

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

The March Resident Council Community Meeting will feature Peter Moutsos, Director of Dining Services. Tune in to Channel 2 on Monday, March 8, at 10:00 am.

Peter will give us an update on planning for Dining Services over the next several months.

The sign-up sheet for Zoom taping will be available in the Resident Business Center on Monday, March 1. Taping will be on Thursday, March 4, at 10:00 a.m.



GOODWIN HOUSE
BAILEY'S CROSSROADS

BRENT SCOWCROFT MEMORIAL SERIES

Monday, March 1, 11:00 a.m. | Zoom



GHBC Resident George Moose, former Ambassador and State Department Assistant Secretary, will discuss on Monday, March 1, at 11:00 a.m. "What do we expect of the Biden Administration's engagement with the United Nations?"

All residents are invited to participate in a Zoom virtual conversation with George. You may sign up in the Resident Business Center and please include phone number and email address. Elizabeth Whitehouse will send to you the Zoom link on Monday morning. This should be a highlight on our international affairs programs.



SENIOR QUEST FOR MEANING

*Inter-religious and humanistic
reflections on basic issues of human life*

THE NEXT PANEL: FROM VIOLENCE TO PEACEMAKING

The Spiritual Life Committee invites you to the next Zoom panel in the Senior Quest for Meaning Series: From Crisis to Hope. Resident **Bob Harris** will moderate a panel of three presenters who are making a difference in moving from violence to peacemaking, a very pertinent topic after current events. **Rebecca Cataldi**, Senior Program Manager at the International Center for Religion and Diplomacy, is a specialist in conflict resolution both in international hotspots and in local political settings. **Naureen Chowdhury Fink**, Executive Director of the Soufran Center, focuses on a broad range of critical security issues and has developed counter-terrorism projects across the globe. GHBC Resident **George Moose**, Career Ambassador after many roles in the State Department, currently serves on the Board of the U.S. Institute of Peace.

The Zoom panel will be presented live on **Monday, March 8, from 3:30 - 4:30 p.m.** To receive an invitation to join this session, send an email to Tony Tambasco at tambasca@georgetown.edu or sign up in the Resident Business Center. A recording of the session will be shown on Channel 2 on Thursday, March 11, at 1:00 p.m., and a link will also be provided on the resident website.

COMMUNITY NEWS AND UPDATES

FOR THE NEXT ANTIRACISM READ

The next book in the Spiritual Life Committee's Antiracism Book Discussion features *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together* by Heather McGhee.

Quoting from the description on amazon.com, "From the financial crisis to rising student debt to collapsing public infrastructure, McGhee found a common root problem: racism. But not just in the most obvious indignities for people of color. Racism has costs for white people, too. It is the common denominator of our most vexing public problems, the core dysfunction of our democracy and constitutive of the spiritual and moral crises that grip us all."

Discussion begins Friday, March 19. To join the conversation, email Claudia Blake at blake.claudia@gmail.com



March is Women's History Month



Let's celebrate women, past and present!

Turn to the digital signs daily to follow a timeline of Women's History. Starting in 1776 all the way to present day. Each day will have a new slide focused on a part of history.

Each Tuesday in March, tune into Channel 2 at 3:00 p.m. for interviews with women seen on Oprah's 2020 Visionary Tour. Hear from women such as Michelle Obama, Jenifer Lopez and more!

Stay tuned for more information and ways we will celebrate Women's History month.

COMMUNITY CORNER

So, you think you live in Falls Church in Fairfax County? A thought which comes naturally to someone whose address is Falls Church. There are residents who lived in the city of Falls Church who would try to explain to you why they lived in Falls Church and you live in Falls Church County...which does not exist. Let me explain. Falls Church City (politically) was not in any county, although it is surrounded by Fairfax County and Arlington County. Its borders were made on political decisions back in the late 19th Century. The Commonwealth of Virginia has an unusual political geography. It contains independent cities and towns that are (politically) not part of any county despite, in many cases, being entirely imbedded in a particular County. Falls Church City, Fairfax City, and the City of Alexandria are all examples of this phenomenon. There have been as many as 38 independent cities in Virginia, and three in the rest of the United States.

You may wonder where Falls Church got its name, and here is the answer: it took its name from The Falls Church, an 18th Century Church of England (later Episcopal Church) parish. Falls Church gained township status within Fairfax County in 1875. At 2.11 square miles, Falls Church is the smallest incorporated municipality in Virginia and the smallest county-equivalent municipality in the United States.

