

WEST WINDS

NEWSLETTER for GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 38, Number 6 ✨ February 9, 2026

UPCOMING MEETINGS

Resident Council

Community

Monday, February 9 at
10:00 a.m. | Auditorium

Fitness Committee

Tuesday, February 10 at
1:00 p.m. | Formal Parlor

Bailey's Birders

Tuesday, February 10 at
3:00 p.m. | Formal Parlor

Finance Committee

Wednesday, February 11 at
10:00 a.m. | Board Room

BOM-COM Committee

Thursday, February 12 at
10:00 a.m. | Board Room

Community Service Committee

Thursday, February 12 at
2:00 p.m. | Top of the West

CHANGES

COVID CASES AS OF January 29

Independent Living (IL): 1
Assisted Living (AL): 0
Health Care Center (HCC): 0
Team Members: 0

VALENTINE'S PROGRAMMING: LOVE AND FRIENDSHIP DISPLAY

Wednesday, February 11 - Monday, February 16

Share Your Secret to Lifelong Love!

What is the key to lasting love—whether in marriage, partnership, friendship, or more? If you could share your best advice on how to make love work, what would it be? We invite residents to visit our Love and Friendship Display and share their secrets! Pick up a card, jot down your thoughts, and put it up for others to see. Passersbys can enjoy reading the insights, discuss what they believe makes a relationship last, and reminisce about the good times. Join us in celebrating love and friendship—your wisdom might inspire someone else on their journey!

*Valentine's
Day*

HELP CELEBRATE OUR ANNUAL GIVING DAY!

Friday, February 13 from 11:00 a.m. to 12:30 p.m. & 3:30 p.m. to 5:00 p.m. | Rotunda

We invite you to join us as we celebrate the Goodwin Living Foundation's mission with an outpouring of gratitude and good fortune. Please stop by our Giving Day table and post a message of appreciation on our Gratitude Board! Foundation team members and volunteers will be there to share sweets and stories about how your gift can result in someone else's good fortune!



Goodwin Living
Foundation

Exciting Announcement! We're thrilled to share that we have a new gift match this year, made possible by the remarkable generosity of an anonymous donor. Check your resident mailboxes on Monday for all the exciting details!



MORE HAPPENINGS

SENIOR QUEST FOR MEANING SERIES: AN INTERESTING TIME IN HEALTHCARE

Monday, February 9 at 3:30 p.m. | Auditorium

The Spiritual Life Committee invites you to the next presentation of this year's theme for the Senior Quest for Meaning Series, "Faith and Hope in 'Interesting' Times." Resident Bruce Rieder will moderate a panel on "An Interesting Time in Healthcare." Panelists will be Karen Doyle, Associate Executive Director of GHBC and Administrator of Health Services, and resident Ron Karpick, a retired physician and chair of the Resident Council Health Committee.

ART FILM: *Floyd Norman: An Animated Life*

Tuesday, February 10 at 2:00 p.m. | Theatre

At 80 years old, see how Disney Legend Floyd Norman, the first African-American animator at Disney, continues to impact animation and stir up trouble.

Run Time: 1 hour, 34 minutes



GREAT COURSES – UNDERSTANDING THE WORLD'S GREATEST STRUCTURES

Wednesday, February 11 at 3:00 p.m. | Theatre

- Episode 9 - Loads and Structural Systems
- Episode 10 - Egypt and Greece - Pyramids to the Parthenon



THE PLAY READING GROUP PRESENTS: *THE PURSUIT OF HAPPINESS* ACT 1

Wednesday, February 11 at 3:30 p.m. | Top of the West

Join us for a reading of "The Pursuit of Happiness," by Richard Dresser on February 11 and 18. The play is a family drama where the parents are desperate for their only child to get into the college her mother graduated from. The daughter wants nothing to do with higher education; she is sure she can learn nothing from professors. What will her parents do to convince her to apply and, most importantly, how can they get her admitted into the college of their choice?

Act II will be presented on February 18 at 3:30 p.m. in the Board Room.

Seating may be limited so come a little earlier for both readings.

