

WEST WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

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

Volume 38, Number 43 ✨ October 26, 2026

UPCOMING MEETINGS

Green Team Committee Meeting

Monday, October 26, at 11:00 a.m. | Board Room

Marketing Committee Meeting

Tuesday, October 27, at 3:00 p.m. | Board Room

CHANGES

Silver Panthers

Monday, October 26, at 4:00 p.m. | **CANCELED**

Monthly Brain Enrichment Session

Wednesday, October 28, at 2:00 p.m. | **CANCELED**

ALL StrongerMemory Classes

Thursday, October 29 | **CANCELED**

A FRIGHTFULLY FUN HALLOWEEN PARTY



Friday, October 30, at 2:00 p.m. | Auditorium

Hocus, pocus, the ghouls just want to have fun! Join us as we sk-elebrate Halloween with a truly thrilling and spook-tacular afternoon event. Costumes are highly encouraged, so break out the creative ideas you've been planning since last year. Fab-boo-lous seasonal treats will surely keep you crawling back for more! You won't want to miss this!



GERMAN BAND PERFORMANCE



Tuesday, October 27, at 7:30 p.m. | Auditorium

This narrated Oktoberfest program presents Polkas, German-Bavarian Folk Songs (Volkslieder), Marching Songs (marschlieder), Waltzes (Walzer), and "Trinklieder" (Drinking Songs) commonly heard in the Munich "Hoffbrauhaus" (beer hall) but also in rural German, Austrian, and Swiss villages. Through songs we will visit Munich, Vienna, Berlin, the Rhine, Cologne, Bavaria, and the Alps. Our German Band is representative of a "Blaskapelle" – the traditional German brass / wind band that performs at village festivals, beer gardens, and churches. Listeners will recognize "Oompah" music throughout.



HALLOWEEN BINGO AND TRICK OR TREAT STATION

Wednesday, October 28, at 2:30 p.m. | Rotunda

Join us for a festive afternoon filled with Halloween fun, including Halloween Bingo and Trick-or-Treat Candy Stations! (Costumes are encouraged.)

CITY OF FALLS CHURCH CONCERT BAND PERFORMANCE

Wednesday, October 28, at 7:15 p.m. | Auditorium

Enjoy a live musical performance featuring selections from the swashbuckling sounds of the *Pirates of the Caribbean* and cinematic selections from *Music for a Darkened Theatre*. With music that offers something for everyone, this concert is the perfect way to celebrate the fall season.



RESIDENT COUNCIL SURVEY

Open until Tuesday, October 27

How do you communicate with the Resident Council and with Goodwin Living managers, and how well do these work for you? Click here to go to the survey. Link: [RC 2026 Survey: Use Your Voice, October 20-27 – Fill out form](#)



EMPLOYEE GIFT FUND CAMPAIGN KICKOFF

Thursday, October 29, at 2:00 p.m. | Atrium

Please join us as we begin the campaign to raise funds for the Employee Gift Fund 2026. Learn more about the gift fund on the resident website here at: [Life at GHBC Employee Gift Fund](#).

GUIDED RELAXATION AND MEDITATION

Monday, October 26, at 10:00 a.m. | Theatre

In need of some quiet time? Want to learn some new relaxation techniques to help you fall asleep or take your mind off day-to-day stress? Join Ellen, our resident Music Therapist, as she leads you through a guided relaxation and meditation to music. No need to bring anything with you; Ellen only asks that you wear clothing that makes you feel comfortable and layers in case the room is chilly. Feel free to reach out to Ellen if you have any questions at eabood@goodwinliving.org.

