

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 12 ✨ March 15, 2024

UPCOMING MEETINGS

Movie Comittee

Monday, March 18 at 3:00 p.m. |
Board Room

Grounds Committee

Wednesday, March 20 at 1:30 p.m. |
Board Room

Dining Services Committee

Thursday, March 21 at 9:30 a.m. |
Board Room

BOM-COM

Thursday, March 21 at 10:00 a.m. |
Top of the West (ToW)

TIME OR LOCATION CHANGE

Creative Writing

Thursday, March 21 at 3:00 p.m. |
Smith Study - **Location Change**

Jeopardy

Friday, March 22 at 1:00 p.m. |
Board Room - **Temporary Time Change**

Spanish Language Group

Saturday's at 11:30 a.m. | Bistro -
Permanent Time Change

COVID CASES

Independent Living (IL): 3

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

EDUCATIONAL JAZZ CONCERT

Monday, March 18 at 1:30 p.m. | Auditorium

Quentin Walston is back with another installment of his History of Jazz Educational Concert. Continue to learn jazz throughout the years and hear Quentin play pieces of his favorite jazz music. Q&A to follow. All are welcome!



BIBLE STUDY

Monday, March 18 at 3:30 p.m. | Top of the West
Discussion will begin with Romans 3.



JUST LINES!

Tuesday, March 26 from 10:30 a.m. to 11:30 a.m. | Art Center
Victoria Carns will be sharing ideas on Neural Art. More about lines, breathing, and being creative. No experience necessary. Sign up in the Art Room (limit 12). Supplies provided.

AFTERNOON LECTURE FEATURING DR. GREGER

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

Dr. Michael Herschel Greger is an American physician, author, and professional speaker on public health issues, best known for his advocacy of a whole-food, plant-based diet, and his opposition to animal-derived food products. His books, *How Not to Die*, *The How Not to Die Cookbook*, *How Not to Diet*, and *How Not to Age* became instant *New York Times* Best Sellers. Dr. Greger will share insight on public health issues, his app. NutritionFacts and his latest book.



WELLNESS ICON KEY:

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

GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

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

- Episode 12 - Poe's Legacy
- Episode 13 - Nathaniel Hawthorne



MORE HAPPENINGS

SING ALONG WITH ALAN FREY

Thursday, March 21 at 4:00 p.m. Rotunda

Alan will be playing oldies and show tunes. Lyrics will be provided to enable you to sing, hum, or just listen. Alan has been doing these programs for the Assisted Living and Terrace groups at GHBC for several years. Come and enjoy the fun!



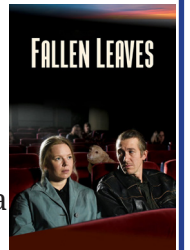
THURSDAY MOVIE MATINEE - *FALLEN LEAVES*

Thursday, March 21 at 2:00 p.m. | Media Room

In modern-day Helsinki, two lonely souls meet in a karaoke bar and try to build a relationship. Obstacles, from lost phone numbers to mistaken addresses, alcoholism and a charming stray dog.

2023, Romance/Comedy 1 hour, 22 minutes.

Starring: Alma Poysti, Jussi Vatanen, Janne Hyytiäinen, and Alina Tomnikov.



AFTERNOON CONCERT

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

Friday, March 15: *La Traviata* - Giuseppe Verdi

Verdi's masterpiece is the tragic story of a high-society courtesan who renounces life itself to protect the honour of her lover, demonstrating with her self-sacrifice a nobility so lacking from the hypocritical bourgeois society that abuses and then rejects her. Based upon the 1852 play by Alexandre Dumas fils (*La Dame aux camélias*). Running time: 2 Hours, 10 Minutes



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: FATTY ARBUCKLE

Saturday, March 23 from 12:00 p.m. to 1:30 p.m. | Board Room

One of the most sought-after silent movie actors around the 1910s, film buffs might remember him as Charlie Chaplin's mentor. He also helped discover Buster Keaton. He was the first actor to be paid a million dollars a year. His first real professional engagement paid him \$17.50 a week. He is the only actor to have the three top silent film comedians, Charles Chaplin, Buster Keaton, and Harold Lloyd, appear in supporting roles in his films.



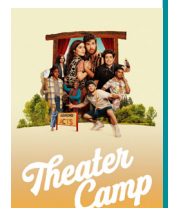
SATURDAY NIGHT MOVIE - *THEATRE CAMP*

Saturday, March 23 at 7:15 p.m. | Auditorium

Eccentric staff members of an upstate New York theatre camp must band together when their beloved founder falls into a coma.

