

WEST WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 38, Number 32 ✨ August 10, 2026

UPCOMING MEETINGS

Resident Council

Community Meeting

Monday, August 10 at
10:00 a.m. | Auditorium

Fitness Committee Meeting

Tuesday, August 11 at
1:00 p.m. | Formal Parlor

BOM-COM Committee Meeting

Thursday, August 13 at
10:00 a.m. | Board Room

Community Service Committee Meeting

Thursday, August 13 at
2:00 p.m. | TOW

OUTDOOR SUMMER CONCERT: THE TRIBE BAND

Tuesday, August 11 at 3:30 p.m. | GHBC Front Lawn

Please join us for this outdoor concert as we welcome The Tribe Band back to GHBC for a concert featuring their new lead vocalist! The Tribe Band has incorporated a wide-variety of music styles from Gospel to Blues, Smooth Jazz, Funk, R&B, Soul, Old School / New School Music, Motown, Southern Soul / Neo-Soul music, and more. Light refreshments and Ice-cream novelties provided!



ICE CREAM POP UP

Wednesday, August 12 at 2:30 p.m. | Bistro Patio

Join us and enjoy a sweet treat. Come connect with fellow residents and make the most of these summer days. We hope to see you there!



CHANGES

Rosary Group

Tuesday, August 11 at
4:30 p.m. | **MOVED TO CHAPEL**

Film Noir Series

Wednesday, August 12 at
7:30 p.m. | **MOVED TO AUDITORIUM**

BALLETNOVA FILM SCREENING AND DISCUSSION: HARRIET STRONG - MOVEMENT AND THE POWER OF INNOVATION

Thursday, August 13 at 2:00 p.m. | Auditorium

Join BalletNova Center for Dance's Associate Artistic Director Constance Walsh and Educational Outreach Coordinator Elizabeth Spatz for a screening of *Dear Harriet*, a dance film presentation choreographed by Ms. Walsh. Harriet Williams Russell Strong (1844-1926) was an American social activist, inventor, conservationist, and early leader in the women's rights movement and serves as the inspiration for Ms. Walsh's dance piece. After a viewing of the dance film, attendees will engage in a discussion with Ms. Walsh and Ms. Spatz.



MORE HAPPENINGS

TIMELESS CONNECTIONS: A SPECIAL INTERGENERATIONAL EVENT HOSTED BY THE SUMMER INTERNS

Tuesday, August 11 at 10:00 a.m. | Auditorium

Residents and interns will come together for fun games that are designed to spark conversations, build new relationships, and celebrate the connections that span generations.

The summer interns are part of the **Goodwin Living Internship Program**, which provides high school and college students with hands-on experience in a variety of non-clinical departments, including Finance, Human Resources, Goodwin Living At Home, Brain Health, Life Enrichment, and more. A special part of the program is the opportunity for each intern to be paired with a resident mentor thereby creating meaningful intergenerational connections throughout the summer. This event is a wonderful chance to meet the interns and hear about their experiences.

GUEST SPEAKER CHRISTINE KENNY DIRECTOR OF FAIRFAX DIAPERS

Thursday, August 13 at 2:00 p.m. | TOW

Established in 2019, Fairfax Diapers has distributed over 1.8 million diapers to families in need through local nonprofit partners. Director Christine Kenny will be the guest speaker at the Community Service Committee. She will discuss the challenge of diaper insecurity and raise awareness about the need for children's diapers in our area. The Community Service Committee plans a Children's Diaper Drive for September 14 - 19 to support Fairfax Diapers. Welcome Christine Kenny on August 13 and learn what you can do to ease the crisis of diaper insecurity.



CLINICAL PASTORAL EDUCATION (CPE) GRADUATION

Friday, August 14 at 2:00 p.m. | GHBC Chapel

Join us in the Chapel for the Graduation Ceremony of our Clinical Pastoral Education interns and residents. We have a total of 8 students who have been serving at all 4 Goodwin Living campuses, Goodwin Hospice, and Inova Fairfax.

