

WEST★WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 36, Number 4 ✨ January 22, 2024

UPCOMING MEETINGS

Green Team

Monday, January 22 at 11:00 a.m. |
Board Room

Town Hall

Thursday, January 25 at 2:00 p.m. |
Auditorium

TIME OR LOCATION CHANGE

Marketing Committee

Tuesday, January 23 at 3:00 p.m. |
Board Room - **Canceled**

COVID CASES

Independent Living (IL): 0
Assisted Living (AL): 0
Health Care Center (HCC): 0
Team Members: 6

RESIDENT COUNCIL COMMUNITY MEETING

Monday, January 22 at 10:00 a.m. | Auditorium

Your Resident Council presents the first Community Meeting of 2024. This meeting for ALL residents is jammed with information residents requested and offers opportunities for questions.

Associate Executive Director, Karen Doyle, will discuss protocols for COVID, bad colds, and RSV. Council members will present information about the coming survey for all residents about life at GHBC. Executive Director, Justin Carwile, will update us and answer questions about the new dining ordering process. This is your meeting! See you there.



BIBLE STUDY

Monday, January 22 at 3:30 p.m. | Top of the West (ToW)



MEMORY SCREENING PRESENTATION

Wednesday, January 24 at 7:00 pm | Auditorium

Memory screenings assess your risk for memory problems or other thinking skills. It is a series of questions and tasks designed to test your memory, thinking ability, language, and other intellectual functions. If screening results show signs of cognitive decline, it is important to determine the cause of the problem after evaluation with a neurologist. Dr. Henry Tran, CEO of Sana Research, partners of Nova Neurology Associates, will speak on memory screenings. On Wednesday, January 31 from 9:30 a.m. to 4:30 p.m., his staff will provide free memory screenings. The staff will return for a second day, if necessary. Dr. Tran can aid in locating a neurologist and test results will only be shared with the resident.



WELLNESS ICON KEY:

- | | | | |
|--|-----------|--|--------------|
| | Physical | | Intellectual |
| | Spiritual | | Emotional |
| | Communal | | Social |



Goodwin House
Bailey's Crossroads

MORE HAPPENINGS

SING ALONG WITH ALAN FRAY

Thursday, January 25 at 4:00 p.m. | Rotunda

Alan will be playing oldies and show tunes; lyrics will be provided so you can sing, hum, or just listen. Alan has been doing these programs here for the Assisted Living and Terrace groups for several years. Come and enjoy the fun!

THE GOODWIN LIVING FOUNDATION PRESENTS THE GERALDINE S. SMITH CONCERT SERIES - THE BORISEVICH DUO

Thursday, January 25 at 7:30 p.m. | Auditorium

Geraldine S. Smith, former GHBC resident of 16 years, had a life-long appreciation of classical music. To honor her memory, her son, David, established The Geraldine S. Smith Fund to bring classical music and artists to Goodwin House Bailey's Crossroads. The Borisevich Duo, featuring pianist Margarita Loukachkina and violinist Nikita Borisevich, is an internationally acclaimed violin and piano duet, frequently performing across the United States and Europe. We are grateful to The Geraldine S. Smith Fund for providing the support for this popular concert series at Goodwin House Bailey's Crossroads.



Goodwin Living
Foundation



JOIN US FOR A PRESENTATION: INTRODUCTION TO ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE

Tuesday, January 30 at 2:30 p.m. | Auditorium

Bill Reddy, a board-certified licensed acupuncturist with over 20 years of experience, is back by resident request to give a talk on acupuncture and traditional Chinese medicine. Learn about the history of acupuncture, the treatment process, and other forms of traditional Chinese medicine!



AFTERNOON CONCERT

Every Friday at 1:00 p.m. | Media Room

Friday, January 26: *Love For Three Oranges* - Prokofiev



A satirical French-language opera by Sergei Prokofiev who wrote his own libretto. The premiere took place in Chicago on December 30, 1921. Sung in French with English subtitles. Running Time: 1 hour, 44 minutes



MORE HAPPENINGS

SATURDAY CINEMA MATINEE - SILENT FILMS SPECIAL: HAROLD LLOYD

Saturday, January 27 from 12:00 p.m. to 1:30 p.m. | Board Room

Harold Clayton Lloyd, Sr. (April 20, 1893 – March 8, 1971) was an American actor, comedian, and stunt performer who appeared in many silent comedy films. One of the most influential film comedians of the silent era, Lloyd made nearly 200 comedy films, both silent and talkies, from 1914 to 1947. His bespectacled "glasses character" was a resourceful, ambitious go-getter who matched the zeitgeist of the 1920s-era United States. Years after his death, his bespectacled face appeared on a US postage stamp.