SHARE THE LOVE DISCUSSION

Thursday, February 12 at 2:30 p.m. | Formal Parlor

Over the years, we've celebrated love in many forms—whether it's through displays of marriage, friendship, dogs, or even a love for your coffee machine. This year, we want to hear YOUR stories!

How did you meet your best friend of 30 years or your spouse? Was it love at first sight, or did it develop over time? Did a cute or funny moment spark your romance? Join us for an open discussion program where we'll pass the mic to share your stories. Those interested in speaking will have a limited time to do so, depending on audience numbers. We look forward to seeing you there and hearing your wonderful love stories!



MORE HAPPENINGS

FOREIGN AFFAIRS LECTURE - *TARIFFS AND TRADE WARS: GEOPOLITICAL RISKS IN A TRANSITIONAL ERA*

Thursday, February 12 at 7:30 p.m. | Auditorium

Eric Shimp, VP of Global Government Relations, Former Negotiator-Office of the US Trade Representative, is speaking in his private capacity.



AFTERNOON CONCERT

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

Friday, February 13 - *L'elisir d'amore* - Donizetti



When Nemorino despairs of winning Adina's love, he is easy prey to Dr. Dulcamara who sells him a bottle of elixir he can ill afford. This elixir (only cheap alcohol) has a powerful effect, enabling him to lose his inhibitions. Sung in Italian with English subtitles. Running Time: 2 hours and 8 minutes.

SATURDAY NIGHT MOVIE - *Song Sung Blue*

Saturday, February 14 at 7:15 p.m. | Auditorium

Two down-on-their-luck performers form a Neil Diamond tribute band, proving it's never too late to find love and follow your dreams.

Rated PG 13, 2025, Musical, 2 hours, 13 minutes

Starring: Kate Hudson, Hugh Jackman, Ella Anderson, King Princess, and Kim Belushi



SATURDAY CINEMA MATINEE: CHARLIE CHASE

Saturday, February 14 at 1:00 p.m. | Board Room

Although Charley Chase is far from being as famous as "The Big Three" (Chaplin, Keaton, and Lloyd) today, he's highly respected as one of the "greats" by fans of silent comedy.



SAVE THE DATE

MARDI GRAS CELEBRATION

Tuesday, February 17 at 2:00 p.m. | Auditorium

VESPERS

Tuesday, February 17 at 7:15 p.m. | Chapel

STEP AFRIKA

Thursday, February 26 at 3:30 p.m. | Auditorium

TRIPS AND OUTINGS

MALL LOOP TRIPS ARE BACK

Wednesday, February 11 from 11:00 a.m. to 2:30 p.m. | Departs From Main Entrance

We will be making loops around the National Mall, stopping at various museums for residents to hop off the bus and explore! This unescorted National Mall trip will make 2 stops:

- First Stop: National Museum of the American Indian
- Second Stop: The National Air and Space Museum
- Virtual Signup go as live on Monday, February 8 at 11:30 a.m.
- For those without access to email, you can call Elizabeth Whitehouse and leave a message at ext. 7221 between 10:00 a.m. to 10:30 a.m.
- Cost: \$20.00 for Transportation
- Depart GHBC at 11:00 a.m.
- Questions: Contact Elizabeth Whitehouse at ewhitehouse@goodwinliving.org

COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

SERVICE AWARDS 2026

Each year the Human Resources team is pleased to host the annual Service Awards event to celebrate team members' years of service. It is a heartwarming event that team members and leadership look forward to annually, as it provides an opportunity to spotlight the dedication and personal accomplishments of those who do so much for Goodwin Living. This year 65 team members were honored with tenure ranging from 5 - 35 years at GHBC! Please feel free to congratulate the team members as you see them around campus!