SESSION 2 SENIOR QUEST - WISE AGING



Monday, October 26, at 3:30 p.m. | Auditorium

Join us for the second session of this year's Senior Quest for Meaning course on *Wise Aging - Living with Joy, Resilience and Spirit*. Session 2 will reexamine individual life journeys to reflect on the people, experiences, transitions, and turning points that have shaped our lives. Through songs, poetry, guided meditation, reflection, and conversation, participants will explore how past experiences might inform the next stretch of life. This session will be facilitated by Cantor Allen Leider, Senior Living Coordinator and Retired Director of Lifelong Learning at Temple Rodef Shalom. Allen encourages participants to bring writing paper or a journal and a pen or pencil. Copies of the *Wise Aging* book are available in the library or to borrow by contacting Jan Pomerantz at jspomerantz@outlook.com. PDF versions of book are also available by contacting Jan. The session will be streamed in real time at 3:30 p.m. here at : [Session 2 Senior Quest Wise Aging](#).

ENCORE LEARNINGS THE MAGIC BEHIND FILM MUSIC SESSION 1

Thursday, October 29, at 12:00 p.m. | Theatre

Join us for an overview of the course that will trace the evolution of film music (beginning with early sound cinema) and explore how composers shape emotion across six core themes:

- How Music Shapes Movies
- Drama and Romance
- Comedy and Romance
- Action and Adventure
- Film Noir and Jazz Part 1
- Film Noir and Jazz, Part 2.

For questions, contact Tiffany Procter at Tproctor@goodwinliving.org.

UNDERSTANDING SMARTPHONES PART 2: TEXT AND PHOTOS



Tuesday, October 27, at 1:00 p.m. | Theatre

Join Victor Otsanya for the next session in his smartphone series. He will cover texting and working with photos on your smartphone. **Please bring your smartphone.**

SCAMS PRESENTATION WITH FAIRFAX COUNTY POLICE DEPARTMENT



Tuesday, October 27, at 1:00 p.m. | Auditorium

Join the Fairfax County Police Department for an informative presentation on how to recognize and avoid scams and protect your personal information. The presentation will be live streamed here at: [Scam Presentation with Fairfax County Police Department](#). For questions contact David Savoy, at Dsavoy@goodwinliving.org.

VETERANS DAY BREAKFAST

Wednesday, November 11, at 8:45 a.m. | Jefferson Dining Room

The annual Veterans Day Breakfast will be held on Wednesday, November 11, at 8:45 a.m. This is a special breakfast prepared and served with great care by our superb Dining Services personnel. Enjoy Dr. Ben Wilmot on the piano and the Encore Chorale. Reservations are required. Forms will be available at the Reception Desk. Please return reservation form to Rob Warne, Apartment 1583, **prior to November 6.**

FILM NOIR: HITCHCOCK'S THRILLER *NORTH BY NORTHWEST*

Monday, October 26, at 7:30 p.m. | Auditorium

The Film Noir Series has added an extra movie to its schedule. We're honoring Oscar-winning actress Eva Marie Saint by showing one of her most popular movies, Alfred Hitchcock's 1959 thriller *North by Northwest*. Cary Grant plays an innocent man in the wrong place at the wrong time when he finds himself the prey of a group of Commies, including James Mason and future Oscar-winner Martin Landau. Saint plays a mysterious woman who is not all she seems to be. Shown in color.

Running Time: 2 hours and 16 minutes



FILM NOIR: *ARSENIC AND OLD LACE* (1944)

Wednesday, October 28, at 7:30 p.m. | Theatre

Arsenic and Old Lace takes place on Halloween afternoon and night and depicts one of the strangest families in entertainment history. As one character says, "Insanity doesn't run in this family, it gallops." There are chills and laughs in this dark comedy mystery about two sisters who send lonely old men to their final reward. Cary Grant plays their befuddled nephew: his uncle thinks he's Teddy Roosevelt, and his brother is a dead-ringer for Boris Karloff in his Frankenstein monster mode.

Running Time: 1 hour and 58 minutes



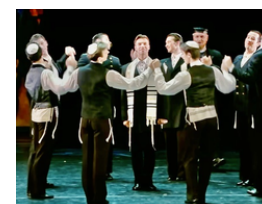
AFTERNOON CONCERT

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

Friday, October 30 - Two Ballets by the Igor Moiseyev Company

The two Ballets by the Igor Moiseyev Company are *Jewish Suite "Family Joys"* and *"Night on Bald Mountain"* (music by Modest Mussorgsky).

