

# WEST★WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

[www.ghbcresidents.org](http://www.ghbcresidents.org)

Volume 36, Number 17 ✨ April 22, 2024

## UPCOMING MEETINGS

### Green Team

Monday, April 22 at 11:00 a.m. |  
Board Room

### Marketing Committee

Tuesday, April 23 at 3:00 p.m. |  
Board Room

## TIME OR LOCATION CHANGE

## COVID CASES

Independent Living (IL):

Assisted Living (AL):

Health Care Center (HCC):

Team Members:

## ENCORE CHORALE SPRING CONCERT

Monday, April 22 at 7:00 p.m. | Auditorium

Your friends and neighbors will sing for you. GHBC's Encore Chorale, joined by the Arlington Chorale, will present their Spring 2024 concert. The program lasts about an hour with a variety of music. No tickets are required, but seating is first come, first served basis. (Doors open at 6:45 p.m.).







## EARTH DAY REMINDER - CHANGE IN PROGRAM

Monday, April 22

Join us for a variety of programs celebrating Earth Day!

- 10:00 a.m. - Wilderness Walk with Jennifer Frum, meet at the Front Entrance
- 2:00 p.m. - Herb and Flower Planting with Tiffany and Elizabeth, Atrium Patio
- 3:00 p.m. - Documentary **Change**: We will be showing *The Plastic Recycling Myth: Climate Change* Documentary. Can plastic be recycled? Do you know what happens to your plastic waste? In the last few years the plastic pollution crisis has become enormous. We show how some of the biggest consumer-goods brands on earth spin the recycling fairytale as a way to allow them to continue polluting without consequence. As we all pick up the bill for a world drowning in plastic, the film asks: who is getting rich?

## WELLNESS ICON KEY:

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

## BIBLE STUDY

Monday, April 22 at 3:30 p.m. | Top of the West  
Discussion will begin with Romans 5:1.



## CAREGIVER SUPPORT GROUP

Tuesdays from 10:00 a.m. to 11:00 a.m. | Formal Parlor



Goodwin House  
Bailey's Crossroads

## MORE HAPPENINGS

### STRONGERMEMORY GROUP

Mondays from 1:00 p.m. to 1:45 p.m. | Board Room

Led by Ellie Pettoni, Brain Health Coordinator

- April 22, 2024 – Session Topic: “Laughing Matters: The Link Between Humor and Brain Health”
- April 29, 2024 – Session Topic: “Unlocking the Power of a Focused and Unfocused Brain”

StrongerMemory Participant Quote: “The writing prompts in the StrongerMemory book bring back a lot of forgotten memories, and it feels good putting those down on paper.”

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### GREAT COURSES: CLASSICS OF AMERICAN LITERATURE

Wednesday, April 24 at 3:00 p.m. | Media Room

- Episode 21: Ahab and the White Whale
- Episode 22: Moby-Dick - Tragedy of Perspective



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### BIRD WALK

Wednesday, April 24 at 8:00 a.m. | Long Branch Park

The Bailey's Birders hope you will join us for a spring birding walk through Long Branch Park nearby. We will meet at the Front Door of GHBC at 8:00 a.m. on Wednesday, April 24. Please wear comfortable walking shoes and bring your own binoculars. We will carpool to the park. So please let us know if you are coming, so we will have enough cars. Contact either Gary Nooger, ext. 7493 or Sue LaRue, ext. 3655. Canceled if it rains.

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### GREAT DECISIONS: PANDEMIC PREPAREDNESS

Thursday, April 25 at 3:00 p.m. | Auditorium

Looking back at the Covid-19 pandemic, there are many lessons to take away in terms of domestic and international policies. Although this pandemic seems to have waned, how can we apply these lessons to future pandemics? Will countries cooperate, and will a consensus emerge on how to manage global health challenges? Moderated by John Rogosch.



