

WEST★WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 10 ✨ March 4, 2024

UPCOMING MEETINGS

Resident Council Business,

Monday, March 4 at 10:00 a.m. |

Board Room

Veterans Committee,

Monday, March 4 at 1:30 p.m. | ToW

Trips & Outings,

Friday, March 8 at 3:00 p.m. |

Board Room

TIME OR LOCATION CHANGE

Technology Committee Meeting,

Wednesday, March 7 at 3:00 p.m. |

ToW - **Canceled**

Tailor,

Thursday, March 8 at 10:00 a.m. | -

Canceled

Sr. Quest for Meaning,

Monday, March 4 - **Rescheduled for**

Monday, March 11

BOM-COM Committee Meeting

Thursday, March 14 - **Rescheduled for Thursday, March 21**

COVID CASES

Independent Living (IL): 7

Assisted Living (AL): 1

Health Care Center (HCC): 0

Team Members: 2

BIBLE STUDY

Monday, March 4 at 3:30 p.m. | Top of the West

Discussion will begin with Romans 21:24.



INVITATION - CEO'S AND COO'S FIRESIDE CHAT

Tuesday, March 5 at 1:30 p.m. | Fireside

Invitation from your 2024 Resident Council! This month, we have a special treat in store for our residents. Both CEO, Rob Liebreich, and COO, Chandra Kumar, will participate in the Fireside Chat. We have been privileged to have our CEO or COO visit with us on the first Tuesday since January 2023. This month both will attend. Rob will be available for questions for the first half hour and Chandra for the second part. 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.



PRESIDENTIAL PRIMARY ELECTION

Tuesday, March 5 from 6:00 a.m. to 7:00 p.m. | Auditorium



You may vote in Democratic or Republican primary but not both. Bring a photo ID.



BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE

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

Richard C. Bush presents "What May Taiwan's Recent Election Mean for China, the United States, and Taiwan?" Richard C. Bush is the non-resident Senior Fellow at the Center for East Asia Policy Studies, The Brookings Institution.



MORE HAPPENINGS

GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

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

- Episode 7: Henry David Thoreau - Countercultural Hero
- Episode 8: Thoreau - Stylist and Humorist Extraordinaire



AFTERNOON CONCERT WITH AMY ANDREWS

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

Singer, song writer, and guitarist Amy Andrews was brought up on the sounds of Sinatra, Ella, The American Songbook, and Motown. She spent many years training for a career in musical theater before writing her own music and taking it on the road. We are excited to welcome Amy back for an afternoon of wonderful music!



BOBBE SHORE AND FIRST CALL SINGING QUARTET

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

Vocalist, Composer, and Lyricist Bobbe Shore has performed throughout the DC metro area, sharing her passion and love of Jazz, Standards, Swing, and Blues. Her group, "First Call" features collaborations with the finest of DC's jazz community. Enjoy the afternoon with Bobbe and her First Call Singing Quartet!

CREATIVE WRITING GROUP

Thursday, March 7 at 1:00 p.m. | Formal Parlor



WEEKEND CONCERT FEATURING CITY SINGERS

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

The City Choir of Washington (TCCW)'s volunteer engagement chorus, the City Singers, brings upbeat and heartfelt programs of American standards, spirituals, jazz arrangements, and Broadway tunes to the DC Metro Community. Directed by Kathleen Jagielski, join us for an afternoon of song and fun with the City Singers.



JOIN US FOR THE FIRST LECTURE IN OUR RESIDENT WELLNESS SERIES

Tuesday, March 12 at 2:00 p.m. | Auditorium

This presentation will focus on the physical dimension of wellness. Goodwin Living dietitians, GHBC's Ali Neov and GHA's Alex Freiman, along with our GHA's fitness manager Leslie LaPlace, will be sharing valuable tips and information to help you improve your physical health. Don't miss this opportunity to learn from experts and take steps towards improving your overall well-being. We hope to see you there!



JUST LINES!

Tuesday, March 26 from 10:30 a.m. to 11:30 a.m. | Art Room

Try your hand at Abstract Neuro Art with Victoria Carns! No experience needed. Supplies provided. Limit of 12. Sign up in the Art Room. First performed in New York in 1918.



