

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 11 ✨ March 11, 2024

UPCOMING MEETINGS

Resident Council Community

Monday, March 11 at 10:00 a.m. | Auditorium

Fitness Committee

Tuesday, March 12 at 1:00 p.m. | Formal Parlor

Finance Committee

Wednesday, March 13 at 3:00 p.m. | Pointe Conference Room

Community Service Committee

Thursday, March 14 at 2:00 p.m. | Top of the West (ToW)

Arts Committee

Friday, March 15 at 2:30 p.m. | Art Center

RESIDENT COUNCIL COMMUNITY MEETING

Monday, March 11 at 10:00 a.m. | Auditorium

Explore a valuable resource at your fingertips! Come to the Resident Council Community Meeting. Learn all about the GHBC resident website, where you'll find all you need to know about living here and who your neighbors are. Review everything the site has to offer and how to navigate it with ease. Meet the team of resident volunteers, led by Claudia Blake, who maintain the site. Enjoy a sneak preview of the updated website that will be operational soon. Don't miss this chance to learn more about the GHBC resident website!



THE EVOLUTION OF SYSTEMIC RACISM

Monday, March 11 from 3:00 p.m. to 5:00 p.m. | Top of the West

The Spiritual Life Committee presents the sixth Zoom presentation of this year's Senior Quest for Meaning Series by Professors Emeriti Leanne Puglielli and Ben Kempinen, "Civil Rights Take Center Stage." PowerPoint material has been e-mailed to those who signed up.



TIME OR LOCATION CHANGE

COVID CASES







Independent Living (IL): 4

Assisted Living (AL): 0

Health Care Center (HCC): 1

Team Members: 3

WELLNESS ICON KEY:

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



Goodwin House
Bailey's Crossroads

COFFEE AND CONVERSATION WITH CHANDRA KUMAR, GOODWIN LIVING COO

Wednesday, March 13 at 2:00 p.m. | Board Room

Your Resident Council is sponsoring a new monthly event: Coffee and Conversation with Chandra Kumar, our Goodwin Living COO. Ms. Kumar hopes to chat informally with small groups of GHBC residents over coffee (or tea) and cookies. The guest list will rotate through the residential floors of our two buildings. **This month's invitees are the residents of both 4th floors, Crossroads and Pointe.** They are asked to RSVP to Sue LaRue, ext. 3655 or susanlarue275@gmail.com so we'll have enough cookies! Both 5th floors will be invited next month. Come meet your neighbors and talk with Ms. Kumar!

MORE HAPPENINGS

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 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!



GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, March 13 at 3:00 p.m. | Media Room

- Episode 10: Edger Allan Poe
- Episode 11: Poe - Ghost Writer



GREAT DECISIONS - NATO'S FUTURE

Thursday, March 14 at 3:00 p.m. | Auditorium

Since the Russian invasion of Ukraine in February 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia? Moderated by Larry Welch.



COMPUTER CORE IT ASSISTANCE

Thursday, March 14 from 10:00 a.m. to 11:00 a.m. | Bistro

The IT Device Clinic is partnering with Computer CORE, a local non-profit organization teaching adults foundational digital and professional skills. Volunteers from this organization will be on site to answer questions about your PC laptops or mobile devices (iPhones, Androids, tablets). For example, increase font size, navigating your home screen, syncing your smartphone with your tablet, organize files and emails, etc. Additionally, you may donate any computer-related electronic (i.e. laptop, mice, cameras, keyboards, etc;) to support their mission. Your donated devices assist in providing free refurbished equipment to their students. Donations are tax deductible. Sign up in the Resident Business Center Monday, March 11 at 9:00 a.m. Sheet is in the Trips binder under Classes. If you have any questions, please contact Steffan Barahona at SBarahona@GoodwinLiving.org.



FRIDAY JEOPARDY!

Every Friday at 2:00 p.m. | Board Room

Have you seen or heard about our weekly Jeopardy games and are curious about how it works? Each Friday, we break into two teams and compete.

