

# WEST WINDS

## NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

[www.ghbcresidents.org](http://www.ghbcresidents.org)

Volume 38, Number 36 ✨ September 7, 2026

### UPCOMING MEETINGS

#### Resident Council Business Meeting

Monday, September 7, at 10:00 a.m. | Board Room

#### Veterans Committee Meeting

Monday, September 7, at 1:30 p.m. | TOW

#### Fitness Committee Meeting

Tuesday, September 8, at 1:00 p.m. | Formal Parlor

#### Baileys Birders Meeting

Tuesday, September 8, at 3:00 p.m. | Formal Parlor

#### BOM-COM Committee Meeting

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

#### Community Service Committee Meeting

Thursday, September 10, at 2:00 p.m. | TOW

### CHANGES

MONDAY SEPTEMBER 7,  
FITNESS CLASSES -

**CANCELED**

CURRENT EVENTS WITH  
TIFFANY - **CANCELED**

### RESIDENTS OF THE ELEVENTH FLOOR OF POINTE AND CROSSROADS ARE INVITED TO MEET WITH CHANDRA KUMAR

Wednesday, September 9, at 2:00 p.m. | Board Room

Residents of the eleventh floor of the Pointe and Crossroads are cordially invited to attend Coffee and Conversation with Chandra Kumar, C.O.O. of Goodwin Living, on Wednesday, September 9, in the Board Room at 2:00 p.m. Find out what is happening. Ask Questions. Meet your neighbors.



### LABOR DAY CONCERT

Monday, September 7, at 1:15 p.m. | Atrium

You enjoyed Bob Dawson at the Spring Fling, now you get to enjoy him again as he and Jeff Robbins collaborate on a medley of songs on Labor Day. The music starts at 1:00 p.m. on Monday, September 7, in the Atrium, just as the GHBC Labor Day Picnic is concluding in the JDR. Don't miss the debut of an original song by Bob called "Piano Kitty" about a cat named Goodwin. It will surely bring a smile to your face!

### ARTS OF ASIA WITH RICH BLUMM

Tuesday, September 8, at 10:00 a.m. | Atrium

Rich Blumm and his Arts from Asia are back! Mr. Blumm has traveled far and wide to curate the best products from artists and artisans of Asia. Explore the new collection of handcrafted apparel for men and women, unique jewelry, and more.



### VESPERS

Tuesday, September 8, at 7:15 p.m. | Chapel

The Chaplaincy Department is grateful to partner with residents for a shared service of Vespers, a quiet ritual of personal reflection. Vespers at GHBC draws on a range of spiritual practices using chants, music, readings and silence. Vespers is a ritual of few words with contemplative time that invites each of us to think about what is important to us. The invitation of Vespers is to let the ritual wrap us in quiet and grace. September's theme is "Traveler, There is No Road." All GHBC residents and team members are welcome!



### THE PROBLEM WITH PLASTIC AND THE REALITIES OF RECYCLING

Thursday, September 10, at 3:00 p.m. | Auditorium

VaCCRA is hosting a program about the health and environmental problems created by plastic and the realities of recycling plastic. Plastic was once hailed as a conservation solution that would save natural resources; however, it is now recognized as an environmental problem and a danger to the environment and animal life. This includes microplastics which have been found everywhere from the bottom of the ocean to the top of Mount Everest and even in the human body. We've invited Jen Cole, the Executive Director of Clean Fairfax, to talk with us about issues related to plastic usage and its impact on our world. Plan to come to this important discussion.

### 9/11 REMEMBRANCE PROGRAM, A SKY TO REMEMBER: ART & REFLECTION

Friday, September 11, at 3:15 p.m. | Auditorium

Join us as we remember and honor a significant day in American History. Inspired by the National September 11 Memorial & Museum's artwork, *Trying to Remember the Color of the Sky on That September Morning* by artist Spencer Finch, GHBC residents are invited to create their own piece of the sky (using watercolor or paint) and share their personal memories and reflections of the day. Discussion will focus on themes of remembrance, hope, reflection, resilience, and the significance of community.



