

WEST WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 37, Number 15 ✨ April 14, 2025

UPCOMING MEETINGS

Resident Council Community Meeting

Monday, April 14 at 10:00 a.m.
| Auditorium

CHANGES

BOM-COM Committee

Thursday, April 17 at
10:00 a.m. | Board Room

Date Change

Dining Committee

Thursday, April 17 - **CANCELED**

Jeopardy

Friday, April 18 - **CANCELED**

Movie Committee

Monday, April 21 at
3:00 p.m. | Board Room

Date Change

Arts Committee Meeting

Friday, April 25 - **Date Change**

Grounds Committee

Wednesday, April 16
1:30 p.m. | Top of the West -

Location Change

COVID CASES AS OF APRIL 10

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

GHBC COMMUNITY MEETING

Monday, April 14 at 10:00 a.m. | Auditorium

Spring into Spring!

From the Knoll Garden and flower boxes to pickleball and birding, things are blooming at GHBC! Learn about the wide variety of springtime activities from representatives of the Fitness and Grounds Committees. Explore and enjoy the fun, exercise, and beauty in our own back yard!



BIBLE STUDY

Monday, April 14 at 3:30 p.m. | Top of the West

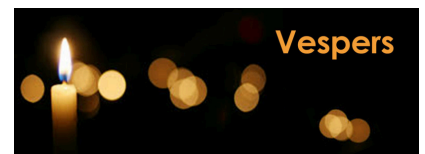
Discussion will continue with Second Isaiah 40-55.



VESPERS AT GOODWIN HOUSE

Tuesday, April 15 at 7:15 p.m. | Chapel

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. The April theme is "Pilgrims in Darkness"



MORE HAPPENINGS

HAT EXTRAVAGANZA FASHION SHOW

Monday April 14 at 2:00 p.m. | Atrium

While browsing in a favorite thrift store with friends a while ago, we came upon some wonderful vintage hats. Of course, we had to try them on and with each hat came a different personality and voice. When I mentioned to the store manager that residents at GHBC would probably enjoy seeing these wonderful hats, she scooped them up and urged me to use them however I wanted. And so, on Monday April 14th, our HAT EXTRAVAGANZA Fashion Show will take place. Hats can be purchased at \$5 each and proceeds will be donated to Goodwin House Foundation.



SPECIAL MOVIE: AN ORDINARY HERO

Tuesday, April 15 at 3:00 p.m. | Board Room

Gripping documentary about Joan Mulholland, who is speaking on April 21 for the Senior Quest for Meaning series. Learn about Joan's courage and persistence as a freedom rider in the 1960s. Joan is a life long Arlingtonian who, as a young white woman, braved harassment and imprisonment as she worked for racial justice.

YOUR MIND MATTERS: MONTHLY BRAIN HEALTH TALK SERIES

Tuesday, April 15 from 1:30 to 2:30 p.m. | Board Room

This month's topic, "Bedtime & Brainpower: Why Your Mind Loves Sleep," explores how sleep does far more than restore your energy—it plays a critical role in keeping your brain healthy, focused, and resilient. In this engaging session, we'll discuss how quality sleep supports memory, concentration, and emotional balance, and why it's one of the most essential habits for lifelong brain health. You'll walk away with simple, practical strategies to improve your sleep and strengthen your cognitive wellness.



CLEO IT ASSISTANCE

Weekly on Tuesdays from 11:10 a.m. to 11:50 a.m. | Bistro Private Dining Room

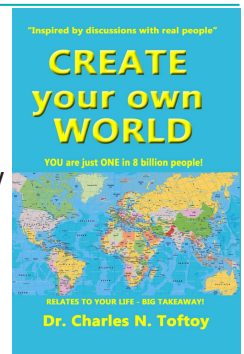
Computer Literacy Education Outreach (CLEO) is an initiative that bridges the digital divide between generations, connecting high school students with seniors to share essential technology skills. We aim to empower seniors with the knowledge and confidence to navigate the digital world, helping them stay connected with loved ones and maintain independence. We are here weekly on Tuesdays to help anyone who needs one-on-one guidance using smartphones, computers, and other digital tools. CLEO is super excited to partner with Goodwin Living! If you have any questions, reach out to me at EvelynSt26@ssas.org or sbarahona@GoodwinLiving.org



