

WEST WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041 - www.ghbcresidents.org

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Resident Council Community Meeting

Monday, January 7,
10:00 a.m. in the Auditorium

Your Resident Council will set the stage for 2019. We will have a quick management briefing: Justin Carwile gives a GHBC update and Linda Lateana lets us know the status of GHA and the search for a new GHI Chief Executive. VaCCRA leaders note two major advocacy efforts. Residents will have an opportunity to write suggestions that will improve the life for our entire community. Suggestion box highlights will end the meeting.

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GOODWIN HOUSE
BAILEY'S CROSSROADS

Veterans' Committee Movie

**Tuesday, January 8
7:15 p.m. Auditorium**

Veterans' Committee is please to announce that it will show: *We Were Soldiers Once and Young* in the Auditorium, 7:15 p.m. on Tuesday, January 8. This is a 2002 film that dramatizes the Battle of Ia Drang in Vietnam on November 14, 1965. Mel Gibson stars as Hal Moore who led one of the first helicopter trained infantry units to reach Vietnam.

His battalion lands to attack what turns out to be an enemy stronghold whose garrison is more than ten times as big as Moore's battalion. In a two day fight, Moore is forced to call "Broken Arrow" which means drop all of the aircraft and artillery fire that the US can on Moore's position in order to repel the enemy. It works. Meantime, you get to see what happens at home at Fort Benning, Georgia, where the wives start receiving telegrams delivered by taxi drivers telling them that their husbands had died. Moore and Joe Galloway, a young correspondent with him, wrote a best selling book that is the basis of this movie. All true.



RECURRING ROOM RESERVATION FORMS

2019 recurring reservation forms for resident programs/ meetings are now available in the Resident Business Center. Please submit the completed forms to the box in the Resident Business Center Contact Tiffany Proctor with any questions at Ext. 7222. After a form is submitted, your group representative will be notified of conflicts and/ or location changes.

AROUND THE COMMUNITY

If Winter Comes

Can spring be far behind? Get a head start on spring. Come on an overnight trip to the Philadelphia Flower Show. We leave on Wednesday, March 6, and return the following day. The tour includes transportation, the Flower Show, dinner, and hotel accommodations, for the low price of \$139 based on double occupancy (single occupancy is \$69 more).

The Show is hosting a floral design competition for the FTD World Cup. Each competitor, one representing a different country, will make four different floral designs. Each of these designs will be on display.

The bus is almost full, and a wait list is being added. To make a reservation -- or for further information -- email Carolyn Buttolph at ckbuttolph@aol.com or call her at 703-842-3177.

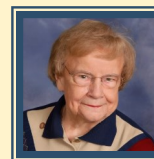


SAVE THE DATE

Russia is becoming an increasingly difficult and destabilizing world factor. Come to the Auditorium on Thursday, January 17, at 7:30 p.m. to hear Ambassador Tom Pickering, former Under Secretary of State and Ambassador to the UN and numerous countries, including Russia, discuss the key issues.

COMMUNITY CORNER

Well, it's that time of the year again where we change our calendar and find ourselves facing 2019. (I can remember back when I wondered if the 21st century was reachable and here I am starting the 19th year of it!) With a new year comes the traditional attempt to examine our behavior and make resolutions. Here are a few that some of us have taken to heart:



I will:

- Wait for people to exit the elevator before I try to get on.
- Remember not to take drinks and food into the Library.
- Return carts and dollies to their designated garage.
- Return all Dining Services cups, glasses, and green take-out boxes to the Market Place.
- Make reservations in the Jefferson Dining Room for Sunday dinners and Special Events.
- Not place an order for food later than 7:45 p.m., knowing that the kitchen closes at 8:00 p.m., allowing staff time to prepare.
- Continue to smile and say "thank you" to the staff at the Reception Desk, in the Dining and Clinic areas, Housekeepers, Groundskeepers, Security, and everyone else who serves us.
- Keep the spirit of Hope and Love alive in the year ahead!

These are some of my resolutions for 2019. Perhaps you'd like to join me?

