

WEST WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 37, Number 10 ✨ March 10, 2025

UPCOMING MEETINGS

Community Meeting

Monday, March 10 at 10:00 a.m. | Auditorium

Fitness Committee

Tuesday, March 11 at 1:00 p.m. | Formal Parlor

Finance Committee

Wednesday, March 12 at 3:00 p.m. | Pointe Conference Room

Community Service Committee

Thursday, March 13 at 2:00 p.m. | Top of the West

Trips & Outings Committee

Friday, March 14 at 3:00 p.m. | Board Room

GHBC COMMUNITY MEETING

Monday, March 10 from 10:00 a.m. to 11:00 a.m. | Auditorium
Want to Use Your Skills to Help Others? Come and learn about tutoring and mentoring opportunities within and outside our walls. You can tutor team members or mentor college interns right here at GHBC—or share your expertise in other locations. Find out how to get involved. Q&A will follow.



FOREIGN AFFAIRS LECTURE: "UKRAINE AND RUSSIA: WHERE ARE WE?"

Tuesday, March 11 from 7:30 p.m. to 8:30 p.m. | Auditorium

Peter A. Clement, Professor in the School of International and Public Affairs at Columbia University and former US Intelligence Officer presents, "Ukraine and Russia: Where are We?"



What led Putin to invade Ukraine? (After three years, based on current battlefield trends.) How might this war end? What are the stakes for Europe, Eurasia, and the world? Can a peace still be negotiated?



CHANGES

BOM-COM Committee

Thursday, March 13 at 10:00 a.m. | Pointe Conference Room - **Location Change**

COVID CASES AS OF MARCH 6

Independent Living (IL): 1
Assisted Living (AL): 0
Health Care Center (HCC): 0
Team Members: 0

I AM NOT CONTENT - THE LIFE OF FRANCES PERKINS

Tuesday, March 11 at 2:30 p.m. | Auditorium

The life of Frances Perkins, Secretary of Labor under Franklin Delano Roosevelt and founder of Social Security, is retold in this dynamic one-woman play. The setting is an introductory lecture given by Ms. Perkins at Cornell University in 1957. (She recounts significant events of her life including witnessing the Triangle Shirtwaist Factory fire, her relentless pursuit of worker safety issues in New York factories, and her twelve years as FDR's Secretary of Labor when she played a key role in developing the economic recovery programs of the New Deal and the landmark legislation that established Social Security.) Through anecdotes and life narrative, Frances Perkins reiterates her fundamental principle: as long as there is a single American worker who does not have decent wages, humane hours, and a safe place to work, "I am not content." Join us for this special program to celebrate Women's History month presented by performer Kathie Mack.

MORE HAPPENINGS

UNDERSTANDING COMPUTERS: INTERMEDIATE

Mondays at 10:00 a.m. | Top of the West

Join Victor Otusanya for an intermediate computer course. The course expands on the basics of computing and is perfect for those looking to learn something new or to refresh their skills. If you miss one session, don't worry, there are two opportunities to attend. Please bring your smartphone for a fun Kahoot! quiz. Arrive early for assistance connecting your phone to the network.

Intermediate 1: March 10 & 24

Intermediate 2: March 17 & 31

BAILEY'S BIDERS MEETING

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

Please join us to talk about BIRDS. Spring migration is coming -- we have seen goldfinches at the Knoll Garden feeder. It's time to plan some walks. People are needed to help fill the 2 bird feeders (Knoll Garden and Clinic area). The feeders are filled daily by volunteers who also purchase the seed. Donations are always appreciated to help buy the seed which costs about \$50 per month. Please send cash or checks to Tom Dorrier at Apt. 1072. A bird talk featuring Birds of Prey is planned for March 25 at 2 p.m. in the Auditorium. A live hawk will be present!

MARCH COFFEE AND CONVERSATION WITH COO CHANDRA KUMAR

Wednesday, March 12 at 2:00 p.m. | Top of the West

The Seventh Floor residents of the Crossroads and the Pointe are invited to join a Conversation with Chandra Kumar. This is a chance for a small group of residents to discuss what they enjoy here and what might be better with one of Goodwin Living's chief executives. If your apartment number starts with 7, please join us! RSVP to Sue LaRue at susan.larue275@gmail.com or ext. 3655.