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### FUNERALS, PLOTS, URNS, AND MORE: CONSIDERATIONS FOR DECISION-MAKING

Sunday, April 28, from 2:00 p.m. to 3:30 p.m. | Auditorium

If you haven't yet arranged for the disposition of your body once you are dead, please come to this 90-minute information session. We'll have representatives of three well-regarded local funeral providers to share valuable information about services offered, pre-need arrangements, cremation, other alternatives to a traditional casket burial, costs, documents, and more. The program will include a Q&A session, as well as the opportunity for individual conversations with the representatives from 3:30 p.m. until 4:00 p.m.. This program is presented by the Resources for End of Life group, with the invaluable support of Goodwin Hospice.

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### EDUCATIONAL SEMINAR: BEING A DEMENTIA DETECTIVE

Thursday, April 25 from 4:00 p.m. to 5:00 p.m. | Media Room

Join us for an educational seminar on best practices for how to handle challenging situations and aggression with dementia.

## MORE HAPPENINGS

### LOVE BUTTERFLIES AND PLANTS?

Saturday, April 20, 10:30 a.m. to 12:30 p.m. | Butterfly Garden - Far end of the Contractor's Parking Lot  
Looking to celebrate Earth Day? Mark your calendars and join us for a workday in the Butterfly Garden, even if you can only help for a few minutes. Bring gloves. Tools will be provided. Enjoy new opportunities for weeding, mulching, and picking up trash. If you don't know how, we'll help you! Questions? Contact Nan Allen, [allenens277@gmail.com](mailto:allenens277@gmail.com), or Shirley Gay, [shirleywg@icloud.com](mailto:shirleywg@icloud.com)

### BOOK TALK ABOUT ADOPTING A CHILD FROM CHINA

Wednesday, May 1 at 10:30 a.m. | Media Room

Carol Mackela will discuss her novel *Spring Flower and the Jade Bracelet: An Adoption Story*. A retired government attorney, Carol began writing novels during National Novel Writing Month. This book draws on her own experience adopting her daughter from China in 2001. It shows the challenges a 7-year-old girl faces as she adjusts to life in a new country with a completely strange language and customs. The talk will explore how the fictional story differs from Carol's own adoption experiences and what she learned about the process from other adoptive parents she met through support groups.



### AFTERNOON CONCERT

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

**Friday, April 26:** Symphony No. 7 - Gustav Mahler

The Symphony No. 7 by Gustav Mahler was written in 1904–05, with repeated revisions to the scoring. It is sometimes referred to by the title *Song of the Night* (German: *Lied der Nacht*), which Mahler never knew. This video is with the Vienna Philharmonic Orchestra conducted by Leonard Bernstein.

Running Time: 1 hour, 23 minutes.



### SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: CHARLIE CHAPLIN

Saturday, April 27 from 12:00 p.m. to 1:30 p.m. | Board Room

Charlie Chaplin is best remembered for his recurring silent film character “the Little Tramp.” Outfitted in a too-small coat, too-large pants, floppy shoes, and a battered derby, Tramp was shunned by polite society and unlucky in love but ever a survivor. Audiences loved his cheekiness, his deflation of pomposity, his unexpected gallantry, and his resilience. In 1972 he received a special Academy Award for “the incalculable effect he has had on making motion pictures the art form of this century.”



### SATURDAY NIGHT MOVIE - INDIANA JONES AND THE DIAL OF DESTINY

Saturday, April 27 at 7:15 p.m. | Auditorium

Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA.

Rated PG-13, 2023, Action/Adventure, 2 hours, 34 minutes

Starring: Harrison Ford, Mads Mikkelsen, Phoebe Waller-Bridge, and Antonio Banderas



## SAVE THE DATE

### PLAY READING GROUP - THE FLATTERING WORLD

Wednesday, May 1, at 3:30 p.m. | Board Room

### DERBY DAY CELEBRATION: RUN FOR THE ROSES! - LIFE ENRICHMENT

Saturday, May 4, 2:30 p.m. to 4:00 p.m. | Auditorium

## TRIPS NEWS, UPDATES, ANNOUNCEMENTS

### NATIONAL SYMPHONY MATINEE, FRIDAY, MAY 31 SONG OF THE NIGHT: NOSEDA CONDUCTS MAHLER'S SEVENTH SYMPHONY

Friday, May 31, 2024 | Boards at 10:15 a.m., Main Entrance | Departs Kennedy Center immediately after the concert ends at 1:00 p.m.