Kathryn McNeil 5 Years

Perla M Amaya 5 Years

Brian Patterson 5 Years

Asli Mezelo 5 Years

Nunu Demeke 5 Years

Amira Osmand 5 Years

Celina Rocabado Sarabia 5 Years

Nilda Rocabado Sarabia 5 Years

Sau Fong 5 Years

Najwa F Lakhal 5 Years

Helen Trejo Sanchez 5 Years

Wilner Vialer 5 Years

Olga Cardoso 5 Years

Melinda Gren 5 Years

Helen Romero Vasquez 5 Years

Frida Timbei 5 Years

Roslyn Shaw 5 Years

Sirina Alhassan 5 Years

Jennifer Cooper 5 Years

Jill Cummings 5 Years

Maria Alexandria Ramirez 5 Years

Kelly Soultz 5 Years

Jacqueline Vullo 5 Years

Lena S Fernandes 5 Years

Jamie Lyon 5 Years

Vicky Murabito 5 Years

Catherine Murphy 5 Years

Lisa Rabinowitz 5 Years

Tihetina Getachew 5 Years

Belinda Lee 5 Years

Beatrice Asiedu 5 Years

Virginia A. Baxter 5 Years

Jorge F. Sotomayor 5 Years

Jessica Feldman 5 Years

Aileen Foley 5 Years

Anjali M Koschmider 5 Years

Carol A . Mitcham 10 Years

Diana Agyeiwaa 10 Years

Vernon Wiley 10 Years

Bryce Scholar 10 Years

Osman Gutierrez 10 Years

Amaha Yimam Yimer 10 Years

Mary Cudjoe 10 Years

Maria Ignacio 10 Years

Nekisha N. Johnson 10 Years

Hortense Sam 10 Years

Oatta Dillon 10 Years

Tiffany Proctor 10 Years

Francis M. Kabia 15 Years

Patricia Amponsah 15 Years

Ana L. Berrios 15 Years

Elizabeth A. Koira 15 Years

Ann Lam Qualters 15 Years

Edna Berantuo 15 Years

Genet G. Asefa 20 Years

Zainab Thomas 20 Years

Hussein A. Mohamed 20 Years

Julia Rivera 20 Years

Kibirti O. Zemam 20 Years

Ana D. Ramirez 20 Years

Hue Tam Nguyen 20 Years

Dagmawit T. Mirra 20 Years

Sherretta E. Bernateau 20 Years

Thao Dang 30 Years

Elfidia Cortez 35 Years

NEW EXCURSION COMMITTEE

The new "Excursions Committee" will meet the third Tuesday of every month, at 11:00 am, in the Board Room. The first meeting will be on Tuesday, February 17.

VIRGINIA CONTINUING CARE RESIDENTS ASSOCIATION (VaCCRA) VOTING INFORMATION



Special Election for State Senator in our District (39)

Tuesday, February 10 from 6:00 a.m. to 7:00 p.m. | Auditorium

- ID required
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MEMOIRS GROUP ANNOUNCES NEW SCHEDULE – COME CHECK US OUT

Memoirs will now meet on second and fourth Mondays at 2:00 p.m. in the Smith Study. In February, that's the ninth and 23rd.

Come, tell us about your past adventures, your family story, your life at Goodwin House, or how you see the present world. What has challenged you? What makes you feel alive? We write beforehand and read together. Listeners are welcome and appreciated. Contact Tereza McNamee, 4tereza@comcast.net, ext. 7535 or Mandy Whelan, mmw999123@gmail.com, ext. 7534.

TIP FROM THE GREEN TEAM

Now it's EASIER than ever to recycle your PLASTIC BAGS!! Just remember these three points:

1. Fairfax County's single-stream recycling service does NOT accept any plastic bags, as they are so filmy that they gum up the works at recycling centers.
2. Instead, we drop off plastic bags at a collection box just inside Giant next door.
3. But NOW, we leave all CLEAN PLASTIC BAGS in a large collection box in the left corner of the Resident Business Center. Dry-cleaning bags, bubble wrap, store bags, most plastic bags qualify.

Thanks to a special project of the Lions Club, our plastic bags will become benches and decks! To learn more, Google "Trex plastic bag recycling."

IMPORTANT ANNOUNCEMENT FROM THE CLINIC

If you have been diagnosed with Influenza, please follow this guidance:

- Residents that have been diagnosed with the Flu need to isolate for 5 days and wear a well fitted mask for a total of 10 days.
 - Residents that are exposed to the Flu through a household contact must wear a well fitted mask for 5 days. During this time they may not eat in the dining room and can only attend group events (no eating) with a well-fitted mask.
 - Residents that have been exposed to the Flu through a casual contact should monitor themselves for symptoms and contact the clinic if they feel unwell.
-

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.



