months, elderly individuals face unique challenges that can significantly impact their health and well-being. Cold temperatures, shorter daylight hours, and the increased risk of illness all pose risks for seniors, making home care an essential service. Home care ensures that our residents receive the support they need to stay safe and comfortable in their homes. Trained Goodwin home care aides can assist with daily tasks such as personal hygiene, meal preparation, and light housekeeping, reducing the risk of accidents. Please contact us directly if you are considering Home Care services now or in the future.

SAVE THE DATE: PLANET WORD MUSEUM AND IMMIGRANT FOOD CAFE

Wednesday, January 22 from 9:30 a.m. to 2:00 p.m.

Sign Up starts Monday, January 13 at 11:30 a.m. Contact Jane Coughran ext. 7450

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

2025 GHBC PLAY READING GROUP STARTS IN JANUARY

The GHBC Play Reading Group will begin the new year with Agatha Christie's "The Mouse Trap". ThanksIt's a zany play which should be great fun for cast members as well as audiences. We'll do the play in two sessions. The first on Wednesday, January 8, and the second on Wednesday, January 15, both in the Board Room at 3:30 p.m. Do join us.

THANK YOU TO OUR GHBC ELVES

Many thanks to all of the people who delivered packages during the Holiday Season. Many of you went above and beyond delivering extra rounds. Your help was greatly appreciated by all.

**2025 DIVERSITY, EQUALITY, INCLUSION, AND BELONGING CALENDAR
JANUARY - EMPOWERING VOICES**

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity,” stated Dr. Martin Luther King, Jr. During the less than 13 years of Dr. Martin Luther King, Jr.’s leadership of the modern American Civil Rights Movement, from December 1955 until April 4, 1968, African Americans achieved more genuine progress toward racial equality in America than the previous 350 years had produced. Dr. King is widely regarded as America’s pre-eminent advocate of nonviolence and one of the greatest non-violent leaders in world history. [Continue reading about Dr. King from TheKingCenter.org.](#)



Bonus Featured Author and Quote:

“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way,” stated Viktor E. Frankl. With a lifetime that spanned most of the 20th Century, Viktor Emil Frankl was witness to a transformative period in world history. He is best known for being a Holocaust survivor, but in reality, this represented a short period in his long life. By the time he entered the concentration camps at 37 years old, he had already spent much of his adult life as a psychiatrist and neurologist, specializing in the treatment of suicidal patients. He had also developed his own psychotherapy school called Logotherapy (Greek for “healing through meaning”). His lasting contribution has been to the field of psychology, with his recognition of meaning as a central factor in mental health and his advocacy that the psychologist’s role is to help their patients find meaning. [Read more on Viktor Frankl here.](#)

- January 1 – [New Year’s Day](#) / [Kwanzaa](#) (ends)
- January 2 – Goodwin Home Health Started in 2020
- January 7 – [Orthodox Christmas Day](#)
- January 13 – [Korean American Day](#)
- January 15 – [Martin Luther King, Jr. Day](#)
- January 27 – [International Day in Memory of the Victims of the Holocaust](#)
- January 29 – [Lunar New Year](#)

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.

January 7, 2025: Confidant Program

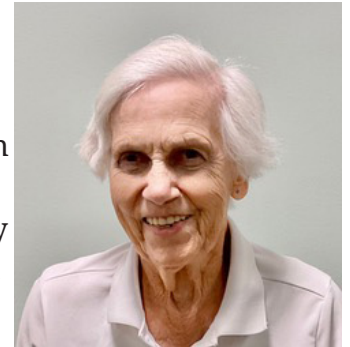
Privacy laws prohibit GHBC staff from sharing your protected health information, but our Resident Confidant Program keeps us connected with hospitalized friends. What is a confidant? Do I really need one or want one? Join us and find out. Claudia Blake hosts.

January 14, 2025: New Resident Experience

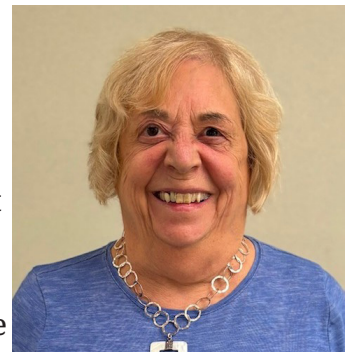
Claudia Blake hosts a panel of new residents to discuss what worked best for them when they moved in, how they adapted to the intricacies of GHBC life, and what they would suggest to new residents facing this journey.

