

# 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 21 ✨ May 26, 2025

### UPCOMING MEETINGS

#### Green Team

Monday, May 26 at  
11:00 a.m. | Board Room

#### Finance Committee

Tuesday, May 27 at  
1:00 p.m. | Board Room

#### Marketing Committee

Tuesday, May 27 at  
3:00 p.m. | Board Room

### CHANGES

#### Trivia

Monday, May 26 - **Canceled**

### COVID CASES AS OF MAY 22

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

### GOODWIN LIVING FOUNDATION PRESENTS: *Finding Peace of Mind in Uncertain Times*

Wednesday, May 28 at 10:30 a.m. | Auditorium

Join us for a dynamic and engaging conversation with two experienced professionals in personal finance and estate planning. Laurie Blackburn and Kim Fiske will share valuable insights on today's financial markets and the essential legal steps you can take to plan for your future.

Bring your questions and take advantage of this opportunity to gain clarity and confidence in navigating your financial and legal decisions.

The Goodwin Living Foundation Team



Goodwin Living  
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### IMPROV WORKSHOP with Steve Pilloff

Tuesday, May 27 at 2:00 p.m. | Auditorium

Do you enjoy connecting with and being supported by others? Do you want to feel joy, use your imagination, and laugh? If you answered yes to these questions, then Improv Playtime is for you! At Improv Playtime, we dive into games and exercises in a safe and supportive environment. Together, we use our imaginations to create fun worlds, collaborative stories, and a shared sense of joy. Everyone is welcome—no prior improv or theater experience is needed, and you don't even need to be funny. You are enough!

Steve Pilloff is a professor with the Costello College of Business at George Mason University. He is also an improv teacher, producer, and performer, who leads workshops, organizes shows, and performs regularly throughout the DC-Baltimore region.



## MORE HAPPENINGS

### BIBLE STUDY

Monday, May 26 at 3:30 p.m. | ToW

Discussion will begin with Isaiah 42; note verses 1-4.



### YOUR MAPLE PLANT STAKES INSCRIBED FOR YOU!

Tuesday, May 27 from 3:00 p.m. to 4:00 p.m. | Arts Center

If you purchased one (or more!) of artist Victoria Carns's blank, hand-hewn maple plant stakes at the Grounds Committee's houseplant sale last week, Victoria will be near the kiln in the back of the Arts Center to complete your purchase by using her wood burning tool to inscribe your choice of label. Questions? Contact Mädi Green at ext. 7496 or [madigreen@yahoo.com](mailto:madigreen@yahoo.com).

### GREAT COURSES

Wednesday, May 28 at 3:00 p.m. | Auditorium

- Episode 17 - Viking Assault on Ireland
- Episode 18 - Norse Kings of Dublin and Ireland



### CLEO IT ASSISTANCE

Tuesday, May 27 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 are here 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](mailto:EvelynSt26@ssas.org) or [sbarahona@GoodwinLiving.org](mailto:sbarahona@GoodwinLiving.org)

### ART FILM: *Eternal Sunshine of the Spotless Mind*

Wednesday, May 28 at 6:00 p.m. | Board Room

In honor of Mental Health Awareness Month, there will be a screening of a film that represents mental illness, acceptance, and recovery in creative ways. A visually inventive and emotionally raw exploration of memory, love, and loss, *Eternal Sunshine of the Spotless Mind* follows Joel, a reserved man who discovers that his impulsive ex-girlfriend Clementine has undergone a medical procedure to erase all memories of their relationship and, so, he decides to do the same. The film won the Academy Award for Best Original Screenplay, celebrated for how its unconventional storytelling mirrors the nonlinear nature of memory itself and the fragile mechanics of human connection. Directed by: Michel Gondry. Total Run Time: 108 minutes. Discussion to follow.



