

# WEST WINDS

## NEWSLETTER *for* GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041

[www.ghbcresidents.org](http://www.ghbcresidents.org)

Volume 38, Number 14 ✨ April 6, 2026

### UPCOMING MEETINGS

#### Resident

#### Council Business Meeting

Monday, April 6 at 10:00 a.m. | Board Room

#### Veterans Committee Meeting

Monday, April 6 at 1:30 p.m. | Top of the West

#### Fireside Chat

Tuesday, April 7 at 1:30 p.m. | Fireside

#### BOM-COM

Thursday, April 9 at 10:00 a.m. | Board Room

#### Community Service Committee

Thursday, April 9 at 2:00 p.m. | Top of the West

### STRONGER MEMORY

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

Week 11 (April 7) Topic: "The Importance of Stress Management"

Stress is a natural part of life; we all experience it. But when you are unable to slow down and recharge, constant stress can take a toll on our cognitive function. Join us on April 7 to examine just how much stress affects our brain and learn some time-honored techniques to slow ourselves down. This lesson is the third in a deep dive of the six pillars of brain health.

### WELCOME BACK VICTOR'S IT CLASSES!

Tuesday, April 7 at 2:30 p.m. | Auditorium

Topic: "Understanding Cellphones: Beginner's 1"

This beginner-friendly class will help you learn the basics of using your cellphone and build confidence with everyday features.

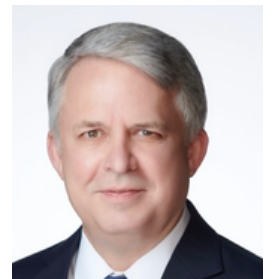
Please bring your cell phones. We look forward to seeing you there!

### FOREIGN AFFAIRS LECTURE

Tuesday, April 7 at 7:30 p.m. | Auditorium

Topic: "The US & China: The History of a Tarrif-ic Relationship"

Jeff Moon, President, China Moon Strategies, LLC. GHBC residents only.



### CHANGES

### COVID CASES AS OF March 26

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

### COFFEE, COOKIES, AND CONVERSATION WITH CHANDRA KUMAR

Wednesday, April 8 at 2:00 p.m. | Board Room

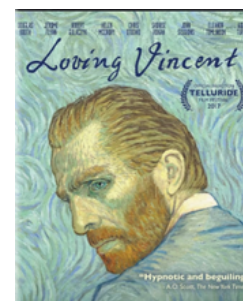
**Residents on the eighth floor of the Pointe and Crossroads are invited.** Join your neighbors and meet with Chandra Kumar, our Chief Operating Officer (COO). Learn what is new. Ask questions. Resident Council Member, Dotty Dake, will host.

## MORE HAPPENINGS

### ART FILM: *Abstract: Loving Vincent*, 2017

Tuesday, April 7 at 2:30 p.m. | Theatre

In a story depicted in oil painted animation, a young man comes to the last hometown of painter Vincent van Gogh to deliver the troubled artist's final letter and ends up investigating his final days there.



### FILM NOIR SERIES: *THE STRANGE LOVE OF MARTHA IVERS* (1946)

Tuesday, April 7 at 2:00 p.m. | Board Room

A murder from the past catches up with a duplicitous politician and his murderous wife. Soon they are caught in a web which leads to sudden death.

Director: Lewis Milestone

Cast: Barbara Stanwyck, Kirk Douglas, Van Heflin, Judith Anderson, and Lizabeth Scott.



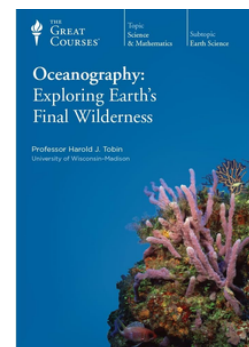
### GREAT COURSES - A NEW SERIES IS STARTING!

#### OCEANOGRAPHY: EXPLORING EARTH'S FINAL WILDERNESS

Wednesday, April 8 at 3:00 p.m. | Theatre

Lead by Professor Harold J. Tobin, this series will cover marine geology, chemistry, physical oceanography, and biology, focusing on ecosystem dynamics, biodiversity, and the ocean's role in climate and life.

