

WEST★WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 8 ✨ February 19, 2024

UPCOMING MEETINGS

Movie Committee,

Monday, February 19 at 3:00 p.m. |
Board Room

Grounds Committee,

Wednesday, February 21 at 1:30 p.m. |
Board Room

Town Hall,

Thursday, February 22 at 2:00 p.m. |
Auditorium

TIME OR LOCATION CHANGE

Hearing Informational

**Support Group - Canceled Until
Further Notice**

COVID CASES

Independent Living (IL): 9

Assisted Living (AL): 2

Health Care Center (HCC): 3

Team Members: 6

TRIVIA!

Monday, February 19 at 2:00 p.m. | Atrium

Join us for special President's Day Trivia



DANCE PERFORMANCE FEATURING KanKouran WEST AFRICAN DANCE COMPANY

Tuesday, February 20 at 11:00 a.m. | Auditorium

This year's theme for Black History Month is African Americans in the Arts. In honor of this year's theme, GHBC is excited to welcome the KanKouran West African Dance Company for a dancer and drummer performance. The Company preserves and promotes traditional West African culture by providing quality entertainment and educational programs to local and national audiences in an effort to facilitate cross-cultural enrichment.



"Artists are the gatekeepers of truth. We are civilization's radical voice." - Paul Robeson



DEATH CAFE WITH MICROPHONES!

Thursday, February 22 from 2:00 p.m. to 3:30 p.m. | ToW

If you are interested in an informational and confidential conversation about death and have hesitated to attend Death Cafe at GHBC because of hearing challenges, now is your chance. On Thursday, February 22, we will meet at Top of the West. Microphones will be available. No agenda, no set theme--we'll talk about the interests raised by members of the group. Resident Diane Ullius, facilitator of the original group, will facilitate. Open to all residents. For background, see www.deathcafe.com.

WELLNESS ICON KEY:

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



Goodwin House
Bailey's Crossroads



MORE HAPPENINGS

GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, February 21 at 3:00 p.m. | Auditorium

- Episode 3 - Washington Irving
- Episode 4 - Ralph Waldo Emerson



SYMPHONY ORCHESTRA OF NORTHERN VIRGINIA CONCERT (SONOVA) - ELEMENTS OF EARTH: AN IMMERSIVE EXPERIENCE

Sunday, March 3 at 5:00 p.m. | George Washington Masonic National Memorial Theatre

Join SONOVA as we journey through this beautiful planet in our musical exploration of the elements! In Greek philosophy, the idea arose that four elements – earth, water, air, and fire – made up all matter and became the cornerstone of science for two thousand years. SONOVA is proud to partner with Next Reflex Dance Collective as we bring those four elements to life through movement and sound. Sign up in the Resident Business Center starting Friday, February 23 at 10:00 a.m. Tickets are \$20.00 plus \$18.00 for transportation

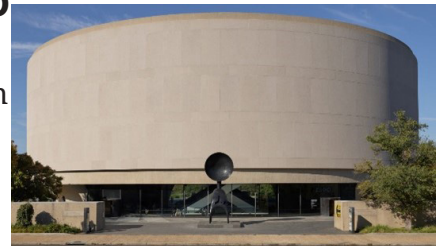


VISIT THE HIRSHHORN MUSEUM AND SCULPTURE GARDEN TO VIEW SIMONE LEIGH EXHIBITION!

Thursday, February 22 from 10:00 a.m. to 2:00 p.m. | Departs from Main Entrance

Celebrate Black History Month with Sarah on a trip to the Hirshhorn to view the acclaimed Simone Leigh exhibition and experience the complex and profoundly moving work of this groundbreaking artist. Simone Leigh represented the United States at the 2022 Venice Biennale, one of the largest and most important contemporary art exhibitions in the world, and selections from that landmark presentation are now on exhibit here joined by key works from throughout her career. Leigh creates art in ceramic, bronze, and video, and her work explores ideas of race, beauty, and community across time, geography, and cultures. (Sign up in the Art Center, 13 participants, \$20.00 transportation fee) Contact Sarah with any questions:

shenninger@goodwinliving.org



AFTERNOON CONCERT

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

Friday, February 23: Alvin Ailey Dance Theatre

Celebrate Black History Month: A selection of ballets from the Alvin Ailey Dance Theatre including their signature performance of "Revelations."

Running time: 1 hour, 5 minutes



MORE HAPPENINGS

SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: GEORGES MELIES AND THE LUMIERE BROTHERS

Saturday, February 24 from 12:00 p.m. to 1:30 p.m. | Board Room

Georges Méliès was a French illusionist and film director famous for leading many technical and narrative developments in early cinema. Méliès was a prolific innovator of special effects, popularizing such techniques as substitution splices, multiple exposures, time-lapse photography, dissolves, and hand-painted color. The Lumière brothers were French manufacturers of photography equipment, best known for their Cinématographe motion picture system and the short films they produced between 1895 and 1905, which places them among the earliest filmmakers.



