

WEST WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 37, Number 18 ✨ May 5, 2025

UPCOMING MEETINGS

Resident Council Business Meeting

Monday, May 5 at 10:00 a.m. | Board Room

Veterans Committee

Monday, May 5 at 1:30 p.m. | ToW

Rob's Fireside Chat

Tuesday, May 6 at 1:30 p.m. | Fireside

Technology Committee

Wednesday, May 7 at 3:00 p.m. | ToW

BOM-COM Committee

Thursday, May 8 at 10:00 a.m. | Board Room

Community Service Committee

Thursday, May 8 at 2:00 p.m. | ToW

Changes

Chinese Mah Jongg

Saturdays at 2:00 p.m. | Card Room - **Permanent Change**

COVID CASES AS OF MAY 1

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

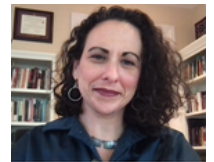
CINCO DE MAYO CELEBRATION

Monday, May 5 at 3:00 p.m. | Rotunda
Cinco de Mayo is an annual celebration that commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. Join us for a Cinco de Mayo celebration filled with food, music, and margaritas! Dance and sing along with a local mariachi group that shares its love for music and fun!



FOREIGN AFFAIRS LECTURE: 18 MONTHS OF WAR IN GAZA

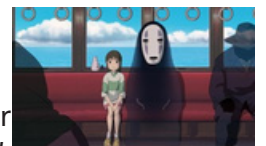
Monday, May 5 at 7:30 p.m. | Auditorium
Dr. Debra Shushan, Middle East expert, returns to update her 2023 GHBC lecture, *18 Months of War in Gaza: What Has Changed for Israelis, Palestinians, Americans, and the World?*



ART FILM: SPIRITED AWAY

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

In honor of Asian American and Pacific Islander (AAPI) Heritage Month, we will screen *Spirited Away*, a film by the acclaimed Japanese animation studio Studio Ghibli, which releases features in partnership with Disney. *Spirited Away* is a wondrous fantasy adventure overflowing with imaginative creatures. Its landmark storytelling earned international acclaim—including the Academy Award for Best Animated Feature.



Total Run Time: 110 minutes. Discussion to follow.



MORE HAPPENINGS

GREAT COURSES IS BACK!

Wednesday, May 7 at 3:00 p.m. | Auditorium

- Episode 13: Viking Raids on the Carolingian Empire
- Episode 14: The Duchy of Normandy



VENDOR: QUEEN OF APOSTLES JEWELRY SALE

Thursday, May 8 from 10:00 a.m. to 2:00 p.m. | Atrium

The Queen of Apostles Women's Club is holding a jewelry sale. All proceeds will be donated to charity. Stop by to browse a wide array of jewelry and accessories. Cash or check accepted.

COMPUTER CORE IT ASSISTANCE

Thursday, May 8 from 10:00 a.m. to 11:00 a.m. | Bistro Private Dining Room

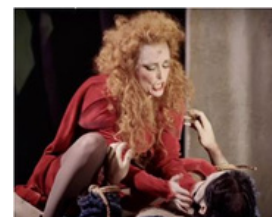
The resident-led IT Device Clinic is partnering with Computer CORE, a local non-profit organization that teaches adults foundational digital and professional skills. Volunteers from this organization will be on-site to answer questions about your PC, laptops, or mobile devices (iPhones, Androids, tablets). Sign up in the Resident Business Center on Friday, May 2, in the Trips binder under Classes. Questions? Contact Steffan Barahona at SBarahona@GoodwinLiving.org.

AFTERNOON CONCERT

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

Friday, May 9: *SALOME* - STRAUSS

Strauss's "scandal opera" is based on the play by Oscar Wilde. Herod lusts after his stepdaughter Salome and insists on seeing her dance. Salome longs to kiss the mouth of the imprisoned John the Baptist – a prophet of doom who loses himself in hate speech. Sung in German with English subtitles. Running Time: 1 hour, 43 minutes.



