

WEST WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 37, Number 2 ✨ January 13, 2024

UPCOMING MEETINGS

Resident Council Community Meeting

Monday, January 13 at 10:00 a.m. | Auditorium

Dining Services Committee

Thursday, January 16 at 9:30 a.m. | Board Room

Arts Committee

Friday, January 17 at 9:30 a.m. | Arts Center

GHBC COMMUNITY MEETING

Monday, January 13

10:00 a.m. to 11:00 a.m. | Auditorium

- Memorials
- Welcome to new residents – Please remind your new neighbors to attend the Community Meeting.
- Introduction of the 2025-26 Resident Council
- Presentation by GHBC Executive Director Hwan Yi
- Open microphone for resident issues and short comments

See you there!



MLK DAY OF SERVICE DONATIONS

Friday, January 17 to Tuesday, January 21 |

Outside the Marketplace



Monday, January 20, is MLK Day, and is not only a day to commemorate Dr. King's Birthday, but a day to celebrate MLK Day of Service, a day dedicated to encouraging and empowering Americans to participate in community service. This year we are collecting donations the weekend leading up to MLK Day. These donations will support the Alexandria Domestic Violence Program. This program offers support to victims of domestic violence and their families and friends with trained volunteers and staff available 24/7 to help with crisis intervention, emotional support, advocacy, training, and more.

CHANGES

Grounds Committee

Wednesday, January 15 -

CANCELED

COVID CASES AS OF JANUARY 9

Independent Living (IL): 7

Assisted Living (AL): 8

Health Care Center (HCC): 2

Team Members: 2

Wishlist for donations

- **Non-Perishable foods including:** canned soup, kids snacks, canned fruit, breakfast bars, crackers, mac and cheese, juice boxes, cooking oil, Hamburger Helper
- **Toiletries including:** mouthwash, large diapers (5-6), laundry detergent (baby and regular), cold medicines, pain medicines, shaving cream, hair products for all types, tissues, shaving cream

MORE HAPPENINGS

ART FILM: *EDGAR DEGAS, THE PROVOCATIVE PAINTER*

Monday, January 13 from 1:00 p.m. to 2:00 p.m. | Media Room

Edgar Degas pushed the limits of Impressionism and expanded upon its principles in his artistic approach. Despite being classified as an Impressionist, he challenged traditional norms and explored uncharted territories. Degas was renowned for his thought-provoking works that continue to ignite discourse among art experts today. Although he had a penchant for portraiture, he frequently ventured into other genres, with landscapes being the least explored. Total runtime: 49 minutes. No discussion afterwards.



AFTERNOON CONCERT: *OPERATIC ONIRICON* - ROSSINI, DONIZETTI AND BELLINI

Monday, January 17 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.



SATURDAY CINEMA MATINEE: SILENT FILMS SPECIAL - CHARLIE CHAPLIN

Saturday, January 18 from 12:00 p.m. to 1:30 p.m. | Board Room

Charlie is a fireman who always does everything wrong. A man talks the Fire Chief into ignoring his burning home (he wants the insurance money) unaware that his daughter (the love of the Chief) is upstairs in the house. When the house next door catches fire, its owner rouses Charlie who rouses the force.

SATURDAY NIGHT MOVIE: *EMILIA PEREZ*

Saturday, January 18 at 7:15 p.m. | Auditorium

A Mexican lawyer is offered an unusual job to help a notorious cartel boss retire and transition into living as a woman, fulfilling a long-held desire. One of the 10 best movies of 2024. It is in Spanish with English subtitles.

