Join us for our Artist Talk and reception on Sunday, March 6, from 2:00 – 4:00 p.m. Our newest exhibition features Portraits and Music: The Art of Britt Conley.

On Monday, February 29, at 7:15 p.m., fellow resident Rob Warne will speak on this important and complex subject in the Auditorium.

Rob served in our Foreign Service for 28 years, with senior assignments in Asia, Europe, South America, and the Caribbean. He has coauthored books on counter-insurgency and international affairs, lectured throughout the US and abroad on international economic and security issues, and served as a professor at Asian universities.

Tuesday, March 1, is the Presidential Primary Election day for Democrats and Republicans in Virginia. Polls will be open from 6:00 a.m. to 7:00 p.m. in the Auditorium. Registered voters will be able to vote for the candidate of their choice in the party of their choice. Please bring photo identification.
PHILADELPHIA FLOWER SHOW

On Thursday, March 10, we will be teaming up with GHA to take a charter bus to the Philadelphia Flower Show. We will depart at 9:00 a.m. and arrive around 12:00 p.m. We will have lunch at the Reading Terminal Market, a historic hub for eclectic foods and goods (or you can pack your own lunch). After lunch, residents will walk approximately .1 miles (once around our building is .3 miles) to the Flower Show at the Philadelphia Convention Center. Taxis are also readily available outside the Terminal Market for ride sharing if needed. Residents will return to their respective communities around 6:00 p.m. Snacks will be provided on the bus. The cost of the trip is $80 and includes transportation and your ticket to the flower show. Meals are not included. Please sign up in the Resident Business Center by Monday, February 29. Transportation cost is subject to change slightly depending on attendance.

NATIONAL NUTRITION MONTH

March is National Nutrition Month, created by the Academy of Nutrition and Dietetics, and celebrated annually. It focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year’s campaign focuses on four areas:

- Plant Forward (increasing fruits and vegetables)
- Reduced Red Meat (reduced portions, making red meat an accent vs a main component, alternate proteins)
- Whole Grains (increasing use of whole grains)
- Herbs and Spices

Beginning the week of March 6, Dining Services will offer a special menu item at some point during the week highlighting one of the focus areas.

Week 1: Vegetable Paella

Week 2: Jerk Tofu Steak with Mango Salsa

Week 3: Pecan Chicken Stir Fry with Chard, Brown Rice and Lentils

Week 4: Moroccan Lamb and Tomato
**NOTES FOR THE WEEK**

Please Note: **The Community Council Meeting is Cancelled** on Tuesday, March 1, due the Primary Election voting in the Auditorium.

Join us for the Beading Class in the Art Center at 2:00 p.m. on Wednesday, March 2.

Please join us for a Free Rehab Screening on Wednesday, March 2, from 3:00 - 4:00 p.m. in the rehabilitation room. If you have any questions regarding whether physical, occupational and/or speech therapy can benefit you, please come and join us. Please call ahead to reserve a spot at ext. 7267. We hope to see you!

The next **Fitness Center Orientation** will be on Tuesday, March 1, from 1:45 – 2:30 p.m. Please call the Fitness Center to reserve a spot at ext. 7331.

A newly formed **Music Committee** has been created to foster and encourage good music at GHBC. Meetings are held in the Top of the West on the second Tuesday of each month at 11:00 a.m. All residents who have an interest and are willing to contribute to this effort are welcome to attend. Our next meeting will be on Tuesday, March 8. See you there!

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**TUESDAY MATINEE: TESLA- MASTER OF LIGHTNING**

Visionary inventor Nikola Tesla, the person truly responsible for developing AC power transmission and radio, is the focus of this scientifically accurate documentary, which is based on historical evidence gathered over several years. Through rare visual materials and autobiographical writings, the program sheds light on the often misunderstood genius who had no formal science training yet rivaled contemporaries such as Thomas Edison.

*Tuesday, March 1, at 2:00 p.m. in the Media Room.*

2000, NR, 90 minutes

**SATURDAY EVENING MOVIE: HE NAMED ME MALALA**

Vividly portraying the obstacles Pakistani women face in getting an education because of prohibitions by the Taliban, this affecting documentary chronicles the story of Malala Yousafzai, a 15-year-old who was shot because of her advocacy efforts.

