

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 14 ✨ April 1, 2024

UPCOMING MEETINGS

Resident Council Business

Monday, April 1 at 10:00 a.m. | Board Room

Veterans Committee

Monday, April 1 at 1:30 p.m. | Top of the West (ToW)

Technology Committee

Wednesday, April 3 at 3:00 p.m. | ToW

Resident Health Committee

Friday, April 5 at 10:00 a.m. | ToW

TIME OR LOCATION CHANGE

StrongerMemory

Monday, April 1 at 1:00 p.m. | Board Room - **Canceled**

Creative Writing

Thursday, April 4 at 1:00 p.m. | Smith Study - **Location Change**

Jeopardy

Friday, April 5 at 1:00 p.m. | Pointe Conference Room - **Location Change**

COVID CASES







Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 0

Team Members: 0

WELLNESS ICON KEY:

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

THE EVOLUTION OF SYSTEMIC RACISM

Monday, April 1 from 3:00 p.m. to 5:00 p.m. | Top of the West

The Spiritual Life Committee presents the seventh Zoom presentation of this year's Senior Quest for Meaning Series by Professors Emeriti Leanne Puglielli and Ben Kempinen, *Sixty Years of Pushback*. Power Point material has been e-mailed to those who signed up.



ROB'S FIRESIDE CHAT

Tuesday, April 2 at 2:00 p.m. | Fireside

Invitation from your 2024 Resident Council! Our CEO, Rob Liebreich will be in the Fireside for a chat with residents. If you want to stay informed about the present and what's on the horizon, come, ask, and listen. No reservations needed. Mike Molino, Chair 2024 Resident Council

GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

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

- Episode 17: Hawthorne Our Contemporary
- Episode 18: Herman Melville and Making Moby-Dick



MINI-MUSICALS ON THE MOVE

PRESENTS: THE MUSIC MAN

Thursday, April 4 at 7:15 p.m. | Auditorium

Mini-Musicals on the Move presents the 1957

Tony Award-winning Broadway musical,

The Music Man. This musical has long been considered one of the classics of the genre. It is guaranteed to march right into your heart with "76 Trombones," "Wells Fargo Wagon," and "Shapoopee," to name just a few of the great songs from this show. This hour-long adaptation includes the full story and a sing-along portion in which the audience is invited to sing along.



MORE HAPPENINGS

WALKER AND WHEELCHAIR CLINIC

Friday, April 5 from 1:00 p.m. to 3:00 p.m. | Board Room

Tennis balls on your walker run-down? Wheelchair brakes not working? Unsure if you're using the correct type of walker? The GHBC Rehab Department will be conducting our annual Wheelchair And Walker Clinic. We'll be happy to do a quick assessment to see if your assistive device (AD) is in good working condition! If you're not using an AD and are thinking about getting one, we'll be happy to help you decide what is right for you!

DEATH CAFE

Sunday, April 7 from 2:00 p.m. to 3:30 p.m. | Formal Parlor

Pop in for a facilitated, confidential group conversation about death--your observations, concerns, plans, hopes, whatever. All residents are welcome; this isn't a membership group, so you may participate once or every First Sunday. No agenda, no objectives, no lectures. Our discussion will be guided by the topics that participants bring up. Two experienced facilitators. Cookies/cake provided, so bring your own coffee/tea. **No microphones** at this session. (The next microphone session will be Thursday, April 25, 11:00 a.m. to 12:30 p.m. in Top of the West.)



AFTERNOON CONCERT

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

Friday, April 5: *Lady Macbeth of Mtsensk* - Shostakovich

The opera incorporates elements of expressionism and verismo, telling the story of a lonely woman in 19th-century Russia who falls in love with one of her husband's workers and is driven to murder. When Joseph Stalin saw the opera, he condemned it, and the opera and the composer were banned in the Soviet Union.

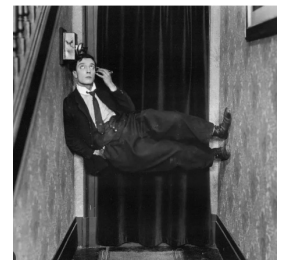
Running time: 1 hour, 50 minutes.