February 10, 2026: IT Support, Bistro Bunch – Formal Parlor

Victor Otusanya, Resident IT Specialist, provides IT assistance to GHBC residents, as well as complimentary move-in service to new residents. Peter McNamee is a member of the Bistro Bunch that offers an IT Device Clinic twice a week to assist residents with various devices. Donna Cartwright hosts.

February 17, 2026: Communications

GHBC communicates in many ways: West Winds, DEIB Friday Thoughts, the big screens, and email blasts! Betty Plionis hosts Steffan Barahona, Jeanne Hobbs, and Gabriel Loza, all of whom provide us with the news we need (and most of it is ultimately posted on the resident website.)

INSIDE THE ARTS CENTER

NEW EXHIBIT IN THE ART GALLERY: DR. SCHROEDER CHERRY, *Assemblage Narratives*

Dr. Schroeder Cherry's mixed media assemblages depict moments of everyday life for African Americans. A DC Native, Cherry has worked in many museums across the country including The Smithsonian, The Art Institute of Chicago, and the Baltimore Museum of Art. He currently teaches museum studies at Morgan State University and is the curator for the school's James E. Lewis Museum of Art.



Monday, February 9

9:00 a.m.

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

Tuesday, February 10

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



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



2:00 p.m. - 3:45 p.m.

Wednesday, February 11

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

2:00 p.m. - 3:30 p.m.

Thursday, February 12

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

3:00 p.m. - 4:00 p.m.

Friday, February 13

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



3:00 p.m. - 4:30 p.m.



Saturday, February 14

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

Class Signups

Figure Drawing - Join Brandon in The Arts Center. Residents will practice drawing human figures using charcoal. Limited to 15 residents.

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

Knit for Kids Group Meets - Contact Mary Lee Payton at ext. 7674

Art Film - *Floyd Norman: An Animated Life*, See Page 2



Ceramics: Pinch Pots with Betty Bott - Join Betty in the Arts Center for a 6-week course on creating ceramic pinch pots. Limited to 8 residents.

Exhibition Prep - Join Brandon in The Arts Center to develop and receive feedback on a project for a resident gallery show this summer. Projects do not have to be from a course.

Chalk Pastels - Join Brandon in The Arts Center to learn how to create colorful drawings using chalk pastels. Limited to 15 Residents.

Woodcarving

Flower Arrangers Group Meets - Contact Brandon Wallace the Creative Arts Coordinator at ext. 7218

Ink Drawing - Join Brandon in The Arts Center. Residents will practice drawing with brushes, ink, and pens. Limited to 15 Residents.

Dr. Schroeder Cherry Artist Talk - All are invited to the atrium for the opening reception of "Assemblage Narratives" by artist, Dr. Schroeder Cherry



MONDAY, February 9

- 8:30 a.m. Total Body Standing, Auditorium
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:15 a.m. Chair Yoga, Aerobics Room
- 11:15 a.m. Functional Circuit, Aerobics Room
- 2:00 p.m. Mat Yoga, Aerobics Room

TUESDAY, February 10

- 8:15 a.m. Stretch and Flex, Aerobics Room
- 9:00 a.m. Functional Fit, Aerobics Room
- 9:00 a.m. Pickle Ball, Pickleball Court
- 10:00 a.m. Pilates, Aerobics Room
- 10:00 a.m. Water Aerobics, Pool
- 11:30 a.m. Chair Fit, Aerobics Room
- 2:15 p.m. Brain Balance Fitness, Aerobics Room

WEDNESDAY, February 11

- 8:30 a.m. Total Body Standing, Auditorium
- 8:30 a.m. Fit Camp w/ Miz, Aerobics Room
- 9:30 a.m. Chair Fit, Auditorium
- 11:15 a.m. Functional Circuit, Aerobics Room
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 4:00 p.m. Line Dancing, Aerobics Room

THURSDAY, February 12

- 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
- 2:15 p.m. Brain Balance Fitness, Aerobics Room