*Saturday, March 5, at 7:15 p.m. in the Auditorium.*

2015, Rated PG-13, 87 minutes

**GREEN TEAM FILM**

It’s easy to take the water which Mother Earth has always provided for granted. How did fresh water – which makes life on earth possible - come to exist in the first place? Continuing the *Planet Earth* Series, the Green Team’s March film, “Fresh Water,” explores earth’s great rivers, waterfalls, canyons, wetlands & salt water marshes – spotting crocodiles, piranhas, giant water lilies, underwater forests, and dolphins. These form such an awe-inspiring world of mystery. *See you in the Auditorium,* *Wednesday, March 2, at 7:15p.m.*

2008, BBC, 50 minutes
FROM THE ART CENTER...

There will be two separate Art Trips to the Renwick Gallery in March to view the exhibition Wonder. The first trip is on Tuesday, March 8, and the second trip is on Tuesday, March 22. The bus will depart GH at 9:45 a.m. and depart the museum at 12:00 p.m. for both trips. The sign-up sheet will be in the business center on Monday, February 29, at 9:30 a.m. Please sign up for only one trip to give other residents the opportunity to view this spectacular exhibition.

Monday, February 29
10:00 a.m. Frottage Frottage is the French word for rubbing and artist Max Ernst used this technique in many of his paintings and drawings. We will be using a variety of textures and mediums to create textured rubbing drawings.

1:00 p.m. Art Film Modern Art: Max Ernst and The Surrealist Revolution examines the art of Max Ernst and the innovative techniques and styles he brought to painting.

Tuesday, March 1
10:00 a.m. Ceramics We will continue to glaze coiled pots with a variety of colors. If you were not able to attend the previous week’s class, come join us and create a coiled pot of your own.

2:00 p.m. Frottage Continued Using plastic wrap, we will paint several textured color fields. Both acrylic and watercolor paints will be used.

3:00 p.m. Drawing Artists for centuries have drawn interiors and still lives of their art studios. In this class we will arrange a still life of different art supplies to draw from.

Wednesday, March 2
2:00 p.m. Frottage Extraordinaire We will closely examine the textured paintings from the previous class, and add other figurative and lyrical elements to create an otherworldly work of art.

Thursday, March 3
2:00 p.m. Wood Carving

COMMUNITY CORNER

What’s so “super” about Tuesday, March 1? Well, we are one of the 12 states holding a primary election or a caucus on March 1, along with Alabama, Arkansas, Alaska, Colorado, Georgia, Massachusetts, Minnesota, Oklahoma, Tennessee, Texas, and Vermont. While all eyes are fixed on “Super Tuesday” and its potential to reshape the election, it is important to note the once powerful day means a little less than it used to as fewer states head for the polls. Since 2000, the number of states involved has ranged from a lowly 10 to a high of 24. Virginia’s primary is not only important to the Presidential hopefuls, it is also important for State and District candidates and issues. Let us encourage each other to vote, and check with the 2nd floor to see if anyone needs help getting to the voting booth. Why don’t we make this the precinct with the highest voter turnout!

For those of you who have recently moved into GHBC, you need to know that we vote here at home in the Auditorium. Photo ID is required!

Dottie Moser, Resident
**THIS WEEKS EVENTS IN HEALTH CARE**

**Monday, February 29**
- 10:30 Take a Leap! Crafts w/ Katie
- 11:00 Octoband Stretch
- 2:00 Music & Memory 1:1’s
- 4:00 Giant Crossword Puzzles

**Tuesday, March 1**
- 10:15 Bible Study
- 11:00 Balloon Tennis
- Visits with Charley
- 2:00 Afternoon Matinee
- 2:00 Crocheting with Vilma
- 4:00 Tea & Chat in Lavender

**Wednesday, March 2**
- 10:30 March Monthly Gazette
- 11:00 Chair Chi Exercise
- 2:00 Crocheting with Vilma
- 4:00 Munch & Mingle in Households