PG-13, Comedy, Drama, 1 hour, 33 minutes.

Starring: Molly Gordon, Ben Platt, Jimmy Tatro, Noah Galvin, and Ayo Edebiri.



TRIPS NEWS, UPDATES, ANNOUNCEMENTS

COMING SOON - NON-STOP TRIPS TO VIEW THE TIDAL BASIN AND EAST POTOMAC PARK CHERRY BLOSSOMS.

Watch the Trips binder in the Resident Business Center for exact dates and times between March 20 and 27.

DEADLINE REMINDER: UNDERGROUND RAILWAY: HARRIET TUBMAN'S JOURNEY

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

- The nonrefundable deposit of \$100 is due Wednesday, March 20, 12:00 noon. It will be charged to your GHBC personal account.
- If you have any questions, contact Trip Leader, Mary McClelland (ext. 7511).

UPCOMING TRIPS: NATIONAL SYMPHONY MATINEE, FRIDAY MAY 3

Bruckner's Ninth Symphony and Beethoven's Romances Friday, May 3, 2024.

Sign up will start on Monday, March 25 at 11:25 a.m. and end on Monday, April 1, 10:00 a.m. Details will be in next week's West Winds. Contact Chris White.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

GL FOUNDATION OFFERS MEMBERSHIP IN ENCORE LEARNING

Goodwin Living Foundation subsidizes resident membership in Encore Learning—not related to Encore Choral, but a non-profit offering noncredit courses for 50+ year olds. Resident Tony Tambasco will teach Biblical Prophets as Champions of Social Justice, April 16 from noon-1:30 p.m. in the Board Room and then April 30, May 7 and May 14 in Top of the West. For complimentary membership visit <https://encorelearning.net/goodwin/> or send an e-mail to info@encorelearning.net. After membership, you may take as many courses as desired at \$55 per course. For Prof. Tambasco's course, visit <https://encorelearning.asapconnected.com/#Courseindex> or call 703-228-2144.

UPDATE CALL TO CONTRIBUTE PLANTS TO THE GROUNDS COMMITTEE'S MAY 7 INDOOR PLANT SALE

Folks propagating plants will find pots and potting soil in the Knoll Garden Shed. Questions? Contact Mädi Green (ext. 7496, madigreen@yahoo.com) or Sue LaRue (ext. 3655, susan.larue275@gmail.com).

FROM HOME CARE - HOW TO FALL PROOF YOUR HOME

Follow these easy suggestions to keep you and your loved ones fall free:

1. Avoid Slip Hazards - Install grab bars in the shower and by the toilet. Use a shower chair.
2. Maintain Good Lighting - Use nightlights in the bathroom and hallways.
3. Clear Away Clutter From Walking Pathways.
4. Focus On Accessibility - Everyday items should be within reach. Ensure your furniture is easy to get in and out of.

Finally, take preventative measures by making positive lifestyle changes. Encourage healthy eating and regular exercise, particularly those activities that support balance and lower-body strength.

THE CHAPLAIN'S CORNER NOTES

Stations of the Cross will be observed at noon on Friday, March 22 in the Chapel. It is a brief devotion contemplating 14 events during the last day of Jesus' earthly life. All are welcome.

The annual "Loaves and Fishes" worship service and meal on Holy Thursday (Maundy Thursday) returns on Thursday, March 28, 2024. The gathering will be in the Fireside, beginning at 5:00 p.m. with a simple celebration of the Lord's Last Supper, followed by dinner. Dinner seating is limited to 60 residents, and advance reservations for the dinner are required. Reservations close on Thursday, March 21, 2024, or when the maximum is reached. As in the past, special (limited) seating will be available for those who wish to attend only the service. Sign up in the Loaves and Fishes notebook at the Chapel entrance. Residents will be billed the dining dollar rate. Key dates:

- Reservations close March 21, 2024
 - Service and dinner on March 28, 2024, at 5:00 p.m. in the Fireside
 - The Good Friday service will be held at 3 p.m. on Friday, March 29th
 - Easter will be observed at 10:30 a.m. on Sunday, March 31
 - During Holy Week, confession can be scheduled with Fr. Alex (ext. 7224).
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The Chapel will welcome a religious symbol significant to many residents in our community. A Mezuzah will be affixed upon the doorpost of the Chapel, recalling the covenant between God and the Jewish people and serving as a reminder about responsibilities in the life of faith. You may join us for a brief prayer observance at the Chapel at 3:00 p.m. on Monday, March 18.

