

# WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

[www.ghbcresidents.org](http://www.ghbcresidents.org)

Volume 37, Number 5 ✨ February 3, 2025

## UPCOMING MEETINGS

### Resident Council Business Meeting

Monday, February 3 at 10:00 a.m. | Board Room

### Technology Committee

Wednesday, February 5 at 3:00 p.m. | Top of the West

### Health Committee

Friday, February 7 at 10:00 a.m. | Top of the West

## UNDERSTANDING COMPUTERS

Mondays from 10:15 a.m. to 11:15 a.m. | Auditorium

Interested in learning about computers but not sure where to start? Join Victor Otusanya, Senior Resident Technology Specialist, for a beginner-friendly course Monday mornings in the Auditorium. The course covers the basics of computing and is perfect for both beginners and those looking to refresh their skills.

Classes will be held from 10:15 a.m. to 11:15 a.m.

If you miss one session, don't worry—there are two opportunities to attend.

- Beginners 1: February 3 & 24
- Beginners 2: February 17 & March 3

Please bring your smartphone for a fun Kahoot! quiz at the end. Arrive early for assistance connecting your phone to the network. We look forward to seeing you there!



## CHANGES

## COVID CASES AS OF JANUARY 30

Independent Living (IL): 0  
Assisted Living (AL): 0  
Health Care Center (HCC): 0  
Team Members: 0

## THE GERALDINE S. SMITH CONCERT SERIES PRESENTED BY THE GOODWIN LIVING FOUNDATION: DISTRICT STRINGS

Tuesday, February 4 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 established The Geraldine S. Smith Fund to bring classical music and artists to Goodwin House Bailey's Crossroads. District Strings is a collective of classically trained musicians providing versatile live entertainment. Since 2013, its ensembles have played at weddings, receptions, corporate events, award ceremonies, and curated concerts in DC, Maryland, and Virginia. We are grateful to The Geraldine S. Smith Fund for providing the support for this popular concert series at Goodwin House Bailey's Crossroads.

## WELLNESS ICON KEY:

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



Goodwin House  
Bailey's Crossroads

## MORE HAPPENINGS

### ART FILM - *THE MELT GOES ON FOREVER: THE ART & TIMES OF DAVID HAMMONS*

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

February marks the start of Black History Month, an annual month-long observance of the achievements of African Americans throughout the nation's history, including contributions to the arts. Focused on an artist who has always escaped definition, *The Melt Goes On Forever: The Art & Times of David Hammons* paints a multifaceted portrait of the elusive African-American art star from archival footage and expert interviews. Between the creation of objects and performances, Hammons' art practice opens our eyes to questions of freedom, in the gallery and beyond. Directed by: Harold Crooks & Judd Tully. Total Run Time: 100 minutes. Discussion to follow. (Media Room)

### THE GREAT COURSES: *THE VIKINGS*

Wednesday, February 5 at 3:00 p.m. | Media Room

Among the topics you will explore in depth are the profound influence of the Norse gods and heroes on Viking culture, and the Vikings' extraordinary accomplishments as explorers and settlers in Iceland, Greenland, and Vinland. With the help of archaeological findings, you will learn to analyze Viking ship burials, rune stones, and runic inscriptions, as well as Viking wood carving, jewelry, sculpture, and metalwork.

- Episode 1: The Vikings in Medieval History
- Episode 2: Land and People of Medieval Scandinavia



### RESIDENT COUNCIL TECHNOLOGY COMMITTEE

Wednesday, February 5 at 3:00 p.m. | Top of the West

- Guest: GHBC Executive Director Hwan Yi
- Roll-out of a 'list-service' – Peter Kostik
- Report on Quarterly Meeting with IT Department
- Open mics



### HELPING HEARTS DANCE PERFORMANCE

Thursday, February 6 at 2:00 p.m. | Auditorium

Helping Hearts through the Arts (HHA) inspires lifelong movement and fosters a love of the arts through dance programs featuring innovative, uplifting choreography, live musical performances, and movement activities. HHA is committed to reaching a variety of audiences and changing perspectives on dance and aging. This performance will have a variety of styles of dance including tap, musical theater, and contemporary ballet. Live music will also be a part of the program.



