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CALLING ALL RESIDENT VOLUNTEERS

Please take a moment to log your volunteer hours BOTH within the GHBC community and outside of the community (Church, Library, Museum, School, Clinic, etc.). We are now tracking them on a quarterly basis and forms are available for the July - September quarter.

Please pick up your Resident Volunteer Hours Log Form from the blue resident volunteer book in the Resident Business Center. If you have any questions, please contact Victoria at ext. 7671

This is the week!

Get your Raffle tickets from 11:00 a.m. – 1:00 p.m. and 5:00 – 7:00 p.m. in the Rotunda, Monday, August 15, through Thursday, August 18.

Tickets are $5.00

Check out the wonderful gift baskets and bicycle.

Come to the sale on Friday, August 19, from 10:00 a.m. – 2:00 p.m. in the Auditorium. All items will be 50% off except the furniture. See you there!

IPAD CLASS

Do you have an IPAD? Do you have questions about what you can do with it, or how to do something? I am starting a class Wednesday, August 17, at 2:00 p.m. in the computer room on G-1 level. I have room for four, maybe five people. Please call me at ext. 7594 to register. If you have specific questions, please let me know them. I plan to explore the hardware and software that comes with the IPAD and then get to specific questions if possible. It may be that I will need to set up certain days to address certain topics. So let’s plan the first meeting to brainstorm what might be wanted by you. This can go for an indefinite time, determined by the demand.

PLEASE BRING YOUR IPAD.

~Carolyn O’Connell
ENCORE CHORALE ANNOUNCEMENT

The Encore Chorale invites novice and experienced singers to join the fall season of song. The Chorale rehearses Fridays at 1:00 p.m. under the direction of Jeanne Kelly and Jeffrey Dokken. Join us in September 2016! First rehearsal is Friday, September 9. Please contact Mandy Whalen onsite at Goodwin House to register in advance of the first rehearsal, or just come to the first rehearsal and join at that time. We welcome new singers! Encore singers improve their voice, improve their health, meet new friends and enjoy a great new adventure singing challenging music in four parts in preparation to join other Encore Chorales for exciting community concerts. There are no auditions and singers may sit to rehearse and perform.

The 15-week season includes expert instruction and concert performances. There is a $25.00 fee for sheet music and rehearsal CD. For more information, visit the Encore website at http://encorecreativity.org, call 301 261-5747 or email info@encorecreativity.org.

UPDATES FROM CHAPLAINCY

Wednesdays in the Chapel
Each Wednesday at 10:00 a.m., a small but growing group gather for an abbreviated service of Holy Eucharist that includes prayers for those involved in the healing professions and those who feel a need for “healing.” Thus, the service is designed to offer an opportunity to lift up one’s personal concerns in prayer, whether they be emotional, physical, mental, spiritual, or otherwise. Although prayers may be for someone experiencing a personal crisis, the service is intended for all who might have concerns in their lives—whether individual or community ones. Although some liturgies of this kind use scriptures involving healing, the Wednesday Chapel service generally looks at a particular “saint of the day,” ranging from Sojourner Truth to St. Peter, from Eleanor Roosevelt to Mary of Magdalene. After the service, many then gather in the Bistro to continue the conversation over coffee and tea (or perhaps some pastries or cookies). All are invited to participate as fully as they wish in either or both activities. We gather each week at 10:00 a.m. All are invited and welcomed!

Do you receive the Virginia Episcopalian magazine from the Episcopal Diocese of Virginia?
If you are not on the current Virginia Episcopalian magazine mailing list with the Diocese and wish to receive this quarterly publication, please contact Chaplain Theresa Brion at 703 578-7224 or tbrion@goodwinhouse.org with your preferred mailing address and/ or e-mail. Theresa is building the mailing list of interested GHBC residents and plans to forward this information shortly after Labor Day.