Do not throw away your address labels. Your address is still 3440 S. Jefferson St, Falls Church, VA. When one lives in Virginia, one needs (or does one?) to understand its interesting history. Now when someone asks you where you live, you can smile and say Northern Virginia, a suburb of Washington, D.C. and that will suffice.

~Dottie Moser, Resident



CHAPLAINCY UPDATES



THE EPISCOPAL DIOCESE OF VIRGINIA

Interested in Receiving Episcopal News from the Diocese of Virginia?

As many of you know, in 2020, the Diocese of Virginia made the difficult decision to discontinue the printing of its quarterly magazine, the *Virginia Episcopalian*. In a time of decreasing budgets, a costly magazine was simply not a luxury that the Diocese could afford to continue. The good news is that the monthly diocesan newsletter, the *eCommunique*, will now be incorporating some of the great storytelling and features that many of you enjoyed in the *Virginia Episcopalian*, but without the lag time and hefty price tag of a traditional print publication. By subscribing to the diocesan news service, you will receive the monthly eCommunique plus announcements from your Bishops as they happen. Rest assured that the diocesan offices will never share your information with any other parties. You may subscribe by going to the Diocesan website (thediocese.net and click on “subscribe” from the main page *or* use the following link: https://visitor.constantcontact.com/manage/optin?v=001-C0KnEtb87eWg81W4YWa0ztNMntDuGXb5aC6vMVBswVDeedmimWaNNxdZQk_q43WnayW-5Nb7bHDLHhhXwtwnJn8bRb0H5Usg8GL9O9vjpCgtOI6HvZ-PDwASbowehtu). If you need assistance in subscribing, Chaplain Theresa is glad to come to your apartment and assist you in signing up. All are welcomed to subscribe, regardless of your faith or spirituality.

Stations of the Cross



With the absence of in-person Chapel services this Lent, Chaplain Theresa could set out the 14 Stations of the Cross “more permanently” for your use in the Chapel. As is customary in the Episcopal Church, they begin at the altar on the left side and continue around the Chapel perimeter until you arrive back at the altar and cross. Booklets you may use for “following” the Stations are in the front seats, left of the aisle, where you begin your pilgrimage. Please take time to follow either of the alternative booklets or to bring your own meditations to use along with the Stations. If you wish a personal copy of the booklet and stations for your use at home, let Chaplain Theresa Brion know so

she can provide you with copies. If you have any questions or you find the stations or booklets have disappeared, please let Theresa know. Remember that, although it is customary to walk the stations on Fridays, you can make the pilgrimage at any day or time of the week.



Lenten devotions and other materials.

A variety of printed copies of materials are available in the Chapel and mailroom. If you wish any assistance in locating additional print or electronic meditation/devotionals (including daily devotional thoughts), please let Theresa know. There are many available to fit most any style of approach to the Lenten Season.

GOODWIN HOUSE FOUNDATION**Update on the Goodwin House Foundation's First Annual Giving Day!**

The Goodwin House Foundation staff wants to thank everyone for their participation in our first annual Giving Day! Our staff and volunteers really enjoyed the many conversations we had and are pleased to share a few highlights from the Giving Day promotion:

- Total Number of Gifts Received: 143
- Number of First-Time Annual Fund Donors: 36

Total Dollars Raised: \$172,145

If you didn't have a chance to come to our "Chocolates and Chats" and want to know more about the Foundation, please contact us! You can still participate and make a difference with your gift!

Valerie Burke vburke@goodwinhouse.org or 703-824-1345

Mary Kate Roberts mroberts@goodwinhouse.org or 703-824-1027

~Valerie, Mary Kate, Allison and Renata



MEET JESSICA FREDERICKSEN



We are excited to announce the new position of Brain Health Program Manager. This position will take the lead in planning and facilitating brain health programs for our Goodwin House communities, serve on the Dementia Advance Team, and work to promote dementia friendly initiatives throughout the broader Northern Virginia community.

Jessica Fredericksen, LMSW, RCAL, CDP, has accepted the position of Brain Health Program Manager. Jessica is a licensed Master Social Worker (Missouri), a licensed Assisted Living Administrator, and a Certified Dementia Practitioner.

Jessica has been working in the field of senior living in the St. Louis, Missouri area for the past three years. Originally from Arlington, VA, Jessica is returning home and joined the Goodwin House family this month. Jessica's office is on Assisted Living at GHBC, but she will serve all Goodwin House residents and will be working with our StrongerMemory program. She can be reached at jfredericksen@goodwinhouse.org.