CONCERT FEATURING WOMEN'S CHORUS, CAPITAL HARMONIA

Saturday, May 10 at 2:00 p.m. | Auditorium

Capital Harmonia is a women's community chorus based in the Washington, DC, metro area. They support local women's organizations through musical performances and highlight works by women composers and poets.



MORE HAPPENINGS

SATURDAY CINEMA MATINEE: MABEL NORMAND

Saturday, May 10 from 12:00 p.m. to 1:30 p.m. | Board Room



Fatty and Mabel at the San Diego Exposition (1915). Fatty and Mabel, a married couple, visit the San Diego Exposition. Note Minta Durfee as the jealous husband's wife; she was Fatty Arbuckle's real-life wife at the time. They married in 1908 and divorced in 1925.



SATURDAY NIGHT MOVIE - *SMALL THINGS LIKE THESE*

Saturday, May 10 at 7:15 p.m. | Auditorium



In 1985, coal merchant Bill Furlong uncovers disturbing secrets in a small Irish town that's controlled by the Roman Catholic Church.

PG-13, 2024, Drama, 1 hour, 38 minutes

Starring: Cillian Murphy, Emily Watson, Michelle Fairley, and Eileen Walsh.



SAVE THE DATE

MOTHER'S DAY BRUNCH

Sunday, May 11 from 11:00 a.m. to 1:30 p.m. | Jefferson Dining Room

Reservations begin on Friday, May 2, by dialing ext. 7645 (703-578-7645)

FRANCES PERKINS PRESENTATION

Tuesday, May 13 at 1:30 p.m. | Auditorium

YOUR MIND MATTERS: MONTHLY BRAIN HEALTH TALK - *COGNITIVE STIMULATION: FUEL FOR A HEALTHIER BRAIN*

Tuesday, May 13 from 1:30 p.m. to 2:30 p.m. | Board Room

EVENING CONCERT WITH THE DUNLAP JAZZ TRIO

Thursday, May 15 at 7:15 p.m. | Auditorium

AFTERNOON CONCERT WITH ARLINGTON COMMUNITY CHORUS

Saturday, May 17 at 3:00 p.m. | Auditorium

REMINDERS FOR VISITORS WITH PETS

We would like to remind you of our policies for pets who visit our community. Please ensure your visitors are aware of these policies. We want to ensure the community is safe for everyone.

- Pets must be kept on a leash or in a harness within arm's length of the owner at all times. Individuals controlling the animal on a leash must be in physical contact with the leash when in a public area. If a dog or cat is not on a leash, they must be confined in a pet carrier when in transit through community areas.
- At no time are any pets (other than authorized service dogs/service dogs in training) allowed in dining areas.
- Dogs must be housebroken.
- Visitors may not bring more than two pets at any given time.
- Pet owners must clean up after their pets inside and outside the building. When walking dogs, owners should scoop the dog's solid waste into a bag and dispose of it in the designated receptacle. When the purpose of the walk is elimination, use designated areas.
- Pets are not allowed in designated garden areas. Pet waste should not be disposed of in trash chutes. Please dispose of all pet waste in the designated outdoor receptacles located around campus.
- Each pet owner will be responsible for their pet's behavior (e.g., biting, scratching) and must keep the pet under control at all times.
- If a pet creates a nuisance, the Executive Director reserves the right to determine that it is in the best interest of Goodwin Living that the visitor does not bring the pet to GHBC.
- Excessive barking will not be tolerated.

COLLECTING CHILDREN'S BOOKS

GHBC's Little Free Library, known as the 'Jewel of South Jefferson Street,' needs more children's books. Please donate new or used books outside the Resident Business Center from Monday, May 12 to Sunday, May 18. Any type of book will be appreciated. Picture books, beginning readers, Little Golden Books, and young adult fiction are very popular among our neighbors. Your support means so much.

ADDITIONAL UPCOMING DINING EVENT

Join us in the Lounge on Saturday, May 3 from 4:00 p.m. to 7:00 p.m. for a Kentucky Derby watch party hosted by Dining Services. Enjoy themed food and beverages available at happy hour pricing!