### 100 WOMEN WHO CARE IN NORTHERN VIRGINIA MEETING

Thursday, February 6 at 7:00 p.m. | Top of the West

100 Women Who Care in Northern Virginia invites Goodwin House residents to join us when we meet here on Thursday, February 6 at 7:00 p.m. Meet members of the Giving Circle at a reception from 7:00 p.m. to 7:30 p.m. Then see how members from throughout Fairfax County, participating in person and via Zoom, select a local nonprofit organization for their quarterly financial gift. See how you can advance the vital programs that make Northern VA a special place to live! Check out 100 Women Who Care at the website: [100wwcnova.org](http://100wwcnova.org)

## MORE HAPPENINGS

### IT FRUSTRATIONS 101: HOW TO FIND THE ACTUAL ADDRESS OF AN EMAIL SENDER

Friday, February 7 from 11:30 a.m. to 12:00 p.m. | Atrium

- Find out who is sending you a message.
- Find an easy way to avoid a scam.
- Bring your phone or tablet. This is a hands-on activity!



### SPORTS JERSEY FRIDAY

Friday, February 7

In celebration of the upcoming Super Bowl this Sunday, we invite you to showcase your team spirit by wearing your favorite sports jersey or attire! Whether you're a fan of football, hockey, soccer, or baseball, we want to see you proudly represent your beloved team. Join us in this festive display of loyalty and enthusiasm. Let's make it a day to remember!



### COFFEE AND CONVERSATION

February 12 at 2:00 p.m. | Board Room

February's Coffee and Conversation will feature Hwan Yi, our GHBC Executive Director. The residents living on the 6th floors of both the Crossroads and the Pointe are invited to attend. RSVP to Sue LaRue at ext. 3655 or at [susan.larue275@gmail.com](mailto:susan.larue275@gmail.com)



### JAZZ CONCERT FEATURING RESIDENT MANDY WHALEN ON VOCALS

Wednesday, February 12 at 7:15 p.m. | Auditorium

Mandy and a top-notch jazz trio (Chris Grasso on piano; Paul Langosch on bass; and Eric Tapper on drums) return with a new selection of songs in a variety of styles from different time periods and composers, including Duke Ellington, Thelonious Monk, Hoagy Carmichael, Cole Porter, and Irving Berlin.

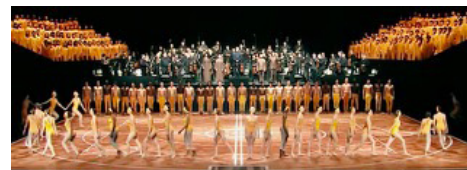


### AFTERNOON CONCERT

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

Friday, February 7: **Symphony No. 9 Ballet - Beethoven**

A ballet to Ludwig van Beethoven Symphony No. 9; the Choral Symphony to Friedrich Schiller's "Ode to Joy." Choreography and staging by Maurice Béjartt with dancers, soloists, orchestra, and chorus conducted by Zubin Mehta. Running Time: 1 hour and 15 minutes.



### SATURDAY NIGHT MOVIE - A REAL PAIN

Saturday, February 8 at 7:15 p.m. | Auditorium

Mismatched cousins David and Benji tour Poland to honor their grandmother. Their adventure becomes complicated as old tensions resurface while exploring their family history.

R, 2024, Comedy/Drama, 1 hour 30 minutes

Kieran Culkin, Jesse Eisenberg, Jennifer Grey, Will Sharpe

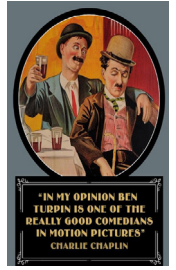


## MORE HAPPENINGS

### SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: CHARLIE CHAPLIN

Saturday, February 8 from 12:00 p.m. to 1:30 p.m. | Board Room

*His New Job (1915)*. Charlie is trying to get a job in a movie. After causing difficulty on the set, he is told to help the carpenter. When one of the actors doesn't show, Charlie is given a chance to act but instead enters a dice game. When he does finally act, he ruins the scene, wrecks the set, and tears the skirt from the star.