Taking turns, each team can pick a category and work together to answer the questions to earn points. It is like Jeopardy but with a twist! If you like having fun, Jeopardy-style questions, and have a competitive spirit, then this is for you! We are always welcoming new players.



MORE HAPPENINGS

ST. PATRICK'S DAY COCKTAIL HOUR

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

Join us as we celebrate St. Patrick's Day, also known as the Feast of St. Patrick. Sip your cocktails and enjoy Irish-inspired food while wearing your best green for the celebration! "May your blessings outnumber the shamrocks that grow. And may trouble avoid you wherever you go."—Irish Blessing



BACK BY POPULAR DEMAND! PLANNING: A GIFT OF LOVE

Sunday, March 17 from 2:00 p.m. to 3:30 p.m. | Board Room

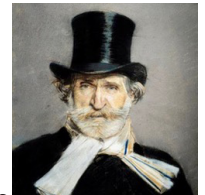
In an emergency or at the end of life, having important documents in one place is a gift for your loved ones. Bring your executor. We focus on tools for gathering and recording passwords, contact information for key financial people, any advance plans for your memorial, etc., all separate from your will/estate plans and your advance medical directive. This workshop, led by resident Janice Jensen, addresses how to start the process --and why to start now. We'll serve cookies; bring your own beverage. Space is limited. Residents and one executor may attend. Masks are optional.

AFTERNOON CONCERT

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

Friday, March 15: *Giuseppe Verdi*: Documentary

Verdi's Life: In this documentary, acclaimed baritone Thomas Hampson guides us through Giuseppe Verdi's life - by performing some of his famous arias from *La Traviata*, *Il Trovatore*, *Macbeth*, and visiting Milan, Venice, and Paris. Running time: 1 Hour



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: CHARLEY CHASE

Saturday, March 16 from 12:00 p.m. to 1:30 p.m. | Board Room

Although Charley Chase is far from being as famous as "The Big Three" (Chaplin, Keaton, and Lloyd) today, he's highly respected as one of the "greats" by fans of silent comedy. Chase was a master of the comedy of embarrassment, and played either hapless young businessmen or befuddled husbands in numerous situation comedies.

He worked for many pioneering comedy studios but is chiefly associated with producer Hal Roach. From 1924 to 1929 he starred in nearly 200 two-reelers.



SATURDAY NIGHT MOVIE - *KILLERS OF THE FLOWER MOON*

Saturday, March 16 | First half showing at 3:00 p.m., second half showing at 7:00 p.m. | Auditorium

Set in 1920s Oklahoma, it focuses on a series of murders of Osage members and relations in the Osage Nation after oil was discovered on tribal land. The tribal members had retained mineral rights on their reservation, but a corrupt local political boss sought to steal the wealth. *Killers of the Flower Moon* received 10 nominations at the upcoming 96th Academy Awards, including Best Picture, Best Director, Best Actress, and Best Supporting Actor. There will be no Sunday showing.

Rated R, 2023, Crime/Western, 3 hours, 26 minutes

Starring: Leonardo DiCaprio, Martin Scorsese, Lily Gladstone, and Robert De Niro



SAVE THE DATE

DR. GREGER, PHYSICIAN, AUTHOR AND SPEAKER ON NUTRITION AND PLANT-BASED DIETS

Wednesday, March 20 at 3:00 p.m. | Auditorium

TRIPS NEWS, UPDATES, ANNOUNCEMENTS

TRIPS & OUTINGS COMMITTEE ANNOUNCEMENT

We request that when you sign up for a trip, please remember the nonrefundable deadline. If you are unable to go on that trip after the nonrefundable deadline:

- You are responsible for finding a resident who is willing to reimburse you for the ticket and other fees.
- Contact Grace Schmitt(ext. 7628) with the name of the resident who is taking your place.
- You may or may not get a phone call reminder the day before the trip, unless we have a volunteer to make those calls. Want to volunteer? Contact Grace Schmitt, ext. 7628

NAVAL SURFACE WARFARE CENTER—CARDEROCK

Thursday, March 21, Board the bus at 8:45 a.m. at Main Entrance | Return by 12:30 p.m.