SATURDAY NIGHT MOVIE - MAY DECEMBER

Saturday, January 27 at 7:15 p.m. | Auditorium

Twenty years after their notorious tabloid romance, a married couple buckle under the pressure when a Hollywood actress meets them to do research for a film about their past.

Rated-R, 2023, Romance/Comedy, 1 hour, 53 minutes



SAVE THE DATE

SHABBAT SERVICES

Saturday, February 3 at 9:30 a.m. | Chapel



UPCOMING TRIP - "MUSEUM LOOP" SMITHSONIAN NATURAL HISTORY AND NATIONAL GALLERY OF ART

Thursday, February 1 | Details in the next *West Winds*

TRIPS AND OUTINGS COMMITTEE

REMINDER - WALTERS ART MUSEUM, BALTIMORE, ETHIOPIA AT THE CROSSROADS

Wednesday, January 24 | Departs from Main Entrance at 8:15 a.m., returns no later than 3:00 p.m.

The nonrefundable deadline is Tuesday, January 23, 10:00 a.m.

- Transportation cost: \$50.
- The museum admission is free; Ethiopia exhibit tour only - suggested donation is \$7

BELLA VOCE RETURNS THIS WEEKEND

Sunday, January 21, at 4:00 p.m. | Atrium

The lively acapella group, famous for singing with heavenly harmony, is back! Don't miss Bella Voce bringing to GHBC their annual winter concert.



CASTING CALL: SEEKING PERFORMERS FOR SPRING FLING 2024: OPEN TO RESIDENTS AND STAFF

The Annual Spring Fling Production Team seeks residents and staff to star in GHBC's annual talent show, reinstated this year after a 3-year hiatus. Scheduled for Wednesday, April 17 and Thursday, April 18, our goal is building community as staff and residents work together to present the show. An amazing variety of acts have emerged over the past 25 years. We seek:

1. Solo acts or team acts (music, dance, poetry, humor, drama, etc.)
2. Original acts
3. Residents and staff interested in preparing an act (we will pair you with others also interested), and
4. Residents willing to play an instrument and accompany an act.

This year we will have an afternoon performance in the Auditorium on Wednesday, April 17 at 2:00 p.m. and an evening performance on Thursday, April 18 at 7:00 p.m. Dress rehearsal is Tuesday, April 16 at 2:00 p.m. We encourage audience participation and humor.

Interested in performing or producing? Pick up a Spring Fling Application Form in the Resident Business Center and drop it in the "Spring Fling" box there no later than Wednesday, January 31. Contact Mollie Warner (ext. 3194), Producer, or Mandy Whalen (ext. 7534), Co-Producer, to discuss a particular act or ask questions.

LINE DANCING AT GHBC

"The most fun way to get good exercise – physical and mental – is line dancing," declares a resident who learned line dancing while living at GHBC. "Moving to lively pop music with a group of other residents puts everyone in a good mood." You, too, can join this casual, friendly class. It meets in the Aerobics Room (occasionally the Auditorium) every Wednesday from 4:30 p.m. to 5:30 p.m. The only requirement is reasonably good balance (although some have used rollators) and the ability to remember a few steps at a time. Joanne Wertz, our contract fitness instructor, guides us carefully into new moves at the beginner level, and soon these steps become very familiar. Come try it! The contact person for the group is Jane McKeel (janemckeel@gmail.com).

HAVE YOU EVER WALKED A LABYRINTH?

You'll have a chance to experience a labyrinth here at GHBC on Thursday, February 8 and Friday, February 9. Stay tuned! Have questions? Contact Jane McKeel at janemckeel@gmail.com.



ANNOUNCEMENT FROM THE FINANCE COMMITTEE

Norman Hicks, new chair of the Finance Committee, announced that the Finance Committee will now meet the **second** Wednesday of the month, at 3 p.m. in the Pointe Conference. It previously met the third Wednesday. It will meet quarterly in 2024 with CFO Xan Smith in February, May, August, and November, so in those months the meeting date and time will be dictated by Xan's availability.

