

WEST WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

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

Volume 38, Number 30 ✨ July 27, 2026

UPCOMING MEETINGS

Green Team Meeting

Monday, July 27 at
11:00 a.m. | Board Room

Marketing Committee Meeting

Tuesday, July 28 at
3:00 p.m. | Board Room

CHANGES

Holy Communion Service with Healing Prayers and Anointing

Wednesday, July 29 at
10:00 a.m. | Chapel -

CANCELED

Drinks & Trivia

Wednesday, July 29 at
4:30 p.m. | Formal Parlor -

CANCELED

GHBC BRAINIACS COMPETITIVE TEAM TRIVIA GAME

Wednesday, July 29 at 2:00 p.m. | Auditorium

Get ready for an exciting new program where residents and team members join forces to compete in a fun-filled team trivia challenge! Put your knowledge to the test, enjoy some friendly competition, and compete for a generous prize. Whether you're a trivia expert or just looking to have fun, everyone is welcome to participate.

If you are interested in competing on a team, please sign up in the Resident Business Center by Monday, July 27th. Please contact Tiffany Proctor with any questions at Tproctor@goodwinliving.org



NEW EXHIBITS IN THE ART GALLERY: RETROSPECTIVE 2012- 2026 BY FEDERICO FRUM "MASPAZ"

Saturday, August 1 at 3:00 p.m. to 5:00 p.m. | Art Gallery

Federico Frum, known artistically as "MasPaz", is a Colombian born multidisciplinary artist, based in Washington, DC. He is known for his distinctive street murals that explore topics of earth preservation and indigenous peoples. His work has been exhibited in galleries throughout the U.S. and Latin America. His larger murals can be found in streets and spaces internationally. He has been featured

on ABC News, Telemundo, *The Washington Post*, and other media. He has collaborated with brands such as Nike, National Geographic, Roots, Sierra Club, and Brooks Running. His work has been shown in institutions such as the Smithsonian Institution, the National Portrait Gallery, the National Gallery of Art, the New Museum, the Corcoran, the Freer, and the Sackler Gallery.

Opening Reception in the Art Gallery on August 1st. Artist talk in the Theatre on August 18th 3:00 p.m. - 4:00 p.m.

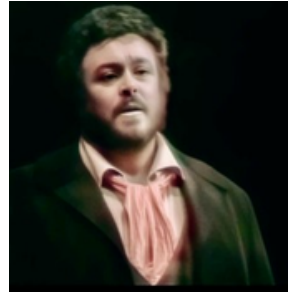


MORE HAPPENINGS

AFTERNOON CONCERT

Every Friday at 1:00 p.m. | Theatre
Friday July 31 - *La Bohème* - Puccini

The world premiere of *La Bohème* was on February 1, 1896, in Turin, Italy, conducted by the 28-year-old Arturo Toscanini. Since then, *La Bohème* has become part of the standard Italian opera repertory and is one of the most frequently performed operas worldwide. This production is from La Scala starring Luciano Pavarotti (1935 - 2007). It's sung in Italian with English subtitles.



DEATH CAFE: CONFIDENTIAL CONVERSATION

Sunday, August 2 at 2:00 p.m. | Formal Parlor

How about it? A summer Sunday afternoon, a plate of cookies, and a group of fellow GHBC residents. Just add your own favorite mug of tea or coffee and the setting is perfect for an honest, open conversation about death and dying. There's no agenda, no expert, and no lecturing. Your interests will shape the conversation. What do you wonder about? What does your heart hope for? GHBC's monthly Death Cafe is entering its fourth year here and it's part of a worldwide movement in which hundreds of thousands of earnest, curious individuals have taken part. Resident Diane Ullius facilitates.

ART FILM: *Pixar's Toy Story: The Movie That Almost Never Was - Magnum Opus* (2026)

Tuesday, July 28 at 2:30 p.m. | Theatre

Pixar's animated film, *Toy Story*, shouldn't have existed. *Magnum Opus* is the story of how it did and how one impossible film from a tiny studio in California took a risk that changed movies forever.

Running Time : 42 minutes



FILM NOIR SERIES: *JOHNNY O'CLOCK* (1947)

Wednesday, July 29 at 7:30 p.m. | Theatre

There are surprises and double crosses when a casino owner is both a suspect in a murder case and the unwilling recipient of the roving eye of his partner's wife.