### EXPLORING THE ORIGINS OF IDIOMS WITH TIFFANY



Thursday, May 29 at 3:30 p.m. | Atrium

Have you ever wondered about the origins of some of your favorite English idioms? From "biting the bullet" to "spilling the beans," these phrases have become a part of our everyday language. However, the origins of idioms, even the most common ones, remain a mystery even to some native English speakers. Join Tiffany Proctor in the Atrium as we explore the origins of phrases such as "stealing someone's thunder" or "breaking the ice" so that you can impress your neighbors with your newfound knowledge.

## MORE HAPPENINGS

### CULINARY PASSPORT LUNCH TRIP – JERUSALEM RESTAURANT (MIDDLE EASTERN CUISINE)

Thursday, May 29 | Bus will depart at 11:15 a.m.

Our next Culinary Passport Trip is to Jerusalem Restaurant in Falls Church. A transportation fee of \$10 will be charged to resident accounts. Please sign up in the Resident Business Center beginning on Friday, May 23.

### AFTERNOON CONCERT

Every Friday at 1:00 p.m. | ToW

Friday, May 30: *Coppélia Ballet* - Léo Delibes

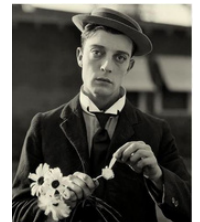
*Coppélia* is a comic ballet set to the music of Léo Delibes. Dr. Coppélius is a toymaker who has made a life-size dancing doll. It is so lifelike that Franz, a village youth, becomes infatuated with it and sets aside his heart's true desire, Swanhilda. She shows him his folly by dressing as the doll, pretending to make it come to life and ultimately saving him from an untimely end at the hands of the inventor. Running Time: 1 hour, 27 minutes.



### SATURDAY CINEMA MATINEE: Buster Keaton

Saturday, May 31 from 12:00 p.m. to 1:30 p.m. | Board Room

*The High Sign* (1921). A drifter at an amusement park finds himself as both the bodyguard and hit man for a man targeted by a criminal gang.



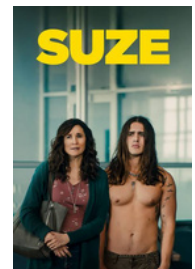
### SATURDAY NIGHT MOVIE - *Suze*

Saturday, May 31 at 7:15 p.m. | Auditorium

When her only daughter goes off to university, an empty-nest mother gets stuck taking care of the girl's heartbroken ex-boyfriend whom she can't stand.

NR, 2023, Comedy/Drama, 1 hour, 33 minutes.

Starring: Charlie Gillespie, Michaela Watkins, Sara Waisglass, and Aaron Ashmore



### DEATH CAFE

Sunday, June 1 from 2:00 p.m. to 3:30 p.m. | Smith Study

Join other residents in a confidential, casual conversation about death, lightly facilitated by residents Diane Ullius and/or Michael Milano. You are most welcome, whether it's your first visit or a regular part of your First Sunday schedule. The Death Cafe movement, started a dozen years ago, has held nearly 21,000 sessions worldwide so far. There's no agenda, no "expert" presentation, just speaking and listening from the heart about the topics important to that day's group. We'll supply cake or cookies—please bring your own coffee or tea. In case the Smith Study fills up, there will be an overflow room.



## MORE HAPPENINGS

### FLOWER ARRANGING WORKSHOP WITH SUMMER FLORALS

Wednesday, June 4 from 1:00 p.m. to 3:00 p.m. | Auditorium

Interested in learning the art of flower arranging? Join Tonya Evans, professional florist with over 20 years of experience. Each resident will have their own workstation and have Tonya supporting every step of the way. Create a fresh floral arrangement using seasonal blooms pulled from the garden. This is a perfect way to bring some cheer to your home! This event requires sign up and costs \$65.00 a person. Please sign up via link <http://summerflorals.eventbrite.com/> or email Elizabeth Whitehouse for questions at ewhitehouse@GoodwinLiving.org

### IT'S NOT EASY BEING GREEN!!! ATTEND THE TECHNOLOGY COMMITTEE MEETING

Wednesday, June 4 at 3:00 p.m. | ToW

Evaluate the Friday, May 23, AI presentation. Share your AI experiences.

