

# 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 14 ✨ April 7, 2025

### UPCOMING MEETINGS

#### **Resident Council Business Meeting**

Monday, April 7 at 10:00 a.m. | Board Room

#### **Veterans' Committee**

Monday, April 7 at 1:30 p.m. | Top of the West

#### **Fitness Committee**

Wednesday, April 8 at 1:00 p.m. | Formal Parlor

#### **Bailey's Birders**

Tuesday, April 8 at 3:00 p.m. | Formal Parlor

#### **Coffee with Chandra**

Wednesday, April 9 at 2:00 p.m. | Board Room

#### **Community Service Committee**

Thursday, April 10 at 2:00 p.m. | Top of the West

### CHANGES

#### **BOM-COM Committee**

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

**Date Change**

#### **Trips & Outings Committee**

Friday, April 11 - **CANCELED**

### COVID CASES AS OF April 4

Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

### FOREIGN AFFAIRS LECTURE: "INDEPENDENT MEDIA AND PRESS FREEDOM WORLDWIDE"

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

Dr. Janet Steele, Professor of Media and Public Affairs and International Affairs, George Washington University presents, "Independent Media and Press Freedom Worldwide." A free press is the foundation of American constitutional democracy. In other places that is not the case. An independent media is critical to bringing press freedom into being. How and why does this work?



### WELLNESS DAY

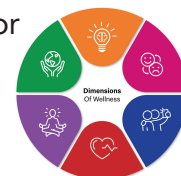
Tuesday, April 8 from 11:00 a.m. to 4:00 p.m.

We're excited to announce Wellness Day—a special event celebrating health, happiness, and community! Join us for activities designed to refresh your body and mind.

Event Schedule:

- 11:00 a.m. – Movin' & Groovin' Class (Rotunda): No fitness experience needed—just come have fun!
- 12:00 p.m. – Community Walk: Meet at the Reception Desk to enjoy fresh air with fellow residents.
- 1:00 p.m. – Sound Bath Meditation (Auditorium): Relax with deep breathing and sound healing.
- 2:00 p.m. – Hand Massage (Atrium): Unwind with a soothing massage.
- 3:00 p.m. – Mocktail Party (Rotunda): Sip delicious non-alcoholic drinks and socialize.

Brought to you by the Wellness Advance Team—join us and embrace well-being!



### REMINDER: DISASTER DRILL

Thursday, April 10 between 10:00 a.m. and 2:00 p.m.

The drill will simulate a power outage, which means we will shut off the power to test our emergency generators.

## MORE HAPPENINGS

### SPANISH GROUP - NEW MEETING TIME

Saturday, April 5 from 12:00 p.m. to 1:00 p.m. | Bistro

The Spanish Group will begin meeting at this new time. This is a permanent change.



### BAILEY'S BIRDERS MEETING

Tuesday, April 8 at 3:00 p.m. | Formal Parlor

Plans for a bird watching walk to Huntley Meadows Park will be discussed. Bird talk by GHBC resident Donald Sweig coming up. Date TBD.



### TWO SISTERS RETURNS

Thursday, April 10 at 3:00 p.m. | The View Alexandria (TVA) | Board shuttle at 2:30 p.m. at Main Entrance | Depart from TVA at 4:30 p.m.

Some people missed the reading of Norman Hicks' play *Two Sisters*, while others want to see it again. The performance is at TVA, and bus transportation is available. Sign up in the Business Center after April 5. For additional information, call Norman Hicks, ext. 3124 or Elizabeth Whitehouse, ext. 7221.

### DINING WITH NEIGHBORS AT GHBC

Thursday, April 10 at 5:00 p.m. | GHBC

Goodwin House Bailey's Crossroads residents are invited to join their Goodwin Living neighbors for a special dining experience in April. This is a wonderful opportunity to connect, share a meal and enjoy the vibrant community across our campuses. Ten TVA and ten GHA residents will join ten GHBC residents on our campus to enjoy dinner together. Please sign up in the Resident Business Center. The next dinner will be at TVA on Tuesday, April 15 at 5:30 p.m. Signups are already out.