R, 2024, Musical/Thriller, 2 hours 10 minutes

Starring: Karla Sofia, Selena Gomez, Zoe Saldana, Edgar Ramirez, Adriana Paz



THURSDAY MOVIE MATINEE - *SUPER/MAN, THE CHRISTOPHER REEVE STORY*

Thursday, January 16 from 2:00 p.m. | Media Room

PG-13, 2024, Drama/Documentary. 1 hour 44 minutes

Starring: Dana Reeve, William Reeve, Matthew Reeve, Glen Close, Susan Sarandon

Actor Christopher Reeve rises to stardom when he lands the role of Superman in the 1970s. When a horse-riding accident leaves him paralyzed in 1995, Reeve spends the rest of his life searching for a cure for spinal cord injuries



SAVE THE DATE

CAREGIVER SUPPORT GROUP

Tuesdays from 10:00 a.m. to 11:00 a.m. | Formal Parlor

SENIOR QUEST FOR MEANING

Monday, January 20 at 3:30 p.m. | Auditorium

Transforming Trauma: The Path to Hope and Healing by James S. Gordon, MD

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

This Month's Topic: Six Ways to Maintain a Healthy Brain

GHBC VESPERS

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

The Chaplaincy Department, in collaboration with residents, invites all GHBC residents and team members to this contemplative ritual of personal reflection.

COMMUNITY NEWS, UPDATES & 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! If you attend a resident-led event or activity you'd like to showcase on the Goodwin Living Facebook page, contact Catie Ramos, at CRamos@GoodwinLiving.org to collaborate and contribute!

CLOTHING DONATION PROGRAM

In 2024 the GH Clothing Donation Program donated over 380 bags of clothing to places that give away clothes to those in need. 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 listed volunteers who will pick up your donations. Receipts will be provided if requested.

BIRDS OF FLORIDA: AN ILLUSTRATED TALK BY MARGARET KELLEY

Monday, January 13 at 3:00 p.m. | Auditorium

Margaret Kelley, a GHBC resident, will share her wonderful photos of birds seen in many different places in Florida. Florida is home to many large beautiful birds such as Roseate Spoonbills, Ibis, Herons of many species, and others. Margaret spent many hours watching and photographing birds near her former home on Anna-Maria Island. Please come join us for a very special opportunity to see the fruits of her patience and skill. This event is sponsored by the Bailey's Birders.



INFECTIOUS DISEASES AND OLDER ADULTS

Wednesday, January 15 at 3:00 p.m. | Auditorium

Please join us in welcoming Dr. Zhaneta P. Zimmer, MD, an infectious disease and internal medicine specialist, as she presents on current trends related to infectious diseases and older adults. She was invited by the Nursing Administration Team at the request of the Resident Health Committee.



FARM ANIMAL MINI PETTING ZOO

Wednesday, January 15 from 3:30 p.m. to 5:00 p.m. | Atrium

Join Big D's Ranch for their monthly farm animal petting zoo! Animals you may see include chickens, rabbits, hedgehogs, giant tortoises, ducks, and even the occasional goat! Learn more about these animals as you explore this mini petting zoo.



PREVIEW OF ENCORE CHORALE SPRING 2025 SEASON

Friday, January 17 at 1:00 p.m. | Auditorium

If you've enjoyed listening to GHBC's Chorale concerts, perhaps you might enjoy singing with the group. On Friday, January 17 at 1:00 p.m. in the Auditorium, you can find out what it's like at a "preview" of the coming season (which lasts from January 31 to May 9). You'll hear recorded performances of all the music (a mix of popular, classical and traditional tunes) and meet other Chorale members. No reservations are needed. Questions? Contact Chorale Coordinator Mandy Whalen at (703) 578-7534.



ELDERCARE MANAGERS: WHY AND HOW TO WORK WITH ONE

Sunday, January 19 from 2:00 p.m. to 3:30 p.m. | Auditorium

GHBC's End-of-Life Resources Group presents a program on working with an Eldercare Manager (aka Aging Life Care Manager, Geriatric Care Manager, etc.). The program features videos by three GHBC residents sharing individual experiences, plus three professional care managers describing what services their businesses can provide and how their teams work. A care manager can work with you and your family to supplement GHBC's services, by offering advocacy, crisis management and decision-making, planning for day-to-day assistance as needed, and more. Susan Allen, GHBC Director of Social Work, moderates. A Q&A period is included. Family members and health-care advocates are welcome to attend with residents.