CREATE YOUR OWN WORLD BOOK TALK WITH DR. CHARLES N. TOFTOY

Wednesday, April 16 at 2:30 p.m. | Auditorium

Globally, 70% of the people have not found true happiness; 88% are looking for new experiences to make them smile and laugh. Dr. Charles Toftoy's 6th book, *Create Your Own World*, covers complications causing anger and stress and identifies ways to overcome these troubles. Dr. Toftoy is a Professor Emeritus at George Washington University.



MORE HAPPENINGS

GHBC PLAY READING GROUP TO HOST PLAYWRIGHT/ACTOR, ROY C. BERKOWITZ



Wednesday, April 16 at 3:30 p.m. | Board Room.

Roy C. Berkowitz's, along with actress Debbie Jackson, will read his new one act play, *Killer Blues*, rather than our usual Club members. This will be a new and special treat for us. The role that Debbie will be reading was originally written for her. The story of the play begins at 2 a.m. in the NY subway, where an intrusive homeless woman on a mission and a psychotherapist meet. As the stories of their lives unfold, they find an unexpected connection. *Killer Blues* was produced in 2011 at Shadowbox Live in Columbus, Ohio. It has been rewritten in 2025 for this reading at Goodwin House.

CLINICAL PASTORAL EDUCATION (CPE) GRADUATION



Thursday, April 17 at 2:00 p.m. | Goodwin House Alexandria (GHA) Chapel

Join us for the Graduation Ceremony of our Clinical Pastoral Education interns. We have a total of six students who have been serving at all three Goodwin Living campuses, Goodwin Hospice, Inova Fairfax and Alexandria hospitals. If you wish to join over Zoom, here is the link:

<https://goodwinliving.zoom.us/j/81033169706?pwd=Mp5jKSkaahHb9cGScpBEEMAkq2O9pL.1>

There is a bus leaving from GHBC. Sign-up sheet is available in the Resident Business Center.

EARTH MONTH IS HERE! EAT YOUR WAY TO GOOD HEALTH WHILE HELPING RESTORE THE PLANET



Thursday, April 17, at 7:15 p.m. | Auditorium

What if one simple change could protect you from chronic conditions such as diabetes and heart disease...and help improve the health of the earth, too? The Green Team invites you to a special showing of the iconic documentary *Forks over Knives*. The movie traces the personal journeys of two pioneering researchers, Dr. T. Colin Campbell, former nutritional scientist at Cornell University, and Dr. Caldwell Esselstyn, a surgeon at the world-renowned Cleveland Clinic. Their completely separate research and discoveries led them to the same conclusion about degenerative diseases. This illuminating film has influenced millions around the world. On the following day, April 18 from 1:00 p.m. to 2:00 p.m., join Dining Services in the Rotunda for a sampling of delicious plant-based foods.

AFTERNOON CONCERT

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

Friday, April 18: *CAVALLERIA RUSTICANNA* - Pietro Mascani

The opera is set in Sicily and tells a story of love, betrayal, and revenge.

This production is by Franco Zeffirelli and features Plácido Domingo.

Sung in Italian with English subtitles. Running Time: 1 hour 10 minutes.



SATURDAY CINEMA MATINEE: BUSTER KEATON

Saturday, April 19 from 12:00 p.m. to 1:30 p.m. | Board Room

The Love Nest (1923). In an attempt to forget his lost sweetheart, Buster takes a long trip at sea where he boards a whaling ship with a strict captain. This is Buster Keaton's final silent short film.



MORE HAPPENINGS

SATURDAY NIGHT MOVIE - WALL - E

Saturday, April 19 at 7:15 p.m. | Auditorium

In honor of Earth Day on April 22,

WALL-E, short for Waste Allocation Load Lifter Earth-class, is the last robot left on Earth. He spends his days tidying up the planet, one piece of garbage at a time. During 700 years of work, WALL-E has developed a personality and he's more than a little lonely. Then he spots EVE, a sleek and shapely probe sent back to Earth on a scanning mission. Smitten, WALL-E embarks on an adventure when he follows EVE across the galaxy.