### 2025 SPRING FLING TICKETS

Wednesday, April 16 & Thursday, April 17 from 11:00 a.m. until 1:00 p.m. | Rotunda

Each resident is allowed one ticket for either the Wednesday, April 23, matinee at 2:00 p.m. or the Thursday, April 24, evening performance at 7:15 p.m. Tickets for second and third floor residents will be delivered to their rooms, so they do not need to come to the Rotunda for pick-up.



### ANNUAL "LOAVES AND FISHES" WORSHIP SERVICE AND MEAL

Thursday, April 17 at 5:00 p.m. | Fireside

The annual "Loaves and Fishes" worship service and meal on Holy Thursday (Maundy Thursday) will return. The gathering will include a simple celebration of the Lord's Last Supper followed by dinner. Dinner seating is limited to 62 residents, and advance reservations for the dinner are required. Reservations close on Thursday, April 10, or when the maximum is reached. As in the past, special (limited) seating will be available for those who wish to attend only the service. Sign up in the Loaves and Fishes notebook at the Chapel entrance. Residents will be billed the dining dollar rate.



### CONFESSION DURING HOLY WEEK

During Holy Week, confession can be scheduled with Fr. Alex, ext. 7224.

## MORE HAPPENINGS

### COMPUTER CORE IT ASSISTANCE

Thursday, April 10 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, April 4, in the Trips binder under Classes. Questions? Contact Steffan Barahona at [SBarahona@GoodwinLiving.org](mailto:SBarahona@GoodwinLiving.org).

### GOODWIN HOUSE BAILEY'S CROSSROADS RESOURCE FAIR

Friday, April 11 from 10:00 a.m. to 12:30 p.m. | Rotunda and Atrium

This event will share various resources available to GHBC residents. Coordinated by Blair Bartlam, MSW Intern, [bbartlam@goodwinliving.org](mailto:bbartlam@goodwinliving.org), with the support of Susan Allen LCSW, Director of Social Work, ext. 7225 or [sallen@goodwinliving.org](mailto:sallen@goodwinliving.org).

Vendors will include funeral homes, estate planners, care managers, dog walkers, law offices, and financial managers.

### AFTERNOON CONCERT

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

Friday, April 11: *L'Orfeo* - Monteverdi

*L'Orfeo* is a late Renaissance/early Baroque opera by Claudio Monteverdi. It is based on the Greek legend of Orpheus and tells the story of his descent to Hades and his fruitless attempt to bring his dead bride Eurydice back to the living world. The opera was written in 1607. It is generally recognized as the first work in the opera genre. Sung in Italian with English subtitles.

Running Time: 1 hour 40 minutes.



### SATURDAY CINEMA MATINEE: CHARLIE CHAPLIN

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

Charlie Chaplin impersonates a man of means in order to underscore the contrast between rich and poor.



### SATURDAY NIGHT MOVIE - I'M STILL HERE

Saturday, April 12 at 7:15 p.m. | Auditorium

As Brazil faces the tightening grip of a military dictatorship, Eunice Paiva, a mother of five, must reinvent herself and her family when authorities abduct her husband.

*I'm Still Here* won this year's Academy Award for the Best International Feature Film.

PG-13, 2024, Drama/Historical Drama, 2 hour 15 minutes

Starring: Fernanda Torres, Valentina Herszage, Fernanda Montenegro, Selton Mello



## SAVE THE DATE

### **HAT HAPPENING! A FASHION SHOW FEATURING VINTAGE HATS**

Monday, April 14 at 2:00 p.m. to 3:00 p.m. | Atrium

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### **YOUR MIND MATTERS: MONTHLY BRAIN HEALTH TALK SERIES - *BEDTIME AND BRAINPOWER: WHY YOUR MIND LOVES SLEEP***

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

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### **CREATE YOUR OWN WORLD BOOK TALK WITH CHARLES TOFTOY**

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

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### **GOOD FRIDAY SERVICE**

Friday, April 18 at 3:00 p.m. | Chapel

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### **EASTER SERVICE**

Sunday, April 20 at 10:30 a.m. | Chapel

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### 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](mailto:CRamos@GoodwinLiving.org)
5. **No Pressure:** Participate whenever you'd like—there's no time commitment!