Composed in a furious burst of inspiration, the Seventh is Mahler at his most mysterious—some may even say peculiar. (Musicologist Deryck Cooke famously called it the “mad, mad, mad, mad symphony”). Indulgent, elusive, and delightfully raw, the Seventh is a problem child for some conductors, but not Nosedá. From clanging cowbells and titanic brass to intimate midnight mandolin, Mahler’s glamorous, dusk-to-dawn universe is far beyond this world. This symphony shines like an evening star.

- Sign up: Monday, April 22 at 11:30 a.m. Resident Business Center
- Deadline: Monday, April 29 10:00 a.m.
- Cost: Transportation \$20, tickets: Orchestra prime \$64.00; Tier 2 \$26.25
- Contact Chris White, ext. 7587

## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### 2024 EMPLOYEE GIFT FUND (EGF)

It’s never too early to thank the wonderful people serving our residents each day. Many of us verbally thank staff members on a regular basis. We comment to each other about how blessed we are to have such a great group of people who work at GHBC. The Employee Gift Fund gives us a way to financially express our appreciation. While the campaign will officially start this fall, you can begin making gifts to the fund right now. Several residents donate each month. Checks should be made out to the Employee Gift Fund and put in the EGF Box in the Mail Room.

### CLOTHING DONATION PROGRAM

Please call one of the volunteers to pick up clothing, belts, shoes, and accessories you wish to donate. **No one else should put things in the clothing bin.** Items must be in 13-gallon plastic bags or bags that can be lifted with one hand and will be taken to local charities. Volunteers are Jane Roningen, ext. 3109, Joanie Dellefield, ext. 3134, John Ewing, ext. 7538, Jane Karpick, ext. 7399, and Ken McCloud, ext. 3104. Thank you for your contributions!



### COVID VACCINATION CLINIC

We will have a COVID Vaccine Clinic on Tuesday, April 23 and Wednesday, April 24 in the Auditorium. We will put a slip in your mailbox with your assigned time by the end of the day on Friday, April 19. If you do not want this vaccine or have already received your second dose of the updated 2023–2024 formula, please e-mail [GHBCVax@goodwinliving.org](mailto:GHBCVax@goodwinliving.org) or call Shelby Garlick at ext. 7271, so we can remove you from the list.

### REMINDER: THE NEW DOMINION CHORALE - SEASON CLOSER

Sunday, April 28, 2024 at 4:00 p.m.

Sign up: Resident Business Center, Monday, April 15, 9:00 a.m. to Thursday, April 25, noon. Tickets \$35, Bus \$27. Departs at 4:00 p.m. Contact Jane Roningen jane.roningen@gmail.com..

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### GOODWIN HOUSE HOSPICE

Goodwin Hospice provides compassionate care and comfort.

- Goodwin Hospice served 422 families in 2023.
- 218 hospice patients received massage therapy and end-of-life doula care in 2023 thanks to the generous donors of the Goodwin Living Foundation.
- Goodwin Hospice puts great emphasis on providing high quality, patient-centered care to our patients and their loved ones. Goodwin Hospice received a 4-star rating from Medicare.gov in February 2024. This rating is the highest in the hospice category in Northern Virginia.

If you have any questions or need additional information, please reach out directly to Hospice@GoodwinLiving.org or 703-578-7108.

