

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 6 ✨ February 5, 2024

UPCOMING MEETINGS

Resident Council Business Meeting

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

Veterans Committee

Monday, February 5 at 1:30 p.m. | Top of the West (ToW)

Rob's Fireside Chat

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

BOM-COM Committee

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

Community Service Committee

Thursday, February 8 at 2:00 p.m. | Top of the West (ToW)

Trips and Outings Committee

Friday, February 9 at 3:00 p.m. | Board Room

TIME OR LOCATION CHANGE

Afternoon Concert

Friday, February 9 at 1:00 p.m. - **Canceled**

Encore Choral

Friday, February 9 at 1:00 p.m. | Formal Parlor - **Location Change**

The Contemplative Worship (Quaker)

Wednesday at 11:15 a.m. | Smith Study - **Permanent Time Change**

Fitness Wallk

Thursay, February 8 - **Canceled**

Saturday Spanish Speaking Group

Saturdays from 11:00 a.m. to 12:00 p.m. - **Permanent Time Change**

SENIOR QUEST FOR MEANING SERIES: THE EVOLUTION OF SYSTEMATIC RACISM

Monday, February 5 at 3:00 p.m. | Top of the West (ToW)

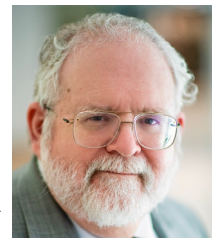
The Spiritual Life Committee invites you to the fifth session of the Senior Quest for Meaning Series, The Evolution of Systematic Racism. This month's topic is "The Second Great Migration – 1940-1970" If you have not received the PowerPoint presentation for this session and would like one, contact Tony Tambasco at tambasca@georgetown.edu.



BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE: WALTER RUSSELL MEAD - THE WORLD CRISIS

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

"A gradual retreat into strategic passivity led to the world's spinning suddenly out of control." Walter Russell Mead, the Ravenel B. Curry III Distinguished Fellow in Strategy and Statesmanship at Hudson



Institute, will present his annual tour d'horizon. The presentation will not be recorded.



NEW GREAT COURSES SERIES

Wednesday, February 7 at 3:00 p.m. | Media Room

Episode 1: Introduction to the classics, and Episode 2: Benjamin Franklin's Autobiography.



COVID CASES

Independent Living (IL): 3

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 1

MORE HAPPENINGS

THE GOODWIN LIVING FOUNDATION PRESENTS: THE GERALDINE S. SMITH CONCERT SERIES - DISTRICT STRINGS TRIO

Wednesday, February 7 at 7:15 p.m. | Auditorium

Geraldine S. Smith, former GHBC resident of 16 years, had a life-long appreciation of classical music. To honor her memory, her son established The Geraldine S. Smith Fund to bring classical music and artists to Goodwin House Bailey's Crossroads. District Strings is a collective of classically trained musicians providing versatile live entertainment. Since 2013, its ensembles have played weddings, receptions, corporate events, award ceremonies, and curated concerts in DC, Maryland, and Virginia. We are grateful to The Geraldine S. Smith Fund for providing the support for this popular concert series at Goodwin House Bailey's Crossroads.



INTRODUCTION TO WALKING A LABYRINTH

Thursday, February 8 at 2:00 p.m. | Auditorium

What does a labyrinth mean and what's its purpose? Various forms of labyrinths are found in parks, hospitals, churches, temples, and retreat centers. Walking them meditatively can bring together the mind, body, and spirit. For those who pray, the walk can be seen as a body prayer. The act of walking discharges energy and enhances one's focus. The floor labyrinth will open for walking, and several small wooden, cloth, and metal labyrinths will be available for "finger" walking. Afterwards, most users at least feel centered and relaxed. The "finger" labyrinths belong to several individuals at GHBC. The floor labyrinth is from the UU Church in Arlington. , the labyrinth will be introduced at a brief community wide meeting in the Auditorium. Labrynthsa from UUCA will be available to residents and staff on **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.



