

# 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 9 ✨ February 26, 2024

### UPCOMING MEETINGS

#### Green Team,

Monday, February 26 at 11:00 a.m. | Board Room

#### Marketing Committee,

Tuesday, February 27 at 3:00 p.m. | Board Room

#### Resident Health Committee,

Friday, March 1 at 10:00 a.m. | Board Room

### TIME OR LOCATION CHANGE

#### Encore Chorale

Friday, March 1 at 1:00 p.m. | Auditorium - **Location Change**

### COVID CASES

Independent Living (IL): 15

Assisted Living (AL): 3

Health Care Center (HCC): 0

Team Members: 6

### BIBLE STUDY

Monday, February 26 at 3:30 p.m. | Top of the West

Discussion will begin with Romans 1:18.



### PATTI'S PRETTIES

Wednesday, February 28, 10:00 a.m. to 5:00 p.m. | Atrium

Patti's Pretties will be here for all shopping needs. She will have silver and fashion jewelry, watches, clothing, hats, scarves, shawls, and other accessories.

### GREAT COURSES

Wednesday, February 28 at 3:00 p.m. | Media Room

- Episode 5: Emerson Today
- Episode 6: Emerson Tomorrow



### PARLEZ VOUS FRANÇAIS?

Wednesdays at 3:30 p.m. to 4:30 p.m. | Smith Study

If you are fascinated by France and its culture and speak French, join our group. We have lively discussions. You don't need to always remember if it's "le" or "la," but you should feel comfortable sharing thoughts in French. Note: this is a conversation group, not a French grammar class. If you have any questions, feel free to contact Janet Horwitz at ext. 3143.

### GREAT DECISIONS: US-CHINA TRADE RIVALRY

Thursday, February 29 at 3:00 p.m. | Auditorium

China's economic rise and its current policies of increasing the role of the state in the economy have led some U.S. policymakers to seek to deny China access to U.S. technology and investment. This is seen as a necessary corrective to decades of predatory Chinese economic policies. Is this a wise strategy? How effective can it be? Moderated by Rob Warne.



### WELLNESS ICON KEY:

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



Goodwin House  
Bailey's Crossroads

## MORE HAPPENINGS

### AFTERNOON CONCERT

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

**Friday, March 1: *Suor Angelica* - Puccini**

Puccini's *Suor Angelica* concerns the power of a mother's love and the devastation of losing a child. First performed in New York in 1918.

Running time: 1 hour



### SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: HARRY LANGDON

Saturday, March 2 from 12:00 p.m. to 1:30 p.m. | Board Room

There was a fourth major silent movie comedian in the 1920s, who many feel ranks up there with Charles Chaplin, Buster Keaton, and Harold Lloyd, but who now is sadly forgotten. His name was Harry Langdon. He had the good fortune to work regularly with the young Frank Capra. The two developed a unique character of an innocent man-child who found himself in dramatic and hazardous circumstances with only providence and good luck making him come out on top.



### SATURDAY NIGHT MOVIE - *LITTLE WOMEN*

Saturday, March 2 at 7:15 p.m. | Auditorium

*Little Women* is an American coming-of-age historical drama film directed by Gillian Armstrong. The screenplay by Robin Swicord is based on Louisa May Alcott's two-volume novel of the same title. It received critical acclaim and grossed \$95 million worldwide. It received three Academy Award nominations for Best Actress, Costume Design, and Original Score.

1994, PG, Action, 2 hours, 15 minutes

Starring: Susan Sarandon, Winona Ryder, and Kirsten Dunst



## SAVE THE DATE

### AMY ANDREWS SINGER/GUITARIST - LIFE ENRICHMENT

Wednesday, March 6 at 3:00 p.m. | Auditorium

### BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE: WHAT MAY TAIWAN'S RECENT ELECTION MEAN FOR CHINA, THE UNITED STATES, AND TAIWAN ITSELF?

Wednesday, March 6, 7:30 p.m. | Auditorium

### BOBBE SHORE & FIRST CALL SINGING QUARTET - LIFE ENRICHMENT

Thursday, March 7 at 3:00 p.m. | Auditorium

### CITY SINGERS CHORALE - LIFE ENRICHMENT

Saturday, March 9 at 2:30 p.m. | Auditorium

## TRIPS NEWS, UPDATES, ANNOUNCEMENTS

### UPCOMING TRIPS - NATIONAL SYMPHONY FRIDAY MATINEE FRIDAY APRIL 12

Sign up will start on Monday, March 4 for Dvorak's "New World" Symphony.

Details in next week's *West Winds*. Contact Chris White.