TIP FROM THE GREEN TEAM

According to the *National Geographic*, a whopping 91% of plastic is **not** recycled! Some is burned, and the rest ends up in approximately 2,000 landfills across the nation. Landfills add methane (much stronger than CO₂) to the atmosphere. Question: how can more waste be diverted from landfills and disposed sustainably? Can ordinary citizens help? Watch this space.

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.

May 6, 2025: Hiring and Recruitment

Fran Casey, Goodwin Living's Chief People Officer; Brittany DiSciullo, Vice President of Human Resources; and Catie Ramos, Team Member Engagement and Outreach Manager, will discuss the challenges of recruiting, hiring, and retaining employees who meet Goodwin Living's excellent standards. Carol Lewis hosts.

May 13, 2025: Fitness

GHBC's Fitness Center rooms are available 24/7 to residents. A variety of classes are offered to address balance and flexibility and maximize fitness. Olga Cardoso, Fitness and Wellness Manager, and Miz Ali, Fitness Instructor will talk about all that is open to you in Fitness experiences and answer your questions. Hosted by Stefanie Reponen.

RESIDENT SHOWCASE

MEET DEBBIE MASSEY

Check out the May Resident Showcase on the resident website and meet Crossroads resident Debbie Massey, an activist, athlete, bridge player, and more. To read about her, go to www.lifeatghbc.com and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet Debbie, or click on Showcase Archive to meet many other residents at GHBC. Don't forget: you'll need to use your website password – the same one you use for the resident directory – to access the Resident Showcase.



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, May 5

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



Collage Greeting Cards Workshop – Play with a variety of materials and artistic processes in this relaxed and supportive workshop with Sarah. We will have fun using pressed flowers to create dynamic and thoughtful greeting cards. These are perfect for giving to neighbors, loved ones to celebrate spring, or the upcoming Mother’s Day holiday. Registration is not required, and all are welcome.

Tuesday, May 6

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.

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



Art Film –See information on Page 1.

Wednesday, May 7

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



Beginning Ceramics - Join experienced artist and educator Betty Bott in creating with clay using handbuilding skills of pinching, coiling, and slab work in combination with surface design techniques. This is the fourth class for residents that have already signed up for six sessions total to learn how to create functional and decorative ceramic projects.

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: Explore landscape drawing with pen and ink. (Sign up, 15 participants)

Thursday, May 8

11:00 a.m. - 4:00 p.m.



Trip to Glenstone Museum in Potomac, Maryland – Spring is in full bloom and Glenstone is one of the best places in the D.C. area to enjoy it! Experience the energy of architecture, the power of art, and the restorative qualities of nature at this fascinating indoor-outdoor museum. Guided by the personal vision of its founders, Emily and Mitch Rales, Glenstone assembles post-World War II artworks of the highest quality that trace the greatest historical shifts in the way we understand art. These works are presented in multiple indoor and outdoor spaces designed to facilitate meaningful encounters for visitors. Explore Glenstone’s 204,000 square-foot museum, new artwork on display in the recently re-opened Pavilions, outdoor sculptures throughout the extensive grounds, and enjoy lunch on your own at one of the two acclaimed cafes.

- Cost: \$17.00 transportation fee
- Departure: Bus boards at 11:00 a.m.
- Sign Up: Monday, May 5 at 9:00 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, May 9

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



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

3:00 p.m. - 5:00 p.m.



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

Sunday, May 11

3:00 p.m. - 6:00 p.m.



Open Paper Crafting Session – 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 5

- 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. Mat Yoga, Auditorium

TUESDAY, May 6

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 9:00 a.m. Functional Fit, Aerobics Room
- 9:00 a.m. Pickleball, Pickleball Court
- 10:00 a.m. Pilates, Auditorium
- 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, Aerobics Room

WEDNESDAY, May 7

- 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 - Aerobics Room

THURSDAY, May 8

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

FRIDAY, May 9

- 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, May 10

- 9:30 a.m. Total Body Video, Aerobics Room
- 1:15 p.m. Chair Fit with Miz, Aerobics Room

Fitness Walk at Alexandria Waterfront

Thursday, May 8 at 10:30 a.m. | Departs from Main Entrance

Alexandria Waterfront Park generally receives positive reviews for its pleasant atmosphere and beautiful views. With a well-maintained pathway, you certainly can enjoy your walk along the Potomac River. Shaded areas with seating are also available.