SUPERBOWL BOWL SUNDAY

Sunday, February 11, kickoff at 6:30 p.m. | Top of the West (ToW)

Bring your own drinks and snacks and root for your favorite team!



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: CHARLIE CHAPLIN

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

Charlie Chaplin is considered one of the greatest filmmakers in the history of American cinema and is most recognized as an icon of the silent film era, often associated with his popular character, the Little Tramp. His films show, through the Little Tramp's positive outlook on life in a world full of chaos, that the human spirit has and always will remain the same. Six of Chaplin's films have been selected for preservation in the National Film Registry by the United States Library of Congress.



MORE HAPPENINGS

SATURDAY NIGHT MOVIE - *OPPENHEIMER*

Saturday, February 10 | Starting first half at 3:00 p.m. and the second half at 7:00 p.m.
Special matinee showing on Sunday, February 11 at 2:00 p.m. | Auditorium

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spent years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.

Rated R (2023), Thriller, 3 hours

Starring: Cillian Murphy, Robert Downey Jr. Florence Pue, and Emily Blunt



SAVE THE DATE

RESIDENT COUNCIL COMMUNITY MEETING

Monday, February 12 at 10:00 a.m. | Auditorium



MARDI GRAS CELEBRATION

Tuesday, February 13 at 3:00 p.m. | Atrium/Rotunda



VALENTINE'S DAY SOCIAL

Wednesday, February 14 at 2:30 p.m. | Art Gallery



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

PREEMIE PROJECT

Thursday, February 8, from 11:00 a.m. to 1:00 p.m. | Rotunda

Most babies admitted to the Neonatal Intensive Care Unit (NICU) are preterm (born before 37 weeks of pregnancy), have low birth weight (less than 5.5 pounds), or have a health condition that needs special care. The Community Service Committee has a new project focused on the premature babies at Virginia Hospital Center. Stop by the exhibit in the Rotunda and see the tiny hats and blankets made by GHBC residents. Blankets are the size of placements and can be knitted, crocheted, hemmed fleece, or quilted. Donations can be placed in a plastic bin on the shelf underneath the clock in the Art Center.



WHATNOT SHOP - VALENTINE'S DAY IS COMING!

Thursday, February 8 from 12:30 p.m. to 3:00 p.m. | Ground Floor

All items in the WhatNot Shop except furniture will be on SALE at HALF PRICE.

PLAY READING GROUP'S FEBRUARY SCHEDULE

Wednesday, February 14 | Top of the West

Wednesday, February 28 at 3:30 p.m. | Pointe Conference Room

The GHBC Play Reading Group will gather to read the play *The Importance of being Earnest* by Oscar Wilde. We think it will be a fun play to read. All are welcome to join us as members of the audience.

CASTING CALL: SEEKING PERFORMERS FOR SPRING FLING 2024: OPEN TO RESIDENTS AND STAFF - DEADLINE EXTENDED

Owing to an oversight, Casting Call was not published last week, so the closing date for applications has been extended to **Wednesday, February 7.**

The Annual Spring Fling Production Team seeks residents and staff to star in GHBC's annual talent show, reinstated this year after a three-year hiatus. The show is scheduled for April 17 and 18. Our goal is building community as both staff and residents work together to present the show. An amazing variety of acts have emerged over the past 25 years. This year we seek:

1. Solo acts or team acts (music,dance, poetry, humor, drama, etc.)
2. Original acts
3. Residents and staff interested in preparing an act (we will pair you with others also interested), and
4. Residents willing to play an instrument and accompany an act.

This year we will have an afternoon performance in the Auditorium on Wednesday, April 17 at 2:00 p.m. and an evening performance on Thursday, April 18 at 7:00 p.m. Dress rehearsal will be on April, 16 at 2:00 p.m. We encourage audience participation and humor. Interested in performing or producing? Pick up a Spring Fling Application Form in the Resident Business Center and drop it in the "Spring Fling" box there no later than **Wednesday, February 7.**

Please contact Mollie Warner (ext, 3194), Producer, or Mandy Whalen (ext. 7534), Co-Producer, if you would like to discuss a particular act or have questions.