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

Wednesday, September 9, at 3:00 p.m. | Theatre

- Episode 5 - Persepolis, the Great Persian Capital
- Episode 6 - Easter Island and the Moai

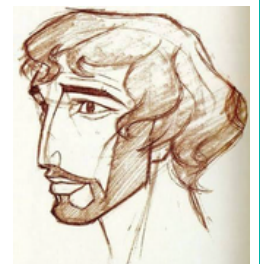


### ART FILM: *BEHIND THE SCENES OF THE PRINCE OF EGYPT* (1998)

Tuesday, September 8, at 2:30 p.m. | Theatre

Three featurettes offer an insightful look into the production of Dreamworks first 1998 animated feature, *The Prince of Egypt*. Included are clips from the film, behind-the-scenes footage, interviews, and on-set interactions with producer Steven Spielberg, voice actors Val Kilmer, Sandra Bullock, Ralph Fiennes, Jeff Goldblum, Michelle Pfeiffer, Martin Short, Steve Martin, Danny Glover, Patrick Stewart, Helen Mirren, Mariah Carey, Whitney Houston, and many more.

Running Time : 41 minutes



## MORE HAPPENINGS

### SATURDAY NIGHT MOVIE - *MICHAEL* (2026)

Saturday, September 12, at 7:15 p.m. | Auditorium

This is the story of "King of Pop" Michael Jackson: from his childhood as the star of the Jackson 5, through times of abuse by his father Joe Jackson, to breaking away and making the hit album *Thriller*, and claiming his independence as a solo artist.

Director: Antoine Fuqua

Cast: Jaafar Jackson, Nia Long, Colman Domingo

Running Time : 2 hours and 7 minutes



### AFTERNOON CONCERT

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

Friday, September 11 - *Roberto Devereux* - Donizetti

*Roberto Devereux* (the *Earl of Essex*) is a tragic opera by Gaetano Donizetti. It premiered in Napoli on October 28, 1837. The opera is loosely based on the life of the English military commander Roberto Devereux, an influential member of the court of Queen Elizabeth I. The lead female character stars Sondra Radvanovsky. It is sung in Italian with English subtitles.

Running Time: 2 hours and 18 minutes



### SENIOR QUEST FOR MEANING: WISE AGING

**Save the dates for Senior Quest for Meaning/Wise Aging Sessions, beginning on Monday, September 28, at 3:30 p.m. in the Auditorium**

In the last 10 years across the country, the Wise Aging program has offered social, emotional, and spiritual insights to hundreds, providing wisdom about how to meet the challenges of these years with a sustaining spirit.

The GHBC interreligious course is based on the *Wise Aging* book by Rabbi Rachel Cowan and Dr. Linda Thal. The book provides both the framework for the course and invaluable tools. It is available several different ways, thanks to the generosity of our wonderful Director of Chaplaincy. You can find it in our library (for reading in the library). By contacting Jan Pomerantz at [jspomerantz@outlook.com](mailto:jspomerantz@outlook.com), you can request a loaned copy of the book (loan limited to 2 weeks). A third option is purchasing through Amazon in paperback and eBook formats. Jan is also available to answer any questions by email.

Members of the Spiritual Life Committee, other residents, team members, and religious leaders from Temple Rodef Shalom will lead the nine sessions that will cover a range of topics related to living with joy, resilience, and spirit. We encourage you to read the book, if possible, since it will inform so much of our time together.

Please visit the Spiritual Life Committee tab on the resident website to note the dates for all future Senior Quest for Meaning/Wise Aging sessions at GHBC, held in the Auditorium at 3:30 p.m. [Senior Quest Sessions](#). Join us for our first session on September 28, 2026: Myths and Facts About Aging - Discussion of attitudes on aging, agism, a view of the aging process as decline. Research on the way we think about aging. Thoughts on integrity, gratitude, and opportunity.

