

WEST WINDS

NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

www.ghbcresidents.org

Volume 38, Number 17 ✨ April 27, 2026

UPCOMING MEETINGS

Green Team

Monday, April 27 at
11:00 a.m. | Board Room

Marketing Committee

Tuesday, April 28 at
3:00 p.m. | Board Room

Health Committee

Friday, May 1 at
10:00 a.m. | Top of the West

CHANGES

COVID CASES AS OF April 23

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

ARLINGTON COMMUNITY CHORUS CONCERT

Saturday, May 2 at 3:00 p.m. | Auditorium

Spend an afternoon surrounded by the sounds of joy and community with the Arlington Community Chorus. The program features beautiful songs, uplifting harmonies, and opportunities to sing along. All are welcome to share in the music.



BI-MONTHLY DRUMMING OUT LOUD CIRCLE

Sign up Friday, May 1 at 11:30 a.m.

Starting Wednesday, May 6 at 1:30 p.m. | Auditorium (Side A)

Last month, we welcomed Fred Katz, drummer and music educator, to lead residents in a therapeutic drum circle workshop. We are excited to have Fred back bi-monthly to continue a hands-on drum circle workshop based on African-style rhythms for all levels of abilities! This program is limited in seating, so please be sure to sign up! You can sign up in the Resident Business Center for the May workshop starting Friday, May 1 at 11:30 a.m. - limited to 20 residents.

STRONGER MEMORY

Tuesdays from 9:30 a.m. to 10:30 a.m. | Pointe Conference Room

Week 14 (April 28) Topic: Building Better Brain Health Through Socialization

Say hi to a neighbor. A quick chat in the elevator. Coffee with a friend. Reading aloud with a loved one. These simple moments build connection—and connection is vital for brain health. Join us April 28 to explore the power of social engagement. You may even find a brain health buddy along the way!

MORE HAPPENINGS

WEST WINDS SUBMISSION UPDATES

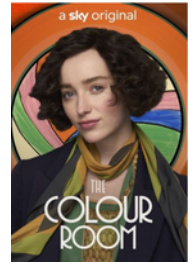
Monday, April 27 at 12:00 p.m. | Auditorium

Steffan Barahona, Goodwin Living Volunteer and Communication Coordinator, will host a meeting to discuss important updates to the *West Winds* submission process. Members of the Resident Council, committees, and other groups are invited to attend. Questions? Reach out to Steffan Barahona at Sbarahona@GoodwinLiving.org

ART FILM: *The Colour Room* (2021)

Tuesday, April 28 at 2:30 p.m. | Theatre

A determined, working class woman, Clarice Cliff, breaks the glass ceiling and revolutionizes the workplace in the 20th century.



GREAT COURSES - OCEANOGRAPHY: EXPLORING EARTH'S FINAL WILDERNESS

Wednesday, April 29 at 3:00 p.m. | Theatre

- Episode 5: *Habitats - Sunlit Shelves to The Dark Abyss*
- Episode 6: *The Spreading Sea Floor and Mid-Ocean Ridges*

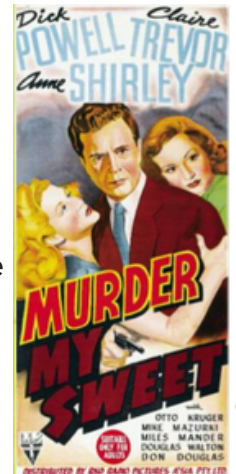
FILM NOIR SERIES: *MURDER, MY SWEET* (1944)

Wednesday, April 29 at 7:30 p.m. | Board Room

A seemingly ordinary case leads private eye Philip Marlowe into a whirlwind of deceit and murder orchestrated by one of the screen's most notorious femme fatales. Based on his novel, *Farewell, My Lovely*, Raymond Chandler later said that of all the actors who portrayed his Philip Marlowe character on the screen, Dick Powell was the best. Prior to this film, Powell had appeared as a pretty-boy ingenue in a string of popular musical films, including *42nd Street*. With *Murder, My Sweet*, he surprised everyone with his new tough-guy image, and from then on he appeared in a number of memorable noirs.

