

# 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 36, Number 5 ✨ January 29, 2024

### UPCOMING MEETINGS

#### Health Committee

Friday, February 2 at 10:00 a.m. | ToW

### TIME OR LOCATION CHANGE

#### Total Body Standing

Monday, January 29 at 8:45 a.m. -

Canceled

### COVID CASES

Independent Living (IL): 2

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 2

### SING ALONG WITH ALAN FREY

Monday, January 29 at 4:00 p.m. | Rotunda

Alan will be playing oldies and show tunes; lyrics will be provided so you can sing, hum, or just listen. Alan has been doing these programs here for the Assisted Living and Terrace groups for several years. Come and enjoy the fun!



### JOIN US FOR A PRESENTATION: INTRODUCTION TO ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE

Tuesday, January 30 at 2:30 p.m. | Auditorium

Bill Reddy, a board-certified licensed acupuncturist with over 20 years of experience, is back by resident request to give a talk on acupuncture and traditional Chinese medicine. Learn about the history of acupuncture, the treatment process, and other forms of traditional Chinese medicine!



### VISIT THE NATIONAL MUSEUM OF WOMEN IN THE ARTS: NOW REOPENED AFTER MAJOR RENOVATION!

Wednesday, January 31 from 1:00 p.m. to 4:00 p.m. | Auditorium

Join Sarah Henninger on a trip to the National Museum of Women in the Arts, the world's first major museum dedicated solely to championing women artists. Explore a bold thematic re-imagining of the museum's stellar collection from around the world, spanning six centuries. This is also an excellent opportunity to view "The Sky's the Limit," featured exhibition of contemporary sculptures in an array of materials, including found objects. Sign-up sheet located in the Art Center on Monday, January 29 at 9:00 a.m. (Sign up, 12 participants, \$13.00 Museum; \$20.00 transportation) Contact Sarah with any questions: [shenninger@goodwinliving.org](mailto:shenninger@goodwinliving.org)



### WELLNESS ICON KEY:



Physical



Intellectual



Spiritual



Emotional



Communal



Social



Goodwin House  
Bailey's Crossroads

## MORE HAPPENINGS

### ENCORE LEARNING VIRTUAL SPRING CLASS PREVIEW

Thursday, February 1 from 9:30 a.m. to 12:00 p.m. | Board Room

Make the most of your Encore Learning membership! Plan to attend the preview of the upcoming spring classes with Encore Learning. There's an amazing semester ahead of 35 unique classes, both virtual and in person, as well as clubs and special events. Join either from your computer or with fellow residents in the Board Room. Zoom information: <https://us02web.zoom.us/j/85225785025> (also linked on Encore Learning's website: [www.encorelearning.net](http://www.encorelearning.net))

### GREAT DECISIONS - CLIMATE TECHNOLOGY AND COMPETITION

Thursday, February 1 at 3:00 p.m. | Auditorium

Will the United States and China, with other powerful countries following suit, approach current and future climate initiatives with an increased commitment to trade protectionism and nationalism, by various measures including trade restrictions? Or could a growing spirit of international accord develop to confront the "common enemy" of climate change? Moderated by resident Jim Rial.



### AFTERNOON CONCERT

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

#### Friday, February 2: *The Ring Without Words* - Wagner

In 1987, the legendary American conductor, Lorin Maazel (1930–2014), was commissioned by the Berlin Philharmonic to distill Wagner's *Ring Cycle* into a purely orchestral work. The 15-hour *Ring Cycle* is transcribed into a 1 hour and 15 minute concert piece. Today's video is with Maestro Maazel conducting the Berlin Philharmonic.



### SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: LAUREL AND HARDY

Saturday, February 3 from 12:00 p.m. to 1:30 p.m. | Board Room

Laurel and Hardy were a British-American comedy team during the early Classical Hollywood era of American cinema: Englishman Stan Laurel and American Oliver Hardy. Prior to emerging as a team, both had well-established film careers. They appeared as a team in 107 films. They were internationally famous for their slapstick comedy, with Laurel playing the clumsy, childlike friend to Hardy's pompous bully. In 2005, they were voted the seventh-greatest comedy act of all time by a United Kingdom poll of comedians.