Running Time: 1 hour and 10 minutes



MORE HAPPENINGS

MONDAY MOVIE MATINEE: *NATCHEZ* FOLLOWED BY A DISCUSSION WITH REVEREND ALEX ALLAIN

Monday, October 26, at 1:30 p.m. | Theatre

This movie takes a sharp look at the American South's unreconciled history through *Natchez*, a Mississippi town that mixes antebellum tourism with a community deeply divided over its past. After the film, join Reverend Alex Allain as he talks about his hometown Natchez, Mississippi.

Director: Suzannah Herbert

Cast: Kathleen Bond, Ser Clifford Boxley, Tracy Collins

Running Time: 1 hour and 26 minutes



FRENCH FILM FESTIVAL PRESENTS *UN HOMME ET UNE FEMME*

Friday, October 30, at 7:30 p.m. | Theatre

A Man and a Woman (French: *Un homme et une femme*) is a 1966 French romantic drama film directed by Claude Lelouch and starring Anouk Aimée and Jean-Louis Trintignant. Written by Pierre Uytterhoeven and Lelouch, the film concerns a young widow and widower who meet by chance at their children's boarding school and whose budding relationship is complicated by the memories of their deceased spouses. The film is known for its lush photography, which features frequent segues among full color, black-and-white, sepia-toned shots, and for its music score by Francis Lai. English subtitles.



ART FILM: *THE NIGHTMARE BEFORE CHRISTMAS* (1993)

Tuesday, October 27, at 2:30 p.m. | Theatre

The Nightmare Before Christmas is a visually stunning holiday classic brought to life through the painstaking process of stop-motion animation. Rather than using computer-generated imagery, filmmakers hand-crafted hundreds of detailed puppets and miniature sets, moving the characters ever so slightly and photographing them one frame at a time. The result is a beautifully textured, dreamlike world unlike any other in cinema. Follow Jack Skellington, the beloved Pumpkin King of Halloween Town, as he discovers the magic of Christmas and sets out on an unforgettable adventure.

Running Time : 1 hour and 16 minutes



SATURDAY NIGHT MOVIE - *HADESTOWN: THE MUSICAL* (2026)

EA

Saturday, October 31, at 7:15 p.m. | Auditorium

This musical juxtaposition of the Orpheus/Eurydice and Hades/Persephone myths examines the way real life can impact our quest for a perfect world. This film is a live performance of the Tony Award winning musical.

Director: Brett Sullivan Cast: Reeve Carney, André De Shields, Amber Gray

Running Time : 2 hours and 21 minutes



MORE HAPPENINGS

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

Wednesday, October 21, at 3:00 p.m. | Theatre

- Episode 19 - Iceland's Great Assembly at Thingvellir
- Episode 20 - Afghanistan's Lost Bamiyan Buddhas



SAVE THE DATE

JEOPARDY RETURNS! (BI-WEEKLY)

Friday, November 6, at 2:00 p.m. | Board Room

SHABBAT SERVICES

Saturday, November 7, at 9:30 a.m. | Chapel

AN EVENING OF JAZZ WITH THE QUENTIN WALSTON TRIO

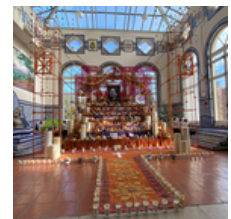
Monday, November 16, at 7:30 p.m. | Auditorium

TRIPS AND OUTINGS

EXCURSION TO MEXICAN INSTITUTE OF CULTURE

Wednesday, November 4, at 11:15 a.m. | Departs from Main Entrance

The Mexican Cultural Institute is located in one of the most spectacular mansions on 16th Street, Washington, D.C. formerly known as 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: 10:30 a.m.

Return time: 12:45 p.m.

Cost: \$25 for transportation

Online Sign up begins: Monday, October 26, at 9:30 a.m.