## TRIP TO VIEW "COMPOSING COLOR: PAINTINGS BY ALMA THOMAS" EXHIBITION AT THE SMITHSONIAN AMERICAN ART MUSEUM!

Thursday, February 29 from 11:15 a.m. to 2:00 p.m. | Boards at Main Entrance

On view at the Smithsonian American Art Museum, "Composing Color: Paintings by Alma Thomas" explores the life of this groundbreaking artist and educator who played a vital role in the Washington, DC arts community. The exhibition highlights her distinct abstract style, which creates a dazzling interplay of pattern and vibrant color leading to a multi-sensory experience for the viewer. Organized around the artist's favored themes of Space, Earth, and Music, this show invites you to see the world through Alma Thomas's eyes. There will be an opportunity to tour this exhibition with a museum docent. (Sign up in the Art Center Monday, February 26 at 9:00 a.m., 13 participants, \$20.00 transportation fee. Contact Sarah with any questions: shenninger@goodwinliving.org).

## SYNETIC THEATER SUNDAY MATINEE: ROMEO AND JULIET

Sunday, March 10 | Bus Boards at 1:00 p.m. at Main Entrance. Leave Synetic approximately at 3:45 p.m. *The Washington Post* Style section applauded that Synetic Theater is reprising Shakespeare's *Romeo and Juliet*. Set amidst whirring gears of a giant clock, Shakespeare's timeless tale of star-crossed lovers unfolds as a bitter family feud sends the pair racing against ill-fated destiny. With masterful physicality and choreography, Synetic's *Romeo and Juliet* presents a unique and stunningly visual interpretation of a classic story, capturing emotion with every movement. Nominated for six Helen Hayes Awards and regarded as "fresh and vividly imagined" by *The Washington Post*, this wordless adaptation captures the beauty, passion, and heartbreak of Shakespeare's greatest love story.

- Sign up starts on Monday, February 26, 11:30 a.m., Resident Business Center.
- Cost: Transportation \$10.00; ticket \$40.50, nonrefundable after Thursday, March 7, 12:00 noon. Performance runs 85-minutes with no intermission.
- Contact: Gloria Rothman, ext. 7517.

## UNDERGROUND RAILROAD: HARRIET TUBMAN'S JOURNEY TO FREEDOM, DORCHESTER COUNTY, MARYLAND (OVERNIGHT TRIP)

Wednesday, May 8 to Thursday, May 9 | Boards at Main Entrance at 8:30 a.m.

Explore where Harriet Tubman guided escaped slaves to freedom. Day One includes a steamboat cruise with luncheon on board. Next, visit the Blackwater National Wildlife Preserve, with marsh grasses through which the fugitives had to struggle. Day Two starts at the new National Park Service Harriet Tubman Center, with a 20-minute film telling her story as well as exhibits on the Eastern Shore in the 1860s. Yes, there is a gift shop. A local tour guide will point out sites including the slave market, historic school, and Linchester Mill where slaves ground grain for bread. The day ends with a farewell lunch with our tour guide.

- Sign up starts on Monday, March 4, 11:30 a.m., Resident Business Center.
- Deadline for nonrefundable deposit of \$100, Wednesday, March 20, 12:00 noon.
- Deadline for nonrefundable final payment of \$300, Wednesday, April 17, 12:00 noon.
- Payment must be by check payable to GHBC, with "Underground Railroad" in the memo line. Give check to Elizabeth Whitehouse in Life Enrichment.
- Costs include one night hotel, motorcoach, admissions fees, private tour guide, farewell lunch, etc. (dinner is on your own). Return trip takes 2 1/2 hours after lunch. Contact: Mary McClelland, ext. 7511.

## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### NEWS YOU CAN USE - DID YOU KNOW...

The Little Library is providing free books to our neighbors. Childrens' books are especially popular, and hard to keep stocked. A very inexpensive way to obtain books that are gently used is from the Friends of the Library sales shelves at our local libraries. Prices for hardcover childrens' books are \$.50, paperbacks are \$.25 at the Woodrow Wilson Fairfax Library Branch, 6101 Knollwood Ave, Fall Church VA. (Open Monday and Tuesday from 10:00 a.m. to 6:00 p.m., and Wednesday through Saturday from 10:00 a.m. to 9:00 p.m.) The prices are similar at the Glencarlyn Arlington Branch Library, 300 S. Kensington St., Arlington.