MORE HAPPENINGS

AFTERNOON CONCERT

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

Friday, March 1: *L'enfant Et Les Sortilèges* - Ravel

L'enfant Et Les Sortilèges (*The Child And The Spells*) is a one act opera with music by Maurice Ravel to a libretto by Colette. The first performance took place on 21 March 1925 in Monte Carlo. Sung in French with English subtitles. Running time: 1 Hour



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: SNUB POLLARD

Saturday, March 9 from 12:00 p.m. to 1:30 p.m. | Board Room

Harry "Snub" Pollard's, slight frame (5' 6"), bullet-shaped head, and dark, droopy mustache are definitive identification badges. He was an Australian-born vaudevillian who became a silent film comedian in Hollywood, and was popular in the 1920s. Also a slapstick comedian, he was familiar for his part in the Keystone Kops series of pie-throwing, automobile-chasing slapstick on the silent screen. He later successfully made the transition to television.



SATURDAY NIGHT MOVIE - *THE COLOR PURPLE*

Saturday, March 9 at 7:15 p.m. | Auditorium

Torn apart from her sister and her children, Celie faces many hardships in life, including an abusive husband. With support from a sultry singer named Shug Avery, as well as her stand-her-ground stepdaughter, Celie ultimately finds extraordinary strength in the unbreakable bonds of a new kind of sisterhood.

PG-13, 2023, Musical/Drama, 2 hour, 21 minutes

Starring: Fantasia Barrino, Taraji P. Henson, Danielle Brooks, Halle Bailey



SAVE THE DATE

ST. PATRICK'S DAY COCKTAIL HOUR

Sunday, March 17 at 3:00 p.m. | Rotunda/Atrium

TRIPS NEWS, UPDATES, ANNOUNCEMENTS

UPCOMING TRIP: NAVAL SURFACE WARFARE CENTER—CARDEROCK, MD

Thursday, March 21, 8:45 a.m.

Guided tour of the Naval facility that designs and tests surface and submarine vessels in massive pools of water. Contact Jane Coughran.

TRIPS REMINDER: UNDERGROUND RAILROAD

Sign up starts Monday, March 4, 11:30 a.m. Details in last week's West Winds

NATIONAL SYMPHONY FRIDAY MATINEE - DVORAK'S "NEW WORLD" SYMPHONY; BILLY CHILDS' SAXOPHONE CONCERTO

Friday, April 12. Board the bus at 10:15 a.m. at Main Entrance | Depart Kennedy Center, immediately after the concert ends at 1:00 p.m.

Experience the sweeping drama of Dvořák's "New World" Symphony, inspired by African American and indigenous music the composer encountered during his time in America. Written in 1893, it has remained one of the most popular symphonies of all time, even heard in space during Neil Armstrong's Apollo 11 lunar spaceflight—a national goal set by President John F. Kennedy. 2023 Grammy®-winning conductor Xian Zhang opens the concert Ballade for Orchestra by African British-American Samuel Coleridge-Taylor and Billy Childs' Saxophone Concerto, co-commissioned by the NSO for Steven Banks.

- Sign up starts on Monday, March 4, 11:30 a.m., Resident Business Center.
- Deadline: Monday, March 11, 10:00 a.m., after which the trip costs are nonrefundable.
- Cost: Transportation \$20.00. Tickets Orchestra/ prime \$64.00, Tier 2 \$26.25.
- Contact: Chris White, ext. 7587.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

SERVICE AWARDS

Each year the Human Resources team hosts the annual Service Awards event to celebrate team members' years of service. It is a highly anticipated event that team members and Administration look forward to annually, as it provides an opportunity to spotlight those who do so much for Goodwin Living. **2024 Honorees:**

Catie Ramos, 5 years	Asegedech S. Tessema, 5 years	Habiba Amharrar, 15 years
Marta G. Tabor, 5 years	Almaz Woldu, 5 years	Hiwet T. Hiyabu, 15 years
Nwammah Nkpigi, 5 years	Paulina Odoom, 5 years	Man Ngun, 20 years
Twyla L. Smith, 5 years	Lilian King, 5 years	Laynette Butler, 20 years
Shadrach M. Yeboah, 5 years	Grace A. Kyeraa, 5 years	Memuna Wurie, 20 years
Idil Hilowle, 5 years	Beatrice Achina, 5 years	Omar Alvarez, 20 years
Frank Owusu Agyei, 5 years	Catherine M. Durham, 5 years	Maritess Pita, 25 years
Martha Frimpong, 5 years	Anne Van Heyste, 5 years	Doris Osekere, 25 years
Afua Boateng, 5 years	Norma Lacayo, 5 years	Emma Ainooson, 25 years
Hamed Mansaray, 5 years	Erin Fenstomocher, 5 years	Marcia D Jones, 25 years
Sahar K. Awad, 5 years	Elizabeth A. Whitehouse, 5 years	Regina Saah, 25 years
Darlene Riby-Williams, 5 years	Sabrina H. Sorto, 5 years	Tinia McNeely, 35 years
Mebrat A.W. Wendafrash, 5 years	Robin Norman, 10 years	Aaron Haynie, 35 years
Melody Sefa, 5 years	Nicola Stevens, 10 years	Tina Jalloh, 35 years
Firehiwot K. Mengestu, 5 years	Isata Conte, 10 years	Nancy L Minogue, 35 years
Mekeds Seyoum, 5 years	Sussana A Bunyan, 15 years	
Sundus A. Adan, 5 years	Amphayvanh Mounkhaty, 15 years	
Marina V.T. Sesay, 5 years	Ana Mirian Benavidez De Rivas,	
Bethelehem Gezahegn, 5 years	Karen Williams Skeens, 15 years	
Mark M. Mirsoltani, 5 years	Sheila S Caldwell, 15 years	
Eskedar Kemisso, 5 years	Regina Kamara, 15 years	
Netsanet S. Woldmichael, 5 years	Amina B Kanu, 15 years	