NEW RESIDENT BIO**MEET MARY LOU D’ALESSANDRIS**

Mary Lou D’Alessandris moved into Crossroads apartment 608. She grew up in Cleveland, Ohio, where she graduated from Collinwood High School. After high school she went to work as a clerk and cashier for an insurance company but didn’t like that job. She then went to work for Osborn Manufacturing Company as a cost estimator in their machinery division. She married and had two sons. She stayed home to raise her children until the younger one was 12 and she returned to work at a manufacturing company. When one of her sons and his wife were about to become parents she moved to Virginia so that she could help with the children. Much of Mary Lou’s life has focused on physical activity. Until last year she played on a NOVA United Senior Women’s Basketball team. The team was featured in a documentary film called Coming Back to Hoops by Jane Pittman. Mary Lou also learned to bowl and has played golf. Here at GHBC she played pickleball until the weather turned cold but plans to take it up again in the Spring. She also has tried various fitness classes. She plays Hand and Foot as well as Rummikub and walks at least two miles every day. In addition she has been helping in the WhatNot Shop.

**JANUARY RESIDENT SHOWCASE****MEET MARTHA TRUNK**

Check out the January Resident Showcase on the resident website and meet Crossroads resident Martha Trunk. Martha is a Volksmarcher, a painter, a leader, a learner – and 2025 Chair of the GHBC Resident Council. To read about her, go to www.ghbcresidents.org and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet Martha, or click on Showcase Archive to meet many other neighbors at GHBC. Don’t forget: you’ll need to use your website password – the same one you use for the resident directory – to access the Resident Showcase.



INSIDE THE ART CENTER

The Art Center is always open at GHBC! All art classes and events will have materials and tools provided and will take place in the Art Center with Sarah, unless otherwise noted. Sign-up sheets will be available at the entrance of the Art Center every Monday at 9:00 a.m., as needed.

MONDAY, JANUARY 6

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

 1:00 p.m. - 3:00 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. 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, 8 participants)

TUESDAY, JANUARY 7

 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 the January birthday of Édouard Manet, there will a screening of *Manet: Portraying Life*, a documentary that includes a detailed, excellently constructed biography of this French painter known as the "Father of Modern Art." This film offers a rare look behind-the-scenes at the preparation and curating of a major exhibition at the Royal Academy of Arts and is part of the Exhibition on Screen series, which looks at the world's most extraordinary art exhibits and artists. Directed by Phil Grabsky. Total Run Time: 90 minutes. Discussion to follow. (Media Room)

WEDNESDAY, JANUARY 8

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

 4:00 p.m. - 5:00 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: Be inspired by winter trees and seasonal greenery! (Sign up, 12 participants)


Wellness Wednesday: Creativity Kickstart – Sarah will guide you through art techniques and materials that encourage you to relax and recharge creatively. This class is for anyone who is interested in exploring creativity or adding more art to your week in a stress-free way. (Sign up, 15 participants)

THURSDAY, JANUARY 9

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


Paper Crafting: Making Tea Favors - Join GHBC resident and experienced teacher Vicky Moore to learn how to use a variety of decorative papers to make tea favors, a fun and functional craft that combines a tea bag with tiny treats in attractive packaging. This class is an opportunity to explore crafting techniques while creating a handmade gift that is perfect for any occasion or person needing a small token of cheer! (Sign up, 8 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, JANUARY 10

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

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

 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. In this club meeting, we will discuss opportunities for ATC trading and have an open crafting session for creating ATCs within our own group.



SUNDAY, JANUARY 12

 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 without an instructor present. Registration is not required, and all are welcome to join!





