

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 3 ✨ January 15, 2024

UPCOMING MEETINGS

Dining Service Committee

Thursday, January 18 at 9:30 a.m. | Board Room

Arts Committee

Friday, January 19 at 2:30 p.m. | Art Center

TIME OR LOCATION CHANGE

StrongerMemory

Monday at 1:00 p.m. | Board Room - Permanent time change

Trivia

Monday, January 15 at 2:00 p.m. | Atrium - Canceled

Clay Club

Thursday, January 18 - Canceled

Resident Council Community Meeting

Monday, January 22 at 10:00 a.m. | Auditorium - Temporary Time Change

COVID CASES







Independent Living (IL): 3

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 5

WELLNESS ICON KEY:

- | | |
|--|--|
|  Physical |  Intellectual |
|  Spiritual |  Emotional |
|  Communal |  Social |



Goodwin House
Bailey's Crossroads

HISTORY OF JAZZ: EDUCATIONAL CONCERT

Monday, January 15 at 1:30 p.m. | Auditorium

Quentin Walston is back with another installment of his History of Jazz Educational Concert. Continue to learn about jazz throughout the years and hear Quentin play pieces of his favorite jazz music. Q&A to follow, all are welcome!



THE HEARING INFORMATIONAL SUPPORT GROUP

Wednesday, January 17 at 2:00 p.m. | Group Room in the Pointe

We will discuss Tinnitus and other conditions such as Vertigo. YouTube video will be used as appropriate. If you have any questions, please contact Michele Zimmer-Forster, Director of Social Work at 703-578-7225.



JAZZ CONCERT FEATURING RESIDENT MANDY WHALEN ON VOCALS

Wednesday, January 17 at 7:00 p.m. | Auditorium

Mandy is returning with a jazz trio like those that appeared here last year: Chris Grasso on piano, Paul Langosch on bass, and Frank Russo on drums. The collection of songs is new, an eclectic mix including jazz tunes by Clifford Brown, Billy Strayhorn, Thelonius Monk, and Antonio Carlos Jobim, and Great American Songbook music by Irving Berlin, Rodgers & Hart, and Jimmy Van Heusen.



MORE HAPPENINGS

GREAT DECISIONS: *MIDEAST REALIGNMENT*

Thursday, January 18 at 3:00 p.m. | Auditorium

The United States and Middle East are at a crossroads. In spite of a reduced presence in the Middle East, the U.S. still has significant national interests there and the area is a key arena for global power politics. Can the U.S. continue to defend its interests in the Middle East and globally with a lower level of military and political involvement, or should it recommit to a leading role in the region? This session is moderated by resident Walt Lundy.



THURSDAY MOVIE MATINEE - *CLOSE*

Thursday, January 18 at 2:00 p.m. | Media Room

The 13-year-old boys Léo and Rémis have a close friendship at school and in the flower fields where they and their parents pick the harvest for home. When schoolmates shoot a wedge into the relationship, the consequences are fatal.

Rated PG-13, 2022, Drama, 1 hour 45 minutes



PLANNING: A GIFT OF LOVE

Sunday, January 21, 2:00 | Board Room

In an emergency and at the end of life, being prepared by having important documents in one place can ease the burden for your loved ones. Why not give them this gift? This practical session focuses on gathering and recording passwords, contact information for key financial people, any advance plans for your memorial, etc., so that your survivors don't have to hunt for them. This is separate from your will/estate plans and separate from your advance medical directive. This workshop, led by resident **Janice Jensen**, will address how to start the process--and why to start it now. We'll serve cookies; bring your own beverage. Presented by End-of-Life Resources for GHBC.



AFTERNOON CONCERT

Every Friday at 1:00 p.m. | Media Room

Friday, January 19: *Attila* - Giuseppe Verdi

Attila is an opera in a prologue and three acts by Giuseppe Verdi; based on the play *Attila, King of the Huns*. The opera received its first performance in Venice on March 17, 1846. Sung in Italian with English subtitles.

Running time: 1 hour, 52 minutes



MORE HAPPENINGS

SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: BUSTER KEATON

Saturday, January 20 at 12:00 p.m. | Board Room

Joseph Frank "Buster" Keaton is best known for his silent film work as an actor, comedian, and director, in which his trademark was physical comedy accompanied by a stoic, deadpan expression that earned him the nickname "The Great Stone Face." In 1996, Entertainment Weekly recognized Keaton as the seventh-greatest film director. In 1999, the American Film Institute ranked him as the 21st-greatest male star of classic Hollywood cinema.