For Those with no computer may call Kacie Peterson to reserve a space between 9:00 a.m. and 9:30 a.m. at ext. 7221 on the day sign-up opens online, first-come, first-served.

Questions? Contact Debbie Massey, ext. 7364 or Kacie Peterson, ext. 7221,

kpeterson@goodwinliving.org

NEW DOMINION CHORALE CONCERT *EIN DEUTSCHES REQUIEM*

Sunday, November 1 at 3:15 p.m. | Departs from Main Entrance

The featured work will be *Ein Deutsches Requiem* by Brahms. Other works sung by the 120 voice chorus will be Vaughan Williams' *Serenade to Music* and Hagen's *Messages From Everywhere*.

Bus Boards: 3:15 p.m.

Return time: 6:00 p.m.

Ticket Cost: \$35, Buy at Schlesinger before the concert or online at (www.newdominion.org)

Free Bus online Sign up begins: **Monday, October 26, at 11:30 a.m.**

For those who do not use a computer, please call to leave a message with Tiffany Proctor (ext. 7222) between 10:00 a.m. and 10:30 a.m. on Monday, October 26.

Questions? Contact Tiffany Proctor at TProctor@goodwinliving.org

TRIPS AND OUTINGS

CULINARY PASSPORT LUNCH TRIP TO FALL FOLIAGE & LUNCH AT OLD ANGLER'S INN

Thursday, October 29, at 11:15 a.m. | Departs from Main Entrance

A Potomac tradition since 1860, Old Angler's Inn is celebrated for its legendary hospitality, historic charm, and picturesque setting just steps from the C&O Canal. Join us for our 5th Annual Lunch Trip to this beloved local culinary landmark for a delightful afternoon of great food, warm company, and timeless charm.

Bus Boards: 11:10 a.m.

Return time: 1:45 p.m.

Cost: \$17 for transportation

Online Sign up begins: Monday, October 26, at 9:30 a.m.

For those who do not use a computer, please call to leave a message with Tiffany Proctor (ext. 7222) between 9:00 a.m. and 9:30 a.m. on Monday, October 26.

Questions? Contact Tiffany Proctor at TProctor@goodwinliving.org



WALK IN HUNTLEY MEADOWS PARK IN FAIRFAX COUNTY

Thursday, November 5 at 8:30 a.m. | Departs from Main Entrance

Bailey's Birders is sponsoring a walk to Huntley Meadows Park in Fairfax County. This park is well known as a prime birding spot, with over 200 species identified in the park. Those who aren't interested in finding birds would still appreciate the lovely woodlands and pond with lots of turtles. The walk will be about 1.2 miles as it goes through woodlands, over a wooden boardwalk, over the pond, and back to the visitor's center. Please dress in layers, wear comfortable shoes, and bring water.

Bus Boards: 8:30 a.m.

Return time: 1:00 p.m.

Cost: \$15 for transportation

Sign up begins: **Monday, October 26 in the Resident Business Center**

Questions? Contact Sue Larue at x3655 or susan.larue275@gmail.com

COMMUNITY NEWS, UPDATES, & ANNOUNCEMENTS

Giving to the GL Foundation through Your IRA

A Qualified Charitable Distribution (QCD) allows you to make a gift directly from your IRA to a qualified charitable organization. The gift may be excluded from your taxable income and can count toward your required minimum distribution (RMD).

Because the Goodwin Living Foundation is a "supporting organization" for IRS purposes, QCDs cannot be made directly to the Foundation. Instead, QCDs should be made payable to Goodwin Living (Tax ID #54-0623670). These gifts will ultimately support the Goodwin Living Foundation. Planning to make a QCD gift before the end of 2026? We encourage you to notify your IRA administrator early, ideally in October or November, to help ensure the Foundation receives your gift by December 31. If mailing your QCD, please have your IRA administrator send it to: Goodwin Living Attn: Heather Sherman P.O. Box 1374 Falls Church, VA 22041



Goodwin Living
Foundation

RESIDENT WIRELESS NETWORK UPDATE

The Information Technology team wants you to 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. Please contact the Resident Help Desk at ext. 1277 and provide details about wireless connectivity problems.