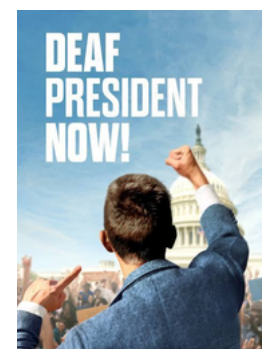
- Episode 1: Diving in, the ocean adventure
- Episode 2: Explorers, navigators, and pioneering scientists



### THURSDAY MOVIE MATINEE: *DEAF PRESIDENT NOW!*

Thursday, March 9 at 2:00 p.m. | Theatre

Did you know that April is National Deaf History Month? It is a national celebration to recognize the accomplishments of people who are deaf and hard-of-hearing, celebrate Deaf culture, and raise awareness about their history, rights, and inclusion. In observance of this month, we will show the recently released documentary *Deaf President Now!* which follows the story of the great Civil Rights Movement most people have never heard about. During eight tumultuous days in 1988 at the world's only university where people are deaf and hard of hearing, four students must find a way to lead a revolution and change the course of history.



Rated R, 2025, Documentary, 1 hour, 40 minutes

## MORE HAPPENINGS

### WEST WINDS SUBMISSION UPDATES

Thursday, April 9 at 11:30 a.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](mailto:Sbarahona@GoodwinLiving.org)

### AFTERNOON CONCERT

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

Friday, April 10 - *Il Barbiere Di Siviglia* - Rossini

A passionate count enlists a local barber and jack-of-all-trades to help him woo and wed a quick-witted woman. It will take all their cunning, as well as some disguises and bribes, to ensure love wins the day.

Running time: 2 hours, 17 minutes.



### HUMAN LANDSCAPE DANCE PERFORMANCE

Friday, April 10 at 4:00 p.m. | Auditorium

Human Landscape Dance is a contemporary dance company based in Washington, DC. Their work explores original movement in the context of human struggles. The group shows the transformation of relationships over time through the medium of touch. Enjoy a moving performance with the dancers and enjoy the power of dance!



### SATURDAY NIGHT MOVIE - *Rental Family*

Saturday, April 11 at 7:15 p.m. | Auditorium

Struggling to find purpose, an American actor lands an unusual gig with a Japanese agency to play stand-in roles for strangers. As he immerses himself in his clients' worlds, he begins to form genuine bonds that blur the lines between performance and reality. Confronting the moral complexities of his work, he soon rediscovers purpose, belonging, and the quiet beauty of human connection.

Rated PG -13, 2025, Comedy/Drama, 1 hour, 50 minutes

Starring: Brendan Fraser, Shannon Gorman, Mari Yamamoto, and Takehiro Hira



## SAVE THE DATE

### RESIDENT COUNCIL COMMUNITY MEETING

Monday, April 13 at 10:00 a.m. | Auditorium

### SENIOR QUEST FOR MEANING: DISCUSSING A.I.

Monday, April 13 at 3:30 p.m. | Auditorium

### A GREENER GOODBYE: ECO-FRIENDLY BURIAL AND CREMATION

Sunday, April 19, 2:00 p.m. to 3:30 p.m. | Auditorium

## TRIPS AND OUTINGS

### MARK YOUR CALENDAR FOR TWO DAY TRIPS

A visit to the **Museum of the Bible** (including a special exhibit of the Dead Sea Scrolls)

Thursday, April 30, at 11:30 a.m. and a **tour of the National Cathedral** Thursday, May 7th.

Mark your calendars for upcoming trips. More information will come, but, for now, pencil these dates in your calendar.

### NEW DOMINION CHORALE AT SCHLESINGER HALL

Sunday, April 26 at 4:00 p.m.

Residents will buy their own tickets at the door. Transportation will be provided. Sponsored by Life Enrichment.