### HOUSE OF GOODWIN, FASHION SHOW

Tuesday, May 14 at 2:00 p.m. | Auditorium

See resident models and the personal items each chooses to wear. Looking for models (no experience required, men, women, and pets included). Contact Victoria Carns at [Carns@AOL.com](mailto:Carns@AOL.com) or 831-295-3883

### GIVING DAY, EVERY DAY!

For the fourth year in a row, the Goodwin Living Foundation marked February 14 as a special day to express our gratitude and support for all the people who make up the wonderful community here. Giving Day is about more than giving; it's about rallying behind the Foundation's programs for residents and staff that enrich our lives and strengthen the bonds of our community.



Goodwin Living  
Foundation

The impact of the Foundation extends far beyond just one day, and we welcome your support throughout the year! Your generosity allows us to continue to respond to the needs of our residents so no one ever has to move again, even if they outlive their financial resources. It allows us to provide critical support for team members throughout the year, enabling them to continue their important work and make a lasting difference. We are grateful! The Foundation Team.

## 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).

#### 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.

#### March 5, 2024: Grounds, Knoll Garden, Garden Boxes **TOP OF THE WEST**

Spring will bring planting time around the Grounds, Knoll Garden, and Garden Boxes! Grounds Committee co-chairs Nan Allen and Madi Green, members of the committee, and Grounds Supervisor Court Manning will tell us what's planned for a glorious spring at GHBC. Betsy Bailey hosts.



## 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 26

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** - Using historical and cultural context, *Bill Traylor: Chasing Ghosts* brings the spirit and mystery of Traylor's incomparable art to life. Traylor witnessed profound social and political change during his life spanning



slavery, Reconstruction, Jim Crow laws, and the Great Migration. In his late 80s, Traylor started to draw and paint devising his own visual language to record the stories of his life. This colorful, strikingly modernist work eventually led him to be recognized as one of America's greatest self-taught artists and the subject of a Smithsonian retrospective. Directed by Jeffry Wolf. Total Run Time: 76 minutes. Discussion to follow. (Media Room)

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



**Art Documentary Film** - In honor of Black History Month, there will be a second 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)

## INSIDE THE ART CENTER

### TUESDAY, FEBRUARY 27

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.

### WEDNESDAY, FEBRUARY 28

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



**Painting & Drawing:** Explore, learn, and practice drawing skills and the painting medium with Sarah. This week: Be inspired by the distinct painting style of African-American artist Alma Thomas! All skill levels welcome - no previous experience or drawing skills required. (Sign up, 12 participants)

### THURSDAY, FEBRUARY 29

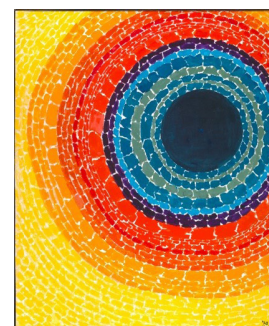
11:15 a.m. - 2:00 p.m.



**"Composing Color: Paintings by Alma Thomas", Smithsonian American Art Museum, Departs from Main Entrance** - See Page 3 for description

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, MARCH 1

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

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





### MONDAY, FEBRUARY 26

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 27

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 28

8:45 a.m. Total Body Standing, Auditorium  
 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, Auditorium

### THURSDAY, FEBRUARY 29

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, MARCH 1

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, MARCH 2

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](mailto:llogan@goodwinliving.org).

#### Massage Therapy Available:

60 minutes - \$90

30 minutes - \$55

Contact Madison Roach 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.

## ASSISTED LIVING PROGRAMS

### MONDAY, FEBRUARY 26

- 10:30 Monday Movement w/ Luke, Community Room
- 11:00 Morning Trivia w/ Vy, Crossroads Area
- 3:00 Discussion w/ Ambassador Courville, Community Room

### TUESDAY, FEBRUARY 27

- 10:30 Assisted Living Resident Council Meeting, Community Room
- 11:00 Morning Art Discussion w/ Sarah, Community Room
- 2:00 Weekly Musician Spotlight w/ Sam, Community Room
- 2:45 Spiritual Discussion Group w/ The Rev. Alex, Community Room

### WEDNESDAY, FEBRUARY 28

- 10:30 Wednesday World Travel w/ Elizabeth, Community Room
- 11:00 Chair Chi Exercise w/ Vy, Community Room
- 2:00 Bingo w/ Care Partners & JoAnn, Crossroads Area
- 3:00 February's Birthday Social, Crossroads Area