SAVE THE DATE

Senior Quest for Meaning Series Spiritual Practices: Mind, Body, Spirit

Monday, April 21 at 3:30 p.m. | Auditorium

City Singers Concert

Saturday, April 26 at 4:00 p.m. | Auditorium

Working with an Eldercare Manager: Why and How

Sunday, April 27 from 2:00 p.m. to 3:30: p.m. | Auditorium

COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

CONTRIBUTE TO THE GOODWIN LIVING FACEBOOK PAGE



Catie Ramos will continue in her role as a Goodwin Living Social Media Ambassador after transitioning to her new position. She will continue to highlight GHBC resident-led events on social media. Please keep sending photos and blurbs to Catie by following these steps:

1. **Get Consent:** Ask if it's okay to take and share their photo on our social media. If not, please stop there.
2. **Capture the Moment:** Take photos in either vertical or horizontal format.
3. **Share the Details:** Write a brief description of the event.
4. **Send It In:** Email the photos and blurb to Catie Ramos at CRamos@GoodwinLiving.org
5. **No Pressure:** Participate whenever you'd like—there's no time commitment!

2025 SPRING FLING TICKETS

The Box Office will be open in the Rotunda on Wednesday, 16 April and Thursday, 17 April from 11:00 a.m. until 1:00 p.m. One ticket per resident for either the Wednesday, April 23 Matinee at 2 or the Thursday, April 24 Evening Performance at 7:15 p.m. Second and Third Floor residents will have their tickets delivered and need not come to the Rotunda for pick-up.

BOOST YOUR BRAIN HEALTH WITH STRONGERMEMORY!

Keeping your mind active is one of the best ways to stay independent and confident as you age. StrongerMemory by the Goodwin Living Foundation is a research-based program designed to stimulate the prefrontal cortex through three key exercises: reading aloud, solving simple math problems quickly, and writing by hand. Engaging in these activities for just 20-30 minutes a day, four to five times a week, can enhance memory, focus, and recall. To get your complimentary copy of the workbook, simply share your name, campus location, and apartment number with Ellie Pettoni, Brain Health Coordinator, at epettoni@goodwinliving.org or call 703-578-7211.

UPDATES AND REMINDERS FROM LIFE ENRICHMENT

Trivia is cancelled on Monday, April 14

Piano Tuning: The Rotunda and Auditorium pianos will be undergoing their routine tuning on Thursday, April 16, beginning at 1:00 p.m. Please be mindful of the tuning process when passing through the Rotunda. We apologize for the inconvenience.

Great Courses is on a brief hiatus and will return on Wednesday, April 30.

Creative Writing is back on Thursday, April 17, at 1:00 p.m. in the Formal Parlor. All are welcome!

Jeopardy is cancelled on Friday, April 18, in observance of Good Friday.

BOCCE BALL GAMES RESUME

Are you ready for another season of Bocce Ball? The accessibility of bocce to people of all ages and abilities has led to its growth in popularity globally. It is now the third most-played sport among Special Olympics athletes. It's a lot of fun and provides an opportunity for mild exercise. Organized play will resume on Sunday, April 27 at 1:30 p.m. at the Bocce Ball Court. Come out and play or just watch. If you want to get a head start or sharpen your skills, stop by the Aerobics Room and check out the equipment to play on your own. If you have any questions or would like an introduction to the game call Wayne Sartis on ext. 3163.

HELP WANTED AT WELCOME DESK ON SECOND FLOOR

Now that warm weather is settling in, more visitors are expected on the Second Floor. Someone sitting at the Welcome Desk makes a pleasant presentation, even if no one needs help locating their friend or family member. If you can volunteer one or two hours, Monday through Saturday, from 10:00-12:00 or 2:00 p.m. to 4:00 p.m., please contact Nancy Randolph at drnancyr@aol.com or call ext. 7565. Your smiling presence will be welcomed, and your efforts to help someone find their way will be appreciated.