Director: Robert Rossen

Cast includes: Dick Powell, Lee J. Cobb, Evelyn Keyes, Ellen Drew

Theatre's maximum capacity is 36 attendees.



MORE HAPPENINGS

GREAT COURSES - OCEANOGRAPHY: EXPLORING EARTH'S FINAL WILDERNESS

Wednesday, July 29 at 3:00 p.m. | Theatre

- Episode 31 - Upwelling, Downwelling, and El Nino
- Episode 32 - The Deepest, Slowest, River-Polar Bottom Water

SATURDAY NIGHT MOVIE - THE SHEEP DETECTIVES (2026)

Saturday, August 1 at 7:15 p.m. | Auditorium

Every night a shepherd reads aloud a murder mystery, pretending his sheep can understand. When he is found dead, the sheep realize at once that it was a murder and think they know everything about how to go about solving it.

Director: Kyle Balda

Running Time : 1 hour and 49 minutes



GREEN TEAM MEETING

Monday, July 27 at 11:00 a.m. | Board Room

Wonder what topics the Green Team meeting will be covering? They will converse about two important sustainability topics. Textiles are one of the most polluting industries in the world and many textiles contain plastic which reduces to microplastic particles. These microplastics are now in our bodies even before birth. The Green Team will be discussing recycling unusable textiles and how to combat ingesting microplastics. Please join us if these topics interest you.

SAVE THE DATE

COFFEE AND CONVERSATION WITH CHANDRA KUMAR C.O.O. GOODWIN LIVING. RESIDENTS OF THE FIFTH FLOOR OF THE POINTE AND CROSSROADS ARE CORDIALLY INVITED.

Wednesday, August 5 at 2:00 p.m. | Board Room

COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

DONATIONS FOR UPCYCLE CREATIVE REUSE CENTER

UpCycle Creative Reuse Center is a nonprofit that connects creativity and conservation by providing a resource center for reuse materials and a creative making space for the community. They collect, process, and organize donations of reusable items so the community can purchase them at a low cost from their retail shop at 2397 S. Dove St., Alexandria, VA. GHBC's Community Service Committee will collect



donations of Art, Craft, and Office Supplies for donation to UpCycle. Please check the list of acceptable and not acceptable items on their website at <https://www.upcyclecrc.org/>. Donations can be placed in the large plastic bin the Arts Center near the flower refrigerator. If you have any questions, contact Barbara Pace at barbara33pace@gmail.com.

COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

REMINDER: JEWISH SHABBAT SERVICES

Saturday, August 1 at 9:30 a.m.

Open to all residents, Priority Club Members, and staff. You don't have to be Jewish!

TIP FROM THE GREEN TEAM

Please turn off lights as you leave your apartment and any empty room such as game rooms, a one-toilet restroom, and the Aerobics Room. There's no need to use electricity when no one is benefiting and we residents pay the electric bills.

TRIPS AND OUTINGS

Culinary Passport Lunch Trip

Thursday, July 30 at 11:15 a.m. | Departs from Main Entrance

Our next Culinary Passport Trip is to *Anitas* New Mexico style restaurant in Arlington

Trip Date: Thursday, July 30

Bus Boards: 11:15 a.m. at the Main Entrance

Return time: 1:30 p.m.

Cost: Transportation \$10

Online sign up begins: Monday, July 27, 2026, at 9:30 a.m. **(please note earlier sign up time)**

*For those who do not use a computer, please call and leave a message with Tiffany Proctor (ext. 7222) between **9:30 a.m. and 10:00 a.m. on Monday, July 27**

Questions?

Contact Tiffany Proctor at TProctor@goodwinliving.org

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.

July 28, 2026: If You Fall...

GHBC provides safety alerts if you fall in your apartment. But what if you fall when you are outside GHBC? If strangers help you, how do you identify yourself? If you are hospitalized, how is information relayed to GHBC, your family, your confidant, and your friends? Donna Cartwright discusses this important information with Karen Doyle, Administrator of Health Services.

August 4, 2026: **NEWCOMERS CANCELED!**

Election Day! Please vote in the GHBC Auditorium. We'll be back next week with **Transitions in Levels of Care**.