### 10-WEEK STRONGERMEMORY WORKSHOP SERIES – MAY SESSION FULL

The upcoming 10-Week StrongerMemory Workshop Series, beginning May 5, is now full—thank you to everyone who signed up! Following the success of our first series, we are pleased to offer it again. If you previously registered, you will receive a confirmation email later this week from Ellie Pettoni, Brain Health Coordinator, with important details and information about receiving your workshop materials. If you weren't able to register this time, we hope you'll consider joining us for the next 10-week series, which begins the first week of August. More information will be shared in July.

Questions? Contact Ellie Pettoni, Brain Health Coordinator, at [elpettoni@goodwinliving.org](mailto:elpettoni@goodwinliving.org) or ext. 7211.



### SUITCASES FOR ESWATINI

Suitcases for Eswatini continues to be an ongoing charity for GHBC. If you have an unneeded suitcase, please call Otto Reinbacher, ext. 3111 for pickup. Because of your generosity we also provide suitcases to shelters. The ministry BRAS FOR ESWATINI will be from Monday, May 19 to Sunday, May 25. Bras and new underwear for Eswatini will be collected near the Resident Business Center. Two years ago, residents sent 218 bras to the ministry.

### APRIL IS EARTH MONTH: PLANT-BASED DIETS



The modern dietary landscape is witnessing a significant shift, a change driven by the rising popularity of plant-based diets. Plant-based diets are not purely vegetarian. It is a mindset of eating that emphasizes adding more plant-based foods to our meals, while reducing our consumption of animal products. This movement, rooted in environmental consciousness and personal well-being, is reshaping our relationship with food. As we age and gain a deeper understanding of our planet's fragility and our own resilience, the rationale for embracing plant-based options grows increasingly compelling. The Green Team hopes all of you are part of this shift and are trying the many plant-based options provided by Dining Services.

### A TIP FROM THE GREEN TEAM

Check the bottom of plastic containers, jars and bottles (yogurt, peanut butter, medication, fresh berries, syrup, etc.) for a rather small triangle with a number inside. If the number is 1 or 2, the container is recyclable; please rinse it first. Other containers go into the trash. Also, bottle and jar caps go into the trash. Refer to the recycling wall sign in your floor's Recycling and Trash Room for more details and illustrations.





## TRIPS & OUTINGS

### HILLWOOD ESTATE & GARDENS

Wednesday, April 16 | Board Shuttle at 9:00 a.m. at Main Entrance | Depart from Hillwood: 1:00 p.m.

April is the perfect month to explore Hillwood's spacious, flower-filled gardens. Visit the new exhibit on Marjorie Merriweather Post's private Windjammer yacht, *Setting Sail: The Story of Sea Cloud*, and to tour the businesswoman-philanthropist's French and Russian treasure-filled mansion. There also will be time for lunch, on our own, at the Merriweather Cafe which offers both table service and carry-out to terrace tables. Most of Hillwood is accessible to rollators, but has some challenging areas in the gardens. For questions contact Jane Coughran, ext. 7450.

Sign-up: Monday, April 7, 11:30 a.m., Resident Business Center

Sign-up Deadline: Tuesday, April 15, 10 a.m.

Cost: Tickets: \$12; Transportation: \$17

Boarding Time: 9:00 a.m.

Departure from Hillwood: 1:00 p.m.



### SAVE THE DATE

Thursday Afternoon, April 24 | Franciscan Monastery, 1400 Quincy St., NW, DC

One-hour guided tour through replicas of Holy Land shrines and catacombs, with time after to explore rose and herb gardens. Sign up starts Monday, April 14 in the Resident Business Center .

## 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](mailto:poplewis@hotmail.com).

#### **April 8, 2025: CANCELED**

Newcomers will **NOT** meet on Tuesday, April 8. We'll see you next week

#### **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.

## INSIDE THE ARTS 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.

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### Monday, April 07

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 Interns 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 that have already signed up for eight sessions total to learn how to create altered books with a focus on expression over perfection.

6:00 p.m. - 7:30 p.m.