DID YOU KNOW...

That there are often unused swim times at the pool? Our beautiful lifeguarded pool is available for residents for walking exercise or lap swimming. Starting at 10:15 a.m. every week, residents may sign up for up to five 45-minute time slots per week. Pool temperature is very comfortable at 84-86 degrees. Hours are:

- Monday to Friday - 7:00 a.m. to 11:00 a.m. and 11:45 a.m. to 2:45 p.m.
- Saturday - 8:00 a.m. to 1:30 p.m. and 2:00 pm to 3:45 p.m.
- Sunday -- Closed
- Jacuzzi -- Open. No advance sign-up needed; sign in when you use the spa.
- Families and guests, accompanied by a resident, may use the pool during open swim hours on Saturdays, currently from 10:15 a.m. to 1:30 p.m. and 2:00 p.m. to 3:45 p.m.

If you missed your time - come down during the week and check the sign-up book in the pool. You may find a time open due to cancelations!

INVITATION - CEO'S FIRESIDE CHAT ON FEBRUARY 5

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

Invitation from your 2024 Resident Council! We, the GHBC Resident Council, invite all residents to a belated "Welcome to the New Year" with our CEO, Rob Liebreich, in the Fireside. Rob was ill last month so this will be his first Chat of 2024. As I have said before, we at GHBC are privileged to have our CEO visit with us on the first Tuesday, each month. There's no script. Residents set the agenda by asking questions. Rob keeps current on industry trend and forecasts. We owe it to ourselves and our loved ones to stay informed about what could be coming. Bring your questions! No reservations needed. Mike Molino, Chair 2024 Resident Council.

USE YOUR VOICE: 2024 RESIDENT COUNCIL SURVEY

Monday, February 12 to Thursday, February 15

We often tell each other what we like about our lives here—and what could be improved. The survey is our opportunity to put our likes and suggestions in writing and bring them to the attention of the managers and committee chairs who plan and provide services and activities. The survey will begin on Monday, February 12 and end on Thursday, February 15. It can be completed online or on paper. (Details will come in next *West Winds*. Members of the Survey Committee are available to help residents who have difficulty with the form: Walt Knight (ext. 3120), Jane Gore (ext. 7396), Don Gurney (ext. 3119), Wren Gurney (ext. 3119), Debbie Massey (ext. 7364).

THE GOODWIN LIVING FOUNDATION - FOURTH ANNUAL GIVING DAY: FEBRUARY 14!

Wednesday, February 14 | Rotunda

Join the Goodwin Living Foundation as we kick off our 2024 Fundraising Year at our fourth annual Giving Day on Wednesday, February 14. Stay tuned for more information about Giving Day festivities – on display in the Rotunda, the return of our Gratitude Board, and of course, chocolates! Celebrate with us the Goodwin Living spirit of giving on this festive and fun day for the Foundation. We look forward to showing our gratitude for all of YOU!

IT'S EASY BEING GREEN

Single-use plastic is a huge pollution problem, but each of us can help:

1. Buy items that come in glass, metal, or paper/cardboard packaging. These materials can be successfully recycled, unlike most plastic.
2. Check out these online vendors who sell items that are responsibly packaged. NetZero.com; Blueland; Grove Collaborative; Shop.freetheocean.com; Earthhero.com; Plasticdetox.com



TECHNOLOGY COMMITTEE BYTES OF THE WEEK

Wednesday, February 7 at 3:00 p.m. | Top of the West

The Technology Committee meeting will include:

- Review of Tech Com Charter found [here](#).
- Report on volunteers from Computer Core Org.
- Information on the new mobile presentation device.
- Tech Com presentation February 13 at Newcomers.
- Call to recruit more volunteers.