GREAT COURSES: *THE VIKINGS*

Wednesday, March 12 at 3:00 p.m. | Auditorium

- Episode 7: Runes, Poetry and Visual Arts
 - Episode 8: Legendary Kings and Heros
-

COMPUTER CORE IT ASSISTANCE

Thursday, March 13 from 10:00 a.m. to 11:00 a.m. | Bistro Private Dining Room

The resident-led IT Device Clinic is partnering with Computer CORE, a local non-profit organization that teaches adults foundational digital and professional skills. Volunteers from this organization will be on-site to answer questions about your PC, laptops, or mobile devices (iPhones, Androids, tablets). Sign up in the Resident Business Center on Friday, March 7, in the Trips binder under Classes. Questions? Contact Steffan Barahona at SBarahona@GoodwinLiving.org.

MORE HAPPENINGS

SPECIAL LECTURE BY LASH LARUE

Thursday, March 13 at 3:00 p.m. | Auditorium

Lash Larue, GHBC Resident and Emeritus Professor of Constitutional Law.

"Powers and the Constitution." In this timely talk, Lash will speak on the Constitution and what it really says about Separation of Powers and Checks and Balances.

AFTERNOON CONCERT

Every Friday at 1:00 p.m. | Top of the West

Friday, March 14: *LA BAYADÈRE* BALLET

La Bayadere (The Temple Dancer) is an 1877 ballet staged in four acts and seven tableaux by the French choreographer Marius Petipa and set to music by Ludwig Minkus. The story takes place in mythical India. Production from the Marinsky Ballet in St. Petersburg, Russia. Running Time: 2 hours and 14 minutes.



GROOVE & MOVE TO 60s HITS!

Saturday, March 15 at 10:30 a.m. | Auditorium

Join Executive Assistant and AFAA Certified Group Fitness Instructor Catie Ramos for an energizing fitness class featuring easy-to-follow choreography that can be done seated or standing. The class will feature classic hits from the 60s like "Da Doo Ron Ron," "Everyday People," and "For Once In My Life." The class will also include a strength segment. To celebrate St. Patrick's Day, let's turn the class into a sea of green—wear your favorite festive gear!

SATURDAY CINEMA MATINEE: *THE EPIC BATTLE OF THE CENTURY*

Saturday, March 15 from 12:00 p.m. to 1:30 p.m. | Board Room

The Epic Battle of the Century (1927). A scheming fight manager who attempts to collect insurance on his puny fighter by causing an accident. Things don't go according to plan, and the situation escalates into a pie-throwing battle of epic proportions.



SATURDAY NIGHT MOVIE - *LEE*

Saturday, March 15 at 7:15 p.m. | Auditorium

In 1937, Lee is a former New York City fashion model and aspiring photographer living a bohemian lifestyle in France when she meets and falls in love with Roland Penrose. She later moves with Roland to London and gains employment with *Vogue* magazine during World War II, photographing Britons during The Blitz.

R, 2023, War/Drama, 1 hour 57 minutes

Starring: Kate Winslet, Andy Samberg, Alexander Skarsgard, and Marion Cotillard



SAVE THE DATE

ST. PATRICK'S DAY CELEBRATION WITH LIVE MUSIC, FOOD, AND DRINKS

Monday, March 17 at 3:00 p.m. | Atrium/Rotunda

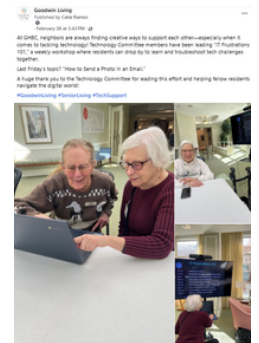
GHBC VESPERS

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

COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

EXPLORE THE NEWEST UPDATES ON THE GOODWIN LIVING FACEBOOK PAGE

At GHBC, neighbors support each other in creative ways—especially with technology. The Technology Committee’s weekly “IT Frustrations 101” workshop helps residents troubleshoot tech challenges together. Thanks to the committee for making the digital world more accessible. Want to feature a resident-led event or activity on the Goodwin Living Facebook page? Contact Catie Ramos at CRamos@GoodwinLiving.org for details.



