

WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 15 ✨ April 8, 2024

UPCOMING MEETINGS

Fitness Committee

Tuesday, April 9 at 1:00 p.m. |
Formal Parlor

Bailey's Birders

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

Finance Committee

Wednesday, April 10 at 3:00 p.m. |
Formal Parlor

BOM-COM Committee

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

Community Service Committee

Thursday, April 11 at 2:00 p.m. |
ToW

Trips & Outings Committee

Friday, April 12 at 3:00 p.m. |
Board Room

TIME OR 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 |

RESIDENT COUNCIL COMMUNITY MEETING

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

The Resident Council Community Meeting is coming soon...and it's no joke! The 2024 Survey Results are in and will be discussed by the Survey Committee: Jane Gore, Don Gurney, Wren Gurney, Walt Knight, and Debbie Massey. YOU told them what joys you have found here and how things could be improved. Now you will find out how your neighbors think. Valerie Burke, Chief Philanthropy Officer, will talk about the Goodwin Living Foundation. Justin Carwile, our Executive Director also will report. Come listen and ask those terrific questions!! Contact: Sue LaRue, ext. 3655, and susan.larue275@gmail.com.

FOREIGN AFFAIRS LECTURE--GREAT DECISIONS LIVE

Tuesday, April 9 7:30 p.m. | Auditorium

"Invisible Indonesia" Historian, Charles Sullivan (Margaret Sullivan's son Charley), wrote the Great Decisions essay on Indonesia. Despite its large size, Indonesia remains virtually invisible to most Americans. But as one of the world's largest democracies, the world's largest Muslim-majority nation, and as an economic driver of Association of Southeast Asian Nations (ASEAN), why does it fly below the radar?



GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, April 10 at 3:00 p.m. | Media Room

- Episode 19: The Biggest Fish Story of Them All
- Episode 20: Ahab and the White Whale



VIGIL FOR PEACE

April 16, 2024 from 10:00 a.m. to 4:00 p.m. | Chapel

Join residents and team members on the anniversary of the mass shooting at Virginia Tech. Over the past five years, at least 225,062 have died from guns. The Chapel is open for quiet reflection and a short prayer service at 12:30 p.m. with Rev. Alex Allain. Contact Jeff Robbins, jrobbins25v@gmail.com



MORE HAPPENINGS

COMPUTER CORE IT ASSISTANCE

Thursday, April 11 from 10:00 a.m. to 11:00 a.m. | Bistro Private Dining Room

The IT Device Clinic is partnering with Computer CORE, a local non-profit organization teaches 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, April 8 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.



AFTERNOON CONCERT

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

Friday, April 12: *Persephone* - Stravinsky

The melodrama tells the story of the Greek goddess Persephone in three parts:

1. The Abduction of Persephone
2. Persephone in the Underworld
3. Rebirth of Persephone

Sung in French with English subtitles. Running time: 1 hour, 50 minutes.



SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: HAROLD LLOYD

Saturday, April 13 from 12:00 p.m. to 1:30 p.m. | Board Room

“The King of Daredevil Comedy,” Harold Lloyd is best remembered today as the young man dangling from a clock in the 1923 classic *Safety Last*. At the height of his career, Lloyd was one of the most popular and highest-paid stars. It was said that Lloyd was not a natural comedian; rather, he was a great actor playing comedic roles. His ability to create multi-dimensional characters, both funny and moving, shaped our contemporary view of what a comic actor can be.



SATURDAY NIGHT MOVIE - *AMERICAN FICTION*

Saturday, April 13 at 7:15 p.m. | Auditorium

Monk is a frustrated novelist who's fed up with the establishment that profits from Black entertainment that relies on tired and offensive tropes. To prove his point, he uses a pen name to write an outlandish Black book of his own, a book that propels him to the heart of hypocrisy and the madness he claims to disdain.

Rated R, 2023, Comedy/Drama, 1 hour 57 minutes

Starring: Jeffery Wright, Sterling K. Brown, Erika Alexander, Issa Rae



SAVE THE DATE

EARTH DAY CELEBRATION - LIFE ENRICHMENT

Monday, April 22

HOUSE OF GOODWIN FASHION SHOW

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

TRIPS NEWS, UPDATES, ANNOUNCEMENTS

REMINDER - NSO, DVORAK'S NEW WORLD SYMPHONY

Friday, April 12 | Bus will board at 10:15 a.m. | Main Entrance

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. at the Main Entrance

The performance is two hours and 15 minutes, with a 20-minute intermission. Depart immediately after the play ends.

COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

SPRING FLING 2024 PERFORMANCES, BOX OFFICE, AND TICKETS

It's time to play the music... It's time to light the lights. It's Spring Fling 2024. Spring Fling started in 1993 with pioneer Resident Mary Latham who introduced the opening act to the stage. This is our 27th year (we had four years of pandemic). It was designed to bring residents and staff closer together through a collaborative enterprise of enrichment and fun. This year we begin again with "There is No Business Like Show Business." You'll be amazed at the talent of your friends, neighbors, and staff. Don't miss it. 2024 Spring Fling will have afternoon and evening performances on Wednesday, April 17 at 2:00 p.m. and Thursday, April 18 at 7:15 p.m. Remember you need a ticket to see the show. The Box Office is open in the Atrium on Wednesday and Thursday, April 10 and 11 from 11:00 a.m. until 1:00 p.m. The doors to the Auditorium will open at 1:30 p.m. for the afternoon performance and 6:45 p.m. for the evening performance. If you have a ticket, please be in your seat 10 minutes early and enjoy the pre-show performance by Jeffrey Robbins. Empty seats at that point will be given to those on standby. Valet parking for rollators and wheelchairs is available.



SING WITH THE CHORALE IN SPRING FLING?

Singers from Encore Chorale will be performing the opening number, "There's No Business Like Show Business." If you like to sing and think you'd like to join them, please come to the Auditorium on Friday, April 12 at 2:30 p.m., when they'll be rehearsing that song. We have nine singers already but the more the merrier. Contact Mandy Whalen, Apt. 819, ext. 7534, mmw999123@gmail.com for details.

COFFEE AND CONVERSATION - 5TH FLOOR RESIDENTS

Residents who live on the 5th Floor of both the Crossroads and the Pointe are invited to Coffee and Conversation with Chandra Kumar, the COO of Goodwin Living on Wednesday, April 10 at 2:00 p.m. in the Board Room. Those residents will have a chance to tell Ms. Kumar about the special joys you have found living here at GHBC and ask about things of interest to you. Beverages and cookies are provided. Please RSVP to Sue LaRue (ext. 3655 or susan.larue275@gmail.com) to be sure of a cookie!

OPEN HOUSE FOR PRIORITY CLUB

Thursday, April 11 9:30 a.m. to 11:30 a.m. and 2:30 p.m. to 4:30 p.m.

Sales will host an open house event for prospective residents. This is our event for Priority Club members to view a variety of apartment styles, and we are expecting a large crowd. We are pleased that representatives from our Home and Community Based Services will be present to provide information to Priority Club members. This will include: Goodwin Rehabilitation, Goodwin Home Health, Goodwin House Home Care, Goodwin Living At Home, Goodwin Hospice, the Goodwin Living Foundation, and the Brain Health team. We thank you in advance for making our guests feel welcome.

GOODWIN HOME AND COMMUNITY BASED SERVICES (GHCBS) – HOME HEALTH

“Healthy Living in Bloom: Springtime Tips for Seniors.” As we enter the spring season, here are a few helpful tips to ensure seniors remain healthy, active, and safe:

1. Outdoor Activities: Enjoy the fresh air with gentle walks, yoga, and gardening to continue your mobility. Do not forget sun protection and appropriate footwear.
 2. Healthy Eating: Incorporate seasonal fruits and vegetables into meals to fuel your bodies, and support immune function.
 3. Hydration: With warmer weather, drink plenty of water to remain hydrated.
 4. Social Engagement: Attend social gatherings and events to foster connections for your health and well-being.
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WHY HOMECARE??

Home Care can help relieve many of the day-to-day stressors. Aging can come with a variety of challenges and obstacles including losing the privilege to drive and overall independence. The importance of Home Care is that it allows people to hang onto the things that mean the most to them while still getting the assistance and care needed. The familiarity of home, the comfort of your own bed, and all the memories that you have made in your very own kitchen. Our skilled aides can assist with light housekeeping, escort to appointments, assist in activities of daily living etc., all while keeping you within the comfort of your home for as long as possible. Many people may ask the question, “Why Home Care?” I would venture to ask, “Why Not choose Home Care?”