Dottie Moser, Resident



GHBC Chapel—Clarifications and Answers to Commonly Asked Questions

Chapel Availability—The GHBC Chapel is available 24/7 for prayer and meditation by all members of the GHBC community (residents, staff, etc.) except when already in use for a service, meeting, or other scheduled activity. For other use please contact Chaplain Theresa Brion to see if the Chapel is available and most appropriate for the planned activity.

Chapel Offerings—**At each Sunday, Wednesday and holiday service, an offering plate is set out by the entrance door for any offerings.** The offerings collected at services are used exclusively for Chapel worship service expenses (e.g., weekly flowers, organist, bread, wine, devotionals, etc.). If you wish to receive an “end of year” record of your offerings for your tax return, you must write a check to “GHBC Chapel” or “Goodwin House Foundation” or place your cash donation in one of the small white “My Offering to The Chapel of All Saints” envelopes in the GHBC Chapel. Enter your name (and address if not a GHBC resident) on the envelope so the Foundation can track your donation and provide you with an end-of-year charitable gift statement. If by check, please make your check payable to “GHBC Chapel” or “Goodwin House Foundation” and enter “Chapel Offerings” in memo line. (No envelope needed if name and address imprinted on check.) Place your check in the service offering plate or, if between services, give it to GHBC Chaplain Theresa Brion for deposit.

GHBC Chapel Fund—If you wish to make a donation to cover the cost of general Spiritual Life activities around GHBC (for example, the Senior Quest series and the Lenten speaker series), use a GH Foundation envelope and designate GHBC Chapel on the flap as the recipient of your donation. You also may split the gift between two or more designations. GHBC Chapel is listed on the resident envelope, but you may write “GHBC Chapel” on the envelope if it is not listed. You will receive an end-of-year statement of your donation for your tax return. GH Foundation envelopes are available in the GHBC Chapel, outside the GHBC mailroom, and through the Chaplain’s or GH Foundation offices. For more information, contact Chaplain Theresa Brion.

Memorial and Remembrance Gatherings and Services—Chaplain Theresa Brion is glad to meet with any resident who wishes to do any advance planning so that it can be filed with their personal records and/or with GHBC. As you think about what might be important to you, remember that a memorial gathering need not be a spiritual or religious service and can be held in a wide variety of locations throughout GHBC (e.g., Board Room, Formal Parlor, Chapel, or Auditorium).

Chapel Needs—The GHBC Chapel continues to seek additional assistance with greeting those attending services (and greeting supply clergy when needed), setting up and straightening up after services, assisting with rollators for those attending services, and service preparation (as well as other tasks). Additional readers, communion assistants, and altar assistants also are needed. Particular needs include assistance with communion and altar set up and clean up. Contact Chaplain Theresa Brion if you wish to learn more. All assistance is greatly needed and appreciated.

Questions? Contact Chaplain Theresa Brion at tbrion@goodwinhouse.org or x-7224. Or stop by her office in the first floor of the Pointe.

LOAVES AND FISHES DINNER

For a period of years, the GHBC Chapel and Catering have offered a catered, plated fish dinner in the auditorium on Holy Thursday evening for up to 72 residents after the annual Holy Thursday service. The number of residents interested in paying for the special dinner has declined steadily over the past several years. Thus, several residents approached Chaplain Theresa about whether the annual tradition no longer has sufficient interest to continue on an annual basis. A “break” might be appropriate, to allow time to evaluate interest. The proposal is that the Holy Thursday service would return to the GHBC Chapel (perhaps at 4:00 p.m.), which would allow the service to include the spiritually and emotionally moving “stripping of the altar” in preparation for Good Friday. They now seek feedback on this proposal so they can assess how to proceed. Please share your thoughts with Chaplain Theresa Brion at tbrion@goodwinhouse.org or x-7224 or by leaving a note (addressed to Theresa) at the GHBC Reception Desk. All feedback is welcomed and appreciated. Thank you.