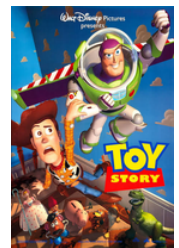
If you wish to join over Zoom, here is the link: [CPE Graduation Zoom](#)

ART FILM: *Toy Story* (1995)

Tuesday, August 11 at 2:30 p.m. | Theatre

A cowboy doll is profoundly jealous when a new spaceman action figure supplants him as the top toy in a boy's bedroom. This film was the first fully computer-animated feature film.

Running Time : 1 hour and 21 minutes



FILM NOIR SERIES: *THE BIG HEAT* (1953)

Wednesday, August 12 at 7:30 p.m. | Auditorium

A crime syndicate goes after an honest cop. This brutal story includes three murders, one suicide, and two mutilations - very raw for its time. The coffee-pot scene has become one of the most iconic moments in all of film noir.

Director: Fritz Lang

Cast includes: Glenn Ford, Gloria Grahame, Lee Marvin



MORE HAPPENINGS

AFTERNOON CONCERT

Every Friday at 1:00 p.m. | Theatre
Friday, August 14 - *RITA* by Donizetti

Rita is an opera comique in one act, composed by Gaetano Donizetti. The opera, a domestic comedy consisting of eight musical numbers connected by spoken dialogue, was completed in 1841. It is sung in Italian with English subtitles
Running Time : 1 hour



SATURDAY NIGHT MOVIE - *MONEYBALL* (2011)

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

Oakland A's GM Billy Beane is handicapped with the lowest salary constraint in baseball. If he ever wants to win the World Series, Billy must find a competitive advantage. Billy is about to turn baseball on its ear when he uses statistical data to analyze and place value on the players he picks for the team.

Director: Bennett Miller Cast: Brad Pitt, Robin Wright, Jonah Hill
Running Time : 2 hours and 13 minutes



THE CHAPEL OF ALL SAINTS COLLOQUIUM

Wednesday, August 12 at 11:30 a.m. | Auditorium

The Chapel of All Saints second summer program on Christian contributions to spirituality will be a colloquium. The speaker is the Reverend Larry Hayward, pastor of Westminster Presbyterian Church in Alexandria, Virginia. Dr. Hayward is a long-time member of the Board of the Faith and Politics Institute in Washington, D.C. He will speak for 30 to 45 minutes on our summer theme, *Peace and Hope in Troubled Times*. This will be followed by a light lunch during which table members will have the opportunity to chat. We will finish with an exchange of views between audience and speaker for 30 minutes. All residents are invited and no reservation is necessary.

SAVE THE DATE! CITIZENSHIP CELEBRATION

Wednesday, September 16 at 1:30 p.m. | Auditorium

Our dedicated resident volunteers and our Foundation Team are preparing for one of Goodwin Living's most cherished traditions—our annual Citizenship Celebration!



Goodwin Living
Foundation

This year's event will feature a panel of Goodwin Living team members sharing the personal stories behind their journeys to U.S. citizenship. The celebration will also include fun, interactive activities, including "Citizenship Test Jeopardy" and "Flag Match Challenge" where you can test your knowledge by matching flags to their countries. There will be a voter registration table. And, no celebration is complete without our annual American flag cake, served at the end of the program!

Join us on September 16 as we celebrate our team members, honor their achievements, and recognize the rich diversity that strengthens our Goodwin Living community.

MORE HAPPENINGS

GREAT COURSES - OCEANOGRAPHY: EXPLORING EARTH'S FINAL WILDERNESS

Wednesday, August 12 at 3:00 p.m. | Theatre

- Episode 35 - Marine Pollution - The Impact of Toxins
- Episode 36 - The Future Ocean

RESIDENT COUNCIL ELECTIONS - SEEKING CANDIDATES

November 9 - 13 | Auditorium

Article II of the Resident Council Charter and Section B of the Bylaws specify actions regarding the election of members to the Resident Council. The Resident Council consists of 13 members with half being elected annually for a two-year term. This year we will elect 6 members.



For more information about the Resident Council and its responsibilities visit:

Online: The Charter, Bylaws and Operating Procedures are on the Resident Website under Council & Committees/Resident Council/Bylaws.

In Print: The Resident Council handbook is in the library on the shelf on the right-hand side as you enter.

In Person: Come to the September 14, 2026, Community Meeting at 10 am in the auditorium. Or contact Martha Trunk at marthatrunk1627@gmail.com or x7551.