INTRODUCING IT FRUSTRATIONS 101 WORKSHOPS

Fridays from 11:30 a.m. to 12:00 noon | Atrium

Learn a new tech skill. The first workshop is **HOW TO SET AN ALARM.**



NEW FORMAT FOR STRONGERMEMORY!

We're excited that starting on Monday, January 27, the StrongerMemory program will be offered as a small group (15 participants) for 10 sessions (one session per week on Mondays from 1:00 p.m. to 2:00 p.m.) to ensure a focused and personalized experience for each participant. Registration is required.

This 10-week series is designed to help you incorporate the program into your daily routine, understand the science behind the exercises, stay motivated, and explore brain health topics tied to the six pillars of brain health.

A sign-up sheet with details on the group and dates will be in the Resident Business Center from Monday, January 13, through Thursday, January 23. If you don't secure a spot in the first series, you will have a chance to join the next series.

Join us to boost your memory, focus, and recall. Questions? Contact Ellie Pettoni, Brain Health Coordinator, at EPettoni@goodwinliving.org or ext.7211.



TRIPS & OUTINGS

KREEGER MUSEUM ART TRIP

Thursday, January 16, Bus Departs AT 12:00 Noon

Please sign up in the Resident Business Center beginning on Monday, January 13th at 9:00 a.m.

Please contact Sarah at ext. 7218 or Tiffany at ext. 7222.



PLANET WORD MUSEUM & IMMIGRANT FOOD CAFE

Wednesday, January 22, 9:15 a.m. TO 1:45 p.m.

Planet Word is an exciting, cleverly immersive museum “where language comes to life.” We’ll have time to explore its four floors of voice-activated exhibits as well as enjoy lunch, on our own, at Immigrant Food, an attractive international cafe in the same building, Washington’s historic Franklin School. The renovated building is ADA compliant, with elevators, ramps and comfortable seating.

Questions? Contact Sarah at ext. 7218 or Tiffany at ext. 7222.

Sign up: Monday, January 13 at 11:30 a.m. in the Resident Business Center

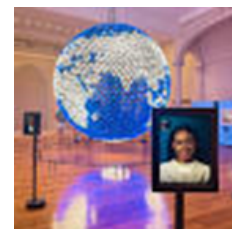
Sign up Deadline: Monday, January 20 at 10:00 a.m.

Cost: Fee \$5, Transportation \$17

Board Time: January 22 at 9:15 a.m.

Pick-Up from Museum: January 22 at 1:00 p.m.

Contact: Jane Coughran, ext. 7450.



REMINDER: NSO, KENNEDY CENTER

Rachmaninoff’s Symphonic Dances and Beethoven’s Piano Concerto #3,

Friday, January 17, 2025. Boards at 10:15 a.m.

CULINARY PASSPORT TRIP - SAKE RESTAURANT AND BAR IN ALEXANDRIA

Enjoy a tableside Hibachi dining experience with a wide variety of Japanese cuisine options, including sushi.

Sign up: Currently posted the Resident Business Center

Cost: Fee \$5, Transportation \$10

Board Time: January 13, 11:15 a.m. at the Main Entrance

Contact: Tiffany Proctor, ext. 7222

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.

January 14, 2025: New Resident Experience

- Claudia Blake hosts a panel of new residents to discuss what worked 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.

January 21, 2025: 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.

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 13


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


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

Art Film – See information on Page 2

Trash to Treasures - Decorating Glass Bottles: Let's give those empty wine bottles a second life! Learn how to convert empty bottles into fun and unique decorations. Registration is required; class limit is 10.

Tuesday, January 14


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

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

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

Knit for Kids : Contact Mary Lee Payton at ext. 7674.