ROMAN CATHOLICS NEEDED!

Have you been a Eucharistic Minister of Holy Communion (EMHC) in the past? I am trying to restart the 10:00 a.m. Sunday Catholic Communion Service which was held in the Top of the West every Sunday. Covid destroyed the program. Some of the previous volunteers can no longer perform the service and others have moved on to other activities. If you would like more information or would like to volunteer, please contact me. Thank you. Ron Karpick (LUNGONE@MSN.COM, Apt. 437, 703-578-7399.

CHAPLAIN'S NOTES

Holidays for March

- **March 8** - Maha Shivaratr (Birth of Lord Shiva) - Hinduism
- **March 11** - Beginning of Ramadan - Islam
- **March 13** - Vaisakhi (New Year) - Sikh
- **March 17** - St. Patrick's Day - Christian
- **March 19** - St. Joseph's Day - Christian
- **March 21**-
 - Norooz (New Year) - Persian/Zoroastrian
 - Naw-Rúz (New Year) - Baha'i
 - Ostara - Wicca/Neo Pagan
- **March 23, 24** - Purim - Jewish
- **March 25** - Annunciation of the Blessed Virgin Mary - Christian
- **March 26** - Khordad Sal (Birth of Prophet Zaranthusra) - Zoroastrian
- **March 30** - Magha Puja Day - Buddhism
- **March 31** - Easter - Christian

HOUSE OF GOODWIN – LOOKING AHEAD TO OUR FIRST RESIDENT FASHION SHOW.

Tuesday, May 14 at 2:00 | Auditorium

A few men, women, and pets needed. Talk or text to Victoria Carns, 831-296-3883, email, Victoriacarns@aol.com about walking the carpet. No experience required. Wear or carry a favorite item. There is no specific theme.

GOODWIN LIVING IS ON FACEBOOK!

If you are on Facebook, find our page and “Like” the account to be able to see activities and events at GHBC and other GL venues.

1. Log into your Facebook account.
2. Find the search bar in the left-hand corner. (On the phone app, click on the magnifying glass.)
3. Type “Goodwin Living” in the search bar.
4. Click on “Goodwin Living” when the page pops up.
5. Click on the “Like” button on the right side of the page.

For additional assistance or to create a Facebook account, visit the IT Device Clinic in the Bistro on Mondays and Thursdays from 9:00 a.m. to 10:00 a.m.



TIPS FROM FACILITIES MANAGEMENT - IMPROPER USE OF APPLIANCES

Unused appliances or appliances that aren't used daily such as microwave, stove, cooktop, etc., are not for storage. Paper and cardboard products, in general, are off-limits because they can be a fire hazard. Please avoid using appliances for storage to keep yourself and everyone around safe.

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.

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.

March 12, 2024: Reception, Security, Transportation

The Reception Desk is the activity hub of GHBC. Security keeps us safe. Transportation gets us where we need to go. Arzin Alawi, Omar Alvarez, and George Warren, hosted by Stefanie Reponen, tell us about their invaluable services for residents and guests at GHBC. Betsy Bailey hosts.