TRIPS & OUTINGS

FRANCISCAN MONASTERY OF THE HOLY LAND IN AMERICA, 1400 QUINCY ST. NE, WASHINGTON, DC

Thursday, April 24 | Board shuttle at 12 noon at Main Entrance | Depart Franciscan Monastery at 3:00 p.m.

The Franciscan Monastery is among the top five places most tourists miss when sightseeing in DC. The Franciscan friars invite us to make a "pilgrimage" to their Monastery to stroll through the acres of serene, century-old gardens and to find peace among the many replicas of Christian shrines in the Holy Land. The large, mosaic-filled church was built in 1898-99 in the Neo-Byzantine style. Hour-long indoor tour includes the lower church's underground replicas of ancient Roman catacombs and grottoes (not wheelchair accessible). There will be free time after the tour to explore the gift shop, gardens, and beautiful outdoor portico on your own.

Sign up: Monday, April 14, 11:30 a.m., Resident Business Center.

Deadline: Tuesday, April 22, 10 a.m.

Cost: Transportation \$20. Tour tickets free (\$3 donations appreciated).

Optional: Bring your own sandwich from the Bistro.

Shuttle will carry snacks and bottles of water.

Contact: Annie Kurzius (ext. 7443) or Betsy Stephens (703-842-3133).



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.

April 15, 2025: Security and Reception

The Reception Desk is the activity hub of GHBC. Security keeps us safe. Transportation gets us where we need to go. David Savoy, Director of Safety and Security, and Omar Alvarez, Reception Desk Supervisor, tell us about their invaluable services for residents and guests. Stefanie Reponen hosts.

April 22, 2025: Brain Health and Stronger Memory - Top of the West

Jessica Fredericksen, GHBC's Brain Health Program Manager, and Ellie Pettoni, Brain Health Coordinator, discuss programs that provide opportunities to improve our brains as we age. Barbara Ratigan hosts.

STAFF SPOTLIGHT

MEET MIZ ALI

Miz Ali is a fitness specialist here at GHBC. She teaches an assortment of very popular classes and does fitness assessments and personal training. She also helps plan fitness programs and encourages fitness activities for everyone. Miz was born in Arlington Hospital and grew up in Alexandria, where her family still lives. After graduating from Thomas Edison High School, she attended Florida SouthWestern State College in Fort Myers, Florida with the intention of earning a doctorate degree in physical therapy. She quickly discovered that, while she enjoyed the classes, she did not like the accompanying labs with their emphasis on the internal workings of the body. To this day, she cringes at the sight of wounds, etc. She changed the focus of her education and earned a degree in business management. Even as an 18 year old, her greatest love was working with senior citizens, and she later worked as a manager in an assisted living facility. A few years ago, she realized that she wanted to come back to Virginia to be near her family. She took an assistant manager job at a VIDA Fitness center but felt that she wanted to get away from the corporate world and come back to working with seniors. Luckily for us, she came to GHBC. In addition to her work here, Miz also does some outside personal training and continues to spend some time working at VIDA.

Miz doesn't have much spare time, but when she does, she likes to travel, especially to hot, muggy places. In May she is traveling to Italy for a couple weeks. She loves going on cruises with friends. She also enjoys cooking, playing her guitar, and listening to country music. She reports that she is very happy working here and hopes to stay for a long time.



INSIDE THE ARTS CENTER

The Arts 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 Arts Center with Sarah, unless otherwise noted. Sign-up sheets will be available at the entrance of the Arts Center every Monday at 9:00 a.m.

Monday, April 14

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. 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 is the fifth class for residents who have already signed up for eight sessions total to learn how to create altered books with a focus on expression over perfection!

Tuesday, April 15

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

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

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

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

Wednesday, April 16

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



Beginning Ceramics - Join experienced artist and educator Betty Bott in creating with clay using handbuilding skills of pinching, coiling, and slab work in combination with surface design techniques. This class will meet for the next six weeks to learn how to create functional and decorative ceramic projects that also make great gifts. Geared towards beginners, but open to all. (Sign up for 6 sessions total, 8 participants)

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



Drawing Skills - Learn the principles of drawing central to every artist's and designer's creative practice. Sarah will help you strengthen your drawing skills and develop confidence with diverse materials and approaches to drawing. This week: Be inspired by the flowers of springtime to draw in pen and ink. (Sign up, 12 participants)

6:00 p.m. - 8:00 p.m.