Please consider running for the 2027 Resident Council.

SAVE THE DATE

EXCURSION TO GEORGE WASHINGTON MASONIC NATIONAL MEMORIAL

Monday, August 31 at 10:15 a.m. | Sign up: online on August 24 at 9:30 a.m.

GHBC VESPERS

Tuesday, August 18 at 7:15 p.m. | Chapel

SONGWRITING WORKSHOP WITH GHBC'S RESIDENT MUSIC THERAPIST ELLEN

Monday, August 17 at 3:00 p.m. | Theatre

NEW GREAT COURSES SERIES: WORLD HERITAGE SITES EXPLORING THE WORLD'S GREATEST PLACES

Wednesday, August 19 at 3:00 p.m. | Theatre

TRIPS AND OUTINGS

Smithsonian Museum of Art - Nick Cave: *Mammoth*

Board the Bus at 12:50 p.m. Wednesday, August 19 at Main Entrance | Departs the Museum at 3:15 p.m.

Join us for an inspiring trip to the Smithsonian to experience *Mammoth*, the captivating exhibition by renowned artist Nick Cave. Known for the exuberant *Soundsuit* that he originally created in response to racialized police violence, Cave has long been interested in the intersections of history and identity. In *Mammoth*, Nick Cave invites visitors to walk among the fantastical remains of these ancient creatures. His new project envisions a world animated by the power of the past and the transformative possibilities of the imagination. Cost: \$20 for transportation

Sign up: Monday, August 10, online starting at 11:30 a.m. Access the link on the resident website on the Week-at-a-Glance or Trips & Outings page, posted on the day sign up opens. Those with no computer may reserve a space by calling Brandon Wallace, ext. 7218, between 10:00 a.m. - 10:30 a.m. the day sign up opens online, first-come, first-served.

PARTICIPATE IN THE ANNUAL TEAM MEMBER SCHOOL SUPPLY DRIVE



Brought to you by the Wellness Advance Team

The Wellness Advance Team is pleased to offer our annual school supply drive to help support team members and their families as they prepare for the upcoming school year. If you wish to donate, you will be paired with the child of a team member and receive the list of school supplies. Residents may choose to purchase any, or all, items from the list. Please have donations ready by Wednesday, August 19. Residents are now able to make financial contributions via cash or check. If you are interested in participating, please contact Wellness Advance Team Shepherd, Elizabeth Whitehouse at EWhitehouse@goodwinliving.org

THE NEW PARKINSON'S SUPPORT GROUP AT GHBC!

Please join our Parkinson's Support Group. This group is for both residents living with Parkinson's Disease and their care partners. This group will have a mix of both discussion and education. The meetings will be on the third Tuesday of every month at 11:00 a.m. in the Formal Parlor. The meetings will begin on August 18. We look forward to having you! For any questions and concerns contact Susan Allen at Sallen@goodwinliving.org

CLINIC SERVICES

Did you know that visiting physicians and healthcare providers regularly offer appointments at our Clinic? You don't always need to travel off-site to get the quality care you need. The following providers come to our Clinic:

- Internal Medicine Physicians: Dr. Mariatu Koroma-Nelson and Dr. Lorena Popp
- Optometrist: Dr. Sushil Jain
- Podiatrist: Dr. Damaeon Smith
- Dentist: Dr. Melissa Restrepo
- Psychiatrist: Dr. Dean Storer
- Audiologists : Julie Wagoner and Travis Stehouwer
- Dermatologist: Kendall Christian
- Acupuncturist: Becky Reynolds

To see the upcoming provider schedule or to find out more details, visit the Resident Website or call the Clinic at ext. 7227.

GREEN TEAM UPDATE: TEXTILE RECYCLING CONTINUES!!

Given YOUR enthusiastic support for textile recycling, the Green Team has made this an ongoing collection event! A collection box is NOW in the Residents' Business Center. You can drop off whatever you have to recycle at YOUR convenience.

Don't want to bring your donation downstairs? No problem! You can leave your donations at the door of either of our 2 "Ragtime Gals" apartment door: in the Pointe, at Susan Daniels' #272 and in the Crossroads, at Joan Kische's #1019.