This impressive military facility which designs and tests surface and submarine vessels and systems for the U.S. Navy includes the historic David Taylor Model Basin, a massive, half mile-long “indoor ocean” of tanks and pools. We’ll have a 90 minute guided tour of the model shop, long tank, maneuvering and keeping facility and wave and circular pools where models are tested against the turbulent conditions of both weather and warfare. Residents with rollators and walkers are advised by Carderock staff not to make this trip.

- Sign Up: March 11, 11:30 a.m., Resident Business Center.
- Cost: Transportation \$37, Admission is free.
- Boarding: 8:45 a.m.
- Contact: Jane Coughran, ext. 7450.

UNDERGROUND RAILROAD: HARRIET TUBMAN'S JOURNEY

Wednesday, May 8 to May 9, 2024 (overnight)

In the Resident Business Center please pick up a more detailed description of the two-day trip, schedule, and payment deadlines. Deadline: nonrefundable initial deposit of \$100.00, Wednesday, March 20, 12:00 noon. Contact: Mary McClelland, ext 7511.

CULINARY PASSPORT TRIPS RETURN TO GHBC!

Monday, March 11, Board the Bus at 11:15 a.m. | Main Entrance

Good news! We are pleased to announce we will be resuming our monthly Culinary Passport trips. These lunch trips to local restaurants in the greater community are based on resident input/suggestions. We will explore a wide-variety of global cuisines, guaranteed to further refine your palate! Residents should bring cash/card to pay for meals individually. We will feature an new restaurant every second Monday of the month. Our first trip of the year is to **Haandi Indian Cuisine** in Falls Church. Haandi offers a large selection of flavors and spice levels representing cuisine from northern India. Sign up in the Resident Business Center starting Friday, March 8 at 5:00 p.m. . Please contact Tiffany Proctor at TProctor@GoodwinLiving.org with any questions.

MAKE A SUGGESTION

Suggestions for improving life at GHBC? Here's how:

1. Dining Services - online at [ghbcresidents.org/Dining Services/Comments](https://ghbcresidents.org/Dining%20Services/Comments)
2. Art Center - suggestion box at Art Center entrance
3. Participate in a resident committee meeting ([ghbcresidents.org/Council&Committees/Resident Committees](https://ghbcresidents.org/Council&Committees/Resident%20Committees))
4. Answer requests for resident input from the Resident Council
5. Communicate with the staff member who can act on your suggestion
6. Submit your suggestion electronically at ghbcresidents.org/Council&Committees/SuggestionBox, OR
7. Complete the form in the Mailroom and put it in the Suggestion Box. Your suggestion will be submitted to an appropriate department. Include your name if you want a response.

Questions? Contact Sally Michele at michele13@verizon.net or ext. 3162.

EMPLOYEE GIFT FUND - LOOKING AHEAD TO FALL 2024

The 2023 Employee Gift Fund was a huge success thanks to the generous residents of GHBC. We wanted to let everyone know that while the Employee Gift Fund Campaign for 2024 will formally begin in the the fall, some people may want to make donations to the Fund on a regular basis. Yes, gifts can be made throughout the year. You may write a check anytime, make it out to "Employee Gift Fund" and put it in an envelope and in the designated Gift Fund Box in the Mail Room. Meanwhile, watch for more information in the coming months about the EGF. And, as always, do verbally thank the Team/Staff as much as possible! The 2024 EGF Campaign, will be run by the Crossroads 10th Floor and coordinated by Catherine Irwin and Dan VanBelleghem.

CALLING GROWERS OF HOUSE PLANTS: PLEASE SHARE!