STAFF SPOTLIGHT

STAFF SPOTLIGHT - YARED JIRRU

Yared Jirru has been a server in Dining Services for four years. Thursdays through Saturdays he usually can be found in the Fireside. At other times he is in the Bistro or the Fireside. Yared grew up in Ethiopia in a family of nine children. In 2015, he came to the United States with two of his siblings. Half of his family is now in this country and others remain in Ethiopia. He was 16 years old when he arrived and spoke only limited English. He graduated from T.C. Williams High School and then earned an associate's degree from Northern Virginia Community College. He attended George Mason University for a year and also has a scrum master certificate in IT. He took a break for a year and started a business but has decided to go back to school to finish his degree. He presently attends Western Governor's University where he is working online to earn a degree in Hospital Information Management and is hoping to complete this program in approximately six more months. Last year, he proudly became an American citizen. In his spare time, Yared enjoys playing sports and going to the gym. He used to play soccer but had to stop after he tore his ACL. He now plays basketball and has a new habit of boxing. He also enjoys reading, watching movies, and spending quality time with his family and friends. Yared says he loves working at GHBC and hopes to continue here regardless of where else he might also work. He says he likes the culture here and enjoys interacting with his fellow team members and with the residents.



NEWCOMERS ET AL.

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 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 16, 2024: Brain Health, Stronger Memory, Power Braining - Formal Parlor

Jessica Fredericksen, GHBC's Brain Health Program Manager, Ellie Pettoni, Brain Health Coordinator, Andrea Bauman, resident Power Braining leader, and Olga Cardoso, Fitness Manager, discuss programs that provide opportunities to improve our brains as we age. Stefanie Reponen hosts.

NEW RESIDENT BIO - DOTTY AND JIM DAKE

Dotty and Jim Dake moved into Crossroads apartment 624 on March 13. Jim grew up in a family of six boys in a small town in East Tennessee. He earned degrees in chemistry from the University of Tennessee, the University of California, and Louisiana State University. He served two years on active duty in the United States Army as a research chemist at Redstone Arsenal in Alabama and holds patents for rocket propellants. From 1974 to 2000 he worked for the federal government in an office that assessed foreign science, technology, and weapons. After retiring from the government, Jim served as special assistant to the president of Wesley Theological Seminary and coordinator of church relations for the Seminary. He served for six years on the board of Just Neighbors Ministry, which provides immigration legal services for low-income immigrants in Northern Virginia.



Dotty grew up in New Orleans with her parents and younger sister. She earned degrees in biology and speech-language pathology from Vanderbilt University and worked as a speech-language pathologist at clinics in Huntsville, AL, New Orleans, and Arlington, VA. She and Jim met in Huntsville when he was stationed at Redstone Arsenal. After 10 years working as a speech-language pathologist, Dotty changed careers. She began work at the Arlington County Department of Human Services, where she established the Office for Persons with Physical Disabilities, which focused on transportation services and the County's compliance with accessibility standards. Following a variety of roles in DHS, she joined the County Manager's Office in 2001, serving as an Assistant County Manager. Her volunteer work in Arlington included school advisory committees, Meals on Wheels, and AFAC (Arlington Food Assistance Center).

Dotty and Jim in retirement worked together for six years as volunteer tax preparers in the AARP Tax-Aide program. They share interests in church work, travel, walking, and reading. They have traveled with others from Mount Olivet United Methodist Church to rebuild hurricane-damaged houses in New Orleans and on the Gulf Coast and to the Czech Republic to teach English. They are looking forward to getting to know the residents and team members of GHBC and to learning more about the many activities here at GHBC.

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 8

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


Art Film - In celebration of April as Poetry Month, there will be a screening of *Orpheus*, a French film from 1950 that showcases the visual poetry and dreamlike storytelling of the legendary director Jean Cocteau. This film is a magical retelling of the Orpheus myth where the lyre-playing singer of Greek legend is depicted as a famous poet in postwar Paris who, seeking inspiration, follows a mysterious princess from the world of the living to the land of the dead. Directed by Jean Cocteau. Total Run Time: 95 minutes. Discussion to follow. (Media Room)



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

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.

TUESDAY, APRIL 9

 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 class will meet for the next 4 weeks to make sets of pots and planters. 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, APRIL 10

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

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: We will venture outdoors to observe and draw the wisteria vines blooming in GHBC's courtyard!

