

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 37, Number 3 ✨ January 20, 2024

UPCOMING MEETINGS

Movie Committee

Monday, January 20 at

3:00 p.m. | Board Room

CHANGES

Art Film

Monday, January 20 - **Canceled**

Trivia

Monday, January 20 - **Canceled**

Friday Afternoon Concert

Friday, January 24 - **Canceled**

COVID CASES AS OF JANUARY 16

Independent Living (IL): 4

Assisted Living (AL): 3

Health Care Center (HCC): 2

Team Members: 1

SENIOR QUEST FOR MEANING: TRANSFORMING TRAUMA: THE PATH TO HOPE AND HEALING

Monday, January 20 from 3:30 p.m. to 4:30 p.m. | Auditorium



James S. Gordon, MD, will introduce highly effective techniques for reversing trauma and promoting resilience. In addition, he'll describe the program of self-care and mutual help used by The Center for Mind-Body Medicine (CMBM) to successfully address population-wide psychological trauma from wars in the Balkans, the Middle East, Africa, and Ukraine, and mass shootings and climate-related disasters in the US and the Caribbean.

Dr. Gordon is Founder and CEO of CMBM and a Clinical Professor of Psychiatry and Family Medicine at Georgetown Medical School. His healing work has been featured on CBS 60 Minutes and in *The New York Times*, *The Washington Post*, and *The Atlantic*.



VESPERS AT GOODWIN HOUSE

Tuesday, January 21 at 7:15 p.m. | Chapel.



All residents and team members are invited to GHBC Vespers. The Chaplaincy Department is grateful to partner with residents for a shared service of Vespers, a quiet ritual of personal reflection. Vespers at GHBC 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 to Vespers is to let the ritual wrap us in quiet and grace. Please join us.



WELLNESS ICON KEY:

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



Goodwin House
Bailey's Crossroads

MORE HAPPENINGS

YOUR MIND MATTERS: MONTHLY BRAIN HEALTH TALK SERIES

Tuesday, January 21 from 1:30 p.m. to 2:30 p.m. | Top of the West

The Brain Health team is excited to introduce a new educational initiative designed to support lifelong cognitive wellness! Each month, we'll explore a unique brain health topic, offering insights and practical strategies to help you maintain a sharp, healthy mind. Talks will be held on the third Tuesday of every month—mark your calendar. This Month's Topic: *Six Ways to Maintain a Healthy Brain*

Join us for an engaging discussion on how everyday habits can impact your brain health. Jessica Fredericksen, Director of Brain Health, will introduce the 6 Pillars for a Sharp, Vibrant Mind by sharing simple yet effective strategies to enhance your cognitive well-being and protect your brain for the future.



THE GREAT COURSES: WORLD OF BYZANTIUM

Wednesday, January 22 at 3:00 p.m. | Media Room

- Episode 21: Comenian Emperors and Crusaders
- Episode 22: Imperial Exile and Restoration



BOOK READING BY MARK FRIEDLANDER

Thursday, January 23 at 3:00 p.m. | Formal Parlor

Come to the Formal Parlor prepared for a session of easy laughter as our Goodwin House resident, Mark Friedlander, will read selections from his book of light verse, "Of Love and Laughter."

THE GOODWIN LIVING FOUNDATION PRESENTS

Thursday, January 23 at 7:15 p.m. | Auditorium

Geraldine S. Smith, former GHBC resident of 16 years, had a life-long appreciation of classical music. To honor her memory, her son, David, established The Geraldine S. Smith Fund to bring classical music and artists to Goodwin House Bailey's Crossroads. The Washington Bach Consort shares the transformative power of music with the works of J.S. Bach and other Baroque composers. Its professional artists inspire audiences with the highest levels of artistic excellence, enrich cultural life through historically-informed performances, and provide educational programs in the Washington, DC community and beyond. We are grateful to The Geraldine S. Smith Fund for providing the support for this popular concert series at Goodwin House Bailey's Crossroads.

HOW TO AVOID FRAUD, SCAMS, AND IDENTITY THEFT: PRESENTATION BY STEVE MIGDEL

Tuesday, January 21 at 2:00 p.m. | Auditorium

Steve Migdal is an attorney and specialist with the AARP Fraud Watch Network. He will talk about all the latest scams, how to spot them, and, most importantly, how to avoid them. Time for questions and answers will follow the presentation.