MARCH CATHOLIC MASS

The March Catholic Mass will be held one week early on Thursday, March 21 at 3:30 p.m. in the Chapel. This is one week early due to Holy Week the next week. Catholic Confession will be at 2:45 p.m. in the Smith Study on Thursday, March 24. If you have any questions or concerns, please contact Ron Karpick, ext. 7399 or Lungone@msn.com.

NEW HEAD OF GHBC LIBRARY

Anne White has retired as head of our library. When she moved to Goodwin House in 2007 she began volunteering and has devoted her time, talent and expertise ever since. She has made many improvements to the library, answered countless questions, kept the collection up to date, supervised the volunteers as well as performing a long list of other duties. We thank her for her dedication. The library will be in good hands with Noel Sipple taking over as head of the library.

SEEKING MENTORS

If you would like to get to know one of the high school or college interns at GHBC this summer, this is your chance! Mentors are paired with individual interns and typically meet them weekly for about an hour. What would you talk about? Pretty much anything that you and the intern find interesting--talk about yourselves, your life experiences, hobbies and goals. Mentors and mentees share what they are seeking to learn from life and what they have already learned. Mentors receive an orientation to help them get started. For more information or to volunteer, you may contact Goodwin Living's People Engagement Manager, Zoe Marcuse, at zmarcuse@goodwinliving.org, 571-429-2180, or GHBC resident Jim Rial, jameshriii@yahoo.com, 703-578-7571.

NORTHERN VIRGINIA COMMUNITY COLLEGE (NOVA) AND GL ART EXHIBIT

Northern Virginia Community College (NOVA) (Alexandria Campus) and Goodwin Living (GL) are collaborating to foster relationships between students, faculty, and residents. GL will host an art exhibition in NOVA's library, from Tuesday, March 19 through Wednesday, April 24. The exhibition is called "Neighbors." Art by residents from all three communities (GHA, GHBC, and TVA) will be displayed.

Residents are welcome to visit the exhibition using their own transportation. Parking in hourly pay lots is free after 3:45 p.m. Monday through Friday and all day on weekends. Join us at NOVA for a closing reception on Wednesday, April 24, from 4:00 p.m. to 6:00 p.m.

A sign-up list for transportation will be available. Questions? Contact Kim Butler, GHA Director of Life Enrichment at KBulter@GoodwinLiving.org.

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 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.

March 26, 2024: Spiritual Interest Groups

Among the many groups and activities that have been formed to meet the varied interests of the GHBC community are those that address our spiritual needs. Join us for a presentation of the Bible, Meditation, Prayer, and Rosary groups, plus the Shabbat service, Unitarian Universalist service, and Quaker Contemplative Worship. Claudia Blake hosts.

NEW RESIDENT BIO - SHARON REINKE

Sharon Reinke moved into Crossroads apartment 605 on February 20.

Sharon grew up in East Chicago, Indiana, and attended Indiana University where she earned a bachelor's degree in education. She taught kindergarten and first grade for two years before enlisting in the United States Navy. After completing Officer Candidate School she was commissioned and assigned to Miramar Naval Air Station where she was the first female officer assigned to a Navy Fighter squadron. She served as Educational Services Officer and Public Affairs Officer and basically "did anything that didn't fly." She did, however, fly in the back seat of jets when the pilots went on routine exercises. She also served at the Defense Information School, where she taught speech and research. In 1969, Sharon married Dennis Reinke, was released from active duty, and joined the Navy Reserves. While Dennis served back-to-back tours in Viet Nam, Sharon taught kindergarten and completed a master's degree in education at Indiana University. When Dennis returned from Viet Nam, they were transferred to Naples, Italy. Sharon remained in the Reserves and taught kindergarten at the Department of Defense School while they were in Naples. She was recalled to active duty as Executive Officer of the Manpower Emergency Response Cell during Desert Shield and Desert Storm. She continued in the Reserves in a secretarial position in the Pentagon. She was selected as Congressional Legislative Specialist for the Chief of Naval Operations and was later assigned to the Office of the Secretary of Defense, where she served until she retired from the Civil Service. She retired from the Reserves with the rank of Captain. For thirty years Sharon has supported Rolling Thunder in their wide range of work for veterans. She is also active with the thrift store at her church. The store donates items to veterans and their families.



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, MARCH 18

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 - *Toni Morrison: The Pieces I Am* offers an artful and intimate meditation on the life and works of the acclaimed novelist. Woven together with a rich collection of art, history, literature and personality, the film follows the legendary storyteller Toni Morrison as she examines her life, her work, and the powerful themes she has confronted throughout her literary career. Directed by Timothy Greenfield-Sanders. Total Run Time: 110 minutes. Discussion to follow. (Media Room)

6:30 p.m. - 7:30 p.m.