Ceca WINNERS

Ceca Honoree: Estephanie Rubio, Environmental Services. Estephanie was recognized for her impact on our residents and our community. Most recently, she took on the role of coordinating transportation until a permanent person could be hired and onboarded. Within a few weeks, she had a system in place, including scheduling trips a month in advance. She can schedule in her sleep. Estephanie has taken on the extra responsibility, a very important function, even though it is not in her department. Transportation requests are confirmed on time, and residents can contact her during regular business hours. Estephanie has done an outstanding job in organizing and streamlining this work.

Ceca Honoree: Jorge Sotomayor, Laundry. Despite the Laundry Department being busy, Jorge always has a smile on his face, and is always smiling when asked to do something. Jorge went above and beyond in his job duties by helping to deliver over 1800 diapers and wipes donated by GL residents and team members to support the children of local refugees. He also assisted in another large delivery to bring team member shirts to Human Resources.

New Hire Honoree: Alex Mejia, Security. Alex is the security lead officer and works the 12:00 a.m. to 8:00 a.m. shift. Alex started in April 2023 as a part-time/on-call officer, and quickly, after the compliments from residents about his compassion, empathy, and care, he was promoted to a full-time position by August. His hard work is appreciated by both residents and team members.

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.

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.

February 13, 2024: Technology Committee & IT Device Clinic

The Technology Committee directs requests for technology equipment and service needs directly to the Executive Director and the Resident Council. It holds monthly meetings open to all residents. The IT Resident Volunteer team (the Bistro Bunch) offers IT Device Clinics twice a week in the Bistro and makes house calls. Volunteers present classes on tech topics requested by residents. Barb Molino hosts committee co-chairs Carol Biondolillo and Wren Gurney.

STAFF SPOTLIGHT - HAMED MANSARAY

Hamed Mansaray is one of our wonderful Facilities Management staff. His primary responsibility is as a painter but he also works on other types of jobs as assigned. For example, when it snowed recently, he was among those here early in the morning shoveling snow in the dark. He attended two years of technical school to complete certification in various areas such as HVAC maintenance, plumbing, carpentry, and electricity and thus can fix just about anything. Hamed grew up in Sierra Leone and came to the United States for a better life when he was 25. He is now an American citizen with the priority of being able to bring his mother to this country. He currently lives with an aunt but is looking forward to finding a place of his own. In his spare time, Hamed loves to play soccer and to watch sports, especially soccer, on TV. He keeps fit by doing many push-ups a day. He began working at GHBC in 2018 and reports that it is the best place he has ever worked. He plans to continue to work here and hopes to continue to grow into a variety of positions here.

**FEBRUARY 2024 RESIDENT SHOWCASE - MEET BOB & SUE BECKER**

Check out the February Resident Showcase on the resident website and meet Crossroads residents Bob and Sue Becker, two clarinetists, scuba divers, and extraordinary volunteers. To read about Bob and Sue, go to www.ghbcresidents.org and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet the Beckers, or click on Showcase Archive to meet many other neighbors at GHBC. Every month, a different resident who is thriving at GHBC is showcased at the website.



NEW RESIDENT BIO - PETE KOSTIK AND BRUCE RIEDER

Pete Kostik and Bruce Rieder moved into Crossroads apartment 610 with their golden retriever Sky on January 18.



They chose to come to GHBC in part because Pete's mother, "Sundie" Kostik had lived here happily. Pete is a native Arlingtonian graduating from Yorktown High School. After attending St. Andrews Presbyterian College in North Carolina, he continued his education locally at NOVA and George Mason University eventually earning a BS in computer science from University of Maryland, University College. He spent his entire working career as a computer programmer and system administrator at the Economic Research Service in the U.S. Department of Agriculture. Throughout his life, Pete has enjoyed outdoor activities. At a time in his 20's when there were few social activities for gay people that didn't involve the bar scene, he founded Adventuring, a DC-area organization for outdoor activities such as hiking, biking, camping, and canoeing. In retirement he continues to help maintain the grounds for the Unitarian Universalist Church of Arlington (UUCA). He and Bruce enjoy the days spent at their cabin at Deep Creek Lake and traveling to National Parks.