MARCH 14 DEADLINE FOR THE GIFT MATCH!

For the fifth consecutive year, the Goodwin Living Foundation celebrated Giving Day on February 14. We were thrilled to announce that we have a new gift match this year, thanks to the wonderful generosity of an anonymous donor. The anonymous donor will donate \$1,000 for every donation of \$1,000 or more received between February 10th and March 14th, up to a maximum of \$150,000! This is the perfect time to show your support of the Foundation AND maximize the impact of your gift. As a reminder, the Goodwin Living Foundation is a 501(c)(3) non-profit organization and your donation is tax deductible as allowed by law. Please stop by the Foundation office if you need more information about this gift match, or to make your gift in person.

-The Foundation Team

SOCIAL WORK MONTH - RESIDENT SHOWCASE:

Elizabeth “Betty” Plionis

“I entered social work to make it more responsive and compassionate to the needs of the people I knew.” Social Work is often described, accurately, Betty thinks, as a marginalized profession working with marginalized populations. Betty’s career path included practice with the cognitively impaired, with welfare recipients, and with those suffering from mental and emotional distress. Betty worked in institutional settings, community-based halfway houses, hospitals, and in academia. Later in her career, Betty became a social work educator and Assistant Dean.



ANNOUNCEMENT FROM LIFE ENRICHMENT - CULINARY PASSPORT TRIP

Please note: A new recurring date for our monthly culinary passport trip will be announced soon.

COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

GROUNDS COMMITTEE IS CALLING ALL HOUSEPLANT GROWERS: PLEASE SHARE

The fourth "Pay What You Wish" Houseplant Sale, in conjunction with the annual Knoll Garden Party to benefit the Knoll Garden Fund, will be May 20, 2025. Please help by propagating some new plants from yours for the sale. By starting now, they will be well-established by sale time. Potting soil and some small and mid-sized pots are in the Garden Shed, if you need them. Call Bill Aylor ext. 7559 for delivery of pots to your apartment. Please let Mädi Green know which plants you plan to contribute at ext. 7496 or madigreen@yahoo.com.

STRONGERMEMORY TIP: INCORPORATE THREE SIMPLE EXERCISES INTO YOUR DAILY ROUTINE

Keeping your brain sharp doesn't have to be difficult—just a few simple changes can make a big difference! Try reading out loud while enjoying your morning coffee or tea, solving quick math problems on a mobile app or with flashcards while waiting in line, and writing your to-do list by hand instead of typing. These small habits stimulate your brain and help improve memory, focus, and recall over time. If you'd like a complimentary StrongerMemory workbook, we'd be happy to send you one! Simply provide your name, campus location, and apartment number, and contact Ellie Pettoni, Brain Health Coordinator, at epettoni@goodwinliving.org or 703-578-7211 to request your copy.

RESIDENT COUNCIL TECHNOLOGY COMMITTEE BYTES

Some of your neighbors have volunteered to help with your tech problems. If they can't solve your problem, they will refer you to someone who can. If your floor is not listed, maybe YOU should volunteer.

Current Resident | Tech Floor Volunteers

BUILDING	FLOOR	VOLUNTEER	EMAIL	PHONE
CROSSROADS	4	Ron Karpick	lungone@msn.com	
	4	Marion Hinners	mail4marihinn@gmail.com	
	7	Gary Nooger	bicyclist12345@gmail.com	x7493
	8	John Ewing	johnmcdonaldewing@gmail.com	
	9	Jennifer Frum	frumjb@gmail.com	
	10	Dan Belleghem	dvanbell67@mac.com	
	11	Andrea Baumann	andrbau32@gmail.com	
	11	Carolyn O'Connell	coconnell@cox.net	
	12	Elaine Serlin	serlin@cox.net	
POINTE	4	Wren Gurney	wrenznet@comcast.net	
	8	Mike Molino	mmolino1@me.com	x3149
	9	Wayne Sartis	sarway@me.com	x3163
	10	Anne Tonks	annetonks@yahoo.com	x3107
	11	Peter McNamee	pmcnamee@comcast.net	x7535
	12	Ric Blacksten	hricblacksten@gmail.com	x3171
	13 - 15	Bob Harris	bobharrisaug1941@gmail.com	x3161
		Mildred Neely	solamildred@yahoo.com	x3193

TRIPS & OUTINGS

NATIONAL SYMPHONY ORCHESTRA MATINEE

Friday, April 11 | Board shuttle at 10:15 a.m. at Main Entrance | Depart Kennedy Center immediately after concert ends at approximately 1:45 p.m.