## COMMUNITY NEWS, UPDATES & ANNOUNCEMENTS

### PSALMS FOR TROUBLED TIMES

Interested in joining a small interfaith discussion group of GHBC residents exploring how the Psalms reveal and strengthen our lives? We are starting a new session; join us to discuss the concept on **Thursday, April 9, at 7:00 p.m. in the Formal Parlor**. For those who then choose to participate, the 6-week discussion group will begin on Thursday, April 16, and will continue on Thursday evenings through May 28 (skipping Spring Fling evening April 23). You decide after the April 9 exploratory whether you wish to join us. Call Sherra Babcock (512-426-2410), Dotty Dake (571-499-0527), Jim Dake (571-499-0526), Debbie Massey (703-578-7364), Jim Babcock (512-818-0088), for more information, or just join us on the 9th.

### TIP FROM THE GREEN TEAM

What about shredded paper? Clean paper is always recyclable...EXCEPT when it's in tiny pieces that gum up the works at recycling facilities. Shredded paper can be composted, as those tiny pieces break down quickly enough to decompose. You may put your shredded paper in a green compostable bag, and toss it into our large compost bin in the Market Place.

### SPRING FLING BOX OFFICE

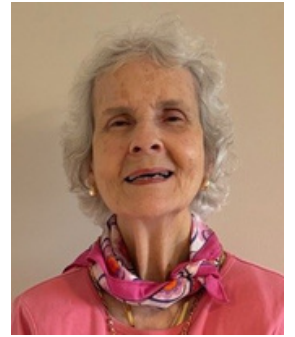
Come get your tickets. The Spring Fling Box Office ladies will be on duty in the Rotunda on Wednesday 's April, 15 from 11:00 a.m. until 1:00 p.m. and on Thursday, April 16, from 11:00 a.m. until 1:00 p.m. One ticket per resident, either for the matinee Wednesday, April 22, at 2:15 p.m. or the evening performance on Thursday, April 23 at 7:15 p.m. Second and Third Floor residents do not need to come to the Rotunda. Jacy Dorsey, the TR Supervisor on 2nd/3rd Floor, will deliver their tickets. Questions: Call Mollie Warner, ext. 3194.



## NEW RESIDENT BIO

### MEET ANNE DESANA

Anne DeSena moved into Crossroads apartment 834 in February 2026. Anne grew up in the community of Parkchester in the borough of Bronx in New York City. She graduated with a bachelor's degree in English and then with a master's degree in secondary education from Pennsylvania State University. She remained in State College and taught at a junior high school for the next 14 years. She visited Washington, D.C., decided that she quite liked it here, and enrolled in the paralegal program at George Washington University. She was promptly hired by Southern Railway and worked for five years in their real estate division buying and selling rights of way. When the company moved to Atlanta, she sought a job with the federal government at the Department of Veterans Affairs. There, she worked as a loan specialist and often wrote responses for Senators' and Representatives' correspondence. She also served on an interagency commission for the Freedom of Information Act. For the last few years before retirement, she traveled frequently to help her elderly parents in Miami. After retiring, she moved there for two years to provide more help. For many years Anne has spent a great deal of time in the Single Catholics group associated with her church and has frequently chaired committees to plan activities. She intends to continue devoting time to this group but also would like to explore fitness and other activities here.



## 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](mailto:poplewis@hotmail.com).



#### **April 7, 2026: Reception and Security**

The Reception Desk is the activity hub of GHBC. Security keeps us safe. Omar Alvarez, Reception Desk Supervisor, and David Savoy, Director of Safety and Security, tell us about their invaluable services for residents and guests. Hosted by Betsy Bailey.

#### **April 14, 2026: Brain Health and Stronger Memory**

GHBC's Brain Health Coordinator, "Kevin or Dr. White," as he is known, discusses StrongerMemory, Brain Talks, and other programs that provide opportunities to optimize our maturing brains, with host Betty Plionis.

## INSIDE THE ARTS CENTER

### Monday, April 6

9:00 a.m.

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

#### Class Signups

**Still Life Drawing** - Join Brandon in The Arts Center to learn the fundamentals of drawing objects using pencils.

---

### Tuesday, April 7

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

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

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

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

---



2:30 p.m. - 4:15 p.m.