**Thursday, March 3**
- 10:30 Art w/ Anthony: Ceramics Painting
- 2:30 Music & Memory Visits
- 4:00 Bingo

**Friday, March 4**
- 10:30 Coffee & Chat
- 11:00 Exercise
- 2:30 Exercise Room Visits & Hydration
- 3:30 Wine on Wheels

**Saturday, March 5**
- 10:30 Sing-a-Long
- 11:00 Exercise
- 4:00 Craft Time

**Sunday, March 6**
- Morning Hand Massages and Aromatherapy in Households
- 1:15 HCC Sunday Service
- 3:30 Afternoon Matinee

**THIS WEEKS EVENTS IN ASSISTED LIVING**

**Monday, February 29**
- 10:45 Exercise
- 11:15 Bible Study
- 1:00 Art Film (MR)
- 2:00 Ladies Day

**Tuesday, March 1**
- 10:45 Exercise
- 11:15 Welcome to March
- 2:00 Our Treasured Past Afternoon Visits with Charley

**Wednesday, March 2**
- 10:45 Exercise
- 11:15 Wheel of Fortune
- 2:00 BINGO
- 4:00 Music with Anne
- 6:30 Wednesday Movie

**Thursday, March 3**
- 10:45 Exercise
- 11:15 Scattergories
- 2:00 Vermont Day

**Friday, March 4**
- 10:45 Exercise
- 11:30 Readings, Songs and Prayers

**Saturday, March 5**
- 2:00 3rd Floor Movie
- 7:15 Movie: (AUD)

**Sunday, March 6**
- 10:00 Holy Communion
- 10:30 Holy Eucharist

The deadline for the next issue of *West Winds* is Tuesday, March 1. Please submit all articles by 12:00 noon via email at westwinds@goodwinhouse.org. A complete list of daily events, meetings, and classes (with descriptions) can be found on “Today’s Events” at www.ghbcresidents.org.
February 29 – March 6, 2016

**MONDAY, FEBRUARY 29**
Total Body, Fit. Ctr./Aerobics Room, 9:00 a.m.
H20 Fitness, Pool, 10:00 a.m.
Chair Yoga, Aerobics Room, 10:00 a.m.
**Frottage**, Art Center, 10:00 a.m.
Memoirs, Smith Study, 11:00 a.m.
Chair Fit, Fitness Center, 11:30 a.m.
**Art Film- Modern Art**, Media Room, 1:00 p.m.
Scrabble, Game Room, 2:00 p.m.
Senior Quest, Auditorium, 3:30 p.m.
Mexican Dominoes, Game Room, 7:00 p.m.
**Duplicate Bridge**, Card Room, 7:00 p.m.
**Total Body Express**, Fitness Center, 1:00 p.m.
**Veterans Com.,** Top of the West, 1:00 p.m.
**Knot for Kids**, Art Center, 1:30 p.m.
**Matinee:** Tesla, Media Room, 2:00 p.m.
Line Dance Class, Aerobics Room, 2:00 p.m.
**Frottage Continued**, Art Center, 2:00 p.m.
**Drawing**, Art Center, 3:00 p.m.
Wii Bowling, Aerobics Room, 3:00 p.m.
**Newcomers et al.,** Formal Parlor, 4:00 p.m.
Poker Game, Game Room, 7:00 p.m.

**TUESDAY, MARCH 1**
**Primary Elections**, Auditorium, 6:00 a.m.- 7:00 p.m.
Get Started, Fitness Center, 9:00 a.m.
Barre and Ball, Aerobics Room, 9:30 a.m.
Water Balance, Pool, 10:00 a.m.
**Ceramics**, Art Center, 10:00 a.m.
Quaker Meeting for Worship, Smith Study, 11:00 a.m.
Pilates Class, Aerobics Room, 11:00 a.m.
Total Body Express, Fitness Center, 1:00 p.m.
**Veterans Com., Top of the West, 1:00 p.m.**
Knit for Kids, Art Center, 1:30 p.m.
**Matinee: Tesla**, Media Room, 2:00 p.m.
Line Dance Class, Aerobics Room, 2:00 p.m.
**Frottage Continued, Art Center, 2:00 p.m.**
**Drawing, Art Center, 3:00 p.m.**
Wii Bowling, Aerobics Room, 3:00 p.m.
**Newcomers et al., Formal Parlor, 4:00 p.m.**
Poker Game, Game Room, 7:00 p.m.

