

WEST WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 38, Number 23 ✨ June 8, 2026

UPCOMING MEETINGS

Resident Council Community Meeting

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

Fitness Committee

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

BOM COM Committee

Thursday, June 11 at
10:00 a.m. | Top of the West

Community Service Committee

Thursday, June 11 at
2:00 p.m. | Top of the West

CHANGES

BOM COM Committee

Thursday, June 11 | Top of
the West - **Location Change**

RESIDENT COUNCIL COMMUNITY MEETING – ALL RESIDENTS WELCOME!

Monday, June 8 from 10:00 a.m. to 11:00 a.m. | Auditorium

In our time together, we will:

- Learn about communication opportunities between residents and the Resident Council. Presenters: Wayne Sartis and Jim Dake.
- Learn about GHBC's Floral Treasures. Presenter: Sally Recinos.
- Share questions, comments, and suggestions.



SENIOR QUEST FOR MEANING

Monday, June 8 at 3:30 p.m. | Auditorium

The final session of the 2025-26 series Faith and Hope in "Interesting Times" will be presented on Monday, June 8, at 3:30 p.m. in the Auditorium. The topic of this panel will center on the experiences of religious leaders. Cantor and Outreach Director Allen Leider of Temple Rodef Shalom and Associate Teaching Professor of Islam Doctor Salih Sayilgan of Georgetown University will share their insights along with moderator Tony Tambasco, GHBC resident and retired professor of theology at Georgetown University.

BAILEY'S BIRDERS: BIRDS OF EASTERN AFRICA

Thursday, June 11 at 3:30 p.m. | Auditorium

The Bailey's Birders are delighted to present a talk about the Birds of Eastern Africa by Georgia Fuller, a GHBC resident. Georgia taught in a religious college in western Kenya for many terms. While there, she took pictures of the amazing wildlife, including the many birds that differ from those we know here. Please come join us for a special afternoon.

MORE HAPPENINGS

VENDOR: ARTS OF ASIA SUMMER SALE

Tuesday, June 9 from 10:00 a.m. to 2:00 p.m. | Rotunda/Atrium
Silk, cashmere, silver, jewelry, clothing, and kitchen linens.

ART FILM: *Master of Light* (2022)

Tuesday, June 9 at 2:30 p.m. | Theatre

In an inspiring HBO documentary, the classical painter George Anthony Morton reviews his past of hardship and incarceration.



SOLVING CONUNDRUMS THROUGH WRITING NOVELS: FUNDAMENTALISM AND EDUCATION IN PAKISTAN

Tuesday, June 9 at 2:00 p.m. | Auditorium

Dr. Lorie Brush likes to explore life's conundrums through writing fiction. In the first of her three book talks this summer, she'll discuss her first book *Uncovering*, which addresses the question of whether it's possible for an idealistic twenty-something living in fundamentalist Pakistan to realize her dreams. Lorie spent two years in northwest Pakistan leading a USAID-funded project to introduce state-of-the-art teaching methods to 10,000 Pakistani teachers. The dedicated people on her staff, especially the young women, inspired the novel, which is available in the GHBC library. Her subsequent talks are scheduled for July 16 and August 20.

GREAT COURSES - OCEANOGRAPHY: EXPLORING EARTH'S FINAL WILDERNESS

Wednesday, June 10 at 3:00 p.m. | Theatre

- Episode 17 - *Marine Life, Energy, and Food Webs*
- Episode 18 - *Tiny Plankton - The Most Abundant Life on Earth*

COFFEE AND CONVERSATION WITH CHANDRA KUMAR, COO, GOODWIN LIVING

Wednesday, June 10 at 2:00 p.m. | Board Room

All Chartered Committee Chairs and Co-Chairs are invited Share your committee successes and challenges. Ask questions and get updates on the first floor renovation.

RSVP: eplionis@aol.com, ext. 7389.

FILM NOIR SERIES: *Desert Fury* (1947)

Wednesday, June 10 at 7:30 p.m. | Theater

The daughter of a Nevada casino owner falls in love with a bisexual racketeer who lives with his gay partner, while, a long-ago murder insinuates itself.