Director: Edward Dmytryk

Cast includes: Dick Powell, Claire Trevor, Otto Kruger, Mike Mazurki



ANNUAL RESOURCE FAIR

Thursday April 30, from 1:30 p.m. to 4:00 p.m. | Auditorium

Explore resources for:

- Health & Wellness
- End of Life Planning
- Financial & Legal Services
- Community Programs

CLINICAL PASTORAL EDUCATION (CPE) GRADUATION

Thursday April 30 at 2:00 p.m. | Goodwin House Alexandria (GHA) Chapel

Join us in the Chapel for the Graduation Ceremony of our Clinical Pastoral Education interns and residents. We have a total of 7 students who have been serving at all 4 Goodwin Living campuses, Goodwin Hospice, Inova Fairfax and MedStar hospitals.

We hope you will come to wish a fond farewell and hearty congratulations to our graduates as they celebrate the completion of this important step along the path of their ministry.

If you wish to join over zoom, here is the link:

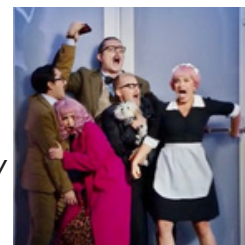
<https://goodwinliving.zoom.us/j/81932602592?pwd=4oykuOjk2nTRUZz8m9qaWY53iE4dma.1>

AFTERNOON CONCERT

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

Friday, May 1 - *Opportunity Makes a Thief* - Gioachino Rossini

Gioachino Rossini composed the one-act opera *L'occasione fa il ladro* (*Opportunity Makes a Thief*) in 1812. Behind its turbulent plot of lies, there are questions of identity theft, social role-playing, and the universally human quest to find oneself.



Sung in Italian with English subtitles. Running Time: 1 hour, 27 minutes.

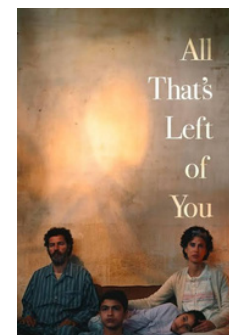
SATURDAY NIGHT MOVIE - *All That's Left of You*

Saturday, April 25 at 7:15 p.m. | Auditorium

After a Palestinian teen gets swept up into a West Bank protest, his mother recounts the family story of hope, courage, and relentless struggle that led to this fateful moment.

NR, 2025, Narrative, 2 hour, 25 minutes

Starring: Cherien Dabis, Adam Bakri, Saleh Bakri, and Mohammad Bakri



DEATH CAFE

Sunday, May 3 from 2:00 p.m. to 3:00 p.m. | Formal Parlor

After a break last month for Easter, the Sunday Death Cafe returns. Join a thoughtful group of fellow residents for a confidential conversation to explore death, dying, and related issues. Your personal stories and concerns are welcome here! GHBC's death cafes, offered since 2023, are part of a movement that has seen some 23,000 sessions worldwide in the past 12 or so years. We'll provide cookies, so please bring your favorite beverage. The conversation will be lightly facilitated by residents Michael Milano and/or Diane Ullius.

JEWISH SHABBAT SERVICES

Saturday, May 2 at 9:30 a.m. | Chapel

CINCO DE MAYO CELEBRATION

Tuesday, May 5 at 4:30 p.m. | Rotunda/Atrium

JAZZ CONCERT FEATURING RESIDENT MANDY WHALEN ON VOCALS

Tuesday, May 5 at 7:15 p.m. | Auditorium

EDUCATIONAL JAZZ CONCERT FEATURING QUENTIN

Thursday, May 7 at 1:30 p.m. | Auditorium

FOREIGN AFFAIRS LECTURE: DR. MARY SPECK "THE TRUMP COROLLARY AND LATIN AMERICA"

Thursday, May 7 at 7:30 p.m. | Auditorium

COLLECT UNDERPANTS FOR SCHOOL KIDS (THE CLOTHESLINE PROJECT)

Friday, May 8 through Saturday, May 16

COFFEE AND CONVERSATION WITH HWAN YI, RESIDENTS OF THE CROSSROADS AND POINTE 12TH FLOOR ARE INVITED.