DEI COMMUNITY NEWS

Thank you to all who participated in the DEI 2024 Planning Survey! We received a lot of valuable feedback that we are working on now, and we will publish in a few weeks. In the meantime, if you have any questions or concerns, we would like to hear from you. Please send an email to DEI@GoodwinLiving.org or drop a note in the DEI suggestion box in the Library. All feedback is welcome!

Did You Know?

Friday Thoughts is distributed every other Friday via email. If you didn't receive a copy, please let us know. All 2023 *Friday Thoughts*, as well as coming 2024 articles, are in a binder in the Library for you to review at your leisure. They are also on the resident website at <http://ghbcresidents.org/Publications/DiversityEqualityInclusion/FridayThoughts/>

COMING SOON - NEW GREAT COURSES SERIES CLASSICS OF AMERICAN LITERATURE

Starts Wednesday, February 7 at 3:00 p.m. | Media Room

To truly understand the United States of America, you must explore its literary tradition. Works by Melville, Whitman, Faulkner, Hemingway, and others are more than just masterpieces of Western literature – they're powerful windows into America's spirit. According to Professor Arnold Weinstein, "American classics are wonderfully rich fare. America is a mythic land, a place with a sense of its own destiny and promise, a place that has experienced bloody wars to achieve that destiny. The events of American history shine forth in our classics."

CHAPLAIN'S NOTES - WELCOME REV. TONY APPIAH

I am grateful to welcome the Rev. Tony Appiah as our CPE chaplain student for the winter unit of Clinical Pastoral Education. The Rev. Appiah is an ordained Catholic priest in 1992 for the Catholic Archdiocese of Kumasi, Ghana. Father Tony's primary and secondary education was done in Ghana, including his major seminary formation at Cape Coast, central region of Ghana from 1986 to 1992. Father Tony came to the United States for an appointment as a Spiritual Director of the Ghana Catholic Community of Arlington diocese, Virginia over a decade ago, and was recently appointed as hospital chaplain at Inova Fairfax Hospital. Father Tony has done three units of CPE from 2013 to 2014 at Goodwin Living CPE Program. His final unit will be served at both Goodwin House Bailey's Crossroads and Inova Fairfax Medical Campus.

NEWCOMERS

NEWCOMERS ET AL.

Tuesdays at 4:00 p.m. | Auditorium

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

January 23, 2024: The Green Team

Sally Recinos, Chair of the Green Team, will provide ways we can support sustainable living for future generations. Carol Lewis hosts.

January 30, 2024: Clinical Pastoral Education (CPE) & The Chaplain

Chaplain Alex Alain will discuss his duties and availability to residents. Syazana Durrani, Certified Educator Student, will explain the why and how of Goodwin Living's unique CPE program and what GHBC residents gain from it. They will join host Stefanie Reponen.

NEW RESIDENTS - DONNA & BILL CARTWRIGHT

Donna and Bill Cartwright moved into Crossroads apartment 804 on December 20.

Donna grew up in New London, Connecticut. She graduated from Cranbrook Boarding School in Michigan and then from Connecticut College. After graduation she joined the Peace Corps and was sent to Brazil for two years. Returning to the United States, she studied for a PhD in Latin American history at Indiana University. While there, she met and married Bill. After graduating, they came to Washington D.C. and went into federal jobs. For over 20 years, she worked at the Congressional Research Service, primarily in agricultural trade, FDA food safety, and prescription drugs. After retiring she learned to weld. Most of her steel structures are with family but one will be at Rock Spring Congregational Church in Arlington, where she and Bill are long-time members. Later she switched to making paper sculptures, knitting, and beading. She has also worked at the AFAC (Arlington Food Assistance Center) and for Meals on Wheels. She enjoys exercise and has been exploring various fitness classes offered here.



Bill was born in Manhattan and the family moved to Newark, New Jersey, when he was five. He graduated from the Pennington School and went on to Rutgers, where he participated in the ROTC program. He served two years at the Air Defense School at Fort Bliss working with the Nike Hercules weapons defense program. He then went to graduate school at Indiana University and studied economics. When he and Donna moved to Washington, he joined the National Planning Association and then moved to the White House with the Federal Preparedness Agency. Upon completing his doctoral dissertation, he moved to the President's Commission on Pension Policy and then to the National Institute on Aging at NIH, where he published on the cost of dementias. Finally, he joined the National Institute on Drug Abuse and supervised research on the economics of drug treatment. During this time, he also taught health economics and financial management at George Washington University and at Georgetown University. He tried to retire but soon joined the Department of Health Administration at George Mason University to help the new department. He enjoys playing the saxophone and is an avid golfer and soccer fan. He works out daily in our Fitness Center.