Please welcome Jessica to the Goodwin House family.

DINING SERVICES

ALI:

Chocolates in the Market Place

- TCHO chocolates are now available for sale in the Market Place! They are sold in small individual pieces in a variety of delicious flavors. TCHO is based in California, they adhere to the Fair Trade standards and the chocolate tastes best when it slowly melts on your tongue!

Tete-A-Tete Wednesday, March 10. Please email Ali by **Tuesday, March 9**, at aliggett@goodwinhouse.org to sign up.

PETER:

BC Lounge is Open for Cocktails-to-Go

- The BC Lounge is now open for Cocktails-to-Go, featuring a Full Bar and Specialty Drinks. Seating inside the lounge will not be available, however residents may congregate throughout the lobby with their libations while practicing safe distancing and modest mask dropping. Cocktails-to-Go are available Monday, Wednesday, and Friday from 4:00 – 7:00 p.m.



Bistro under Renovation

- You may have noticed that the Bistro Kitchen is undergoing some renovations. It will be a more sleek and efficient Bistro kitchen to service GHBC as we begin to crank up in-person dining.

Compost for Resident Garden Beds is coming soon.

CHEF NINA:

Call for Corrections to your Order

- If there are any items missing or if you have any other concerns about your meal, please call Ext. 7309 in the moment so Dining Service can make corrections right away.

IT'S EASY BEING GREEN

If you turn off the water while you are brushing your teeth you will keep about 4 gallons of clean water from needlessly going through the water treatment process. This reduces energy usage. There are probably other places we can all find where we are uselessly sending clean water down the drain.

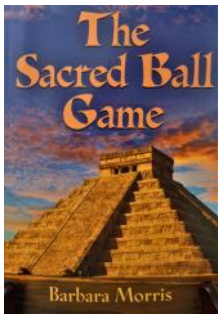
STAFF SPOTLIGHT



If you happened to wander into the kitchen area here at GHBC, you would see a small woman scrubbing very large pots and pans. That woman is Patricia Gray, who has worked in Dining Services for 33 years.

Patricia grew up in Northern Virginia and has lived here almost all of her life. She left school after the 9th grade and quickly got a job at S&W Cafeteria in Landmark. She married her first husband at age 19 and followed him to Texas for his military assignment. She had two children, divorced, and came back to Virginia, where she worked at a couple of jobs and did housekeeping at night in a nearby hotel. She and her daughter happened to notice GHBC's new building and both applied for jobs. They worked in Dining Services, at first serving residents cafeteria style. Patricia's son joined them for a short time. Patricia liked this arrangement because she got to meet and interact with the residents but, when the method of serving changed, she began working in the kitchen and has stayed there ever since. She reports that the large pots are not usually a problem but that Big Mike Jones cheerfully steps in to help her when a pot is too large for her to manage.

Patricia declares that this is the best job she has ever had and that she has no intention of ever retiring.



Just published---Barbara Morris' latest book--The Sacred Ball Game, an ancient Mayan adventure story. A book of fiction, but based on Mayan culture, it's the story of Dzek, a young prince who is a hostage in Chichen Itza, Mexico. He tries to escape many times. Then, to his surprise, the wily Chief Priest of Chichen Itza offers him a chance at freedom. The terms: he must play in the Sacred Ball game that is played annually to honor the Mayan god Kukulcan. But there's a catch: he must be the captain of one of the two teams ---and, most importantly, his team must win the game. The reason is that Mayan tradition calls for the captain of the winning team to behead the losing captain. In short, if Dzek's team wins, he goes free; if it loses, he is beheaded. Dzek accepts the challenge, but, thanks to the crafty Chief Priest, he then faces, and must overcome, acts of betrayal, physical danger, injury and

despair. By his side is Chuen, the independent young girl whose determination and spirit set her apart--perhaps the first Mayan feminist. Together they face plagues of locusts, drought, bloodletting rituals, sacrifices by drowning in the bottomless *cenote* or Well of Sacrifice and feats of bravery under the gaze of steely-eyed gods. The highpoint of the story is the grueling, sweaty, rough and tumble Sacred Ball Game in which players, armored in casings of wood or rubber, must hit a large, hard rubber ball through a vertical hoop without using their hands or feet---an almost impossible feat.