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### DIVERSITY, EQUALITY, AND INCLUSION COMMITTEE: MAY - CALENDAR QUOTE AND FEATURED AUTHOR

“I think that peace is, in many ways, a precondition of joy.” Yo-Yo Ma is an American cellist. He performs as a soloist and with orchestras around the world and has recorded more than 90 albums and received 19 Grammy Awards. He believes that culture and art have the power to build trust, and he strives to foster connections that stimulate the imagination and reinforce our humanity. ·

- [Asian American and Pacific Islander Heritage Month](#)
- [Older Americans Month](#)
- [May 5 – Orthodox Easter](#)
- [May 6-12 – Nurses Week](#)
- [May 12 – International Nurses Day / Mother’s Day](#)
- [May 12-18 – National Skilled Nursing Care Week](#)
- [May 16 – Honor Our LGBT Elders Day](#)
- [May 27 – Memorial Day](#)

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### BRAIN HEALTH TIP FROM BRAIN HEALTH TEAM

Did you know if you are just 1% dehydrated, you can have a 5% decrease in brain function? Grab a glass of water before reaching for caffeine to cure that afternoon brain slump!

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### VOLUNTEERING AT GHBC

If you are interested in volunteering on Assisted Living, Healthcare Center, or the Terrace, please reach out to Steffan Barahona Volunteer and Communications Coordinator at SBarahona@GoodwinLiving.org (ext. 7671) to learn more!



**NEWCOMERS ET AL.**

Tuesdays at 4:00 p.m. | Auditorium

Newcomers Gatherings are weekly, in-person, and usually in the Auditorium **unless otherwise noted**. Plan to attend as they will not be recorded. Questions? Contact Carol Lewis, [poplewis@hotmail.com](mailto:poplewis@hotmail.com)

**April 23, 2024: Confidant Program - Formal Parlor**

Privacy laws prohibit GHBC staff from sharing our protected health information, but our Resident Confidant Program keeps us connected with hospitalized friends. What is a confidant? Do I really need one or want one? A panel of residents who are confidants or have called on one will discuss this valuable GHBC program with Claudia Blake.

**April 30, 2024: The Arts Center and the Arts Committee**

Learn about the components of arts programming at GHBC, which enhances the creative lives of GHBC residents, team members, and visitors. Sarah Henninger, Arts Coordinator, and Jan Pomerantz, Arts Committee Chair, share how to get involved with the visual arts, including shows in the Art Gallery, a wide array of classes (drawing, painting, and ceramics) and events (art films and movies about art movements and artists), in the Arts Center and with trips to local and regional museums and galleries. Margaret Kelley hosts.

**NEW RESIDENT BIO - DEBI SANDERS AND DENNIS SHANNON**

Debi Sanders and Dennis Shannon moved into Crossroads apartment 434 on March 19. Debi was born in Missouri but moved often following her father's career. The family finally settled in Springfield, Virginia, where she graduated from what was then called Robert E. Lee High School but is now called John Lewis High School. She was in the second class of women admitted to the University of Virginia, where she attended as an Echols Scholar. In the middle of her college career she took a year off to work in the AmeriCorps Vista Program in a mobile health center. She was honored to live on UVA's famous Lawn during her senior year. She remained at UVA to graduate from the School of Law and served as a law clerk with a judge. She came to Washington to join a law firm devoted to anti-trust cases and then worked at several non-profit law firms. She ended her career as an immigration lawyer with Catholic Charities. Here at GHBC she enjoys swimming every day the pool is open and is knitting blankets for premature infants.



Dennis was born at Beaufort Naval Hospital in South Carolina. He was born during a hurricane when the only light was provided by flashlights. The family moved to Wheaton, Maryland, and Dennis attended St. John's College High School and later graduated from St. Mary's College of Maryland. He earned a license as a professional counselor and master's degrees from Marymount University and from Wesley Theological Seminary. Dennis served as a medic in the Maryland National Guard for eight years and worked along the Route 1 corridor for the Fairfax County Community Services Board. He retired from Fairfax County as a substance abuse counselor. He won several awards for working with people living on the street during COVID. After retiring in 2022, Dennis has focused on physical activities. He goes to the gym every day and swims whenever possible. He used to run but now walks daily. He has even participated in a "walk friendly half marathon." Both he and Debi are active in Our Lady Queen of Peace Catholic Church.