**Paper Crafting - Jazzing Up Images** - Join GHBC resident Vicky Moore to explore various ways of enhancing, shading, and coloring black and white images that can be used to create one-of-a-kind craft projects. (Sign up, 6 participants)

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### Tuesday, April 08

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

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

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



**Paper Crafting: Making a Box with Compartments** - Join GHBC resident and experienced teacher Vicky Moore to learn how to create a personalized box with compartments. In this crafting class, we will make a divided reinforced box from heavy cardstock and chipboard and then decorate it with fun embellishments. Participants must have either taken a class using the scoreboard tool or attended an Open Paper Crafting Session to practice with a scoreboard in advance of this class. (Sign up, 6 participants)

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

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

4:00 p.m. - 5:00 p.m.

**Newcomers Gathering: The Arts Center and Arts Committee**

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### Wednesday, April 09

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: Practice shading techniques by drawing an egg with pencil! (Sign up, 12 participants)

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



**Art Film** – Celebrate Earth Month with a screening of *Songs of Earth*, a stunning documentary showcasing Norway's Oldedalen valley. Experience nature's melodies, recorded and transformed into music by the London Contemporary Orchestra. Directed by: Margreth Olin. Total Run Time: 97 minutes. Discussion to follow. (Board Room)

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## INSIDE THE ARTS 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.

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### Thursday, April 10

11:00 a.m. - 2:00 p.m.



#### **Trip to the Renwick Gallery to view the “We Gather at the Edge:**

**Contemporary Quilts by Black Women Artists exhibit.”** This exhibit features artists that honor the Black story quilt tradition with work that envisions a more just and connected world. “We Gather at the Edge” is a remarkable exhibit currently at the Renwick Gallery, a branch of the Smithsonian American Art Museum dedicated to contemporary craft. The selection of quilts featured in this exhibition is significant in its scope and groundbreaking in its representation of Black history and culture as told with needle and thread. There will be an opportunity for a docent-led tour of this special exhibit as well as time to explore the Renwick’s collection.

Cost: \$17.00 transportation fee

Departure: Bus boards at 11:00 a.m.

Sign Up: Monday, April 7 at 9:00 a.m. in the Arts Center (limit 13 participants)

Contact: Sarah Henninger, [shenninger@goodwinliving.org](mailto: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.

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### Friday, April 11

8:30 a.m. - 11:00 p.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](mailto:moorev99@gmail.com) or leave a note with Reception for Apt. 1101.

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### Sunday, April 13

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 7**

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, Aerobics Room

**TUESDAY, APRIL 8**

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, APRIL 9**

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 10**

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 Park  
 11:30 a.m. Chair Fit, Aerobics Room  
 2:30 p.m. Brain Balance Fitness, Aerobics Room

**FRIDAY, APRIL 11**

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, APRIL 12**

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

**Fitness Walk Bluemont Park**

Thursday, April 10 at 10:30 a.m.

Bluemont is a 24-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, April 7 at 10:00 a.m. in the 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, APRIL 7

- 10:30 a.m. Monday Movement w/ Miz (Community Room)
- 11:00 a.m. Sing-a-Long w/ Anne & Friends (Crossroads Area)
- 2:00 p.m. Art Discussion w/ Jan (Community Room)
- 3:00 p.m. Afternoon Social & National Library Week Discussion w/ Songyee (Crossroads Area)

### TUESDAY, APRIL 8

- 10:00 a.m. Chair Fitness w/ Kelly (Community Room)
- 10:30 a.m. Gardening Group w/ Garden Thyme & Songyee (Community Room)
- 2:00 p.m. Afternoon Documentary: First Lady Nancy Reagan (Community Room)
- 3:00 p.m. Stress Awareness & Guided Meditation w/ Songyee (Community Room)

### WEDNESDAY, APRIL 9

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

### THURSDAY, APRIL 10

- 10:30 a.m. Morning Stretches w/ Miz (Community Room)
- 11:00 a.m. Silent Film Comedy Discussion w/ James (Community Room)
- 2:45 p.m. Pet Visit w/ Frankie (Crossroads Area)
- 3:00 p.m. Siblings Day: Social & Discussion w/ Songyee (Crossroads Area)
- 3:00 p.m. Evening Word Games w/ Vy (Living Room)