What can you donate? Any clothing or textile item that you are ready to throw out. This includes clothing, belts, handbags, and shoes. All items must be clean and dry.....that's it! Put the items in a plastic bag for apartment delivery or just toss them in the collection box.

For additional details on what are acceptable items, please go to the [Fairfax County website](#). Let's give unusable items a second life while saving them from the landfill!

For more details, please contact Joan Kische at ext 7558.

NEW RESIDENT BIO

Elaine and Rob Porter moved into Crossroads apartment 728 in July 2026. Rob and Elaine both grew up in Canton, Ohio, where they met in high school and dated through college before marrying after their college graduation.

Rob graduated from Carnegie Mellon University with a bachelor's degree in chemistry. While doing graduate work at the University of Pittsburgh, he was offered a position in the federal government in DC. While working he earned a master's degree in technology management from American University. Over his career in government he worked as a civilian in various agencies before retiring at the Smithsonian. He then worked as a contractor in program management before retiring a second time. After his second retirement he earned an associate's degree in music from NOVA Alexandria. Rob loves to sing and is a member of the Choral Arts Society of Washington, the Cathedral Choral Society, and his Falls Church Presbyterian Church's choir.



Elaine graduated from Akron University with a bachelor's degree in speech and language pathology, and then earned a master's degree from the University of Pittsburgh. She later earned another master's degree from George Washington University in early childhood education and completed follow-up studies on at-risk premature infants. For a while she worked in a private practice in Arlington. She worked as a speech and language pathologist with Easter Seals, the Prince George's County Schools, Prince George's Community College, and finally retired from the Arlington County public school system. In her spare time, she volunteers with the Arlington Head Start program and Falls Church Presbyterian Church. She is an avid reader. Here at GHBC she has already attended the Knit for Kids group and has joined a yoga class.

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.

August 11, 2026: Transitions in Levels of Care

As a Continuing Care Retirement Community (CCRC), GHBC offers independent living with access to higher levels of care including assisted living, memory care, skilled nursing, and rehabilitation. Making the transition from one level of care to another can be daunting. Karen Doyle, GHBC's Associate Executive Director and Administrator of Health Services, will join us to discuss transitioning from Independent Living to Assisted Living or the Health Care Center. Claudia Blake hosts.

August 18, 2026: Executive Assistant to the Executive Director - **FORMAL PARLOR**

We've met Hwan Yi, GHBC's Executive Director. But who is the person behind the scenes, who manages his calendar and schedule, sends email blasts on behalf of all departments, assists residents with a myriad of tasks, including printing poster and providing A/V assistance for Newcomers Gatherings? Always pleasant, always with a smile - meet Bettye Wiredu as she discusses her responsibilities with host Carol Lewis.

Monday, August 10

9:00 a.m.

Class Signups - Required for classes with limited attendance.

11:30 a.m.

Art Trip Sign ups

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, August 11

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. - 3:10 p.m.

**Art Film - Toy Story (1995),
See Page 2**



Wednesday, August 12

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

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

Thursday, August 13

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

Watercolors with Marni - Join Marni Maree in the Arts Center to create a watercolor painting. Limited to 15 residents.

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

Woodcarving - Join resident woodcarver Mike Connors.

Friday, August 14

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

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

Monday, August 17

9:00 a.m.

Class Signups - Required for classes with limited attendance.



MONDAY, August 10

- 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

TUESDAY, August 11

- 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, August 12

- 8:30 a.m. Total Body Standing, Auditorium
- 8:30 a.m. Fit Camp, **CANCELED**
- 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, **CANCELED**
- 4:00 p.m. Line Dancing, Aerobics Room

THURSDAY, August 13

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, **CANCELED**
- 9:00 a.m. Fitness Walk to Jones Point Park
- 10:00 a.m. Pilates, **CANCELED**
- 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, August 14

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

SATURDAY, August 15

- 8:30 a.m. Movin' and Groovin' - Let's Dance
- 9:30 a.m. Total Body Video, Aerobics Room

You still have time to sign up for the 2026 NV Senior Olympics!

Registrations forms are available at the Fitness Center. Filled out forms should be returned to the Fitness Center not later than August 19th. Goodwin Living, through the Life Enrichment department, will cover all registration fees.



