

# WEST WINDS

## NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041- [www.ghbcresidents.org](http://www.ghbcresidents.org)

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### **SENIOR QUEST FOR MEANING FOSTERING IMMIGRATION RIGHTS**

The 2018-19 **Senior Quest for Meaning** series is underway. This year's theme is Human Rights and Social Justice. We have heard the theory, now to hear from local practitioners doing the work of Fostering Immigration Rights.

Join us in the **Auditorium on Monday, October 15, at 3:30 p.m.** to be introduced to a few leaders of immigration rights and support in our area.

Nezia Munezero Kubwayo of the Ethiopian Community Development Council (ECDC) and Norma Kacen and Kenneth Speicher of the interdenominational NOVA Friends of Refugees will be on the panel. Learn about their work, what challenges they face and what motivates them to serve.

Live  Thank  Give

**It is never too early to give to the  
Employee Gift Fund.**

**Look for the Employee Gift Fund  
Box in the Mailroom to drop in  
your contribution.**

# GH

**GOODWIN HOUSE**  
BAILEY'S CROSSROADS

### **BRAIN HEALTH LECTURE SERIES**

The Brain Health lecture series presented by Virginia Hospital Center in partnership with GHI continues on **Friday, October 26, at 1:30 p.m. in the GHA Auditorium.** We invite you to join us for "Feed Your Brain." Learn how proper nourishment will keep your brain healthy now and prevent age related diseases. Each lecture in this series is independent of the others, so we encourage you to attend even if you were unable to join us for the first presentation. We also encourage you to seek out the fitness and art classes, healthy diet offerings and other activities that are part of this Brain Health Initiative designed to keep you mentally sharp.

**If you plan to attend "Feed Your Brain" on Friday, October 26, at 1:30 p.m. in the GHA Auditorium, please let us know. Call 703.824.1210 or email [ghiwellness@goodwinhouse.org](mailto:ghiwellness@goodwinhouse.org).**

If you wish to ride in the GHBC bus over to Goodwin House Alexandria, please sign up in the Resident Business Center by Wednesday, October 24.



**Brain Health**

## AROUND THE COMMUNITY

### GRANDINVOLVE

Would you like to have a unique and interesting volunteer experience while making a difference in a school? GrandInvolve, in partnership with Fairfax County Public Schools, is recruiting volunteers who would like to become mentors, classroom helpers, readers, or math helpers at Parklawn Elementary School. The program is designed to require little work for the teacher and no experience from the volunteer.

For those who have never volunteered at Parklawn before with the GrandInvolve Program, we are having an interest meeting on **Tuesday, October 23**. Please contact Greta Christ, Volunteer Coordinator, at Ext. 7671 to find out more information.

### COMMUNITY COMMITTEE FAIR

Mark your calendars for **Wednesday, October 24, from 3:00 - 5:00 p.m. in the Rotunda** to meet new and old friends and chat with committee members from the Green Team, the Dining Services Team, Poetry, Book Groups, and many others. Did you know we had so many active groups? Come on down and find out what you are missing.

### FOREIGN AFFAIRS- LIFE IN OCCUPIED PALESTINE

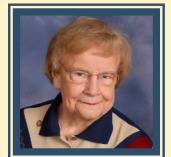
A Foreign Affairs Video – **Wednesday, October 24, at 7:00 p.m. in the Auditorium - *Life In Occupied Palestine***. Anna Baltzer, a Jewish-American Columbia graduate and Fulbright scholar who is the granddaughter of Holocaust refugees, presents her experience of traveling to Israel and discovering the challenges faced by the Palestinian people. A discussion will follow.

### DINING SERVICES SURVEY

Don't Forget! Dining Services emailed all GHBC residents with email addresses a link to complete a Resident Satisfaction Survey. This survey will help Dining Services to continue to improve and evolve your dining program. Please take a few minutes to complete this survey. Hard copies will be available at the Reception Desk for residents without a computer. Please take time to complete the survey and return it to the Reception Desk.



## COMMUNITY CORNER



Tucked in a piece of GHBC behind the fireplace in the Clinic reception area is a special spot with which many of us have become familiar on a regular basis. If you said, "oh, sure, I know what you're talking about," you are one of us who has had the need. I'm talking about Physical Therapy, the group of young men and women GHBC contracts with to provide a service not found in many CCRC's. You can come home from the hospital and not have to go anywhere else to recuperate. If your doctor recognizes your difficulty with balance or areas of pain that could benefit from physical therapy, he/she can provide an order for "PT" to be done here.