A very unusual noir (in more ways than one): instead of black and white photography, the film is in blazing Technicolor and the relationship between the two male characters was virtually unheard-of during films of the era.

Director: Lewis Allen

Cast includes: John Hodiak, Burt Lancaster, Wendell Corey (film debut), Lizabeth Scott, Mary Astor



MORE HAPPENINGS

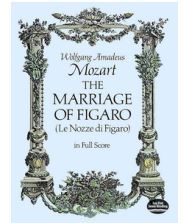
AFTERNOON CONCERT

Every Friday at 1:00 p.m. | Theatre

Friday, June 12 - *The Marriage of Figaro* - Wolfgang Amadeus Mozart

The Marriage of Figaro is an opera buffa in four acts composed in 1786 by W.A. Mozart with an Italian libretto written by Lorenzo Da Ponte. It tells how the servants Figaro and Susanna succeed in getting married, foiling the efforts of their philandering employer Count Almaviva to seduce Susanna and teaching him a lesson in fidelity. Sung in Italian with English subtitles. PART 1

Running Time: 1 hour, 37 minutes.



SATURDAY NIGHT MOVIE - *Is This Thing On?* (2025)

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

Facing middle age and an impending divorce, Alex finds new purpose in the New York comedy scene, while his wife, Tess, confronts the sacrifices she made for their family.

Rated ·R, 2025, Drama/Comedy, 2 hour 1 minute

Starring: Will Arnett, Laura Dern, Bradley Cooper, and Andra Day



AFTERNOON CONCERT WITH BELLA VOCE

Sunday, June 14 at 4:00 p.m. | Atrium

Join us for an uplifting Spring program of music celebrating love, joy, resilience, hope, strength, and community.



JUNE IS PRIDE MONTH! LIVING FULLY: REFLECTION, IDENTITY AND JOY AT EVERY STAGE OF LIFE

Tuesday, June 16, 23, and 30 at 2:00 p.m. | Auditorium (Signup required)

This three-part Pride Month series is designed to honor the lived experiences, wisdom and evolving identities of older adults. Through guided conversations, storytelling, and reflection, participants will explore authenticity, community, and personal joy in a way that is accessible to all, regardless of identity.

Each session is a one-hour interactive experience and is mindful of energy levels. This workshop requires you to sign up one time for all three sessions to ensure you get the most from the workshops. Sign up in the Resident Business Center starting Monday, June 8, at 11:30 a.m.



SAVE THE DATE

FINANCE COMMITTEE MEETING

Thursday, June 18 at 2:00 p.m. | Board Room

GHBC VESPERS

Tuesday, June 16 at 7:15 p.m. | Chapel

MOVIE COMMITTEE OUTING: *SUFFS* BROADWAY AT THE NATIONAL

Sunday, June 28 at 1:15 p.m.

BEHIND EVERY POWERFUL WOMAN... ARE MORE POWERFUL WOMEN.

Direct from Broadway comes the acclaimed Tony Award®-winning musical *Suffs* about the brilliant, passionate, and funny American women who fought tirelessly for the right to vote. Created by Shaina Taub, the first woman to ever independently win Tony Awards for Best Book and Best Score in the same season, this “thrilling, inspiring and dazzlingly entertaining” (Variety) new musical boldly explores the triumphs and failures of a struggle for equality that’s far from over. Winner of the Outer Critics’ Circle Award for Best New Musical.

- Bus Boards: 1:15 p.m.
- Expected return time: 4:30 p.m.
- Cost: Tickets \$133 plus transportation \$20
- Online Signups begin: Monday, June 8, at 11:30 a.m.
- *For those who do not utilize a computer, please call and leave a message with Tiffany Proctor (ext. 7222) on Monday, June 8, between 10:00 a.m. - 10:30 a.m.
- Questions? Contact Alyce Bassoff, ext. 3115

EXCURSIONS COMMITTEE OUTING: MEXICAN CULTURAL INSTITUTE TOUR

Wednesday, June 17 | Board Bus at 10:15 a.m.

