

WEST WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 37, Number 26 ✨ June 30, 2025

UPCOMING MEETINGS

Technology Committee

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

Changes

Technology Committee Meeting

Wednesday, July 2 at 2:00 p.m.
| Top of the West - **New Time**

Afternoon Concert

Friday, July 4 - **Canceled**

Health Committee Meeting

Friday, July 4 - **Canceled**

COVID CASES AS OF June 26

Independent Living (IL): 0
Assisted Living (AL): 0
Health Care Center (HCC): 3
Team Members: 1

FOURTH OF JULY CELEBRATION

Friday, July 4 at 3:00 p.m. | Rotunda

Celebrate the Fourth of July with your friends and neighbors! Stop by the Rotunda to enjoy cocktails and patriotic music performance by resident Ben Wilmot on the piano. Be sure to dress in red, white, and blue!



EA

HALF DAY TRIP TO VIRGINIA THEOLOGICAL SEMINARY

Wednesday, July 2 from 12:30 p.m. to 4:00 p.m. | Departs From Main Entrance

Half day trip to the Virginia Theological Seminary (VTS) for a tour of the "Rare Book Collection" and for exhibits in Bicentennial Hall and the Welcome Center. Hosted by GHBC Chaplaincy. Explore the "Rare Book Collection" with library staff and book conservators in a special presentation for GHBC residents. The collection includes historical treasures that range from early Bibles to English Anglican literature. Next, we'll move to Bicentennial Hall to view Assyrian Gypsum relief panels in a contemplative space. We'll finish our campus tour at the VTS Welcome Center for refreshments and a chance to view the "St. Nicholas" exhibition.

- Departure: Bus boards at 12:30 p.m. at the Main Entrance.
- Cost: \$10 (Transportation)
- Sign Up: Available in the Resident Business Center. Sign up closes Monday, June 30. Limited to 14 participants.
- Contact: Emily Meeks (emeeks@vts.edu)
- Please Note: The return time is 4:00 p.m. but is estimated and may vary with traffic. You can learn more about the "Rare Book Collection" here: <https://vts.edu/rarebooks/>



MORE HAPPENINGS

GREAT COURSES

Wednesday, July 2 at 3:00 p.m. | Media Room

- Episode 27: Saint Anskar and the First Christian Missions
- Episode 28: Formation of the Kingdom of Denmark



GHBC PLAY READING GROUP TO PERFORM *Love Letters*

Wednesday, July 2 at 3:30 p.m. | Board Room

On Wednesday, July 2, the GHBC Play Reading Group will present *Love Letters* by A.R. Gurney. This play is a tender, tragi-comedy which explores a friendship between Melissa Gardner and Andrew Makepeace Ladd III, played by Gloria Rothman and Dan Van Belleghem. Through 50 years of sharing notes, letters, and cards, the two express their hopes, ambitions, disappointments, victories, and defeats. The play will start promptly at 3:30 p.m. Seating will be limited. Please come early.

ART FILM: *Automorphosis*

Wednesday, July 2 at 6:00 p.m. | Board Room

In celebration of the upcoming Independence Day holiday, there will be a screening of a film that immerses viewers in a proudly unconventional subculture of American society known as the art-car community. *Automorphosis* features oddballs, dreamers, and outsiders across the U.S. who make creative modifications to their automobiles in the name of personal expression. On a humorous and touching journey, this documentary reveals what drives the creative process for these eccentric Americans and how they resist conformity to forge their own path. Directed by: Harrod Blank.

Total Run Time: 78 minutes. Discussion to follow.



HISTORY OF JAZZ: AN EDUCATIONAL CONCERT

Thursday, July 3 at 1:30 p.m. | Atrium

Quentin Walston is back with another installment of his History of Jazz Educational Concert. Continue exploring jazz throughout the years and hear Quentin play pieces of his favorite jazz music. Q&A to follow; all are welcome! During renovations, Quentin's concerts will take place in the Atrium.



SATURDAY CINEMA MATINEE: Harold Lloyd

Saturday, July 5 from 12:00 p.m. to 1:30 p.m. | Board Room

Now Or Never (1921). Our hero, unaccustomed to children, must accompany a young girl on a train trip.



MORE HAPPENINGS

SATURDAY NIGHT MOVIE - *Paddington in Peru*

Saturday, July 5 at 7:15 p.m. | Auditorium

When Paddington discovers his beloved aunt has gone missing from the Home for Retired Bears, he and the Brown family head to the jungles of Peru to find her. Determined to solve the mystery, they soon stumble across a legendary treasure as they make their way through the rainforests of the Amazon.