SATURDAY NIGHT MOVIE - *MISSION IMPOSSIBLE: DEAD RECKONING*

Saturday, February 24 at 7:15 p.m. | Auditorium

Ethan Hunt and the IMF team must track down a terrifying new weapon that threatens all of humanity if it falls into the wrong hands. With control of the future and the fate of the world at stake, a deadly race around the globe begins. Confronted by a mysterious, all-powerful enemy, Ethan is forced to consider that nothing can matter more than the mission -- not even the lives of those he cares about most.

2023, PG - 13, Action, 2 hours, 43 minutes

Starring: Tom Cruise, Hayley Atwell, and Vanessa Kirby



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

DONATE BOOKS FOR OUR NEIGHBORS TO THE GHBC LITTLE LIBRARY

We need children's and adult books for the Little Library located at the entrance to GHBC. For the past three years, we have had a steady supply of books from GHBC residents and a steady demand from our neighbors, especially for the many children in the apartments along South Jefferson Street. Of late, the supply has dwindled. Here is how to donate:

- Contact Bob Simpson for pick-up: 571-249-6401 or rsat7572054@hotmail.com
- Drop off in the Art Center boxes: NEW LOCATION, on the outside wall, to the RIGHT as you enter the Art Center.
- Place in the Little Library near the GHBC Main Entrance on Jefferson Street.

Very inexpensive used books are available at the Fairfax County Woodrow Wilson Library, 6101 Knollwood Drive, Falls Church (Monday to Saturday, 10:00 a.m. to 6:00 pm.). Thank you for your donations.

SUPPORT GROUP UPDATES

The Low Vision Information Support Group and Hearing Information Support Group have been canceled until further notice. The Caregivers Support Group will continue as scheduled.

ANNOUNCEMENT FROM HOME CARE & GOODWIN LIVING AT HOME

Understanding Home Care terminology becomes increasingly important to allow you to participate actively in your own care decisions.

- **Activities of Daily Living (ADLs):** The skills required to independently care for oneself include bathing, dressing, toileting, transferring, eating, and continence.
- **Assessment:** Done by a nurse to identify specific needs, preferences, and goals for care.
- **Care Plan:** Outlines the services/support you will receive.
- **Home Care:** Personal care services (assistance with ADLs) provided by an aide in your home.
- **Long-Term Care Insurance:** Insurance designed to help cover the costs of home care services for seniors that aren't covered by regular health insurance.

ANNOUNCEMENT FROM THE CLINIC - VACCINE CLINIC

We will have a Vaccine Clinic on Tuesday, February 27 for those who did not receive the COVID vaccine in November and anyone who is interested in receiving the RSV vaccine. Advance registration is required. Please e-mail GHBCVax@goodwinliving.org or call Shelby Garlick at ext. 7271 to schedule an appointment. Thank you.

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.

February 20, 2024: Communications

GHBC communicates in many ways: West Winds, The Scoop, DEI Friday Thoughts, the big screens, and email blasts! Carol Lewis hosts Steffan Barahona, Alison Neov, Jeanne Hobbs, and Catie Ramos, all of whom provide us with the news we need (and is ultimately posted on the resident website.)

February 27, 2024: Meet the Executive Director

Who is Justin Carwile when he's in "plain clothes?" What does he think about when he's not worrying about us? What trials, tribulations, and surprises does he have in mind for us in 2024? Betsy Bailey hosts a chat with Justin.

INSIDE THE ART CENTER

The Art Center is always open at GHBC! All art classes and events will have materials and tools provided and will take place in the Art Center with Sarah, unless otherwise noted. Sign-up sheets will be available at the entrance of the Art Center every Monday at 9 a.m., as needed.

MONDAY, FEBRUARY 19

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 - In honor of Presidents' Day, view the landmark documentary film *Primary*, which follows the 1960 presidential primary in Wisconsin and features John F. Kennedy. It is not an exaggeration to say that before *Primary*, documentary as we know it today—the art of candid observation—didn't exist. This film was shot on a camera engineered specifically by the filmmakers to allow for sync-sound recording, a feature that then made the entire genre of cinema verité possible. Directed by Robert Drew & Associates. Total Run Time: 53 minutes. Discussion to follow. (Media Room)

TUESDAY, FEBRUARY 20

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



Beginning Ceramics - Join experienced artist and educator Betty Bott in creating 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! This week: Explore options for finishing your work, including how to use glazes. (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

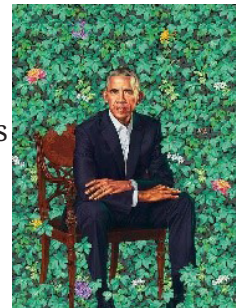
WEDNESDAY, FEBRUARY 21

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



Painting & Drawing: Celebrate Black History Month!