## 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 22



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** - Celebrate Earth Day with a screening of *Wall-E*, the beloved Pixar film about the importance of sustainability. Set in the 29th century, Earth has been vacated by humans and portrayed as a devastated, garbage-strewn ruin populated by the last functional WALL-E robot, a sentimental trash compactor with a knack for collecting unique objects. When WALL-E meets EVE, a probe who arrives to scan for any signs of vitality on the planet, the pair team up on a galactic mission to save Earth and humanity at large. This film won Best Animated Feature Film at the 2009 Academy Awards and was inducted into the Library of Congress' National Film Registry. Directed by Andrew Stanton. Total Run Time: 98 minutes. Discussion to follow. (Media Room)

### TUESDAY, APRIL 23



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 third session of a four-week class for participants that have already signed up to develop a series of pots and planters. (Sign up for the next class session will be available in May)



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

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

### WEDNESDAY, APRIL 24


3:30 p.m. - 5:30 p.m.

**Art Reception for Goodwin Living's "Neighbors" Exhibit at Northern Virginia Community College's Alexandria Campus Library** - Goodwin Living and Northern Virginia Community College's (NOVA) Alexandria Campus have been collaborating on ways to foster relationships between their students, faculty, and our residents, including the recently installed exhibit called "Neighbors" in NOVA's library featuring artwork by residents from all three communities (GHA, GHBC, and TVA). Please join this art reception event in NOVA's Library to admire the artwork and celebrate with the resident artists, and for the opportunity to meet NOVA's art students. A shuttle bus from the Main Entrance to the event will make several trips back to the community if you do not wish to stay for the entire reception. Residents are welcome

## INSIDE THE ART CENTER

to attend this exhibition reception on their own using personal transportation and there is free parking after 3:45 p.m. on NOVA's Alexandria Campus in hourly lots near the library's location on the first floor of the Bisdorf Building. For those who would like to attend via the round robin shuttle, a sign-up sheet will be available on Friday, April 19 in the Art Center.

### THURSDAY, APRIL 25

 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 unique artwork using recycled paper in honor of Earth Day! 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 26

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

 1:00 p.m. - 4:00 p.m.

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

**Trip to view Whistler: *Streetscapes, Urban Change*** Exhibition at the Freer Gallery of Art - Come see what the Washington Post has called “a gemlike show on the National Mall” before it closes in May! Experience the National



Museum of Asian Art's unparalleled collection of works by American expatriate artist James McNeill Whistler in this groundbreaking exhibition that explores European cities in an era of rapid change. This show brings together oil paintings, watercolors, pastels, and prints—some on view for the first time in the museum's history—documenting the artist's career-long fascination with urban landscapes at the end of the nineteenth century. There will be an opportunity to join a docent-led tour to explore the many sides of Whistler's artwork along with objects by Asian artists that inspired his style and subjects.

- Departure: Shuttle Bus boards at 1:00 p.m. at the Main Entrance
- Cost: \$20.00 transportation fee
- Sign-up: Monday, April 22 at 9:00 a.m. in the Art Center (limit 13 participants)
- Contact: Sarah Henninger, [shenninger@goodwinliving.org](mailto:shenninger@goodwinliving.org)





**MONDAY, APRIL 22**

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 23**

8:15 a.m. Stretch and Flex, Aerobics Room  
 9:00 a.m. Functional Fit, Aerobics Room  
 9:00 a.m. Pickleball Practice, Pickleball Court  
 10:00 a.m. Water Aerobics, Pool  
 10:00 a.m. Pilates, Aerobics Room  
 11:00 a.m. Functional Fit, Aerobics Room  
 11:30 a.m. Tai Chi, Aerobics Room - **Time Change**  
 2:00 p.m. Power Braining, Aerobics Room

**WEDNESDAY, APRIL 24**

8:30 a.m. Total Body Standing, Aerobics Room - **Time Change**  
 9:30 a.m. Total Body Standing, Aerobics Room  
 10:30 a.m. Total Body Seated, - Aerobics Room - **Time Change**  
 11:30 a.m. Power Braining, - Aerobics Room - **Time Change**  
 2:00 p.m. Gentle Chair Yoga, Aerobics Room  
 4:30 p.m. Line Dancing, Aerobics Room