- Sign up starts Monday at 10:00 a.m. in the Resident Business Center.
- Cost: \$3

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.

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 5

- 10:30 a.m. Monday Movement w/ Vy (Community Room)
11:00 a.m. Sing-a-Long w/ Anne & Friends
(Crossroads Area)
2:30 p.m. Cinco de Mayo Fiesta w/ Vy (Rotunda/Atrium)
4:00 p.m. Afternoon Documentary:
Lady Bird Johnson (Community Room)

TUESDAY, May 6

- 10:00 a.m. Chair Fitness w/ Kelly & Vy
(Community Room)
10:30 a.m. Morning Art Discussion w/ Sarah
2:00 p.m. Afternoon Documentary:
Watergate: The Break In (Community Room)
3:00 p.m. Traveling Tunes: Music & Travel
w/ Songyee (Crossroads Area)
7:00 p.m. Evening Word Games w/ & Vy (Living Room)

WEDNESDAY, May 7

- 10:30 a.m. Travel to El Salvador w/ Songyee
(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 8

- 10:30 a.m. Morning Stretches w/ Sarah and Vy
(Community Room)
11:00 a.m. Dr. Tony Tambasco Presents:
Sicily Continued (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 9

- 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, May 10

- 10:00 a.m. Morning Chair Fit w/ Miz (Community Room)
2:45 p.m. Lemonade & Afternoon Matinee:
Mama Mia! (Community Room)
7:15 p.m. Evening Movie in the Auditorium

SUNDAY, May 11

- 10:30 a.m. Sunday Service in the Chapel
11:00 a.m. Exercise w/ Mar_T (Community Room)
3:00 p.m. Singo w/ Sheridan & Vy (Crossroads Area)
4:00 p.m. Mother's Day Social w/ Vy (Crossroads Area)
4:30 p.m. Puzzles & Word Games Station
(Community Room)

Health Care Center Programs

MONDAY, May 5

- 9:30 a.m. Sip & Social
10:30 a.m. Spiritual Devotions w/ Chaplaincy
11:00 a.m. Balloon Toss w/ Aki
2:00 p.m. Cinco de Mayo Trivia w/ Aki
3:00 p.m. Cinco de Mayo Fiesta w/ The Mariachi,
(Rotunda)

TUESDAY, May 6

- 9:30 a.m. Dining Room Discussion
10:30 a.m. Techno Fitness w/ Vilma
11:00 a.m. Herbal Trivia w/ Aki
2:00 p.m. Service Project Prep
3:30 p.m. Garden Time: Planting Seeds w/ Aki &
Vilma

WEDNESDAY, May 7

- 9:30 a.m. Today in History
10:00 a.m. Cloverleaf Equine Outing w/ Aki
10:30 a.m. Seated Fitness w/ Miz
11:00 a.m. Where Am I? w/ Steffan
2:00 p.m. Residents' Choice w/ Aki
3:30 p.m. Live Music w/ The Piano Man

THURSDAY, May 8

- 9:30 a.m. Morning News
10:30 a.m. 60's Hit Moves w/ Vilma
11:00 a.m. Cranium Crunches w/ Aki
2:00 p.m. Table Game: Obie! w/ Aki
3:00 p.m. Creative Art w/ Sarah
4:00 p.m. Piano Tunes w/ Dr. Wilmot, Vilma & Aki

FRIDAY, May 9

- 9:30 a.m. Daily Digest
10:30 a.m. Service Project for the Arlington Food
Assistance Center w/ Vilma & Aki
2:00 p.m. Sunny Stroll
3:30 p.m. A Mother's Day Gathering: Treats & Talk w/
Aki & Friends