MORE HAPPENINGS

MARK YOU CALENDARS: IT FRUSTRATIONS 101 WORKSHOPS

Fridays from 11:30 a.m. to 12 noon | Atrium

Learn a new skill weekly:

- January 24 - How to Set an Alarm
- January 31 - How to Print West Winds in the Business Office
- February 7 - How to Find the Actual Address of an Email Sender
- February 14 - How to Reconnect to GHBC Wi-Fi

Take a byte out of your Information Technology frustrations.



"TWO SISTERS" A NEW PLAY BY GHBC RESIDENT NORMAN HICKS

Thursday, January 30 at 3:00 p.m. | Auditorium

The GHBC Play Reading Group invites you to a public reading of “Two Sisters,” a powerful new drama by resident Norman Hicks, author of “God’s Waiting Room.” The reading will be on Thursday, January 30 at 3:00 p.m. in the Auditorium. There will be a reception, hosted by the playwright, following the reading. We hope you’ll join us.

AFTERNOON CONCERT

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

Friday, January 24: **Canceled** - Will return next Friday, January 31.

SATURDAY NIGHT MOVIE - *DAUGHTERS*

Saturday, January 25 at 7:15 p.m. | Auditorium

Four young girls prepare for a special Daddy Daughter Dance with their incarcerated fathers, as part of a unique fatherhood program in a Washington, D.C. jail.

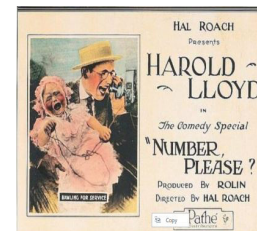
PG-13, 2024, Documentary, 1 hour 47 minutes.



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: *HAROLD LLOYD*

Saturday, January 25 from 12:00 p.m. to 1:30 p.m. | Board Room

Number, Please? (1920). At an amusement park, a young man, Lloyd, struggles to forget his lost love when he spots her with her new beau, Roy Brooks. Their encounter takes an unexpected turn when the girl's dog escapes, prompting both suitors to help catch it.



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

SHARE YOUR STORIES ON THE GOODWIN LIVING FACEBOOK PAGE

The GHBC Administration takes pride in celebrating the vibrant events and activities across our community, and we'd love your help in showcasing them! If you attend a resident-led event or activity you would like featured on the Goodwin Living Facebook page, please reach out to Catie Ramos at CRamos@GoodwinLiving.org. Let's collaborate and share the stories that make our community shine!

MASSAGE THERAPY AT GHBC

Have you considered gifting yourself a massage in the new year? It's a choice you won't regret! Massages are available on Mondays, Tuesdays, Thursdays, and Fridays from 10:00 a.m. until 5:45 p.m. To book an appointment with Khatuna, please click here: <https://healwellorg.janeapp.com/locations/goodwin-house-bailey-s-crossroads/book>. or you may call Healwell's Service Coordinator, Sara Rennie, at 703-662-1603, for assistance with scheduling an appointment. The current massage room is on the third floor of the Crossroads near the Terrace. Pricing for a massage is \$90 for 60-minutes and \$45 for 30-minutes, well under local market rates. All appointments and payments are made directly through Healwell. Billing and payment for each session are made through Healwell's secure, online system.

STRONGERMEMORY 10-WEEK WORKSHOP SERIES - UPDATES

Exciting News: Registration for the first StrongerMemory 10-Week Workshop Series starting January 27 is now full—thank you to everyone who signed up! The next 10-week workshop begins in April 2025! If you're interested in attending, a waitlist will be available in the Resident Business Center until January 24. Be sure to add your name to secure your spot and stay updated with the latest details.

Want to get started on StrongerMemory sooner? Request your free StrongerMemory workbook today and begin your brain health journey right away! To request your workbook, contact Ellie Pettoni, Brain Health Coordinator, at epettoni@goodwinliving.org or ext. 7211.