Karina Canellakis conducts *Tristan und Isolde's Prelude* and Liebestod & Scriabin's *The Poem of Ecstasy* | Alban Gerhardt plays Dvořák's *Cello Concerto*.

Conductor Karina Canellakis takes on feats of musical storytelling in this visionary program. Excerpts from Wagner's *Tristan und Isolde* capture a passion more powerful than death itself; Scriabin's symphonic *The Poem of Ecstasy* intoxicates listeners with a whirlwind of color and perfume. Alban Gerhardt opens the concert with a performance of Dvořák's famous *Cello Concerto*.

Please note that this is the last of our four-concert series of Friday matinees at the Kennedy Center for this season.

- Sign up: Monday, March 3 at 11:30 a.m.
- Deadline: Monday, March 10 at 10:00 a.m., after which trip costs are nonrefundable.

TRIPS AND OUTINGS SAVE THE DATE: SYNETIC THEATRE PRESENTS *THE IMMIGRANT* AT THE THOMAS JEFFERSON THEATRE IN ARLINGTON

Sunday, March 23 at 3:00 p.m. | Board shuttle at 2:15 p.m.

- Sign up starts on Monday, March 17 at 11:30 a.m.
- Cost: Tickets \$65.00
- Contact: Gloria Rothman, ext. 7517
- More information in the next *West Winds*

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 specified**. Plan to attend as they will not be recorded. Questions?

Contact Carol Lewis, poplewis@hotmail.com.

March 11, 2025: Clinical Pastoral Education (CPE) & The Chaplain

Chaplain Alex Alain will discuss his duties and availability to residents. Liz Pomerleau, CPE Director, and Syazana Durrani, Certified Educator Student, will explain the why and the how of Goodwin Living's unique CPE program and what GHBC residents gain from it. They will join host Claudia Blake.

March 18, 2025: Spiritual Interest Groups

Among the many groups and activities that have been formed to meet the varied interests of the GHBC community are those that address our spiritual needs. Join us for a presentation of the Bible Study, Meditation, Prayer, and Rosary groups, and the Spiritual Life Committee's Senior Quest for Meaning. Claudia Blake hosts.

INSIDE THE ART CENTER

The Art Center has many supplies available for you to use at any time for your creative projects. If you have any questions, just ask Sarah! 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.

Monday, March 10

12:30 p.m. - 2:30 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)

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

Altered Books and Visual Journaling - Explore the art form of altered book making with GHBC's Art Therapy Intern Nicole and Sarah in this eight-week session of classes. Nicole will demonstrate a variety of visual journaling techniques including collage, blackout poetry, and painting as well as guide you in using tools and upcycled materials. This class is beginner friendly, and the focus is on expression over perfection! Books and materials will be provided, but you are invited to bring in any favorite scrap materials or found objects you may have. (Sign up for 8-week session total, 10 participants)

Tuesday, March 11

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

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

12:00 p.m. - 2:00 p.m.



GHBC Community Creativity Day - Join GHBC resident Victoria Carns and friends in the Atrium at tables set up with a variety of art materials and fun activities to add more creativity to your day. This is an opportunity to experience the benefits of the creative process through different artistic outlets, including collage, doodling, and more! All are welcome to stop by to relax and create with the community – no artmaking or crafting experience required. (Atrium)

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

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

Wednesday, March 12

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 strengthen your drawing skills and develop confidence with diverse materials and approaches to drawing. This week: Draw a piece of pie for the upcoming Pi (π) Day, an international celebration on March 14 of the never-ending number (Sign up, 12 participants)

5:30 p.m. - 7:00 p.m.