STAFF SPOTLIGHT - SARAH HENNINGER

Sarah Henninger is the Creative Arts Coordinator here at GHBC. She is responsible for planning arts programs and teaching a variety of classes in the Art Center. She also facilitates multi-media activities for residents of Assisted Living, Health Care, and The Terrace every week. In addition, she is responsible for the upkeep of supplies and equipment in the Art Center and for curating the Crossroads Gallery. Sarah is a native Arlingtonian and graduated from H.B. Woodlawn High School. She went on to the School of the Art Institute of Chicago, where she graduated with a Bachelor of Fine Arts degree. For the next two years she worked with AmeriCorps doing community arts programming for under-served children and adults in Baltimore. She moved to Los Angeles and served as a mentor for children in treatment for cancer. She worked in educational media with university professors to design and develop high-quality content to be accessed online by students and then moved back to Arlington. She was familiar with GHBC because former resident Virginia Karl was a close family friend whom Sarah had frequently visited and so was thrilled by the opportunity to work here. In her spare time away from GHBC, Sarah is a doting aunt to nine nieces and nephews and loves to bake them elaborate birthday cakes. She also enjoys being outside, especially on the nearby bike trail. She describes her house as “pretty much an art studio” and fills her space with all kinds of art, including sculptures. Sarah reports that she loves working here and describes GHBC as a “special place.” She enjoys spending time getting to know the residents and expresses great respect for the Goodwin Living culture and vision.

**MARCH 2024 RESIDENT SHOWCASE - MEET JANICE JENSEN**

Check out the March Resident Showcase on the resident website and meet Pointe resident Janice Jensen, a chemist, adventurer, and woman who is quick to see and do what is needed. To read about Janice – who is readily identified by the purple feather in her hair – go to www.ghbcresidents.org and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet Janice, or click on Showcase Archive to meet many other neighbors at GHBC. Every month, a different resident who is thriving at GHBC is showcased on the website.



INSIDE THE ART CENTER

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 9:00 a.m., as needed.

MONDAY, MARCH 4

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 - *Persepolis* is based on Marjane Satrapi's biographical graphic novel of the same name, which follows a precocious young girl in Tehran who comes of age during the country's 1979 revolution and the Iran-Iraq war. Like the graphic novel, the film is in black-and-white and uses traditional animation techniques, achieving a striking palette that remains timeless. Directed by Marjane Satrapi, and Vincent Paronnaud. Total Run Time: 90 minutes. Discussion to follow. (Media Room)



TUESDAY, MARCH 5

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

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



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

Knit for Kids Group Meets - Contact Mary Lee Payton at ext. 7674.

WEDNESDAY, MARCH 6

The Art Center will be occupied with needed maintenance and cleaning today!



THURSDAY, MARCH 7

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 8

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



International Women's Day Celebration: music, art making and more! - International Women's Day is a global celebration of the achievements of women and in 2024 the campaign theme "Inspire Inclusion" emphasizes the importance of diversity and empowerment in all aspects of society. Join Sarah in the Art Center to celebrate and discuss women in the arts and participate in a collaborative artwork. All are welcome to drop in!



MONDAY, MARCH 4

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, MARCH 5

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
 11:30 a.m. Tai Chi, Aerobics Room
 2:00 p.m. Power Braining, Aerobics Room

WEDNESDAY, MARCH 6

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

THURSDAY, MARCH 7

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 8

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 9

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, MARCH 4

- 10:30 Monday Movement w/ Luke, Community Room
- 11:00 Sing-a-Long w/ Anne & Friends, Crossroads Area
- 3:00 Discussion w/ Ambassador Courville, Community Room

TUESDAY, MARCH 5

- 11:00 Morning Art Discussion w/ Sarah , Community Room
- 2:00 Spiritual Discussion Group w/ The Rev. Alex , Community Room
- 2:45 Weekly Musician Spotlight w/ Sam, Community Room

WEDNESDAY, MARCH 6

- 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 Afternoon Concert w/ Amy Andrews, Auditorium

THURSDAY, MARCH 7

- 10:30 Morning Fitness w/ Vy, Community Room
- 11:00 Encore Learning: Scott Wood Preview of Concert w/ Arlington Philharmonic, Community Room
- 2:00 SINGO w/ Sam, Crossroads Area
- 2:45 Pet Visit w/ Frankie, Crossroads Area
- 3:00 Bobbe Shore & First Call Quartet Concert, Auditorium
- 5:30 Evening Music w/ The Tate Family, Crossroads Area

FRIDAY, MARCH 8

- 10:30 Service Project for AFAC w/ Vy, Community Room
- 3:00 Afternoon Trivia w/ Tiffany, Community Room
- 3:30 Stretch & Refresh w/ Luke, Community Room

SATURDAY, MARCH 9

- 10:00 Chair Chi w/ Cynthia, Community Room
- 10:45 Bingo w/ Catie Ramos, Crossroads Area
- 2:30 Afternoon Refreshments w/ Vilma, Crossroads Area
- 7:15 Evening Movie, Auditorium