## MORE HAPPENINGS

### CHAPEL SUMMER SERIES ON CHRISTIAN CONTRIBUTIONS TO SPIRITUALITY

Wednesday, September 9, at 12:00 p.m. | Auditorium

The Chapel Summer Series on Christian Contributions to Spirituality is the second event in year three of the Chapel's Summer Series. It is a Colloquium being held in the Auditorium on Wednesday, September 9, at 12:00 p.m. Come for a picnic lunch, a round table discussion, and a talk by a local renowned preacher. The theme is "Hope and Peace in Troubled Times". Dr. Larry Hayward is the speaker and after his talk he will exchange views with the audience. Dr. Hayward is a long-time member of the Board of the Faith and Politics Institute in Washington, D.C.

### ALCOHOLICS ANONYMOUS

There is a weekly AA meeting here at GHBC. Please contact Chaplain Alex Alain at 7224 for more information.

## SAVE THE DATE

### CHILDRENS DIAPER DRIVE

Monday, September 14 - 19 | Rotunda

### CITIZENSHIP CELEBRATION!

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

### MUSTARD CUTTERS, AN OLD-TIME BLUEGRASS STRING BAND

Friday, September 18, at 7:15 p.m. | Auditorium

### EXCURSION TO THE ALEXANDRIA SYMPHONY ORCHESTRA

Saturday, September 26, at 6:45 p.m. | Departs from Main Entrance

## TRIPS AND OUTINGS

### National Gallery of Art: Choose Your Own Exhibit

Wednesday, September 16, at 12:00 p.m. | Departs from Main Entrance

Join us for a special trip to the National Gallery of Art, where you'll have the freedom to create your own gallery experience. With several major exhibitions recently extended, this is the perfect opportunity to explore the artworks and stories that interest you most. Discover thought provoking exhibitions such as Dear America: Artists Explore the American Experience; American Icon: The US Flag in Art; Homelands; Niagara Falls: Mist and Majesty; and Sky Hopinka: Kicking the Clouds. From iconic American imagery and powerful explorations of identity to breathtaking landscapes and contemporary Indigenous perspectives, there is something for every art lover. In addition to these featured exhibitions, visitors can enjoy new installations, contemporary works, and the Gallery's reimagined American art collection. Whether you're a frequent museum-goer or simply curious to explore, this self-guided arts adventure promises inspiration, discovery, and meaningful conversations.

Bus Boards: 12:00 p.m.

Return time: 2:30 p.m.

Cost: \$20 for transportation

Online Sign up begins: Monday, September 7, at 11:30 a.m.

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.

## THE MONTH OF SEPTEMBER

- **September 7** - Labor Day
- **September 11 - 13** - Rosh Hashanah (begins at sundown)
- **September 13 - 19** - International Housekeeping Week
- **September 13 - 19** - International Environmental Services Week
- **September 15** - Hispanic Heritage Month begins
- **September 17** - Constitution Day
- **September 20 - 21** - Yom Kippur (begins at sundown)



## MEET GHBC CPE INTERN AND HOSPICE RESIDENT

**Matt Sims** was born and raised in Bristol, England, and was involved in The Salvation Army Church. As a former professional musician and actor, he has served in youth groups, theater, and special-needs ministries since moving to the United States in 2007. Matt holds a Master of Theology from Dallas Theological Seminary and currently serves as Pastor of Children's and Theater Ministries at Burke Community Church. He begins his first unit of CPE with a desire to deepen his care for individuals and families facing crisis, serious illness, and end of life. Matt will complete his clinical internship at Goodwin House Bailey's Crossroads.



**Taj Carson** is a former CEO and social scientist who is transitioning into a more service-oriented life. As a Zen practitioner, she experiences spirituality as a path of direct experiences through teachings, awareness, and meditation. She did her first unit with Goodwin Living CPE and is continuing to explore Chaplaincy as the **Goodwin Hospice Chaplain Resident** this coming year to develop personally and spiritually and to support others in her life. She loves rowing, Aikido, and traveling to Spanish-speaking countries.