Art Film - Celebrate Women's History Month with a screening of the documentary *Peggy Guggenheim: Art Addict*, a vibrant profile of a colorful character who was not only ahead of her time but also helped to define it. Mixing generous archival footage, interviews with some of the world's finest art curators, and recently rediscovered audiotapes featuring a candid Guggenheim, this film explores how the great art collector and socialite's relationships with major artists, including Duchamp, Pollock, and Rothko, were entwined with her passion for contemporary art. Directed by: Lisa Immordino Vreeland. Total Run Time: 97 minutes. Discussion to follow. (Board Room)

INSIDE THE ART CENTER

The Art Center has many supplies available for you to use at any time for your creative projects. If you have any questions, just ask Sarah! 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.

Thursday, March 13

10:30 a.m. - 12:00 p.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.



Friday, March 14

8:30 a.m. - 11:00 a.m. **Flower Arrangers Group Meets** - Contact Sarah Henninger at ext. 7218

3:00 p.m. - 5:00 p.m. **Artist Trading Card Club Meets** - Join the tiny art movement with fellow GHBC residents. Contact resident Vicky Moore at moorev99@gmail.com or leave a note with Reception for Apt. 1101.



Sunday, March 16

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 anyone can join.





MONDAY, MARCH 10

8:30 a.m. Total Body Standing, Aerobics Room
 8:30 a.m. Fit Camp, Fitness Center Main Room
 9:30 a.m. Chair Fit, Aerobics Room
 11:00 a.m. Functional Circuit, Aerobics Room
 2:00 p.m. Mat Yoga, Auditorium

TUESDAY, MARCH 11

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

WEDNESDAY, MARCH 12

8:30 a.m. Total Body Standing, Auditorium
 9:30 a.m. Chair Fit, Auditorium
 10:15 a.m. Tai Chi, Aerobics Room
 11:00 a.m. Functional Circuit, Aerobics Room
 2:00 p.m. Gentle Chai Yoga, Aerobics Room
 4:30 p.m. Line Dancing - **Canceled**

THURSDAY, MARCH 13

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

FRIDAY, MARCH 14

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
 2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, MARCH 15

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

Special Class - Fit Camp

Monday, March 10 at 8:30 a.m. | Fitness 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 most of the class.

Fitness Walk Bluemont Park

Thursday, March 13 at 10:30 a.m.
 Twenty four-acre park with multi-use paths and natural areas along Four Mile Run, with a paved walking trail, featuring streams, bridges etc.

- Sign up starts Monday, March 10th at 10 a.m. (Resident Business Center)

Personal Training

Have fitness goals? Then you should train one- on-one with our favorite personal trainer Miz. Sign up in the Fitness Center for your first session or send 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, MARCH 10

- 10:30 a.m. Monday Movement w/ Miz & Vy (Community Room)
11:00 a.m. Sing-a-Long w/ Anne & Friends (Crossroads Area)
2:00 p.m. Trivia in the Atrium w/ Aki
3:00 p.m. Action Station w/ Chef Nina, Ali & Vy (Crossroads Area)

TUESDAY, MARCH 11

- 10:00 a.m. Chair Fitness w/ Miz & Vy (Community Room)
10:30 a.m. Gardening Group w/ Garden Thyme & Vy (Community Room)
2:30 p.m. Historical Portrayal: "Frances Perkins" w/ Aki
7:00 p.m. Wacky Wordy Games w/ Vy (Living Room)

WEDNESDAY, MARCH 12

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

THURSDAY, MARCH 13

- 10:30 a.m. Morning Stretches w/ Miz & Vy (Community Room)
11:00 a.m. Silent Film Comedy Discussion w/ James & Vy (Community Room)
2:45 p.m. Pet Visit w/ Frankie (Crossroads Area)
3:00 p.m. National Girl Scout Day: Girl Scout Cookies Tasting w/ Taneisha & Vy (Crossroads Area)

FRIDAY, MARCH 14

- 10:30 a.m. Service Project for AFAC w/ Vilma & Aki
3:00 p.m. Afternoon Trivia w/ Tiffany (Community Room)
3:30 p.m. Friday Fitness w/ Olga (Community Room)
4:30 p.m. Music w/ The Tate Family