FRIDAY, February 13

- 8:30 a.m. Total Body standing, Auditorium
- 8:30 a.m. Fit Camp w/ Miz, Aerobics Room
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. Tai Chi, Aerobics Room
- 11:15 a.m. Functional Circuit, Aerobics Room
- 2:30 p.m. Mat Yoga, Aerobics Room

SATURDAY, February 14

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

NEW CLASS - TAI CHI

This is a Yang Style Tai Chi class characterized by slow, large, graceful and expansive movements. It involves continuous movements coordinated with deep breathing, making it ideal for health, flexibility and reducing stress. This class will be led by Jorge A. Bañales. Jorge has been practicing Tai Chi since 1991. In 2000 he graduated from Eastern Internal Arts Institute's Instructor Training Program. He has lead classes for the Inova Health Source Program at local hospitals and other places in Fairfax.

PERSONAL TRAINING

Personal training assessments have resumed. To schedule an appointment contact Misbah Ali at mali01@goodwinliving.org.

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, February 9

- 10:30 a.m. Monday Movement w/ Miz (Crossroads Area)
- 11:00 a.m. Travelogue w/ Tony Tambasco
- 2:00 p.m. Afternoon Trivia (Atrium)
- 3:00 p.m. Paws to Work with Huck & Jacy

TUESDAY, February 10

- 3:15 p.m. Music Therapy Group w/ Ellen (Crossroads Area)
- 10:00 a.m. Chair Fitness w/ Jacy (Crossroads Area)
- 10:30 a.m. Gardening with Garden Thyme
- 2:00 p.m. Cupid's Lucky Squares (Living Room) w/ Jacy
- 3:15 p.m. Musician of the Week: Cher w/ Ellen (Crossroads)

WEDNESDAY, February 11

- 10:30 a.m. Wednesday World Travel w/ Elizabeth (Crossroads Area)
- 11:00 a.m. Art Group w/ Brandon
- 2:00 p.m. Bingo w/ Jacy (Crossroads Area)
- 3:00 p.m. Spiritual Discussion w/ Rev. Alex (Crossroads Area)

THURSDAY, February 12

- 10:30 a.m. Morning Stretches (Crossroads Area)
- 11:00 a.m. Silent Movie Showing & Discussion w/ James (Crossroad Area)
- 2:15 p.m. Love Songs Through the Ages w/ Ellen (Crossroads)
- 3:00 p.m. Pet Visit w/ Frankie (Crossroads Area)

FRIDAY, February 13

- 10:30 a.m. Service Project for AFAC (Living Room)
- 2:15 p.m. Afternoon Trivia w/ Tiffany (Crossroads Area)
- 3:00 p.m. Friday Fitness w/ Olga
- 3:30 p.m. Hot Apple Cider (Crossroads Area)

SATURDAY, February 14

- 10:00 a.m. Chair Chi w/ Cynthia (Crossroads Area)
- 2:00 p.m. Bingo w/ Volunteers & Brandon (Crossroads Area)
- 3:00 p.m. Saturday Love Story Movie: Guess Who's Coming to Dinner (Crossroads)
- 7:15 p.m. Evening Movie in the Theater

SUNDAY, February 15

- 10:30 a.m. Sunday Service in the Chapel
- 11:00 a.m. Exercise w/ Mar_T (Community Room)
- 2:30 p.m. Sunday Art and Ease w/ Brandon
- 7:00 p.m. Compline Service in the Chapel

Health Care Center Programs

MONDAY, February 9

- 10:30 a.m. Spiritual Devotions w/ Chaplaincy
- 11:00 a.m. Kickstart w/ Vilma
- 2:00 p.m. Trivia in the Atrium w/ Aki
- 3:30 p.m. Creative Corner: Making Collage w/ Aki & Vilma

TUESDAY, February 10

- 9:30 a.m. Sip & Socialize
- 10:30 a.m. Mindful Movement w/ Sarah & Vilma
- 11:00 a.m. Tuesday's Topic w/ Jacy
- 2:00 p.m. Service Project Prep w/ Vilma & Aki
- 3:30 p.m. Black History Bingo! w/ Aki & Vilma