### FRIDAY, APRIL 11

- 10:30 a.m. Service Project for AFAC w/ Vy (Community Room)
- 2:15 p.m. Easter Egg Dye w/ Songyee (Community Room)
- 3:00 p.m. Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 p.m. Friday Fitness w/ Olga (Community Room)

### SATURDAY, APRIL 12

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

### SUNDAY, APRIL 13

- 10:30 a.m. Sunday Service in the Chapel
- 11:00 a.m. Sunday Stretches w/ Mar\_T (Community Room)
- 11:30 a.m. Morning Pet Visit w/ Vicky & Ella (Community Room)
- 2:00 p.m. Sing-a-Long w/ Kim (Crossroads Area)
- 3:30 p.m. Puzzles & Word Games Station (Community Room)

## Health Care Center Programs

### MONDAY, APRIL 7

- 9:30 a.m. Sip & Social
- 10:30 a.m. Spiritual Devotions w/ Chaplaincy
- 11:00 a.m. Monday Kickstart w/ Aki
- 2:00 p.m. Trivia in the Atrium w/ Aki and Vilma
- 3:30 p.m. Gardening: Easter Grass w/ Vilma & Aki

### TUESDAY, APRIL 8

- 9:30 a.m. Dining Room Discussion
- 10:30 a.m. AM Energizer w/ Aki
- 11:00 a.m. Humor Trivia w/ Aki
- 2:00 p.m. Service Project Prep w/ Vilma & Aki
- 2:00 p.m. Wellness Day Events in the Rotunda w/ Aki
- 3:15 p.m. Manly Mirth w/ Jacques
- 3:30 p.m. Bingo w/ Vilma & Friends

### WEDNESDAY, APRIL 9

- 9:30 a.m. Today in History
- 10:30 a.m. Seated Fitness w/ Miz
- 11:00 a.m. Sing-Along w/ Anne
- 2:00 p.m. 1:1 Visits
- 3:30 p.m. Art & Craft: Painting Mugs w/ Vilma & Aki
- 5:00 p.m. Evening of Grace: Women's Dinner w/ Vilma & Friends

### THURSDAY, APRIL 10

- 9:30 a.m. Morning News
- 10:30 a.m. Techno Beats w/ Vilma
- 11:00 a.m. Nourish Your Mind w/ Ali
- 2:00 p.m. Scent ID Creative Art w/ Sarah
- 3:00 p.m. Vegetables Tasting w/ Ali & Vilma
- 4:00 p.m. Piano Tunes w/ Dr. Wilmot & Vilma

### FRIDAY, APRIL 11

- 9:30 a.m. Daily Newsletter
- 10:30 a.m. Service Project for AFAC w/ Vilma & Aki
- 2:00 p.m. Social Stroll
- 3:30 p.m. Pet Parade w/ Aki, Vilma & Friends

### SATURDAY, APRIL 12

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

### SUNDAY, APRIL 13

- 10:30 a.m. Holy Eucharist Service (Chapel)
- 11:00 a.m. Seated Exercise on TV CHANNEL 1960
- 11:15 a.m. Where AM I w/ Tiffany
- 1:15 p.m. Sunday Spiritual Service (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 7

- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. IT Device Clinic, Bistro
- 9:30 a.m. Chair Fit, Auditorium
- 10:00 a.m. Resident Council Business Meeting, Board 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. Memoirs, Smith Study
- 11:30 a.m. Chair Yoga, Channel 1960
- 11:30 a.m. Shopping Shuttle - Bradlee Shopping Center, Departs from Main Entrance
- 11:30 a.m. Blood Drive Registration, Rotunda**
- 1:30 p.m. Veteran's Committee, ToW
- 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
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 4:15 p.m. Silver Panthers Huddle, Board Room
- 5:00 p.m. Blood Drive Registration, Rotunda**
- 6:00 p.m. Paper Crafting: Jazzing Up Images, Arts Center
- 6:45 p.m. Mexican Dominos, Game Room