SATURDAY NIGHT MOVIE - MAESTRO

Saturday, January 20 at 7:15 p.m. | Auditorium

On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives.

Rated R, 2023, Romance/Musical, 2 hour, 9 minutes



CONCERT - ARIOSO CHORALE & ORCHESTRA

Thursday, January 25 | Departs from Main Entrance at 6:45 p.m.

The Arioso Chorale and Orchestra will perform Samuel Coleridge-Taylor's *Song of Hiawatha*, a trilogy based on the poem by Longfellow, at the Lutheran Church of the Reformation on Capitol Hill on Thursday, January 25. A bus will leave from Goodwin House at 6:45 p.m. Please sign up in the Resident Business Center starting Monday, January 15 at 9:00 a.m. for the bus. (The concert will also be presented on Saturday, January 27, but with no bus.) \$20 ticket donation requested. Questions? Ask Jane Roningen, ext. 3109.



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

NEWS YOU CAN USE

Free COVID test from the CDC: COVID.gov website. Available at <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>



TECH COMMITTEE BYTES OF THE WEEK



- The mobile TV for small group presentations for GHBC meeting rooms without screens has arrived. Watch for training classes on its use.
- Minutes of the committee's January 3, 2024 meeting are posted on the Resident Council Technology Committee's information [page here](#).
- Carol Biondolillo and Mary Bullock have volunteered to find YouTube technology instructional videos to recommend to residents. Refer topics you would like addressed to [them here](#).

CRUISING THE RHÔNE: LYON TO PROVENCE & THE CÔTE D'AZUR WITH TONY TAMBASCO & ENCORE CREATIVITY

Tuesday, June 11, 2024

Resident Tony Tambasco is hosting a group from Encore Chorale singers and others who simply enjoy travel. Residents are invited to join this tour. Prices start from \$5,295 per person, including international airfare from Washington, Dulles. *Pricing reflects a \$500 per person discount if you book your reservation by 1/31/2024 and mention booking code EUEM 101 & group code: 29824. Call Grand Circle Cruise Line at 1-800-221-2610 to book your reservation!

FROM GARAGE TO GIVING - DONATE YOUR CAR TO THE FOUNDATION!



Goodwin Living
Foundation

Since the 2021 launch of our Vehicle Donation program, 36 vehicles have been donated for a total of almost \$230,000 to the Goodwin Living Foundation! Auction sale prices range from \$275 for a 2004 Suzuki to \$36,900 for a Toyota van with a wheelchair. Consider donating your vehicle to the Goodwin Living Foundation and support our mission at the same time! It may even qualify you for a tax deduction. And the Foundation makes the process so easy! All you have to do is call us to get the process started. Please contact a Goodwin Living Foundation team member or call 703-824-1200.



MEET GHBC'S NEWEST CLINICAL PASTORAL EDUCATION STUDENT!

Anthony Appiah is an ordained Catholic priest since 1992 for the Catholic Archdiocese of Kumasi, Ghana. Father Tony came to the United States for an appointment as a Spiritual Director of the Ghana Catholic Community of Arlington Diocese over a decade ago and was recently appointed as hospital chaplain at Inova Fairfax Hospital. Father Tony has done three units of CPE from 2013 to 2014 at Goodwin Living CPE Program. His final unit will be served at both Goodwin House Bailey's Crossroads and Inova Fairfax Medical Campus.



ANNOUNCEMENT FROM THE ADMINISTRATION OFFICE

In observance of the Martin Luther King Jr. Day on Monday, January 15, please note the following:

- Administrative team members will be out of the office. A member of leadership will be on call for any urgent matters. Please contact the reception desk.
- Housekeeping will have a limited schedule Tuesday through Friday, only cleaning the bathroom, changing bedroom linens, and cleaning the kitchen, no dusting or vacuuming.
- The CVS Pharmacy at GHA will be closed.
- Fitness classes are canceled.
- The Monday shopping shuttle is canceled.
- The Art Film is canceled.
- The Pool will remain open.

NEWCOMERS

NEWCOMERS ET AL.

Tuesdays at 4:00 p.m. | Auditorium

Newcomers Gatherings are weekly, in-person, and in the Auditorium **unless otherwise specified**. Plan to attend as they will not be recorded. Questions? Contact Carol Lewis, poplewis@hotmail.com.

January 16, 2024: GHBC Pharmacy

We have a CVS Pharmacy located at GHA, which serves both houses. The pharmacist, Jennifer Belovich, will explain how prescriptions are ordered and medications delivered. Hosted by Stefanie Reponen.