Curatorial Talk - Join this screening of a live event hosted online by the local organization Villa Albertine DC in collaboration with The Phillips Collection about the Bonnard's Worlds exhibition. This will be a virtual talk on the current exhibition celebrating the painter Pierre Bonnard featuring Elsa Smithgall, Chief Curator at The Phillips Collection, with welcome words from Dr. Jonathan P. Binstock, Vradenburg Director and CEO at The Phillips Collection. (Media Room)

TUESDAY, MARCH 19

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

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

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

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 20

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: Be inspired by the complex use of plant imagery in the paintings of Frida Kahlo! All skill levels welcome - no previous art experience or drawing skills required.

Session 1 (Sign up, 12 participants)
Session 2 (Sign up, 12 participants)



1:00 p.m. - 2:00 p.m.
2:30 p.m. - 3:30 p.m.

THURSDAY, MARCH 21

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: Create a sparkling collage inspired by the contemporary painter Carrie Moyer! (Sign up, 12 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 22

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



Flower Arrangers Group Meets - Contact Sarah Eastman at ext. 7218.



MONDAY, MARCH 18

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, Aerobics Room

TUESDAY, MARCH 19

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. 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, MARCH 20

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

THURSDAY, MARCH 21

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 10:00 a.m. Pilates, Auditorium
 10:00 a.m. Water Aerobics, Pool
 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 22

8:45 a.m. Total Body Standing, Auditorium
 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 23

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

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

Fitness Consultation (Free)

- Develop your personalized fitness routine
- Ensure proper usage of equipment and machines
- Answer any questions you may have regarding the Fitness Center and available programs

ASSISTED LIVING PROGRAMS

MONDAY, MARCH 18

- 10:30 Monday Movement w/ Olga, Community Room
- 11:00 Sing-a-Long w/ Anne and Friends, Crossroads Area
- 2:00 Art Discussion w/ Jan, Community Room
- 3:00 National Nutrition Month & St. Patrick's Day Social w/ Ali

TUESDAY, MARCH 19

- 10:00 Morning Art Discussion w/ Sarah, Community Room
- 11:00 Piano Music w/ Alan, Crossroads Area
- 2:00 Spiritual Discussion Group w/ The Rev. Alex, Community Room
- 2:45 Weekly Musician Spotlight w/ Sam, Community Room

WEDNESDAY, MARCH 20

- 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 Root Beer Float Social w/ Vy, Crossroads Area
- 5:30 Steak Dinner w/ Chef Nina, AL Dining Room

THURSDAY, MARCH 21

- 10:30 Chair Fitness w/ Vy, Community Room
- 11:15 Dining Committee Meeting, Community Room
- 2:15 Sing-a-Long w/ Hank Lewis, Crossroads Area
- 3:00 Pet Visit w/ Frankie, Crossroads Area

FRIDAY, MARCH 22

- 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
- 5:30 Evening Music w/ The Tate Family, Crossroads Area

SATURDAY, MARCH 23

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

SUNDAY, MARCH 24

- 10:00 World Travel w/ Elizabeth, 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 Games Station in Community Room
- Afternoon Spiritual 1:1 Visits w/ The Rev. Alex
- 7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS

MONDAY, MARCH 18

- 9:30 Dining Room Discussion
- 10:30 Morning Stretch w/ Aki
- 11:00 Scrambled Flowers w/ Aki
- 2:00 Monday Matinée: Singin' in the Rain
- 3:30 Music Therapy w/ Sam

TUESDAY, MARCH 19

- 9:30 News of the Day
- 10:30 Stretch & Refresh w/ Aki
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:00 SPRINGTIME w/ Aki
- 3:30 Welcome Spring Social w/ Ali & Aki

WEDNESDAY, MARCH 20

- 9:30 Coffee & Convo
- 10:00 Equine Assisted Learning Outing
- 10:30 Stretch it Out w/ Michelle
- 11:00 Resident Council w/ Megan
- 2:00 Music Therapy Group w/ Sam
- 3:30 Farm Animal Mini Petting Zoo w/ Aki, Atrium

THURSDAY, MARCH 21

- 9:30 Daily News Brief
- 10:30 Techno Feat w/ Vilma
- 11:00 Word in a Word "Springtime" w/ Aki
- 2:00 1:1 Visits w/ Aki
- 2:30 1:1 Pet Visits w/ Frankie
- 4:00 Piano Tunes w/ Dr. Wilmot
- 5:00 Dinner in the Bistro