Session 1 (Sign up, 12 participants)

Session 2 (Sign up, 12 participants)

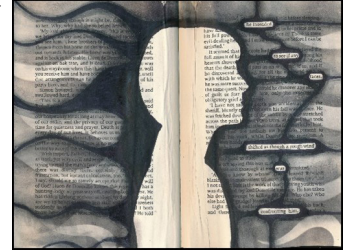
INSIDE THE ART CENTER

THURSDAY, APRIL 11



10:00 a.m. - 11:30

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 blackout poetry artwork using printed text, markers, paint, and more! This class is beginner friendly as well as useful for the more experienced art maker. (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, APRIL 12

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

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



MONDAY, APRIL 8

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

TUESDAY, APRIL 9

- 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 10

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

THURSDAY, APRIL 11

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. Pilates, Aerobics Room (Video)
- 10:30 a.m. Fitness Walk, Waterfront Alexandria
- 11:00 a.m. Functional Fit - **Canceled**
- 11:30 a.m. Chair Fit - **Canceled**
- 2:00 p.m. Wii Bowling, Aerobics Room

FRIDAY, APRIL 12

- 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 - **Canceled**

SATURDAY, APRIL 13

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

FITNESS WALK

Thursday, April 11 at 10:30 a.m. | Departs from Main Entrance at 10:30 a.m.

This is a nice walk with a beautiful clear view of the river! Walkway is paved with some benches and some green space but most open so make sure you use a sunscreen! Sign up begins at 4:00 p.m., Friday, April 5 in the Resident Business Center.



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 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 8

- 10:30 Monday Movement w/ Vy (Community Room)
- 11:00 Sing-a-Long w/ Anne and Friends (Crossroads Area)
- 2:30 Let's Make Doggie Treat Bags w/ Vy (Community Room)
- 3:00 Solar Eclipse Viewing (Crossroads Area)
- 5:30 Music w/ The Tate Family (Crossroads Area)

TUESDAY, APRIL 9

- 10:30 Morning Art Discussion w/ Sarah (Community Room)
- 2:00 Spiritual Discussion Group w/ Rev. Alex (Community Room)
- 2:45 Weekly Musician Spotlight w/ Sam (Community Room)
- 6:15 Trivia Night w/ Michelle, Crossroads Area

WEDNESDAY, APRIL 10

- 10:30 Wednesday World Travel w/ Elizabeth (Community Room)
- 11:00 Dining Committee Meeting w/ Ali (Community Room)
- 2:00 Bingo w/ Michelle (Crossroads Area)
- 3:00 Mixed Smoothies & Music in the Crossroads Area

THURSDAY, APRIL 11

- 10:30 Chair Fitness w/ Michelle (Community Room)
- 11:00 Jeopardy w/ Michelle (Community Room)
- 2:00 Humor Month Matinee: The Parent Trap (Community Room)
- 3:00 Pet Visit w/ Frankie (Crossroads Area)

FRIDAY, APRIL 12

- 10:30 Service Project for AFAC w/ Vilma (Community Room)
- 3:00 Afternoon Trivia w/ Tiffany (Community Room)
- 3:30 Stretch & Refresh w/ Olga (Community Room)

SATURDAY, APRIL 13

- 10:00 Chair Chi w/ Cynthia (Community Room)
- 3:00 Afternoon Snacks w/ Vilma (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

SUNDAY, APRIL 14

- 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)

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

- 7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS

MONDAY, APRIL 8

- 9:30 Dining Room Discussion
- 10:30 Move It! w/ Ms. Rogers & Vilma
- 11:00 Mind Joggers w/ Aki
- 2:00 Trivia in the Atrium w/ Aki
- 2:00 1:1 Solar Eclipse Viewing
- 3:30 Music Therapy w/ Sam

TUESDAY, APRIL 9

- 9:30 Today in History
- 10:30 Sit & Get Fit w/ Vilma
- 11:00 Spiritual Devotions w/ Rev. Alex
- 2:00 Planting Seeds w/ Vilma
- 3:30 Bingo w/ Vilma & Friends

WEDNESDAY, APRIL 10

- 9:30 Daily Digest
- 10:00 Equine Assisted Learning Outing
- 10:30 Wednesday Workout w/ Aki
- 11:00 Brain Fitness w/ Aki
- 2:00 Ring Toss w/ Aki
- 3:30 Music Therapy w/ Sam