GUN VIOLENCE PREVENTION - TAKE ONE SMALL STEP

The GHBC Gun Violence Awareness Group held our first in-house gun violence rally in 2023. Since then, we've hosted Wear Orange events and held vigils for survivors and victims of gun violence. Another small way we keep the focus on this issue is to offer residents a monthly printout of gun violence statistics to post on their doors. Currently, you can spot them on about 50 apartments. To join this effort, please contact Carol Lewis at poplewis@hotmail.com and designate whether you would like to receive an email copy to print yourself or have a paper copy delivered.

ARLINGTON COMMUNITY FEDERAL CREDIT UNION NAME CHANGE

Arlington Community Federal Credit Union has merged with Commonwealth One Federal Credit Union. You will begin to notice updates to their signage, branding, and logo as they begin to adopt and transition to the Commonwealth One name. Please be sure to read all mail from Commonwealth One Federal Credit Union before recycling.

CARDS FOR HOSPITALIZED KIDS

if you are planning to send cards for hospitalized kids during the holiday season as part of our commitment each month, please write general holiday greetings. Please do not send "Christmas cards." Thank you on behalf of the committee for kids and cards. At the end of holiday season, please make cards for Valentine's day. For more information contact Jamie Gallagher at jamiieg2905@gmail.com and Victoria Carns at victoriacarns@aol.com.

WHICH STATES RECYCLE MOST OF THEIR WASTE?

While there is no federal law yet which mandates recycling nationwide, all 50 states have some form of program or local arrangements for recycling. Oregon, Maine, and California top the list, recycling 60-63% of their household waste. By contrast, West Virginia's recycling rate is 2%, with Louisiana at 4% and Tennessee, 5%. Virginia's recycling rate is approximately 25%. It's sad to learn that hundreds of tons of recyclable material end up being dumped into landfills annually. What hinders our nation from efficient and sustainable waste management? How could we turn this around, greatly reduce waste, and conserve more natural resources? Our own Fairfax County actually has a zero-waste plan in the works! We shall check it out.

Fruit Flies: Simple Ways to Prevent Them

Fruit flies are small insects that are attracted to ripe fruit, food scraps, compost, sugary drinks, trash, and drains. They can multiply quickly, so removing what attracts them is the best way to control them. To help prevent fruit flies:

- Keep fruit in the refrigerator when possible.
- Compost or throw away overripe or spoiled fruit and vegetables.
- Wipe up food and drink spills promptly.
- Empty trash, compost bins, and recycling regularly.
- Rinse bottles, cans, and food containers before recycling.

If fruit flies appear, a small bowl of apple cider vinegar with a drop of dish soap can help trap them. Most importantly, remove the food or moisture source that is attracting them.

Keeping kitchen areas clean and dry is the best way to prevent fruit flies from returning.

NEW RESIDENT BIO

Anita Stockman moved into Crossroads apartment 804 in October 2026.

Anita grew up mostly in Europe. Her father was in Europe during WWII and, while in Paris, he admired a Parisian woman and vowed to return to her when the war ended. He kept his word, went back to Paris, and they were married. His assignments with the U.S. Air Force took him to Germany, where Anita was born. The family then lived in Paris, France; Atwater, California; Rabat, Morocco; and Madrid, Spain. Returning to the United States at age 18, Anita came to Washington to take a job with the Department of State, where she worked for the next 34 years. Her first ten years there she worked in the Speakers Division, Bureau of Public Affairs. She then moved to the Press Office and advanced to be Deputy Director. Anita has particularly fond memories of meeting the American hostages who had been held in Iran and flying home with them on Air Force One. After another 12 years with the Bureau of Public Affairs, she pioneered an unclassified internet website for the Department. The website contained information of interest to Americans. She retired in 2002.