This is Barbara's fourth book, but first novel. It's based on a trip to Chichen Itza during which the Mayan culture came alive. Barbara hopes to introduce readers to Mayan culture as well as to subtly provide readers with concepts of good sportsmanship, perseverance, compassion and goal setting. Originally intended for young adults, it has gotten reviews from adults who call it "gripping" and "unable to put down." Use this link booklocker.com/11488 for a photo of the book, a synopsis, two sample chapters and a link to order it in print or as an ebook. There is a copy in the library.

~ Barbara Morris

CLOTHING DONATIONS

1. We will accept only clean, gently-used men and women's clothing. This includes slacks, dresses, shirts, blouses, sweaters, shoes, belts, scarves, ties, jackets and hats.
2. We will not accept torn or dirty clothing, underwear, socks or any non-clothing items.
3. We will only accept donated clothing in commercial 13 gallon trash bags also referred to as Tall Kitchen Drawstring or Flap Tie Bags. It is the responsibility of the donating resident to provide these bags which can be purchased at our Market Place, major grocery stores and on-line. **No other bags will be accepted.**
4. The Crossroads Storage Clothing Bin is now locked and access is limited to members of the Donated Clothing Team.
5. During the month of March, residents donating clothing should call Tom or Edie Smolinski at Ext. 3184 to arrange for a pickup.

Residents are welcome to take their own clothing in any size bag to the collection facility of their choice.

CHANNEL 2 AND 43

Check out the Channel 2 and 43 Guide! All shows are on Channel 2 unless otherwise indicated.

Monday, March 1

10:30 a.m. – Seated Fitness, Channel 2

11:00 a.m. – Meditation

11:30 a.m. – Chair Yoga

12:00 p.m. – Daily Devotions with CPE Students

1:00 p.m. – Art Film: *A World of Art: The Metropolitan Museum of Art*

Tuesday, March 2

10:00 a.m. – Standing Low Impact Aerobics Workout

10:30 a.m. – Seated Fitness

11:00 a.m. – Muscle Relaxation

2:00 p.m. – MasterClass Presents Roxane Gay: Writing for Social Change

- **Get it Down on Paper:** Roxane breaks down everything a writer needs to get from the first draft to the final polish. 3 episodes, 35 minutes total

3:00 p.m. – Oprah's 2020 Vision Tour Visionaries: Michelle Obama Interview

7:15 p.m. – Veterans Movie: *African Queen* (Channel 43)

- This is a 1951 British-American adventure film. Stars Humphrey Bogart as Charlie, a Canadian running the "African Queen", a small steam launch which supplies missionaries in German East Africa. When World War I begins, the Germans burn local villages and kill the brother of Rose (Katherine Hepburn), another missionary. Rose persuades Charlie to convert the launch into a torpedo boat and sink the German ship causing problems. They push torpedoes through holes in the front of their ship. The Germans sink the launch and capture Charlie and Rose. Charlie persuades the German captain to marry them before executing them. Just as the ceremony is completed, the German ship backs across the torpedoes in Charlie's sunken ship, explodes them and sinks. The newly married couple swim to safety. 1951, PG, Romance/Adventure 1 hour, 45 minutes

Wednesday, March 3

10:30 a.m. – Seated Fitness

11:00 a.m. – Meditation

11:30 a.m. – Chair Yoga

12:00 p.m. – Daily Devotions with CPE Students

2:00 p.m. – Jon Batiste & Friends (Live) | Jazz Night in America

Thursday, March 4

10:00 a.m. – Standing Total Body Strength Workout

10:30 a.m. – Seated Fitness

11:00 a.m. – Muscle Relaxation

1:00 p.m. – Movie: *Charade* (Channel 43)

- After Regina Lampert (Audrey Hepburn) falls for the dashing Peter Joshua (Cary Grant) on a skiing holiday in the French Alps, she discovers upon her return to Paris that her husband has been murdered. Soon, she and Peter are giving chase to three of her late husband's World War II cronies, Tex (James Coburn), Scobie (George Kennedy) and Gideon (Ned Glass), who are after a quarter of a million dollars the quartet stole while behind enemy lines. But why does Peter keep changing his name? 1963, R, Thriller/Mystery, 1 hour, 55 minutes

3:00 p.m. – Phantom Cruise: European Union

Friday, March 5

10:30 a.m. – Seated Fitness

11:00 a.m. – Meditation

11:30 a.m. – Chair Yoga

Channel 2 and 43 listing continued

12:00 p.m. – Daily Devotions with CPE Students

1:00 p.m. – Opera: *MANON* - Massenet

4:00 p.m. – Movie: *The Wizard of Oz*

- Dorothy Gale is swept away from a farm in Kansas to a magical land of Oz in a tornado and embarks on a quest with her new friends to see the Wizard who can help her return home to Kansas and help her friends as well. 1939, PG, Adventure/Family/Fantasy/Musical, 1 hour, 42 minutes