January 23, 2024: The Green Team

Sally Recinos, Chair of the Green team, along with others, will provide ways we can support sustainable living for future generations. Carol Lewis hosts.

INSIDE THE ART CENTER

This week, The Art Gallery is preparing for the upcoming resident fiber art show! Art classes and events will have all materials and tools provided and will take place in the Art Center, unless otherwise noted below. Sign-up sheets will be available at the entrance of the Art Center on Monday at 9:00 a.m., as needed.

MONDAY, JANUARY 15

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



Seasonal Greeting Card Workshop - Join volunteer Ruth Ann Harrold in the Art Center to make seasonal greeting cards for celebrating Valentine's Day. All supplies will be provided to create four cards to take home. (Sign up, 8 participants)

TUESDAY, JANUARY 16

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 Noel Sipple at ext. 7588.

WEDNESDAY, JANUARY 17

Painting & Drawing - Explore, learn, and practice drawing skills and the painting medium with Sarah. Develop confidence and competence with diverse techniques and concepts. This week: Create a still life inspired by the winter season! All skill levels welcome - no previous experience or drawing skills required.

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

Session 1 (Sign up, 12 participants)

2:00 p.m. - 3:30 p.m.

Session 2 (Sign up, 12 participants)

THURSDAY, JANUARY 18

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.

FRIDAY, JANUARY 19

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



Flower Arrangers at Work - The Art Center is occupied.

2:30 p.m. - 3:30 p.m.



Arts Committee Meeting - Join Arts Committee Chair Jan Pomerantz and fellow residents to discuss GHBC's arts programming, events, and trips. All are welcome in the Art Center!



MONDAY, JANUARY 15

Happy Martin Luther King Jr. Day!
No Classes

TUESDAY, JANUARY 16

8:15 a.m. Stretch and Flex, Auditorium
9:00 a.m. Pickleball Practice, Pickleball Court
9:00 a.m. Functional FIT, Auditorium
10:00 a.m. Water Aerobics, Pool
10:00 a.m. Pilates, Auditorium
11:00 a.m. Functional Fit, Aerobics Room
11:00 a.m. Tai Chi, Auditorium
2:00 p.m. Power Braining, Aerobics Room

WEDNESDAY, JANUARY 17

8:45 a.m. Total Body Standing, Auditorium
9:30 a.m. Total Body Seated, Auditorium
10:30 a.m. Power Braining, Aerobics Room
2:00 p.m. Gentle Chair Yoga, Aerobics Room
4:30 p.m. Line Dancing, Auditorium

THURSDAY, JANUARY 18

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
11:00 a.m. Functional Fit, Aerobics Room
11:30 a.m. Chair Fit, Auditorium
2:00 p.m. Wii Bowling, Aerobics Room

Additional fitness classes are broadcast on Cox Channel 1960. See weekly calendar or Coming Events/GHBC TV on the resident website for details.

FRIDAY, JANUARY 19

8:45 a.m. Total Body Standing, Auditorium
9:00 a.m. Pickleball Practice, Pickleball Court
9:30 a.m. Total Body Seated, Auditorium
10:30 a.m. Chair Yoga, Auditorium
2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, JANUARY 20

9:00 a.m. Total Body Video - Aerobics Room
10:00 a.m. Total Body Video - Aerobics Room

Personal Training Available

\$45 per Session (30-minute session)

- Custom workout programs tailored to your specific needs/goals

Direct Personal Training inquiries to Luke Logan at llogan@goodwinliving.org.

Massage Therapy Available:

60 minutes - \$90

30 minutes - \$55

Residents may contact and book directly with Madison Roach. For more information, please contact Madison at madison@musclephoria.com or at 540-487-8273.

ASSISTED LIVING PROGRAMS**MONDAY, JANUARY 15**

Martin Luther King Jr. Day!

- 10:30 Seated Fitness on TV Channel 1960
3:00 Puzzles & Word Games, Community Room

TUESDAY, JANUARY 16

- 10:30 Morning Art Discussion w/ Sarah, Community Room
2:00 Spiritual Discussion Group w/ Rev. Alex, Community Room
2:45 Weekly Musician Spotlight w/ Sam, Community Room
3:30 Relax & Unwind: Refreshments, Crossroads Area

WEDNESDAY, JANUARY 17

- 10:30 Wednesday World Travel w/ Elizabeth, Community Room
11:00 Chair Chi Exercise w/ Vy, Community Room
2:00 Bible Discussion Group w/ Mr. Sykes, Living Room
3:00 January Birthday Social, Crossroads Area