Wednesday, January 15

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

Artist Trading Cards (ATC): ATCs are mini works of art that are traded around the world. There is NO limit to the methods or mediums used to decorate these miniature marvels. This class is perfect for absolute beginners to paper crafting and all other mediums-- watercolor, acrylics, collage, stamping and mixed medium. Our goal is to establish a Goodwin House ATC Club to trade these cards among ourselves and with other ATC groups. A new technique is taught each week. Registration is required; class limit is 10.

Thursday, January 16

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

Mastering the Scoreboard: Scoring boards are plastic platforms with grooves spaced at 1/8 inch intervals that allow you to score your paper to make folding paper easier. Many projects require some proficiency with this important tool. This is a prerequisite class for those interested in future classes in box making, mini albums, memo books, and card making. We will learn about the scoreboard and practice scoring various weights or thicknesses of paper. Then, we will complete a small project using the scoreboard. Registration is required; class limit is 10.

 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 17



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

Flower Arrangers Group Meet



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

Artist Trading Card (ATC) Club Meeting: Join the Tiny Art Revolution!! Every 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. ATCs are fun to make (and require NO expertise in any medium), and trading these allow you to start collecting pieces of original art from your own community and outside groups. Club meetings have two purposes. The first is to discuss outreach to other ATC groups to expand our reach and opportunities for ATC trading; the second is to have an open crafting session for creating and sharing ATCs within our own group. Registration is not required; however, if you have not previously attended a meeting, please email the facilitator, resident Vicky Moore, at moorev99@gmail.com or leave a note in her box (Apt. 1101) at Reception.

Sunday, January 19



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

Open Paper Crafting Session: The list of items that may be made of paper are limitless: decorations, gifts, photo albums, journals, planners, cards, frames, labels, bookmarks, etc. Equipment, tools and supplies are available for independent paper crafting--no instruction. 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.



MONDAY, JANUARY 13

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Chair Fit, Aerobics Room
- 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, JANUARY 14

- 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, Auditorium

WEDNESDAY, JANUARY 15

- 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. Chair Yoga, Aerobics Room

THURSDAY, JANUARY 16

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

FRIDAY, JANUARY 17

- 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
- 1:30 p.m. Movement for Living, Aerobics Room
- 2:00 p.m. Mat Yoga, Aerobics Room

SATURDAY, JANUARY 18

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

Assisted Living Programs

MONDAY, JANUARY 13

- 10:30 a.m. Monday Movement w/ Miz (Community Room)
11:00 a.m. Trivia in the Community Room
1:30 p.m. Movie Matinée: *Super/Man: The Christopher Reeve Story* (Community Room)
3:00 p.m. Action Station w/ Chef Nina & Ali: Fried Apple (Crossroads Area)

TUESDAY, JANUARY 14

- 10:00 a.m. Exercise w/ Miz (Community Room)
10:30 a.m. Gardening Group w/ Garden Thyme & Michelle (Community Room)
2:30 p.m. Birthday Celebration w/ Michelle (Crossroads Area)
3:00 p.m. Weekly Musician Spotlight w/ Sam
6:30 p.m. Hollywood Biography w/ Sam (Community Room)

WEDNESDAY, JANUARY 15

- 10:30 a.m. Wednesday World Travel w/ Elizabeth (Community Room)
11:00 a.m. Chair Fit w/ Vilma (Community Room)
2:00 p.m. Bingo w/ Aki (Crossroads)
3:00 p.m. Spiritual Discussion w/ Rev. Alex (Community Room)
3:30 p.m. Farm Animal Petting Zoo (Atrium)

THURSDAY, JANUARY 16

- 10:30 a.m. Stretches w/ Miz (Community Room) Jeopardy w/ Michelle (Community Room)
11:00 a.m. Room)
2:00 p.m. Music Group w/ Sam (Crossroads)
2:45 p.m. Pet Visit w/ Frankie (Crossroads)