INSIDE THE ART CENTER

Art classes and events will have all materials and tools provided and will take place in the Art Center, unless otherwise noted below. Sign-up sheets will be available at the entrance of the Art Center on Monday at 9:00 a.m., as needed.

MONDAY, JANUARY 22

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



Art & Music Meditation - Practice the art of attention while viewing and creating artwork. Explore the connections between art and mindfulness with Sarah. Much like meditation, art can be a refuge from the world around us, as well as an opportunity to engage with it more consciously. No previous experience with drawing or meditation required. Drop-ins welcome.

1:00 p.m. - 3:00 p.m.



Art Documentary Film - Exploring the labyrinth of the contemporary art world, *The Price of Everything* examines the role of art and artistic passion in today's money-driven, consumer-based society. Featuring collectors, dealers, auctioneers and a rich range of artists, this film exposes deep contradictions as it holds a mirror up to contemporary values and times, coaxing out the dynamics at play in pricing the priceless. Directed by Nathaniel Kahn. Total run time: 90 minutes. Discussion to follow. (Media Room).



TUESDAY, JANUARY 23

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



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

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



Beginning Ceramics - Join experienced artist and educator Betty Bott in creating an imaginary animal sculpture with clay using hand-building techniques of pinching, coiling, and slab work. This class is perfect for those with some clay knowledge or those without any previous experience with clay or for anyone who wants to try something new! (Sign up, 8 participants).

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



Knit for Kids Group Meets - Contact Noel Sipple at ext. 7588.

INSIDE THE ART CENTER

WEDNESDAY, JANUARY 24

10:00 a.m. - 4:00 p.m.



Open Studio Session - Work independently on projects of your choosing from a variety of mediums that will be set up for you to explore in a relaxed group setting without an instructor present. Whether you are looking to experience a creative outlet for the first time, hone your skills, or find a community that shares your artistic interests, the Art Center is the place for you! Drop-ins welcome.

THURSDAY, JANUARY 25

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

Woodcarving -Join resident woodcarving master and instructor Mike Connors in the Art Center. Newcomers are always welcome.

FRIDAY, JANUARY 26

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



Flower Arrangers at Work - The Art Center is occupied.

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



Art Gallery Reception & Artist Talk - Celebrate the latest exhibition in the Crossroads Gallery, "Adept & Delightful: Fiber Art by Residents," with the artists in person. This is an opportunity to ask the artists about their work and discuss why they love working with fibers and textile techniques. There will be a reception with wine and cheese to follow. (Atrium)



MONDAY, JANUARY 22

8:45 a.m. Total Body Standing, Auditorium
 9:30 a.m. Total Body Seated, Aerobics Room
 11:30 a.m. Chair Fit, Aerobics Room
 2:00 p.m. Mat Yoga, Auditorium

TUESDAY, JANUARY 23

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Pickleball Practice, Pickleball Court
 9:00 a.m. Functional Fit, Auditorium
 10:00 a.m. Water Aerobics, Pool
 10:00 a.m. Pilates, Auditorium
 11:00 a.m. Functional Fit, Aerobics Room
 11:00 a.m. Tai Chi, Auditorium
 2:00 p.m. Power Braining, Aerobics Room

WEDNESDAY, JANUARY 24

8:45 a.m. Total Body Standing, Auditorium
 9:30 a.m. Total Body Seated, Auditorium
 10:30 a.m. Power Braining, Aerobics Room
 2:00 p.m. Gentle Chair Yoga, Aerobics Room
 4:30 p.m. Line Dancing, Auditorium

THURSDAY, JANUARY 25

8:15 a.m. Stretch and Flex, Auditorium
 9:00 a.m. Functional Fit, Auditorium
 10:00 a.m. Water Aerobics, Pool
 10:00 a.m. Pilates, Auditorium
 11:00 a.m. Functional Fit, Aerobics Room
 11:30 a.m. Chair Fit, Auditorium
 2:00 p.m. Wii Bowling, Aerobics Room

Additional fitness classes are broadcast on Cox Channel 1960. See weekly calendar or Coming Events/GHBC TV on the resident website for details.