Did you know that, "we are burning the planet ...so we put about 2000 tons of carbon dioxide into the atmosphere every day with our web searches alone ... AI searches burn about ten times more energy than a standard web search..."? (p.173. *On Freedom* by T. Snyder.) We are looking forward to a lively discussion.



### GHBC PLAY READING GROUP TO READ NEW PLAY

Wednesday, June 4 at 3:00 p.m. | Board Room

The Play Reading Group will be reading a new play by Norman Hicks, *Death and Denial*. This drama explores one man's journey as he faces his own death and deals with the larger questions of what it means to be a good person and whether heaven is truly in his future. Visitors are welcome.

## SAVE THE DATE

### Parkinson's Disease 101 PRESENTATION

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

### GHBC LOW VISION SUPPORT GROUP PRESENTS:

*Finding Peace in Uncertain Times*, A Presentation Led By Nina Glassner

Thursday, June 5 at 1:00 p.m. | ToW

### DONATE SOCKS FOR MEN, WOMEN, AND CHILDREN AT THE COMMUNITY SERVICE COMMITTEE TABLE

Monday, June 9 from 10:00 a.m. to 5:00 p.m. | Rotunda

### EVENING CONCERT WITH MT. VERNON BAND

Tuesday, June 10 at 7:30 p.m. | Auditorium

### AFTERNOON CONCERT WITH ST. ANNE'S CHORALE

Saturday, June 14 at 2:00 p.m. | Auditorium

## COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

### GHBC OBSERVES MEMORIAL DAY

Goodwin House Bailey's Crossroads' observance of Memorial Day 2025 begins with a community-wide lunchtime picnic in the Jefferson Dining Room and a screening of the movie *Greyhound* at 7:15 p.m. on Monday, May 26, in the Auditorium.

On Friday, May 30, at 3:00 p.m. in the Auditorium, all residents are invited to share in remembering departed service members and to honor our GHBC resident military Veterans and Veteran's widows who died during the past year. Our Memorial Day Speaker Mark Friedlander, US Air Force (retired), will share reflections on Memorial Day, and our resident veterans will be recognized. Sponsored by the GHBC Veterans Committee, this traditional observance marks the 157th Anniversary of Memorial Day. In addition, this year we also witness the National Vietnam War 50th Anniversary Commemoration. A reception for all GHBC residents will follow the ceremony in the Auditorium.

### COLLECTING WOMEN'S BUSINESS CLOTHES FOR PROJECT ESTHER

In partnership with Delta Sigma Theta Sorority, the Community Service Committee will sponsor a one-day collection of women's business clothing on Saturday, May 31, in the Rotunda from 12:00 p.m. to 5:00 p.m. Items needed include new or gently used blouses, suits, sweaters, jackets, dresses, skirts, or slacks. No jeans or swimsuits. Items should be clean and preferably on hangers or neatly folded. Please bring a list of the each item donated. Project Esther focuses on women affected by abuse in community shelters and provides clothing suitable for a job interview or to wear to work. Please contact Nancy Randolph at ext. 7565 with any questions.



### DID YOU KNOW?

Since launching in March 2022, the Foundation-sponsored internship program has introduced 95 high school and college students to the many non-clinical careers in senior living at Goodwin Living. Interns are hosted by 12 departments—from Marketing to Brain Health to Finance, and more. The program offers four annual cohorts, with the summer group being the largest. We are pleased that we've been able to support a diverse group of interns, many of whom are the first in their families to attend college. Interns are paired with resident mentors and attend workshops with senior leaders. We're thrilled that 15 interns have subsequently been hired by Goodwin Living. We're also proud to share that the Goodwin Living Intern Program has been honored for the third consecutive year as a Top 100 Place to Intern in the State of Virginia!