**WEDNESDAY, MARCH 2**
Total Body, Fit. Ctr./Aerobics Room, 9:00 a.m.
Holy Eucharist, Chapel, 10:00 a.m.
H20 Fitness, Pool, 10:00 a.m.
Brain-Body-Balance $, Aerobics Room, 10:00 a.m.
Movement 4 Life, Fitness Center, 12:30 p.m.
**Nordic Walking, 1:00 p.m.**
**Beading Class, Art Center, 2:00 p.m.**
**Frottage Extraordinaire, Art Center, 2:00 p.m.**
Perspectives on the News, Smith Study, 2:00 p.m.
**Great Courses (English), Media Room, 3:00 p.m.**
**Res. Health Com., Top of the West, 10:00 a.m.**
**Brain Body Balance $, Aerobics Room, 10:00 a.m.**
**Movement 4 Life, Cancelled, 12:30 p.m.**
**Shopping Shuttle, Departs at 12:30 p.m.**
**Nordic Walking, Cancelled, 1:00 p.m.**
**Newcomers et al., Formal Parlor, 1:30 p.m.**
Poker Game, Game Room, 7:00 p.m.
**Mah Jongg, Card Room, 7:15 p.m.**

**THURSDAY, MARCH 3**
Get Started, Fitness Center, 9:00 a.m.
Stability Ball, Aerobics Room, 9:30 a.m.
Pilates Mat, Aerobics Room, 10:00 a.m.
Chair Fit, Fitness Center, 11:30 a.m.
**Rosary Group, Chapel, 12:30 p.m.**
**WhatNot Shop, Open, 12:30 -3:00 p.m.**
Senior Fit, Fitness Center, 1:00 p.m.
Rummikub!, Game Room, 1:30 p.m.
Line Dance Class, Aerobics Room, 2:00 p.m.
Woodcarving, Art Center, 2:00 p.m.
**Joy of Music, Media Room, 2:00 p.m.**
Spiritual Companions, Smith Study, 3:30 p.m.
Quaker Meeting for Worship, Chapel, 4:30 p.m.
Scrabble, Top of the West, 7:00 p.m.
Duplicate Bridge, Card Room, 7:00 p.m.

**FRIDAY, MARCH 4**
Total Body Fit. Ctr./Aerobics Room, 9:00 a.m.
H20 Fitness, Pool, 10:00 a.m.
**Res. Health Com., Top of the West, 10:00 a.m.**
**Brain Body Balance $, Aerobics Room, 10:00 a.m.**
**Movement 4 Life, Cancelled, 12:30 p.m.**
**Shopping Shuttle, Departs at 12:30 p.m.**
**Giant Shuttle, Departs at 1:00 p.m.**
**Nordic Walking, Cancelled, 1:00 p.m.**
**Newcomers et al., Formal Parlor, 1:30 p.m.**
Poker Game, Game Room, 7:00 p.m.
**Mah Jongg, Card Room, 7:15 p.m.**

**SATURDAY, MARCH 5**
Shabbat Service, Formal Parlor, 9:30 a.m.
**Opera Afternoon**, Media Room, 1:00 p.m.
**Evening Movie: He Named Me Malala**, Auditorium, 7:15 p.m.

**SUNDAY, MARCH 6**
Catholic Communion, Top of the West, 10:00 a.m.
Coffee Hour, Formal Parlor, 10:00 a.m.
Holy Eucharist, Chapel, 10:30 a.m.
UUCA Service, Board Room, 11:15 a.m.
**Art Reception, Gallery, 2:00-4:00 p.m.**

**WhatNot Shop:** Come on down on Thursday, March 3, from 12:30 – 3:00 p.m. for bargains. Remember all proceeds are donated to the Goodwin House Foundation. Thank you for your continued support!