FRIDAY, JANUARY 26

8:45 a.m. Total Body Standing, Auditorium
 9:00 a.m. Pickleball Practice, Pickleball Court
 9:30 a.m. Total Body Seated, Auditorium
 10:30 a.m. Chair Yoga, Auditorium
 2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, JANUARY 27

9:00 a.m. Total Body Video - Aerobics Room
 10:00 a.m. Total Body Video - Aerobics Room

Personal Training Available

\$45 per Session (30-minute session)

- Custom workout programs tailored to your specific needs/goals

Direct Personal Training inquiries to Luke Logan at llogan@goodwinliving.org.

Massage Therapy Available:

60 minutes - \$90

30 minutes - \$55

Residents may contact and book directly with Madison Roach. For more information, please contact Madison at madison@musclephoria.com or at 540-487-8273.

ASSISTED LIVING PROGRAMS**MONDAY, JANUARY 22**

- 10:30 Monday Movement w/ Olga, Community Room
- 11:00 Sing-a-Long w/ Anne & Friends, Crossroads Area
- 12:00 Lunch Group w/ Taniesha in the Jefferson Dining Room
- 3:00 Discussion w/ Ambassador Courville, Community Room

TUESDAY, JANUARY 23

- 10:30 Assisted Living Resident Council Meeting, Community Room
- 11:00 Morning Art Discussion w/ Sarah, Community Room
- 2:00 Spiritual Discussion Group w/ Rev. Alex, Community Room
- 2:45 Weekly Musician Spotlight w/ Sam, Community Room
- 6:30 Broadway Musical Review w/ Sam, Community Room

WEDNESDAY, JANUARY 24

- 10:30 Wednesday World Travel w/ Elizabeth, Community Room
- 11:00 Sing-a-Long w/ Alan, Crossroads Area
- 2:00 Bingo w/ JoAnne & Care Partners, Crossroads Area
- 3:00 Piano Music w/ Luke, Crossroads Area
- 3:30 Farm Animal Mini Petting Zoo, Atrium

THURSDAY, JANUARY 25

- 9:45 Scenic Bus Outing
- 10:30 Jeopardy w/ Michelle, Community Room
- 11:00 Mindful Movement w/ Michelle, Community Room
- 2:15 Sing-a-Long w/ Hank Lewis, Crossroads Area
- 3:00 Nutrition Corner w/ Ali, Crossroads Area
- 3:30 Pet Visit w/ Frankie, Crossroads Area

FRIDAY, JANUARY 26

- 10:30 Service Project for AFAC w/ Vy, Community Room
- 3:00 Afternoon Trivia w/ Tiffany, Community Room
- 3:30 Chair Exercise w/ Vy, Community Room
- 4:00 Hot Apple Cider Social, Crossroads Area

SATURDAY, JANUARY 27

- 10:00 Chair Chi w/ Cynthia, Community Room
- 2:00 Coffee & Chat w/ Olga, Crossroads Area
- 7:15 Evening Movie in the Auditorium

SUNDAY, JANUARY 28

- 10:30 Sunday Service in the Chapel
- 11:00 Seated Exercise on TV Channel 1960
- 1:15 Chair Exercise w/ Mar_T, Community Room
- 2:00 Puzzles & Word Games Station, Community Room
- Afternoon Spiritual 1:1 Visits w/ Rev. Alex
- 3:00 Music Trivia w/ Sam, Community Room
- 7:00 Compline Service in the Chapel

HEALTH CARE CENTER PROGRAMS**MONDAY, JANUARY 22**

- 9:30 Coffee & Conversation
- 10:30 Mindful Movers
- 11:00 Brain Fitness on iN2L w/ Aki
- 2:00 Trivia in the Atrium w/ Aki
- 2:00 Obie Time w/ Vilma
- 3:00 Baking with Ali

TUESDAY, JANUARY 23

- 9:30 Today in History
- 10:30 Art Therapy w/ Dejah
- 10:30 Tone It Up w/ Aki
- 11:00 Spiritual Devotions w/ The Rev. Alex
- 2:00 Cornhole w/ Aki
- 2:00 Library on Wheels w/ Vilma
- 3:30 Guitar Sing-Along w/ Ernie