## THE LIONS CLUB AND PLASTIC BAGS

Fairfax County does not recycle plastic bags. The loosey-goosey bags get caught in the machinery at the Materials Recovery Facility and take a long time to be straightened out. So, do NOT place plastic bags in our recycling bins. There's good news, thanks to the Lions Club which meets at GHBC on certain Fridays. They are providing us with a special plastic bag collection. Check it out in the Resident Business Center (RBC) and read carefully the signage. The signs make clear which TYPES of plastic bags are accepted (dry cleaner and grocery bags, among others). Also, if in doubt about the bag you're holding, try to pull it apart: if it tears, it's paper, but if it stretches a bit, it's plastic. The Lions also maintain a collection box on the counter in the RBC for recycling eye glasses, glasses cases, and hearing aids.

## CARDS FOR HOSPITALIZED KIDS

GHBC's Community Service Committee is starting a new project for residents to create handmade cards to uplift the spirits of hospitalized children. Cards for Hospitalized Kids is a nonprofit group that distributes cards monthly to all 50 states (<https://www.cardsforhospitalizedkids.com/>). Please leave handmade cards inside the plastic bin under the wall clock in the Arts Center. For more information, contact Victoria Carns at 831-295-3883 or [victoriacarns@aol.com](mailto:victoriacarns@aol.com).



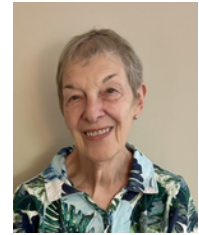
## RESIDENT WIRELESS NETWORK UPDATE

The Information Technology team wants to let you know that we are aware of ongoing wireless network issues that some residents have been experiencing. The team is actively working with our wireless network vendor to identify the cause of these issues and implement solutions. While some of the challenges can be intermittent and difficult to reproduce, resolving them remains a top priority. We understand how important reliable internet access is and appreciate your patience as we continue our investigation and make improvements to the network. If you experience wireless connectivity problems, please contact the Resident Help Desk at ext. 1277 and provide details about the issue. This information helps us identify patterns and resolve problems more quickly. We will not turn off the old wireless networks until we are confident that residents' devices are successfully connected to the new network. Thank you for your understanding and patience.

## NEW RESIDENTS BIO

Alberta Frost moved into Pointe apartment 573 in August 2026.

Alberta was born in Fargo, North Dakota, but until she was 12 moved frequently while her father worked at various Federal Weather Bureau stations throughout the West. The family eventually settled in Aurora, Colorado, where Alberta graduated from Aurora High School. She earned a bachelor's degree in liberal arts from the University of Colorado and later a master's degree in organizational development from American University. Always interested in social programs, she came to D.C. to work at the Department of Agriculture. She worked in the Food Stamp Program (now known as SNAP) for more than a decade before moving to Child Nutrition Programs, which included school lunches, breakfasts, WIC, and food distribution programs. Before retiring in 2007, she led the research and nutrition division for the Food and Nutrition Service. In retirement, Alberta continues to be a very active volunteer at King Street Cats, a no-kill rescue facility in Alexandria. Alberta loves to garden and hopes to be able to continue that activity perhaps from her balcony here at GHBC. She also likes to cook, read, and keeping up with current affairs. Her aspirational goal for the year is to get back to the gym.



Nathan Hlobeczy moved into Crossroads apartment 813 in August 2026. Eight months before he moved here, he fell and broke his right shoulder. While still recuperating from that severe break, he also broke a bone in his right upper arm. He is looking forward to being able to take off his temporary brace and splint sometime in the next four or five months.



Nathan spent his childhood in Cleveland but moved to Portland, Oregon, to attend a community college and earn an associate's degree in aviation maintenance. With his newly learned skills and certification, he began working for United Airlines in San Francisco, Chicago, and Indianapolis. He retired from United in 2010 and returned to Portland, where he did machining and assembly for Boeing. One of the benefits of working with airlines is that he was able to fly free or very cheaply all over the world and did so frequently. At one point he was living in Chicago and flying every weekend to Portland to visit his ailing mother. After he finally retired, he moved to Richmond. He moved here to be near his sister, who lives at GHA. At present Nathan is limited by his inability to use his right arm but he can still watch the old movies he enjoys. He also enjoys writing fiction.