On May 7, the Grounds Committee will hold its third House Plant "Sale" in conjunction with its annual Knoll Garden Party to benefit the Knoll Garden Fund. We ask you to propagate new plants from your favorite house plants (by dividing them, rooting cuttings, etc.) and share these offspring at the May sale. Begin propagating plants now so they'll be well-established. The Knoll Garden has potting soil and some small pots for you (your extra pots are welcome!). We will pick up your plants with their care instructions (to help the new caregiver) on sale day.

WHAT TO DO WITH GLASS, CANS, AND PLASTIC?

1. Do NOT leave it outside by the industrial sized containers.
2. Put clean glass bottles and jars in the box in your trash/recycling room (no lids).
3. Put metal cans and recyclable plastics in the blue containers in your trash/recycling room.

Random bags of recyclables are not taken by the company and make extra work for our already hard-working team members.

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.

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. Stefanie Reponen hosts.

March 19, 2024: Meet the Chief Operating Officer

Chandra Kumar joined Goodwin Living as Chief Operating Officer in February 2023. As COO, she is the executive in charge of the daily operations at Goodwin Living houses. She'll discuss her many and varied functions with host Claudia Blake

INSIDE THE ART CENTER

INSIDE THE ART CENTER

The Art Center has many supplies available for you to use at any time for your creative projects and if you have any questions, just ask Sarah! 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, MARCH 11

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



Art Documentary Film - Who is Vivian Maier?

Now considered one of the twentieth century's greatest street photographers, Vivian Maier was a mysterious nanny who secretly took over 100,000 photographs that went unseen during her lifetime. In 2007, Maier's massive body of work was discovered at a local thrift auction house on Chicago's Northwest Side. The documentary *Finding Vivian Maier* reveals Maier's life and art through never-before-seen photographs, films, and interviews with dozens of people who thought they knew her. Directed by John Maloof, Charlie Siskel. Total Run Time: 84 minutes. Discussion to follow. (Media Room)

Photography Club - This is an opportunity to appreciate and learn more about the art of photography as well as to discuss photographic techniques. There will be an optional assignment and opportunity to share your photos at future club meetings. Drop-ins welcome.



3:00 p.m. - 4:00 p.m.



TUESDAY, MARCH 12

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



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

INSIDE THE ART CENTER

1:30 p.m. - 3:00 p.m.



Beginning Ceramics - Join experienced artist and educator Betty Bott in creating with clay using handbuilding skills of pinching, coiling, and slab work in combination with various surface design techniques. This class will meet for the next four weeks to develop your own series of functional ceramic bowls. Geared towards beginners, but open to all! (Sign up for 4 sessions total, 8 participants)

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

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

WEDNESDAY, MARCH 13

Drawing Skills - Learn the principles of drawing central to every artist's and designer's creative practice. Sarah will help you hone your drawing skills and develop confidence with diverse materials and approaches to drawing. This week: Learn from the botanical illustrations of Elizabeth Blackadder, the first woman ever elected to both the Royal Academy and the Royal Scottish Academy. All skill levels welcome - no previous art experience or drawing skills required.



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

Session 1 (Sign up, 12 participants)

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

Session 2 (Sign up, 12 participants)

THURSDAY, MARCH 14

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



Mixed Media Exploration - Play with a variety of materials and artistic processes in this relaxed, supportive class with Sarah. We will have fun combining paper, paint, ink, images, cardboard, and more to create dynamic, thoughtful artwork. This week: Learn from the paintings of Emily Kame Kngwarreye, a renowned Australian Aboriginal artist. This class is beginner friendly as well as useful for the more experienced art maker. (Sign up, 12 participants)



12:30 p.m. - 2:00 p.m.



Seasonal Greeting Card Workshop - Join volunteer Ruth Ann Harrold in the Art Center to make greeting cards for celebrating the spring season and upcoming holidays. All supplies will be provided to create four cards to take home. (Sign up, 8 participants)



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 15

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

Flower Arrangers Group Meets - Contact Sarah at ext. 7218

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

Arts Committee Meeting - Join Arts Committee Chair Jan Pomerantz and fellow residents to discuss GHBC's arts programming, events, and trips. All are welcome!