Once you get into the program, you won't want to stop. The staff is so caring and knowledgeable. They will encourage you to use what abilities you have and not push you beyond your limits. To inflict pain is never an objective; to enhance your physical strength is the goal. So, once again we find that living at GHBC gives us the opportunity to receive benefits not offered by others. We continue to count our blessings!

**Dottie Moser, Resident**

## VOTER REGISTRATION AND RIDES

### VOTER REGISTRATION DEADLINE

**Don't miss the deadline to register to vote in the  
Tuesday, November 6, election in the GHBC Auditorium**

**In person registration:** Monday, October 15, at 5:00 p.m.

**By mail:** Postmarked by Monday, October 15, 2018

**Online:** Monday, October 15, by 11:59 p.m.

**You can confirm, update, and register online @ [elections.virginia.gov](http://elections.virginia.gov).**

A **valid** government issued photo ID is required to vote here at GHBC on Tuesday, November 6, in the Auditorium. Expired drivers licenses and passports are not acceptable forms of identification. Photo ID Costco and BJ's cards or photo credit cards are not acceptable to voting officials on election day. If you need help registering online, please contact Dorothy Nieweg at Ext. 3135.

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### EARLY VOTING

In person early voting begins **Saturday, October 13, and ends Saturday, November 3**. The GHBC Silver Panther Huddle has organized a cadre of drivers who will provide rides to the Mason Government Center on Columbia Pike for those residents who wish to vote early. If you will not be in town on election day Tuesday, November 6, or if you have mobility or stability issues and are not able to wait in the projected long lines on election day, early voting is the solution. For those who are unable to easily walk from a car into the government building, curbside voting also is available there.

Rides can be provided **weekdays between 3:00 -7:00 p.m.** Huddle drivers are Anne Blacksten Ext 3171, B.J. Harrick Ext 3129, and Anne Stewart Ext 3114. Please contact them directly to arrange a time for pick-up to the Mason Government Center. All of their vehicles can accommodate walkers and/or rollators.



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## TRIPS AND OUTINGS

### Family Trip to Richmond



In just about a month, on **Wednesday, November 14**, the Goodwin House family will be exploring the Virginia Museum of Fine Arts in Richmond. After a comfortable motor coach trip, we plan to enjoy the history of American Art from pre-colonial to contemporary times – and investigate how style has changed over the decades – and discover the ancient world of Greeks and Romans – and marvel at the fabulous collection of Faberge and Russian Art – or simply gaze in awe at the many other exhibits. Of course, there will be time for lunch at the Amuse Restaurant for the Best Café.

To make a reservation -- contact the Chair of Trips and Outings (Carolyn Buttolph, phone **703-842-3177**, email [ckbuttolph@aol.com](mailto:ckbuttolph@aol.com)). We'll leave at 8:00 a.m. and be home about 5:00 p.m. in time for dinner.

## WEBSITE - NEW FEATURE

### WEBSITE TIPS

You can now complete and submit your volunteer hours log form online. No more need to print the form and walk it to the Resident Business Center. Along the horizontal green row near the top of the resident website, you will find Activities & Events. Click on that to find various sub-menus, one of which is the new Volunteer Opportunities page. That further divides into Opportunities and Volunteer Hours Log.

If you look along the blue vertical column on the left of the resident website, you will find Resident Showcase. In honor of the website's fourth anniversary, we are pleased to showcase Donita Moorhus, the person most responsible for the creation and development of the resident website so many of us rely on daily.

### RECORDING VOLUNTEER HOURS

Goodwin House Incorporated (GHI) and the Goodwin House Foundation (GHF) have a mission of charity and social responsibility. Part of this mission is reflected in the creation of the Community Accountability Report, which captures the work that you do for and with the community each fiscal year. It highlights the populations served and how much individuals and organizations benefit from your compassion, dedication, and time.

This report is used for many reasons: 1) it is used as a measurement tool to track and enhance your impact in the community; 2) it is used as a model of motivation and means of guidance for others to give back to those in need; and 3) it is used to help qualify Goodwin House as a non-profit organization, thus driving down the costs of what each individual pays to live here. It is for these reasons that we would appreciate your help in tracking the volunteer work that you do.