**Art Film - *Loving Vincent*, See Page 1**

---

### Wednesday, April 8

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

**Collaborative Art** - Join Brandon in The Arts Center for a fun group drawing experience where residents will work on the same piece of artwork. Limited to 15 Residents.

---

### Thursday, April 9

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

**Colored Pencils** - Join Brandon in The Arts Center to learn how to draw orchids using Prismacolor pencils. Limited to 15 Residents.

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

**Woodcarving**

---

### Friday, April 10

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.

**Digital Art** - Join Brandon in The Arts Center to learn how to create drawings using a tablet and drawing software. You must provide your own tablet, stylus, and software. Please confirm that you have the correct materials before Friday by contacting Brandon ([bwallace@goodwinliving.org](mailto:bwallace@goodwinliving.org) or ext: 7218).

---

### Monday, April 13

9:00 a.m.

**Class Signups**

11:30 p.m. - 3:00 p.m.

**Smithsonian Gardens 30th Annual Orchid Exhibition at the National Museum of African American History and Culture Sign Up**

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

**Still Life Drawing** - Join Brandon in The Arts Center to learn the fundamentals of drawing objects using pencils.



**MONDAY, April 6**

- 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

**TUESDAY, April 7**

- 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 8**

- 8:30 a.m. Total Body Standing, Auditorium
- 8:30 a.m. Fit Camp w/ Miz - **Canceled**
- 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, April 9**

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Functional Fit - **Canceled**
- 9:00 a.m. Fitness Walk to Barcroft Park
- 10:00 a.m. Pilates - **Canceled**
- 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, April 10**

- 8:30 a.m. Total Body standing, Auditorium
- 8:30 a.m. Fit Camp w/ Miz - **Canceled**
- 9:00 a.m. Pickleball, Pickleball Court
- 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, April 11**

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

**BARCROFT PARK – FOUR MILE RUN**

The Four Mile Run Trail runs through Barcroft Park, passing by the community center and athletic fields. The trail is an enjoyable scene with trees and is generally considered flat and fast. While the main trail is paved, some connecting park paths may be dirt or gravel. Walkers with canes and rollators are welcome but be aware that you might have to take a short cut. Please make sure you have your phone with you while walking.

Date: Thursday, April 9. Bus leaves at 9:00 a.m. (Cost: \$3.00)

**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 6

- 10:00 a.m. Monday Movement w/ Miz (Comm. Rm)  
11:00 a.m. Sing-a-Long w/ Anne & Friends  
2:00 p.m. Afternoon Trivia in the Atrium  
3:00 p.m. Flamboyant Flamingos Animal Feature w/ Stacy (Comm. Rm)  
4:00 p.m. Lucky 7 w/ Stacy (Comm. Rm)

### TUESDAY, April 7

- 10:00 a.m. Seated Power & Punch w/ Stacy (Comm. Room)  
10:30 a.m. Sudoku with Martha & Jacy (Comm. Rm)  
11:00 a.m. Maya Angelou History and Discussion w/ Stacy (Comm. Rm)  
3:15 p.m. Musician of the Week: James Taylor w/ Ellen (Comm. Rm)  
4:00 p.m. Blooming Boots Craft w/ Stacy (Comm. Rm)

### WEDNESDAY, April 8

- 10:30 a.m. Wednesday World Travel w/ Elizabeth (Crossroads Area)  
11:00 a.m. Watercolors w/ Brandon (Comm. Rm)  
2:00 p.m. Fitness Fun w/ Stacy  
3:00 p.m. Spiritual Discussion w/ Rev. Alex (Crossroads Area)  
4:00 p.m. Bingo w/ Stacy (Comm. Rm)  
7:00 p.m. Evening Easy Listening w/ Ellen (Comm. Rm)

### THURSDAY, April 9

- 10:30 a.m. Strength Studio w/ Jacy (Comm. Rm)  
11:00 a.m. Travelogue w/ Tony Tambasco  
1:30 p.m. DC Cherry Tree Study w/ Stacy (Comm. Rm)  
2:15 p.m. Rainy Day Songs w/ Ellen (Comm. Rm)  
4:00 p.m. Horse Races w/ Stacy (Comm Rm)

