

# 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 35, Number 46 ✨ November 20, 2023

## UPCOMING MEETINGS

### Dining Services Committee

Tuesday, November 21 9:30 a.m. | Board Room

### Movie Committee

Monday, November 20 3:00 p.m. | Board Room

## TIME OR LOCATION CHANGE

### Bom-Com Committee -

No Meeting in December

### Creative Writing

Tuesday, November 21 - Canceled

### Line Dancing

Wednesday, November 22 -

Canceled

### Chair Yoga

Friday, November 24 - Canceled

### IT Device Clinic

Thursday, November 23 - Canceled

in Observance of Thanksgiving

### WhatNot Shop

Thursday, November 23 - Closed in

Observance of Thanksgiving

## COVID CASES

Independent Living (IL): 0

Assisted Living (AL): 0

Health Care Center (HCC): 17

Staff: 12

## MESSAGE FROM THE EDITORS

In observance of Thanksgiving Day, the submission deadline for the next edition of *West Winds* is on Monday, November 20 at 8:00 a.m. **No late submissions will be accepted.**

## HISTORY OF JAZZ: AN EDUCATIONAL CONCERT

Monday, November 20 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! Please Note: this is a different day/time than his usual monthly concerts.

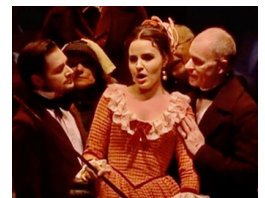


## AFTERNOON AT THE OPERA

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

**Friday, November 24: *Nights at the Opera* - Episode 2**

Documentary investigates four cities in France and Germany and four operas of a new kind that swept away conventions in the 19th and early 20th centuries; how history and opera go hand in hand; with musical sections. Running time: 1 hour.



## SATURDAY CINEMA MATINEE: SHAKESPEARE IN LOVE

Saturday, November 25 from 12:00 p.m. to 1:30 p.m. | Board Room

A romantic comedy for the 1990s set in the 1590s. It imaginatively unfolds the witty, sexy and timeless tale behind the creation of the greatest love story ever told. A young Shakespeare, out of cash and ideas, meets his ideal woman.



## MORE HAPPENINGS

### SATURDAY NIGHT MOVIE - *AVALON*

Saturday, November 25 at 7:15 p.m. | Auditorium

This drama, largely based on the family history of director Barry Levinson, follows the immigrant Krichinsky clan as they settle in Baltimore during the early 20th century. While Sam Krichinsky (Armin Mueller-Stahl) establishes roots in the city and finds a wife (Joan Plowright), his ambitious son, Jules (Aidan Quinn), who changes his last name to Kaye, tries to live the American Dream by opening an appliance store, revealing cultural and generational gaps.

Rated PG, 1990, Drama/ Romance/ Comedy, 2 hour, 8 minutes  
Starring: Aidan Quinn, Elizabeth Perkins, and Leo Fuchs



## SAVE THE DATE

### BRENT SCOWCROFT FOREIGN AFFAIRS LECTURE WITH PEG WILLINGHAM OF SAVE THE CHILDREN: *WHY IS THE WORLD HUNGRY?*

Tuesday, November 28 at 7:30 p.m. | Auditorium



### BORISEVICH DUO CONCERT

Thursday, November 30 at 7:30 p.m. | Auditorium



### A NIGHT OF UNITY & LIGHT: ANNUAL TREE LIGHTING & FIRST NIGHT OF HANUKKAH LIGHTING OF THE MENORAH

Thursday, December 7 from 8:00 p.m. to 9:00 p.m. | Rotunda

Holiday Music by Master Sergeant Erik J. Ramos (Catie Ramos's brother) & Fellow Musicians.



## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### EMPLOYEE GIFT FUND: WHAT MOTIVATES US?

Are you motivated by food? On November 7, Chef Nina and Director of Dining Services Robin Norman outlined menus and presentation plans for the holidays from Diwali through New Year's Day. This mouth-watering session promised delicious holiday meals amid festive settings. Special meals are just one example of how team members care for us; their attention and creativity echo throughout GHBC.

Let's thank the hundreds who make all this possible. Contributions to the Employee Gift Fund are welcome through Sunday, November 26 (the end of Thanksgiving weekend), when your full belly just might remind you to write a generous check to "Employee Gift Fund" and drop it in the marked box in the Mailroom. Together we can make their holidays festive!