## SAVE THE DATE

### BAILEY'S BIRDERS

Tuesday, February 11 at 3:00 p.m. | Formal Parlor

### FOREIGN AFFAIRS LECTURE: SOUTH KOREA'S DEMOCRACY CRISIS: THE IMPLICATIONS STEPHEN COSTELLO

Tuesday, February 11 at 7:30 p.m. | Auditorium

## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### COLLABORATE WITH ADMINISTRATION TO SHARE YOUR STORIES ON THE GOODWIN LIVING FACEBOOK

At GHBC, we are dedicated to highlighting the vibrant events and activities that make our community special—and we'd love your help showcasing them! If you attend a resident-led event or activity that you think should be featured on the Goodwin Living Facebook page, please contact Catie Ramos at CRamos@GoodwinLiving.org.

### DEIB CALENDAR: FEBRUARY 2025 / BLACK HISTORY MONTH

"Memories of our lives, of our works and our deeds will continue in others." - Rosa Parks

Growing up in the segregated South, Parks was frequently confronted with racial discrimination and violence. She became active in the Civil Rights Movement at a young age.

By the time Parks boarded the bus in 1955, she was an established organizer and leader in the Civil Rights Movement in Alabama. Parks not only showed active resistance by refusing to move, she also helped plan and organize the Montgomery Bus Boycott. Many have tried to diminish Parks' role in the boycott by depicting her as a seamstress who simply did not want to move because she was tired. Parks denied the claim and years later revealed her true motivation:

"People always say that I didn't give up my seat because I was tired, but that isn't true. I was not tired physically, or no more tired than I usually was at the end of a working day. I was not old, although some people have an image of me as being old then. I was forty-two. No, the only tired I was, was tired of giving in." [Read on to learn more about Rosa Parks in this article by Arlisha Norwood](#)

- [Black History Month](#)
- [American Heart Month](#)
- [Low Vision Awareness Month](#)
- February 14 – Giving Day / [Valentine's Day](#)
- February 17 – [Presidents' Day](#)
- Evening of February 28 – [Ramadan begins\\*](#)

### ANNOUNCEMENT FROM FACILITIES MANAGEMENT

Please do not turn off the water line to the Crossroads laundromat washing machine, as doing so can cause a malfunction. The water line should only be turned off in case of an emergency. If this happens, please contact Estephanie Rubio at ext. 7244 or via email, so she can arrange for an outside contractor to address the issue.

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### CALL FOR WEDDING PHOTOS!

Get ready for a fun challenge this February as we unveil our mystery wedding photo display! To add to the excitement, we won't be revealing the names of the happy couples in each photo.

To participate, simply bring your framed wedding photo to Elizabeth Whitehouse's office in the Life Enrichment suite anytime between February 3 and 7. We'll collect the photos and display them anonymously from February 10 to 14, just in time for Valentine's Day. While the photos are on display, we encourage residents and team members to test their guessing skills by filling out a provided sheet with their best guesses of who's who. The resident and team member who correctly identifies the most couples will win a special prize. Don't miss out on the fun!

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### ANNOUNCEMENT FROM THE RESIDENT HEALTH COMMITTEE

February is American Heart Health Month. The Health Committee is asking everyone to wear red on Friday, February 7. There will be heart health information available in the Rotunda that day. Learn about your heart, how to keep it healthy, and how to share your love with others.

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### JOIN ENCORE LEARNING

We hope you heard the news that you may sign-up for membership with Encore Learning membership for free due to the generosity of the Goodwin Living Foundation. It's easy to sign-up for membership, just go to: <https://encorelearning.net/membership/goodwin/>. Registration for the spring classes begins Monday, February 3 at 10:00 AM. **Encore Learning will be onsite to assist with course registration on Tuesday, February 4 from 11-1 in the Rotunda.** Stop by to sign up for the free membership or to register for classes.