HIGHLIGHTS AND FILMS

MUSEUM TRIP

On **Wednesday, January 9**, our trip to the National Mall will take us to two quite different museums -- the National Building Museum and the National Postal Museum. Take your choice. As usual, the bus will leave GHBC at 9:30 a.m. Sign up in the Resident Business Center. Transportation fee is \$15.00.

WHATNOT SHOP

The WhatNot Shop will be open for donations on **Thursday, January 10, from 10:00 - 11:30 a.m.** Please make sure your items are clean and not broken. Don't forget to ask for a receipt.

THE BOOK GROUP

The Book Group will meet on **Thursday, January 10, at 10:30 a.m. in the Top of the West.** The book to be discussed this month is *A Tree Grows in Brooklyn* by Betty Smith. If you have a copy that you checked out from the Group at the last meeting, please be sure to bring it to turn in. All are welcome

POETRY GROUP

Beginnings will be the theme for the next Poetry Group Meeting on **Thursday, January 10, at 2:00 p.m. in the Smith Study.** Participants are asked to bring their offering(s) on Beginnings, either original work or selections from an album, to share with others.

LITTLE THEATRE OF ALEXANDRIA

Thursday, January 10, the Little Theatre of Alexandria will be previewing *The Fantastics!* This funny and sentimental musical is the deceptively simple tale of a boy, a girl, and their meddlesome fathers. The bus will leave GHBC at 7:00 p.m. Sign up in the Resident Business Center. Transportation fee is \$6.00.

BRIDGE LESSONS

We are taking a break from bridge lessons on Sunday afternoons at 2:00 p.m. in the Card Room. Residents are still welcome to meet to practice. We will continue lessons in early March.


FILMS THIS WEEK


TUESDAY MOVIE – KEN BURNS: THE ADDRESS—Acclaimed filmmaker Ken Burns takes a fresh look at the iconic words of President Abraham Lincoln by spending three months at a small Vermont school that challenges its students to learn the recite the Gettysburg Address. **Tuesday, January 8, 2:00 p.m. in the Media Room.** 2014, Documentary 1 hour 30 minutes.

WEDNESDAY GREAT COURSES - Palaces of the Ancient World - From Weiyang to the White House, peek behind the curtain of world-famous palaces. **Wednesday, January 9, at 3:00 p.m. in the Media Room.**

GREEN TEAM MOVIE - The Green Team will present *Green Seas* in the Auditorium on Wednesday, January 9, at 7:15 p.m. The green seas are the most lively under water areas on earth. Here sunlight powers the growth of enchanted forests of Kelp and Mangroves, and prairies of sea grass. They are the most abundant, but fiercely competitive places in the ocean, to live. We'll see an octopus in a starring role as he cleverly escapes from a pajama shark by covering himself with oyster shells, and in beautiful blue ray film, witness a finale of a large pack of dolphins, sea lions, and humpback whales feasting on a school of anchovy in Monterey Bay. Come and enjoy the many stories in *Green Seas*, this beautiful BBC, David Attenborough-narrated film.

SATURDAY EVENING MOVIE – ALPHA - In the prehistoric past, a young man struggles to return home after being separated from his tribe during a buffalo hunt. He finds a similarly lost wolf companion and starts a friendship that would change humanity. **Saturday, January 12, 7:15 p.m. in the Auditorium.** 2018, PG-13, Adventure, Drama, Family 96 minutes.

We Made It!

Maintain Don't Gain (MDG) Holiday Challenge Program End.

The moment of truth is here! I want to congratulate everyone who participated in the 2018 MDG Holiday Challenge. It was our goal to stay active and aware of our healthy habits during the big three holidays, and I know we've been successful. I've heard many personal stories of participants turning down dessert or taking a walk after a meal. We should all feel proud of ourselves.

We will have our final program weigh outs beginning on Monday, January 7, 2019, through Wednesday, January 9, 2019.

The program officially ends when you weigh-out on either January 7, 8, or 9, 2019.

Official program weigh-out times for are:

Monday, January 7, from 1:30 p.m. - 3:30 p.m.

Tuesday, January 8, from 10:00 a.m. – 11:00 a.m. and 3:00 p.m. – 4:00 p.m.