SATURDAY, MARCH 15

- 10:00 a.m. Chair Exercise w/ Vilma (Community Room)
4:00 p.m. Piano Music Appreciation w/ Heather (Crossroads Area)
7:15 p.m. Evening Movie in the Auditorium

SUNDAY, MARCH 16

- 10:30 a.m. Sunday Service in the Chapel
11:00 a.m. Sunday Stretches w/ Mar_T (Community Room)
3:00 p.m. Afternoon Social & Fun Facts w/ Vy (Crossroads Area)
3:30 p.m. Puzzles & Word Games Station (Community Room)

Health Care Center Programs

MONDAY, MARCH 10

- 9:30 a.m. Social Visits
10:30 a.m. Spiritual Devotions w/ Chaplaincy
11:00 a.m. Body in Motion w/ Vilma
2:00 p.m. Trivia in the Atrium w/ Aki
3:30 p.m. Karaoke w/ Vilma & Aki
6:45 p.m. Evening Social w/ Aki

TUESDAY, MARCH 11

- 9:30 a.m. Dining Room Discussion
10:30 a.m. Techno Beat w/ Vilma
11:00 a.m. Women's Trivia w/ Aki
2:00 p.m. 1:1 Visits w/ Aki & Vilma
2:30 p.m. Historical Portrayal: "Frances Perkins" w/ Aki
3:30 p.m. Bingo! w/ Vilma, Aki & Friends

WEDNESDAY, MARCH 12

- 9:30 a.m. Daily Digest
10:30 a.m. Seated Fitness w/ Miz
12:00 a.m. Celebrating Women History Month: Ladies Luncheon w/ Aki & Vilma
3:30 p.m. Arts & Crafts w/ Vilma & Aki

THURSDAY, MARCH 13

- 9:30 a.m. Table Talk
10:30 a.m. Move It! w/ Vilma
11:00 a.m. Brain Fitness w/ Vilma
2:30 p.m. Creative Art w/ Sarah
3:30 p.m. Action Station: Fresh Fruits & Vegetables Tasting w/ Ali & Vilma

FRIDAY, MARCH 14

- 9:30 a.m. Daily Newsletter
10:30 a.m. Service Project for AFAC w/ Vilma & Aki
2:00 p.m. 1:1 Visits w/ Vilma
3:30 p.m. Music w/ The Tate Family

SATURDAY, MARCH 15

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

SUNDAY, MARCH 16

- 10:30 a.m. Holy Eucharist Service (Chapel)
11:00 a.m. Seated Exercise on TV CHANNEL 1960
11:15 a.m. Who Am I? w/ Sheridan & Elizabeth
1:15 p.m. Sunday Spiritual Service (Community Room)
7:00 p.m. Compline Service in the Chapel

WEEKLY CALENDAR

Bolded Events Reflect New or Infrequent Upcoming Activities

Monday, March 10

- 8:30 a.m. Fit Camp, Fitness Center Main Room
- 8:30 a.m. Total Body Standing, Aerobics Room
- 9:00 a.m. IT Device Clinic, Bistro
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:00 a.m. Resident Council Community Meeting, Auditorium
- 10:00 a.m. Understanding Computers: Intermediate 1, ToW
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 11:00 a.m. Meditation, Channel 1960
- 11:00 a.m. Memoirs, Smith Study
- 11:30 a.m. Chair Yoga, Channel 1960
- 11:30 a.m. Shopping Shuttle - Bradlee Shopping Center, Departs from Main Entrance at
- 12:30 p.m. Handmade Gifts, Art Center
- 2:00 p.m. Mat Yoga, Auditorium
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Trivia, Atrium
- 3:00 p.m. Altered Books & Visual Journaling, Arts Center
- 3:30 p.m. Bible Study
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 4:15 p.m. Silver Panther Huddle, Board Room
- 6:45 p.m. Mexican Dominos, Game Room