The Mexican Cultural Institute is located in one of the most spectacular mansions on 16th St. NW Formerly the Mexican Embassy, the building showcases the history and spirit of the relationship between Mexico and the United States. It functions as a museum and center for cultural programs. The interior combines a variety of styles and shapes that reflect the dynamics of Mexico. A three-story mural, illustrating some of Mexico’s colorful traditions, winds up the elegant staircase and provides a “breathtaking backdrop to the grand entrance hall.



- Bus Boards: 10:15 a.m.
- Return time: 1:30 p.m.
- Cost: Transportation \$20
- Online Signup begins: Monday, June 8, at 11:30 a.m.
- *for those who do not use a computer, please call and leave a message with Tiffany Proctor (ext. 7222) between 10:00 a.m. and 10:30 a.m. on Monday, June 8
- Questions? Contact Debbie Massey, ext. 7364

COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

2026 EMPLOYEE GIFT FUND (EGF)

Your Christmas in June reminder that donations for this year’s EGF are now being accepted through November 2026 for distribution of gifts in very early December 2026 to our valued team members below the level of director/administrator. Some residents make their donations early or on a monthly or other recurring basis throughout the year to make their generosity more manageable. Checks payable to “GHBC Employee Gift Fund” may be deposited at anytime into the designated box attached to the Mailroom wall. You can learn more about the EGF [HERE](http://lifeatghbc.com/giving/the-employee-gift-fund) (lifeatghbc.com/giving/the-employee-gift-fund).



VOLANTE TRAINING SESSION

Tuesday June 9, from 11:00 a.m. to 12:30 p.m. | Board Room

Daniel Ghidey will host a Volante (online ordering, Account management system) registration and training in the Board Room. There will be limited seating available, so please sign up in the Resident Business Center beginning on Saturday, June 6, at noon to secure your spot.

CHRISTMAS IN JULY

Christmas in July is a big annual project sponsored by the Community Service Committee (CSC) that will be held July 6-10, 2026, in the Rotunda. Donations go to Shelter House Inc, the nonprofit organization that manages Fair Ridge Shelter in Fairfax County. Residents are invited to come to the CSC meeting on June 11 at 2:00 p.m. in Top of the West and meet Sharmanda Jean-Francois, Community Coordinator at Fair Ridge Shelter. She will share information about the Shelter and its 85 units that temporarily house families and children.



US ARMY CELEBRATES 251ST BIRTHDAY/FLAG DAY – JUNE 14TH

The United States Army was officially established on June 14, 1775, when the Second Continental Congress authorized the enlistment of expert riflemen to serve the United Colonies. This historic vote created the Continental Army, making it a year older than the United States itself. Because the Army was founded on June 14, 1775, this date is also shared by Flag Day and is celebrated annually across the nation with various local ceremonies, events, and military tributes. You can read more about the history of the founding of the Army and find local celebration details directly at the official Army Birthday page <https://www.army.mil/1775/> for Flag Day at [https://en.wikipedia.org/wiki/Flag_Day_\(United_States\)](https://en.wikipedia.org/wiki/Flag_Day_(United_States)).

MEET PAT AND BERNIE ALTER

Pat and Bernie Alter moved into Crossroads apartment 514 in May 2026.

Bernie grew up in New York City's Washington Heights and attended City College of New York, studying history and government. In 1967, he joined Peace Corps/India, where he worked as a Poultry Extension Officer. Upon returning to the United States, he attended the University of Denver and received a master's degree in international relations in 1971. In the fall of that year, he was granted Conscientious Objector status and spent 18 months working in a local psychiatric hospital. In 1975, much to his surprise, he was hired by the State Department and began a 31-year career with assignments in Pakistan, India, Thailand, Toronto, Hong Kong, Seoul, and Washington.



After retiring in 2006, he organized diplomatic programs for Road Scholar participants in D.C. and Chatauqua. He and Pat remain stricken by wanderlust and feel happiest when they are fantasizing about their next travel destination.