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: BUSTER KEATON

Saturday, April 6 from 12:00 p.m. to 1:30 p.m. | Board Room

Buster Keaton is considered one of the greatest comic actors of all time. Like many of the great actors of the silent era, Keaton's work was cast into near obscurity for many years. An acrobatically skillful and psychologically insightful actor, Keaton made dozens of short films and fourteen major silent features, attesting to one of the most talented and innovative artists of his time. Only toward the end of his life was there a renewed interest in his films.



MORE HAPPENINGS

SATURDAY NIGHT MOVIE - *FIRST COW*

Saturday, April 6 at 7:15 p.m. | Auditorium

Two travelers, on the run from a band of vengeful hunters in the 1820s Northwest, dream of striking it rich -- but their tenuous plan to make their fortune on the frontier comes to rely on the secret use of a landowner's prized dairy cow.



PG-13, 2019, Western/Drama, 2 hours, 1 minute

Starring: Lily Gladstone John Magaro, Alia Shawkat, and Scott Shepherd



SAVE THE DATE

RESIDENT COUNCIL COMMUNITY MEETING

Monday, April 8 at 10:00 a.m. | Auditorium

BAILEY'S BIRDERS

Tuesday, April 9 at 3:00 p.m. | Board Room

COMPUTER CORE IT SUPPORT

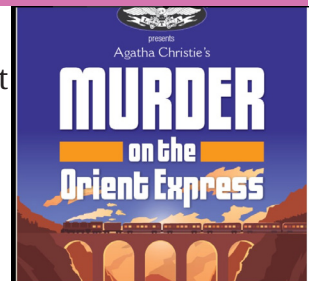
Thursday, April 11 at 10:00 a.m. | Bistro Side Room



TRIPS NEWS, UPDATES, ANNOUNCEMENTS

LITTLE THEATRE OF ALEXANDRIA: *MURDER ON THE ORIENT EXPRESS*

Saturday, April 13 at 8:00 p.m. | Board the bus at 6:45 p.m., Main Entrance, Depart the theatre immediately after the play.



“It’s 1934, just after midnight, and a snowstorm has stopped the opulent sleeper train in its tracks. A wealthy American is found dead and the brilliant Hercule Poirot must solve the mystery before the murderer strikes again. This plot-twisting masterpiece by Agatha Christie and adaptation by Ken Ludwig will take you on a thrilling, suspense-filled ride.”

- Signup: Monday, April 1 at 11:30 a.m. Resident Business Center
- Deadline: Friday, April 12 at 12:00 p.m., after which ticket cost is not refundable
- Cost: Transportation \$6 + Ticket \$24
- Contact: Jane Coughran, ext. 7450



TRIPS NEWS, UPDATES, ANNOUNCEMENTS

SPACES STILL AVAILABLE FOR THE UNDERGROUND RAILROAD TRIP - HARRIET TUBMAN'S JOURNEY

Wednesday May 8 to Thursday, May 9

A detailed itinerary for the 2-day trip can be found in the Resident Business Center. The schedule includes a 2-hour river cruise and a visit to the Blackwater Wildlife Refuge. The next day a local tour guide will join us on the bus for a comprehensive tour of Harriet Tubman's territory. Only minimal walking will be needed. The \$420 charge covers a motorcoach transport, 2-hour riverboat cruise on the Choptank River, 1 night at the Holiday Inn Express, the tour guide fee and all meals with the exception of dinner. There is a Dennys next to the hotel, so dinner is available for purchase.

- Contact Mary McClelland (ext. 7511) with any questions or to sign up for the trip.
- Non-refundable deposit of \$100 will be due immediately

CULINARY PASSPORT TRIPS RETURN TO GHBC

Monday, April 8, | Board the bus at 11:10 a.m. at the Main Entrance

Good news! Our culinary passport trips are continuing! 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 a new restaurant every 2nd Monday of the month. Our second trip of the year is to Szechuan Star Restaurant in Annandale, the place for delicious, local Chinese cuisine. Residents can sign up in the Resident Business Center on Friday, March 29, 5:00 p.m. Please contact Tiffany Proctor (ext. 7222) with any questions.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

COMMUNITY SERVICE COMMITTEE AT WORK

From the 2024 Resident Survey, one suggestion to make the Community Service Committee even better was “better publicity in *West Winds*.”