MONDAY, MARCH 11

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

TUESDAY, MARCH 12

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

WEDNESDAY, MARCH 13

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 14

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 9:15 a.m. Pilates, Aerobics Room - **Time Change**
 10:00 a.m. Fitness Walk: Barcroft Park
 10:00 a.m. Water Aerobics, Pool
 11:00 a.m. **Functional Fit - Canceled**
 11:30 a.m. **Chair Fit - Canceled**
 2:00 p.m. Wii Bowling, Aerobics Room

FRIDAY, MARCH 15

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 16

9:00 a.m. Total Body Video - Aerobics Room
 10:00 a.m. Total Body Video - Aerobics Room

Fitness Walk: Barcroft Park

Thursday, March 14 bus departs at 10:00 a.m. |
 Departs from Main Entrance

This is a paved path, it goes along a creek which is pretty and great for walking. Sign up Monday, March 11 at 10:30 p.m. in the Resident Business Center. No cost!

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.

Personal Training Available

\$45 per Session (30-minute session)

- Custom workout programs tailored to your specific needs/goals

Contact to Olga Cardoso, ocardoso@goodwinliving.org

ASSISTED LIVING PROGRAMS

MONDAY, MARCH 11

- 10:30 Travel to Alaska w/ Tony Tambasco, Community Room
- 2:00 Art Discussion w/ Jan, Community Room
- 3:30 Monday Matinée: *Casablanca*, Community Room

TUESDAY, MARCH 12

- 10:30 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 13

- 10:30 Wednesday World Travel w/ Elizabeth, Community Room
- 11:00 Chair Chi Exercise w/ Vy, Community Room
- 2:00 Bingo w/ JoAnn & Vy, Crossroads Area
- 3:00 Relax & Unwind: Refreshments, Crossroads Area

THURSDAY, MARCH 14

- 10:30 Gardening & Discussion w/ ElderGrow & Vy, Community Room
- 12:00 Lunch Group w/ Mindy, Jefferson Dining Room
- 2:00 Music Therapy Group w/ Sam: Irish Folks Songs, Crossroads Area
- 2:45 Pet Visit w/ Frankie, Crossroads Area
- 3:00 Great Decisions: NATO's Future, Auditorium
- 6:00 Evening Bingo w/ Vy & Sussanna, Crossroads Area

FRIDAY, MARCH 15

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

SATURDAY, MARCH 16

- 10:00 Irish True or False & Iced Green Tea w/ Michelle, Crossroads Area
- 3:00 Piano Music w/ Heather, Crossroads Area
- 7:15 Evening Movie, Auditorium

SUNDAY, MARCH 17

- 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 Games Station in Community Room

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

- 3:00 St. Patrick's Day Cocktail Hour w/ Sam, Rotunda
- 7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS

MONDAY, MARCH 11

- 9:30 Monday Morning News
- 10:30 Move It! w/ Mary Katherine & Vilma
- 11:30 Mind Joggers w/ Aki
- 2:00 Cornhole w/ Aki
- 2:00 Library on Wheels w/ Vilma
- 3:30 Music Therapy w/ Sam

TUESDAY, MARCH 12

- 9:30 Today's Headlines
- 10:30 Sittercise w/ Aki
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:00 Food Quiz w/ Aki
- 2:00 1:1 Visits w/ Vilma
- 3:30 Bingo w/ Aki & Friends in Lavender

WEDNESDAY, MARCH 13

- 9:30 Daily Digest
- 10:00 Equine Assisted Learning Outing
- 10:30 Seated Fitness w/ Aki
- 11:00 Finish the Saying w/ Aki
- 2:00 Spring Memories w/ Aki
- 3:30 Handbell Choir w/ Sam

THURSDAY, MARCH 14

- 9:30 Table Talk
- 10:30 Joints in Motion w/ Aki
- 11:00 Word Game: "King"
- 2:30 1:1 Pet Visits w/ Frankie
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot
- 6:30 Women's History Month Documentary & Discussion w/ Michelle: Lady Bird Johnson

