

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 37, Number 7 ✨ February 17, 2025

UPCOMING MEETINGS

Movie Committee

Monday, February 17 at
3:00 p.m. | Board Room

Dining Services Committee

Thursday, February 20 at
9:30 a.m. | Board Room

Arts Committee

Friday, February 21 at
3:00 p.m. | Art Center

CHANGES

Grounds Committee Meeting

Wednesday, February 19 at 1:30
p.m. | Top of the West - **Location
Change**

COVID CASES AS OF FEBRUARY 13

Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

FARM ANIMAL MINI PETTING ZOO

Monday, February 17 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.

Come and learn more about these animals and explore this mini petting zoo.



SR. QUEST: MIND, BODY, SPIRIT -- FORGIVENESS

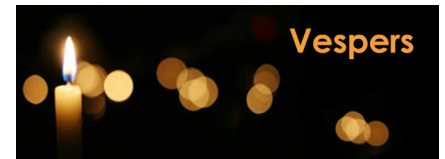
Monday, February 17 at 7:30 p.m. | Auditorium

Greta Christ, our GHBC Counselor, will present "Seventy Times Seven: How Forgiveness Impacts Our Mental State" as part of this year's Senior Quest for Meaning Series on Spiritual Practices: Mind, Body, Spirit. Note that the presentation will be in the evening.



VESPERS AT GOODWIN HOUSE







Tuesday, February 18 at 7:15 p.m. | Chapel



All GHBC 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 Goodwin House draws on a range of spiritual practices using chants, music, readings, and silence. Vespers is a ritual of few words with contemplative time that invites each of us to think about what is important to us. The invitation of Vespers is to let the ritual wrap us in quiet and grace. Please join us. February's theme is "Hope."



WELLNESS ICON KEY:

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

MORE HAPPENINGS

ART FILM - *AILEY*

Monday, February 17 from 1:00 p.m. to 3:00 p.m. | Media Room

Alvin Ailey was a trailblazing pioneer who found salvation through dance. In honor of Black History Month, there will be a screening of *AILEY*, a documentary about the iconic American choreographer Alvin Ailey. Told through Ailey's own words and featuring evocative archival footage and interviews with those who intimately knew him, this film traces the full contours of a brilliant and enigmatic artist whose search for the truth in movement resulted in enduring choreography that centers on the Black American experience with grace, strength, and unparalleled beauty. Directed by: Jamila Wignot. Total Run Time: 94 minutes. Discussion to follow. (Media Room)

YOUR MIND MATTERS: MONTHLY BRAIN HEALTH TALK SERIES

Tuesday, February 18 from 1:30 p.m. to 2:30 p.m. | Board Room

Join Us for "Heart & Brain Connections: How Relationships Keep Your Mind Sharp!" Did you know that staying socially connected is just as important for your brain as it is for your heart? In this engaging session, we'll explore how friendships, family ties, and social activities can boost memory, reduce stress, and lower the risk of cognitive decline. Discover fun, easy ways to strengthen your connections, meet new people, and keep your brain thriving. Plus, learn why acts of kindness are a secret superpower for mental well-being. Don't miss this opportunity to nurture both your heart and mind—join us for an uplifting and interactive discussion!



DRAMATIC ESSAY READINGS BY RESIDENT BARBARA MORRIS

Tuesday, February 18 at 3:00 p.m. | Formal Parlor

Relax, laugh, shed a wayward tear as author/freelancer Barbara shares her experiences about such things as French toilets, fruit flies, piranhas of the Amazon, para-gliding over Acapulco, and fat babies.