## 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](mailto:poplewis@hotmail.com).

#### **September 8, 2026: Silver Panthers Huddle**

You've probably met a Silver Panther - a committed resident who supports progressive views through education, lobbying, and election work. Learn how the Silver Panthers started back in 2017. Hear how our current focus is on electing progressive candidates in the mid-term elections on November 3, 2026, and other activities we support at GHBC and in the larger community. Silver Panther founders and leaders join host Donna Cartwright.

#### **September 15, 2026: Health Committee**

A reason for moving to GHBC is concern for our health. The Health Committee supports the GHBC Health Team in providing the highest quality health care and is a forum for residents to bring health questions and concerns to the attention of administration and residents. Committee chair Ron Karpick, Associate Executive Director and Administrator of Health Services Karen Doyle, and Director of Social Work Susan Allen discuss this vital aspect of our life here with host Stefanie Reponen.

## INSIDE THE ARTS CENTER

### Monday, September 7

9:00 a.m. **Class Sign ups - Required for classes with limited attendance.**

11:30 a.m. **Online Sign up for National Gallery of Art: Choose Your Own Exhibit.**

### Tuesday, September 8

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 - *Behind the Scenes of The Prince of Egypt*, (1998) See Page 2**



### Wednesday, September 9

3:30 p.m. - 5:00 p.m. **Ink Drawing** - Join Brandon in the Arts Center to draw using inks and pens. Limited to 15 residents.

### Thursday, September 10

10:00 a.m. - 11:30 a.m. **Watercolors with Marni** - Join Marni Maree in the Arts Center to create watercolor paintings. Limited to 15 residents.

3:00 p.m. - 5:00 p.m. **Woodcarving** - Join resident woodcarver Mike Connors.

### Friday, September 11

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. - 4:00 p.m. **Drawing Hands** - Join Brandon in the Arts Center to learn how to draw hands using pencils. Limited to 15 residents.

### Monday, September 14

9:00 a.m. **Class Sign ups - Required for classes with limited attendance.**

1:00 p.m. - 2:30 p.m. **Still - Life Drawing** - Join Brandon in the Arts Center to draw fruit using pencils. This is a great starting point for residents who have never drawn before. Limited to 15 residents.

#### Upcoming 2026 Art Trips

October 8 - Virginia Museum of Fine Arts - Fine Arts & Flowers

October 15 - Glenstone

**MONDAY, September 7****CLASSES CANCELED****LABOR DAY HOLIDAY****TUESDAY, September 8**

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Aerobics Room
- 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, September 9**

- 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
- 1:15 p.m. Gentle Chair Yoga, Aerobics Room
- 2:30 p.m. Tai Chi, Aerobics Room
- 4:00 p.m. Line Dancing, Aerobics Room

**THURSDAY, September 10**

- 8:15 a.m. Stretch and Flex, **CANCELED**
- 9:00 a.m. Functional Fit, **CANCELED**
- 9:00 a.m. Fitness Walk, **CANCELED**
- 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, **CANCELED**

**FRIDAY, September 11**

- 8:30 a.m. Fit Camp, 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, **CANCELED**
- 2:30 p.m. Mat Yoga, Aerobics Room

**SATURDAY, September 13**

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

**Fitness Class Announcement**

Fitness Manager Olga Cardoso will be taking a well-deserved vacation soon. Contractors will cover many classes, but we will have some cancellations. Please continue to review the adjusted West Winds schedule for September 10–19. The regular schedule will resume on September 21. Thank you!