Pat grew up in St. Louis, Missouri. She earned a bachelor's degree in sociology from the University of Denver. While there, she met Bernie and they remained friends while Pat spent two years working in health education with Peace Corps/Paraguay. When she returned, she and Bernie embarked on a 6-month journey to India, traveling overland through Turkey, Iran, Afghanistan and Pakistan. In India, Bernie participated in a 9-month fellowship studying Hindi at Delhi University. Pat continued to travel and live abroad with Bernie throughout his foreign service career. While in Toronto, she earned a master's degree in library science at the University of Toronto and then worked professionally at each successive post. She completed her library career in 2013 managing adult collections at the Arlington Public Library. They have two sons, two daughters-in-law, and four grandchildren. Pat and Bernie are avid readers with shared interests in history, archaeology, and historical mysteries. Bernie is quite taken with the BOMCOM and with the immigration/citizenship programs here. Pat is still exploring all the possibilities that GHBC has to offer.

NEWCOMERS ET AL.**NEWCOMERS ET AL.**

Tuesdays at 4:00 p.m.

Newcomers Gatherings are weekly, in person, open to all, and usually in the **Auditorium** unless otherwise noted. Plan to attend as they will not be recorded. Questions? Contact Carol Lewis, poplewis@hotmail.com.

**June 9, 2026: Marketing Committee & Buddies Program**

The Marketing Committee assists with the work of the Goodwin Living Sales Department. The Buddies Program introduces new residents to another resident to contact during their move to GHBC. Carol Lewis hosts Claudia Blake, committee chair, and Barbara Nyman and Susan Kilpatrick, Buddies Program coordinators for the Crossroads and Pointe respectively.

June 16, 2026: The Green Team

Founder Jane McKeel, and current chair Sally Recinos will discuss the past, present, and future of the Green Team and its quest to help GHBC be good stewards of the environment. The host will be Betty Pilonis.

INSIDE THE ARTS CENTER

Monday, June 8

9:00 a.m.

Class Signups

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

Perspective Drawing - Join Brandon in The Arts Center to learn the fundamentals of 1-point perspective drawing. Limited to 15 residents.

Tuesday, June 9

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

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

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

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

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

Art Film - *Master of Light*, See Page 2



Wednesday, June 10

1:25 p.m. - 4:00 p.m.

National Museum of Women in the Arts

Board the Bus 1:25 p.m. Wednesday, June 10, at Main Entrance.
Depart the Museum at 4:00 p.m.

Thursday, June 11

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

Oil Pastels - Join Brandon in The Arts Center to create still lifes using oil pastels.

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

Woodcarving

Friday, June 12

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

Flower Arrangers Group Meets - Contact Brandon Wallace, the Creative Arts Coordinator, at ext. 7218

Monday, June 15

9:00 a.m.

Class Signups

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

Perspective Drawing - Join Brandon in The Arts Center to learn the fundamentals of 2-point perspective drawing. Limited to 15 residents.

Art Return (June 1-8) - Come to the Arts Center to collect art you've made in previous classes. The work will be placed on a table for you to collect. Artwork pickup will continue throughout this week, after which **all unclaimed artwork will be recycled.**

**MONDAY, June 8**

- 8:30 a.m. Total Body Standing, Auditorium
- 8:30 a.m. Fit Camp, Aerobics Room
- 9:30 a.m. Chair Fit, Aerobics Room
- 11:15 a.m. Functional Circuit, Aerobics Room
- 2:00 p.m. Mat Yoga, Aerobics Room

SATURDAY, June 13

- 9:30 a.m. Total Body Video, Aerobics Room

TUESDAY, June 9

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 9:00 a.m. Pickleball, Pickleball Court
- 10:00 a.m. Pilates, Aerobics Room
- 10:00 a.m. Water Aerobics, Pool
- 11:30 a.m. Chair Fit, Aerobics Room
- 1:00 p.m. Movement for Living, Aerobics Room
- 2:15 p.m. Brain Balance Fitness, Aerobics Room

WEDNESDAY, June 10

- 8:30 a.m. Total Body Standing, Aerobics Room
- 8:30 a.m. Fit Camp, Fitness Main Room
- 9:30 a.m. Chair Fit, Aerobics Room
- 11:15 a.m. Functional Circuit, Aerobics Room
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 3:00 p.m. Tai Chi, Aerobics Room
- 4:00 p.m. Line Dancing, Aerobics Room