CLOTHING DONATION PROGRAM

All clothes and accessories are now taken by the Clothing Donation Program, if they are clean and in good condition. This includes socks, underwear, and swimsuits. If you have clothes to donate, please see the posters by the elevators on the ground floors of the Crossroads and the Pointe and on the bulletin board in the Mail Room. Call one of the volunteers who will pick the clothes up. Receipts will be provided if requested. Thank you!

REMINDER: DONATIONS FOR MLK DAY OF SERVICE

Donations for MLK Day of Service can be made outside the Marketplace. Donations benefit the Alexandria Domestic Violence Shelter. Donations will be collected through Tuesday, January 21.

HOLIDAY BAZAAR HALF PRICE SALE

All items not sold at the recent Holiday Bazaar will go on sale at HALF PRICE on Tuesday, January 21, from 10:30 a.m. to 1:30 p.m. in the Atrium and Rotunda. Get there early for the "good stuff"! Questions? Contact Barb Molino ext. 3149, bamolino@icloud.com

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 21: The Green Team

Sally Recinos, Chair of the Green Team, will discuss ways we at GHBC can support sustainable living for future generations. She'll highlight important information about recycling plastic and review items that are on the recycling posters. Stefanie Reponen hosts.

January 28: GHBC Pharmacy

We have a CVS Pharmacy located at GHA that serves both houses. The pharmacist, Jenn Belovich, will explain how prescriptions are ordered and medications delivered. Hosted by Carol Lewis.

STAFF SPOTLIGHT**MEET JAKE FERNANDEZ**

Jake Fernandez is the Receiving Agent for supplies at GHBC. As such, he is responsible for ordering, managing, and distributing supplies for the building. He must store these supplies in an organized fashion so that he can access them immediately when needed and can deliver them to the right place. They also must be properly billed. Most supplies are medical supplies for Health Care and Assisted Living but he also manages some office supplies. The quantity of supplies for which he is responsible is astounding. For example, this Monday alone, he ordered over 5,000 medical necessities. He checks with the Health Care and Assisted Living personnel every day to make sure they have everything they need. In addition to his work here at GHBC, he must fill in at GHA when his counterpart there is not available. In spite of his enormous workload, he is always cheerful and eager to help.

Jake grew up in the Philippines. He worked in many capacities on a cruise ship until he came to the United States in 1994 and became a citizen in 2010. When he first came to this country, he worked in a gas station and then as a cashier/merchandiser at a CVS store. Jake came to GHBC in 2007, and his wife works as a cook at GHA. They enjoy their time together at home especially in early spring and summer when they plant oriental vegetables in their backyard. They also enjoy shopping together. They are looking forward to an upcoming trip to visit family in the Philippines. Jake likes working at GHBC and plans to stay until he retires.



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 20

Happy Martin Luther King Day!

TUESDAY, JANUARY 21



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

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



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

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



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, JANUARY 22



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 class will meet for the next six weeks to learn how to create functional and decorative ceramic projects that also make great gifts! Geared towards beginners, but open to all. (Sign up for 6 sessions total, 8 participants)



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: Experiment with graphite, pens, and colored pencils to draw a still life of winter citrus. (Sign up, 12 participants)



4:00 p.m. - 5:00 p.m.

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 23



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


Making Boxes from Cardstock - Join GHBC resident and experienced teacher Vicky Moore to learn how to make a box out of paper with just a few simple folds and a little targeted trimming. In this introductory class, we will use scrapbook paper to make a cute box that can be used for storing and organizing trinkets or other small objects. Participants must have either taken the Mastering the Scoreboard class last week or attended an Open Paper Crafting Session to practice with a scoreboard in advance of this class. (Sign up, 10 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 24

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

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

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

Creative Giveaways Workshop – Join resident Victoria Carns in the Art Center to have fun using a variety of supplies, including paper jewelry cutouts and cardstock, to create unique giveaways for your loved ones. This class is perfect for crafters or anyone looking to enhance their creativity. All supplies will be provided, and no previous art skills are required! (Sign up, 8 participants)



SUNDAY, JANUARY 26

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 20

Martin Luther King Jr. Day!