THURSDAY, APRIL 11

- 9:30 Sip & Social
- 10:30 Stretch & Refresh w/ Vilma
- 11:00 Trivia w / Aki: Pets
- 2:30 1:1 Pet Visits w/ Frankie
- 2:30 Creative Art w/ Sarah
- 4:00 Birthday Party Celebration w/ Dr. Wilmot
- 6:45 Music with the Tate Family

FRIDAY, APRIL 12

- 9:30 Friday Fun Facts
- 10:30 Service Project for AFAC w/ Aki
- 2:30 Fresh Fruits w/ Vilma
- 3:00 Making Collage w/ Vilma
- 4:15 Music with The Piano Man

SATURDAY, APRIL 13

- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Saturday Stretches w/ Mar_T
- 3:30 Volunteer Meet & Greet w/ Olivia

SUNDAY, APRIL 14

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 World Travel w/ Elizabeth
- 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 8

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. Art & Music Meditation, Art Center
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, Board at Main Entrance
11:30 a.m. Chair Fit, Aerobics Room
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 Film, Media Room
1:00 p.m. Stronger Memory, Board Room
2:00 p.m. Rummikub, Card Room
2:00 p.m. Trivia, Atrium
3:00 p.m. Photography Club, Art Center
3:30 p.m. Bible Study, Top of the West
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, APRIL 9

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
1:00 p.m. Fitness Committee Meeting, Formal Parlor
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
3:00 p.m. Bailey's Birders, Board Room
4:00 p.m. Newcomers, Auditorium
7:30 p.m. Foreign Affairs Lecture: Invisible Indonesia, Auditorium

WEDNESDAY, APRIL 10

8:45 a.m. Total Body Standing, Auditorium
9:30 a.m. Total Body Seated, Aerobics Rm
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. Spring Fling Box Office, Atrium
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. Coffee and Conversation for 5th Floor Residents 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 Skills, Art Center
3:00 p.m. Finance Committee Meeting, Formal Parlor
3:00 p.m. Great Courses: Classics of American Literature, Media Room

3:30 p.m. Play Reading Performance,
Rounding Third, 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 11

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. Standing Total Body Stretch, Ch.
1960

10:00 a.m. BOM-COM Meeting,
Board Room

10:00 a.m. WhatNot Shop, Donations

10:00 a.m. Computer CORE IT Assistance,
Bistro Private Dining Room

10:00 a.m. Mixed Media Exploration, Art
Center

10:00 a.m. Water Aerobics, Pool

10:30 a.m. Fitness Walk, Depart from Main
Entrance

10:30 a.m. Pilates (Video), Aerobics Room

10:30 a.m. Seated Fitness, Ch. 1960

11:00 a.m. Muscle Relaxation, Ch. 1960

11:00 a.m. Spring Fling Box Office, Atrium

2:00 p.m. Community Service Committee
Meeting, 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

6:45 p.m. The Arioso Chorale and
Orchestra, Board at Main
Entrance

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

FRIDAY, APRIL 12

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

9:00 a.m. Pickleball Practice, Pickleball
Court

9:30 a.m. Total Body Seated, Auditorium

10:15 a.m. Dvorák's New World
Symphony; Billy Childs'
Saxophone Concerto, Board at
Main Entrance

10:30 a.m. Chair Yoga, Auditorium

10:30 a.m. Seated Fitness, Ch. 1960

11:00 a.m. Meditation, Ch. 1960

11:30 a.m. Chair Yoga, Ch. 1960

11:30 a.m. Shopping Shuttle - Giant,
Departs from Main Entrance

1:00 p.m. Afternoon Concert, Media
Room

1:00 p.m. Encore Chorale, Auditorium

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

2:00 p.m. Jeopardy, Board Room

3:00 p.m. Trips & Outings Committee
Meeting, Board Room

4:00 p.m. Stress Reduction Mindfulness
Practice, Smith Study

SATURDAY, APRIL 13

- 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
Films Special: Harold Lloyd,
Board Room
1:30 p.m. Chinese Mah Jongg, Card Room
2:00 p.m. Duplicate Bridge, Top of the West
6:45 p.m. Little Theatre of Alexandria,
Main Entrance
7:15 p.m. Saturday Night Movie:
American Fiction

SUNDAY, APRIL 14

- 9:30 a.m. Chapel Coffee Hour, Formal
Parlor
10:30 a.m. Holy Eucharist Service, Chapel
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