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, September 7

- 10:00 a.m. Monday Movement - Guided  
Fitness Video w/ Kacie (Comm. Rm)
- 1:15 p.m. Music Concert w/ GHBC Residents in the  
Atrium

### TUESDAY, September 8

- 10:00 a.m. Tuesday Flex & Flow w/ Jacy  
(Comm. Rm)
- 10:30 a.m. Gardening with Garden Thyme
- 3:15 p.m. Musician of the Week: Louis Armstrong  
w/ Ellen (Comm. Rm)
- 4:15 p.m. Jeopardy w/ Jacy (Comm. Rm)

### WEDNESDAY, September 9

- 10:30 a.m. Midweek Momentum  
w/ Jacy (Comm. Rm)
- 11:00 a.m. Creative Expressions w/ Brandon  
(Comm. Rm)
- 1:30 p.m. Bingo w/ Vilma (Comm. Rm)
- 3:00 p.m. Spiritual Discussion w/ Rev. Alex  
(Comm. Rm)

### THURSDAY, September 10

- 9:30a.m. Bring Your Own Reading Time w/ Shanna  
(Comm. Rm)
- 10:00 p.m. Chair Chi w/ Cynthia (Comm. Rm)
- 11:00 p.m. Word Game - Connections w/ Jacy  
(Comm. Rm)
- 2:00 p.m. Sports Anthems w/ Ellen (Comm. Rm)
- 3:00 p.m. Pet Visits w/ Frankie

### FRIDAY, September 11

- 10:30 a.m. Service Project For AFAC w/Jacy  
(Comm. Rm)
- 11:00 a.m. 25<sup>th</sup> Anniversary of 9/11: Live Ceremony  
(Comm. Rm)
- 3:00 p.m. Friday Fitness Guided Video (Comm. Rm)
- 3:00 p.m. A Sky to Remember: Art & Reflection in  
the Auditorium

### SATURDAY, September 12

- 10:00 p.m. Seated Fitness w/ Jacy (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, September 13

- 10:30 a.m. Sunday Service in the Chapel
- 11:00 a.m. Morning Movement Fitness  
w/ Mar\_T

## Health Care Center Programs

### MONDAY, September 7

- 11:00 a.m. Monday Movement w/ Kacie
- 1:15 p.m. Musical Concert w/ GHBC Residents  
in the Atrium

### TUESDAY, September 8

- 9:30 a.m. Morning Mojo w/ Vilma
- 10:30 a.m. Daily Strength w/ Sarah
- 11:00 a.m. Mental Aerobics w/ Aki
- 2:00 p.m. Tuesdays At Two w/ Aki
- 3:30 p.m. Bingo! w/ Vilma & Aki

### WEDNESDAY, September 9

- 9:30 a.m. Daily Chronicles
- 10:00 a.m. Cloverleaf Equine Visit with Eleanor
- 2:00 p.m. Service Project Prep
- 3:30 p.m. Musician of the Week: Louis Armstrong  
w/ Ellen (Comm. Rm)

### THURSDAY, September 10

- 9:30 a.m. Table Talk w/ Vilma
- 10:30 a.m. Strong Moves w/ Aki
- 11:00 a.m. Stronger Memory w/ Kevin
- 2:00 p.m. Stronger Memory: Explore More  
w/ Kevin
- 4:00 p.m. Piano Tunes w/ Dr. Wilmot

### FRIDAY, September 11

- 9:30 a.m. Current Events
- 10:30 a.m. Service Project for the Arlington Food  
Assistance Center w/ Aki
- 2:00 p.m. Sports Anthems w/ Ellen
- 3:30 p.m. This Day in History w/ Aki & Vilma

### SATURDAY, September 12

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

### SUNDAY, September 13

- 10:30 a.m. Holy Eucharist Service in the Chapel
- 11:15 a.m. Sunday Fitness w/ Myra & Jacy
- 1:15 p.m. Sunday Spiritual Service (Comm. Rm)
- 2:15 p.m. '70s TV Character Guess Who? w/ Jacy