Tuesday, March 11

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional FIT, Auditorium
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Advanced Ceramics, Art Center
- 10:00 a.m. Caregivers' Support Group, Formal Parlor
- 10:00 a.m. Pilates, Auditorium
- 10:00 a.m. Standing Total Body, Stretch Workout, Channel 1960
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 11:30 a.m. Chair Fit, Aerobics Room
- 11:30 a.m. Shopping Shuttle to Target and Trader Joe's, Departs from Main Entrance
- 12:00 p.m. **GHBC Community Creativity Day!, Atrium**
- 12:15 p.m. Tai Chi, Aerobics Room
- 1:00 p.m. Fitness Committee Meeting, Formal Parlor
- 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
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 2:30 p.m. **I Am Not Content - The Life of Francis Perkins, Auditorium**
- 3:00 p.m. Bailey's Birders, Formal Parlor
- 4:00 p.m. Newcomers et al., Auditorium
- 7:30 p.m. **Foreign Affairs Lecture, Auditorium**

Bolded Events Reflect New or Infrequent Upcoming Activities

Wednesday, March 12

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Chair Fit, Auditorium
- 10:00 a.m. Holy Communion Services with Healing Prayers and Anointing, Chapel
- 10:15 p.m. Tai Chi, Aerobics Room
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 11:00 a.m. Meditation, Channel 1960
- 11:15 a.m. Contemplative Workshop (Quaker), Smith Study
- 11:30 a.m. Chair Yoga, Channel 1960
- 2:00 p.m. Seventh Floor Coffee and Chat with Chandra Kumar, Top of the West**
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. Informal Open Bridge, Card Room
- 2:00 p.m. Drawing Skills, Arts Cetner
- 3:00 p.m. Finance Committee Meeting, Pointe Conference Room
- 3:00 p.m. Great Courses, Auditorium
- 4:00 p.m. French Conversation Group, Smith Study
- 4:30 p.m. Prayer Group, Chapel
- 4:30 p.m. Drinks & Trivia, Formal Parlor
- 5:30 p.m. Art Film, Board Room
- 7:00 p.m. Bingo, ToW

Thursday, March 13

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 9:00 a.m. IT Devices Clinic (Bistro Bunch), Bistro
- 9:30 a.m. Arlington Community Credit Union Open, Crossroads Ground Level
- 9:30 a.m. Pilates, Aerobics Room
- 10:00 a.m. BOM-COM Meeting, Pointe Conference Room
- 10:00 a.m. Computer CORE IT Assistance, Bistro Private Dining Room
- 10:00 a.m. Standing Total Body Stretch Workout, Channel 1960
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. Fitness Walk, Depart From Main Entrance
- 10:30 a.m. Seated Fitness, Channel 1960
- 10:30 a.m. Watercolor Painting, Arts Center
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 1:00 p.m. Creative Writing, Formal Parlor
- 2:00 p.m. Community Service Meeting, ToW
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:00 p.m. Poetry Group,
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Special Lecture by Lash LaRue, Auditorium**
- 3:00 p.m. Woodcarving, Art Center
- 7:00 p.m. Poker Night, Game Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Friday, March 14

- 8:15 a.m. Flowers 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, Channel 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 11:00 a.m. Meditation, Channel 1960
- 11:30 a.m. Chair Yoga, Channel 1960
- 11:30 a.m. **IT Frustrations 101 Workshop, Atrium**
- 11:30 a.m. Shopping Shuttle to Giant, Departs from Main Entrance at
- 1:00 p.m. Afternoon Concert, ToW
- 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. Artist Trading Cards, Art Center
- 3:00 p.m. Trips and Outings Meeting, Board Room
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Saturday, March 15

- 9:30 a.m. Total Body Video, Aerobics Room
- 10:30 a.m. Groove and Move to 60s Hits, Auditorium
- 11:30 a.m. Spanish Speakers Group, Bistro Private Dining Room
- 12:00 p.m. Saturday Cinema Matinee: Silent Films Special, Board Room
- 1:30 p.m. Chinese Mah Jongg, Card Room
- 2:00 p.m. Duplicate Bridge, ToW
- 5:00 p.m. Deadline for Submission to next West Winds, westwinds@goodwinliving.org
- 7:15 p.m. Saturday Night Movie, Auditorium

Sunday, March 16

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:15 a.m. Unitarian Universalist Service, Board Room
- 10:30 a.m. Holy Eucharist Service, Chapel and Channel 1960
- 2:00 p.m. Hand and Foot Card Game, ToW
- 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.**