MONDAY, JANUARY 6

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, Auditorium

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

TUESDAY, JANUARY 7

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
 12:15 p.m. Tai Chi, Aerobics Room
 1:30 p.m. Movement for Living, Aerobics Room
 2:30 p.m. Brain Balance Fitness, Aerobics Room

SATURDAY, JANUARY 11

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

WEDNESDAY, JANUARY 8

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

THURSDAY, JANUARY 9

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 9:30 a.m. Pilates, Fitness Center Main Area
 10:00 a.m. Water Aerobics, Pool
 10:30 a.m. Fitness Walk at Springfield Mall
 11:30 a.m. Chair Fit - **Canceled**
 2:30 p.m. Brain Balance Fitness, Aerobics Room

FRIDAY, JANUARY 10

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

FITNESS WALK at SPRINGFIELD MALL!

Thursday, January 9 | Bus Departs Main Entrance at 10:30 a.m.

This month the Fitness Walk will be indoors! We are going to visit the Springfield Town Center. This is a two level mall with an area of 1,700,000 square feet.

- Sign up will be available Monday, January 6 at 10:00 a.m.
- Cost: \$3

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, JANUARY 6

- 10:30 Monday Movement w/ Olga (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends (Community Room)
- 2:00 Afternoon Trivia (Atrium)
- 3:00 Coffee & News of the Day w/ Michelle (Crossroads Area)

TUESDAY, JANUARY 7

- 10:00 Chair Fitness w/ Miz & Vy (Community Room)
- 10:30 Morning Art Discussion w/ Sarah & Vy (Community Room)
- 2:15 Crossword Solvers w/ Michelle (Crossroads Area)
- 3:00 Weekly Musician Spotlight w/ Sam (Community Room)
- 7:00 Evening Bingo w/ Vy & Sussanna (Living Room)

WEDNESDAY, JANUARY 8

- 10:30 Wednesday World Travel w/ Elizabeth (Community Room)
- 11:00 Chair Chi Exercise w/ Vy (Community Room)
- 2:00 Hot Chocolate & Undecorate for the Holidays w/ Vy (Crossroads Area)
- 3:00 Spiritual Discussion w/ Rev. Alex & Vy (Community Room)

THURSDAY, JANUARY 9

- 10:30 Morning Stretches w/ Vy (Community Room)
- 11:00 Dining Services Committee Meeting w/ Ali & Vy (Community Room)
- 2:00 Music Group w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 Piano Concert w/ Alred Yun in the Auditorium w/ Vy

FRIDAY, JANUARY 10

- 10:30 Service Project for AFAC w/ Vy (Community Room)
- 2:30 Hot Apple Cider Social w/ Vy (Crossroads Area)
- 3:00 Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 Friday Fitness w/ Olga (Community Room)

SATURDAY, JANUARY 11

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

SUNDAY, JANUARY 12

- 10:30 Sunday Service in the Chapel
- 11:00 Sunday Stretches w/ Mar_T (Community Room)
- 2:15 Pet Visit w/ Chloe & Jessica (Crossroads Area)
- 2:45 Piano Tunes w/ Timothy (Crossroads Area)
- 3:30 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, JANUARY 6

- 9:30 Sip & Social
- 10:30 Spiritual Devotions w/ Chaplaincy & Vilma
- 11:00 Mindful Movers w/ Aki
- 2:00 Trivia in the Atrium w/ Aki & Vilma
- 3:30 Art Therapy w/ Nicky
- 6:45 Classic Game Show: Wheel of Fortune w/ Aki

TUESDAY, JANUARY 7

- 9:30 Today in History
- 10:30 Tone Up w/ Aki
- 11:00 Mind Joggers w/ Shelby
- 2:00 Service Project Prep w/ Vilma & Aki
- 3:30 Movie Matinée w/ Aki & Vilma: Our Souls at Night

WEDNESDAY, JANUARY 8

- 9:30 Dining Room Discussion
- 10:30 Seated Fitness w/ Miz & Vilma
- 11:00 Sing-Along w/ Anne & Aki
- 2:00 Afternoon Trivia w/ Aki
- 2:00 1:1 Visits w/ Vilma
- 3:30 Music Therapy Small Group w/ Sam
- 3:30 Crafternoon Social w/ Vilma, Aki & Friends