WEDNESDAY, February 11

- 9:30 a.m. News & Views
- 10:30 a.m. Functional Fitness w/ Miz
- 11:00 a.m. Word Game: Categories w/ Jacy
- 2:00 p.m. CozySips in Bistro w/ Vilma & Aki
- 3:30 p.m. Musician of the Week: Cher w/ Ellen

THURSDAY, February 12

- 9:30 a.m. Morning Chat
- 10:30 a.m. Warm Up & Move w/ Vilma
- 11:00 a.m. IN2L Trivia w/ Jacy
- 2:00 p.m. 1:1 Visits w/ Aki
- 2:00 p.m. Meditative Coloring w/ Brandon
- 4:00 p.m. Piano Tunes w/ Dr. Wilmot, Vilma, & Aki

FRIDAY, February 13

- 9:30 a.m. Daily Digest
- 10:30 a.m. Service Project for the Arlington Food Assistance Center w/ Vilma
- 2:00 p.m. Love Songs Through the Ages w/ Ellen
- 3:00 p.m. Love & Friendship: A Valentine's Day Social w/ Guitarist, Ernie

SATURDAY, February 14

- 9:30 a.m. GHBC Happenings: West Winds Newsletter
- 11:00 a.m. Seated Fitness w/ Mar_T & Jacy
- 3:30 p.m. Saturday Brain Boost w/ Volunteers & Jacy

SUNDAY, February 15

- 10:30 a.m. Holy Eucharist Service in the Chapel
- 11:15 a.m. Sunday Ease & Flow Myra & Brandon
- 1:15 p.m. Sunday Spiritual Service (Community Room)
- 7:00 p.m. Compline Service in the Chapel

WEEKLY CALENDAR

Bolded Events Reflect New or Infrequent Upcoming Activities

Monday, February 9

- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. IT Device Clinic (Bistro Bunch),
Bistro
- 9:00 a.m. 30-minute Chair Cardio Workout,
Channel 1991
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:00 a.m. Resident Council Community
Meeting, Auditorium**
- 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: Harris Teeter
at Barcroft Plaza, Departs from
Main Entrance
- 1:00 p.m. Guided Meditation, Channel
1991
- 1:00 p.m. Figure Drawing, Arts Center**
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Mat Yoga, Aerobics Room
- 2:00 p.m. Memoirs, Smith Study
- 2:00 p.m. Trivia, Atrium
- 3:30 p.m. Sr. Quest, Auditorium**
- 4:00 p.m. Stress Reduction Mindfulness
Practice, Smith Study
- 6:45 p.m. Mexican Dominos, Game Room

Tuesday, February 10

- 6:00 a.m. Farifax County Special Election,
Auditorium**
- 8:15 a.m. Stretch and Flex, Aerobics Room
- 9:00 a.m. Functional Fit, Aerobics Room
- 9:00 a.m. Pickleball, Pickleball Court
- 9:00 a.m. 20-minute Intro to Strength
Training, Channel 1991
- 9:30 a.m. Advanced Ceramics, Arts Center
- 9:30 a.m. Stronger Memory, Pointe
Conference Room
- 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. Shopping Shuttle to Target and
Trader Joe's, Departs from Main
Entrance
- 11:30 a.m. Chair Fit, Aerobics Room
- 1:00 p.m. Fitness Committee Meeting,
Formal Parlor**
- 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
- 2:00 p.m. Art Film, Theatre**
- 2:00 p.m. Mah Jongg, Card Room
- 2:15 p.m. Brain Balance, Fitness, Aerobics
Room
- 3:00 p.m. Bailey's Birders, Formal Parlor**
- 4:00 p.m. Newcomers, Formal Parlor
- 7:00 p.m. Dominoes-Mexican Train, Double
12, Card Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Wednesday, February 11