FRIDAY, MARCH 22

- 9:30 Friday Fun Facts
- 10:30 Art Therapy w/ Dejah
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Fresh Air Fun w/ Aki
- 3:00 Resident Art Showcase w/ Sarah: Paper Quilt

SATURDAY, MARCH 23

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

SUNDAY, MARCH 24

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Music Trivia w/ Myra
- 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 18

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 Mediation, 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
 1:30 p.m. Educational Jazz Concert, Auditorium
 2:00 p.m. Mat Yoga, Aerobics Room
 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, Board Room
 3:00 p.m. Mezuzah in Chapel Prayer Observance, Chapel
 3:30 p.m. Bible Study, Top the West
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
 4:15 p.m. Silver Panther Huddle, Board Rm
 6:30 p.m. Virtual Curatorial Talk: Bonnard's Worlds, Media Room
 6:45 p.m. Mexican Dominoes, Game Room

TUESDAY, MARCH 19

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 9:00 a.m. Pickleball Practice, Pickleball Court
 9:30 a.m. Advanced Ceramics, Art Center

10:00 a.m. Caregivers Support Group, Formal Parlor
 10:00 a.m. Pilates, Auditorium
 10:00 a.m. Standing Total Body Stretch, Ch. 1960
 10:00 a.m. Water Aerobics, Pool
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Functional Fit, Aerobics Room
 11:00 a.m. Muscle Relaxation, Ch. 1960
 11:00 a.m. Tai Chi, Auditorium
 11:30 a.m. Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
 1:00 p.m. 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
 4:00 p.m. Newcomers, Auditorium

WEDNESDAY, MARCH 20

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 Skills, Art Center
 1:30 p.m. Grounds Committee, 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 Skills, Art Center
 3:00 p.m. Dr. Greger Lecture, Auditorium
 3:00 p.m. Great Courses: Classics of American Literature, Media
 3:30 p.m. GHBC Play Reading Group, ToW

3:30 p.m. French Conversation Group, Smith Study
 4:00 p.m. Prayer Group, Chapel
 4:30 p.m. Drinks & Trivia, Formal Parlor
 4:30 p.m. Line Dancing, Auditorium
 7:00 p.m. Bingo, ToW

THURSDAY, MARCH 21

8:15 a.m. Stretch and Flex, Auditorium
 8:45 a.m. Naval Surface Warefare Center, Board at Main Entrance
 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
 9:30 a.m. Dining Services Committee Meeting, Board Room
 10:00 a.m. BOM-COM Meeting, ToW
 10:00 a.m. Mixed Media Exploration, Art Center
 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. Muscle Relaxation, Ch. 1960
 11:00 a.m. Functional Fit, Aerobics Room
 11:30 a.m. Chair Fit, Auditorium
 12:30 a.m. WhatNot Shop, Sales
 1:00 p.m. Creative Writing, Smith Study
 2:00 p.m. Third Thursday Matinee, Media Room
 2:00 p.m. Duplicate Bridge, Card Room
 2:00 p.m. Wii Bowling, Aerobics Room
 2:45 p.m. Catholic Confession, Smith Study
 3:00 p.m. Woodcarving, Art Center
 3:30 p.m. Catholic Mass, Smith Study
 4:00 p.m. Mediations Group, Smith Study
 4:00 p.m. Sing Along w/ Alan Frey, Rotunda
 7:00 p.m. Poker Night, Game 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
 10:30 a.m. Seated Fitness, Ch. 1960
 11:00 a.m. Meditation, Ch. 1960
 11:30 a.m. Chair Yoga, Ch. 1960
 12:00 p.m. Stations of the Cross, Chapel
 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. Jeopardy, Board Room
 1:00 p.m. Mah Jongg, Card Room
 2:30 p.m. Mat Yoga, Aerobics Room
 3:00 p.m. Memorial Service for Anne Corson, Chapel
 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

SATURDAY, MARCH 23

9:00 a.m. Total Body Video, Aerobics Room
 10:00 a.m. Total Body Video, Aerobics Room
 11:30 a.m. Spanish Speaker Group, Bistro
 12:00 p.m. Saturday Cinema Matinee: Silent Film Special: Fatty Arbuckle, Board Room
 1:30 p.m. Chinese Mah Jongg, Card Room
 2:00 p.m. Duplicate Bridge, Top of the West
 7:15 p.m. Saturday Night Movie: *Theater Camp*

SUNDAY, MARCH 24

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
 7:00 p.m. Compline, Chapel