THURSDAY, June 11

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 9:00 a.m. Functional Fit, Aerobics Room
- 10:00 a.m. Pilates, Aerobics Room
- 10:00 a.m. Water Aerobics, Pool
- 11:30 a.m. Chair Fit, Aerobics Room
- 1:00 p.m. Movement for Living, Aerobics Room
- 2:15 p.m. Brain Balance Fitness, Aerobics Room

FRIDAY, June 12

- 8:30 a.m. Total Body standing, Auditorium
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. Chair Yoga, Aerobics Room
- 11:15 a.m. Functional Circuit, Aerobics Room
- 2:30 p.m. Mat Yoga - **Canceled**

Additional fitness classes are broadcast on Cox Channel 1991. See weekly calendar or Week-at-a-Glance / GHBC TV on the resident website.

Assisted Living Programs

MONDAY, June 8

- 10:00 a.m. Monday Movement w/ Jacy, Comm. Rm
- 11:00 a.m. Sing-a-Long w/ Anne & Friends
- 2:00 p.m. Afternoon Trivia (Atrium)
- 2:00 p.m. Discussion Ambassador Courville (Comm. Room)

TUESDAY, June 9

- 10:00 a.m. Vendor: Arts of Asia (Atrium)
- 10:30 a.m. Gardening with Garden Thyme
- 2:00 p.m. Paws & Relax: A Hero Dogs Visit w/ Sadie & Shanna
- 3:15 p.m. Musician of the Week: Roy Orbison w/ Ellen (Comm Rm.)

WEDNESDAY, June 10

- 10:00 a.m. Guided Fitness Video (Comm. Rm)
- 11:00 a.m. Creative Expressions w/ Brandon (Comm. Rm)
- 3:00 p.m. Spiritual Discussion w/ Rev. Alex (Comm. Rm)

THURSDAY, June 11

- 10:00 a.m. Fitness & Trivia Guided Video (Comm. Rm)
- 11:15 a.m. Jeopardy w/ Jacy
- 2:15 p.m. Journey through Classical Music w/ Ellen (Comm. Rm)
- 3:00 p.m. Sing-a-Long w/ Kim (Comm. Rm)

FRIDAY, June 12

- 10:30 a.m. Service Project for AFAC w/ Jacy (Living Room)
- 2:00 p.m. Cruising to a Tropical Destination w/ Jacy (Comm. Rm)
- 3:00 p.m. Friday Fitness w/ Olga (Comm. Rm)
- 3:45 p.m. June Birthday Celebration w/ Jacy (Comm. Rm)

SATURDAY, June 13

- 10:00 a.m. Chair Chi w/ Cynthia (Comm. Rm)
- 2:00 p.m. Bingo w/ Herralink Ambassador (Comm. Rm)
- 7:15 p.m. Evening Movie in the Auditorium

SUNDAY, June 14

- 10:00 a.m. Sunday Energy Boost w/ Jacy
- 10:30 a.m. Sunday Service in the Chapel
- 7:00 p.m. Complaine Service in the Chapel

Health Care Center Programs

MONDAY, June 8

- 9:30 a.m. Bright Start w/ Vilma
- 10:30 a.m. Spiritual Devotions w/ Chaplaincy
- 11:00 a.m. Tone Up w/ Vilma
- 2:00 p.m. Trivia in the Atrium w/ Aki
- 3:30 p.m. Monday Matinee: Blue Hawaii (1961)

TUESDAY, June 9

- 9:30 a.m. Bright Beginnings
- 10:30 a.m. Strength & Balance w/ Sarah
- 11:00 a.m. State Trivia w/ Kinsley
- 2:00 p.m. Service Project Prep w/ Vilma
- 3:30 p.m. Musician of the Week: Roy Orbison w/ Ellen

WEDNESDAY, June 10

- 9:30 a.m. Morning Smiles
- 10:00 a.m. Cloverleaf Equine Visit w/ Eleanor
- 2:00 p.m. Service Project Prep w/ Vilma
- 3:30 p.m. Musician of the Week: Roy Orbison w/ Ellen