Wednesday, May 13 at 2:00 p.m. | Top of the West

TRIPS AND OUTINGS

EXCURSIONS TRIP TO WASHINGTONS NATIONAL CATHEDRAL WITH TOUR

Wednesday, May 6 at 10:30 a.m. | Departs From Main Entrance

Enjoy a 30-minute guided tour highlighting the Cathedral architecture and history, followed by self-paced exploration of all 3 levels. You will have access to the grounds and gift shop and can stop at the Cafe to get a bite to eat!

- **Cost:** \$20 for entry and tour plus \$20 for transportation
- **Online signups:** An email blast with the link to sign up will be sent out on Monday, April 27 at 11:30 a.m. You can also find the information and links to sign up on the GHBC Resident Website on the Week-at-a-Glance page and the Trips & Outings tab on the Activities & Events page. For residents who do not use a computer, please call and leave a message with Elizabeth Whitehouse on Monday, April 27 from 10:00 a.m. to 10:30 a.m. to assist with reserving one spot.



REMINDER FOR HOUSEPLANT GROWERS

The Grounds Committee Houseplant Sale is May 21 - We would like to have an abundance of your houseplants' progeny to "sell" at our "Pay What You Wish" sale benefitting the Knoll Garden Fund. (Please be sure to visit the Knoll Garden plots tended by your fellow residents during our Garden Party being held at the same time.) Only three weeks to go! If you plan to contribute houseplants, please contact Mädi Green (ext. 7496, madigreen@yahoo.com) to let her know how many and what kind to expect. The Knoll Garden shed has potting soil and pots for your plants. Bill Aylor (ext.7559, tateaylor@gmail.com) will deliver pots if you need them. Thank you!

HEALTHY AGING 2026 CONFERENCE: AGING WITH PURPOSE, POWER, AND PLAY

Monday, May 4 from 12:00 p.m. to 5:00 p.m. | Theatre

The Life Enrichment Department has arranged for residents to view the livestream of a major conference (Healthy Aging 2026: Aging with Purpose, Power, and Play), hosted by the Stanford Center on Longevity. Broadcast of the conference in the Theater will begin at noon on Monday, May 4th, and end at 5:00 p.m. More details about individual panels will appear in next week's *West Winds*. Residents are free to come and go throughout the afternoon; no need to register. Don't miss this opportunity to learn together from leaders in business, government and the social sector (including experts on habit formation, strength, joy, and other strategies) focused on the implications of longer lives in healthcare, retirement planning, caregiving, and more. Representative team members from GHBC will join in discussions about how to optimize healthspan over lifespan, including practical tools for creating a personalized "longevity plan."

WHY COLLECT UN-REUSABLE TEXTILES?

Every year 92 million tons of textile waste are generated globally. That flood of used clothing is burned or ends up in landfills. Synthetic materials take decades to decompose, and release harmful toxins to the air and water. Most of us recycle clothing which can be used by others, but what about old, worn household fabrics and clothing which can no longer be used by anyone? In the past, we've had to trash them. But...no more! Fairfax County is one of many locations nationwide seeking a zero-waste approach. Last year it piloted a new recycling program, partnering with a corporation called Helpsy, to repurpose torn and stained old textiles into other materials such as insulation, industrial wiper rags, and other products. The Green Team is making it easy for GHBC residents and team members to take advantage of this popular new program. Place your un-reusable fabrics in a plastic bag and take them to a collection box near the Resident Business Center through April 29.

ANNOUNCEMENT FROM THE SALON

In appreciation for our loyal customers, we are extending a May special for Single Process Color. Enjoy \$25.00 off color for our regulars and new clients!!!