SUNDAY, MARCH 10

- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV CHANNEL 1960
- 1:45 Chair Exercise w/ MarT (Community Room)
- 2:00 Puzzles & Word Games Station in Community Room

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

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

HEALTH CARE CENTER PROGRAMS

MONDAY, MARCH 4

- 9:30 Coffee & Conversation
- 10:30 Seated Fitness w/ Mary Katherine & Vilma
- 11:00 Discussion w/ Vilma
- 2:00 Trivia In the Atrium w/ Aki
- 3:30 Music Therapy w/ Sam
- 6:45 Evening Movie w/ Aki

TUESDAY, MARCH 5

- 9:30 News with Your Neighbors
- 10:30 Tone up w/ Vilma
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:00 Obie Time w/ Vilma
- 3:30 Bingo w/ Vilma & Friends

WEDNESDAY, MARCH 6

- 9:30 Headlines of the Day
- 10:00 Equine Assisted Learning Outing
- 10:30 Seated Fitness w/ Luke
- 10:30 Music Therapy Group w/ Sam
- 11:00 Brain Games
- 2:00 1:1 Visits w/ Michelle
- 3:30 Birthday Party Celebration w/ Vilma & Aki

THURSDAY, MARCH 7

- 9:30 Morning Discussion
- 10:30 Techno Feat w/ Vilma
- 11:00 A-Z Word Game: Fruit & Veggies w/ Aki
- 2:30 1:1 Pet Visits w/ Frankie
- 3:00 Bobbe Shore & First Call Quartet Concert, Auditorium
- 4:00 Piano Tunes w/ Dr. Wilmot

FRIDAY, MARCH 8

- 9:30 Today in History
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 All Things Green Sensory Session w/ Aki
- 3:30 Art Therapy w/ Dejah
- 3:30 Community Stroll w/ Aki

SATURDAY, MARCH 9

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Saturday Stretches w/ Mar_T
- 2:30 City Singers Choir w/ Vilma, Auditorium

SUNDAY, MARCH 10

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Exercise w/ Luke
- 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
 10:00 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, ToW
 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
 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, MARCH 5

6:00 a.m. Presidential Primary Election, Auditorium
 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. Muscle Relaxation, Ch. 1960
 11:30 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. Rosary Group, Smith Study
 1:30 p.m. Fireside Chat with Rob and Chandra, Fireside
 1:30 p.m. Knit for Kids, Art Center
 2:00 p.m. Power Braining, Aerobics Room
 4:00 p.m. Newcomers, Top of the West

WEDNESDAY, MARCH 6

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 Rm
 2:00 p.m. Informal Open Bridge, Card Rm
 3:00 p.m. Amy Andrews: Singer/Guitarist, Auditorium
 3:00 p.m. Great Courses: Classics of American Literature, Media Room
 3:30 p.m. Play Reading Group: *Bay of Nice*, Board 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
 7:30 p.m. Scowcroft Foreign Affairs
 Lecture: Taiwan, Auditorium

THURSDAY, MARCH 7

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
 10:30 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. Duplicate Bridge, Card Room
 2:00 p.m. Wii Bowling, Aerobics Room
 3:00 p.m. Bobbe Shore and First Call
 Singing Quartet, Auditorium
 3:00 p.m. Woodcarving, Art Center
 4:00 p.m. Meditation Group, Smith Study
 7:00 p.m. Poker Night, Game Room

1:00 p.m. Afternoon Concert, Media Room
 1:00 p.m. Encore Chorale, Auditorium
 1:00 p.m. International Womans Day
 Celebration, Art Center
 1:00 p.m. Mah Jongg, Card Room
 2:00 p.m. Jeopardy, Board Room
 2:30 p.m. Mat Yoga, Aerobics Room
 3:00 p.m. Trips & Outings Committee
 Meeting, Board Room
 4:00 p.m. Stress Reduction Mindfulness
 Practice, Smith Study

SATURDAY, MARCH 9

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: Snub Pollard,
 Board Room
 1:30 p.m. Chinese Mah Jongg, Card Room
 2:00 p.m. Duplicate Bridge, Top of the West
 2:00 p.m. Weekend Concert Featuring City
 Singers, Auditorium
 7:15 p.m. Saturday Night Movie:
The Color Purple

FRIDAY, MARCH 8

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. Memorial Service for Helen
 Sellman, Chapel
 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

SUNDAY, MARCH 10

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
 1:00 p.m. Synetic Theater: *Romeo and
 Juliet*, Board at Main Entrance
 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