FRIDAY, MARCH 15

- 9:30 Morning Newsletter
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Green Memory Game w/ Aki
- 3:30 Guitar Sing-Along w/ Ernie

SATURDAY, MARCH 16

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Saturday Stretches w/ Mar_T
- 3:00 Taste & Travel: Ireland w/ Michelle

SUNDAY, MARCH 17

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Music Trivia w/ Sam
- 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, MARCH 11

8:45 a.m.	Total Body Standing, Auditorium
9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Total Body Seated, Aerobics Room
10:00 a.m.	Resident Council Community Meeting, Auditorium
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Meditation, Ch. 1960
11:00 a.m.	Memoirs, Smith Study
11:15 a.m.	Culinary Passport: Haandi Indian Cuisine, Departs Main Entrance
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.	Mat Yoga, Auditorium
2:00 p.m.	Rummikub, Card Room
2:00 p.m.	Trivia, Atrium
3:00 p.m.	Photography Club, Art Center
3:00 pm.	Sr Quest: The Evolution Systemic Racism, ToW
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study
4:45 p.m.	Silver Panther Huddle, Board Rm
6:45 p.m.	Mexican Dominoes, Game Room

TUESDAY, MARCH 12

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
11:30 a.m.	Tai Chi, Auditorium
11:30 a.m.	Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
1:00 p.m.	Fitness Committee, Formal Parlor
1:00 p.m.	Rosary Group, Smith Study
1:30 p.m.	Beginning Ceramics, Art Center
1:30 p.m.	Knit for Kids, Art Center
2:00 p.m.	Power Braining, Aerobics Room
2:00 p.m.	Resident Wellness Lecture Series, Auditorium
3:00 p.m.	Bailey's Birders Meeting, Board Room
4:00 p.m.	Newcomers, Auditorium

WEDNESDAY, MARCH 13

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
1:00 p.m.	Drawing Skill, Art Center
2:00 p.m.	Fourth Floors Coffee and Conversation with Chandra Kumar, Board Room
2:00 p.m.	Gentle Chair Yoga, Aerobics Rm
2:00 p.m.	Informal Open Bridge, Card Rm
2:30 p.m.	Drawing Skill, Art Center
3:00 p.m.	Great Courses: Classics of American Literature, Media Room

3:00 p.m. Finance Committee, 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, MARCH 14

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 9:00 a.m. IT Device Clinic, Bistro
 9:15 a.m. Pilates, Aerobics Room
 9:30 a.m. Arlington Comm. Credit Union open, Crossroads Ground Level
 10:00 a.m. Computer Core IT Assistance, Bistro
 10:00 a.m. MlXed Media Exploration, Art Center
 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. Fitness Walk: Barcroft Park, Departs from Main Entrance
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Muscle Relaxation, Ch. 1960
 12:30 p.m. Seasonal Greeting Cards Workshop, Art Center
 2:00 p.m. Community Service Committee, ToW
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Poetry Group, Smith Study
 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

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. Jeopardy, Board Room
 2:30 p.m. Arts Committee Meeting, Art Center
 2:30 p.m. Mat Yoga, Aerobics Room
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

FRIDAY, MARCH 15

8:45 a.m. Total Body Standing, Auditorium
 9:00 a.m. Pickleball Practice, Pickleball Court
 9:30 a.m. Total Body Seated, Auditorium

SATURDAY, MARCH 16

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: Charley Chase, Board Room
1:30 p.m.	Chinese Mah Jongg, Card Room
2:00 p.m.	Duplicate Bridge, Top of the West
3:00 p.m.	Saturday Night Movie: <i>Killers of the Flower Moon Pt. 1</i>
7:00 p.m.	Saturday Night Movie: <i>Killers of the Flower Moon Pt. 2</i>

SUNDAY, MARCH 17

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.	Planning: A Gift of Love, Board Room
3:00 p.m.	St. Patrick's Day Cocktail Hour, Rotunda and Atrium
7:00 p.m.	Compline, Chapel