NEW FITNESS SPECIALIST

Sherry Compton is our new Fitness Specialist. Sherry is originally from Ohio, but moved to the DC Metro Area to pursue a Master’s of Science degree from American University in health. After graduating, Sherry joined the Wellness Department at Providence Hospital in Washington DC. where she developed worksite wellness programs for both staff and community that reached over 2000 employees. Although Sherry has worked with all ages, she really found her passion while working at the Congress Heights Senior Wellness Center in Washington DC. where she helped seniors from the community improve their health and quality of life, via community partnership, relevant wellness programming, and innovative fitness classes. At GHBC she is looking forward to continuing to work with residents in the area of health and wellness and building great relationships in this wonderful community.
NOTES FOR THE WEEK

Join us for our next Culinary Passport lunch trip to Samurai Hibachi and Sushi Bar in Alexandria on Wednesday, August 17. The bus departs at 11:00 a.m. Please bring cash/card to cover the cost of your lunch. Please sign up in the Resident Business Center.

Spiritual Companions will meet Thursday, August 18, in the Smith Study at 3:30 p.m.

Art Trip: In Celebration of Paul Mellon; National Gallery of Art on Wednesday, August 24. Bus departs GH at 9:45 a.m. and will depart the museum at 12:15 p.m. The sign-up sheet will be posted in the Business Center on Monday, August 15, at 10:00 a.m. This exhibition brings together 80 of the finest pastels, watercolors, drawings and prints given to the National Gallery by Paul Mellon. Paul Mellon and his father Andrew Mellon were the major visionaries and contributors to the Gallery’s conception and growth.

Please Note: Residents receiving electronic copies of weekly menus will no longer be receiving paper copies in their mailboxes. If you would like a paper copy of the weekly menu, please just ask for one from the front desk staff. Residents not receiving electronic copies will continue to receive paper copies in their mailboxes.

Written answers to questions asked of our CVS pharmacy rep at the July Town Hall will be available beginning Saturday, August 13, at the front desk.

If you are currently subscribing to Financial Times Magazine and are willing to donate your magazines to the library after use, please contact Tiffany Proctor at ext. 7222. Or tproctor@goodwinhouse.org

MATINEE: THE AMERICAN EXPERIENCE- PANAMA CANAL

Finished in 1914, the 48-mile Panama Canal revolutionized the shipping industry by creating a shortcut for vessels headed from one coast of North America to the other. This documentary chronicles the struggle in creating this engineering marvel. Using archival footage and first-hand accounts, this "American Experience" program shows how the canal was built over 10 years -- and how more than 5,000 people lost their lives in the process. Tuesday, August 16, at 2:00 p.m. in the Media Room. 90 minutes, 2002.

SATURDAY EVENING MOVIE: RACE

While Hitler saw the 1936 Berlin Olympics as an opportunity to demonstrate Aryan supremacy, one African-American man -- Jesse Owens -- shattered that dream with a display of athleticism that resulted in four gold medals. This film tells his story. Saturday, August 20, at 7:15 p.m. in the Auditorium. PG-13, 2016, 125 minutes.

JOIN US FOR A COMMUNITY SING-A-LONG!

The Music Committee is sponsoring a sing-a-long in the Atrium on Wednesday evening, August 17, at 7:30 p.m. Please join us at the piano to sing "Ain't She Sweet" "Over the Rainbow" and many others from the American Song Book. Song sheets will be provided.

Please note: Atrium seating will be limited.
FROM THE ART CENTER...

Monday, August 15
10:00 a.m. Watercolor Painting Week Summer is the perfect season to explore the techniques of watercolor painting! Sponges, Yupo paper, fan brushes, and watercolor pencils are some of the materials used to create beautiful colors and forms. Create mountains, oceans, cityscapes, and abstractions using watercolor!

1:00 p.m. Art Film – The Great Masters: Titian, Bruegel, El Greco In this 14 part series, art historian Tim Marlow explores the lives and works of the greatest artists in history. Filming takes place throughout the world.

Tuesday, August 16
10:00 a.m. Ceramics The ceramic house has been glazed! Add finishing touches to the interior and exterior of the house as we continue to construct this collaborative piece of ceramic art!