Art Film – Celebrate April as Earth Month with an artful nature documentary that employs specially created cameras and lenses to capture the strange, beautiful, surreal world of insects. With astonishing clarity, *Microcosmos* shows us the secret lives of snails, spiders, caterpillars, mantises, beetles, and more as they live, love, and struggle to survive, inviting us to see life on our own planet through new eyes. Directed by: Claude Nuridsany and Marie Pérennou. Total Run Time: 75 minutes. Discussion to follow. (Board Room)

INSIDE THE ARTS CENTER

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Thursday, April 17

10:30 a.m. - 11:30 a.m. **Mixed Media Collage** - Play with a variety of materials and artistic processes in this relaxed, supportive class with Sarah. We will have fun combining paper, paint, ink, images, cardboard, and more to create dynamic, thoughtful artwork. This class is beginner friendly as well as useful for the more experienced art maker. (Sign up, 12 participants)

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



Trip to The Phillips Collection to view the *Timeless Mucha: The Magic of Line* exhibition! - In the special exhibit *Timeless Mucha*, The Phillips Collection showcases the art nouveau style of Czech painter and decorative artist Alphonse Mucha, exploring his revolutionary contributions to graphic design and the enduring influence of his signature style. Featuring over 100 works from the Mucha Trust Collection, the exhibition traces Mucha's artistic evolution highlighting his intricate linework, flowing forms, and highly stylized designs that transformed poster art, commercial illustration, and visual aesthetics worldwide. There will be an opportunity to join a Spotlight Talk with a Phillips Educator about the exhibition as well as time to explore the museum's permanent collection.

Cost: \$32.00 total (\$15.00 museum entrance fee + \$17.00 transportation fee)

Departure: Bus boards at 12:00 p.m.

Sign Up: Monday, April 14 at 9 a.m. in the Arts 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 Arts Center. Newcomers are always welcome.

Friday, April 18

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



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

Sunday, April 20

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, APRIL 17

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

SATURDAY, APRIL 20

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

TUESDAY, APRIL 15

- 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, Aerobics Room
- 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, APRIL 16

- 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 w/Olga, Aerobics Room

THURSDAY, APRIL 17

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

FRIDAY, APRIL 18

- 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

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, APRIL 14

- 10:30 a.m. Monday Movement w/ Miz & Vy
(Community Room)
11:00 a.m. Sing-a-Long w/ Anne & Friends
(Crossroads Area)
2:30 p.m. Hat Show in the Atrium/Rotunda w/
Songyee
3:45 p.m. Afternoon Documentary: First Lady
Eleanor Roosevelt (Community Room)

TUESDAY, APRIL 15

- 10:00 a.m. Chair Fitness w/ Miz & Vy
(Community Room)
10:30 a.m. Morning Art Discussion w/ Sarah & Vy
(Community Room)
11:15 p.m. Art Therapy Group w/ Nicky
(Community Room)
3:00 p.m. April's History & Trivia w/ Aki
(Crossroads Area)
7:00 p.m. Evening Bingo w/ Sussanna & Vy
(Living Room)

WEDNESDAY, APRIL 16

- 10:30 a.m. World Travel w/ Elizabeth (Community Room)
11:00 a.m. AL Dining Committee Meeting w/ Ali & Vy
(Community Room)
2:00 p.m. Bingo w/ Vy (Crossroads Area)
3:00 p.m. Spiritual Discussion w/ Rev. Alex
(Community Room)

THURSDAY, APRIL 17

- 10:00 a.m. Morning Scenic Bus Outing w/ Vy
10:30 a.m. Morning Stretches w/ Miz (Community Room)
2:45 p.m. Pet Visit w/ Frankie (Crossroads Area)
3:00 p.m. Afternoon Discussion w/ George
(Community Room)