### SATURDAY NIGHT MOVIE - *RUSTIN*

Saturday, February 3 at 7:15 p.m. | Auditorium

Bayard Rustin, advisor to Martin Luther King Jr., dedicates his life to the quest for racial equality, human rights, and worldwide democracy. However, as an openly gay Black man, he is all but erased from the civil rights movement he helped build. Rated R (2023), Drama/Documentary. 1 hour, 48 minutes



## SAVE THE DATE

### BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE: WALTER RUSSELL MEAD, *THE WORLD CRISIS*

Tuesday, February 6 at 7:30 p.m. | Auditorium

## TRIPS AND OUTINGS COMMITTEE

### SMITHSONIAN NATIONAL MUSEUM OF NATURAL HISTORY ("NMNH") AND NATIONAL GALLERY OF ART ("NGA"), MUSEUM LOOP

Thursday, February 1 | Depart from Main Entrance at 9:45 a.m. Arrive at GHBC approximately 1:00 p.m.

Choose where you want to be dropped off for a two-hour visit at either NMNH or NGA. Special NMNH exhibits include "Lights Out- Recovering our Night Sky;" "Cellphone - Unseen Connections; and "Barro Colorado Island 100 Years of Discoveries." African Voices, a 6,500-square- foot exhibit features dozens of voices and 400+ objects of art, culture commerce, and political activism.

NGA special exhibits include Mark Rothko (East Bldg) and Dorothea Lange (West). A well-regarded public group tour, "Re-Discovering NGA," starting at 11:00 a.m. in Rotunda, covers 800 years of art.

- Sign up: Monday, January 29, 11:30 a.m. Resident Business Center
- Transportation: \$20.00. Deadline: 12:00 p.m. Wednesday, January 31.
- Contact: Chris White, ext. 7587



## TRIPS & OUTINGS COMMITTEE ANNOUNCEMENTS

At a recent committee meeting, we discussed the complaint about residents signing up for more than one resident at one time. The committee proposed and approved a policy: Each resident may only sign up for one resident at a time.

Should a person wish to sign up for one additional resident, they may do so by going to the end of the line.

- Sign-up time will remain at 11:30 a.m. on Mondays, unless otherwise noted.
- There have been a few instances of billing for recent past trips that were delayed that are now being corrected.

Chris White, Committee Chair, ext. 7587.

## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### VACCRA ELECTION UPDATE

**Virginia Democratic and Republican Presidential Primaries**, Tuesday, March 5

Fairfax County Precinct 514, Crossroads. Vote in the GHBC Auditorium, 6:00 a.m. to 7:00 p.m. Virginia voters do not register by party and may vote in either primary but not both.

- **Monday, February 12:** Deadline to change voting residence, or, if you moved here from out of state, to register.
- **Friday, February 23:** Deadline to apply for a mail-in absentee ballot. For both, Online: <https://vote.elections.virginia.gov/VoterInformation>, and by mail: applications are in the Resident Business Center.

### ATTENTION—IF YOU’LL BE AWAY IN FEBRUARY: THE 2024 RESIDENT COUNCIL SURVEY

The 2024 Resident Council Survey will be underway from Monday, February 12 to Thursday, February 15. If you will not be here during that time, please USE YOUR VOICE before you go. Complete a paper copy NOW to make sure your comments and suggestions reach committee chairs and management. Your input matters! Contact Walt Knight, ext. 3120 or [waltknight@gmail.com](mailto:waltknight@gmail.com) for a survey form.



### DO YOU HAVE CLOTHING AND SHOES IN GOOD CONDITION TO DONATE TO LOCAL CHARITIES?

If so, put them in 13-gallon plastic kitchen trash bags. Then call one of the volunteers, tell them how many bags you have, and ask them to pick the bags up from your apartment. (Please do not drop them off at the volunteers' apartments!) The volunteers are: Joanie Dellefield, ext. 3134, John Ewing, ext. 7538, Jane Karpick, ext. 7399, Ken McCloud, ext. 3104, and Jane Roningen, ext. 3109. Thank you for your donations!



### HAVE YOU EVER WALKED A LABYRINTH?

Thursday, February 8 from 2:30 p.m. to 5:00 p.m. and 7:00 p.m. to 9:00 p.m. & Friday, February 9 from 10:00 a.m. to 5:00 p.m. | Auditorium

Mark your calendar to experience a walking meditation exercise. A labyrinth is a single path which leads you to the center and back out. Labyrinths evolved from ancient spiral patterns dating back at least 4000 thousand years. The idea is to enter with an open frame of mind and quietly place one foot in front of the other. A large floor cloth containing the winding path of a labyrinth will be set up. Residents and staff are invited to spend whatever amount of time fits their schedule, in this centering activity. For residents with mobility issues, there will be some small table labyrinths that can be “walked” by using your finger along the winding path. The visiting labyrinth belongs to the Unitarian Universalist Church of Arlington, which is happy to share it with our staff and residents.