Committee member, Resident Lee Vickers spent his Sunday afternoon loading food donations into his car for delivery to the food pantry at Our Lady Queen of Peace. Lee reminds residents to put cans of unexpired soup, tuna, beans, vegetables, and pasta in the Resident Business Center inside the cabinets labeled “Food Donations.” Paper grocery bags are also needed and can be put on the bottom shelf of the cabinet.



COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

SPRING FLING 2024 PERFORMANCES, BOX OFFICE AND TICKETS

Wednesday, April 17 at 2:00 p.m. and Thursday April 18 at 7:15 p.m. | Auditorium

Spring officially began on March 20. Here at GHBC that can mean only one thing. Spring Fling is just around the corner. Your friends, neighbors, and team members are bringing out sheet music, musical instruments, fashioning costumes, and generally preparing to wow you, the audience! This year Spring Fling will have afternoon and evening performances. This will be a ticketed event. Tickets are free but are necessary to ensure a seat in the Auditorium for everyone at both shows. The Box Office will be held in the Atrium on Wednesday, 10 April and Thursday, April 11 from 11:00 a.m. until 1:00 p.m. Don't wait too long. This event will quickly "sell out." The Spring Fling will be a few minutes longer than previous shows, i.e., 1 hour, 15 minutes, instead of 1 hour. This is due to the great acts our talented residents and team members have created for your entertainment. If you have questions, please call Mollie Warner, the Spring Fling Producer, at ext. 3194.

REMINDER: ARIOSO CHORALE AND ORCHESTRA CONCERT OF FRENCH MUSIC

Thursday, April 11 | Board the Bus at 6:45 p.m. at Main Entrance

Ravel, Poulenc, Faure, and Boulanger. Please sign up in the Resident Business Center for the bus. Questions? Ask Jane Roningen, ext. 3109



ANNOUNCEMENT FROM ADMIN - TAX LETTER

Need the 2023 Goodwin Living Tax Letter for this year's taxes? Copies are available at the Reception Desk, in the Resident Business Center, and on the resident website.

CHAPLAIN'S NOTES

Holidays for April

- April 9 - Ramadan ends - Islam
- April 9-10 - Eid al-Fitr - Islam
- April 13 - Vaisakhi (New Year) - Sikh
- April 17 - Rama Navami - Hindu
- April 21- Ridván begins - Bahá'í
- April 22 - Passover begins - Jewish
- April 23 - St. George's Day - Christian
- April 30 - Passover Ends - Jewish



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.

April 2, 2024: Dining Services

Mar_T Ahrens, Dining Services Committee Chair, Robin Norman, Director of Dining Services, and her team, discuss all that goes into providing meals in three venues at GHBC Hosted by Stefanie Reponen.

April 9, 2024: Spring Fling/Goodwin House of Fashion

After a 3-year hiatus, Spring Fling, GHBC's talent show, returns on April 17 and 18 with a variety of acts. On May 14, Goodwin House of Fashion, our first fashion show, debuts. Mollie Warner of Spring Fling, and Victoria Carns of Goodwin House of Fashion, discuss each event with host Barb Molino.

APRIL 2024 RESIDENT SHOWCASE - MEET ANNE BAXTER


Check out the April Resident Showcase on the resident website and meet Crossroads resident Anne Baxter, who coordinates the Buddies Program to welcome new residents to the Crossroads. Anne is also an accountant, a tutor, a reader – and co-president of the local AAUW branch. To read about Anne, go to www.ghbcresidents.org and select Resident Showcase from the left-hand menu. Click on Current Showcase to meet Anne, or click on Showcase Archive to meet many other neighbors at GHBC. Every month, a different resident who is thriving at GHBC is showcased at the website



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, APRIL 1

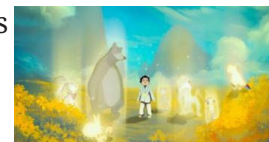
 10:00 a.m. - 11:00 a.m.