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### FOOD DONATIONS NEEDED

Please place unexpired cans of vegetables, fruits, tuna, soup, pasta, cereal, and other items in the Resident Business Center inside cabinets labeled "Food Donations." Paper grocery bags are also needed and can be put on the bottom shelf of the cabinet. When the cabinet is full, contents will be taken to Our Lady Queen of Peace in South Arlington where 600 needy families are served each week.



### TIP FROM THE GREEN TEAM

Collecting food waste in our apartments is easy. Place apple peels, stale bread, bones, etc. inside a green Dining Services bag. The bag is made from plants, so it is also compostable. Drop off the bag with food scraps in the compost collection bin in Market Place.



## COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

### MAKE A SUGGESTION

You can make a suggestion in the following ways:

1. Suggestions can be made electronically on the resident website ([lifeatghbc.com](http://lifeatghbc.com)). Under Resources on the left hand sidebar choose Feedback and Comments. You can select Dining, Facilities, Life Enrichment, Resident Council Suggestion Box, and Website.
2. You can participate in a meeting of one of the special interest committees. (See [ghbcresidents.org/Council & Committees/Resident Committees](http://ghbcresidents.org/Council%20&%20Committees/Resident%20Committees)).
3. You can respond to any special calls for resident input sponsored by the Resident Council.
4. You can communicate directly with the staff member who can act on your suggestion.
5. Complete the paper form available in the Mailroom and put it in the Suggestion Box located nearby. Your suggestion will be submitted to an appropriate department head. Include your name if you want a response.

Questions? Contact Suggestion Box Chair Sally Michel at [michelsally13@gmail.com](mailto:michelsally13@gmail.com) or ext. 3162 or leave a note at the Reception Desk for apt. 272.

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### ANNOUNCEMENT FROM THE CLINIC

The Clinic will be **closed** on Monday, May 26 and will reopen on Tuesday, May 27, in observance of Memorial Day. Please dial "0" for any emergencies.

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### LOOKING FOR ARTISTS AND CRAFTERS

Do you have a favorite art technique or craft activity that you could either demonstrate or teach in a 1–2 hour session? The Creative Arts Coordinator has set aside two hours, 3:00 p.m. to 5:00 p.m. on most Fridays, to aid you in presenting it to fellow residents. Please contact Sarah Henninger, Creative Arts Coordinator, with your ideas at [shenninger@GoodwinLiving.org](mailto:shenninger@GoodwinLiving.org)

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### WHAT'S THAT NEW EA ICON?

You may notice a new icon in this week's newsletter. "EA" stands for Early Advantage! This icon will appear next to events and activities that are open to Early Advantage members.



Early Advantage members are future residents who receive exclusive benefits while they wait to move in, including two complimentary meals each month and participation in activities and events that can accommodate guests.

The EA icon helps identify which opportunities are available to this group, making it easier for both members and residents to understand who may be attending. We look forward to welcoming our Early Advantage members to more community happenings!

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**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).

**May 27, 2025: Adjusting to GHBC Life**

So, you moved into Goodwin House Bailey's Crossroads. Is adjusting to living here going as you expected? If not, you are not alone. Resident Margaret Sullivan will talk about the up and down cycles of all major life changes and how that includes moving to GHBC. Hosted by Carol Lewis.

**June 3, 2025: Woodwork & Photography**

Mike Connors, resident and woodcarving teacher and other woodworkers discuss the facilities, services, and activities for residents in the Woodworking Shop and the carving classes held in the Arts Center. Sarah Henninger, Creative Arts Coordinator, discusses the Photography Club, where residents can appreciate and learn more about the art of photography as well as share techniques and photos. Come to hear about these activities and resources that GHBC offers. Stefanie Reponen hosts.

## 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.

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### Monday, May 26

Happy Memorial Day!