FRIDAY, JANUARY 17

- 10:30 a.m. Service Project For AFAC w/ Michelle (Community Room)
2:00 p.m. Assisted Living Discussion Group w/ Mindy (Community Room)
3:00 p.m. Trivia w/ Tiffany (Community Room)
3:30 p.m. Fitness w/ Olga (Community Room)

SATURDAY, JANUARY 18

- 10:00 a.m. Discussion w/ Aki (Crossroads Area)
4:00 p.m. Piano Music Appreciation w/ Heather (Crossroads Area)
7:15 p.m. Evening Movie in the Auditorium

SUNDAY, JANUARY 19

- 10:00 a.m. Where Am I w/ Sheridan (Crossroads)
10:30 a.m. Sunday Service in the Chapel
11:00 a.m. Exercise w/ Mar_T (Community Room)
2:00 p.m. Bingo w/ Jenna (Crossroads Area)

Health Care Center Programs

MONDAY, JANUARY 13

- 9:30 a.m. Daily Digest
10:30 a.m. Spiritual Devotions w/ Chaplaincy & Aki
11:00 a.m. Sit & Be Fit w/ Aki
2:00 p.m. Trivia in the Atrium w/ Aki
3:30 p.m. Travelogue: South & North Korea w/ Aki

TUESDAY, JANUARY 14

- 9:30 a.m. Table Talk
10:30 a.m. Tone It Up Tuesday w/ Vilma
11:00 a.m. Mental Aerobics w/ Vilma
2:00 p.m. Reminiscing Social w/ Vilma
3:30 p.m. Bingo w/ Vilma & Friends

WEDNESDAY, JANUARY 15

- 9:30 a.m. Daily Newsletter
10:30 a.m. Seated Fitness w/ Miz & Vilma
11:00 a.m. MLK Jr. Jeopardy w/ Steffan
2:00 p.m. Service Project Prep w/ Aki & Vilma
3:30 p.m. Farm Animal Petting Zoo (Atrium)
5:00 p.m. The Ladies Table w/ Vilma & Aki

THURSDAY, JANUARY 16

- 9:30 a.m. Sip & Social
10:30 a.m. 60s Workout w/ Aki
11:00 a.m. Trivia on iN2L w/ Aki
2:00 p.m. 1:1 Visits w/ Aki
2:00 p.m. Residents Choice w/ Vilma
3:30 p.m. Birthday Party Celebration w/ Dr. Wilmot, Vilma & Aki

FRIDAY, JANUARY 17

- 9:30 a.m. Today in History
10:30 a.m. AFAC Service Project w/ Vilma & Aki
2:00 p.m. Table Games: Obie w/ Vilma
3:30 p.m. Music Therapy w/ Sam
3:30 p.m. Hot Apple Cider Cart w/ Aki

SATURDAY, JANUARY 18

- 9:30 a.m. GHBC Happenings: West Winds Newsletter
11:00 a.m. Seated Fitness w/ Mar_T & Aki
3:30 p.m. Piano Music Appreciation w/ Heather & Aki

SUNDAY, JANUARY 19

- 10:30 a.m. Holy Eucharist Service in the Chapel
11:00 a.m. Seated Exercise on CHANNEL 1960
11:15 a.m. Sit & Stretch w/ Myra & Miz
1:15 p.m. Sunday Spiritual Service in the Community Room
7:00 p.m. Compline Service in the Chapel

WEEKLY CALENDAR

Bolded Events Reflect New or Infrequent Upcoming Activities

Monday, January 13

- 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 Community Meeting, 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
- 11:15 a.m. Culinary Passport, Departs from Main Entrance