MAY / ASIAN AMERICAN PACIFIC ISLANDERS MONTH & NURSES WEEK & DAY CELEBRATIONS

- [Asian American and Pacific Islander Heritage Month](#)
- [Older Americans Month](#)
- [Mental Health Awareness Month](#)
- [May 6-12 – Nurses Week](#)
- [May 10-16 – National Skilled Nursing Care Week](#)
- May 10 – Mother’s Day
- May 12 – International Nurses Day
- May 16 – Honor Our LGBT Elders Day
- May 25 – Memorial Day
- Evening of May 26 through May 27 - Eid al-Adha*

UPCOMING RESIDENT ART SHOW

We are pleased to invite residents to submit their artwork for the upcoming Resident Art Show.

Submission Details:

- Submission forms will be available online beginning April 24.
- Each resident may submit 1 or 2 original works of art.
- Submitted pieces must be created by the resident and not have been exhibited at GHBC in the last 10 years.
- All 2-dimensional artwork must be properly framed and ready for display.

Important Dates:

- Submission Forms Available: April 24 - May 8
- Artwork Delivery (upon acceptance): May 21.
- Exhibition Dates: May 22 – June 19
- Reception: Friday, June 5

NEW RESIDENT BIO

MEET MICHAEL O’ FLAHERTY

Michael O’Flaherty moved into Crossroads apartment 716 on March 31, 2026. Michael reports that he chose to move in at this time because his vision is failing. He and his wife Cicely have decided that she will stay in their house in McLean until their two sons are older and independent. The older son attends Worcester Polytechnic Institute while the younger son is a junior in high school. The plan is that Cecily will be here frequently and that Michael will also spend time in their house.



Michael grew up in Evergreen Park, a suburb of Chicago. After graduating from Brother Rice High School, he went to Northwestern University and graduated with a bachelor of science degree in learning disabilities. He then taught for a few years at The Rimland School for Autistic Children in nearby Evanston. At that time it was one of very few institutions in the country that would serve children with disabilities. He taught there for a few years before deciding to go to law school at Loyola University. After earning his law degree he came to D.C. and joined a law firm, where he remained for the next 34 years. He retired in December 2025.

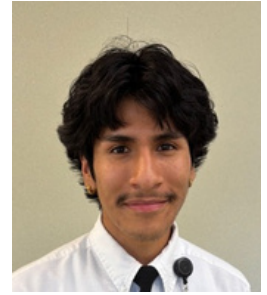
Although he will find it difficult to be somewhat separated from his family, he is looking forward to some of the activities available at GHBC. He knows he will enjoy the many lectures offered here and is also looking forward to using the Fitness Center. He loves to play trivia and also loves films, especially the film noir genre.

STAFF SPOTLIGHT

MEET JULIO CASTRO

Julio Castro is a full-time server here at GHBC. No matter how crowded and chaotic the dining rooms may be, he remains cheerful, efficient, and pleasant. In between meals when there are few residents ordering and eating, he is responsible for making sure everything is clean and properly set up for the next meal.

Julio and his family came to the United States from Peru when he was only a year old and settled in Virginia. All of his formal schooling has been here, and he graduated from what was then called TC Williams High School in 2024. He has considered enrolling at NOVA to enhance his education but so far has found the time requirements and the costs overwhelming. He plans to enroll next fall. In his spare time Julio enjoys going to the gym and hanging out with friends. Last summer he had the pleasure of going with his mother to visit family in Peru. He discovered that he really likes to travel and would love to do more of it in the future.



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.



April 28, 2026: Hiring and Recruitment

Fran Casey, Goodwin Living's Chief People Officer, and Brittany DiSciullo, Vice President of Human Resources, will discuss the challenges of recruiting, hiring, and retaining employees who meet Goodwin Living's excellent standards. Barbara Ratigan hosts.

May 5, 2026: Fitness

GHBC's Fitness Center rooms are available 24/7 to residents. A variety of classes are offered to address balance and flexibility and maximize fitness. Olga Cardosa, Fitness and Wellness Manager, and Miz Ali, Fitness Instructor, will talk about all that is open to you in Fitness and answer your questions. Hosted by Claudia Blake.

INSIDE THE ARTS CENTER

Monday, April 27

9:00 a.m.

Class Signups

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

Portrait Drawing - Join Brandon in The Arts Center to learn the fundamentals of drawing faces using pencils and charcoal.