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### STRONGERMEMORY

StrongerMemory by Goodwin Living is an innovative program designed to support brain health by stimulating the prefrontal cortex, which governs our ability to retrieve memories. The program emphasizes creating an ongoing routine to incorporate three simple exercises: reading aloud, doing basic math, and writing by hand, that have been shown to improve recall, focus, and overall memory through consistent use. We recommend spending around 20-30 minutes on each exercise five days a week to receive the best results. Would you like a free copy of the StrongerMemory workbook? Contact Ellie Pettoni, Brain Health Coordinator, at [epettoni@goodwinliving.org](mailto:epettoni@goodwinliving.org) or 703-578-7431 with any questions.

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### MLK DAY OF SERVICE

Thank you for your support of our MLK Day of Service. Residents and team members donated over 2,200 non-perishable food items and toiletries for the Alexandria Domestic Violence Shelter. We are grateful for your generosity!

**ANNOUNCEMENT FROM THE WHATNOT SHOP**

The WhatNot Shop is closed until construction is complete. The WhatNot Shop needs your help.

1. Storage--If you have space in a resident storage bin, may we use it until we reopen? Some space is needed now and some for later if we are able to open for donations .
2. Volunteers-- We could use more volunteers. Sales and donations alternate Thursdays. Sales 12:00 p.m. to 3:00 p.m. Donations 10:00 a.m. to 12:00 p.m. Other hours are needed to price, sort, and stock.
3. If we secure more storage space, we might be able to take donations while we are closed to refresh our offerings.
4. To that end--- now would be a good time to search your storage bins and closets for Items that you know you will not use again. Support Goodwin Living Foundation and keep clean usable items until we can accept donations. Questions? Contact Trude Myers by email, trudem1216@gmail.com.

**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.

**February 4: Goodwin Living Foundation**

Valerie Burke and James Woodward, Goodwin Living Foundation’s Chief Philanthropy Officer and Director of Development respectively, speak on how the Foundation provides support for residents in need and funds programs dedicated to residents’ well-being, as well as supporting several programs for team members. Hosted by Betty Plionis.

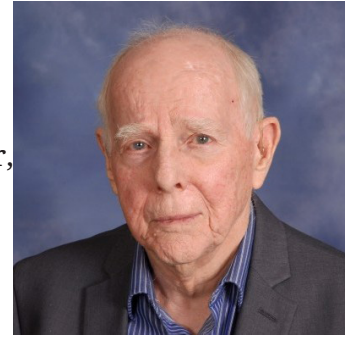
**February 11: Technology Committee & IT Device Clinic**

The Technology Committee directs requests for technology equipment and service needs directly to the Executive Director and the Resident Council. It holds monthly meetings open to all residents. The IT Resident Volunteer team (the Bistro Bunch) offers IT Device Clinics Mondays and Thursdays in the Bistro and makes house calls. Volunteers present classes on tech topics requested by residents. Stefanie Reponen hosts committee co-chairs Carol Biondolillo and Wren Gurney and member Jeanne Springmann.

## FEBRUARY RESIDENT SHOWCASE

### MEET HOWARD HODGES

Check out the February Resident Showcase on the resident website and meet Crossroads resident Howard Hodges. Howard is an accountant, a world cruiser, a dedicated walker, and a centenarian. To read more, go to [www.lifeatghbc.com](http://www.lifeatghbc.com) and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet Howard, 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.