MOVIN' and GROOVIN' "LET'S DANCE"

Saturday, August 15 at 8:30 a.m. | Auditorium

This class combines aerobic cardio through an easy-to-follow choreography set to upbeat music. It is designed for all fitness levels, so you can have fun while exercising. This class is 45 minutes long and will keep your body moving to the music!

FITNESS WALK TO JONES POINT PARK

Thursday, August 13 | Bus leaves at 9:00 a.m.

This is a small park located directly beneath Woodrow Wilson bridge. We will walk on a gravel trail passing by a little lighthouse, built in 1855, then go along the river and underneath the bridge toward the Old Town Waterfront.

This walk is not recommended for residents with canes or rollators.

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, August 10

- 10:30 a.m. Move it! w/ Vilma (Comm.Rm)
- 11:00 a.m. IN2L Trivia w/ Aki w/Aki
- 2:00 p.m. Discussion Ambassador Courville (Comm. Rm)
- 4:00 p.m. National Dog Month Documentary: Pick Your Litter (Comm. Rm)

TUESDAY, August 11

- 10:00 a.m. Tuesday Flex & Flow w/ Bersi & Promise (Comm. Rm)
- 10:30 a.m. Gardening with Garden Thyme
- 2:00 p.m. Jeopardy (Comm. Rm)
- 3:15 p.m. Musician of the Week: Dusty Springfield w/Ellen (Comm. Rm)
- 6:45 p.m. August Piano Nights w/ Matthew

WEDNESDAY, August 12

- 10:30 a.m. Midweek Momentum w/ Bersi & Promise (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)
- 3:00 p.m. Wednesday Movie Matinee: (2023) Oppenheimer

THURSDAY, August 13

- 10:30 a.m. Bring Your Own Reading Time w/ Shana (Comm. Rm)
- 10:15 a.m. Revive & Restore: Guided Resistance Band Video (Comm. Rm)
- 2:15 p.m. Songs We Sang as Kids w/ Ellen (Comm. Rm)
- 2:00 p.m. BalletNova Center for Dance in the Auditorium

FRIDAY, August 14

- 10:30 a.m. Service Project For AFAC w/Jacy (Comm. Rm)
- 2:00 p.m. CPE Intern Graduation in the Chapel
- 3:00 p.m. Friday Fitness w/ Olga (Comm. Rm)
- 6:45 p.m. August Piano Nights w/ Matthew (Comm. Rm)

SATURDAY, August 15

- 10:00 a.m. Saturday Strength w/ Olga (Comm. Rm)
- 2:00 p.m. Bingo w/ Herralink Ambassador
- 3:15 p.m. Trivia w/ Herralink
- 7:15 p.m. Evening Movie in the Auditorium

SUNDAY, August 16

- 10:30 a.m. Sunday Service in the Chapel
- 11:00 a.m. Morning Movement Fitness w/ Mar_T
- 3:00 p.m. Squeeze The Day: Citrus Connections w/Jacy

Health Care Center Programs

MONDAY, August 10

- 9:30 a.m. Morning Moments
- 10:30 a.m. Spiritual Devotions w/ Chaplaincy
- 11:00 a.m. Monday Movement w/ Jacy
- 2:00 p.m. Trivia in the Atrium
- 3:30 p.m. DocuMatinee: My Octopus Teacher

TUESDAY, August 11

- 9:30 a.m. Table Talk w/ Vilma
- 10:30 a.m. Daily Strength w/ Sarah
- 11:00 a.m. Today's Topic w/ Vilma
- 2:00 p.m. 1:1 Visits w/ Vilma
- 3:30 p.m. Concert on the Lawn: Tribe Band

WEDNESDAY, August 12

- 9:30 a.m. Bright Start
- 10:30 a.m. Sit & Be Fit w/ Aki
- 11:00 a.m. Sing-A-long w/ Anne
- 2:00 p.m. Service Project Prep
- 3:30 p.m. Musician of the Week: Dusty Springfield w/ Ellen

THURSDAY, August 13

- 10:30 a.m. Bean Bag Toss w/ Aki
- 11:00 a.m. Stronger Memory w/ Kevin
- 2:00 p.m. Creative Expressions w/ Aki
- 4:00 p.m. Piano Tunes w/ Dr. Wilmot