Tuesday, April 28

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

Advanced Ceramics Group Meets - Contact Carol Lewis at 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. - 4:15 p.m.

Art Film - *The Colour Room*, See Page 2



Wednesday, April 29

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

Ceramics: Slab Building with Betty Bott - Week 1 of Betty's 6-week course on how to use templates to create bowls, vases, or other types of containers using clay slabs. Limited to 8 residents.

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

Children's Books - Join Brandon in The Arts Center for week 2 of this 4-week drawing experience where residents will collaboratively write and draw a children's book.

Thursday, April 30

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

Paper Art - Join Brandon in The Arts Center to make artwork from cut pieces of colored paper. Limited to 15 residents.

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

Woodcarving

Friday, May 1

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.

Acrylic Landscapes - Join Brandon in The Arts Center to paint landscapes using acrylic paints. Limited to 10 residents.

Monday, May 4

9:00 a.m.

Class Signups

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

Portrait Drawing - Join Brandon in The Arts Center to learn the fundamentals of drawing faces using pencils and charcoal.



MONDAY, April 27

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

SATURDAY, May 2

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

TUESDAY, April 28

- 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, April 29

- 8:30 a.m. Total Body Standing, Aerobics Room
- 8:30 a.m. Fit Camp w/ Miz, Fitness Center Main Room
- 9:30 a.m. Chair Fit, Aerobics Room
- 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, April 30

- 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, May 1

- 8:30 a.m. Total Body standing - **Canceled**
- 8:30 a.m. Fit Camp w/ Miz - Auditorium
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Auditorium
- 10:15 a.m. Tai Chi - **Canceled**
- 11:15 a.m. Functional Circuit, Aerobics Room
- 2:30 p.m. Mat Yoga, Aerobics Room

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, April 27

- 10:30 a.m. Monday Movement w/ Miz (Comm. Rm)
- 11:00 a.m. Sing-a-Long w/ Anne & Friends (Comm. Rm)
- 2:00 p.m. Ambassador Courville (Comm. Rm)
- 4:00 p.m. Lucky 7 w/ Stacy (Comm. Rm)

TUESDAY, April 28

- 11:00 a.m. Resident Council Meeting w/ Shantel (Comm. Rm)
- 2:00 p.m. Power Punch w/ Stacy (Comm. Rm)
- 3:15 p.m. Musician of the Week: The Drifters w/ Ellen
- 4:00 p.m. Readers Theater "Love Blooms in the Rain" w/ Stacy (Comm. Rm)

WEDNESDAY, April 29

- 10:00 a.m. Morning Songs w/ Stacy (Comm Rm)
- 11:00 a.m. Watercolors w/ Brandon (Comm. Rm)
- 2:00 p.m. Fitness Fun w/ Stacy (Comm. Rm)
- 3:00 p.m. Spiritual Discussion w/ Rev. Alex (Crossroads Area)
- 4:00 p.m. Bingo w/ Stacy (Comm. Rm)

THURSDAY, April 30

- 10:00 a.m. Morning Stretches w/ Miz (Comm. Rm)
- 2:15 p.m. Living Color Songs w/ Ellen Comm. Rm)
- 3:00 p.m. Pet Visit w/ Frankie (Comm. Rm)
- 3:30 p.m. "Who am I?" w/ Stacy (Comm. Rm)

FRIDAY, May 1

- 10:30 a.m. Service Project for AFAC w/ Jacy (Living Room)
- 2:00 p.m. A Closer Look: Vintage Aerial Archives w/ Jacy
- 3:00 p.m. Friday Fitness w/ Olga (Comm. Rm)
- 3:45 p.m. Matinee Classic: You Were Never Lovelier (1942) w/ Jacy

SATURDAY, May 2

- 9:30 a.m. Jewish Shabbat Services in the Chapel
- 2:00 p.m. Bingo w/ Herralink Ambassador (Comm. Rm)
- 7:15 p.m. Brain Boost: Modern Jeopardy! w/ Jacy