## WEEKLY CALENDAR

**Bolded Events Reflect New or Infrequent Upcoming Activities**

### Monday, September 7

- 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
- 10:00 a.m. Bridge Lessons, Card Room
- 10:00 a.m. Resident Council Business Meeting, Board Room**
- 11:15 a.m. 30-Minute Energizing Chair Yoga, Channel 1991
- 11:30 a.m. Labor Day Picnic, JDR**
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:15 p.m. Songs on Labor Day with Bob Dawson and Jeff Robins, Atrium**
- 1:30 p.m. Veterans Committee Meeting, TOW**
- 2:00 p.m. Rummikub, Card Room
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 4:00 p.m. Silver Panthers, Board Room

### Tuesday, September 8

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Aerobics Room
- 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. Candoo Tech Class: Android Basics, Auditorium**
- 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. Arts of Asia with Rich Blumm, Atrium**
- 10:30 a.m. One-Mile Walking Workout, Channel 1991
- 11:30 a.m. Encore Learning In-person Enrollment, Rotunda**
- 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, Chapel
- 1:00 p.m. Fitness Committee Meeting, Formal Parlor**
- 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. Baileys Birders Meeting, Formal Parlor**
- 4:00 p.m. Newcomers et al, Auditorium
- 6:45 p.m. Dominoes-Mexican Train, Double 12, Card Room
- 7:15 p.m. Vespers, Chapel**

**Bolded Events Reflect New or Infrequent Upcoming Activities**

## Wednesday, September 9

- 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
- 10:00 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
- 12:00 p.m. Chapel of All Saints Colloquium Event, Auditorium**
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:15 p.m. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. Residents of the eleventh floor of Pointe and Crossroads meet with Chandra Kumar, for coffee and conversation, Board Room**
- 2:00 p.m. French Conversation Group, Smith Study
- 2:00 p.m. Informal Open Bridge, Card Room
- 2:30 p.m. Tai Chi, Aerobics Room
- 3:00 p.m. Great Courses, Theatre
- 3:30 p.m. Ink Drawing, Arts Center
- 4:00 p.m. Line Dancing, Aerobics Room
- 4:00 p.m. Prayer Group, Chapel
- 7:00 p.m. Bingo, TOW

## Thursday, September 10

- 9:00 a.m. 20-Minute Intro to Strength Training, Channel 1991
- 9:00 a.m. IT Device Clinic (Bistro Bunch), Bistro
- 9:30 a.m. Stronger Memory Class Morning Session, Pointe Conference Room
- 9:30 a.m. Arlington Community Federal Credit Union opens, Ground Floor Next to Salon
- 10:00 a.m. BOM-COM Committee Meeting, Board Room**
- 10:00 a.m. Watercolors with Marni, Arts Center
- 10:00 a.m. Pilates, Aerobics Room
- 10:00 a.m. Water Aerobics, Pool
- 10:00 a.m. Bazaar Donations, Outside WhatNot Shop
- 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, WhatNot Shop
- 1:00 p.m. Stronger Memory Class Afternoon Session, Pointe Conference Room
- 1:00 p.m. Movement for Living, Aerobics Room
- 2:00 p.m. Community Service Committee Meeting, TOW**
- 2:00 p.m. Poetry Group, Smith Study
- 2:00 p.m. Duplicate Bridge, Card Room
- 3:00 p.m. VaCCRA Hosts: The Problem with Plastic and the Realities of Recycling, Auditorium**
- 3:00 p.m. Woodcarving, Arts Center
- 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, September 11

- 8:30 a.m. Fit Camp, Aerobics Room
- 8:30 a.m. Flower Arrangers Group, Arts Center
- 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. 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. Encore Chorale Rehearsal, Auditorium
- 1:00 p.m. Guided Meditation, Channel 1991
- 2:30 p.m. Mat Yoga, Aerobics Room
- 3:00 p.m. Drawing Hands, Arts Center
- 3:15 p.m. 9/11 Remembrance Program, A Sky To Remember: Art & Reflection**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

## Saturday, September 12

- 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, *Michael*, Auditorium

## Sunday, September 13

- 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
- 3:30 p.m. Happy Hour Movies, Board 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.**