2:00 p.m. Watercolor Painting Continued Let the flow of the water and paint move off your brush and onto paper! Watercolors lend themselves to spontaneous and unexpected results. Come see where the streams of color will lead you!

3:00 p.m. Drawing Draw from a variety of unique and unusual objects from the Art Center. If you have a unique object that you want to draw from, please bring it to class!

Wednesday, August 17
2:00 p.m. Watercolor Painting Unbound Continue working on watercolors from the previous classes. At the end of class, we will discuss some of the work we have completed over the week.

Thursday, August 18
2:00 p.m. Wood Carving Wood carving might sound difficult, but with the assistance of our expert wood carving teachers, Joel and Mike, it is a fun and rewarding endeavor! Learn several techniques that can be used in creating a variety of shapes and objects.

COMMUNITY CORNER

Most of us know there is an Executive Chef and a Sous Chef but did you also know that we have a Bistro Chef? Her name is Nina Rakotoarisoa and she is that talented person who puts together our Bistro specials we come to look for on Mondays and see posted on the blackboard from time to time. She directs the Bistro staff in the preparation of these creative items.

Nina’s native country is Madagascar, an island off the east coast of Africa where she was chef to several Ministers of State. When one of the Ministers of State was assigned as Ambassador to Washington, DC, Nina was asked to bring her family to America and be the official chef for the Madagascar Embassy here. She served in that capacity for 15 years. Since coming to GHBC, she, in consultation with Chef Manny, has developed many “special” treats for us and continues to have great plans for future culinary delights!

Dottie Moser, Resident
**THE DEADLINE FOR THE NEXT ISSUE OF West Winds IS TUESDAY, AUGUST 16. 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.ghbresidents.org.

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**THIS WEEKS EVENTS IN HEALTH CARE**

**Monday, August 15**
- 10:30 Bible Study
- 11:00 Exercise
- 2:30 Music and Memory 1:1’s visits
- 4:00 Giant Crossword Puzzle

**Tuesday, August 16**
- 10:30 Who Am I?
- 11:00 Chair-Chi Exercise
- 2:00 Hydration Visits
- Visits with Charley the Dog
- 4:00 Violin & Cello Music with the Tate Family

**Wednesday, August 17**
- 10:30 Travelogue: Rio-Brazil
- 11:00 Exercise Time!
- 2:30 Music & Memory Visits
- 4:00 Munch & Mingle in Households

**Thursday, August 18**
- 10:30 Art with Anthony in the Art Center
- 2:00 Hydration Visits
- 4:00 Sing-a-long with Hank Lewis

**Friday, August 19**
- 10:30-12:30 Beach Party on the Patio
- 12:30 Beach Themed Luncheon
- 3:30 Wine on Wheels

**Saturday, August 20**
- 10:30 Chris Hagan’s Piano Group
- 11:00 Let’s Exercise
- 3:30 Movie & Snacks

**Sunday, August 21**
- Morning Hand Massages and Aromatherapy in Households
- 1:15 HCC Sunday Service
- 3:30 Afternoon Matinee

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**THIS WEEKS EVENTS IN ASSISTED LIVING**

**Monday, August 15**
- 10:45 Exercise
- 11:00 Bible Study
- 1:00 Art Film (Media Room)
- 2:15 Visits with Bruiser
- 4:00 Tea & Lemonade Social

**Tuesday, August 16**
- 10:45 Exercise
- 11:15 Short Stories
- Visits with Charley the Dog
- 2:30 Making Sandwiches for the Homeless
- 3:00 Drawing Class in the Art Center

**Wednesday, August 17**
- 10:45 Exercise
- 11:15 Reminiscing
- 2:00 BINGO
- 4:00 Music with Bob & Anne
- 5:00 The Tate Family Concert
- 7:30 Community Sing-A-Long (Atrium)

**Thursday, August 18**
- 10:45 Exercise
- 11:15 AL Resident Meeting
- 1:30 Music & Memory
- 2:30 Lemonade & Chat
- 4:45 Piano with Dot