7:15 p. m. – Veterans Movie: *The Maltese Falcon* (Channel 43)

- This is a 1941 American film starring Humphrey Bogart as private investigator Sam Spade and Mary Astor as his client. Peter Lorre and Sydney Greenstreet co-star. The story follows a private detective and his dealings with three unscrupulous adventurers who are competing to obtain a jewel-encrusted statuette known as The Maltese Falcon. The actions among the five of them are continuous and dangerous. The film was nominated for three academy awards and considered one of the greatest films of all times. 1941, G, Film Noir/Mystery, 1 hour, 40 minutes



Saturday, March 6

7:15 p.m. – *Heaven Can Wait* (Channel 43)

- Joe Pendleton (Warren Beatty), quarterback for the Los Angeles Rams, is killed in an auto accident. In the afterlife, Joe discovers that his guardian angel (Buck Henry) has taken him from his body prematurely, and he is due many more years on earth. Unable to return to his body, Joe assumes the form of greedy multimillionaire industrialist Leo Farnsworth. As Farnsworth, Joe attempts a return to football and falls in love with environmental activist Betty Logan (Julie Christie). 1963, R, Comedy, 1 hour, 41 minutes

Sunday, March 7

10:30 a.m. – Sunday Chapel Service

3:00 p.m. – Movie: *Driving Miss Daisy*

- Daisy Werthan, an elderly Jewish widow living in Atlanta, is determined to maintain her independence. However, when she crashes her car, her son, Boolie, arranges for her to have a chauffeur, an African-American driver named Hoke Colburn. Daisy and Hoke's relationship gets off to a rocky start, but they gradually form a close friendship over the years, one that transcends racial prejudices and social conventions. 1989, PG, Drama, 1 hours, 39 minutes

TRIVIA WITH TIFFANY IS BACK!

Join Tiffany Proctor in the Atrium **Thursday, March 4, at 2:30 p.m.** for some trivia! Test your knowledge on a variety of topics! We look forward to seeing you in person!

JEOPARDY!

Friday, March 5, 2:00 p.m. | Board Room

We are excited to welcome back in person Jeopardy! Join Elizabeth Whitehouse on Friday, March 5, at 2:00 p.m. in the Board Room. Please note that Jeopardy will be every other week moving forward. Check out West Winds for the next Jeopardy date.





Week #1

GHBC 82% Participation GHA 82% Participation



New Yoga Series: Cat and Cow Pose

The Cat-Cow pose is one of the Restorative poses, and it serves as a good warm-up for the spine.

1. Start in **all fours pose**, ensure your knees are directly below hips and palms beneath shoulders. Think of your body as a table, with spine straight and legs and arms strong.
2. Inhale as you drop your torso down pushing it toward the ground to the point of mild tension. Looking forward or stretch your neck upwards. (**Cow**)
3. Gently exhale as you revert to the starting position. Lift your torso above toward the ceiling. Keep moving up till you feel a mild stretch in your back. Do not leave your neck hanging. (**Cat**)
4. Work for five or more breaths.



1. All four Pose



2. Cow

3. Cat

MONDAY, MARCH 1

- 8:30 a.m. – Total Body Standing, Aerobics Room
- 8:50 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, MARCH 2

- 8:15 a.m. – Stretch and Flex, Auditorium
- 9:00 a.m. – Ballet Barre & Balance, Auditorium
- 9:00 a.m. – Getting Started, Aerobics Room
- 9:45 a.m. – Tone & Balance, Auditorium
- 10:30 a.m. – Pilates, Aerobics Room

WEDNESDAY, MARCH 3

- 8:00 a.m. – Total Body Standing, Aerobics Room
- 8:50 a.m. – Total Body Standing, Aerobics Room
- 9:30 a.m. – Total Body Seated, Aerobics Room
- 10:30 a.m. – Brain Body Fitness Break, Aerobics Room
- 11:30 a.m. – Chair Yoga, Aerobics Room (**Must Register**)

THURSDAY, MARCH 4

- 8:15 a.m. – Stretch and Flex, Aerobics Room
- 9:00 a.m. – Posture & Core, Aerobics Room
- 9:00 a.m. – Ballet Barre & Balance, Auditorium, **CANCELED**
- 9:45 a.m. – Tone & Balance, Aerobics Room
- 10:30 a.m. – Pilates, Aerobics Room
- 11:30 a.m. – Chair Fit, Aerobics Room