### CHAPLAIN'S NOTES - INTERFAITH CALENDAR FOR FEBRUARY

Friday, February 2

- Candlemas - Presentation of Christ in the Temple - Christian
- Imbolc - Wicca/Neo Pagan

Wednesday, February 14

- Ash Wednesday - Christian

Thursday, February 15

- Nirvana Day -  
(Mahayana) Buddhist



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

#### January 30, 2024: Clinical Pastoral Education (CPE) & The Chaplain

Chaplain Alex Alain will discuss his duties and availability to residents. Syazana Durrani, Certified Educator Student, will explain the why and how of Goodwin Living's unique CPE program and what GHBC residents gain from it. They will join host Stefanie Reponen..

#### February 6, 2024: Goodwin Living Foundation

Valerie Burke and James Woodward, Goodwin Living Foundation's Chief Philanthropy Officer and Director of Development respectively, speak on how the Foundation provides support for residents in need and funds programs dedicated to residents' well-being, as well as supporting several programs for team members, with host Claudia Blake.

## NEW RESIDENTS - GRETCHEN AND MICHAEL SNYDER

Gretchen and Michael Snyder moved into Crossroads apartment 818 on January 8.

Michael grew up in Beachwood, New Jersey near the Toms River. He graduated from William and Mary with a degree in organic chemistry but realized he didn't really want to work for the rest of his life as a chemist in a laboratory and went to Wharton, where he earned an MBA. He came to Washington, D.C. to complete a six-month computer training program at RCA and then went to Navy OCS and spent the next 3 1/2 years on an oiler off the coast of Viet Nam. After that, he returned to Washington to work at AID and met Gretchen at a Peace Rally on the Mall. For the next thirty years he served all around the world. They were stationed at various times in Peru, India, Honduras, Poland, Sri Lanka, Egypt, and Nepal. Here at GHBC, he knows that he wants to be involved in some volunteer work but is not yet sure what he wants to do. He enjoys the Fitness Center and has already been singing with the Encore Chorale. He is hoping to find a group of bridge players.



Gretchen grew up near Pittsburgh and attended Mt. Lebanon High School. She graduated from Allegheny College with a degree in English Literature and then from Edinburgh University in Scotland with a diploma in English Studies. She taught English in the Cleveland Public Schools for four years and worked for a few months in Information Services for the CIA, where they prepared the daily report for the President. After marrying Michael, she traveled around the world with his work and together they raised two sons. When back in this country, she taught English at NOVA. She has also volunteered with a variety of programs. She continues to be a Court Appointed Special Advocate (Casa) working with children in Alexandria and also helps with Food Community Service. She and Michael spend much of the summer at their home near Laporte, Pennsylvania. She too is looking for other bridge players here at GHBC.



## INSIDE THE ART CENTER

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 29

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



**Art & Music Meditation** - Practice the art of attention while viewing and creating artwork. Explore the connections between art and mindfulness with Sarah. Much like meditation, art can be a refuge from the world around us, as well as an opportunity to engage with it more consciously. No previous experience with drawing or meditation required. Drop-ins welcome.

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



**Art Documentary Film** - Filmed with unparalleled access between 1993 and 2007, Louise Bourgeois: *The Spider, the Mistress and the Tangerine* is a comprehensive documentary inside the life and imagination of an icon of modern art. As an artist, Louise Bourgeois created powerful work that has been exhibited, studied and lectured on worldwide for decades. And at the age of 71, she became the first woman to be honored with a major retrospective at New York's Museum of Modern Art. Directed by Marion Cajori, Amei Wallach. Total run time: 90 minutes. Discussion to follow. (Media Room)



### TUESDAY, JANUARY 23

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



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

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



**Beginning Ceramics** - Join experienced artist and educator Betty Bott in creating a square bowl with clay using hand-building techniques of pinching, coiling, and slab work. This class is perfect for those with some clay knowledge or those without any previous experience with clay or for anyone who wants to try something new! (Sign up, 8 participants)

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



**Knit for Kids Group Meets** - Contact Noel Sipple at ext. 7588.

## INSIDE THE ART CENTER

### WEDNESDAY, JANUARY 31

1:00 p.m. - 4:00 p.m.