FRIDAY, APRIL 18

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

SATURDAY, APRIL 19

- 10:00 a.m. Tai Chi Exercise w/ Cynthia & Vilma
(Community Room)
3:00 p.m. Afternoon Social w/ Vilma (Crossroads Area)
7:15 p.m. Evening Movie in the Auditorium

SUNDAY, APRIL 20

- 10:00 a.m. Sunday Movie: The Princess (Community Room)
10:30 a.m. Sunday Service in the Chapel
11:00 a.m. Morning Pet Visit w/ Vicky & Ella
Community Room
3:00 p.m. Easter Bunny Treats Delivery w/ Miz
(Crossroads Area)
3:30 p.m. Puzzles & Word Games Station
(Community Room)

Health Care Center Programs

MONDAY, APRIL 14

- 9:30 a.m. Daily Newsletter
10:30 a.m. Spiritual Devotions w/ Chaplaincy
11:00 a.m. Monday Moves w/ Vilma
2:30 p.m. Hat Show in the Atrium
3:30 p.m. The Afternoon Lounge w/ Vilma & Aki
6:45 p.m. Cinema at Sunset: Chicago w/ Aki

TUESDAY, APRIL 15

- 9:30 a.m. Coffee & Conversation
10:30 a.m. Strengthen w/ Sarah
11:00 a.m. Laugh & Learn w/ Aki
2:00 p.m. Service Project Prep w/ Vilma & Aki
3:30 p.m. Golden Hour Social with Guitarist Ernie

WEDNESDAY, APRIL 16

- 9:30 a.m. Headlines of the Day
10:30 a.m. Seated Fitness w/ Miz
11:00 a.m. Easter Themed Trivia w/ Aki
2:00 p.m. Spring Fling in the Auditorium w/ Aki &
Vilma
3:30 p.m. Creative Corner: Egg Decorating w/ Aki &
Friends

THURSDAY, APRIL 17

- 9:30 a.m. Table Talk
10:30 a.m. 70s Hits w/ Aki
11:00 a.m. Easter Brunch in the Community Room
3:00 p.m. Sunny Side Social w/ Aki & Vilma
4:00 p.m. Piano Tunes w/ Dr. Wilmot, Vilma & Aki

FRIDAY, APRIL 18

- 9:30 a.m. Social Visits
10:30 a.m. Service Project for the Arlington Food
Assistance Center w/ Vilma & Aki
2:00 p.m. Walks & Talks
3:30 p.m. Birthday Party Celebration w/ Aki &
Vilma

SATURDAY, APRIL 19

- 9:30 a.m. GHBC Happenings: West Winds
Newsletter
11:00 a.m. Seated Fitness w/ Vilma
3:30 p.m. Social Hour w/ Vilma

SUNDAY, APRIL 20

- 10:30 a.m. Holy Eucharist service in the Chapel
11:00 a.m. Seated Exercise on TV CHANNEL 1960
11:15 a.m. Chair Exercise 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 - UPDATED CALENDAR PAGES

Bolded Events Reflect New or Infrequent Upcoming Activities

Monday, April 14

- 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 Community Meeting, Auditorium**
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 11:00 a.m. Roadshow Concept Posters, Various
- 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 - Harris Teeter at Barcroft Plaza, Departs from Main Entrance
- 2:00 p.m. Mat Yoga, Auditorium
- 2:00 p.m. Spring Hats, Atrium**
- 2:00 p.m. Rummikub, Card Room
- 3:00 p.m. Altered Books & Visual Journaling, Arts Center
- 3:30 p.m. Bible Study, ToW**
- 4:00 p.m. Silver Panthers huddle, Board Room
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 6:45 p.m. Mexican Dominos, Game Room