WEDNESDAY, JANUARY 24

- 8:15 Men's Breakfast Special w/ Chef Nina, Community Room
- 10:30 Seated Fitness w/ Luke
- 11:00 Riddles w/ Aki
- 2:00 1:1 Visits w/ Vilma & Aki
- 3:30 Farm Animal Petting Zoo w/ Vilma & Aki, Atrium
- 4:00 Handbell Choir w/ Sam

THURSDAY, JANUARY 25

- 9:30 Morning Sip & Social
- 10:30 Sittercise w/ Vilma
- 2:30 Creative Art w/ Sarah
- 2:30 Scenic Bus Outing w/ Vilma & Aki
- 3:30 Catholic Mass in the Chapel
- 4:00 Piano Tunes w/ Dr. Wilmot
- 7:30 Borisevich Duo Concert w/ Aki, Auditorium

FRIDAY, JANUARY 26

- 9:30 Morning Newsletter
- 10:30 Service Project for AFAC w/ Vilma & Aki
- 2:00 Obie! w/ Vilma
- 4:00 Hot Apple Cider Social w/ Aki & Vilma

SATURDAY, JANUARY 27

- 9:30 GHBC Happenings: *West Winds* Newsletter
- 11:00 Saturday Stretches w/ Mar_T
- 3:30 Afternoon Move & Groove w/ Olga

SUNDAY, JANUARY 28

- 10:30 Holy Eucharist Service in the Chapel
- 11:00 Music Trivia w/ Sam
- 11:00 Seated Exercise on TV CHANNEL 1960
- 1:15 Sunday Service w/ Rev. Alex
- 7:00 Compline Service in the Chapel

WEEKLY CALENDAR

MONDAY, JANUARY 22

8:45 a.m.	Total Body Standing, Auditorium
9:00 a.m.	IT Device Clinic, Bistro
9:30 a.m.	Total Body Seated, Aerobics Rm
10:00 a.m.	Art & Music Meditation, Art Center
10:00 a.m.	Resident Council Community Meeting, Auditorium
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Meditation, Ch. 1960
11:00 a.m.	Green Team Meeting, Board Room
11:00 a.m.	Memoirs, Smith Study
11:30 a.m.	Chair Fit, Aerobics Room
11:30 a.m.	Chair Yoga, Ch. 1960
11:30 a.m.	Shopping Shuttle – Harris Teeter at Barcroft Plaza, Departs from Main Entrance
1:00 p.m.	Art Film, Media Room
1:00 p.m.	StrongerMemory, Board Room
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Mat Yoga, Auditorium
2:00 p.m.	Rummikub, Card Room
2:00 p.m.	Trivia, Atrium
3:30 p.m.	Bible Study, ToW
4:00 p.m.	Stress Reduction Mindfulness Practice, Smith Study
7:45 p.m.	Mexican Dominos, Game Room

TUESDAY, JANUARY 23

8:15 a.m.	Stretch and Flex, Auditorium
9:00 a.m.	Functional FIT, Auditorium
9:00 a.m.	Pickleball Practice, Pickleball Court
9:30 a.m.	Advanced Ceramics, Art Center
10:00 a.m.	Caregivers Support Group, Formal Parlor
10:00 a.m.	Pilates, Auditorium
10:00 a.m.	Standing Total Body Stretch, Ch. 1960
10:00 a.m.	Water Aerobics, Pool
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Functional Fit, Aerobics Room

11:00 a.m.	Muscle Relaxation, Ch. 1960
11:00 a.m.	Tai Chi, Auditorium
11:30 a.m.	Shopping Shuttle - Target and Trader Joe's, Departs from Main Entrance
1:00 p.m.	Beginning Ceramics (Sign up), Art Center
1:00 p.m.	Rosary Group, Smith Study
1:30 p.m.	Knit for Kids, Art Center
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Power Braining, Aerobics Room
4:00 p.m.	Newcomers, Auditorium