FRIDAY, MARCH 5

- 8:30 a.m. – Total Body Standing, Aerobics Room
- 8:50 a.m. – Total Body Standing, Auditorium
- 9:30 a.m. – Total Body Seated, Auditorium
- 9:45 a.m. – Posture & Core, Aerobics Room,
- 10:30 a.m. – Chair Yoga, Auditorium (**Must Register**)

SATURDAY, MARCH 6

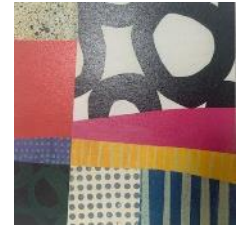
- 9:00 a.m. – Total Body Video, Aerobics Room
- 10:00 a.m. – Total Body Video, Aerobics Room

INSIDE THE ART CENTER

Monday, March 1

1:00 p.m. – Art Film — *A World of Art: The Metropolitan Museum of Art*. Produced by Great Museums TV for Public Television this film explores the Met Museum as a three dimensional encyclopedia of art. (Film can be viewed on Channel 2)

2:30 – 4:00 p.m. — Fun with Abstract Art. In this class we will create an abstract piece using a grid design to combine solid colors of paint and patterns with collage (pictured right). There is no right or wrong with abstract art. Everyone is welcome. (sign up required—limit 9)



Tuesday, March 2

9:30 – 11:00 a.m. — Advanced Ceramics Group Meets — Contact Carol Lewis at Ext.7546 for questions.

1:30 – 2:30 p.m. — Knitting Group Meets — Contact Sue Swisher at Ext. 7442 to register.

3:00 – 4:30 p.m. — Beginner Ceramics Group — Beginners will work on their projects.

Wednesday, March 3

9:30 – 11:00 a.m. — Beading Group Meets. (sign up required—limit 9)

Still Life Drawing—Contour Line Drawing. Convey a three dimensional feeling using line rather than shading. A still life will be set up on each table. Beginners will be given step by step instructions and intermediate students may work at their own pace.

1:00 – 2:30 p.m. — (sign up required—limit 9)

2:45 – 4:00 p.m. — (sign up required—limit 9)



Example of contour line drawing.

Thursday, March 4

Daily Painting—Learn about the process of creating small paintings on a regular basis in order to improve your skills. This is an introductory session; we will walk through the process and start our first small painting. More sessions and homework assignments will follow to help you improve your art with daily practice no matter what materials you use.

1:00 – 2:30 p.m. — (sign up for each class required—limit 9)

2:45 – 4:15 p.m. — (sign up for each class required—limit 9)

Friday, March 5

Flower Group Meets in the morning



Daily painting set up by Adrienne.

ASSISTED LIVING PROGRAMS

Monday, March 1

10:30 – Fitness with Sherry
 11:00 – Meditation, Channel 2
 11:30 – Chair Yoga, Channel 2
 12:00 – Daily Devotions with CPE Students, Channel 2
 1:00 – Art Film, Channel 2
 1:30 – Music Monday's with Tiffany and Elizabeth (CR)
 3:30 – Afternoon Crafting Group: Creating Greeting Cards (CR)

1:45-3:00 Family Video Visits

Tuesday, March 2

10:00 – Standing Total Body Strength Workout, Channel 2
 10:30 – Seated Fitness, Channel 2
 11:00 – Muscle Relaxation, Channel 2
 1:00 – Spiritual Discussions with Theresa Brion (CR)
 1:30 – Fitness with Olga
 2:00 – MasterClass Presents Roxane Gay, Channel 2
 3:00 – Oprah's 2020 Vision Tour Visionaries, Channel 2
 7:15 – Veterans Movie: *The African Queen*, Channel 43

1:25-3:00 Family Video Visits

Wednesday, March 3

10:00 – Story Telling with Mary (CR)
 10:45 – World Travel Wednesday on IN2L with Elizabeth (CR)
 11:00 – Meditation, Channel 2
 12:00 – Daily Devotions with CPE Students, Channel 2
 2:00 – Jon Batiste & Friends (Live), Channel 2
 2:30 – Afternoon BINGO (CR)

Thursday, March 4

10:00 – Standing Total Body Strength Workout, Channel 2
 10:30 – Seated Fitness, Channel 2
 11:00 – Muscle Relaxation, Channel 2
 11:30 – Morning Exercise with Elizabeth (CR)
 1:00 – Movie: *Charade*, Channel 43
 3:00 – Phantom Cruise: European Union, Channel 2