Tuesday, April 15

- 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 Services, Smith Study
- 10:00 a.m. Caregivers' Support Group, Formal Parlor
- 10:00 a.m. Pilates, Aerobics Room
- 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. Roadshow Concept Posters, Various
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 11:10 a.m. CLEO IT Assistance, Bistro
- Private Dining Room
- 11:30 a.m. Chair Fit, Aerobics Room
- 11:30 a.m. Shopping Shuttle to Target and Trader Joe's, Departs from Main Entrance
- 12:15 p.m. Tai Chi, Aerobics Room
- 1:00 p.m. Rosary Group, Smith Study
- 1:30 p.m. Knit for Kids, Arts Center
- 1:30 p.m. Your Mind Matters: Monthly Brain Health Talk Series, Board Room**
- 2:00 p.m. Mah Jongg, Card Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Special Movie, Auditorium**
- 4:00 p.m. Newcomers, Auditorium
- 7:15 p.m. Vespers, Auditorium**

Bolded Events Reflect New or Infrequent Upcoming Activities

Wednesday, April 16

- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. Hillwood Estate and Gardens, Departs From Main Entrance
- 9:30 a.m. Chair Fit, Auditorium
- 10:00 a.m. Holy Communion Services with Healing Prayers and Anointing, Chapel
- 10:00 a.m. Beginning Ceramics, Arts Center
- 10:15 a.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
- 11:00 a.m. Tickets for Spring Fling, Rotunda
- 11:15 a.m. Contemplative Workshop (Quaker), Smith Study
- 11:30 a.m. Chair Yoga, Channel 1960
- 1:30 p.m. Grounds Committee Meeting, ToW
- 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 Center
- 2:30 p.m. Create Your Own World Book Talk with Dr. Charles N. Toftoy, Auditorium**
- 3:30 p.m. GHBC Play Reading Group to Host Playwright/Actor, Roy C. Berkowitz**
- 4:00 p.m. French Conversation Group, Smith Study
- 4:00 p.m. Prayer Group, Chapel
- 4:30 p.m. Drinks & Trivia, Formal Parlor
- 6:00 p.m. Art Film, Board Room
- 7:00 p.m. Bingo, ToW

Thursday, April 17

- 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, Board Room
- 10:00 a.m. Standing Total Body Stretch Workout, Channel 1960
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. Mixed Media Collage, Arts Center
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 11:00 a.m. Tickets for Spring Fling, Rotunda
- 11:30 a.m. Chair Fit, Aerobics Room
- 12:00 p.m. **Trip to The Phillips Collection to view the *Timeless Mucha: The Magic of Line* exhibition!**
- 1:00 p.m. Creative Writing, Formal Parlor
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:00 p.m. Clinical Pastoral Education (CPE) Graduation, GHA Chapel**
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Woodcarving, Arts Center
- 3:30 p.m. UU Ministerial Visit, ToW
- 5:00 p.m. Loaves and Fishes Worship Service and Meal, Fireside**
- 7:00 p.m. Poker Night, Game Room
- 7:15 p.m. Earth Month Documentary: Forks Over Knives, Auditorium**

Bolded Events Reflect New or Infrequent Upcoming Activities

Friday, April 18

- 8:30 a.m. Arts Center Occupied, Arts 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. Shopping Shuttle to Giant, Departs from Main Entrance
- 12:00 p.m. Station of the Cross, Chapel
- 1:00 p.m. Afternoon Concert, ToW
- 1:00 p.m. Encore Chorale, Auditorium
- 1:00 p.m. Sampling of Plant Based Foods, Rotunda
- 2:30 p.m. Mat Yoga, Aerobics Room
- 3:00 p.m. Low Vision Group, ToW
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

NEED HELP BOOKING A CONFERENCE ROOM FOR A MEETING, EVENT OR ACTIVITY? CONTACT A TEAM MEMBER BELOW!

Steffan Barahona,
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Tiffany Proctor, TProctor@GoodwinLiving.org
(ext. 7222)
Elizabeth Whitehouse,
EWhitehouse@GoodwinLiving.org (ext. 7221)

Saturday, April 19

- 9:30 a.m. Total Body Video, Aerobics Room
- 12:00 p.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, *Wall.E*, Auditorium

Sunday, April 20

- 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, Arts Center

**Submit all articles or questions to
WestWinds@GoodwinLiving.org.
Submission deadline is Saturdays at 5:00 p.m.**