Even in retirement, Anita continues to travel. She particularly enjoys going to Spain, in part because she speaks Spanish and French. She also likes cruises. In addition, Anita is a long-time volunteer at St. Anthony of Padua Catholic Church. She likes to cook but isn't sure how much of that she will be doing here. Anita is amazed by the friendliness and helpfulness of the staff and residents here at GHBC and is looking forward to new friendships and activities.

NEWCOMERS ET AL.

NEWCOMERS ET AL.

Tuesdays at 4:00 p.m.

EA

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.

October 27, 2026: The Clinic

The GHBC Clinic handles minor health issues and assists with the health concerns of residents. Registered clinic nurses provide health assessments and treatments that do not require the services of a physician. Zainab Thomas, the nurse practitioner, can diagnose, treat, and prescribe medications in the same way a physician can. She serves as the Clinic Coordinator and will discuss the Clinic with host Betty Plionis.

November 3, 2026: GHBC Transportation - **FORMAL PARLOR**

Transportation Manager Yerusalem Ghebremeskel coordinates transportation for GHBC, GHA, and TVA. She'll tell us a bit about herself; discuss the system for arranging trips by car, bus, or shuttle; answer questions; and address concerns and suggestions. Stefanie Reponen hosts.

Monday, October 26

9:00 a.m.

Class Sign ups - Required for classes with limited attendance.

Tuesday, October 27

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. - 3:35 p.m.

Art Film - *The Nightmare Before Christmas* (1993)
See Page 4



Wednesday, October 28

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

Ceramics: Slab Building with Betty Bott - Week 1 of Betty's 5 week course on how to use templates to create bowls, vases, or other types of containers using clay slabs. Limited to 8 residents.

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

Ink Drawing - Join Brandon in the Arts Center to draw using ink and pens.

Thursday, October 29

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

Colored Pencils - Join Brandon in the Arts Center to learn to draw with prismacolor pencils.

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

Woodcarving - Join resident woodcarver Mike Connors.

Friday, October 30

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.

Drawing Ears - Join Brandon in the Arts Center to draw ears using pencils. Limited to 15 residents.

Monday, November 2

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. Residents will practice drawing still lifes using pencils and charcoal. Limited to 15 residents.

**MONDAY, October 26**

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. Mat Yoga, Aerobics Room

SATURDAY, October 31

9:30 a.m. Total Body Video, Aerobics Room
 *1:00 p.m. Chair Fit, Aerobics Room
 * **NEW CLASS**

TUESDAY, October 27

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, October 28

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, October 29

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, October 30

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

NEW CLASS!

We are offering a Chair Fit class on Saturday, starting on October 31, at 1:00 p.m. This class is mainly seated and will improve joint range of motion, and increase coordination, cardiovascular health, strength, and balance.

Additional fitness classes are broadcast on Cox Channel 1991. See weekly calendar or Week-at-a-Glance / GHBC TV on the resident website. You can view these videos any time by clicking on the link.

Assisted Living Programs

MONDAY, October 26

- 10:00 a.m. Monday Movement (Comm. Rm)
- 2:00 p.m. Afternoon Trivia in the Atrium
- 3:00 p.m. Halloween Matinee: (2019) Knives Out (Comm. Rm)

TUESDAY, October 27

- 10:30 a.m. Guided Video Seated Strength Workout (Comm. Rm)
- 11:00 a.m. Resident Council Meeting (Comm. Rm)
- 3:15 p.m. Musician of the Week: Bobby "Boris" Picket w/ Ellen (Comm. Rm)
- 7:30 p.m. German Band Concert in the Auditorium

WEDNESDAY, October 28

- 10:00 a.m. Mid-week Momentum w/ Jacy (Comm. Rm)
- 11:00 a.m. Creative Expressions w/ Brandon (Comm. Rm)
- 2:30 p.m. Halloween Bingo in the Rotunda
- 3:00 p.m. Spiritual Discussion w/ Rev. Alex (Comm. Rm)
- 7:15 p.m. Falls Church Concert Band in the Auditorium