THE GREAT COURSES: *THE VIKINGS*

Wednesday, February 19 at 3:00 p.m. | Media Room

- Episode 5: *The Age of Migrations*
- Episode 6: *The Norse Gods*

GHBC PLAY READING GROUP TO DO ACT 2 OF *LEGENDS!*

Wednesday, February 19 at 3:30 p.m. | Board Room

GHBC Play Reading Group will be doing Act II of *Legends!* by James Kirkwood. After seeing Act I earlier this month, a member of the Group said, "Act I was really well done and very, very funny!" We hope Act II will be equally amusing. Join us! If you want to be on our emailing list write to Catherine Irwin at cath.irwin@comcast.net



MORE HAPPENINGS

SING ALONG WITH ALAN FREY

Thursday, February 20 at 4:00 p.m. | Rotunda

Join Alan as he plays oldies and show tunes. Lyrics will be provided to enable you to sing, hum, or just listen. Alan has been doing these programs for the Assisted Living and The Terrace groups for several years. Come and enjoy the fun!

IT FRUSTRATIONS 101 WORKSHOP: "HOW TO SEND A PHOTO IN EMAIL"

Friday, February 21 at 11:30 a.m. to 12:00 p.m. | Atrium

Bring your phone or tablet. This is a hands-on activity.

Future dates and topics:

- February 28: "How to Send a Photo in a Text Message"
- March 7: "How to Add an Event to Your Calendar"
- March 14: "How to Delete an App from Your Device"
- March 21: "How to Use Maps to Get Directions"



SAVE THE DATE FOR AN UPCOMING LECTURE

Wednesday, February 26 at 1:30 p.m. | Auditorium

The Concerned Citizens Network of Alexandria (CCNA) and Goodwin Living are proud to partner a speaker series that explores the lasting legacies of President Abraham Lincoln and Dr. Martin Luther King, Jr. Questions? Contact Tiffany Proctor at TProctor@GoodwinLiving.org



CURATING THE JULIA CHILD KITCHEN EXHIBIT AT THE SMITHSONIAN MUSEUM OF AMERICAN HISTORY

Wednesday, March 5 at 2:00 p.m. | Goodwin House Alexandria Auditorium | Bus Departs at 1:15 p.m. at the Main Entrance

What are your memories of Julia Child? Have you seen the exhibit of her kitchen at the Smithsonian Museum of American History? Come join a conversation with Paula Johnson, Curator and Public Historian at the Smithsonian National Museum of American History in Washington DC., and author of *Julia Child's Kitchen: The Design, Tools, Stories, and Legacy of an Iconic Space* published in October of 2024. The author will have books on hand for sale.

AFTERNOON CONCERT

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

Friday, February 21: **THE FIREBIRD & REVELATIONS BALLETS**

In honor of Black History Month, we present The Dance Theater of Harlem production of the *The Firebird* by Stravinsky and, from the Alvin Ailey American Dance Theater, their signature piece *Revelations*.

Running time: 1 hour, 10 minutes.



MORE HAPPENINGS

SATURDAY NIGHT MOVIE - *AMERICAN SYMPHONY*

Saturday, February 22 at 7:15 p.m. | Auditorium

Musician Jon Batiste sets out to compose a symphony. Then his life partner, author Suleika Jaouad, learns that her cancer is back. This documentary is a portrait of two artists at a crossroads and a meditation on art, love, and the creative process.



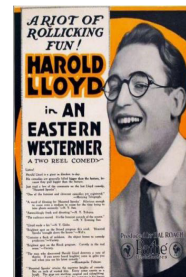
PG-13, 2023, Musical/Melodrama, 1 hour 44 minutes



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: HAROLD LLOYD

Saturday, February 22 from 12:00 p.m. to 1:30 p.m. | Board Room

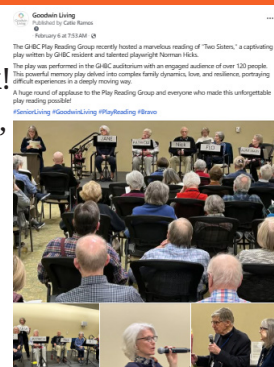
An Eastern Westerner (1920). A young slacker from the East Coast is shipped off to a ranch in the Wild West by his father. There the boy becomes smitten with a local girl and encounters the villainous Tiger Lip Tompkins.