Monday, July 27

9:00 a.m.

Class Signups - Required for classes with limited attendance.

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

Figure Drawing - Join Brandon in the Arts Center to learn how to draw the human figure using charcoal. Limited to 15 residents.

Tuesday, July 28

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

Advanced Ceramics Group Meets - Open to residents who can work on their own in ceramics without instruction. Questions? contact Carol Lewis, 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. - 4:10 p.m.

Art Film - Pixar's Toy Story: The Movie That Almost Never Was - Magnum Opus, 2026
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Wednesday, July 29

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

Ceramics with Lizzy - Join Lizzy Molinari in the Arts Center for the 5th of a 6-week ceramics class. Limited to 12 previously enrolled residents.

3:30 p.m. - 5:00 p.m.

Pattern Design - Join Brandon in the Arts Center to create repeatable patterns.

Thursday, July 30

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

Collaborative Art - Join Brandon in the Arts Center to create a shared piece of art with fellow residents. Limited to 15 residents.

3:00 p.m. - 5:00 p.m.

Woodcarving - Join resident woodcarver Mike Connors.

Friday, July 31

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

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

3:00 p.m. - 4:30 p.m.

Painting with Rowan - Previous Art Gallery artist and muralist returns for this monthly painting class. Limited to 15 residents.

Saturday, August 1

3:00 p.m. - 5:00 p.m.

Federico Frum Artist Reception - Stop by the Art Gallery for the wine and cheese reception of new gallery artist Federico Frum. He will give an artist talk on August 18th in the Theatre.

Monday, August 3

9:00 a.m.

Class Signups - Required for classes with limited attendance.

**MONDAY, July 27**

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

SATURDAY, August 1

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

TUESDAY, July 28

- 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, July 29

- 8:30 a.m. Total Body Standing, Auditorium
- 8:30 a.m. Fit Camp, Aerobics Room
- 9:30 a.m. Chair Fit, Auditorium
- 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, July 30

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 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, July 31

- 8:30 a.m. Fit Camp, 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, Aerobics Room

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, July 27

- 10:00 a.m. Monday Movement w/ Jacy (Comm. Rm)
11:00 a.m. Sing-a-Long w/ Anne & Friends
11:30 a.m. Craft Corner w/ Amber (Comm. Rm)
2:00 p.m. Afternoon Trivia (Atrium)
2:00 p.m. Monday Melody w/ Amber (Comm. Rm)

TUESDAY, July 28

- 10:00 a.m. Tuesday Flex & Flow w/ Jacy (Comm. Rm)
11:00 a.m. Resident Council Meeting
2:30 p.m. Read, Write, Reflect Club w/ Amber (Comm. Rm)
3:15 p.m. Musician of the Week: Simon & Garfunkel w/ Ellen (Comm Rm.)

WEDNESDAY, July 29

- 10:30 a.m. Midweek Momentum Fitness w/ Jacy (Comm. Rm)
11:00 a.m. Creative Expressions w/ Brandon (Comm. Rm)
2:00 p.m. Bingo (Comm. Rm)
3:00 p.m. Spiritual Discussion w/ Rev. Alex (Comm. Rm)

THURSDAY, July 30

- 9:30 a.m. Reading Club w/ Shana (Comm. Rm)
10:30 a.m. Old Town Alexandria Bus Trip w/ Amber
2:15 p.m. Rhythm and Blues w/ Ellen (Comm. Rm)
3:00 p.m. Nature Connections w/ Amber (Comm. Rm)
6:45 p.m. Twilight Piano Melodies w/ Matthew (Comm. Rm)

FRIDAY, July 31

- 10:30 a.m. Service Project For AFAC w/ Jacy & Amber (Comm. Rm)
2:30 p.m. Fun Games Friday w/ Amber (Comm. Rm)
3:30 p.m. July Birthday Celebration w/ Jacy (Comm. Rm)

SATURDAY, August 1

- 9:30 a.m. Jewish Shabbat Services in the Chapel
2:00 p.m. Bingo w/ Herralink Ambassador (Comm. Rm)
7:15 p.m. Evening Movie in the Auditorium