THURSDAY, JANUARY 9

- 9:30 Coffee & Conversation
- 10:30 50's Rock & Roll w/ Aki
- 11:00 Gentlemen's Luncheon w Vilma & Aki
- 3:00 Creative Art w/ Sarah
- 3:00 Piano Concert with Alred Yun in the Auditorium w/ Aki & Vilma
- 4:00 Piano Tunes w/ Dr. Wilmot

FRIDAY, JANUARY 10

- 9:30 Social Visits
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Active Game: Bowling w/ Aki
- 3:30 Music Therapy w/ Sam
- 3:30 Hot Apple Cider Cart w/ Vilma
- 3:30 Hot Apple Cider Social w/ Aki

SATURDAY, JANUARY 11

- 9:30 GHBC Happenings: West Winds Newsletter
- 10:15 Seated Fitness w/ Mar_T & Vilma
- 3:30 – Afternoon Snacks on Wheels w/ Vilma

SUNDAY, JANUARY 12

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Seated Exercise on TV CHANNEL 1960
- 11:15 Mind & Body Workout w/ Tiffany
- 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, JANUARY 6

8:30 a.m. Total Body Standing, Auditorium
 9:00 a.m. IT Device Clinic, Bistro
 9:30 a.m. Chair Fit, Auditorium
 10:00 a.m. Resident Council Business Meeting, Board Room
 10:15 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 Barcroft Plaza, Departs from Main Entrance
 1:00 p.m. Art Film, Media Room
 1:00 p.m. Artist Trading Cards, Art Center
 1:30 p.m. Veterans Committee Meeting, ToW
 2:00 p.m. Mat Yoga, Auditorium
 2:00 p.m. Rummikub, Card Room
 2:00 p.m. Trivia, Atrium
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
 6:45 p.m. Mexican Dominos, Game Room

TUESDAY, JANUARY 7

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. Seamstress Service, Smith Study
 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
 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
 1:30 p.m. Rob's Fireside Chat, Fireside
 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
 4:00 p.m. Newcomers, Auditorium
 7:30 p.m. Foreign Affairs Lecture, Auditorium

WEDNESDAY, JANUARY 8

8:30 a.m. Total Body Standing, Auditorium
 9:30 a.m. Chair Fit, Auditorium
 10:00 a.m. Holy Communion Service and Healing Prayers and Anointing, Chapel
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Functional Circuit, Aerobics Room

Bolded Events Reflect New or Infrequent Upcoming Activities

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 Room
 3:00 p.m. Great Courses, Media Room
3:30 p.m. Play Reading Group, Board Room
 4:00 p.m. French Conversation Group, Smith Study
 4:00 p.m. Prayer Group, Chapel
 4:00 p.m. Wellness Wednesday: Creativity Kick Start, Art Center
 4:40 p.m. Drinks and Trivia, Formal Parlor
 7:00 p.m. Bingo, ToW

THURSDAY, JANUARY 9

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. Pilates, Fitness Center Main Area
 10:00 a.m. Bom-Com Committee Meeting, Board Room
 10:00 a.m. Paper Crafting, Art Center
 10:00 a.m. Standing Total Body Stretch, Ch. 1960
 10:00 a.m. Water Aerobics, Pool
 10:30 a.m. Fitness Walk, Departs from Main Entrance
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Muscle Relaxation, Ch. 1960
 12:15 p.m. Tai Chi, Aerobics Room
 1:00 p.m. Creative Writing, Formal Parlor
 2:00 p.m. Community Service Committee Meeting, ToW
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Poetry Group, Smith Study
 2:30 p.m. Brain Balance Fitness, Aerobics Room
3:00 p.m. Afternoon Piano Concert with Alfred Yun, Auditorium
 3:00 p.m. Finance Committee Meeting, Pointe Conference Room
 3:00 p.m. Woodcarving, Art Center
 7:00 p.m. Poker, Game Room

Bolded Events Reflect New or Infrequent Upcoming Activities

FRIDAY, JANUARY 10

- 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. Health Committee Meeting, ToW
- 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. Artist Trading Card Club, Art Center
- 3:00 p.m. Trips and Outings Committee Meeting, Board Room
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, JANUARY 11

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

SUNDAY, JANUARY 12

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:00 a.m. Catholic Communion Service, ToW
- 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. Open Paper Crafting Session, 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.**