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

CHECK OUT WHAT'S NEW ON THE GOODWIN LIVING FACEBOOK PAGE!

Explore the latest resident-led initiatives at GHBC on the Goodwin Living Facebook! The GHBC Play Reading Group recently hosted a captivating reading of *Two Sisters*, an original play by resident playwright Norman Hicks, performed for an audience of over 120 guests. Want to showcase a resident-led event or activity on the Goodwin Living Facebook page? Contact Catie Ramos at CRamos@GoodwinLiving.org for details.



ANNOUNCEMENT FROM THE CLINIC

The Clinic will be closed on Saturday, February 22. We will provide more information on the Clinic schedule next week.

STRONGERMEMORY

StrongerMemory by Goodwin Living boosts brain health by stimulating the prefrontal cortex with three simple exercises: reading aloud, basic math, and handwriting. Just 20-30 minutes a day, four-five days a week, can improve memory, focus, and recall. Would you like a free copy of the StrongerMemory workbook? Contact Ellie Pettoni, Brain Health Coordinator, at epettoni@goodwinliving.org or 703-578-7211 with any questions. StrongerMemory Tip: Treat it as "You Time" - a moment just for you. Prioritizing brain health is self-care, and you deserve it.

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 18, 2025: Communications

GHBC communicates in many ways: West Winds, The Scoop, DEI Friday Thoughts, the big screens, and email blasts. Carol Lewis hosts Steffan Barahona, Alison Neov, Jeanne Hobbs, and Catie Ramos, all of whom provide us with the news we need (and most of it is ultimately posted on the resident website.)

February 25, 2025: Executive Director Hwan Yi

Hwan Yi, our new Executive Director, joins host Betsy Bailey to tell us a bit about himself and his impressions of the GHBC community in his first few months here. What are his plans for leading us through the trials, tribulations, and surprises that might lie ahead?

TRIPS AND OUTINGS**LITTLE THEATRE OF ALEXANDRIA PRESENTS MATILDA THE MUSICAL**

Sunday, February 23 at 2:00 p.m | Board Shuttle at 1:15 p.m. Front Entrance

In this musical, set in contemporary UK, Matilda Wormwood is a gifted child with a love of books and a vivid imagination. Along with her teacher and friends, Matilda stands up for justice against the headmistress and other adults who can't be bothered with the affairs of children. This two-act show lasts two hours and 30 minutes including intermission.

- Cost: Ticket \$36 plus Transportaion \$13.00
- Sign up starts on Monday, February 17 at 11:30 a.m. and deadline is Friday, February 21 at 10:00 a.m.
- 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 17

 12:30 p.m. – 2:00 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)


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

Art Film – See information on Page 2

 3:00 p.m. – 5:00 p.m.

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

TUESDAY, FEBRUARY 18

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

 10:30 a.m. – 12:00 p.m.

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


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)



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

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

WEDNESDAY, FEBRUARY 19

 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 fifth 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: Experiment with graphite, pens, and ink to draw a still life of a cup of hot tea. (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.

INSIDE THE ART CENTER

THURSDAY, FEBRUARY 20



10:30 a.m. - 2:30 p.m.

Art Trip to view special exhibitions at the National Museum of African American History and Culture - Experience the National Museum of African American History and Culture, including the recently opened special exhibit featuring a dynamic mix of history, art, and media "In Slavery's Wake: Making Black Freedom in the World." This multi-lingual exhibition features 100 objects, 250 images, and 10 multi-media interactives and films that immerse visitors in the freedom-making practices of Black communities navigating both the histories and the legacies of racial slavery and colonialism. As the 19th museum of the Smithsonian Institution, the National Museum of African American History and Culture is the only national museum devoted exclusively to the documentation of African American life, history, and culture, which it shares through exhibitions connecting stories, scholarship, art, and artifacts from the past and present to illuminate the contributions, struggles, and triumphs that have shaped America. There will also be time to explore the collection on your own as well as have lunch at The Sweet Home Café housed in the museum.