- 8:00 a.m. **Love and Friendship Display, Rotunda**
- 8:30 a.m. Total Body Standing, Auditorium
- 8:30 a.m. Fit Camp w/ Miz, 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 Pinch Pots, Arts Center**
- 10:00 a.m. **Fianance Committee Meeting, Board Rom**
- 10:00 a.m. Holy Communion with Healing Prayers, Chapel
- 11:00 a.m. **National Mall Loop, Departs from Main Entrance**
- 11:15 a.m. Contemplative Worship (Quaker), Smith Study
- 11:15 a.m. Functional Circuit, Aerobics Room
- 11:15 a.m. 30-minute Energizing Chair Yoga, Channel 1991
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:00 p.m. Fitness Orientation, Fitness Center
- 2:00 p.m. **Exhibition Prep, Arts Center**
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. French Conversation Group, Smith Study
- 2:00 p.m. Informal Open Bridge, Card Room
- 3:00 p.m. Great Courses, Theatre
- 3:30 p.m. **The Pursuit of Happiness, ToW**
- 4:00 p.m. Line Dancing, Aerobics Room
- 4:00 p.m. Prayer Group, Chapel
- 4:30 p.m. Drinks and Trivia, Formal Parlor
- 7:00 p.m. Bingo, ToW

Thursday, February 12

- 8:00 a.m. **Love and Friendship Display, Rotunda**
- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit, Auditorium
- 9:00 a.m. IT Device Clinic (Bistro Bunch), Bistro
- 9:00 a.m. Pickleball, Pickleball Court
- 9:00 a.m. 20-minute Intro to Strength Training, Channel 1991
- 9:30 a.m. Arlington Community Credit Union, Ground Level
- 10:00 a.m. **Bazaar Donations, WhatNot Shop**
- 10:00 a.m. **BOM-COM Meeting, Board Room**
- 10:00 a.m. **Chalk Pastels, 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
- 11:30 a.m. Chair Fit, Aerobics Room
- 12:00 p.m. **Whatnot Shop, Donations**
- 2:00 p.m. **Community Service Committee Meeting, ToW**
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:00 p.m. Poetry Group, Smith Study
- 2:15 p.m. Brain Balance Fitness, Aerobics Room
- 2:30 p.m. **Share the Love Discussion, Formal Parlor**
- 3:00 p.m. **Woodcarving, Arts Center**
- 3:30 p.m. **Current Events Trivia w/ Tiffany, Atrium**
- 6:45 p.m. Dominoes Mexican Train, Double 12, Card Room
- 7:00 p.m. Poker Night, Game Room
- 7:30 p.m. **Foreign Affairs Lecture, Auditorium**

Bolded Events Reflect New or Infrequent Upcoming Activities

Friday, February 13

- 8:00 a.m. **Love and Friendship Display, Rotunda**
- 8:30 a.m. Arts Center Occupied, Arts Center
- 8:30 a.m. Fit Camp w/ Miz, Aerobics Room
- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. 30-minute Chair Cardio Workout, Channel 1991
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. Tai Chi, Aerobics Room
- 11:00 a.m. **Annual Giving Day Display, Rotunda**
- 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 to Giant, Departs from Main Entrance
- 1:00 p.m. **Afternoon Concert, Theatre**
- 1:00 p.m. Encore Chorale, Auditorium
- 1:00 p.m. Guided Meditation, Channel 1991
- 2:00 p.m. **Jeopardy, Board Room**
- 2:30 p.m. Mat Yoga, Aerobics Room
- 3:00 p.m. Ink Drawing, Arts Center
- 3:30 p.m. **Annual Giving Day Display, Rotunda**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Saturday, February 14

- 8:00 a.m. **Love and Friendship Display, Rotunda**
- 9:30 a.m. Total Body Video, Aerobics Room
- 12:00 p.m. Spanish Speakers Group, Bistro Private Dining Room
- 1:00 p.m. Saturday Cinema Matinee, Board Room
- 2:00 p.m. Chinese Mah Jongg, Card Room
- 3:00 p.m. **Dr. Schroeder Cherry Artist Talk, Atrium**
- 5:00 p.m. Deadline for submission to next West Winds.
westwinds@goodwinliving.org
- 7:15 p.m. Saturday Night Movie, *Song Sung Blue*, Auditorium

Sunday, February 15

- 8:00 a.m. **Love and Friendship Display, Rotunda**
- 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
- 3:00 p.m. **Sunday "Happy Hour" Movies, Board Room**

**Submit all articles or questions to
WestWinds@GoodwinLiving.org.
Submission deadline is Saturdays at 5:00 p.m.**