### CHANGES TO 2023 ANGEL TREE CAMPAIGN - COMMUNITY SERVICE COMMITTEE

Patrick Henry Family Shelter in Seven Corners will continue to be the recipient of residents' donations. In previous years, funds went towards toys that parents purchased for their children. This year the shelter's greatest need are gift cards from Target, Walmart and Visa in amounts ranging from \$25 to \$50. Please donate these gift cards during the Angel Tree campaign, Monday, December 4 to Friday, December 8. Additionally, tax deductible checks to "Shelter House Inc" or cash donations will support the Patrick Henry Family Shelter this holiday season.



### KAISER PERMANENTE MEMBERS: MEET TO DISCUSS MATTERS OF COMMON INTEREST

Monday, November 20 at 11:00 a.m. | Pointe Conference Room

Contact Sharon Simkin (srsimkin@gmail.com) or Jennifer Frum (frumjb@gmail.com).

### THE BLOOD DRIVE WAS A GREAT SUCCESS FOR GHBC!

Thirty seven pints of blood were donated from 60 potential donors: 43 residents and 17 team members. All potential donors could not donate due to a variety of reasons; however, they did step forward for which I am very grateful. The drive was done with the aid of 30 residents and seven team members who made phone calls, helped complete forms, greeted and set up the rooms. The drive could not have gone on without all of their involvement. Everyone at Goodwin House Bailey's Crossroads should feel good about our contribution to the community of a product which can only come from us: blood. Ron Karpick, Chair Health Committee.

### TECH COMMITTEE BYTE OF THE WEEK - PHISHING (E-MAILS) AND SMISHING (TEXTS) INCREASE DURING THE SEASONAL SHOPPING SEASON

You may receive e-mails or texts from scammers who are now using Artificial Intelligence (AI) to get money, help, and information from you.



- If the request seems to be from a service / company you use, do not open any attachments and delete the message. PHONE the company using a number you have used before.
- If a "friend" or "relative" requests help or money, directly contact them to confirm the need.
- Legitimate businesses and the government will not request information or money via phone or text; Nor do they ask for payment by gift cards.

Scams use pressure and urgency:

- AI now corrects foreigner's incorrect grammar and vocabulary.
- AI helps non-native speakers appear fluent.
- AI can copy the voice and videos of your relatives and acquaintances who have posted speech and video on the web.

NEVER TRUST – VERIFY!

## COMMUNITY NEWS, UPDATES, AND ANNOUNCEMENTS

### ENCORECREATIVITY FOR OLDER ADULTS

Fridays from 1:00 p.m. to 2:30 p.m. | Auditorium

Registration opens for EncoreCreativity for Older Adults' spring semester. We rehearse Fridays from 1:00 p.m. to 2:30 p.m. beginning January 12 for 15 weeks, ending with a resident concert, a local public concert, and a grand concert of all chorales at Capital One Hall in Tysons Corner. Goodwin Living covers registration for residents and Priority Club Members, but registrants pay a \$25 music fee. Leave a \$25 check payable to EncoreCreativity at the Front Desk for Tony Tambasco, Apt. 376. Give Tony your voice part (SATB) and choose a rehearsal computer disk or preference to download music from the website [encorecreativity.org](http://encorecreativity.org). You may register yourself and pay the fee; if you do so, notify Tony by November 30.

### ANNOUNCEMENTS FROM LIFE ENRICHMENT

#### Creative Writing Update - New Time

Creative Writing Group will be moving to **Thursday's at 1:00 p.m. in the Formal Parlor**. We will begin meeting again on Thursday, November 30 at 1:00 p.m. See you all there!

### NEWCOMERS

#### NEWCOMERS ET AL.

Tuesdays at 4:00 p.m. | Auditorium

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

#### November 21, 2023: Movies

Resident committees and individuals provide us with silver screen opportunities. The Movie Committee (Alyce Bassoff) selects the Saturday Night Movie; the Veterans Committee (Jean Reed) shares films from its collection; Ric Blacksten brings us the Saturday Cinema Matinee; and our new Art Coordinator Sarah Henniger shows a weekly art film. They will discuss with host Carol Lewis.

#### November 28, 2023: WhatNot Shop

The WhatNot Shop, on the Crossroads Ground Level, is operated by resident volunteers for the benefit of Goodwin Living Foundation. Shop organizer Barbara Haught and volunteer Stefanie Reponen will talk about donations and sales, how to get rid of big items, and how to buy furniture. Carol Lewis hosts.