1:00-3:00 Family Video Visits

Friday, March 5

10:30 – Seated Fitness, Channel 2
 11:00 – Meditation, Channel 2
 11:30 – Chair Yoga, Channel 2
 12:00 – Daily Devotions with CPE Students, Channel 2
 1:00 – Opera: *MANON* - Massenet, Channel 2
 3:00 – Afternoon Trivia with Tiffany (CR)
 3:30 – Art with Adrienne (CR)
 4:00 – Movie: *The Wizard of Oz*, Channel 2
 4:00 – Wine/Hydration Cart with Weekend Warrior Package
 7:15 – Veterans Movie: *The Maltese Falcon* Channel 43

1:00-3:00 Family Video Visits

Saturday, March 6

*Check out the Fun on the Run Cart in the Community Room
 *Check out a book from the Book Cart in the Community Room
 *Work on Weekend Warrior Package
 7:15 – Movie: *Heaven Can Wait*, Channel 43

Sunday, March 7

10:00 – Joel Osteen, Channel 5
 10:30 – Chapel Service, Channel 2
 *Work on Weekend Warrior Package
 3:00 – Movie: *Driving Miss Daisy*, Channel 2

HEALTH CARE CENTER PROGRAMS

Monday, March 1

10:15 – Morning Exercises: Chair Fitness
 1:00 - 3:00 – 1:1 Therapeutic Recreation Visits
 3:30 – Nutrition Corner with Ali
 3:30 – Who Wants to be a Millionaire?

Tuesday, March 2

10:15 – Morning Exercise: Tuesday Tone Up
 1:00 - 3:00 – 1:1 Therapeutic Recreation Visits
 2:00 – MasterClass Presents Roxane Gay, Channel 2
 3:00 – Oprah's 2020 Vision Tour Visionaries, Channel 2
 3:30 – Household BINGO

Wednesday, March 3

10:15 – Morning Exercise: Active Seniors
 1:00 - 3:00 – 1:1 Therapeutic Recreation Visits
 2:00 – Jon Batiste & Friends (Live), Channel 2
 3:30 – INSL Brain Games

Thursday, March 4

10:15 – Morning Exercises: Stay Fit Exercise
 1:00 - 3:00 – 1:1 Therapeutic Recreation Visits
 3:00 – Household BINGO
 3:00 – Phantom Cruise: European Union, Channel 2

Friday, March 5

10:30 – Seated Fitness, Channel 2
 11:00 – Exercise with your neighbors
 1:00 – Opera: *MANON* - Massenet, Channel 2
 1:00 - 3:00 – 1:1 Therapeutic Recreation Visits
 3:00 – Visit to America's National Parks: Yosemite
 4:00 – Movie: *The Wizard of Oz*, Channel 2

Saturday, March 6

10:45 – Household Exercise
 1:00 - 3:00 – 1:1 Therapeutic Recreation Visits
 3:30 – Creative Art

Sunday, March 7

10:00 – Joel Osteen, Channel 5
 10:30 – Chapel Service, Channel 2
 1:00 - 3:00 – TR Household Group Programs
 3:00 – Movie: *Driving Miss Daisy*, Channel 2

Puzzles, Games, Daily Devotional & Spiritual Reading Packet in Each Household

Video Calls will occur Monday, Wednesday, Friday from 1:00 - 4:00 p.m. by appointment only.



March 1 - March 7

MONDAY, MARCH 1

8:30 a.m. – Total Body Standing, Aerobics Room
 8:50 a.m. – Total Body Standing, Auditorium
 9:30 a.m. – Total Body Seated, Auditorium
 10:30 a.m. – Seated Fitness, Channel 2
 11:00 a.m. – Meditation, Channel 2
 11:00 a.m. – Brent Scowcroft Memorial Series with George Moose, Zoom
 11:30 a.m. – Chair Fit, Auditorium
 11:30 a.m. – Chair Yoga, Channel 2
 12:00 p.m. – Daily Devotions with CPE Students, Channel 2
 1:00 p.m. – Art Film: *A World of Art*, Channel 2
 2:00 p.m. – Mat Yoga, Auditorium
 2:30 p.m. – Fun with Abstract Art, Art Center