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 Film - In recognition of World Autism Awareness Day, there will be a screening of *Life, Animated*, a documentary featuring the story of Owen Suskind, a boy with autism, and his family who overcame great challenges by turning Disney animated movies into a language to express love, loss, kinship, and brotherhood. What the journey of this boy and his family powerfully reveals: how, in darkness, we need stories to survive. Directed by Roger Williams. Total Run Time: 90 minutes. Discussion to follow. (Media Room) (intellectual wellness icon)



TUESDAY, APRIL 2


 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 hand building skills of pinching, coiling, and slab work in combination with various surface design techniques. This will be the fourth session of a four-week class to develop your own series of functional ceramic bowls. Geared towards beginners, but open to all! (8 participants)

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

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

WEDNESDAY, APRIL 3

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: Observe the fascinating world of fungi and create mushroom-inspired artwork. All skill levels welcome - no previous art experience or drawing skills required.




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

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

Session 1 (Sign up, 12 participants)


Session 2 (Sign up, 12 participants)

THURSDAY, APRIL 4

 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, APRIL 5

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

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



MONDAY, APRIL 1

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, APRIL 2

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, APRIL 3

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

THURSDAY, APRIL 4

8:15 a.m. Stretch and Flex, Aerobics Room
 9:00 a.m. Functional Fit, Aerobics Room
 10:00 a.m. Pilates, Aerobics Room
 10:00 a.m. Water Aerobics, Pool
 11:00 a.m. Functional Fit, Aerobics Room
 11:30 a.m. Chair Fit, Aerobics Room
 2:00 p.m. Wii Bowling, Aerobics Room

FRIDAY, APRIL 5

8:45 a.m. Total Body Standing, Aerobics Room
 9:30 a.m. Total Body Seated, Aerobics Room
 10:30 a.m. Chair Yoga, Aerobics Room
 2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, APRIL 6

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

\$43 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, APRIL 1

- 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: National Parks (Community Room)

TUESDAY, APRIL 2

- 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, APRIL 3

- 10:30 Wednesday World Travel w/ Elizabeth (Community Room)
- 11:00 Chair Chi Exercise w/ Vy (Community Room)
- 2:00 Bingo w/ Vy (Crossroads Area)
- 3:00 Poetry & Punch Social w/ Vy in the Crossroads Area

THURSDAY, APRIL 4

- 10:30 Chair Fitness w/ Vy (Community Room)
- 11:00 Piano Music w/ Alan (Crossroads Area)
- 2:00 SINGO w/ Sam (Crossroads Area)
- 2:45 Pet Visit w/ Frankie (Crossroads Area)
- 7:00 Mini Musicals: The Music Man (Auditorium)

FRIDAY, APRIL 5

- 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, APRIL 6

- 10:00 Morning Chair Exercise w/ Aki (Community Room)
- 3:00 Piano Music w/ Heather (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, APRIL 7

- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV CHANNEL 1960
- 1:45 Chair Exercise w/ MarT (Community Room)
- 2:30 Afternoon Social w/ Vy (Crossroads Area)
- 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, APRIL 1

- 9:30 Coffee & Conversation
- 10:30 Move It! w/ Mary Katherine & Vilma
- 11:00 Morning Thoughts of the Day w/ Vilma
- 2:00 Humor Skits w/ Aki
- 3:30 Music Therapy w/ Sam
- 6:45 Game Night: Charades w/ Aki

TUESDAY, APRIL 2

- 9:30 News with Your Neighbors
- 10:30 Sittercise w/ Aki
- 11:00 Spiritual Devotions w/ Rev. Alex
- 2:00 Library on Wheels w/ Vilma
- 2:00 Discussion: Interesting Facts w/ Aki
- 3:30 Bingo w/ Aki, Vilma & Friends