TUESDAY, JANUARY 21

- 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

WEDNESDAY, JANUARY 22

- 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, Auditorium

THURSDAY, JANUARY 23

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

FRIDAY, JANUARY 24

- 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, Aerobics Room
- 11:15 a.m. Functional Circuit, Aerobics Room
- 1:30 p.m. Movement for Living, Aerobics Room
- 2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, JANUARY 25

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Total Body Video, Aerobics Room
- 1:15 p.m. Chair Fit, Aerobics Room

Special Classes Saturday, January 25th

- **8:30 a.m. Total Body Standing:** Class consists of enthusiastic choreographed exercises to music and strength training routines. Participants should be able to move well and balance without the help of rollators or canes.
- **1:15 p.m. Chair Fit:** This class is mainly seated and will improve joint range of motion, increase coordination, cardiovascular health, and balance.

Personal Training

Have fitness goals? Then you should train one on one with our Favorite Personal Trainer Miz. See her in the fitness center to sign up for your first session or send her an email at Mali01@goodwinliving.org.

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 20

- 10:00 Chair Chi Exercise w/ Vy (Community Room)
- 3:00 We Are the Dream: MLK's Oratorical Festival (Community Room)

TUESDAY, JANUARY 21

- 10:00 Chair Fitness w/ Miz (Community Room)
- 10:30 Morning Art Discussion w/ Sarah & Vy (Community Room)
- 11:15 Art Therapy Group w/ Nicky (Community Room)
- 2:15 No-Bake Cooking Class w/ Michelle: Strawberry Cheesecake Parfaits (Community Room)
- 3:00 Weekly Musician Spotlight w/ Sam (Community Room)

WEDNESDAY, JANUARY 22

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

THURSDAY, JANUARY 23

- 10:30 Morning Stretches w/ Misbah & Vy (Community Room)
- 11:00 Silent Film Comedy Discussion w/ James & Vy (Community Room)
- 2:00 Music Group w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:30 Catholic Mass in the Chapel
- 7:00 Evening Bingo w/ Vy & Sussanna (Living Room)

FRIDAY, JANUARY 24

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

SATURDAY, JANUARY 25

- 10:00 Chair Chi Exercise w/ Cynthia (Community Room)
- 3:30 Afternoon Social & Sweets w/ Olga (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, JANUARY 26

- 10:00 Art Discussion w/ Sarah (Community Room)
- 10:30 Sunday Service in the Chapel
- 11:00 Sunday Stretches w/ Mar_T (Community Room)
- 2:00 Rick Steves Travelogue (Community Room)
- 3:30 Puzzles & Word Games Station in the Community Room

HEALTH CARE CENTER PROGRAMS

MONDAY, JANUARY 20

- 11:00 Chair Chi Exercise w/ Vy
- 3:15 Martin Luther King Jr. Word Game Packet Delivery

TUESDAY, JANUARY 21

- 9:30 Morning News
- 10:30 Exercise w/ Sarah
- 11:00 Discussion w/ Vilma
- 2:00 Service Project Prep w/ Vilma
- 3:30 Action Station: Fried Apples w/ Chef Nina & Ali

WEDNESDAY, JANUARY 22

- 9:30 Headlines of the Day
- 10:30 Seated Fitness w/ Miz & Vilma
- 11:00 Sing-Along w/ Anne
- 2:00 Afternoon Trivia w/ Aki
- 2:00 1:1 Visits w/ Vilma
- 3:30 Stronger Memory w/ Jessica, Aki & Vilma

THURSDAY, JANUARY 23

- 9:30 Daily News Brief
- 10:30 Exercise w/ Sarah
- 11:00 Bus Outing to The Pentagon w/ Vilma & Aki
- 3:00 Creative Art w/ Sarah
- 3:30 Catholic Mass in the Chapel
- 4:00 Piano Tunes w/ Dr. Wilmot, Vilma & Aki

FRIDAY, JANUARY 24

- 9:30 News with Your Neighbors
- 10:30 Service Project for AFAC w/ Vilma & Friends
- 2:00 1:1 Visits w/ Vilma
- 3:30 Music Therapy Group w/ Sam