**Friday, August 19**
- 10:45 Exercise
- 11:30 Show tune Extravaganza
- 2:15 Refreshments in the Crossroads
- 3:30 Baking Group

**Saturday, August 20**
- 2:00 3rd Floor Movie
- 3:00 Hydration Visits with Vilma
- 7:00 Movie: Race (AUD)

**Sunday, August 21**
- 10:00 Holy Communion
- 10:30 Holy Eucharist
- 1:15 Sunday Service on HCC
MONDAY, AUGUST 15
Total Body, Fit. Ctr. 9:00 a.m.
Council Exec Mtg, 10:00 a.m.- Canceled
H20 Fitness, Pool, 10:00 a.m.
Chair Yoga, Aerobics Room, 10:00 a.m.
Watercolor Painting, Art Center, 10:00 a.m.
Memoirs, Smith Study, 11:00 a.m.
Brain-Body-Balance $, 11:15 a.m.
Chair Fit, Fitness Center, 11:30 a.m.
Art Film-Great Masters, Media Room, 1:00 p.m.
Watercolor Painting, Art Center, 2:00 p.m.
Genesis Bible Study, Top of the West, 3:30 p.m.
Mexican Dominoes, Game Room, 7:00 p.m.
Duplicate Bridge, Card Room, 7:00 p.m.

TUESDAY, AUGUST 16
Get Started, Fitness Center, 9:00 a.m.
Ceramics, Art Center, 10:00 a.m.
Water Balance, Pool, 10:00 a.m.
Quaker Meeting for Worship, Smith Study, 11:00 a.m.
Pilates Class, Aerobics Room, 11:00 a.m.
Tai Chi, Aerobics Room, 11:30 a.m.
Total Body Express, 1:00 p.m.
Rosary Group, Chapel, 12:30 p.m.
Spiritual Companions, Smith Study, 3:30 p.m.
Quaker Meeting for Worship, Chapel, 4:30 p.m.
Sabbatical Bridge, Top of the West, 7:00 p.m.
Duplicate Bridge, Card Room, 7:00 p.m.

WEDNESDAY, AUGUST 17
Total Body, Fit. Ctr./Aerobics Room, 9:00 a.m.
H20 Fitness, Pool, 10:00 a.m.
Brain-Body-Balance $, 10:00 a.m.
Culinary Passport Trip, Departs at 11:00 a.m.
Nordic Walking, 1:00 p.m.
iPad Class, Computer Room, 2:00 p.m.
Watercolor Painting, Art Center, 2:00 p.m.
Perspectives on the News, Smith Study, 2:00 p.m.
Great Courses (Vikings), Media Room, 3:00 p.m.
Sing-a-long, Atrium, 7:30 p.m.

THURSDAY, AUGUST 18
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.
Rummikub! Game Room, 1:30 p.m.
Wood Carving, Art Center, 2:00 p.m.
Joy of Music, Media Room, 2:00 p.m.
Resident Services Com., Top of the West, 2:30 p.m.

FRIDAY, AUGUST 19
Total Body Fit. Ctr./Aerobics Room, 9:00 a.m.
Christmas in August, Auditorium, 10:00 a.m.- 2:00 p.m.
H20 Fitness, Pool, 10:00 a.m.
Brain Body Balance $, 10:00 a.m.
Project 52, Smith Study, 10:00 a.m. – Canceled

SATURDAY, AUGUST 20
Croquet, GHBC Front Yard, 9:00 a.m.
Opera Afternoon-, Media Room, 1:00 p.m.- Canceled
Evening Movie: Race, Auditorium, 7:15 p.m.

SUNDAY, AUGUST 21
Catholic Communion, Top of the West, 10:00 a.m.
Coffee Hour, Formal Parlor, 9:45 a.m.
Holy Eucharist, Chapel, 10:30 a.m.
UUCA Service, Board Room, 10:15 a.m.

Congratulations to our Garden Box Contest Winners!
Dorothy Nieweg- Most Edible
Sandra Bohannon- Most Original
Beverly Hennesy- Most Beautiful and Most Colorful Box