PG, 2024, Family/Adventure, 1 hour, 45 minutes.

Starring: Emily Mortimer, Olivia Colman, Antonio Banderas, Carla Tous, and Ben Whishaw



DEATH CAFE

Sunday, July 6 from 2:00 p.m. to 3:30 p.m. | Formal Parlor

As you may have heard at Newcomers on June 17, Death Cafe happens every first Sunday in the Formal Parlor. Join us for confidential but casual conversation about any aspect of death that's on your heart--no agenda, no experts, just honest conversation about your observations, your fears, or hopes. We'll have cookies or cake, so bring yourself a cup of tea or coffee and settle in for a heart-filled 90 minutes. Facilitators are Diane Ullius and/or Michael Milano.

CREATIVE WRITING READING PERFORMANCE

Thursday, July 10 at 1:00 p.m. | Formal Parlor

Enjoy an afternoon listening to the creative minds of your neighbors who will read their recent and past writings, whether it be poetry, short story, chapter from novels, etc.

SAVE THE DATE

"ACUPUNCTURE BASICS" - PRESENTATION BY BECKY REYNOLDS, NP, LICENSED ACUPUNCTURIST

Tuesday, July 8 from 2:00 p.m. to 3:00 p.m. | Board Room

COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

ANNOUNCEMENTS FROM DINING SERVICES

The fourth of July brunch will be held in both The Jefferson Dining Room and Bistro on Friday, July 4. The hours of operation for the brunch will be from 11:30 a.m. to 1:30 p.m. Reservation is required to dine in the main dining room while the Bistro will be available for walk-ins. Carry-out will only be available in the Bistro. The Jefferson Dining Room will be closed for dinner service, while the Bistro will offer the always available menu including the weekly specials. There will not be a pop-up in the Bistro for dinner service. To book a reservation, please call Dining Services at ext. 7645 (703-578-7645) on Friday, June 27 starting at 9:00 a.m. Please stay on the line until a team member has confirmed your reservation.

Friendly Reminder:

- Please rinse the green to-go boxes and return at the designated drop-off location in the black bins located at the entrance of Marketplace.
- If you place a carry-out order in the Bistro, please wait for your order in the Lounge so that those who would like to dine in the Bistro will have seating available.

DID YOU KNOW? CELEBRATING BRAIN HEALTH MONTH WITH GOODWIN LIVING FOUNDATION

Every June, we celebrate Brain Health Month by highlighting the powerful impact of the Goodwin Living Foundation whose generous donors have enabled StrongerMemory to reach more than 58,000 individuals, enriching lives across Goodwin Living and expanding across the U.S., Canada, and the Caribbean. Their financial commitment has also helped launch Thrive, our new social model day program that offers vital engagement for individuals experiencing cognitive change. From neighborhood to nation, we are deeply grateful to those whose support fuels our mission to advance brain health through innovation, inclusion, and meaningful connection.

CHRISTMAS IN JULY ANGEL TREE CAMPAIGN

The 2025 Angel Tree campaign will be held July 7 through July 11 from 4:30 p.m. to 6:30 p.m. near the piano in the Rotunda. Previously known as the Patrick Henry Family Shelter, the new Fair Ridge Shelter in Fairfax will benefit from our annual donation. The shelter needs retail gift cards to Target, Walmart, and Visa, plus grocery gift cards to Giant, Safeway, and Aldi. Also, tax-deductible checks can be made out to Shelter House or cash can be donated for the purchase of gift cards. Thank you for generous support.



STRONGERMEMORY TIP: WRITE YOUR TO-DO LIST BY HAND

Instead of typing out your daily tasks, try writing them by hand. The physical act of writing activates areas of the brain tied to memory and learning. Studies show that handwriting helps you better retain information and stay focused throughout the day. Request your complimentary StrongerMemory workbook from Ellie Pettoni at epettoni@goodwinliving.org or 703-578-7211. Be sure to include your name, campus location, and apartment number.

DON'T MISS GHBC ONE-TIME SPECIAL EVENTS!

Are you planning a doctor appointment or a river cruise but don't want to miss a GHBC special presentation or excursion?