### FRIDAY, April 10

- 10:30 a.m. Service Project for AFAC (Living Room)  
2:00 p.m. Comedy Round Table w/ Stacy  
3:00 p.m. Friday Fitness w/ Olga (Comm. Rm)  
4:00 p.m. Human Landscape Dance Performance in the Auditorium

### SATURDAY, April 11

- 10:00 a.m. Chair Chi w/Cynthia in the (Comm. Rm)  
2:00 p.m. Bingo w/ Volunteers (Crossroads Area)  
4:00 p.m. Saturday Sounds w/ Heather & Stacy

### SUNDAY, April 12

- 10:30 a.m. Sunday Service in the Chapel  
11:00 a.m. Exercise w/ Mar\_T & Ellen (Comm. Rm)  
7:00 p.m. Complaine Service in the Chapel

## Health Care Center Programs

### MONDAY, April 6

- 10:30 a.m. Spiritual Devotions w/ Chaplaincy  
11:00 a.m. Strength Studio w/ Jacy  
2:00 p.m. Trivia in the Atrium w/ Aki  
3:00 p.m. A Closer Look: Tartans & Traditions w/ Jacy  
7:00 p.m. Monday Matinee: Young at Heart (1954) w/ Jacy

### TUESDAY, April 7

- 9:30 a.m. Start the Day w/ Vilma  
10:30 a.m. Ease into Strength w/ Sarah  
11:00 a.m. Stronger Memory w/ Kevin & Vilma  
2:00 p.m. Nature Walk w/ Aki  
3:30 p.m. Cheers Through the Years w/ Jacy

### WEDNESDAY, April 8

- 9:30 a.m. News & Views w/ Vilma  
10:30 a.m. Functional Fitness w/ Miz  
11:00 a.m. Wacky Words w/ Aki  
2:00 p.m. AFAC w/ Vilma  
3:30 p.m. Musician of Week: James Taylor w/ Ellen

### THURSDAY, April 9

- 9:30 a.m. Morning Chat w/ Vilma  
10:00 a.m. Cherry Blossom Scenic Drive w/ Aki  
11:00 a.m. Techno Fitness w/ Vilma  
2:00 pm. Watercolors w/ Brandon  
5:00 p.m. Dine-In Theater Night w/ Vilma & Aki

### FRIDAY, April 10

- 10:30 a.m. Service Project for the Arlington Food Assistance Center w/ Vilma  
2:00 p.m. Rainy Day Songs w/ Ellen  
3:00 p.m. Patio Potters w/ Vilma & Aki  
4:00 p.m. Human Landscape Dance Performance

### SATURDAY, April 11

- 9:30 a.m. GHBC Happenings:  
West Winds Newsletter  
11:00 a.m. Seated Fitness w/ Mar\_T  
3:30 p.m. Saturday Sounds w/ Heather & Stacy

### SUNDAY, April 12

- 10:30 a.m. Easter Service in the Chapel  
11:15 a.m. Let's Move! w/ Ellen & Myra  
1:15 p.m. Sunday Spiritual Service (Community Room)  
7:00 p.m. Complaine Service in the Chapel

## WEEKLY CALENDAR

Bolded Events Reflect New or Infrequent Upcoming Activities

### Monday, April 6

- 8:30 a.m. Total Body Standing, Auditorium
- 9:00 a.m. Art Class Sign Ups, Arts Center
- 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
- 10:00 a.m. Resident Council Business  
Meeting, Board Room**
- 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. Blood Drive Registration,  
Rotunda**
- 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. Still Life Drawing, Arts Center**
- 1:30 p.m. Veterans Committee Meeting,  
ToW**
- 2:00 p.m. Rummikub, Card Room
- 2:00 p.m. Trivia, Atrium
- 2:00 p.m. Mat Yoga, Aerobics Room
- 2:30 p.m. Mad Hatter Tea Party, Fomal  
Parlor**
- 4:00 p.m. Stress Reduction Mindfulness  
Practice, Smith Study
- 4:15 p.m. Silver Panthers, Board Room
- 5:30 p.m. Blood Drive Registration,  
Rotunda**
- 6:45 p.m. Mexican Dominos, Game Room