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## NEW RESIDENT - THE REILLYS

Ann-Marie and Ed Reilly and their rescue dog Rusty moved into Crossroads apartment 815 on October 19.



Ed was born in Brooklyn, where he attended Xaverian High School. The school overlooks New York Harbor enabling him to observe ships from all over the world. Thus began a life-long interest in ships and the maritime world. Starting at age 16 and continuing through college, he worked as a merchant seaman during summer breaks. He graduated from Maine Maritime Academy with a bachelor's degree in marine engineering and a commission in the Navy and then served as an engineering officer on merchant marine ships for the next five years. After he met and married Ann-Marie, he gave up the seafaring life and began work as a marine surveyor inspecting and certifying ships for the American Bureau of Shipping. Eventually he was offered the opportunity to relocate to the Far East and was subsequently stationed in Japan, Korea, Singapore, Guam, and the Philippines. After six years, they returned to New York, where Ed held various managerial and executive positions. He was ultimately seconded as a technical expert to the United Nations where he drafted treaties at the International Maritime Organization in London. Ed later retired from maritime work but continued to use his engineering skills to provide free engineering advice to sculptors and art institutions.

Ann-Marie was also born in Brooklyn. She attended St. Savior High School and then graduated from Pace University with a degree in biology. For the next five years she held a position at the Columbia University College of Physicians and Surgeons where she worked in a lab doing kidney and liver research. While living overseas Ann-Marie studied various local languages and cultures and taught English in one country and nursery school in another. She volunteered with charitable organizations assisting children with disabilities through pool exercises and encounters with animals. When they came back to New York, Ann-Marie decided on a career change. She earned a master's degree in American Folk Art Studies from New York University and began working at the American Folk Art Museum. She retired from there after 36 years but continues to do contract work with art institutions. Until the pandemic, she and Ed developed and ran the Roxbury Kids' Art Camp, which provided a free camp experience for children from ages 6-12.



## INSIDE THE ART CENTER

### INSIDE THE ART CENTER

The Art Center has many supplies available for you to use at any time for your creative projects and if you have any questions, just ask Sarah! All art classes and events will have materials and tools provided and will take place in the Art Center with Sarah, unless otherwise noted. Sign-up sheets will be available at the entrance of the Art Center every Monday at 9 a.m., as needed.

#### MONDAY, NOVEMBER 20

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. This week: Try ink painting to create an aid for meditation. No previous experience with drawing or meditation required. Drop-ins welcome.

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



**Art Documentary Film: Faces Places** - A late-career triumph of lovingly handcrafted humanism, Agnès Varda's Academy Award-nominated film, *Faces Places*, sees the octogenarian director joining forces with the thirty-something street photographer JR as they crisscross rural France in their roving camera-mobile. A detour-rich road movie, a charming intergenerational buddy film, and an ode to artisans of all stripes, this documentary is ultimately a bittersweet, puckishly profound reflection on the ephemeral nature of art, relationships, and life itself. Directed by Agnès Varda. Total run time: 90 minutes. Discussion to follow.



#### TUESDAY, NOVEMBER 21

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

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



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

**Knit for Kids Group Meets** - Contact Noel Sipple at ext. 7588.

#### WEDNESDAY, NOVEMBER 22

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



**Painting & Drawing** - Explore, learn, and practice drawing skills and the painting medium with Sarah. Develop confidence and competence with diverse techniques and concepts. This week: Celebrate the upcoming holiday by creating artwork inspired by a classic Thanksgiving dessert: pie! All skill levels welcome - no previous experience or drawing skills required.

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

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



Session 1 (Sign up, 12 participants)

Session 2 (Sign up, 12 participants)

**THURSDAY, NOVEMBER 23**



**HAVE A GREAT THANKSGIVING!**

**FRIDAY, NOVEMBER 24**

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



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**Mixed Media Collage Workshop** - Play with paper, paint, and collage in this mixed media class with Sarah. Mixed-media collage is a highly intuitive art form with lots of room for creative curiosity. It's beginner-friendly as well as useful for the more experienced art maker. Drop-ins welcome any time.



**MESSAGE THERAPY CANCELTION POLICY**

Residents must give Madison Roach, message therapist, a 24-hour notice to avoid being charged for the session.