THURSDAY, JANUARY 11

- 10:30 Sit & Stretch w/ Vy, Community Room
11:00 Dining Committee Meeting, Community Room
2:00 Music Therapy Group w/ Sam, Crossroads Area
2:45 Pet Visit w/ Frankie, Crossroads Area
5:30 Evening Music w/ The Tate Family, Crossroads Area

FRIDAY, JANUARY 19

- 10:30 Service Project for AFAC w/ Vy, Community Room
3:00 Afternoon Trivia w/ Tiffany, Community Room
3:30 Chair Exercise w/ Vy, Community Room
4:00 Hot Apple Cider Social, Crossroads Area

SATURDAY, JANUARY 20

- 10:00 Seated Chair Exercise w/ Vy, Community Room
3:00 Piano Music w/ Heather, Crossroads Area
7:15 Evening Movie in the Auditorium

SUNDAY, JANUARY 21

- 10:15 Trivia w/ Tiffany, Community Room
10:30 Sunday Service in the Chapel
11:00 Seated Exercise on TV Channel 1960
1:15 Chair Exercise w/ Mar_T, Community Room

2:00 Puzzles & Word Games Station, Community Room

Afternoon Spiritual 1:1 Visits w/ Rev. Alex

7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS**MONDAY, JANUARY 15**

Martin Luther King Jr. Day!

- 11:00 Meditation on TV Channel 1960

TUESDAY, JANUARY 16

- 9:30 Morning Newsletter
10:30 Art Therapy w/ Dejah
10:30 Tone It Up w/ Aki
11:00 Spiritual Devotions w/ The Rev. Alex
2:00 Poetry Group w/ Aki
3:30 Bingo w/ Aki & Friends

WEDNESDAY, JANUARY 17

- 9:30 Wednesday World Events
10:30 Seated Fitness w/ Luke
11:00 Categories w/ Aki
2:00 Table Games w/ Aki
3:30 Handbell Choir w/ Sam
7:00 Mandy Whalen Concert in the Auditorium w/ Aki

THURSDAY, JANUARY 18

- 9:30 Daily News Brief
10:30 Fit & Fun w/ Vilma
11:00 Proverbs w/ Aki
2:30 Creative Art w/ Sarah
2:30 1:1 Pet Visits w/ Frankie
4:00 Piano Tunes w/ Dr. Wilmot

FRIDAY, JANUARY 19

- 9:30 Today's Headlines
10:30 Service Project for AFAC w/ Vilma & Aki
2:00 1:1 Visits w/ Vilma & Aki
3:30 Hot Apple Cider Social w/ Aki & Vilma

SATURDAY, JANUARY 20

- 9:30 GHBC Happenings: *West Winds* Newsletter
11:00 Saturday Stretches w/ Mar_T
4:00 Piano Tunes w/ Heather in the Community Room

SUNDAY, JANUARY 21

- 10:30 Holy Eucharist Service in the Chapel
11:00 Trivia w/ Tiffany
11:00 Seated Exercise on TV CHANNEL 1960
1:15 Sunday Service w/ Rev. Alex
7:00 Compline Service in the Chapel

WEEKLY CALENDAR

MONDAY, JANUARY 15

9:00 a.m.	IT Device Clinic, Bistro
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Meditation, Ch. 1960
11:00 a.m.	Memoirs, Smith Study
11:30 a.m.	Chair Yoga, Ch. 1960
1:00 p.m.	StrongerMemory, Board Room
1:30 p.m.	History of Jazz Educational Concert, Auditorium
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Rummikub, Card Room
2:00 p.m.	Seasonal Greeting Card Workshop, Art Center
2:30 p.m.	Smartphone User's Group, ToW
3:30 p.m.	Bible Study, ToW
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study
7:00 p.m.	Mexican Dominos, Game Room

TUESDAY, JANUARY 16

8:15 a.m.	Stretch and Flex, Auditorium
9:00 a.m.	Functional FIT, Auditorium
9:00 a.m.	Pickleball Practice, Pickleball Court
9:30 a.m.	Advanced Ceramics, Art Center
10:00 a.m.	Caregivers Support Group, Formal Parlor
10:00 a.m.	Pilates, Auditorium
10:00 a.m.	Standing Total Body Stretch, Ch. 1960
10:00 a.m.	Water Aerobics, Pool
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Functional Fit, Aerobics Room
11:00 a.m.	Muscle Relaxation, Ch. 1960
11:00 a.m.	Tai Chi, Auditorium
11:30 a.m.	Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
1:00 p.m.	Beginning Ceramics (Sign up), Art Center