### THURSDAY, FEBRUARY 29

- 10:30 TALES Categories Word Games w/ Vy, Community Room
- 11:00 Morning Fitness w/ Vy, Community Room
- 12:00 Lunch Group w/ Mindy, Jefferson Dining Room
- 2:15 Sing-a-Long w/ Hank Lewis, Crossroads Area
- 3:00 Pet Visit w/ Frankie, Crossroads Area
- 6:00 Trivia Night w/ Michelle, Crossroads Area

### FRIDAY, MARCH 1

- 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, MARCH 2

- 10:15 Morning Trivia w/ Tiffany, Community Room
- 3:00 Piano Music w/ Heather, Crossroads Area
- 7:15 Evening Movie, Auditorium

### SUNDAY, MARCH 3

- 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

## ASSISTED LIVING PROGRAMS

Afternoon Spiritual 1:1 Visits w/ The Rev. Alex

7:00 Compline Service in the Chapel

## HEALTH CARE CENTER PROGRAMS

### MONDAY, FEBRUARY 26

- 9:30 News with Your Neighbors
- 10:30 Morning Flex w/ Mary Katherine & Aki
- 11:00 Mind Joggers w/ Aki
- 2:00 Movie Matinee: *The Color of Friendship*
- 3:30 Music Therapy w/ Sam

### TUESDAY, FEBRUARY 27

- 9:30 Table Talk
- 10:30 Sit & Get Fit w/ Aki
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:00 Mindful Poetry w/ Aki
- 2:00 1:1 Visits w/ Vilma
- 3:30 Bingo w/ Vilma, Aki & Friends
- 6:45 Ladies Night w/ Aki

### WEDNESDAY, FEBRUARY 28

- 9:30 Wednesday World Events
- 10:00 Equine Assisted Learning Outing
- 10:30 Seated Fitness w/ Luke
- 11:00 Name 8 w/ Michelle
- 2:00 1:1 TR Visits w/ Michelle
- 3:30 Birthday Party Celebration w/ Vilma & Aki

### THURSDAY, FEBRUARY 29

- 9:30 Morning Sip & Social
- 10:30 Joints in Motion w/ Vilma
- 11:00 Trivia! w/ Aki
- 2:00 Obie Time w/ Vilma
- 2:30 1:1 Pet Visits w/ Frankie
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot

### FRIDAY, MARCH 1

- 9:30 News of the Day
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Welcome March w/ Aki
- 3:30 Art Therapy w/ Dejah
- 3:30 Social Hour at the Lounge w/ Vilma

### SATURDAY, MARCH 2

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

### SUNDAY, MARCH 3

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



## WEEKLY CALENDAR

### MONDAY, FEBRUARY 26

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. Green Team, Board Room  
 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 – 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, Auditorium  
 2:00 p.m. Rummikub, Card Room  
 2:00 p.m. Trivia, Atrium  
 3:30 p.m. Bible Study, ToW  
 3:30 p.m. Reprise: Summer of Soul (...Or, When the Revolution Could Not Be Televised), Media 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 27

8:15 a.m. Stretch and Flex, Auditorium  
 9:00 a.m. Functional Fit, Auditorium  
 9:00 a.m. Pickleball Practice, Pickleball Court  
 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, Aerobics Room  
 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  
 3:00 p.m. Marketing Committee, Board Room  
 4:00 p.m. Newcomers, Auditorium

### WEDNESDAY, FEBRUARY 28

8:45 a.m. Total Body Standing, Auditorium  
 9:30 a.m. Total Body Seated, Aerobics Room  
 10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, Chapel  
 10:00 a.m. Patti's Pretties, Atrium  
 10:30 a.m. Book Group, Top of the West  
 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 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. Play Reading: The Importance of Being Earnest, Pointe Conference 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, Auditorium

7:00 p.m. Bingo, ToW

### THURSDAY, FEBRUARY 29

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. 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

11:15 a.m. Trip to view Composing Color: Paintings by Alma Thomas Exhibition at the Smithsonian American Art Museum!, Departs from Main Entrance

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

7:00 p.m. Poker Night, Game Room

### FRIDAY, MARCH 1

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. Resident Health Committee, ToW

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, Auditorium

1:00 p.m. Mah Jongg, Card Room

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, MARCH 2

9:00 a.m. Total Body Video, Aerobics Room

9:30 a.m. Jewish Shabbat Services, Formal Parlor

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: Harry Langdon, 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: *Little Women*

### SUNDAY, MARCH 3

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. Death Cafe, Formal Parlor

2:00 p.m. Hand and Foot Card Game, Top of the West

2:00 p.m. Informal Open Bridge, Card Room

4:00 p.m. Symphony Orchestra of Northern Virginia, Departs from Main Entrance

7:00 p.m. Compline, Chapel