SATURDAY, May 10

- 9:30 a.m. GHBC Happenings: *West Winds*
Newsletter
11:00 a.m. Seated Fitness w/ Mar_T & Aki
3:15 p.m. Short Stories & Afternoon Chat w/ Miz

SUNDAY, May 11

- 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 Chi w/ Vy
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, May 5

- 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
- 10:00 a.m. Understanding Computers, ToW
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Functional Circuit, Aerobics Room
- 11:00 a.m. Meditation, Channel 1960
- 11:00 a.m. Memoirs, Smith Study
- 11:30 a.m. Chair Yoga, Channel 1960
- 11:30 a.m. Shopping Shuttle to Bradlee Shopping Center, Departs from Main Entrance
- 1:00 p.m. Collage Greeting Cards Workshop, Arts Center**
- 1:30 p.m. Veterans Committee Meeting, 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. Cinco de Mayo Celebration, Rotunda**
- 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
- 7:30 p.m. Foreign Affairs Lecture, Auditorium**

Tuesday, May 6

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 9:00 a.m. Functional FIT, Aerobics Room
- 9:00 a.m. Pickleball, Pickleball Court
- 9:00 a.m. Seamstress, Smith Study**
- 10:00 a.m. Caregivers' Support Group, Formal Parlor
- 10:00 a.m. Pilates, Auditorium
- 10:00 a.m. Standing Total Body, Stretch Workout, Channel 1960
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 11:10 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. Rob's Fireside Chat, Fireside**
- 2:00 p.m. Mah Jongg, Card Room
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 4:00 p.m. Newcomers, Auditorium
- 6:00 p.m. Art Film: *Spirited Away*, Board Room**

Bolded Events Reflect New or Infrequent Upcoming Activities

Wednesday, May 7

- 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
- 10:30 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
- 3:00 p.m. Technology Committee Meeting, ToW
- 3:30 p.m. Play Reading Group: *Brighton Beach Memoirs Act 2*, Pointe Conference 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
- 7:00 p.m. Bingo, ToW

Thursday, May 8

- 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. Computer CORE IT Assistance, Bistro Private Dining Room**
- 10:00 a.m. Vendor: Queen of Apostles Jewelry Sale, Atrium**
- 10:00 a.m. Standing Total Body Stretch Workout, Channel 1960
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. Fitness Walk, Departs from Main Entrance
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Trip to Glenstone Museum in Potomac, Maryland, Departs From Main Entrance**
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 11:30 a.m. Chair Fit, Aerobics Room
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:00 p.m. Community Service Committee Meeting, ToW
- 2:00 p.m. Poetry Group, Smith Study
- 2:30 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Woodcarving, Arts Center
- 3:30 p.m. UU Minister, ToW
- 7:00 p.m. Poker Night, Game Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Friday, May 9

- 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
- 1:00 p.m. Afternoon Concert, ToW
- 1:00 p.m. Encore Chorale, Auditorium
- 2:00 p.m. Jeopardy, Board Room
- 2:30 p.m. Mat Yoga, Aerobics Room
- 3:00 p.m. Artist Trading Card Club Meets, Arts Center
- 3:00 p.m. Trips and Outings Committee Meeting, Board Room
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Saturday, May 10

- 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: *Fatty and Mabel at the San Diego Exposition*, Board Room
- Chair Fit with Miz, Aerobics Room
- 1:15 p.m. **Afternoon Concert Featuring Women's Chorus, Capital Harmonia, Auditorium**
- Chinese Mah Jongg, Card Room
- 2:00 p.m. Duplicate Bridge, ToW
- 2:00 p.m. Deadline for Submission to next *West Winds*, westwinds@goodwinliving.org
- 5:00 p.m. Saturday Night Movie, *Small Things Like These*, Auditorium
- 7:15 p.m.

Sunday, May 11

- 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

- Physical** - 
- Spiritual** - 
- Communal** - 
- Intellectual** - 
- Emotional** - 
- Social** - 

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