WEDNESDAY, JANUARY 24

8:15 a.m.	Walters Art Museum, Baltimore, Departs from Main Entrance
8:45 a.m.	Total Body Standing, Auditorium
9:30 a.m.	Total Body Seated, Auditorium
10:00 a.m.	Holy Communion Service with Healing Prayers and Anointing, Chapel
10:00 a.m.	Open Studio, Art Center
10:30 a.m.	Book Group, Art Center
10:30 a.m.	Power Braining, Aerobics Room
10:30 a.m.	Seated Fitness, Ch. 1960
11:00 a.m.	Contemplative Worship (Quaker), Smith Study
11:00 a.m.	Meditation, Ch. 1960
11:30 a.m.	Chair Yoga, Ch. 1960
2:00 p.m.	Gentle Chair Yoga, Aerobics Rm
2:00 p.m.	Hot Apple Cider, Bistro
2:00 p.m.	Informal Open Bridge, Card Rm
3:00 p.m.	Great Courses: Orchestral Works, Media Room
3:30 p.m.	French Conversation Group, Smith Study
4:00 p.m.	Prayer Group, Chapel
4:30 p.m.	Drinks & Trivia, Formal Parlor
4:30 p.m.	Line Dancing, Auditorium
7:00 p.m.	Bingo, ToW
7:00 p.m.	Memory Screening Presentation, Auditorium

THURSDAY, JANUARY 25

8:15 a.m. Stretch and Flex, Auditorium
9:00 a.m. Functional FIT, Auditorium
9:00 a.m. IT Device Clinic, Bistro
9:30 a.m. Arlington Comm. Credit Union
open, Crossroads Ground Level
10:00 a.m. Pilates, Auditorium
10:00 a.m. Standing Total Body Stretch, Ch.
1960
10:00 a.m. Water Aerobics, Pool
10:30 a.m. Seated Fitness, Ch. 1960
11:00 a.m. Functional Fit, Aerobics Room
11:00 a.m. Muscle Relaxation, Ch. 1960
11:30 a.m. Chair Fit, Auditorium
12:30 a.m. WhatNot Shop Sales
1:00 p.m. Creative Writing, Formal Parlor
2:00 p.m. Duplicate Bridge, Card Room
2:00 p.m. Hot Apple Cider, Bistro
2:00 p.m. Town Hall, Auditorium
2:00 p.m. Wii Bowling, Aerobics Room
2:45 p.m. Catholic Confessions, Smith
Study
3:00 p.m. Woodcarving, Art Center
3:30 p.m. Catholic Mass, Chapel
4:00 p.m. Sing Along w/ Alan Fray,
Rotunda
6:45 p.m. Concert: Arioso Chorale and
Orchestra, Departs from Main
Entrance
7:00 p.m. Poker Night, Game Room
7:30 p.m. Borisevich Duo Concert,
Auditorium

FRIDAY, JANUARY 26

8:45 a.m. Total Body Standing,
Auditorium
9:00 a.m. Pickleball Practice, Pickleball
Court
9:30 a.m. Total Body Seated, Auditorium
10:30 a.m. Chair Yoga, Auditorium
10:30 a.m. Seated Fitness, Ch. 1960
11:00 a.m. Meditation, Ch. 1960
11:30 a.m. Chair Yoga, Ch. 1960

11:30 a.m. Shopping Shuttle - Giant,
Departs from Main Entrance
1:00 p.m. Afternoon Concert: *Love For
Three Oranges*, Media Room
1:00 p.m. Encore Chorale, Auditorium
1:00 p.m. Mah Jongg, Card Room
2:00 p.m. Hot Apple Cider, Bistro
2:00 p.m. Jeopardy, Board Room
2:30 p.m. Mat Yoga, Aerobics Room
3:00 p.m. Art Gallery Reception & Artist
Talk, Atrium
4:00 p.m. Stress Reduction Mindfulness
Practice, Smith Study

SATURDAY, JANUARY 27

9:00 a.m. Total Body Video, Aerobics
Room
10:00 a.m. Total Body Video, Aerobics
Room
12:00 p.m. Saturday Cinema Matinee:
Silent Film Special: Harold
Lloyd, Board Room
12:00 p.m. Spanish Speaker Group, Bistro
1:30 p.m. Chinese Mah Jongg, Card Room
2:00 p.m. Open Bridge, Top of the West
7:15 p.m. Saturday Night Movie:
May December, Auditorium

SUNDAY, JANUARY 28

9:30 a.m. Chapel Coffee Hour, Formal
Parlor
10:30 a.m. Holy Eucharist Service, Chapel
and Channel 1960
11:15 a.m. UU Service, Board Room
2:00 p.m. Hand and Foot Card Game, Top
of the West
2:00 p.m. Informal Open Bridge, Card
Room
3:00 p.m. Compline, Chapel