### Tuesday, April 8

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional FIT, Auditorium
- 9:00 a.m. Pickleball, Pickleball Court
- 10:00 a.m. Caregivers' Support Group, Formal Parlor
- 10:00 a.m. Pilates, Auditorium
- 10:00 a.m. Standing Total Body, Stretch Workout, Channel 1960
- 10:00 a.m. Water Aerobics, Pool
- 10:00 a.m. Paper Crafting: Making a Box with Compartments, Arts Center
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 11:00 a.m. Movin' & Goovin' Fitness Class, Rotunda**
- 11:30 a.m. Chair Fit, Aerobics Room
- 11:30 a.m. Shopping Shuttle to Target and Trader Joe's, Departs from Main Entrance
- 11:30 a.m. Blood Drive Registration, Rotunda**
- 12:00 p.m. Community Walk, Meet at the Reception Desk**
- 12:15 p.m. Tai Chi, Aerobics Room
- 1:00 p.m. Fitness Committee Meeting, Formal Parlor
- 1:00 p.m. Rosary Group, Smith Study
- 1:00 p.m. Sound Bath Meditation, Auditorium**
- 1:30 p.m. Knit for Kids, Arts Center
- 2:00 p.m. Mah Jongg, Card Room
- 2:00 p.m. Hand Massages, Atrium**
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Bailey's Birders, Formal Parlor
- 3:00 p.m. Mocktail Party, Rotunda**
- 5:00 p.m. Blood Drive Registration, Rotunda**
- 7:30 p.m. Foreign Affairs Lecture: "Independent Media and Press Freedom Worldwide"

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

## Wednesday, April 9

- 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
- 10:00 a.m. Beginning Ceramics, Arts Center
- 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
- 11:30 a.m. Blood Drive Registration, Rotunda**
- 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
- 2:00 p.m. Coffee with Chandra, Board Room
- 4:00 p.m. French Conversation Group, Smith Study
- 4:00 p.m. Prayer Group, Chapel
- 4:30 p.m. Drinks & Trivia, Formal Parlor
- 5:00 p.m. Blood Drive Registration, Rotunda**
- 6:00 p.m. Art Film, *Songs of Earth*, Board Room
- 7:00 p.m. Bingo, ToW

## Thursday, April 10

- 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. 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
- 10:00 a.m. Disaster Drill - Power Outage for one hour between 10 and 2**
- 10:30 a.m. Fitness Walk, Depart From Main Entrance
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 11:00 a.m. Trip to Renwick Gallery, Depart from Main Entrance**
- 11:30 a.m. Chair Fit, Aerobics Room
- 2:00 p.m. Community Service Committee, ToW
- 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
- 2:30 p.m. *Two Sisters* Returns at The View, Depart at Main Entrance
- 3:00 p.m. Woodcarving, Arts Center
- 5:00 p.m. Dining with Neighbors at GHBC
- 7:00 p.m. Poker Night, Game Room

## Friday, April 11

- 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
- 10:00 a.m. Resource Fair, Rotunda/Atrium**
- 10:15 a.m. Chair Yoga, Auditorium
- 10:15 a.m. National Symphony Matinee,**
- 10:15 a.m. Board at Main Entrance**
- 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 at Afternoon Concert, ToW
- 12:00 p.m. Stations of the Cross, Chapel**
- 1:00 p.m. Encore Chorale, Auditorium
- 1:00 p.m. Jeopardy, Board Room
- 2:00 p.m. Artist Trading Card Club
- 2:30 p.m. Meeting, Arts Center
- 3:00 p.m. Mat Yoga, Aerobics Room
- 4:00 p.m. Stress Reduction Mindfulness
- 4:00 p.m. Practice, Smith Study

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

Steffan Barahona,  
SBarahona@GoodwinLiving.org (ext. 7671)  
Tiffany Proctor, TProctor@GoodwinLiving.org  
(ext. 7222)  
Elizabeth Whitehouse,  
EWhitehouse@GoodwinLiving.org (ext. 7221)

## Saturday, April 12

- 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, *I'm Still Here*, Auditorium

## Sunday, April 13

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:00 a.m. Catholic Communion Service, ToW
- 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](mailto:WestWinds@GoodwinLiving.org).  
Submission deadline is Saturdays at 5:00 p.m.