Monday, January 13

- 11:00 a.m. Meditation, Ch. 1960
- 11:00 a.m. Memoirs, Smith Study
- 11:30 a.m. Chair Yoga, Ch. 1960
- 11:30 a.m. Shopping Shuttle – Bradlee Shopping Center, Departs from Main Entrance
- 1:00 p.m. Art Film, Media Room
- 2:00 p.m. Mat Yoga, Auditorium
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Trivia, Atrium
- 3:00 p.m. **Birds of Florida: Talk and Photo Show by Margaret Kelley, Auditorium**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 4:15 p.m. Silver Panthers Huddle, Board Room
- 6:45 p.m. Mexican Dominos, Game Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Tuesday, January 14

- 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. Caregivers Support Group, Formal Parlor
- 10:00 a.m. Pilates, Auditorium
- 10:00 a.m. Standing Total Body Stretch Workout, 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, Auditorium
- 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
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Bailey's Birders Meeting
- 4:00 p.m. Newcomers, Auditorium

Wednesday, January 15

- 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
- 10:00 a.m. Artist Trading Cards, 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
- 11:15 a.m. Contemplative Worship (Quaker), Smith Study
- 11:30 a.m. Chair Yoga, Ch. 1960
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. Informal Open Bridge, Card Room
- 2:00 p.m. Play Reading Group: *The Mouse Trap*, Board Room
- 3:00 p.m. Great Courses: World of Byzantium, Media Room
- 3:00 p.m. **Infectious Diseases and Older Adults, Auditorium**
- 3:30 p.m. Farm Animal Mini Petting Zoo, Atrium

Bolded Events Reflect New or Infrequent Upcoming Activities

Wednesday, January 15

- 4:00 p.m. French Conversation Group, Smith Study
- 4:00 p.m. Prayer Group, Chapel
- 4:30 p.m. Drinks and Trivia, Formal Parlor
- 7:00 p.m. Bingo, Top of the West

Thursday, January 16

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional FIT, Aerobics Room
- 9:00 a.m. IT Device Clinic, Bistro
- 9:30 a.m. Arlington Community Credit Union open, Crossroads Ground Level
- 9:30 a.m. Dining Services Committee, Board Room
- 10:00 a.m. Pilates, Aerobics Room
- 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. Mastering the Scoreboard, Art Center
- 12:00 p.m. Kreeger Museum Printmaking Trip, Departs from Main Entrance
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:00 p.m. Third Thursday Movie Matinee, Media Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Woodcarving, Art Center
- 4:00 p.m. Meditation Group, Smith Study
- 7:00 p.m. Poker Night, Game Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Friday, January 17

- 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
- 10:15 a.m. **National Symphony Orchestra, Board at Main Entrance**
- 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 to Giant, Departs from Main Entrance
- 1:00 p.m. Afternoon Concert, Media Room
- 1:00 p.m. Encore Chorale Spring Season
- 1:30 p.m. Preview, Auditorium
- 1:30 p.m. Mah Jongg, Card Room
- 2:00 p.m. Movement for Living, Aerobics Room
- 2:30 p.m. Jeopardy, Board Room
- 3:00 p.m. Mat Yoga, Aerobics Room
- 3:00 p.m. Artist Trading Card Club, Art Center
- 4:00 p.m. Arts Committee, Art Center
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Saturday, January 18

- 9:30 a.m. Total Body Video, Aerobics Room
- 11:30 a.m. Spanish Speakers Group, Bistro
- 12:00 p.m. Saturday Cinema Matinee, Board Room
- 1:30 p.m. Chinese Mah Jongg, Card Room
- 2:00 p.m. Duplicate Bridge, Top of the West
- 5:00 p.m. Deadline for Submission to Next West Winds
- 7:15 p.m. Saturday Night Movie: *Conclave*, Auditorium

Sunday, January 19

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:15 a.m. UU Service, Board Room
- 10:30 a.m. Holy Eucharist Service, Chapel & Ch. 1960
- 2:00 p.m. Hand and Foot Card Game, Top of the West
- 2:00 p.m. Informal Open Bridge, Card Room
- 2:00 p.m. **Working with an Eldercare Manager: Why and How, Auditorium**
- 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.**