### Tuesday, May 27

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



**Open Poster Making Session** - Join GHBC resident Carol Lewis to make posters for one or two or both events: June 8 Moms Demand Action gun violence prevention rally (printed slogans available). June 14 No Kings! event (bring your own printed slogan.) Poster board, markers, and glue are available for both.

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, May 28

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 to draw May flowers. (Sign up, 15 participants)

6:00 p.m. - 8:00 p.m. **Art Film** - Please see information on Page 2.





## INSIDE THE ARTS CENTER

Thursday, May 29

10:30 a.m. - 2:00 p.m.



**Trip to view the “Little Beasts: Art, Wonder, and the Natural World” Exhibition at the National Gallery of Art, West Building** – Recently opened at the National Gallery of Art, the *Little Beasts* exhibit explores the pivotal role of art during the dawn of European natural history in the 16th and 17th centuries, when advancements in scientific technology, trade, and colonial expansion allowed naturalists to study previously unknown and overlooked insects, animals, and other “little beasts.” In collaboration with the Smithsonian National Museum of Natural History, this exhibition features nearly 75 paintings, prints, and drawings in a unique presentation alongside specimens and taxidermy. This is an opportunity to learn about the rich exchange between artists and naturalists that sparked a fascination with all living creatures as well as see a new film by contemporary artist Dario Robleto inspired by the interaction between art and science. There will also be time to explore the museum’s permanent collection or enjoy the museum café on your own.

- Cost: \$17.00 transportation fee.
- Departure: Bus boards at 10:30 a.m.
- Sign Up: Monday, May 26 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 Arts Center. Newcomers are always welcome.

Friday, May 30

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.



**Finishing Workshop** - Join Sarah in the Arts Center to finish any art projects you may have started over the past year. This is a class for residents who have unfinished artwork and would like guidance and assistance in completing their projects. You can work in any medium, including ceramics, painting, or crafts, and BYO (Bring Your Own) supplies if you choose to. All are welcome.

Sunday, June 1

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, May 26**

Memorial Day!

**SATURDAY, May 31**

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

**TUESDAY, May 27**

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. Pilates - **Canceled**  
 10:00 a.m. Water Aerobics, Pool  
 11:30 a.m. Chair Fit, Aerobics Room  
 12:15 p.m. Tai Chi, Aerobics Room  
 2:30 p.m. Brain Balance Fitness - **Canceled**

**WEDNESDAY, May 28**

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. Gentle Chair Yoga, Aerobics Room  
 4:00 p.m. Line Dancing, Aerobics Room

**THURSDAY, May 29**

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

**FRIDAY, May 30**

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 to [mali01@goodwinliving.org](mailto:mali01@goodwinliving.org).

**Fitness Assessment with Miz!**

The Fitness Center is offering a 30-minute one-on-one assessment with our Fitness Specialist using five fitness tests to determine your strength and evaluate your level of fitness. Assessments will be held in the Fitness Center Tuesday through Friday. Sign up in the Fitness Center. Reserve your time slot.

Additional fitness classes are broadcast on Cox Channel 1960. See weekly calendar or Week-at-a-Glance/ GHBC TV on the resident website.

## Assisted Living Programs

### MONDAY, May 26

- 10:00 a.m. Patriotic Art Discussion w/ Sarah  
(Community Room)
- 2:00 p.m. Afternoon Documentary: *Watergate -  
The Downfall* (Crossroads Area)

### TUESDAY, May 27

- 10:00 a.m. Chair Fitness w/ Miz & Vy (Community Room)
- 10:30 a.m. Assisted Living Resident Council Meeting w/  
Mindy & Vy (Community Room)
- 11:00 a.m. Art Discussion Group w/ Sarah & Vy  
(Community Room)
- 2:00 p.m. Afternoon Tea & Trivia w/ Songyee  
(Crossroads Area)
- 7:00 p.m. Evening Bingo w/ Vy (Crossroads Area)

### WEDNESDAY, May 28

- 10:30 a.m. Sudoku w/ Martha & 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, May 29