SUNDAY, August 2

- 10:30 a.m. Sunday Service in the Chapel
11:00 a.m. Morning Movement Fitness w/ Mar_T
1:30 p.m. Craft Corner w/ Amber

Health Care Center Programs

MONDAY, July 27

- 9:30 a.m. Smiles & Visits
10:30 a.m. Spiritual Devotions w/ Chaplaincy
11:00 a.m. Resident Council Meeting w/ Jasmine
2:00 p.m. Trivia in the Atrium
3:30 p.m. Passport to Peru: Celebrating Independence w/ Jacy

TUESDAY, July 28

- 9:30 a.m. Morning Mojo w/ Vilma
10:30 a.m. Tone Up w/ Vilma
11:00 a.m. Cranium Crunches w/ Aki
2:00 p.m. Community Stroll w/ Lailanie & Aki
3:30 p.m. Bingo! w/ Vilma & Aki

WEDNESDAY, July 29

- 9:30 a.m. Current Events Visits
10:30 a.m. Keep Moving w/ Aki
11:00 a.m. Sing-Along w/ Anne
2:00 p.m. Service Project Prep
3:30 p.m. Musician of the Week: Simon & Garfunke w/ Ellen

THURSDAY, July 30

- 9:30 a.m. Morning Hello
10:30 a.m. Rhythm Moves w/ Aki
11:00 a.m. Stronger Memory w/ Kevin
2:00 p.m. Creative Expressions w/ Brandon
3:00 p.m. Summer Fiesta!

FRIDAY, July 31

- 9:30 a.m. Bright Moments
10:30 a.m. Service Project for the Arlington Food Assistance Center w/ Vilma
2:00 p.m. Rhythm and Blues w/ Ellen
3:30 p.m. July Reflections w/ Aki & Friends

SATURDAY, August 1

- 9:30 a.m. GHBC Happenings:
West Winds Newsletter
9:30 a.m. Jewish Shabbat Service in the Chapel
11:00 a.m. Seated Fitness w/ Mar_T & Aki
3:00 p.m. Welcome August! w/ Aki & Friends

SUNDAY, August 2

- 10:30 a.m. Holy Eucharist Service in the Chapel
11:15 a.m. Sunday Fitness w/ Claudia & Jacy
1:15 p.m. Sunday Spiritual Service (Comm. Rm)
2:15 p.m. The Sunday Mix w/ Jacy

WEEKLY CALENDAR

Bolded Events Reflect New or Infrequent Upcoming Activities

Monday, July 27

- 8:30 a.m. Fit Camp, Auditorium
- 9:00 a.m. 30-Minute Chair Cardio Workout
Channel 1991
- 9:00 a.m. IT Device Clinic (Bistro Bunch),
Bistro
- 9:00 a.m. Art Class Sign Ups, Arts Center
- 9:30 a.m. Chair Fit, Auditorium
- 11:00 a.m. Green Team Meeting, Board
Room**
- 11:15 a.m. 30-Minute Energizing Chair
Yoga, Channel 1991
- 11:30 a.m. Shopping Shuttle: Harris Teeter
at Barcroft Plaza, Departs from
Main Entrance
- 1:00 p.m. Guided Meditation, Channel
1991
- 1:00 p.m. Figure Drawing, Arts Center
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Mat Yoga, Aerobics Room
- 2:00 p.m. Memoirs, Smith Study
- 2:00 p.m. Trivia, Atrium
- 4:00 p.m. Stress Reduction Mindfulness
Practice, Smith Study
- 4:00 p.m. Silver Panthers, Board Room

Tuesday, July 28

- 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-min Intro to Strength Training
- 9:30 a.m. Advanced Ceramics, Arts Center
- 10:00 a.m. Pilates, Aerobics Room
- 10:00 a.m. Water Aerobics, Pool
- 10:00 a.m. Caregivers Support Group,
Formal Parlor
- 10:30 a.m. One-Mile Walking Workout,
Channel 1991
- 11:30 a.m. Chair Fit, Aerobics Room
- 11:30 a.m. Shopping Shuttle: Target and
Trader Joe's, Departs from Main
Entrance
- 1:00 p.m. Movement for Living, Aerobics
Room
- 1:00 p.m. Guided Meditation, Channel
1991
- 1:00 p.m. Knit for Kids Group, Arts Center
- 1:00 p.m. Rosary Group, Smith Study
- 2:00 p.m. Mah Jongg, Card Room
- 2:15 p.m. Brain Balance Fitness, Aerobics
Room
- 2:30 p.m. Art Film, Theatre
- 3:00 p.m. Marketing Committee Meeting,
Board Room**
- 4:00 p.m. Newcomers et al, Auditorium
- 6:45 p.m. Dominoes-Mexican Train, Double
12, Card Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Wednesday, July 29