TUESDAY, MARCH 2

8:15 a.m. – Stretch & Flex, Auditorium
 9:00 a.m. – Ballet Barre & Balance, Auditorium
 9:00 a.m. – Getting Started, Aerobics Room
 9:30 a.m. – Advanced Ceramics Group, Art Center
 9:45 a.m. – Tone & Balance, Auditorium
 10:00 a.m. – Standing Total Body Strength Workout, Channel 2
 10:30 a.m. – Pilates, Aerobics Room
 10:30 a.m. – Seated Fitness, Channel 2
 11:00 a.m. – Muscle Relaxation, Channel 2
 1:30 p.m. – Knit for Kids, Art Center
 2:00 p.m. – MasterClass Presents Roxane Gay, Channel 2
 3:00 p.m. – Beginner Ceramics Group, Art Center
 3:00 p.m. – Oprah's 2020 Vision Tour Visionaries, Channel 2
 7:15 p.m. – Veterans Movie: *The African Queen*, Channel 43

WEDNESDAY, MARCH 3

8:00 a.m. – Total Body Standing, Aerobics Room
 8:50 a.m. – Total Body Standing, Aerobics Room
 9:30 a.m. – Total Body Seated, Aerobics Room
 9:30 a.m. – Beading Group Meets, Art Center
 10:30 a.m. – Brain Body Fitness Break, Aerobics Room
 10:30 a.m. – Seated Fitness, Channel 2
 11:00 a.m. – Meditation, Channel 2
 11:30 a.m. – Chair Yoga, Aerobics Room (Must Register)
 11:30 a.m. – Chair Yoga, Channel 2
 12:00 p.m. – Daily Devotions with CPE Students, Channel 2
 1:00 p.m. – Still Life Drawing, Art Center
 2:00 p.m. – Jon Batiste & Friends (Live), Channel 2
 2:45 p.m. – Still Life Drawing Art Center

THURSDAY, MARCH 4

8:15 a.m. – Stretch & Flex, Aerobics Room
 9:00 a.m. – Posture & Core, Aerobics Room
 9:00 a.m. – Ballet Barre & Balance, CANCELED

THURSDAY, MARCH 4...continued

9:45 a.m. – Tone & Balance, Aerobics Room
 10:00 a.m. – Standing Total Body Strength Workout, Channel 2
 10:30 a.m. – Seated Fitness, Channel 2
 10:30 a.m. – Pilates, Aerobics Room
 11:00 a.m. – Muscle Relaxation, Channel 2
 11:30 a.m. – Chair Fit, Aerobics Room
 1:00 p.m. – Daily Painting, Art Center
 1:00 p.m. – Movie: *Charade*, Channel 43
 2:30 p.m. – Trivia with Tiffany, Atrium
 2:45 p.m. – Daily Painting, Art Center
 3:00 p.m. – Phantom Cruise: European Union, Channel 2

FRIDAY, MARCH 5

8:30 a.m. – Total Body Standing, Aerobics Room
 8:50 a.m. – Total Body Standing, Auditorium
 9:30 a.m. – Total Body Seated, Auditorium
 9:45 a.m. – Posture & Core, Aerobics Room
 10:30 a.m. – Chair Yoga, Auditorium (Must Register)
 10:30 a.m. – Seated Fitness, Channel 2
 11:00 a.m. – Meditation, Channel 2
 11:30 a.m. – Chair Yoga, Channel 2
 12:00 p.m. – Daily Devotions with CPE Students, Channel 2
 1:00 p.m. – Opera: *MANON* - Massenet, Channel 2
 2:00 p.m. – Jeopardy, Board Room
 4:00 p.m. – Movie: *The Wizard of Oz*, Channel 2
 7:15 p.m. – Veterans Movie: *The Maltese Falcon*, Channel 43

SATURDAY, MARCH 6

9:00 a.m. – Total Body Video, Aerobics Room
 10:00 a.m. – Total Body Video, Aerobics Room
 7:15 p.m. – Movie: *Heaven Can Wait*, Channel 43

SUNDAY, MARCH 7

10:15 a.m. – UUCA Service, CANCELED
 10:30 a.m. – Chapel Service, Channel 2
 3:00 p.m. – Movie: *Driving Miss Daisy*, Channel 2

VACCRA TOWN HALL—ZOOM

The GHBC VaCCRA Chapter welcomes Penny Gross to a special Town Hall Meeting on Thursday, March 11, at 2:00 p.m. Ms. Gross is a member of the Fairfax County Board of Supervisors, representing the Mason District. If you want to participate, please sign up in the Resident Business Center. Instructions to participate via Zoom will follow.

~Jean Bacon