SUNDAY, May 3

- 10:30 a.m. Sunday Service in the Chapel
- 11:00 a.m. Exercise w/ Mar_T & Jacy (Comm. Rm)
- 7:00 p.m. Compline Service in the Chapel

Health Care Center Programs

MONDAY, April 27

- 10:00 a.m. Cloverleaf Equine 1:1 Visits w/ Eleanor
- 10:30 a.m. Spiritual Devotions w/ Chaplaincy
- 11:00 am. Resident Council Meeting w/ Jasmine
- 2:00 p.m. Trivia in the Atrium w/ Aki
- 3:00 p.m. Evening Easy Listening w/ Ellen

TUESDAY, April 28

- 9:30 a.m. Morning Chat
- 10:30 a.m. Balance & Flow w/ Jacy
- 11:00 a.m. Stronger Memory w/ Kevin & Vilma
- 2:00 p.m. AFAC Prep w/ Aki and Vilma
- 3:30 p.m. Bingo! w/ Vilma & Aki

WEDNESDAY, April 29

- 9:30 a.m. News & Views w/ Vilma
- 10:30 a.m. Functional Fitness w/ Miz & Vilma
- 11:00 a.m. Sing-Along w/ Anne
- 2:00 p.m. Garden Stroll w/ Aki
- 3:30 p.m. Musician of the Week: The Drifters w/ Ellen

THURSDAY, April 30

- 9:30 a.m. Morning Chat w/ Vilma
- 10:30 a.m. Techno Fitness w/ Vilma
- 1:00 p.m. Honesty Day: Abe Fact or False w/ Jacy
- 2:00 p.m. Garden Stroll w/ Aki
- 3:30 p.m. Feel-Good Music with Tate Family

FRIDAY, May 1

- 9:30 a.m. Daily Digest
- 10:30 a.m. Service Project for the Arlington Food Assistance Center w/ Vilma
- 2:00 p.m. Living Color Songs w/ Ellen
- 3:00 p.m. Matinee Classic: You Were Never Lovelier w/ Jacy

SATURDAY, May 2

- 9:30 a.m. GHBC Happenings: West Winds Newsletter
- 11:00 a.m. Seated Fitness w/ Jacy
- 3:30 p.m. Brain Boost: Modern Jeopardy! w/ Jacy

SUNDAY, May 3

- 10:30 a.m. Holy Eucharist Service in the Chapel
- 11:15 a.m. Saturday Strength & Stretch w/ Jacy
- 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, April 27

- 8:30 a.m. Resident Art Show Entry Submission, Online Link**
- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. Art Class Sign Ups, Arts Center
- 9:00 a.m. Collecting Old Textiles, Outside Resident Business Center**
- 9:00 a.m. Overnight Trip to Longwood Gardens & Winterthur Museum, Departs from Main Entrance**
- 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, Auditorium
- 10:15 a.m. Chair Yoga, Aerobics Room
- 11:00 a.m. Green Team Committee Meeting, Board 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: Bradlee Shopping Center, Departs from Main Entrance**
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:00 p.m. Portrait Drawing, Arts Center**
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Trivia, Atrium
- 2:00 p.m. Mat Yoga, Aerobics Room
- 2:00 p.m. Memoirs, Smith Study
- 3:30 p.m. Bible Study, ToW**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study
- 4:15 p.m. Silver Panthers, Board Room
- 6:45 p.m. Mexican Dominos, Game Room

Tuesday, April 28

- 8:15 a.m. Stretch and Flex, Auditorium
- 8:30 a.m. Resident Art Show Entry Submission, Online Link**
- 9:00 a.m. Collecting Old Textiles, Outside Resident Business Center**
- 9:00 a.m. Functional Fit, Auditorium
- 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. Guided Meditation, Channel 1991
- 1:00 p.m. Movement for Living, Aerobics Room
- 1:00 p.m. Knit for Kids Group, Arts Center
- 1:00 p.m. Rosary Group, Chapel
- 2:00 p.m. Mah Jongg, Card Room
- 2:15 p.m. 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, Formal Parlor
- 7:00 p.m. Dominoes-Mexican Train, Double 12, Card Room