THURSDAY, October 29

- 9:30 a.m. Bring Your Own Reading Time w/ Shanna (Comm. Rm)
- 11:00 a.m. Word Game - Connections w/ Jacy (Comm. Rm)
- 2:15 p.m. Spooky Songs w/ Ellen (Comm. Rm)
- 3:00 p.m. Pet Visit w/ Frankie

FRIDAY, October 30

- 10:00 a.m. Early Morning Word Game Connections w/ Jacy (Comm. Rm)
- 10:30 a.m. Service Project for AFAC (Comm. Rm)
- 2:00 p.m. Halloween Celebration in the Rotunda
- 3:00 p.m. Friday Fitness w/ Olga (Comm. Rm)

SATURDAY, October 31

- 10:00 a.m. Seated Fitness 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, November 1

- 10:30 a.m. Sunday Service in the Chapel
- 11:00 a.m. Morning Movement Fitness w/ Mar_T & Jacy
- 3:30 p.m. Pressured by Nature: ImPRESSive Fall Art w/ Jacy
- 4:15 p.m. NYT Connections w/ Jacy (Comm. Rm)

Health Care Center Programs

MONDAY, October 26

- 9:30 a.m. Morning Joy
- 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. October Birthday Party Celebrations Vilma & Friends

TUESDAY, October 27

- 9:30 a.m. A Visit & A Smile
- 10:30 a.m. Stretch & Strengthen w/ Sarah
- 11:00 a.m. Let's Talk w/ Vilma
- 2:00 p.m. Hello Neighbor w/ Aki
- 3:30 p.m. Bingo! w/ Vilma & Aki
- 7:30 p.m. German Band Concert in the Auditorium

WEDNESDAY, October 28

- 10:30 a.m. Sit & Be Fit w/ Vilma
- 11:00 a.m. Sing-Along w/ Anne
- 2:00 p.m. Service Project Prep
- 3:30 p.m. Musician of the Week: Bobby "Boris" Pickett w/ Ellen

THURSDAY, October 29

- 9:30 a.m. Daily Chronicles
- 10:30 a.m. Tone Up w/ Aki
- 2:00 p.m. Autumn Scenic Drive
- 2:00 p.m. Creative Expressions w/ Brandon
- 4:00 p.m. Piano Tunes w/ Dr. Wilmot

FRIDAY, October 30

- 9:30 a.m. Social Events
- 10:30 a.m. Service Project for the Arlington Food w/ Vilma & Aki
- 2:00 p.m. Halloween Celebration in the Rotunda

SATURDAY, October 31

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

SUNDAY, November 1

- 10:30 a.m. Holy Eucharist Service in the Chapel
- 11:00 a.m. Sunday Fitness w/ Herralink & Jacy
- 1:15 p.m. Sunday Spiritual Service (Comm. Rm)
- 2:00 p.m. Pressured by Nature: ImPRESSive Fall Art w/ Jacy (Comm. Rm)

WEEKLY CALENDAR

Bolded Events Reflect New or Infrequent Upcoming Activities

Monday, October 26

- 8:00 a.m. Resident Council Survey**
- 8:30 a.m. Total Body Standing, 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
- 10:00 a.m. Guided Relaxation and Meditation, Theatre**
- 10:00 a.m. Bridge Lessons, Card Room
- 11:00 a.m. Green Team Committee Meeting, Board 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: Bradlee Shopping Center, Departs from Main Entrance
- 1:00 p.m. Guided Meditation, Channel 1991
- 2:00 p.m. Trivia, Atrium
- 2:00 p.m. Memoirs, Smith Study
- 2:00 p.m. Mat Yoga, Aerobics Room
- 2:00 p.m. Monday Movie Matinee: Natchez Followed by a Discussion with Reverend Alex Allain, Theatre**
- 2:00 p.m. Rummikub, Card Room
- 3:30 p.m. Session 2 Senior Quest-Wise Aging, Auditorium**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 7:30 p.m. Film Noir: Hitchcock's Thriller North By Northwest, Auditorium**