FRIDAY, August 14

- 9:30 a.m. Daily Chronicles
- 10:30 a.m. Service Project for the Arlington Food Assistance Center w/ Vilma
- 2:00 p.m. Songs We Sang as Kids w/ Ellen
- 3:30 p.m. Sweet Summer Social w/ Aki & Friends

SATURDAY, August 15

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

SUNDAY, August 16

- 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. Squeeze the day: Citrus Connections w/ Jacy

WEEKLY CALENDAR

Bolded Events Reflect New or Infrequent Upcoming Activities

Monday, August 10

- 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
- 9:00 a.m. IT Device Clinic (Bistro Bunch), Bistro
- 9:00 a.m. Art Class Sign Ups, Arts Center
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:00 a.m. Resident Council Community Meeting, Auditorium**
- 10:00 a.m. Bridge Lessons, Card Room
- 11:15 a.m. 30-Minute Energizing Chair Yoga, Channel 1991
- 11:15 a.m. Functional Circuit, Aerobics Room
- 11:30 a.m. Shopping Shuttle: Harris Teeter at Barcroft Plaza, Departs from Main Entrance
- 11:30 a.m. Art Trip Sign Ups**
- 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. Trivia, Atrium
- 2:00 p.m. Memoirs, Smith Study
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 4:00 p.m. Silver Panthers, Board Room

Tuesday, August 11

- 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, Channel 1991
- 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
- 10:00 a.m. Timeless Connections: A Special Intergenerational Event Hosted By The Summer Interns**
- 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. Fitness Committee Meeting, Formal Parlor**
- 1:00 p.m. Rosary Group, Chapel
- 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. Bailey's Birders, Formal Parlor
- 3:30 p.m. **Outdoor Concert: The Tribe Band, Front Lawn**
- 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, August 12

- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. 30-Minute Chair Cardio Workout, Channel 1991
- 9:30 a.m. Chair Fit, Auditorium
- 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 min Energizing Chair Yoga, Channel 1991
- 11:30 a.m. Chapel Colloquium: Peace and Hope in Troubled Times, Auditorium**
- 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. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. Pattern Design, Arts Center
- 2:30 p.m. Ice cream Pop Up, Bistro Patio**
- 3:00 p.m. Great Courses, Theatre
- 4:00 p.m. Line Dancing, Aerobics Room
- 4:00 p.m. Prayer Group, Chapel
- 7:00 p.m. Bingo, TOW
- 7:30 p.m. Film Noir Series, Auditorium

Thursday, August 13

- 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. Fitness Walk to Jones Point Park**
- 9:30 a.m. Arlington Community Federal Credit Union opens, Ground Floor Next to Salon**
- 10:00 a.m. Bazaar Donations, Outside WhatNot Shop
- 10:00 a.m. BOM-COM Committee Meeting, Board Room**
- 10:00 a.m. Water Aerobics, Pool
- 10:00 a.m. Water coloring with Marni, Arts Center
- 10:30 a.m. One-Mile Walking Workout, Channel 1991
- 11:30 a.m. Chair Fit, Aerobics Room
- 12:00 p.m. WhatNot Shop Donations, WhatNotShop
- 1:00 p.m. Movement for Living, Aerobics Room
- 1:00 p.m. Balletnova Film Screening and Discussion: Harriet Strong - Movement and the Power of Innovation, Auditorium**
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:00 p.m. Community Service Committee Meeting with Christine Kenny for Children's Diaper Drive , 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
- 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, August 14

- 8:30 a.m. Flower Arrangers Group, Arts Center
- 8:30 a.m. Total Body Standing, Aerobics Room
- 9:00 a.m. 30-Minute Chair Cardio Workout, Channel 1991
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Aerobics Room
- 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
- 2:00 p.m. Clinical Pastoral Education Graduation, Chapel**
- 2:30 p.m. Mat Yoga, Aerobics Room
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Saturday, August 15

- 8:30 a.m. Movin' and Groovin' "Lets Dance", Auditorium**
- 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, Moneyball, Auditorium

Sunday, August 16

- 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. 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.**