THURSDAY, June 11

- 9:30 a.m. Perk Up w/ Vilma
- 10:30 a.m. Flex & Flow Fitness w/ Jacy
- 11:00 a.m. Stronger Memory w/ Kevin
- 2:00 p.m. Creative Expressions w/ Brandon
- 4:00 p.m. Piano Tunes w/ Dr. Wilmot

FRIDAY, June 12

- 9:30 a.m. 1:1 Visits w/ Vilma
- 10:30 a.m. Service Project for the Arlington Food Assistance Center w/ Aki & Vilma
- 2:00 p.m. Journey through Classical Music w/ Ellen
- 3:00 p.m. Celebrating Flag Day: State Flag Parade w/ Vilma & Aki

SATURDAY, June 13

- 9:30 a.m. GHBC Happenings: West Winds Newsletter
- 11:00 a.m. Seated Fitness w/ Brandon
- 3:30 p.m. Trivia Social w/ Rachel & Brandon

SUNDAY, June 14

- 10:30 a.m. Holy Eucharist Service in the Chapel
- 11:15 a.m. Sunday Energy Boost w/ Myra and Ellen
- 1:15 p.m. Sunday Spiritual Service (Community Room)
- 7:00 p.m. Complaine Service in the Chapel

WEEKLY CALENDAR

Bolded Events Reflect New or Infrequent Upcoming Activities

Monday, June 8

- 8:30 a.m. Total Body Standing, Auditorium
- 8:30 a.m. Fit Camp, Fitness Center Main Room
- 9:00 a.m. Art Class Sign Ups, Arts Center
- 9:00 a.m. IT Device Clinic (Bistro Bunch), Bistro
- 9:00 a.m. 30-minute Chair Cardio Workout, Channel 1991
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:00 a.m. Resident Council Community Meeting, Auditorium**
- 11:15 a.m. Functional Circuit, Aerobics Room
- 11:15 a.m. 30-minute Energizing Chair Yoga, Channel 1991
- 11:30 a.m. Shopping Shuttle: Bradlee Shopping Center, Departs from Main Entrance**
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:00 p.m. Perspective Drawing, Arts Center**
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Trivia, Atrium
- 2:00 p.m. Mat Yoga, Aerobics Room
- 2:00 p.m. Memoirs, Smith Study
- 3:30 p.m. Senior Quest For Meaning, Auditorium**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 4:45 .m. Silver Panthers, Board Room
- 6:45 p.m. Mexican Dominos, Game Room

Tuesday, June 9

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 9:00 a.m. Pickleball, Pickleball Court
- 9:00 a.m. 20-minute Intro to Strength Training, Channel 1991
- 9:30 a.m. Advanced Ceramics, Arts Center
- 10:00 a.m. Caregivers' Support Group, Formal Parlor
- 10:00 a.m. Arts of Asia, Rotunda/ Atrium**
- 10:00 a.m. Pilates, Aerobics Room
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. One Mile Walking Workout, Channel 1991
- 11:00 a.m. Volante Trianing Session, Board Room**
- 11:30 a.m. Shopping Shuttle to Target and Trader Joe's, Departs from Main Entrance
- 11:30 a.m. Chair Fit, Aerobics Room
- 1:00 p.m. Fitness Committee Meeting, Formal Parlor**
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:00 p.m. Movement for Living, Aerobics Room
- 1:00 p.m. Knit for Kids Group. Arts Center
- 1:00 p.m. Rosary Group, Chapel
- 2:00 p.m. Mah Jongg, Card Room
- 2:00 p.m. Solving Conundrums Through Writing Novels: Fundamentalism and Education in Pakistan, Auditorium**
- 2:15 p.m. Brain Balance, Fitness, Aerobics Room
- 2:30 p.m. Art Film, Theatre**
- 3:00 p.m. Bailey's Birders, Formal Parlor**
- 4:00 p.m. Newcomers, Auditorium
- 6:45 p.m. Dominoes-Mexican Train, Double 12, Card Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Wednesday, June 10