- Cost: \$17.00 transportation fee
- Departure: Bus boards at 10:30 a.m.
- Sign Up: Monday, February 17 at 9 a.m. in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, shenninger@goodwinliving.org



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, FEBRUARY 21



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



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

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

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

SUNDAY, FEBRUARY 23



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 17

- 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
- 2:15 p.m. Mat Yoga, Aerobics Room - **Time Change**

TUESDAY, FEBRUARY 18

- 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 19

- 8:30 a.m. Total Body Standing, Aerobics Room
- 8:30 a.m. Fit Camp with Miz, Fitness Main Room
- 9:30 a.m. Chair Fit, Aerobics Room
- 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 20

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 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, FEBRUARY 21

- 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 22

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

Fit Camp

Wednesday, February 19 at 8:30 a.m. | Fitness Center Main Room

This class consists of a series of aerobics exercises like stepping, marching, knee lifting, and more combined with weight training. This is not a seated class; you will be on your feet the most of the class.

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, FEBRUARY 17

- 10:30 Monday Movement w/ Miz (Community Room)
- 11:00 Sing-a-Long w/ Anne & Friends (Community Room)
- 2:00 President's Day Screening: Jimmy Carter: Rock & Roll President (Community Room)
- 3:00 Farm Animal Petting Zoo in the Atrium

TUESDAY, FEBRUARY 18

- 10:00 Chair Fitness w/ Miz & Vy (Community Room)
- 10:30 Morning Art Discussion w/ Sarah & Vy (Community Room)
- 11:15 Art Therapy Group w/ Nicky (Community Room)
- 2:30 Afternoon Coffee Break w/ Michelle (Crossroads Area)
- 7:00 Evening Bingo w/ Sussanna & Vy (Living Room)

WEDNESDAY, FEBRUARY 19

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

THURSDAY, FEBRUARY 20

- 10:15 Morning Stretches w/ Miz & Vy (Community Room)
- 10:45 AL Dining Committee Meeting w/ Ali & Vy (Community Room)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 3:00 Chocolate Tasting w/ Michelle (Crossroads Area)

FRIDAY, FEBRUARY 21

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

SATURDAY, FEBRUARY 22

- 10:00 Chair Chi Exercise w/ Miz (Community Room)
- 3:30 Daily Chronicles & Dessert w/ Miz (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, FEBRUARY 23

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

HEALTH CARE CENTER PROGRAMS

MONDAY, FEBRUARY 17

- 9:30 Today in History
- 10:30 Spiritual Devotions w/ Chaplaincy & Vilma
- 11:00 Biking w/ Vilma
- 2:00 Art Therapy Group w/ Nicky
- 3:30 Farm Animal Petting Zoo in the Atrium w/ Vilma

TUESDAY, FEBRUARY 18

- 9:30 Morning News
- 10:30 Exercise w/ Sarah
- 11:00 Word Game: Name 5 w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 2:00 Community Stroll w/ Aki
- 3:30 Bingo! w/ Vilma, Aki & Friends

WEDNESDAY, FEBRUARY 19

- 9:30 Sip & Social
- 10:30 Seated Fitness w/ Miz
- 11:00 Sing-Along w/ Anne
- 2:00 Men's Group w/ Aki & Friends
- 2:00 Books on Wheels w/ Vilma
- 3:30 Stronger Memory w/ Jessica, Aki & Vilma

THURSDAY, FEBRUARY 20

- 9:30 Headlines of the Day
- 10:30 Move It! w/ Vilma
- 11:00 Mental Aerobics w/ Aki
- 2:00 Residents Choice w/ Aki & Vilma
- 3:30 Birthday Party Celebration w/ Vilma & Aki
- 4:00 Piano Tunes w/ Dr. Wilmot
- 5:00 Men's Dinner in the Bistro w/ Aki & Vilma

FRIDAY, FEBRUARY 21

- 9:30 Dining Room Discussion
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Crochet Group w/ Vilma
- 2:00 1:1 Visits w/ Aki
- 3:30 Baking Cookies w/ Vilma & Aki