## TRIPS AND OUTINGS

### **MATILDA (MUSICAL), LITTLE THEATRE OF ALEXANDRIA**

Sunday, February 23

- Sign up Monday, February 17 in the Resident Business Center.
- Ticket \$36.
- Contact: Gloria Rothman, ext. 7517

## 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, FEBRUARY 3

 11:00 a.m. – 12:30 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)


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

Art Film – See information on Page 2

### TUESDAY, FEBRUARY 4

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



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

**Advanced Ceramics Group Meets** - Contact Carol Lewis at ext. 7546.  
**Cardmaking** – Join resident Vicky Moore in the Art Center to have fun creating greeting cards for your loved ones. Learn how to use various scrapbooking techniques and materials to make multiple handmade greeting cards for various occasions, including Valentine’s Day. This class is perfect for anyone looking for a unique project. No previous art skills are required! (Sign up, 10 participants)

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

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

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

**Music Documentary Film** - In honor of Black History Month, there will be a screening of *20 Feet from Stardom*, an Academy Award winning documentary that shines a spotlight on the lives of Black women backup singers behind some of the greatest musical legends of the 21st century. Triumphant and heartbreaking in equal measure, the film is both a tribute to the unsung voices who brought shape and style to popular music and a reflection on the conflicts, sacrifices, and rewards of a career spent harmonizing with others. Directed by Morgan Neville. Total Run Time: 91 minutes. Discussion to follow. (Media Room)

### WEDNESDAY, FEBRUARY 5

 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 is the third class for residents who have already signed up for six sessions to learn how to create functional and decorative ceramics!

 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: Explore how to create a winter landscape using one-point perspective. (Sign up, 12 participants)



## INSIDE THE ART CENTER

### THURSDAY, FEBRUARY 6



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

**Watercolor Painting** – Explore watercolor painting with Marni Maree, a talented local artist and expert instructor. Learn various watercolor techniques and new approaches to painting through demonstration, instruction, and experimentation. This class is perfect for anyone wanting to try watercolor as well as those with some experience. You will begin painting right away! (Sign up, 15 participants)



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.

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### FRIDAY, FEBRUARY 7



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

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

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### SUNDAY, FEBRUARY 9



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, FEBRUARY 3**

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:15 a.m. Tai Chi, Aerobics Room
- 11:00 a.m. Functional Circuit, Aerobics Room
- 2:00 p.m. Mat Yoga, Aerobics Room

**TUESDAY, FEBRUARY 4**

- 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
- 2:30 p.m. Brain Balance Fitness, Aerobics Room

**WEDNESDAY, FEBRUARY 5**

- 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, Aerobics Room

**THURSDAY, FEBRUARY 6**

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 10:00 a.m. Pilates, **Canceled**
- 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, FEBRUARY 7**

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

**SATURDAY, FEBRUARY 8**

- 8:30 a.m. The 80's Groove, Auditorium
- 9:30 a.m. Total Body Video, Aerobics Room
- 1:30 a.m. Chair Fit, Aerobics Room

**The 80's Groove**

Saturday, February 8 at 8:30 a.m. | Auditorium  
 This is a choreographed exercise routine to music, featuring the 80's hits. Class will work on your coordination and cardio-vascular fitness. Participants are required to be able to move without the help of rollators or canes.

**Valentine's Fitness with Catie – Feel the Love!**

Saturday, February 15 at 11:00 a.m.  
 Celebrate the season of love with a fun, music-filled fitness class. Get moving to love-themed hits from the '60s, '70s, and '80s in a workout designed for all fitness levels—whether seated or standing. Dress in red or pink and bring your Valentine's spirit for this fun, festive workout!

**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](mailto: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, FEBRUARY 3

- 10:30 Monday Movement w/ Miz & Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends (Community Room)
- 2:00 The Last Movie Stars: A Star Is Born (Community Room)
- 3:00 February Trivia w/ Michelle (Crossroads Area)

### TUESDAY, FEBRUARY 4

- 10:00 Chair Fitness w/ Miz & Vy (Community Room)
- 10:30 Morning Art Discussion w/ Sarah & Vy
- 11:15 Art Therapy Group w/ Nicky (Community Room)
- 2:00 Today in History & Monthly Gazette w/ Michelle (Crossroads Area)
- 3:00 Weekly Musician Spotlight w/ Sam (Community Room)