**THURSDAY, APRIL 25**

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

**FRIDAY, APRIL 26**

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, Aerobics Room  
 2:30 p.m. Mat Yoga - Aerobics Room

**SATURDAY, APRIL 27**

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 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 22

- 10:30 Monday Movement w/ Olga (Community Room)
- 11:00 Sing-a-Long w/ Anne and Friends (Crossroads Area)
- 3:00 Discussion w/ Ambassador Courville (Community Room)

### TUESDAY, APRIL 23

- 10:30 Assisted Living Resident Council Meeting (Community Room)
- 11:00 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)

### WEDNESDAY, APRIL 24

- 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 Afternoon social w/ Vy (Crossroads Area)
- 5:30 Assisted Living Dinner Spring Celebration (Fireside Dining Room)

### THURSDAY, APRIL 25

- 9:45 Scenic Bus Outing
- 11:00 Piano Music w/ Alan (Crossroads Area)
- 2:15 Sing-a-Long w/ Hank Lewis & Lucy Lee (Crossroads Area)
- 3:00 Pet Visit w/ Frankie (Crossroads Area)
- 3:15 April's Birthday Social w/ Vy (Crossroads Area)
- 3:30 Catholic Mass in the Chapel

### FRIDAY, APRIL 26

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

### SATURDAY, APRIL 27

- 10:00 Sit & Stretch w/ Michelle (Community Room)
- 10:45 Bingo w/ Catie Ramos (Crossroads Area)
- 7:15 Evening Movie in the Auditorium

### SUNDAY, APRIL 28

- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV CHANNEL 1960
- 1:45 Chair Exercise w/ Mar\_T (Community Room)
- 2:30 Afternoon Social w/ Olga (Crossroads Area)
- 3:00 Puzzles & Word Games Station (Community Room)
- Afternoon Spiritual 1:1 Visits w/ Rev. Alex
- 7:00 Compline Service in the Chapel

## HEALTH CARE CENTER PROGRAMS

### MONDAY, APRIL 22

- 9:30 Daily Digest
- 10:30 Spring Flower Expo w/ Aki & Vilma
- 2:00 Earth Day Program in the Atrium w/ Aki
- 2:30 1:1 Visits w/ Vilma
- 3:30 Music Therapy w/ Sam

### TUESDAY, APRIL 23

- 9:30 Sip & Social
- 10:30 Tone Up w/ Aki
- 11:00 Spiritual Devotions w/ Rev. Alex
- 2:00 Springtime Smiles w/ Aki
- 2:00 1:1 Nature Walk w/ Michelle (Weather Permitting)
- 3:30 Bingo w/ Aki, Vilma & Friends
- 6:30 Evening Music w/ Sam

### WEDNESDAY, APRIL 24

- 9:30 Coffee & Conversation
- 10:00 Equine Assisted Learning Outing
- 10:30 Joints in Motion w/ Aki
- 11:00 Mental Aerobics w/ Aki
- 2:00 In the Garden w/ Vilma
- 3:30 Music Therapy w/ Sam

### THURSDAY, APRIL 25

- 9:30 Table Talk
- 10:30 Match! w/ Vilma
- 11:00 Trivia w/ Aki
- 2:00 Outing to Meadowlark Botanical Gardens (Weather Permitting)
- 2:30 Creative Art w/ Sarah
- 3:30 Catholic Mass in the Chapel
- 4:00 Piano Tunes w/ Dr. Wilmot

### FRIDAY, APRIL 26

- 9:30 Today's Headlines
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:30 Fresh Fruits w/ Vilma
- 3:30 Art Therapy w/ Dejah
- 5:00 Men's Dinner w/ Vilma & Aki

### SATURDAY, APRIL 27

- 9:30 GHBC Happenings: West Winds Newsletter
- 11:00 Saturday Stretches w/ Mar\_T
- 3:00 Tell A Story Day: Reminiscing Discussion & Refreshments w/ Michelle

### SUNDAY, APRIL 28

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Chair Exercise w/ Olga
- 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 22