### Tuesday, April 7

- 8:15 a.m. Stretch and Flex, Auditorium
- 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
- 9:00 a.m. Seamstress Services, Smith Study
- 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. Blood Drive Registration,  
Rotunda**
- 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
- 1:30 p.m. Robs Fireside Chat, Fireside**
- 2:00 p.m. Film Noir, Board Room**
- 2:00 p.m. Mah Jongg, Card Room
- 2:15 p.m. Brain Balance, Fitness, Aerobics  
Room
- 2:30 p.m. Art Film, Theatre**
- 2:30 p.m. Victor's IT Class, Auditorium**
- 3:30 p.m. Afternoon Passover Seder, Fireside
- 4:00 p.m. Newcomers, Auditorium
- 5:30 p.m. Blood Drive Registration,  
Rotunda**
- 7:00 p.m. Dominoes-Mexican Train, Double  
12, Card Room
- 7:30 p.m. Foreign Affairs Lecture, Auditorium**

**Bolded Events Reflect New or Infrequent Upcoming Activities**

**Wednesday, April 8**

- 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
- 10:00 a.m. Cherry Blossom Bus Tour, Departs from Main Entrance**
- 10:00 a.m. Holy Communion Service with Healing Prayers and Anointing, 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
- 11:30 a.m. Blood Drive Registration, Rotunda**
- 1:00 p.m. Guided Meditation, Channel 1991
- 1:00 p.m. Fitness Orientation, Fitness Center
- 2:00 p.m. Collaborative Art, Arts Center**
- 2:00 p.m. Eighth Floors Coffee, Cookies, and Conversation with Chandra Kumar (COO), Board Room**
- 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
- 4:00 p.m. Line Dancing, Aerobics Room
- 4:00 p.m. Prayer Group, Chapel
- 4:30 p.m. Drinks and Trivia, Formal Parlor
- 5:30 p.m. Blood Drive Registration, Rotunda**
- 7:00 p.m. Bingo, ToW

**Thursday, April 9**

- 8:15 a.m. Stretch and Flex, Auditorium
- 9:00 a.m. Fitness Walk to Barcroft Park
- 9:00 a.m. IT Device Clinic (Bistro Bunch), Bistro
- 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, Outside WhatNot Shop**
- 10:00 a.m. BOM-COM Committee Meeting, Board Room**
- 10:00 a.m. Colored Pencils, Arts Center**
- 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
- 11:30 a.m. West Winds Submission Updates, Auditorium**
- 12:00 p.m. Whatnot Shop, Donations**
- 1:00 p.m. Creative Writing, Formal Parlr**
- 1:00 p.m. Movemaent for Living, Aerobics Room
- 2:00 p.m. Thursday Movie Matinee, Theatre**
- 2:00 p.m. Duplicate Bridge, Card Room
- 2:00 p.m. Community Service Committee Meeting, ToW**
- 2:00 p.m. Poetry Group, Smith Study**
- 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. West Winds Submission Updates, Auditorium**

**Bolded Events Reflect New or Infrequent Upcoming Activities**

**Friday, April 10**

- 8:30 a.m. Arts Center Occupied, Arts Center
- 8:30 a.m. Total Body Standing, 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.** Resident Health Committee, ToW
- 10:15 a.m. Tai Chi, 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 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.** **Digital Art, Arts Center**
- 4:00 p.m. Stress Reduction Mindfulness Practice, Smith Study

**Saturday, April 11**

- 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
- 5:00 p.m. Deadline for submission to next *West Winds*, [westwinds@goodwinliving.org](mailto:westwinds@goodwinliving.org)
- 7:15 p.m. Saturday Night Movie, *Wake Up Dead Man: Rental Family*, Auditorium

**Sunday, April 12**

- 9:30 a.m. Chapel Coffee Hour, Formal Parlor
- 10:00 a.m. Catholic Communion Service, ToW**
- 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](mailto:WestWinds@GoodwinLiving.org).  
Submission deadline is Saturdays at 5:00 p.m.**