WEDNESDAY, APRIL 3

- 9:30 Headlines of the Day
- 10:30 Seated Fitness w/ Vilma
- 11:00 Trivia: Birds w/ Aki
- 2:00 Let's Walk w/ Aki
- 2:00 Table Talk w/ Christine
- 2:30 1:1 Visits w/ Vilma
- 3:30 Music Therapy w/ Sam

THURSDAY, APRIL 4

- 9:30 Table Talk
- 10:30 Move & Groove w/ Aki
- 11:00 Name 5 w/ Aki
- 2:00 Service Project Prep w/ Vilma
- 2:30 1:1 Pet Visits w/ Frankie
- 2:30 Creative Art w/ Sarah
- 4:00 Piano Tunes w/ Dr. Wilmot

FRIDAY, APRIL 5

- 9:30 Morning Newsletter
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Writing Circle w/ Aki
- 3:00 Laughs on the Patio w/ Vilma
- 3:30 Art Therapy w/ Dejah

SATURDAY, APRIL 6

- 9:30 GHBC Happenings: West Winds Newsletter
- 9:30 Shabbat Service in the Formal Parlor
- 11:00 Saturday Stretches w/ Mar_T
- 3:30 Popcorn Tasting w/ Aki
- 4:00 Piano Music w/ Heather

SUNDAY, APRIL 7

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

WEEKLY CALENDAR

MONDAY, APRIL 1

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, Departs from Main Entrance Departs from Main Entrance
1:00 p.m. Art Film, Media 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
3:00 p.m. Sr. Quest: The Evolution of Systemic Racism, Top of the West
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, APRIL 2

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. Rob's Fireside Chat, Fireside
1:30 p.m. Knit for Kids, Art Center
2:00 p.m. Power Braining, Aerobics Room
4:00 p.m. Newcomers, Auditorium

WEDNESDAY, APRIL 3

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, Auditorium
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
2:00 p.m. Gentle Chair Yoga, Aerobics Rm
2:00 p.m. Informal Open Bridge, Card Rm
2:30 p.m. Play Reading Group: Rounding Third, Board Room
2:30 p.m. Drawing Skills, Art Center
3:00 p.m. Great Courses: Classics of American Literature, Media Room
3:00 p.m. Technology Committee, 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, APRIL 4

8:15 a.m. Stretch and Flex, Aerobics Room
9:00 a.m. Functional Fit, Aerobics Room
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, Aerobics Room
10:00 a.m. Standing Total Body Stretch, Ch.
1960
10:00 a.m. Tailor for Alterations, Smith
Study
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, Aerobics Room
12:30 a.m. WhatNot Shop, Sales
1:00 p.m. Creative Writing, Smith Study
2:00 p.m. Duplicate Bridge, Card Room
2:00 p.m. Wii Bowling, Aerobics Room
3:00 p.m. Woodcarving, Art Center
3:30 p.m. UU Ministerial Visit, ToW
4:00 p.m. Meditation Group, Smith Study
7:00 p.m. Poker Night, Game Room
7:15 p.m. Mini-Musicals on the Move: *The
Music Man*, Auditorium

FRIDAY, APRIL 5

8:45 a.m. Total Body Standing, Aerobics
Room
9:00 a.m. Pickleball Practice, Pickleball
Court
9:30 a.m. Total Body Seated, Aerobics
Room
10:00 a.m. Resident Health Committee,
ToW
10:30 a.m. Chair Yoga, Aerobics Room
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
1:00 p.m. Walker and Wheelchair Clinic,
Board Room
2:00 p.m. Jeopardy, Pointe Conference
Room
2:30 p.m. Mat Yoga, Aerobics Room
4:00 p.m. Stress Reduction Mindfulness
Practice, Smith Study

SATURDAY, APRIL 6

9:00 a.m. Total Body Video, Aerobics Room
9:30 a.m. Jewish Shabbat Services, Chapel
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
Films Special: Buster Keaton,
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:
First Cow

SUNDAY, APRIL 7

9:30 a.m. Chapel Coffee Hour, Formal
Parlor
10:30 a.m. Easter Service, Chapel
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