Wednesday, January 9, from 10:00 a.m. – 12 noon

Again Congratulations to ALL!



MONDAY, JANUARY 7

Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
 Chair Yoga, Aerobics Room, 10:00 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
 Brain Body Balance, Aerobics Room, 11:15 a.m.
 Chair Fitness, Fitness Center, 11:30 a.m.
 Yoga Length & Strength, Aerobics Room, 2:15 p.m.

TUESDAY, JANUARY 8

Stretch and Flex, Aerobics Room, 8:15 a.m.
 Get Started, Fitness Center, 9:00 a.m.
 Masters Fit, Aerobics Room, 9:00 a.m.
 Water Balance, Pool, 10:00 a.m.
 Pilates Video, Aerobics Room, 10:00 a.m.
 Tai Chi, Aerobics Room, 11:00 a.m.
 Line Dance, Aerobics Room, 2:00 p.m.
 Wii Bowling, Aerobics Room, 3:00 p.m.

WEDNESDAY, JANUARY 9

Total Body Express, Aerobics Room, 8:15 a.m.
 Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m. **CANCELLED**
 H2O Fitness, Pool, 10:00 a.m.
 Wii Bowling, Aerobics Room, 2:30 p.m.

THURSDAY, JANUARY 10

Stretch and Flex, Aerobics Room, 8:15 a.m.
 Get Started, Fitness Center, 9:00 a.m.
 Pilates, Aerobics Room, 10:00 a.m.
 Chair Fit, Fitness Center, 11:30 a.m.
 PD Video, Aerobics Room, 12:30 p.m.
 Line Dance, Aerobics Room, 2:00 p.m.

FRIDAY, JANUARY 11

Total Body Video, Aerobics Room, 8:00 a.m.
 Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
 Brain Body Balance, Aerobics Room, 10:00 a.m.

SATURDAY, JANUARY 12

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

NOTE: Every Thursday, the Jacuzzi will be closed at 2:00 p.m. for cleaning. We apologize for this inconvenience and ask that you enjoy the Jacuzzi on other days and times listed on the schedule.

INSIDE THE ART CENTER

Monday, January 7

9:30 a.m. – 12:00 p.m. – Resident Artist Exhibition Pick-Up – If you are a contributing artist to the Resident Exhibition, now is the time to retrieve your work. All work will be taken down and leaning against the gallery walls. If you are unable to pick up your work, it will be safely stored in the Art Coordinator's office. Thanks again to all contributing artists for another fantastic Resident Exhibition!

1:00 p.m. – Art Film – Anselm Kiefer – The German Painter and Sculptor – Due to last week's technical difficulties, we are screening this film again. Kiefer's work incorporates materials such as straw, ash, clay, lead and shellac. The poems of Paul Celan have played a role in developing Kiefer's themes of German history, the horror of the Holocaust and the spiritual concepts of the Kabbalah.



Tuesday, January 8

10:00 a.m. – Ceramics – Continue to work on ceramic projects from Saturday's class or develop your own independent ceramic project.

1:00 p.m. – Painting With Palette Knives – Last week's classes explored painting with palette knives and acrylic paint. We will continue to use the same techniques taught in previous classes and you will be able to explore your own themes and subject matter.

Wednesday, January 9

10:00 a.m. – Jewelry Making – Resident artist and jewelry expert Sandy Bohannon will teach you all there is to know about making a beautiful piece of jewelry! Start the New Year off with a creative burst of energy and inspiration.

1:00 p.m. – Painting With Palette Knives – Continue to explore the joy of applying paint on canvas with a palette knife. Painters throughout history have used palette knives for strong, exciting, and liberating brush stroke expressions!

Thursday, January 10

2:00 p.m. – Woodcarving – Master woodcarvers Joel and Mike will teach you all there is to know about woodcarving. This class is open to all skill levels. Come to the class and see some of the projects residents are currently working on. Joel and Mike will show you in a simple step-by-step process how it's done.