Bruce grew up in Vernon, Connecticut, where he graduated from Rockville High School. He went to the University of Virginia School of Architecture and graduated with a degree in city planning. While there he co-led the student guide program including during the U.S. Bicentennial when over 100,000 visitors came. He earned the privilege of living on the University's famous Lawn for a year. After graduation he worked at IDI (International Developers Inc.) for the next 25 years. There he worked as a project manager developing large scale condominium communities throughout the Washington D.C. area. He then worked for a few years at a construction company before the 2008 recession provided an opportunity for a second career at the Department of Housing and Urban Development from which he retired. In retirement he has taken on a number of leadership roles at UUCA, currently co-leading the church's LGBTQIA advocacy group. After 33 years in their Arlington house, Bruce and Pete are happy to be here and are relieved that Sky seems to have adjusted easily to apartment living.

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, FEBRUARY 5

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

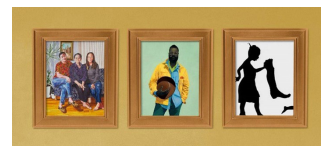


Art & Music Meditation - Practice the art of attention while viewing and creating artwork. Explore the connections between art and mindfulness with Sarah. Much like meditation, art can be a refuge from the world around us, as well as an opportunity to engage with it more consciously. No previous experience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

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



Art Documentary Film - Inspired by the late artist and curator David Driskell's groundbreaking 1976 exhibition, "Two Centuries of Black American Art," the documentary "Black Art: In the Absence of Light" tells the story of how Black artists have long shaped American art history. This film includes insights and interviews from scholars, historians, curators, and many contemporary artists, including Kerry James Marshall, Faith Ringgold, Theaster Gates, Amy Sherald, and Carrie Mae Weems. Directed by Sam Pollard. Total run time: 85 minutes. Discussion to follow. (Media Room)



TUESDAY, FEBRUARY 6

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 learning about glazing and other decorative surface techniques for ceramics. 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.

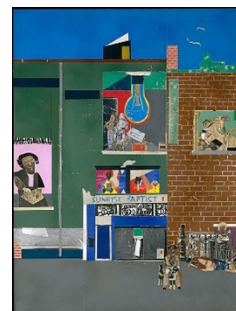
INSIDE THE ART CENTER

WEDNESDAY, FEBRUARY 7

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



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: Be inspired by the art and life of preeminent African-American artist Romare Bearden! All skill levels welcome - no previous experience or drawing skills required. (Sign up, 12 participants)



THURSDAY, FEBRUARY 8

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

Clay Club - Working with clay is a great way to relax while making fun and functional art for yourself and others. Join fellow residents that have an interest in clay and want to work more independently in the studio. This is an opportunity for all levels – from the beginner to the experienced – to discuss your ideas for ceramics projects and hone your technical skills with support and guidance from Sarah. All clay, glazes, tools, and firing provided. Drop-ins welcome.

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.

3:30 p.m. - 5:30 p.m.



Music Documentary Film - In honor of Black History Month, there will be a matinee screening of *Summer of Soul (...Or, When the Revolution Could Not Be Televised)*. This powerful and transporting documentary is part music film and part historical record created around an epic event that celebrated Black history, culture, and fashion. Over the course of six weeks in the summer of 1969, just one hundred miles south of Woodstock, The Harlem Cultural Festival was filmed, and the footage was largely forgotten – until now. Directed by Ahmir “Questlove” Thompson. Total run time: 110 minutes. (Media Room)



FRIDAY, FEBRUARY 9

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



Flower Arrangers at Work - The Art Center is occupied.



MONDAY, FEBRUARY 5

8:45 a.m. Total Body Standing, Auditorium
 9:30 a.m. Total Body Seated, Auditorium
 11:30 a.m. Chair Fit, Auditorium
 2:00 p.m. Mat Yoga, Auditorium

TUESDAY, FEBRUARY 6

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, FEBRUARY 7

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, Aerobics Room

THURSDAY, FEBRUARY 8

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

FRIDAY, FEBRUARY 9

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

SATURDAY, FEBRUARY 10

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.