#### **Visit the National Museum of Women in the Arts**

- Join Sarah Henninger on a trip to the National Museum of Women in the Arts, the world's first major museum dedicated solely to championing women artists. Explore a bold thematic re-imagining of the museum's stellar collection from around the world, spanning six centuries. This is also an excellent opportunity to view "The Sky's the Limit," featured exhibition of contemporary sculptures in an array of materials, including found objects. Sign-up sheet located in the Art Center on Monday, January 29 at 9:00 a.m. (Sign up, 12 participants, \$13.00 Museum; \$20.00 transportation) Contact Sarah with any questions: [shenninger@goodwinliving.org](mailto:shenninger@goodwinliving.org)



### THURSDAY, FEBRUARY 1

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

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**Woodcarving** - Join resident woodcarving master and instructor Mike Connors in the Art Center. Newcomers are always welcome.

### FRIDAY, FEBRUARY 2

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

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**Flower Arrangers at Work** - The Art Center is occupied.





**MONDAY, JANUARY 29**

9:30 a.m. Total Body Seated, Aerobics Room  
11:30 a.m. Chair Fit, Aerobics Room  
2:00 p.m. Mat Yoga, Aerobics Room

**TUESDAY, JANUARY 30**

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 31**

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

**THURSDAY, FEBRUARY 1**

8:15 a.m. Stretch and Flex, Auditorium  
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  
11:30 a.m. Chair Fit, Auditorium  
2:00 p.m. Wii Bowling, Aerobics Room

**FRIDAY, FEBRUARY 2**

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, FEBRUARY 3**

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](mailto: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](mailto:madison@musclephoria.com) or at 540-487-8273.

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



## ASSISTED LIVING PROGRAMS

### MONDAY, JANUARY 29

- 10:30 Monday Movement w/ Olga, Community Room
- 11:00 Sing-a-Long w/ Anne & Friends, Crossroads Area
- 2:00 Art Discussion w/ Jan Community Room
- 3:00 Hot Cocoa Social, Crossroads

### TUESDAY, JANUARY 30

- 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

### WEDNESDAY, JANUARY 31

- 10:30 Wednesday World Travel w/ Elizabeth, Community Room
- 11:00 Chair Chi Exercise w/ Vy, Community Room
- 2:00 Bible Discussion w/ Mr. Sykes, Living Room

### THURSDAY, FEBRUARY 1

- 10:30 Groundhog Day: Fun Facts w/ Vy, Community Room
- 11:00 Chair Fitness w/ Vy, Community Room
- 2:00 Music Therapy Group w/ Sam, Crossroads Area
- 2:45 Pet Visit w/ Frankie, Crossroads Area

### FRIDAY, FEBRUARY 2

- 10:30 Service Project For AFAC w/ Michelle, Community Room
- 3:00 Afternoon Trivia w/ Tiffany, Community Room
- 3:30 Friday Fitness w/ Luke, Community Room
- 4:00 Hot Apple Cider Social, Crossroads

### SATURDAY, FEBRUARY 3

- 9:30 Shabbat Service, Formal Parlor
- 10:00 Chair Exercise w/ Vy, Community Room
- 11:00 Morning Virtual Travel w/ Rick Steves, Community Room)
- 3:00 Piano Music w/ Heather (Crossroads Area)

### SUNDAY, FEBRUARY 4

- 10:00 Chair Chi Exercise w/ Vy, Community Room
- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV Channel 1960
- 2:00 Puzzles & Word Station, Community Room
- Afternoon Spiritual 1:1 Visits w/ Rev. Alex
- 7:00 Compline Service in the Chapel

## HEALTH CARE CENTER PROGRAMS

### MONDAY, JANUARY 29

- 9:30 Monday Morning News
- 10:30 Move It! w/ Vilma
- 11:00 Brain Fitness on iN2L w/ Aki
- 2:00 Trivia in the Atrium w/ Aki
- 3:00 Cooking Club: English Muffin Pizza with Vilma

### TUESDAY, JANUARY 30

- 9:30 Daily Digest
- 10:30 Art Therapy w/ Dejah
- 10:30 Tone It Up w/ Aki
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:00 Reading Circle w/ Aki
- 3:30 Bingo w/ Vilma, Aki & Friends

### WEDNESDAY, JANUARY 31

- 9:30 Men's Breakfast Special w/ Chef Nina, Community Room
- 10:30 Seated Fitness w/ Luke
- 11:00 Cranium Crunches w/ Vilma
- 2:00 Tea & Trivia w/ Aki
- 3:00 Crochet Club w/ Aki & Vilma
- 3:30 Handbell Choir w/ Sam
- 6:45 Frank's Way Cocktail Night w/ Aki