- 8:30 a.m. Total Body Standing, Aerobics Room
- 8:30 a.m. Fit Camp, Fitness Main Room
- 9:00 a.m. 30-minute Chair Cardio Workout, Channel 1991
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, Chapel
- 11:15 a.m. Contemplative Worship (Quaker), Smith Study
- 11:15 a.m. Functional Circuit, Aerobics Room
- 11:15 a.m. 30-minute Energizing Chair Yoga, Channel 1991
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:25 p.m. National Museum of Women in the Arts, Departs From Main Entrance**
- 2:00 p.m. Coffee and Conversation with Chandra Kumar, COO, Goodwin Living, Board Room**
- 2:00 p.m. French Conversation Group, Smith Study
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. Informal Open Bridge, Card Room
- 2:00 p.m. Celebration of Life for Mary Hollingshead, Chapel
- 3:00 p.m. Great Courses, Theatre**
- 3:00 p.m. Tai Chi, Aerobics Room
- 4:00 p.m. Prayer Group, Chapel
- 4:00 p.m. Line Dancing, Aerobics Room**
- 4:30 p.m. Drinks and Trivia, Formal Parlor
- 7:00 p.m. Bingo, ToW
- 7:30 p.m. Film Noir Series, Theater**

Thursday, June 11

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 9:00 a.m. Functional Fit, Aerobics Room
- 9:00 a.m. IT Device Clinic (Bistro Bunch), Bistro
- 9:00 a.m. 20-minute Intro to Strength Training, Channel 1991
- 9:30 a.m. Arlington Community Credit Union open, Ground Floor**
- 10:00 a.m. Bom-Com Meeting, Board Room**
- 10:00 a.m. Oil Pastels, Arts Center**
- 10:00 a.m. Pilates, Aerobics Room
- 10:00 a.m. Water Aerobics, Pool
- 10:30 a.m. One Mile Walking Workout, Channel 1991
- 11:30 a.m. Chair Fit, Aerobics Room
- 12:30 p.m. Whatnot Shop, Sales**
- 1:00 p.m. Movement for Living, Aerobics Room
- 2:00 p.m. Community Service Committee, ToW**
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:00 p.m. **Poetry Group, Smith Study**
- 2:15 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Woodcarving, Arts Center
- Current Events Trivia w/ Tiffany, Atrium
- 3:30 p.m. Birds of Eastern Africa, Auditorium**
- 6:45 p.m. Dominoes Mexican Train, Double 12, Card Room
- 7:00 p.m. Poker Night, Game Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Friday, June 12

- 8:30 a.m. Arts Center Occupied, Arts Center
- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. 30-minute Chair Cardio Workout, Channel 1991
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. Chair Yoga, Aerobics Room
- 11:15 a.m. Functional Circuit, Aerobics Room
- 11:15 a.m. 30-minute Energizing Chair Yoga, Channel 1991
- 11:30 a.m. Shopping Shuttle to Giant, Departs from Main Entrance
- 1:00 p.m. Afternoon Concert, Theatre
- 1:00 p.m. Guided Meditation, Channel 1991
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Saturday, June 13

- 9:30 a.m. Total Body Video, Aerobics Room
- 12:00 p.m. Spanish Speakers Group, Bistro Private Dining Room
- 2:00 p.m. Chinese Mah Jongg, Card Room
- 5:00 p.m. Deadline for submission to next West Winds.
westwinds@goodwinliving.org
- 7:15 p.m. Saturday Night Movie, *Is This Thing On?*, Auditorium

Sunday, June 14

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:00 a.m. Catholic Communion Service, Chapel**
- 10:15 a.m. Unitarian Universalist Service, Board Room
- 10:30 a.m. Holy Eucharist Service, Chapel
- 2:00 p.m. Hand and Foot Card Game, ToW
- 2:00 p.m. Informal Open Bridge, Card Room
- 4:00 p.m. Afternoon concert with Bella Voce, Atrium**

COVID CASES

Independent Living (IL): 0
Assisted Living (AL): 0
Health Care Center (HCC): 0
Team Members: 0

**Submit all articles or questions to
WestWinds@GoodwinLiving.org.
Submission deadline is Saturdays at 5:00 p.m.**