- 8:30 a.m. Total Body Standing, Auditorium
- 8:30 a.m. Fit Camp, Aerobics Room
- 9:00 a.m. 30-Minute Chair Cardio Workout, Channel 1991
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. Trip: Capital Jewish Museum-Blacklisted An American Story, Departs from Main Entrance**
- 11:15 a.m. Contemplative Worship (Quaker), Smith Study
- 11:15 a.m. Functional Circuit, Aerobics Room
- 11:15 a.m. 30 min Energizing Chair Yoga, Channel 1991
- 1:00 p.m. Guided Meditation, Channel 1991
- 2:00 p.m. French Conversation Group, Smith Study
- 2:00 p.m. Informal Open Bridge, Card Room
- 2:00 p.m. GHBC Brainiacs Competitive Trivia Game, Auditorium**
- 2:00 p.m. Ceramics with Lizzy, Arts Center
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. Celebration of Life Service for Russell White, Chapel**
- 3:00 p.m. Tai Chai, Aerobics Room
- 3:00 p.m. Great Courses, Theatre
- 3:30 p.m. Pattern Design, Arts Center
- 4:00 p.m. Line Dancing, Aerobics Room
- 4:00 p.m. Prayer Group, Chapel
- 7:00 p.m. Bingo, Top of the West
- 7:30 p.m. Film Noir Series, Theatre

Thursday, July 30

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. 20-Minute Intro to Strength Training, Channel 1991
- 9:00 a.m. IT Device Clinic (Bistro Bunch), Bistro
- 9:00 a.m. Functional Fit, Auditorium
- 9:30 a.m. Arlington Community Federal Credit Union opens, Ground Floor Next to Salon**
- 10:00 a.m. Bazaar Donations, Across from WhatNot Shop
- 10:00 a.m. Water Aerobics, Pool
- 10:00 a.m. Pilates, Aerobics Room
- 10:00 a.m. Collaborative Art, Arts Center
- 10:30 a.m. One-Mile Walking Workout, Channel 1991
- 11:30 a.m. ChairFit, Aerobics Room
- 12:00 p.m. WhatNot Shop DONATIONS, WhatNotShop
- 1:00 p.m. Movement for Living, Aerobics Room
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:15 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Woodcarving, Arts Center
- 3:30 p.m. Current Events Trivia w/ Tiffany, Atrium
- 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, July 31

- 8:30 a.m. Flower Arranger Group, Arts Center
- 8:30 a.m. Fit Camp, 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: Giant, Departs from Main Entrance
- 1:00 p.m. Afternoon Concert, Theatre
- 1:00 p.m. Guided Meditation, Channel 1991
- 2:30 p.m. Mat Yoga, Aerobics Room
- 3:30 p.m. Painting with Rowan, Arts Center
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Saturday, August 1

- 9:30 a.m. Total Body Video, Aerobics Room
- 9:30 a.m. Shabbat Services, Chapel
- 12:00 p.m. Spanish Speakers Group, Bistro Private Dining Room
- 2:00 p.m. Chinese Mah Jongg, Card Room
- 3:00 p.m. Artist Reception: Federico Frum "MasPaz"**
- 5:00 p.m. Deadline for submission to next West Winds,
westwinds@goodwinliving.org
- 7:15 p.m. Saturday Night Movie, *The Sheep Detectives*, Auditorium

Sunday, August 2

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:15 a.m. Unitarian Universalist Service, Board Room
- 10:30 a.m. Holy Eucharist Service, Chapel
- 2:00 p.m. Death Cafe, Formal Parlor**
- 2:00 p.m. Hand and Foot Card Game, TOW
- 2:00 p.m. Informal Open Bridge, Card Room

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.**