1:00 p.m.	Rosary Group, Smith Study
1:30 p.m.	Knit for Kids, Art Center
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Power Braining, Aerobics Room
4:00 p.m.	Newcomers, Auditorium

WEDNESDAY, JANUARY 17

8:45 a.m.	Total Body Standing, Auditorium
9:30 a.m.	Total Body Seated, Auditorium
10:00 a.m.	Holy Communion Service with Healing Prayers and Anointing, Chapel
10:00 a.m.	Painting & Drawing: Session 1, Art Center
10:30 a.m.	Power Braining, Aerobics Room
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Contemplative Worship (Quaker), Smith Study
11:00 a.m.	Meditation, Ch. 1960
11:30 a.m.	Chair Yoga, Ch. 1960
2:00 p.m.	Gentle Chair Yoga, Aerobics Rm
2:00 p.m.	Hearing Informational Support Group, Group Room in the Pointe
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Informal Open Bridge, Card Rm
2:00 p.m.	Painting & Drawing: Session 2, Art Center
3:00 p.m.	Great Courses: Orchestral Works, Media Room
3:30 p.m.	French Conversation Group, Smith Study
3:30 p.m.	Play Reading Group, ToW
4:00 p.m.	Prayer Group, Chapel
4:30 p.m.	Drinks & Trivia, Formal Parlor
4:30 p.m.	Line Dancing, Auditorium
7:00 p.m.	Bingo, ToW
7:00 p.m.	Jazz Concert with Resident Mindy Whalen, Auditorium

THURSDAY, JANUARY 18

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 Comm. Credit Union open, Crossroads Ground Level
9:30 a.m.	Dining Services Committee Meeting, Board Room
10:00 a.m.	Pilates, Auditorium
10:00 a.m.	Standing Total Body Stretch, Ch. 1960
10:00 a.m.	Water Aerobics, Pool
10:00 a.m.	WhatNot Shop, Donations
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Functional Fit, Aerobics Room
11:00 a.m.	Muscle Relaxation, Ch. 1960
11:30 a.m.	Chair Fit, Auditorium
1:00 p.m.	Stronger Memory, Formal Parlor
2:00 p.m.	Duplicate Bridge, Card Room
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Third Thursday Movie Matinee: <i>Close</i> , Media Room
2:00 p.m.	Wii Bowling, Aerobics Room
3:00 p.m.	Great Decisions, <i>Mideast Realignment</i> , Auditorium
3:00 p.m.	Woodcarving, Art Center
4:00 p.m.	Meditation Group, Smith Study
7:00 p.m.	Poker Night, Game Room

1:00 p.m.	Encore Chorale, Auditorium
1:00 p.m.	Mah Jongg, Card Room
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Jeopardy, Board Room
2:30 p.m.	Arts Committee Meeting, Art Center
2:30 p.m.	Mat Yoga, Aerobics Room
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, JANUARY 20

9:00 a.m.	Total Body Video, Aerobics Room
10:00 a.m.	Total Body Video, Aerobics Room
10:00 a.m.	Memorial Celebration for Sue Swisher, Auditorium
12:00 p.m.	Saturday Cinema Matinee: Silent Film Special: Buster Keaton, Board Room
12:00 p.m.	Spanish Speaker Group, Bistro
1:30 p.m.	Chinese Mah Jongg, Card Room
2:00 p.m.	Open Bridge, Top of the West
7:15 p.m.	Saturday Night Movie: <i>Maestro</i> , Auditorium

SUNDAY, JANUARY 21

9:30 a.m.	Chapel Coffee Hour, Formal Parlor
10:30 a.m.	Holy Eucharist Service, Chapel and Channel 1960
11:15 a.m.	UU Service, Board Room
2:00 p.m.	Hand and Foot Card Game, Top of the West
2:00 p.m.	Informal Open Bridge, Card Room
2:00 p.m.	Planning: A Gift of Love, Board Room
4:00 p.m.	Bella Voce Concert, Atrium
3:00 p.m.	Compline, Chapel

FRIDAY, JANUARY 19

8:45 a.m.	Total Body Standing, Auditorium
9:00 a.m.	Pickleball Practice, Pickleball Court
9:30 a.m.	Total Body Seated, Auditorium
10:30 a.m.	Chair Yoga, Auditorium
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Meditation, Ch. 1960
11:30 a.m.	Chair Yoga, Ch. 1960
11:30 a.m.	Shopping Shuttle - Giant, Departs from Main Entrance
1:00 p.m.	Afternoon Concert: <i>Attila</i> , Media Room