Check the Special Events Planning Calendar. Here is how:

- Start at the GHBC website [<https://www.lifeatghbc.com/>]
- In the blue menu on the left, click on Calendars
- In the pop-up menu, click on Independent Living
- At Independent Living Events, click on this red link

Or

- Click below or enter this address in a new URL tab:
<https://www.lifeatghbc.com/events/independent-living/>



GREEN TEAM TIP - OUR GREEN PLASTIC CARRYOUT BOXES: RINSE AND RETURN!

Unlike Styrofoam, which was formerly used abundantly at GHBC and is trashed after one use, the sturdy green boxes are used over and over – a large financial savings. There is one catch, however; this works only if we residents rinse and return them. Do not put them in your microwave; do not keep or toss them. They are for transport only and, treated kindly, will serve us a very long time.

COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

ANNOUNCEMENT FROM THE CLINIC

The Clinic will be closed on Saturdays until further notice. If you have an emergency, please dial "0" for assistance.

NEWCOMERS ET AL.

NEWCOMERS, ET AL.

Tuesdays at 4:00 p.m. | Auditorium

Newcomers Gatherings are weekly and in-person. **When the Auditorium is under renovation, Newcomers Gatherings will be in different locations, announced in West Winds and on posters.** Plan to attend as they will not be recorded. Questions? Contact Carol Lewis, poplewis@hotmail.com.

EA

July 1, 2025: Marketing Committee & Buddies Program – **Formal Parlor**

The Marketing Committee assists the work of the Goodwin Living Sales Department. The Buddies Program introduces new residents to another resident to contact during their move to GHBC. Betsy Bailey hosts Claudia Blake, committee chair, and Anne Baxter and Susan Kilpatrick, Buddies Program co-chairs.

July 8, 2025: Housekeeping, Laundry, Furniture Sales – **Top of the West**

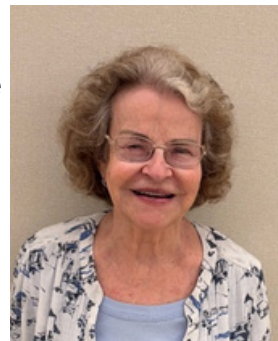
Did you know? Each housekeeper cleans five to six apartments daily. For a fee, staff can do your personal laundry or send out your dry cleaning. Used furniture is sold on certain days. Tinia McNeely, Environmental Services Manager, and Bridget Jamison, Laundry Manager, talk with host Betty Plionis about these important services.

NEW RESIDENT BIO

MEET JEAN BRAUN

Jean Braun moved into Crossroads apartment 421 in June, 2025.

Jean grew up on a farm in Dublin, Georgia, where she cared for a cow as well as some smaller farm animals. She attended Emory College in Oxford, Georgia. At the time, the college served students in grades 11 and 12 and then the first two years of college. She completed her bachelor's degree at Emory University in Atlanta followed by medical school at the University of Georgia and a dermatology residency at the University of Pennsylvania in Philadelphia. She traveled with a program called American Doctors and was posted with Methodist missionaries in Kathmandu, where she met her future husband who was teaching cabinetry there. She returned to the United States to complete the requirements for her medical license, then went back to Kathmandu to get married. The couple enjoyed traveling to India, Sri Lanka, and Afghanistan before spending time with his family on their farm in Germany. While there, she improved her use of the German language by attending classes at the Goethe Institute. After some time living in Los Angeles, which they found too congested, they settled in Uniontown, Pennsylvania. There Jean established her dermatology practice and they raised two sons. She continues to maintain a residence in Pennsylvania and another at Deep Creek Lake. Jean has already begun exploring activities here at GHBC. She plans to attend chair yoga and water aerobics and will check out the Encore Chorale. She enjoys painting, loves creative writing and looks forward to chronicling some of her family's rich history.



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, June 30

1:00 p.m. - 2:30 p.m.



Collage – Play with paper, paint, and ink in this collage class with Sarah. Mixed-media collage is a highly intuitive art form with lots of room for creative curiosity. It's beginner friendly as well as useful for the more experienced art maker. Drop-ins are welcome any time.

Tuesday, July 1

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, July 2

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 a summer sunflower from a new perspective. (Sign up, 15 participants)

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



Art Film - [See details on Page 2](#)

Thursday, July 3

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



Painting – Explore painting techniques and new approaches to creating colorful art with Sarah. Develop an intuitive feel for using color to create realistic or abstract paintings. This class is an opportunity for anyone with an interest in painting to practice mixing colors of acrylic paint and experiment with different brushes to find what is enjoyable for you. (Sign up, 15 participants)

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, July 4

Happy Independence Day!