SATURDAY, JANUARY 25

- 9:30 GHBC Happenings: West Winds Newsletter
- 10:15 Seated Fitness w/ Mar_T & Olga
- 2:15 Cookie Cart w/ Olga: Snickerdoodles

SUNDAY, JANUARY 26

- 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, JANUARY 20

9:00 a.m. IT Device Clinic, Bistro
9:00 a.m. MLK Day of Service Donations, Outside Market Place
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Meditation, Ch. 1960
 11:00 a.m. Memoirs, Smith Study
 11:30 a.m. Chair Yoga, Ch. 1960
 2:00 p.m. Rummikub, Card Room
2:30 p.m. Smartphone Users Group, ToW
 3:00 p.m. Movie Committee Meeting, Board Room
3:30 p.m. Sr. Quest, Auditorium
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
 6:45 p.m. Mexican Dominos, Game Room

TUESDAY, JANUARY 21

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
9:00 a.m. MLK Day of Service Donations, Outside Market Place

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. Bazaar Half-Price Sale, Atrium & Rotunda
 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. Mah Jongg, Card 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. Your Mind Matters, ToW
2:00 p.m. How to Avoid Fraud, Scams, and Identity Theft, Auditorium
 2:30 p.m. Brain Balance Fitness, Aerobics Room
 3:00 p.m. Artist Trading Cards, Art Center
 4:00 p.m. Newcomers, Auditorium
7:15 p.m. Vespers at Goodwin House, Chapel

WEDNESDAY, JANUARY 22

8:30 a.m. Total Body Standing, Auditorium
9:30 a.m. Planet World Museum and Immigrant Food Cafe, Departs From Main Entrance
 9:30 a.m. Chair Fit, Auditorium
 10:00 a.m. Beginning Ceramics, Art Center

Bolded Events Reflect New or Infrequent Upcoming Activities

10:00 a.m.	Holy Communion Service and Healing Prayers and Anointing, Chapel
10:30 a.m.	Book Group, ToW
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Functional Circuit, Aerobics Room
11:00 a.m.	Meditation, Ch. 1960
11:15 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
4:00 p.m.	French Conversation Group, Smith Study
4:00 p.m.	Prayer Group, Chapel
4:00 p.m.	Wellness Wednesday, Art Center
4:30 p.m.	Line Dancing, Auditorium
4:40 p.m.	Drinks and Trivia, Formal Parlor
7:00 p.m.	Bingo, ToW
7:15 p.m.	The Geraldine S. Smith Concert, Auditorium

THURSDAY, JANUARY 23	
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.	Making Boxes from Card Stock, Art Center
10:00 a.m.	Pilates, Auditorium
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
10:00 a.m.	Death Cafe with Microphones, ToW
11:00 a.m.	Muscle Relaxation, Ch. 1960
11:30 a.m.	Chair Fit, Aerobics Room
12:30 p.m.	WhatNot Shop, Sales
1:00 p.m.	Creative Writing, Formal Parlor
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.	Book Reading by Mark Friedlander, Formal Parlor
3:00 p.m.	Woodcarving, Art Center
3:30 p.m.	Catholic Mass, Chapel
7:00 p.m.	Poker, Game Room
7:15 p.m.	The Geraldine S. Smith Concert, Auditorium

Bolded Events Reflect New or Infrequent Upcoming Activities

FRIDAY, JANUARY 24

- 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, Aerobics Room
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Meditation, Ch. 1960
- 11:15 a.m. Functional Circuit, Aerobics Room
- 11:30 a.m. Chair Yoga, Ch. 1960
- 11:30 a.m. IT Frustrations 101 Workshop, Atrium
- 11:30 a.m. Shopping Shuttle - Giant, Departs from Main Entrance
- 1:00 p.m. **Paper Jewelry Workshop, Art Center**
- 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 Meeting, Art Center**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, JANUARY 25

- 8:30 a.m. Total Body Standing, Auditorium
- 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
- 1:15 p.m. Chair Fit, Aerobics Room
- 1:30 p.m. Chinese Mah Jongg, Card Room
- 2:00 p.m. Duplicate Bridge, ToW
- 7:15 p.m. Saturday Night Movie: *Daughters*, Auditorium

SUNDAY, JANUARY 26

- 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, 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.**