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, FEBRUARY 5

- 10:30 Monday Movement w/ Luke, Community Room
- 11:00 Sing-a-Long w/ Anne & Friends, Crossroads Area
- 2:00 Movie Matinee: Patsy Cline's Sweet Dreams, Community Room
- 3:30 Current Events Club w/ Michelle, Living Room

TUESDAY, FEBRUARY 6

- 10:30 Morning Art Discussion w/ Sarah, Community Room
- 2:00 Spiritual Discussion Group w/ Rev. Alex, Community Room
- 2:45 Weekly Musician Spotlight: Louis Armstrong w/ Sam, Community Room
- 3:30 National Frozen Yogurt Day Social w/ Michelle, Crossroads Area

WEDNESDAY, FEBRUARY 7

- 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
- 3:00 Afternoon Piano Music w/ Luke, Crossroads Area

THURSDAY, FEBRUARY 8

- 10:30 Chair Fitness w/ Vy, Community Room
- 11:00 Piano Music w/ Alan, Crossroads Area
- 2:00 Music Therapy Group: Love Songs Through the Decades w/ Sam, Crossroads Area
- 2:45 Pet Visit w/ Frankie, Crossroads Area
- 6:00 Chinese New Year Celebration! Snacks & Facts w/ Vy, Crossroads Area

FRIDAY, FEBRUARY 9

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

SATURDAY, FEBRUARY 10

- 10:00 Chair Chi w/ Cynthia, Community Room
- 2:00 Art Discussion w/ Sarah, Community Room
- 7:15 Evening Movie, Auditorium

SUNDAY, FEBRUARY 11

- 10:15 Trivia w/ Tiffany, Community Room
- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV Channel 1960
- 1:45 Chair Exercise w/ Mar_T (Community Room)
- 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, FEBRUARY 5

- 9:30 Coffee & Conversation
- 10:30 Move It! w/ Vilma
- 11:00 Word Games w/ Aki
- 2:00 Trivia in the Atrium w/ Aki
- 2:00 Puzzle Time w/ Vilma
- 3:00 Culinary Club: DIY Snack w/ Vilma & Aki

TUESDAY, FEBRUARY 6

- 9:30 Headlines of the Day
- 10:30 Sit & Get Fit w/ Aki
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:00 Social Club w/ Michelle
- 2:00 1:1 Visits w/ Aki & Vilma
- 3:30 Bingo w/ Vilma, Aki & Friends

WEDNESDAY, FEBRUARY 7

- 9:30 News with Your Neighbors
- 10:00 Equine Assisted Learning Outing
- 10:30 Seated Fitness w/ Luke
- 11:00 World Travel w/ Elizabeth
- 2:00 Obie Time
- 3:30 Handbell Choir w/ Sam
- 7:00 Geraldine Smith Concert Series featuring District Strings w/ Aki, Auditorium

THURSDAY, FEBRUARY 8

- 9:30 Dining Room Discussion
- 10:30 Let's Go! w/ Vilma
- 11:00 Nutrition Corner w/ Ali
- 2:00 Resident Choice 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 9

- 9:30 Today in History
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Black History Highlight: Geraldine Story
- 3:30 Art Therapy w/ Dejah
- 3:30 Hot Apple Cider Social w/ Vilma & Aki

SATURDAY, FEBRUARY 10

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Saturday Stretches w/ Mar_T
- 3:15 Art Discussion w/ Sarah

SUNDAY, FEBRUARY 11

- 10:30 Holy Eucharist Service in the Chapel
- 11:15 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, FEBRUARY 5