Sunday, July 6

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, June 30

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

SATURDAY, July 5

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

TUESDAY, July 1

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, 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, July 2

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
 4:15 p.m. Line Dancing, Auditorium

THURSDAY, July 3

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, July 4

8:30 a.m. Total Body Standing, Aerobics Room
 9:30 a.m. Chair Fit, 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.

FITNESS ASSESEMENT 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, June 30

- 10:30 a.m. Monday Movement w/ Miz & Vy (Community Room)
- 11:00 a.m. Sing-a-Long w/ Anne & Friends (Crossroads Area)
- 2:00 p.m. Afternoon Lemonade & Documentary: *American Spies* (Community Room)
- 3:00 p.m. Happy Pink Day! Trivia & Refreshments w/ Vy (Community Room)

TUESDAY, July 1

- 10:00 a.m. Chair Fitness w/ Miz & Vy (Community Room)
- 10:30 a.m. Morning Art Discussion w/ Sarah & Vy (Community Room)
- 3:00 p.m. Coffee & Chat w/ Michelle: July Gazette (Crossroads Area)
- 7:00 p.m. "CANADA" Word Games w/ Vy (Crossroads Area)

WEDNESDAY, July 2

- 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/ Vy (Community Room)
- 3:00 p.m. Spiritual Discussion w/ Rev. Alex (Community Room)

THURSDAY, July 3

- 10:30 a.m. Service Project for AFAC w/ Vy (Community Room)
- 2:15 p.m. July Category Word Game w/ Vy (Crossroads Area)
- 2:45 p.m. Pet Visit w/ Frankie (Crossroads Area)
- 3:30 p.m. Afternoon Stretches w/ Vy (Community Room)

FRIDAY, July 4

- 11:00 a.m. Meditation on TV Channel 1960
- 3:00 p.m. Friday Fitness w/ Olga (Community Room)
- 3:30 p.m. 30 Patriotic Documentary: *We Stand Alone Together - The Men of Easy Company* (Community Room)

SATURDAY, July 5

- 9:30 a.m. Shabbat Service in the Chapel
- 10:15 a.m. Chair Chi Exercise w/ Vy (Community Room)
- 4:00 p.m. Piano Music Appreciation w/ Heather & Vy (Crossroads Area)
- 7:15 p.m. Evening Movie in the Auditorium

SUNDAY, July 6

- 10:30 a.m. Sunday Service in the Chapel
- 11:00 a.m. Exercise w/ Mar_T & Aki (Community Room)
- 2:30 p.m. Music & Visit w/ Chris Hagan & Friends (Crossroads Area)
- 3:30 p.m. Puzzles & Word Games Station (Community Room)

Health Care Center Programs

MONDAY, June 30

- 9:30 a.m. Sip & Social
- 10:30 a.m. Spiritual Devotions w/ Chaplaincy
- 11:00 a.m. Resident Council Meeting w/ Jacques
- 2:00 p.m. Trivia in the Atrium w/ Aki & Vilma
- 3:30 p.m. Summer Cinema w/ Vilma & Aki: *The Harvey Girls*

TUESDAY, July 1

- 9:30 a.m. Coffee & Conversation
- 10:30 a.m. Techno Fitness w/ Vilma
- 11:00 a.m. American Trivia w/ Aki
- 2:00 p.m. Service Project Prep w/ Aki & Vilma
- 3:30 p.m. Welcome July Social on the Patio w/ Vilma & Aki

WEDNESDAY, July 2

- 9:30 a.m. Morning News
- 10:30 a.m. Seated Fitness w/ Miz
- 11:00 a.m. Patriotic Sing-Along w/ Anne & Aki
- 2:00 p.m. Nature Walk N Roll w/ Vilma & Aki
- 3:30 p.m. Bingo! w/ Aki, Vilma, & Friends

THURSDAY, July 3

- 9:30 a.m. Dining Room Discussion
- 10:30 a.m. Service Project for AFAC w/ Vilma
- 2:00 p.m. Books on Wheels w/ Vilma
- 3:00 p.m. Creative Art w/ Sarah
- 4:00 p.m. Piano Tunes w/ Dr. Wilmot

FRIDAY, July 4

Happy Independence Day!