- 10:30 a.m. Morning Stretches w/ Miz & Vy  
(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. Sing-a-Long w/ Kim (Crossroads Area)

### FRIDAY, May 30

- 10:30 a.m. Service Project for AFAC w/ Vy  
(Community Room)
- 2:00 p.m. Singo with Vy & Sheridan (Crossroads Area)
- 3:00 p.m. Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 p.m. Friday Fitness w/ Olga (Community Room)

### SATURDAY, May 31

- 10:00 a.m. Chair Exercise w/ Vilma (Community Room)
- 2:30 p.m. Who Am I? w/ Anna & Vilma  
(Crossroads Area)
- 7:15 p.m. Evening Movie in the Auditorium

### SUNDAY, June 1

- 10:30 a.m. Sunday Service in the Chapel
- 11:00 a.m. Exercise w/ Mar\_T (Community Room)
- 2:30 p.m. Lemonade & Trivia (Crossroads Area)
- 3:30 p.m. Puzzles & Word Games Station  
(Community Room)

## Health Care Center Programs

### MONDAY, May 26

- 11:00 a.m. Patriotic Art Discussion w/ Sarah  
Memorial Day Activity Packets  
available in households

### TUESDAY, May 27

- 9:30 a.m. News with Your Neighbors
- 10:30 a.m. Mindful Movement w/ Vilma
- 11:00 a.m. Word in a Word w/ Aki
- 2:00 p.m. Interactive Improv Event in the  
Auditorium w/ Aki
- 3:30 p.m. Reminisce: Scripp National Spelling Bee  
w/ Aki

### WEDNESDAY, May 28

- 9:30 a.m. Daily Digest
- 10:30 a.m. Seated Fitness w/ Miz
- 11:00 a.m. Travel Trivia: Wisconsin w/ Aki
- 2:00 p.m. 1:1 Visits w/ Aki
- 3:30 p.m. Bingo w/ Vilma & Friends
- 5:00 p.m. Punch on the Patio w/ Vilma & Aki

### THURSDAY, May 29

- 9:30 a.m. Today in History
- 10:30 a.m. Body & Mind Fitness Circuit w/  
Aki & Vilma
- 2:00 p.m. Table Game: Obie! w/ Aki
- 3:00 p.m. Creative Art w/ Sarah
- 4:00 p.m. Birthday Party Celebration w/  
Dr. Wilmot, Vilma & Aki

### FRIDAY, May 30

- 9:30 a.m. Friday Thoughts
- 10:30 a.m. Service Project for the Arlington Food  
Assistance Center w/ Vilma & Aki
- 2:00 p.m. Afternoon Stroll
- 3:00 p.m. GHBC Memorial Day Program w/  
Aki & Vilma

### SATURDAY, May 31

- 9:30 a.m. GHBC Happenings: *West Winds*  
Newsletter
- 11:00 a.m. Seated Fitness w/ Mar\_T & Vilma
- 3:15 p.m. Bingo & Beverage w/ Vilma & Anna

### SUNDAY, June 1

- 10:30 a.m. Holy Eucharist service in the Chapel
- 11:00 a.m. Seated Exercise on TV CHANNEL 1960
- 11:15 a.m. Art Discussions w/ Sarah
- 1:15 p.m. Sunday Spiritual Service in the  
Community Room
- 7:00 p.m. Compline Service in the Chapel

## WEEKLY CALENDAR

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

### Monday, May 26

9:00 a.m. IT Device Clinic, Bistro  
 10:30 a.m. Seated Fitness, Channel 1960  
**11:00 a.m. Green Team Meeting, Board Room**  
 11:00 a.m. Meditation, Channel 1960  
 11:30 a.m. Chair Yoga, Channel 1960  
 2:00 p.m. Rummikub, Card Room  
**3:30 p.m. Bible Study, ToW**  
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study  
 4:00 p.m. Silver Panthers Huddle, Board Room  
 6:45 p.m. Mexican Dominos, Game Room  
**7:15 p.m. Veterans movie, Greyhound, Auditorium**