Friday, January 11

9:30 a.m. – Back To Basics Drawing Class – Instructor Rula Jones returns for this four-week drawing class. Learn and practice drawing techniques that you will be able to use in all of your artwork. This class is open to all skill levels.

Saturday, January 12

10:00 a.m. – Ceramics – Instructor Ellen Smithey returns for her weekly class on ceramics. Smithey has a degree in studio ceramics, and this class is open to beginners and advanced students.

ASSISTED LIVING PROGRAMS

Monday, January 7

8:30 Weekly Table Highlights
 10:45 Exercise-TBD
 11:15 Chaplain Visits (CRS)
 11:15 Book club with Ruth
 2:00 Traveling Activity Cart: Headlines, Puzzles,
 and Trivia
 3:00 Small group leisure and friendly visits
 3:30 Giant Crossword (HCC)

Tuesday, January 8

10:30 Exercise with Ellen
 11:30 AL Resident Dining Committee Meeting
 2:00 Traveling Activity Cart: Headlines, Puzzles,
 Trivia
 2:00 Piano with Alan Frey
 3:00 Refreshment Cart

Wednesday, January 9

10:30 Exercise with Ellen
 2:00 Traveling Activity Cart: Headlines, Puzzles,
 Trivia
 2:00 Perspectives on the news (SS)
 3:15 Small leisure groups and friendly room visits
 4:00 Music with Bob & Anne (CRS)

Thursday, January 10

10:45 Exercise with Sherry (CR)
 2:00 Andy Griffith
 3:30 Armchair Travel & Food tasting
 4:45 Piano with Dot (CRS)

Friday, January 11

10:30 Food for Others (HCC)
 10:30 Michael Calhoun
 11:30 Exercise with Marc (CR)
 2:00 Art with Anthony
 3:00 Movie & Wine

Saturday, January 12

10:30 PAL pet visits: HCC
 11:00 Activity Cart: Puzzles, Trivia, Crosswords
 1:00 Saturday at the Opera (MR)
 3:00 Popcorn and Afternoon Movie (CRS)

Sunday, January 13

10:00 Catholic Communion (TOW)
 10:30 Holy Eucharist (CH)
 10:45 UUCA Fellowship (Board Room)
 11:15 UUCA Service (Board Room)
 1:15 Sunday Service (HCC)

HEALTH CARE CENTER PROGRAMS

Monday, January 7

10:30 Bible Study
 11:00 Stretch & Tone
 11:30 Trivia of the Day
 2:30 Library Visits
 3:30 Hot Cocoa & Un-Decorating

Tuesday, January 8

9:30 Morning Coffee & Chat
 10:30 Unscrambled Word Games
 11:00 Chair Fitness
 2:30 1:1 Exercise Visits
 3:30 Food Fun Facts

Wednesday, January 9

9:30 Coffee & Conversation
 10:30 Pictionary
 11:00 Chair Exercise
 2:00 Resident's Choice
 3:30 Snacks & Chat
 5:00 Dinner at Fireside

Thursday, January 10

9:30 Coffee & Chat
 10:30 Reminiscence Game
 11:00 Morning Exercise
 11:30 Random Trivia
 2:30 Bread Making
 3:30 Bingo

Friday, January 11

10:30 Food For Others Service Project
 11:15 Piano Music w/ Michael Calhoun
 3:00 Afternoon Socials
 3:30 Wine on Wheels

Saturday, January 12

10:30 PAL Pet Visiting Group
 11:00 Chair Exercise
 3:30 Frozen Yogurt Cart

Sunday, January 13

10:00 Joel Osteen Ch.5
 10:30 Daily Chronicle
 1:15 HCC Sunday Service
 3:30 Puzzles & Games
 4:00 Daily Devotional Reading



January 7 - January 13

MONDAY, JANUARY 7

Resident Community Meeting, AUD, 10:00 a.m.
Resident Artist Pick-up, Art Center, 9:30 a.m.
 Memoirs, Smith Study, 11:00 a.m.
Art Film: Anselm Kiefer, Media Room, 1:00 p.m.
 Scrabble, Game Room, 2:00 p.m.
 Mexican Dominoes, Game Room, 7:00 p.m.
 Duplicate Bridge, Card Room, 7:00 p.m.