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 portrait in the style of contemporary African-American painter Kehinde Wiley! All skill levels welcome - no previous experience or drawing skills required. (Sign up, 12 participants)



THURSDAY, FEBRUARY 22

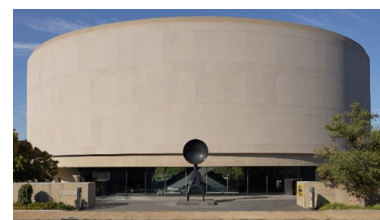
10:00 a.m. - 2:00 p.m.



Visit the Hirshhorn Museum and Sculpture Garden to view Simone Leigh exhibition - Celebrate Black History Month with Sarah on a

trip to the Hirshhorn to view the acclaimed Simone Leigh exhibition and experience the complex and profoundly moving work of this groundbreaking artist. Simone Leigh represented the United States at the 2022 Venice Biennale, one of the largest and most important contemporary art exhibitions in the world, and selections from that landmark presentation are now on exhibit here joined by key works from throughout her career. Leigh creates art in ceramic, bronze, and video, and her work explores ideas of race, beauty, and community across time, geography, and cultures. (Sign up in the Art Center, 13 participants, \$20.00 transportation fee) Contact Sarah with any questions:

shenninger@goodwinliving.org



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



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

FRIDAY, FEBRUARY 23

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

Flower Arrangers at Work - The Art Center is occupied



MONDAY, FEBRUARY 19

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 20

8:15 a.m. Stretch and Flex, Aerobics Room
 9:00 a.m. Pickleball Practice, Pickleball Court
 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
 11:45 a.m. Tai Chi, Aerobics Room
 2:00 p.m. Power Braining, Aerobics Room

WEDNESDAY, FEBRUARY 21

8:30 a.m. Total Body Standing, Aerobics Room
 9:15 a.m. Total Body Standing, Aerobics Room
 10:00 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 22

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 23

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 24

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

Contact to Luke Logan at llogan@goodwinliving.org.

Massage Therapy Available:

60 minutes - \$90

30 minutes - \$55

Contact Madison Roach 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.

ASSISTED LIVING PROGRAMS

MONDAY, FEBRUARY 19

- 10:30 Monday Movement w/ Luke, Community Room
- 11:00 Sing-a-Long w/ Anne & Friends, Crossroads Area
- 12:00 Lunch Group w/ Denise, Jefferson Dining Room
- 2:00 Presidential Portraits Art Discussion w/ Jan, Community Room
- 3:00 Patriotic Music w/ The Tate Family, Crossroads Area

TUESDAY, FEBRUARY 20

- 10:00 Morning Art Discussion w/ Sarah, Community Room
- 11:00 KanKouran West African Dance Performance, Auditorium
- 2:00 Spiritual Discussion Group w/ Rev. Alex, Community Room
- 2:45 Weekly Musician Spotlight w/ Sam, Community Room

WEDNESDAY, FEBRUARY 21

- 10:30 Travel to Quebec City w/ Tony Tambasco
- 2:00 Bingo w/ Care Partners & JoAnn, Crossroads Area
- 3:00 Afternoon Piano Music w/ Luke, Crossroads Area
- 3:30 Farm Animal Mini Petting Zoo, Atrium

THURSDAY, FEBRUARY 22

- 9:45 Scenic Bus Outing
- 11:00 Hits of the 70s Exercise w/ Michelle, Community Room
- 12:00 Lunch Group w/ Karen Doyle, Jefferson Dining Room
- 2:00 Music Therapy w/ Sam, Crossroads Area
- 2:45 Pet Visit w/ Frankie, Crossroads Area
- 3:30 Catholic Mass in the Chapel
- 6:00 Evening Bingo w/ Vy and Sussanna, Living Room

FRIDAY, FEBRUARY 23

- 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 24

- 10:00 Chair Chi w/ Cynthia, Community Room
- 10:45 Bingo w/ Catie, Crossroads Area
- 7:15 Evening Movie, Auditorium

SUNDAY, FEBRUARY 25

- 10:00 Jeopardy w/ Michelle, 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)
- 3:00 Puzzles & Word Station, Community Room

Afternoon Spiritual 1:1 Visits w/ Rev. Alex

ASSISTED LIVING PROGRAMS

- 3:00 Piano Music w/ Luke, Crossroads Area
- 7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS

MONDAY, FEBRUARY 19

- 9:30 Dining Room Discussion
- 10:30 Morning Dance Party w/ Mary Katherine & Vilma
- 11:00 Presidential Trivia w/ Michelle
- 2:00 Library on Wheels w/ Vilma
- 4:00 Patriotic Music w/ the Tate Family

TUESDAY, FEBRUARY 20

- 9:30 News of the Day
- 10:30 Stretch & Refresh w/ Aki
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:00 Social Club w/ Michelle
- 2:00 Take a Walk w/ Aki
- 3:15 Spin it to Win it! Wheelchair Race & Prizes w/ Vilma

WEDNESDAY, FEBRUARY 21

- 9:30 Coffee & Conversation
- 10:00 Equine Assisted Learning Outing
- 10:30 Seated Fitness w/ Luke
- 11:00 Who Am I: First Ladies w/ Aki
- 2:00 Obie Time w/ Aki
- 3:30 Farm Animal Mini Petting Zoo w/ Aki & Vilma, Atrium
- 4:00 Handbell Choir w/ Sam

THURSDAY, FEBRUARY 22

- 9:30 Daily News Brief
- 10:30 Match! Match! w/ Vilma
- 11:00 Brain Fitness w/ Aki
- 2:00 1:1 Pet Visits w/ Frankie
- 2:30 Scenic Bus Outing w/ Aki & Vilma
- 2:30 Creative Art w/ Sarah
- 3:30 Catholic Mass in the Chapel
- 4:00 Piano Tunes w/ Dr. Wilmot
- 6:45 Biography Spotlight w/ Aki

FRIDAY, FEBRUARY 23

- 9:30 Friday Fun Facts
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Black History Highlight: Lisa's Story
- 3:30 Art Therapy w/ Dejah
- 3:30 Jazz Pianist Performance

SATURDAY, FEBRUARY 24

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Saturday Stretches w/ Mar_T
- 3:30 Sweet Treat: Frozen Yogurt w/ Vilma

SUNDAY, FEBRUARY 25

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Culture Spotlight: Exploring the Lantern Festival w/ Michelle
- 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 19

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
10:30 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
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
2:30 p.m.	Smartphone Users Group, ToW
3:00 p.m.	Movie Committee Meeting, Board Room
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study
4:15 p.m.	Silver Panther Huddle, Board Rm
6:45 p.m.	Mexican Dominoes, Game Room

TUESDAY, FEBRUARY 20

8:15 a.m.	Stretch and Flex, Aerobics Room
9:00 a.m.	Functional Fit, Aerobics Room
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, 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.	KanKouran West African Dance Company Performance, Auditorium
11:00 a.m.	Muscle Relaxation, Ch. 1960
11:30 a.m.	Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
11:45 a.m.	Tai Chi, Aerobics Room
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, FEBRUARY 21

8:30 a.m.	Total Body Standing, Aerobics Room
9:15 a.m.	Total Body Standing, Aerobics Room
10:00 a.m.	Total Body Seated, Aerobics Room
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
1:30 p.m.	Grounds Committee, Board Room
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
2:00 p.m.	Painting and Drawing, Art Center
3:00 p.m.	Great Courses: Classics of American Literature, Media Room

3:30 p.m. French Conversation Group, Smith Study
 3:30 p.m. Mini Farm Animal Petting Zoo, Atrium
 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 22

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
 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. Hirshhorn Museum and Sculpture Garden
 Simone Leigh exhibition, Departs from Main Entrance
 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
 12:30 p.m. WhatNot Shop, Sales
 1:00 p.m. Creative Writing, Formal Parlor
 2:00 p.m. Death Cafe Meeting, ToW
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Hot Apple Cider, Bistro
 2:00 p.m. Town Hall, Auditorium
 2:00 p.m. Wii Bowling, Aerobics Room
 2:45 p.m. Catholic Confessions, Chapel
 3:00 p.m. Woodcarving, Art Center
 3:30 p.m. Catholic Mass, Chapel
 7:00 p.m. Poker Night, Game Room

FRIDAY, FEBRUARY 23

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, Media Room
 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
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, FEBRUARY 24

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: Georges Melies And The Lumiere Brothers, 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: *Mission Impossible: Dead Reckoning*

SUNDAY, FEBRUARY 25

9:30 a.m. Chapel Coffee Hour, Formal Parlor
 10:15 a.m. UU Service, Board Room
 10:30 a.m. Holy Eucharist Service, Chapel and Channel 1960
 2:00 p.m. Hand and Foot Card Game, Top of the West
 2:00 p.m. Informal Open Bridge, Card Room
 7:00 p.m. Compline, Chapel