### WEDNESDAY, FEBRUARY 5

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

### THURSDAY, FEBRUARY 6

- 10:30 Morning Stretches w/ Sarah & Vy (Community Room)
- 11:00 February Fun Facts w/ Vy (Community Room)
- 2:00 Helping Hearts Dance Performance w/ Vy (Auditorium)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 Music Group w/ Sam (Crossroads Area)
- 7:00 Evening Bingo w/ Susanna & Vy (Living Room)

### FRIDAY, FEBRUARY 7

- 10:30 Service Project for AFAC w/ Michelle (Community Room)
- 2:30 Black History Month Spotlight w/ Michelle: Tuskegee Airmen (Crossroads Area)
- 3:00 Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 Friday Fitness w/ Olga (Community Room)

### SATURDAY, FEBRUARY 8

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

### SUNDAY, FEBRUARY 9

- 10:15 Morning World Travel w/ Elizabeth (Community Room)
- 10:30 Sunday Service in the Chapel
- 11:00 Sunday Stretches w/ Mar\_T (Community Room)
- 3:30 Puzzles & Word Games Station in the Community Room

## HEALTH CARE CENTER PROGRAMS

### MONDAY, FEBRUARY 3

- 9:30 Sip & Social
- 10:30 Spiritual Devotions w/ Chaplaincy
- 11:00 Monday Workout w/ Aki
- 2:00 Trivia in the Atrium w/ Aki
- 3:30 Art Therapy Group w/ Nicky & Aki

### TUESDAY, FEBRUARY 4

- 9:30 News & Views
- 10:30 Techno Workout w/ Vilma
- 11:00 Word Game: Categories w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 2:00 Residents Choice w/ Aki
- 3:30 Black History Bingo! w/ Aki, Vilma & Friends
- 7:15 Foundation Concert: District Strings Quartet w/ Vy

### WEDNESDAY, FEBRUARY 5

- 9:30 Headlines of the Day
- 10:30 Seated Fitness w/ Miz
- 11:00 Sing-Along w/ Anne & Aki
- 2:00 Men's Group w/ Aki & Friends
- 2:00 1:1 Visits w/ Vilma
- 3:30 Music Therapy Small Group w/ Sam
- 3:30 Social Hour w/ Vilma & Aki

### THURSDAY, FEBRUARY 6

- 9:30 Today in History
- 10:30 70s Workout w/ Vilma
- 11:00 Cranium Crunches w/ Aki
- 2:00 Helping Hearts Dance Performance in the Auditorium w/ Vilma & Aki
- 4:00 Piano Tunes w/ Dr. Wilmot, Aki, & Vilma

### FRIDAY, FEBRUARY 7

- 9:30 Dining Room Discussion
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Table Games: Obie w/ Aki & Vilma
- 3:30 Melodies of Love w/ Sam

### SATURDAY, FEBRUARY 8

- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Seated Fitness w/ Mar\_T & Miz
- 2:15 Saturday Sweets w/ Miz: Brownie Tasting

### SUNDAY, FEBRUARY 9

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Seated Exercise on TV CHANNEL 1960
- 11:15 Exercise w/ Myra & Elizabeth
- 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, FEBRUARY 3**

8:30 a.m. Total Body Standing, Auditorium  
 9:00 a.m. IT Device Clinic, Bistro  
 9:30 a.m. Chair Fit, Aerobics Room  
 10:00 a.m. Resident Council Business Meeting, Board Room  
 10:15 a.m. Tai Chi, Aerobics Room  
**10:15 a.m. Understanding Computers, Auditorium**  
 10:30 a.m. Seated Fitness, Ch. 1960  
**11:00 a.m. Artist Trading Cards, Art Center**  
**11:00 a.m. Encore Learning Registration, Rotunda**  
 11:00 a.m. Functional Circuit, Aerobics Room  
 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  
 1:30 p.m. Veterans Committee Meeting, ToW  
 2:00 p.m. Trivia, Atrium  
 2:00 p.m. Mat Yoga, Aerobics Room  
 2:00 p.m. Rummikub, Card Room  
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study  
 6:45 p.m. Mexican Dominos, Game Room