TUESDAY, JANUARY 8

Dining Services Committee, Board Room, 9:30 a.m.
Ceramics, Art Center, 10:00 a.m.
Shopping Shuttle, Departs at 11:30 a.m.
 Grief Support Group, Smith Study, 1:00 p.m.
 Painting with Palette Knives, Art Center, 1:00 p.m.
 Knit for Kids, Art Center, 1:30 p.m.
 Veterans Committee, TOW, 2:00 p.m.
Matinee: Ken Burns: The Address, MR, 2:00 p.m.
Newcomers et al., Formal Parlor, 4:00 p.m.
 Poker Game, Game Room 7:00 p.m.
 Lincoln Society, TOW, 4:30 p.m.
Veterans' Movie, AUD, 7:15 p.m.

WEDNESDAY, JANUARY 9

Holy Eucharist, Chapel, 10:00 a.m.
Jewelry Making, Art Center, 10:00 a.m.
 Music Committee, Formal Parlor, 11:15 a.m.
 Contemplative Worship, Smith Study, 11:00 a.m.
 Grounds Committee, TOW, 1:00 p.m.
Painting with Palatte Knives Art Center, 1:00 p.m.
GH Players, Board Room, 1:30 p.m.
 Perspectives on the News, Smith Study, 2:00 p.m.
Great Courses - Palaces, Media Room, 3:00 p.m.
BINGO, TOW, 7:00 p.m.
Green Team Movie, AUD, 7:15 p.m.

THURSDAY, JANUARY 10

Book Group, TOW, 10:30 a.m.
WhatNot Shop, DONATIONS, 10:00 - 11:30 a.m.
 Rosary Group, Chapel, 12:30 p.m.
 Poetry Group, Smith Study, 2:00 p.m.
 Rummikub! Game Room, 2:00 p.m.
 Woodcarving, Art Center, 2:00 p.m.
 UU Covenant Group, Formal Parlor, 3:30 p.m.
 Contemplative Worship, Chapel, 4:30 p.m.
 Scrabble, Top of the West, 7:00 p.m.
 Duplicate Bridge, Card Room, 7:00 p.m.

FRIDAY, JANUARY 11

Back to Basics Drawing, Art Center, 9:30 a.m.
Giant Shuttle, Departs at 11:30 a.m.
Encore Chorale "Preview", Auditorium, 1:00 p.m.
Happy Hour, BC Lounge, 4:00 - 7:00 p.m.
 Poker Game, Game Room, 7:00 p.m.
 Mah Jongg, Card Room, 7:15 p.m.

SATURDAY, JANUARY 12

Ceramics, Art Center, 10:00 a.m.
Opera Afternoon: Media Room, 1:00 p.m.
 Rummikub! Game Room, 2:00 p.m.
Movie: Alpha, AUD, 7:15 p.m.

SUNDAY, JANUARY 13

Community Coffee Hour, Formal Parlor, 9:45 a.m.
 Catholic Communion Service, TOW, 10:00 a.m.
Holy Eucharist, Chapel, 10:30 a.m.
 UUCA Fellowship, Board Room, 10:45 a.m.
 UUCA Service, Board Room, 11:15 a.m.
 Bridge (No lesson), Card Room, 2:00 p.m.
Compline Service, Chapel, 7:30 p.m.

WEBSITE TIP

Have you checked out January's Resident Showcase (look along the left column to find it)? Bill Rockey is our featured resident for the month. You can find all of the past three years' of Showcases by clicking on the archive list.

Newcomers et al. will begin again on Tuesday, January 8, at 4:00 p.m. in the Formal Parlor -- a visit with Justin Carwile, our Executive Director. You can find the program schedule for Newcomers et al. on the New Residents page of the website (along the left column), below the list of recent and soon-to-be new residents.

The deadline for the next issue of West Winds is
Tuesday, January 15.
Submit all articles by
12:00 p.m. via email at
westwinds@goodwinhouse.org