Bolded Events Reflect New or Infrequent Upcoming Activities

Wednesday, April 29

- 8:30 a.m. **Resident Art Show Entry Submission, Online Link**
- 8:30 a.m. Total Body Standing, Aerobics Room
- 8:30 a.m. Fit Camp w/ Miz, Fitness Center Main Room
- 9:00 a.m. **Collecting Old Textiles, Outside Resident Business Center**
- 9:00 a.m. 30-minute Chair Cardio Workout, Channel 1991
- 9:30 a.m. Chair Fit, Aerobics Room
- 10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, Chapel
- 10:00 a.m. **Ceramics: Slab Building with Betty Bott, Arts Center**
- 11:00 a.m. **Celebration of Life for Eloise Barton, Chapel**
- 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. **Children's Books, Arts Center**
- 2:00 p.m. French Conversation Group, Smith Study
- 2:00 p.m. Gentle Chair Yoga, Aerobics Room
- 2:00 p.m. Informal Open Bridge, Card Room
- 3:00 p.m. **Great Courses, Theatre**
- 3:30 p.m. **Play Reading Group: *The Sisters Rosensweig Act 1*, Board Room**
- 4:00 p.m. Prayer Group, Chapel
- 4:30 p.m. Drinks and Trivia, Formal Parlor
- 7:00 p.m. Bingo, ToW
- 7:30 p.m. **Film Noir Series, Board Room**

Thursday, April 30

- 8:15 a.m. Stretch and Flex, Auditorium
- 8:30 a.m. **Resident Art Show Entry Submission, Online Link**
- 9:00 a.m. Functional Fit, Auditorium
- 9:00 a.m. IT Device Clinic (Bistro Bunch), Bistro
- 9:00 a.m. 20-minute Intro to Strength Training, Channel 1991
- 10:00 a.m. **Paper Art , Arts Center**
- 10:00 a.m. Water Aerobics, Pool
- 10:00 a.m. Pilates, Aerobics Room
- 10:15 a.m. **Trip to Museum of the Bible, Departs from Main Entrance**
- 10:30 a.m. One Mile Walking Workout, Channel 1991
- 11:30 a.m. Chair Fit, Aerobics Room
- 12:30 p.m. **Whatnot Shop, Sales**
- 1:00 p.m. Creative Writing, Formal Parlor
- 1:00 p.m. Movement for Living, Aerobics Room
- 1:30 p.m. **Encore Learning, Theatre**
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:15 p.m. Brain Balance Fitness, Aerobics Room
- 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
- 7:00 p.m. **Psalms For Troubled Times, Formal Palor**

Bolded Events Reflect New or Infrequent Upcoming Activities

Friday, May 1

- 8:30 a.m. Arts Center Occupied, Arts Center
- 8:30 a.m. Resident Art Show Entry Submission, Online Link**
- 8:30 a.m. Fit Camp w/ Miz, Auditorium
- 9:00 a.m. 30-minute Chair Cardio Workout, Channel 1991
- 9:00 a.m. Pickleball, Pickleball Court
- 9:30 a.m. Chair Fit, Auditorium
- 10:00 a.m. Health Committee Meeting, ToW**
- 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. Acrylic Landscapes, Arts Center**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

Saturday, May 2

- 8:30 a.m. Resident Art Show Entry Submission, Online Link**
- 9:30 a.m. Jewish Shabbat Services, Chapel**
- 9:30 a.m. Total Body Video, Aerobics Room
- 12:00 p.m. Spanish Speakers Group, Bistro Private Dining Room
- 2:00 p.m. Chinese Mah Jongg, Card Room
- 3:00 p.m. Arlington Community Chorus Concert, Auditorium**
- 5:00 p.m. Deadline for submission to next West Winds.
westwinds@goodwinliving.org
- 7:15 p.m. Saturday Night Movie, *Is This Thing On*, Auditorium**

Sunday, May 3

- 8:30 a.m. Resident Art Show Entry Submission, Online Link**
- 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

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