SATURDAY, FEBRUARY 22

- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Seated Fitness w/ Mar_T & Miz
- 2:15 Cocoa & Crosswords Cart w/ Miz

SUNDAY, FEBRUARY 23

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Seated Exercise on TV CHANNEL 1960
- 11:15 Exercise w/ Myra & Aki
- 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 17

8:30 a.m. Total Body Standing, Auditorium
 9:00 a.m. IT Device Clinic, Bistro
 9:30 a.m. Chair Fit, Aerobics Room
 10:15 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. 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
 12:30 p.m. Artist Trading Cards, Art Center
 1:00 p.m. Art Film, Media Room
 2:00 p.m. Mat Yoga, Aerobics Room
 2:00 p.m. Rummikub, Card Room
 2:00 p.m. Trivia, Atrium
 2:00 p.m. Smartphone Users Group, ToW
 3:00 p.m. Handmade Gifts, Art Center
 3:00 p.m. Movie Committee Meeting, Board Room
3:30 p.m. Farm Animals Mini Petting Zoo, Atrium
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
 6:45 p.m. Mexican Dominos, Game Room
7:30 p.m. Senior Quest for Meaning, Auditorium

TUESDAY, FEBRUARY 18

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 9:00 a.m. Pickleball, Pickleball Court
9:00 a.m. Seamstress, Smith Study

9:30 a.m. Advanced Ceramics, Art Center
 10:00 a.m. Caregivers Support Group, Board Room
 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. Artist Trading Cards, 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
 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. Your Mind Matters: Monthly Brain Health Talk, Board Room
 2:30 p.m. Brain Balance Fitness, Aerobics Room
3:00 p.m. Dramatic Essay Readings by Resident Barbara Morris, Formal Parlor
 4:00 p.m. Newcomers, Auditorium
7:15 p.m. GHBC Vespers, Chapel

WEDNESDAY, FEBRUARY 19

8:30 a.m. Total Body Standing, Aerobics Room
8:30 a.m. Fit Camp with Miz, Fitness Main Room
 9:30 a.m. Chair Fit, Aerobics Room
 10:00 a.m. Beginning Ceramics, Art Center
 10:00 a.m. Holy Communion Service and Healing Prayers and Anointing, Chapel

Bolded Events Reflect New or Infrequent Upcoming Activities

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
1:30 a.m.	Grounds Committee Meeting, ToW
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 Kickstart, Art Center
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 20	
8:15 a.m.	Stretch and Flex, Aerobics Room
9:00 a.m.	Functional Fit, Aerobics Room
9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Arlington Comm. Credit Union open, Crossroads Ground Level
9:30 a.m.	Dining Services Committee Meeting, 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.	Art Trip, Departs From Main Entrance
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.	Poetry Group, Smith Study
2:30 p.m.	Brain Balance Fitness, Aerobics Room
3:00 p.m.	Wood Carving, Art Center
4:00 p.m.	Meditation Group, Smith Study
4:00 p.m.	Sing Along w/ Alan Frey, Rotunda
7:00 p.m.	Poker, Game Room

Bolded Events Reflect New or Infrequent Upcoming Activities

FRIDAY, FEBRUARY 21

- 8:30 a.m. Flower Arrangers Group, Art Center
- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. Chair Yoga, Auditorium
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. 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
- 3:00 p.m. Arts Committee Meeting, Art Center
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, FEBRUARY 22

- Clinic Closed all day**
- 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. 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: *American Symphony*, Auditorium

SUNDAY, FEBRUARY 23

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:15 a.m. UU Service, Board Room
- 10:00 a.m. Catholic Communion Service, TOW
- 10:30 a.m. Holy Eucharist Service, Chapel
- 1:15 p.m. Little Theatre of Alexandria: Matilda the Musical, Board At Main Entrance**
- 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.
Submission Deadline is Saturdays at 5:00 p.m.**