**MONDAY, NOVEMBER 20**

- 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, NOVEMBER 21**

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

**WEDNESDAY, NOVEMBER 22**

- 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

**THURSDAY, NOVEMBER 23**

No classes in Observance of Thanksgiving

**FRIDAY, NOVEMBER 24**

- 8:45 a.m. Total Body Standing, Auditorium
- 9:00 a.m. Pickleball Practice, Pickleball Court
- 9:30 a.m. Total Body Seated, Auditorium
- 2:30 p.m. Mat Yoga, Aerobics Room

**SATURDAY, NOVEMBER 25**

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

**Personal Training Now Available**

\$45 per Session (30-minute session)

- Custom workout programs tailored to your specific needs/goals

Direct Personal Training inquiries to Luke Logan at [llogangoodwinliving.org](http://llogangoodwinliving.org).

**Massage Therapy Available:**

60 minutes - \$90

30 minutes - \$55

Residents may contact and book directly with Madison Roach. For more information, please contact Madison at [madison@musclephoria.com](mailto: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 for details.



## ASSISTED LIVING PROGRAMS

### MONDAY, NOVEMBER 20

- 10:30 Tony Tambasco Presents: Lakes of Northern Italy, Community Room
- 2:30 Autumn Pie Tasting w/ Ali, Crossroads Area

### TUESDAY, NOVEMBER 21

- 10:30 Morning Art Discussion w/ Sarah, Community Room
- 12:00 Lunch Group w/ Chandra, Jefferson Dining Room
- 2:00 Spiritual Discussion Group w/ Alex, Community Room
- 2:45 Weekly Musician Spotlight: Simon & Garfunkel, Community Room
- 6:00 Broadway Musical Review w/ Sam, Community Room

### WEDNESDAY, NOVEMBER 22

- 10:30 Travel Wednesday w/ Elizabeth, Community Room
- 11:00 Seated Stretches w/ Vy, Community Room
- 2:00 Bible Study w/ Mr. Sykes, Living Room
- 3:00 Wacky Wordies Word Games w/ Vy, Living Room

### THURSDAY, NOVEMBER 23

- 9:30 Thanksgiving Word Games Package Delivery
- 10:15 Seated Fitness w/ Vy, Community Room

Happy Thanksgiving Day!

### FRIDAY, NOVEMBER 24

- 10:30 Service Project for AFAC w/ Vy, Community Room
- 3:00 Music w/ The Tate Family, Crossroads Area
- 4:00 Hot Apple Cider Social, Crossroads Area

### SATURDAY, NOVEMBER 25

- 10:30 Guided Exercise on iN2L, Community Room
- 2:30 Taste & Travel w/ Michelle: Belgium, Crossroads
- 7:15 Evening Movie in the Auditorium

### SUNDAY, NOVEMBER 26

- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV Channel 1960
- 1:45 Seated Fitness w/ Mar\_T, Community Room
- 2:00 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

**\*PLEASE NOTE THAT PROGRAMS HAVE BEEN ADJUSTED TO ACCOMMODATE 1:1 ACTIVITIES. GROUP PROGRAMS ARE CURRENTLY NOT PERMITTED AT THIS TIME\***

### MONDAY, NOVEMBER 20

- 9:30 Daily Newsletter Visits
- 10:30 1:1 Exercise Visits w/ Vilma
- 11:00 Meditation on TV CHANNEL 1960
- 2:00 1:1 Visits w/ Vilma

### TUESDAY, NOVEMBER 21

- 9:30 Daily Newsletter Visits
- 10:30 1:1 Exercise Visits w/ Aki & Vilma
- 11:00 Muscle Relaxation on TV CHANNEL 1960
- 2:00 1:1 Activity Visits w/ Aki & Vilma

### WEDNESDAY, NOVEMBER 22

- 9:30 Daily Newsletter Visits
- 10:30 1:1 Exercise Visits w/ Aki & Vilma
- 11:00 Meditation on TV CHANNEL 1960
- 2:00 1:1 Activity Visits w/ Aki & Vilma

### THURSDAY, NOVEMBER 23

- 9:30 Thanksgiving Word Games Package Delivery
- 10:30 Seated Fitness on TV CHANNEL 1960
- 11:00 Muscle Relaxation on TV CHANNEL 1960

Happy Thanksgiving Day!