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. Wilderness Walk, Departs from Main Entrance  
10:30 a.m. Seated Fitness, Ch. 1960  
11:00 a.m. Green Team Meeting, Board Rm  
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 – 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. Herb and Flower Planting, Atrium Patio  
2:00 p.m. Mat Yoga, Auditorium  
2:00 p.m. Rummikub, Card Room  
2:00 p.m. Trivia, Atrium  
2:00 p.m. The Communal Dimension of Wellness, GHA Auditorium  
3:00 p.m. Earth Day Documentary on Plastic Recycling, Auditorium  
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  
7:00 p.m. Encore Chorale Spring Concert, Auditorium

### TUESDAY, APRIL 23

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

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

### WEDNESDAY, APRIL 24

8:00 a.m. Bird Walk, Departs from Main Entrance  
8:30 a.m. Total Body Standing, Aerobics Room  
9:00 a.m. Covid Vaccination Clinic, Auditorium  
9:30 a.m. Total Body Standing, Aerobics Rm  
10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, Chapel  
10:30 a.m. Book Group, Top of the West  
10:30 a.m. Total Body Seated, 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  
11:30 a.m. Power Braining, Aerobics Room  
2:00 p.m. Gentle Chair Yoga, Aerobics Rm  
2:00 p.m. Informal Open Bridge, Card Rm  
3:00 p.m. Great Courses: Classics of

## FRIDAY, APRIL 26

- 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, 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. Trip to view Whistler: "Streetscapes, Urban Change" exhibition at the Freer Gallery of Art, Departs from Main Entrance  
1:00 p.m. Mah Jongg, Card Room  
2:00 p.m. Jeopardy, Board Room  
2:30 p.m. Mat Yoga, Aerobics Room  
4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study  
7:00 p.m. NoVA CC (Alexandria Campus) Concert, NoVA CC (Alexandria Campus) AFA Building

- American Literature, Media Room  
3:30 p.m. French Conversation Group, Smith Study  
3:30 p.m. NoVa CC Closing Reception, NoVA CC (Alexandria Campus) Library, bus departs Main Entrance  
4:00 p.m. Prayer Group, Chapel  
4:30 p.m. Drinks & Trivia, Formal Parlor  
4:30 p.m. Line Dancing, Aerobics Room  
7:00 p.m. Bingo, ToW

## THURSDAY, APRIL 25

- 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. Pilates, Auditorium  
10:00 a.m. Mixed Media Exploration, Art Center  
10:00 a.m. Water Aerobics, Pool  
10:00 a.m. WhatNot Shop, Donations  
10:30 a.m. Seated Fitness, Ch. 1960  
11:00 a.m. Death Cafe with microphones, Top of the West  
11:00 a.m. Muscle Relaxation, Ch. 1960  
11:00 a.m. Functional Fit, Aerobics Room  
11:30 a.m. Chair Fit, Auditorium  
2:00 p.m. Duplicate Bridge, Card Room  
2:00 p.m. Town Hall, Auditorium  
2:00 p.m. Wii Bowling, Aerobics Room  
2:45 p.m. Catholic Confessions, Smith Study  
3:00 p.m. Great Decisions, Auditorium  
3:00 p.m. Woodcarving, Art Center  
3:30 p.m. Catholic Mass, Chapel  
4:00 p.m. Educational Seminar: Being a Dementia Detective, Media Room  
7:00 p.m. Poker Night, Game Room

## SATURDAY, APRIL 27

- 9:00 a.m. Total Body Video, Aerobics Room  
10:00 a.m. Croquet, Front Lawn  
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: Charlie Chaplin,  
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: *Indiana  
Jones and the Dial of Destiny*

## SUNDAY, APRIL 28

- 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. Funerals, Plots, Urns, and More:  
Considerations in Decision  
Making, Auditorium  
2:00 p.m. Hand and Foot Card Game, Top  
of the West  
2:00 p.m. Informal Open Bridge, Card  
Room  
4:00 p.m. New Dominion Chorale Season  
Closer, Board at Main Entrance  
7:00 p.m. Compline, Chapel