### THURSDAY, FEBRUARY 1

- 9:30 News of the Day
- 10:30 Shake It Off! w/ Vilma
- 11:00 Welcoming February w/ Aki
- 2:30 Creative Art w/ Sarah
- 2:30 1:1 Pet Visits w/ Frankie
- 4:00 Piano Tunes w/ Dr. Wilmot

### FRIDAY, FEBRUARY 2

- 9:30 Daily Digest
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Black History Highlight: Bridget Johnson
- 3:30 Hot Apple Cider Social w/ Aki & Vilma
- 3:30 Music Therapy w/ Sam

### SATURDAY, FEBRUARY 3

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 9:30 Shabbat Service, Formal Parlor
- 11:00 Saturday Stretches w/ Mar\_T
- 4:00 Piano Music w/ Heather

### SUNDAY, FEBRUARY 4

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Morning Fitness w/ Vy
- 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 29

9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Total Body Seated, Aerobics Rm
10:00 a.m.	Art & Music Meditation, Art Center
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 Fit, Aerobics Room
11:30 a.m.	Chair Yoga, Ch. 1960
11:30 a.m.	Shopping Shuttle – Bradlee Shopping Center, Departs from Main Entrance
1:00 p.m.	Art Documentary Film, Media Room
1:00 p.m.	StrongerMemory, Board Room
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Mat Yoga, Aerobics Room
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.	Sing Along w/ Alan Frey, Rotunda
4:15 p.m.	Silver Panther Huddle, Board Rm
7:45 p.m.	Mexican Dominos, Game Room

### TUESDAY, JANUARY 30

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
2:30 p.m.	Introduction to Acupuncture and Traditional Chinese Medicine, Auditorium
4:00 p.m.	Newcomers, Auditorium

### WEDNESDAY, JANUARY 31

8:45 a.m.	Total Body Standing, Aerobics Room
9:30 a.m.	Total Body Seated, Aerobics Rm
10:00 a.m.	Holy Communion Service with Healing Prayers and Anointing, Chapel
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
1:00 p.m.	National Museum Of Women in Arts Trip, Departs from Main Entrance
2:00 p.m.	Gentle Chair Yoga, Aerobics Rm
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Informal Open Bridge, Card Rm
3:00 p.m.	Great Courses: Orchestral Works, Media Room
3:30 p.m.	French Conversation Group, Smith Study
4:00 p.m.	Prayer Group, Chapel
4:30 p.m.	Drinks & Trivia, Formal Parlor
4:30 p.m.	Line Dancing, Aerobics Room
7:00 p.m.	Bingo, ToW

## THURSDAY, FEBRUARY 1

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.	Encore Learning Virtual Spring Class Preview, Zoom/ Board Rm
9:45 a.m.	Natural History & National Art Gallery Museum Loop, Departs from Main Entrance
10:00 a.m.	Pilates, Auditorium
10:00 a.m.	Standing Total Body Stretch, Ch. 1960
10:00 a.m.	Tailor for Alterations, Smith Study
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
2:00 p.m.	Duplicate Bridge, Card Room
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Wii Bowling, Aerobics Room
3:00 p.m.	Great Decisions, Auditorium
3:00 p.m.	Woodcarving, Art Center
3:30 p.m.	UUCA Ministerial Visit, ToW
4:00 p.m.	Meditations Group, Smith Study
7:00 p.m.	Poker Night, Game Room

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>The Ring Without Words</i> , Media 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.	Mat Yoga, Aerobics Room
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study

## SATURDAY, FEBRUARY 3

9:00 a.m.	Total Body Video, Aerobics Room
9:30 p.m.	Jewish Shabbat Services, Formal Parlor
10:00 a.m.	Total Body Video, Aerobics Room
12:00 p.m.	Saturday Cinema Matinee: Silent Film Special: Laurel and Hardy, 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>Rustin</i> , Auditorium

## FRIDAY, FEBRUARY 2

8:45 a.m.	Total Body Standing, Auditorium
9:00 a.m.	Pickleball Practice, Pickleball Court
9:30 a.m.	Total Body Seated, Auditorium
10:00 a.m.	Health Committee Meeting, ToW
10:30 a.m.	Chair Yoga, Auditorium
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Meditation, Ch. 1960

## SUNDAY, FEBRUARY 4

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.	Death Cafe, Formal Parlor
2:00 p.m.	Informal Open Bridge, Card Room
3:00 p.m.	Compline, Chapel