Tuesday, October 27

- 8:00 a.m. Resident Council Survey**
- 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. Caregivers Support Group, Formal Parlor
- 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
- 11:30 a.m. Shopping Shuttle: Target and Trader Joe's, Departs from Main Entrance
- 1:00 p.m. Scams Presentation with Fairfax County Police Department, Auditorium**
- 1:00 p.m. Movement for Living, Aerobics Room
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:00 p.m. Understanding Smartphones Part 2: Text and Photos, Theatre**
- 1:00 p.m. Knit for Kids Group, Arts Center
- 2:00 p.m. Rosary Group, Chapel
- 2:15 p.m. Mah Jongg, Card Room
- 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
- 7:30 p.m. German Band Performance, Auditorium**

Wednesday, October 28

- 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. Ceramics: Slab Building with Betty Bott, Arts Center**
- 10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, Chapel
- 10:30 a.m. Book Group, TOW**
- 10:30 a.m. Excursion to Old Town Alexandria, Departs from Main Entrance**
- 11:15 a.m. Functional Circuit, Aerobics Room
- 11:15 a.m. Contemplative Worship (Quaker), Smith Study
- 11:15 a.m. 30 min Energizing Chair Yoga, Channel 1991
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:15 p.m. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. Informal Open Bridge, Card Room
- 2:30 p.m. Tai Chi, Aerobics Room
- 2:30 p.m. Halloween Bingo and Trick or Treat Stations, Rotunda**
- 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
- 7:15 p.m. City of Falls Church Concert Band Performance, Auditorium**
- 7:30 p.m. Film Noir *Arsenic and Old Lace*, Theatre**

Thursday, October 29

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 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. Commonwealth One Federal Credit Union opens, Ground Floor Next to Salon
- 10:00 a.m. Colored Pencils, 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
- 11:15 a.m. Culinary Passport Lunch Trip to Fall Foliage & Lunch at Old Anglers Inn, Departs from Main Entrance**
- 11:30 a.m. Chair Fit, Aerobics Room
- 12:00 p.m. Session 1 Encore Learning *The Magic Behind Film Music*, Theatre**
- 12:30 p.m. WhatNot Shop Sales, WhatNot Shop
- 1:00 p.m. Creative Writing, Formal Parlor
- 1:00 p.m. Movement for Living, Aerobics Room
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:00 p.m. Employee Gift Fund Kick off, Atrium**
- 2:15 p.m. Brain Balance Fitness, Aerobics Room
- 3:00 p.m. Woodcarving, Arts Center
- 3:30 p.m. Current Events Trivia with Tiffany, Atrium
- 6:45 p.m. Dominoes – Mexican Train, Double 12, Card Room
- 7:00 p.m. Interfaith Psalms Group, Formal Parlor
- 7:00 p.m. Poker Night, Game Room

Friday, October 30

- 8:30 a.m. Total Body Standing, 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. 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. Encore Chorale Rehearsal, Chapel/Formal Parlor
- 1:00 p.m. Guided Meditation, Channel 1991
- 2:00 p.m. A Frightfully Fun Halloween Party, Auditorium**
- 2:30 p.m. Mat Yoga, Aerobics Room
- 3:00 p.m. Drawing Ears, Arts Center
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 7:30 p.m. French Film Festival Presents *Un Homme Et Une Femme*, Theatre**

Saturday, October 31

- 9:30 a.m. Total Body Video, Aerobics Room
- 10:30 a.m. French Conversation Group, Smith Study
- 12:00 p.m. Spanish Speakers Group, Bistro Private Dining Room
- 1:00 p.m. Chair Fit, Aerobics 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, *Hadestown: The Musical*, Auditorium

Sunday, November 1

- 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
- 3:15 p.m. New Dominion Chorale Concert *Ein Deutsches Requiem*, Departs from Main Entrance**
- 3:30 p.m. Happy Hour Movies, Theatre

Physical - 
 Communal - 
 Emotional - 

Spiritual - 
 Intellectual - 
 Social - 

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.