### Tuesday, May 27

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. Open Poster Making, Arts Center  
 10:00 a.m. Caregivers' Support Group, Formal Parlor  
 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  
**11:10 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. Finance Committee Meeting, Board Room**  
 1:00 p.m. Rosary Group, Smith Study  
 1:30 p.m. Knit for Kids, Arts Center  
**2:00 p.m. Improv Workshop with Steve Pilloff, Auditorium**  
 2:00 p.m. Mah Jongg, Card Room  
**3:00 p.m. Maple Stakes Inscribed, Arts Center**  
**3:00 p.m. Marketing Committee Meeting, Board Room**  
 4:00 p.m. Newcomers, Auditorium

## Wednesday, May 28

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:00 a.m. Holy Communion Services with Healing Prayers and Anointing, Chapel
- 10:30 a.m. Book Group, ToW**
- 10:30 a.m. Goodwin Living Foundation Presents: *Finding Peace of Mind in Uncertain Times*, Auditorium**
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 11:00 a.m. Meditation, Channel 1960
- 11:15 a.m. Contemplative Workshop (Quaker), Smith Study
- 11:30 a.m. Chair Yoga, Channel 1960
- 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
- 3:00 p.m. Great Courses, Auditorium
- 4:00 p.m. French Conversation Group, Smith Study
- 4:00 p.m. Prayer Group, Chapel
- 4:00 p.m. Line Dancing, Aerobics Room
- 4:30 p.m. Drinks & Trivia, Formal Parlor
- 6:00 p.m. Art Film: *Eternal Sunshine of the Spotless Mind*, Board Room
- 7:00 p.m. Bingo, ToW

## Thursday, May 29

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 9:00 a.m. IT Device Clinic, Bistro
- 9:30 a.m. Arlington Community Credit Union Open, Crossroads Ground Level
- 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. Trip to view the "Little Beasts: Art, Wonder, and the Natural World" Exhibition at the National Gallery of Art, West Building**
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 11:15 a.m. Culinary Passport Lunch Trip – Jerusalem Restaurant (Middle Eastern Cuisine)**
- 11:30 a.m. Chair Fit, Aerobics Room
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Woodcarving, Arts Center
- 3:30 p.m. Exploring the Origins of Idioms with Tiffany, Atrium**
- 7:00 p.m. Poker Night, Game Room

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

## Friday, May 30

- 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. Meditation, Channel 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 11:30 a.m. Chair Yoga, Channel 1960
- 11:30 a.m. Shopping Shuttle to Giant, Departs from Main Entrance
- 1:00 p.m. Afternoon Concert, ToW
- 2:00 p.m. Jeopardy, Board Room
- 2:30 p.m. Mat Yoga, Aerobics Room
- 3:00 p.m. Finishing Workshop, Arts Center**
- 3:00 p.m. Veterans Honor Roll Ceremony, Auditorium**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

**Physical** - 

**Spiritual** - 

**Communal** - 

**Intellectual** - 

**Emotional** - 

**Social** - 

## Saturday, May 31

- 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: *The High Sign*, Board Room
- 12:00 p.m. Business Clothes for Women Collection, Rotunda**
- 2:00 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](mailto:westwinds@goodwinliving.org)
- 7:15 p.m. Saturday Night Movie, *Suze*, Auditorium

## Sunday, June 1

- 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
- 1:00 p.m. Bocce Ball, Bocce Ball Court
- 2:00 p.m. Death Cafe, Smith Study**
- 2:00 p.m. Hand and Foot Card Game, ToW
- 2:00 p.m. Informal Open Bridge, Card Room
- 2:30 p.m. Robert Shackleton Memorial Service, Chapel**
- 3:00 p.m. Open Paper Crafting Session, Arts Center
- 4:00 p.m. Bella Voce Concert, Atrium**

**Early Advantage Welcomed!** - 

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