- 11:15 a.m. Morning Exercise w/ Olga
- 8:00 p.m. Capital Fourth: Concert & Fireworks on TV Channel 26

SATURDAY, July 5

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

SUNDAY, July 6

- 10:30 a.m. Holy Eucharist service in the Chapel
- 11:00 a.m. Seated Exercise on TV CHANNEL 1960
- 11:15 a.m. Sunlit Serenity w/ Aki
- 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, June 30

8:30 a.m. Total Body Standing, Auditorium
 9:00 a.m. IT Device Clinic, Bistro
 9:30 a.m. Chair Fit, Auditorium
 10:30 a.m. Seated Fitness, Channel 1960
 11:00 a.m. Functional Circuit, Aerobics Room
 11:00 a.m. Meditation, Channel 1960
 11:00 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
 1:00 p.m. Collage, Arts Center
 2:00 p.m. Mat Yoga, Auditorium
 2:00 p.m. Rummikub, Card Room
 2:00 p.m. Trivia, Atrium
 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
 7:00 p.m. Bocce Ball, Bocce Ball Court

Tuesday, July 1

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 Service, Smith Study
 9:30 a.m. Advanced Ceramics, Arts Center
 10:00 a.m. Caregivers' Support Group, Formal Parlor
 10:00 a.m. Pilates, Auditorium
 10:00 a.m. Standing Total Body, Stretch Workout, Channel 1960
 10:00 a.m. Water Aerobics, Pool
 10:30 a.m. Seated Fitness, Channel 1960
 11:00 a.m. Muscle Relaxation, Channel 1960
 11:30 a.m. Shopping Shuttle to Target and Trader Joe's, Departs from Main Entrance
 11:30 a.m. Chair Fit, Aerobics Room
 12:15 p.m. Tai Chi, Aerobics Room
 1:00 p.m. Rosary Group, Chapel
 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, Formal Parlor

Wednesday, July 2

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Chair Fit, Auditorium
- 10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, Chapel
- 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
- 11:15 a.m. Contemplative Workshop
- 11:30 a.m. (Quaker), Smith Study
- 12:30 p.m. Half Day Trip to Virginia Theological Seminary, Departs From Main Entrance**
- 2:00 p.m. Drawing Skills, Arts Center
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. Informal Open Bridge, Card Room
- 2:00 p.m. Technology Committee Meeting, ToW**
- 3:00 p.m. Great Courses, Media Room
- 3:30 p.m. Play Reading Group, Board Room**
- 4:00 p.m. French Conversation Group, Smith Study
- 4:00 p.m. Prayer Group, Chapel
- 4:15 p.m. Line Dancing, Auditorium
- 4:30 p.m. Drinks & Trivia, Formal Parlor
- 6:00 p.m. Art Film, Board Room**
- 7:00 p.m. Bingo, ToW

Thursday, July 3

- 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. Painting, Arts Center
- 10:30 a.m. Seated Fitness, Channel 1960
- 11:00 a.m. Muscle Relaxation, Channel 1960
- 11:30 a.m. Chair Fit, Aerobics Room
- 1:30 p.m. History of Jazz: An Educational Concert, Atrium**
- 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. Current Events Trivia with Tiffany, Atrium**
- 3:30 p.m. UU Ministerial Visit, ToW
- 4:00 p.m. Meditation Group, Smith Study
- 7:00 p.m. Poker Night, Game Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Friday, July 4

- 8:30 a.m. Arts Center Occupied, Arts Center
- 8:30 a.m. Total Body Standing, Aerobics Room
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:30 a.m. Seated Fitness, Channel 1960
- 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
- 3:00 p.m. Fourth of July Celebration, Rotunda**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Physical - 

Spiritual - 

Communal - 

Intellectual - 

Emotional - 

Social - 

Early Advantage Welcomed! - 

Saturday, July 5

- 9:30 a.m. Jewish Shabbat Services, Chapel
- 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: *Now or Never*, Board Room
- 2:00 p.m. Chinese Mah Jongg, Card Room
- 2:00 p.m. Duplicate Bridge, Top of the West
- 5:00 p.m. Deadline for submission to next *West Winds*, westwinds@goodwinliving.org
- 7:15 p.m. Saturday Night Movie, *Paddington in Peru*, Auditorium

Sunday, July 6

- 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. Death Cafe, Formal Parlor**
- 2:00 p.m. Hand and Foot Card Game, Top of the West
- 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.