**TUESDAY, FEBRUARY 4**

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. Card Making, Art Center**  
 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  
 1:00 p.m. Mah Jongg, Card Room  
 1:30 p.m. Knit For Kids, Art Center  
**1:30 p.m. Rob's Fireside Chat, Fireside**  
**2:00 p.m. Music Documentary Film, Media Room**  
 2:30 p.m. Brain Balance Fitness, Aerobics Room  
 4:00 p.m. Newcomers, Auditorium  
**7:15 p.m. The Geraldine S. Smith Concert Series presented by the Goodwin Living Foundation: District Strings**

**WEDNESDAY, FEBRUARY 5**

8:30 a.m. Total Body Standing, Auditorium  
 9:30 a.m. Chair Fit, Auditorium  
**10:00 a.m. Beginning Ceramics, Art Center**  
 10:00 a.m. Holy Communion Service and Healing Prayers and Anointing, Chapel  
 10:30 a.m. Seated Fitness, Ch. 1960

**Bolded Events Reflect New or Infrequent Upcoming Activities**

11:00 a.m. Functional Circuit, Aerobics Room  
 11:00 a.m. Meditation, Ch. 1960  
 11:15 a.m. Contemplative Worship (Quaker), Smith Study  
 11:30 a.m. Chair Yoga, Ch. 1960  
 2:00 p.m. Drawing Skills, Art Center  
 2:00 p.m. Gentle Chair Yoga, Aerobics Room  
 2:00 p.m. Informal Open Bridge, Card Room  
 3:00 p.m. Great Courses, Media Room  
 3:00 p.m. Technology Committee Meeting, Top of the West  
 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  
 4:30 p.m. Line Dancing, Aerobics Room  
 7:00 p.m. Bingo, ToW

**THURSDAY, FEBRUARY 6**

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. Standing Total Body Stretch, Ch. 1960  
 10:00 a.m. Water Aerobics, Pool  
 10:00 a.m. Watercolor Painting, Art Center  
 10:30 a.m. Seated Fitness, Ch. 1960  
 11:00 a.m. Muscle Relaxation, Ch. 1960  
 11:30 a.m. Chair Fit, Aerobics Room  
 1:00 p.m. Creative Writing, Formal Parlor  
 2:00 p.m. Duplicate Bridge, Card Room  
**2:00 p.m. Helping Hearts Dance Performance, Auditorium**  
 2:30 p.m. Brain Balance Fitness, Aerobics Room  
 3:00 p.m. Wood Carving, Art Center  
 3:30 p.m. U.U. Ministerial Visit, ToW  
 3:00 p.m. Woodcarving, Art Center  
 4:00 p.m. Meditation Group, Smith Study  
**7:00 p.m. 100 Women Who Care in Northern Virginia, ToW**  
 7:00 p.m. Poker, Game Room

**Bolded Events Reflect New or Infrequent Upcoming Activities**

**FRIDAY, FEBRUARY 7**

- 8:00 a.m. **Wear Red for Heart Health**
- 8:00 a.m. **Sports Jersey Friday**
- 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. Resident Health Committee Meeting, Top of the West
- 10:15 a.m. Chair Yoga, Auditorium
- 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. **IT Frustrations 101 Workshop, Atrium**
- 11:30 a.m. Shopping Shuttle - Giant, Departs from Main Entrance
- 1:00 p.m. Afternoon Concert, Media Room
- 1:00 p.m. Encore Chorale, Auditorium
- 2:00 p.m. Jeopardy, Board Room
- 2:30 p.m. Mat Yoga, Aerobics Room
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

**SATURDAY, FEBRUARY 8**

- 8:30 a.m. The 80's Groove, 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
- 1:30 a.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: *A Real Pain*, Auditorium

**SUNDAY, FEBRUARY 9**

- 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
- 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

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