### FRIDAY, NOVEMBER 24

- 9:30 Daily Newsletter Visits
- 10:30 1:1 Exercise Visits w/ Aki & Vilma
- 11:00 Meditation on TV CHANNEL 1960
- 2:00 1:1 Activity Visits w/ Aki & Vilma
- 3:30 Hot Apple Cider on Wheels

### SATURDAY, NOVEMBER 25

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 10:30 1:1 Exercise Visits w/ Michelle
- 2:30 Taste & Travel w/ Michelle: Belgium

### SUNDAY, NOVEMBER 26

- 10:30 Sunday Activity Packets
- 11:00 Seated Exercise on TV Channel 1960
- 1:30 Sunday Service on TV CHANNEL 1960

## WEEKLY CALENDAR

### MONDAY, NOVEMBER 20

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  
10:30 a.m. Seated Fitness, Ch. 1960  
11:00 a.m. Kaiser Permanente Members Discuss Common Interests, Pointe Conference Room  
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: *Faces Places*, Media Room  
1:15 p.m. StrongerMemory, Board Room  
1:30 p.m. History of Jazz Concert, Auditorium  
2:00 p.m. Trivia, Atrium  
2:00 p.m. Mat Yoga, Aerobics Room  
2:00 p.m. Rummikub, Card Room  
3:00 p.m. Movie Committee, Board Room  
3:30 p.m. Bible Study, ToW  
4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study  
7:00 p.m. Mexican Dominoes, Game Room

### TUESDAY, NOVEMBER 21

8:15 a.m. Stretch and Flex, Auditorium  
9:00 a.m. Pickleball Practice, Pickleball Court  
9:30 a.m. Advanced Ceramics, Art Center  
9:30 a.m. Dining Services Committee, Board Room  
9:30 a.m. Functional FIT, Auditorium  
10:00 a.m. Caregivers Support Group, Formal Parlor  
10:00 a.m. Standing Total Body Stretch, Ch. 1960

10:00 a.m. Water Aerobics, Pool  
10:30 a.m. Pilates, Aerobics Room  
10:30 a.m. Seated Fitness, Ch. 1960  
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. Knit for Kids, Art Center  
2:00 p.m. Power Braining, Aerobics Room  
4:00 p.m. Newcomers et al., Auditorium

### WEDNESDAY, NOVEMBER 22

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  
10:00 a.m. Paintings & Drawing Session 1, Art Center  
10:30 a.m. Power Braining, Aerobics Room  
10:30 a.m. Seated Fitness, Ch. 1960  
11:00 a.m. Contemplative Worship (Quaker), Smith Study  
11:00 a.m. Meditation, Ch. 1960  
11:30 a.m. Chair Yoga, Ch. 1960  
2:00 p.m. Gentle Chair Yoga, Aerobics Room  
2:00 p.m. Informal Open Bridge, Card Rm  
2:00 p.m. Paintings & Drawing Session 2, Art Center  
3:00 p.m. Great Courses: Orchestral Works, Media Room  
3:30 p.m. French Conversation Group, Smith Study  
4:00 p.m. Prayer Group, Chapel  
4:30 p.m. Drinks & Trivia, Formal Parlor  
7:00 p.m. Bingo, ToW

## THURSDAY, NOVEMBER 23

- 10:00 a.m. Standing Total Body Stretch, Ch. 1960
- 10:30 a.m. Seated Fitness, Ch. 1960
- 11:00 a.m. Muscle Relaxation, Ch. 1960

Happy Thanksgiving!

## FRIDAY, NOVEMBER 24

- 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. 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 at the Opera: *Nights at the Opera: Ep. 2*, Media Room
- 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







## SATURDAY, NOVEMBER 25

- 9:00 a.m. Croquet, Front Lawn
- 9:00 a.m. Total Body Video, Aerobics Room
- 10:00 a.m. Total Body Video, Aerobics Room
- 12:00 p.m. Saturday Cinema Matinee: *Shakespeare in Love*, Board Room
- 12:00 p.m. Spanish Speaker Group, Bistro
- 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: *Avalon*, Auditorium

## SUNDAY, NOVEMBER 26

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:30 a.m. Holy Eucharist Service, Chapel and Channel 1960
- 11:15 a.m. UUCA Service Livestream, 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
- 12:00 a.m. Last Day to Contribute to Employee Gift Fund

### WELLNESS ICON KEY:

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



Goodwin House  
Bailey's Crossroads