8:45 a.m. Total Body Standing, Auditorium
 9:00 a.m. IT Device Clinic, Bistro
 9:30 a.m. Total Body Seated, Auditorium
 10:00 a.m. Art & Music Meditation, Art Center
 10:00 a.m. Resident Council Business Meeting, Board Room
 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, Auditorium
 11:30 a.m. Chair Yoga, Ch. 1960
 11:30 a.m. Shopping Shuttle – Harris Teeter at Barcroft Plaza, Departs from Main Entrance
 1:00 p.m. Art Documentary Film, Media Room
 1:00 p.m. StrongerMemory, Board Room
 1:30 p.m. Veterans Committee Meeting, ToW
 2:00 p.m. Hot Apple Cider, Bistro
 2:00 p.m. Mat Yoga, Auditorium
 2:00 p.m. Rummikub, Card Room
 2:00 p.m. Trivia, Atrium
 3:00 p.m. Sr. Quest: The Evolution of Systemic Racism, ToW
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
 4:45 p.m. Silver Panther Huddle, Board Room
 7:45 p.m. Mexican Dominoes, Game Room

TUESDAY, FEBRUARY 6

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. Rob's Fireside Chat, Fireside
 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
 7:30 p.m. Scowcroft Foreign Affairs Lecture: *The World Crisis*, Auditorium

WEDNESDAY, FEBRUARY 7

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
 10:30 a.m. Power Braining, Aerobics Room
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Meditation, Ch. 1960
 11:15 a.m. Contemplative Worship (Quaker), Smith Study
 11:30 a.m. Chair Yoga, Ch. 1960
 2:00 p.m. Gentle Chair Yoga, Aerobics Room
 2:00 p.m. Hot Apple Cider, Bistro
 2:00 p.m. Informal Open Bridge, Card Room
 2:00 p.m. Painting and Drawing, Art Center
 3:00 p.m. Great Courses: Classics of American Literature, Media Room

3:00 p.m.	Technology Committee Meeting, ToW
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
7:15 p.m.	Geraldine S. Smith Concert Series: District String Trio, Auditorium

THURSDAY, FEBRUARY 8

8:15 a.m.	Stretch and Flex, Aerobics Room
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
10:00 a.m.	BOM-COM Committee Meeting, Board Room
10:00 a.m.	Clay Club, Art Center
10:00 a.m.	Pilates, Aerobics Room
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.	Preemie Project Table, Rotunda
11:30 a.m.	Chair Fit, Aerobics Room
12:30 p.m.	WhatNot Shop, Sales
1:00 p.m.	Creative Writing, Formal Parlor
2:00 p.m.	Duplicate Bridge, Card Room
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Introduction to Walking the Labyrinth, Auditorium
2:00 p.m.	Poetry Group, Smith Study
2:00 p.m.	Wii Bowling, Aerobics Room
3:00 p.m.	Woodcarving, Art Center
3:30 p.m.	Music Documentaty Film: Summer of Soul, Media Room
7:00 p.m.	Poker Night, Game Room
7:00 p.m.	Walk the Labyrinth, Auditorium

FRIDAY, FEBRUARY 9

8:45 a.m.	Total Body Standing, Aerobics Room
9:00 a.m.	Pickleball Practice, Pickleball Court
9:30 a.m.	Total Body Seated, Aerobics Room
10:00 a.m.	Walk the Labyrinth, Auditorium
10:30 a.m.	Chair Yoga, Aerobics Room
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.	Encore Chorale, Formal Parlor
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
3:00 p.m.	Trips and Outings Committee, Board Room
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, FEBRUARY 10

9:00 a.m.	Total Body Video, Aerobics Room
10:00 a.m.	Total Body Video, Aerobics Room
11:00 a.m.	Spanish Speaker Group, Bistro
12:00 p.m.	Saturday Cinema Matinee: Silent Film Special: Charlie Chaplin, Board Room
1:30 p.m.	Chinese Mah Jongg, Card Room
2:00 p.m.	Open Bridge, Top of the West
3:00 p.m.	Saturday Night Movie: <i>Oppenheimer, Part 1</i> , Auditorium
7:00 p.m.	Saturday Night Movie: <i>Oppenheimer, Part 2</i> , Auditorium

SUNDAY, FEBRUARY 11

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.	Reprise: Oppenheimer
6:30 p.m.	Super Bowl Sunday, ToW
7:00 p.m.	Compline, Chapel