We are now in a new fiscal year. However, if you still have any volunteer hours to submit for October 1, 2017 through September 30, 2018, there is still time. Volunteer Hour Log Forms are available in the Resident Business Center. You also can now submit your hours electronically on the Resident Website (<http://ghbcreidents.org/>)! See Website Tips above for more information on how to log in your volunteer hours. For questions, please contact Greta Christ, Volunteer Coordinator, at Ext. 7671.

## REMEMBRANCE DAY 2018

Goodwin House Bailey's Crossroads and Goodwin House Palliative Care and Hospice join together to honor the wonderful people whom we have had the privilege to serve at the end of their lives. We invite you to join us in celebrating the lives of GHBC residents who have died during the past year at our Remembrance Day Celebration on Friday, November 16, at 3:00 p.m. in the Auditorium.

In addition, we invite residents and staff members who have experienced the death of an immediate family member to honor your loved one at this celebration. Your family member's name and photo will be included, and a flower will be presented to you in memory. To submit the name of a family member, please contact Ka'Terra Ligons no later than Thursday, November 1, at 703-578-7108. If you would like your loved one's photo included in our slideshow presentation, please email it in .jpg format to [kligons@goodwinhouse.org](mailto:kligons@goodwinhouse.org). The deadline for all photo submissions is Thursday, November 1. Thank you for helping us celebrate the lives of our residents, family members, and friends.



## HIGHLIGHTS AND FILMS

### **VOLUNTEER DAY FOR THE KNOLL GARDEN**

A Volunteer Day is planned to get the Knoll Garden in shape for winter. The garden is maintained by residents of Goodwin House who serve on the Grounds Committee, but we are inviting volunteers from within GHBC to help with weeding invasive plants, some replanting, and applying mulch. Any amount of time you can give to the cause, **between 10:00 a.m. and 1:00 p.m. on Saturday, October 13**, will be greatly appreciated. Bring your garden gloves and hand tools if you still have them; otherwise, there are tools available in our garden shed for your use. Refreshments will be furnished, and we hope it will be a fun event for all who attend. Grounds Committee Members will be present to help guide you with the work that needs to be done. The rain date for the event is Saturday, October 20, same time.



### **LEONARDO DA VINCI - Extraordinary Genius: From Art to Science**

In anticipation of the 2019 celebration of the 500th anniversary of Leonardo da Vinci's death, the Georgetown University Italian Research Institute, in collaboration with the Embassy of Italy, the Italian Culture Institute, the Georgetown University Department of Italian, and the Department of Art & Art History is sponsoring a symposium on the great Renaissance master's scientific work that underlines his extraordinary creativity. **The lecture will be held at Georgetown University, on Wednesday, October 17, at 6:00 p.m.** The bus will depart GHBC at 4:45 p.m. \$15.00 per resident. There is a sign-up sheet in the Resident Business Office.

### **FINE ARTS COMMITTEE**

The Fine Arts Committee will meet on **Friday, October 19, at 2:00 p.m. in the Art Center.**

## FILMS THIS WEEK

**VETERAN'S COMMITTEE MOVIE – SERGEANT YORK** - See Gary Cooper win the Oscar as Sergeant Alvin York, a young Tennessee farmer who becomes the most renowned American Hero of World War I. He wins the Medal of Honor in the Meuse-Argonne Forest. This film was nominated for nine Academy Awards. Gary Cooper won for best actor. **Monday, October 15, at 7:15 p.m. in the Auditorium. 1941, NR, 134 minutes**

**TUESDAY MOVIE – THE AMERICAN HOBO** - Academy Award winner Ernest Borgnine hosts a documentary look at the adventurous souls who wound their way across America while riding the rails. Author James A. Michener and country music legend Merle Haggard are among the many former hobos interviewed, spinning tales of hopping freight cars and working migratory jobs in the days when the pulsing chug of a locomotive's iron, coal and steam made up our country's lifeblood. **Tuesday, October 16, at 2:00 p.m. in the Media Room. 2003, NR, 1 hour 27 minutes**

**WEDNESDAY GREAT COURSES - BRAHMS: HIS LIFE AND MUSIC** - This course by Professor Robert Greenberg is a biographical and musical study of Brahms. Join us for this 6-week course on Brahms as the second part of a trio on great historical composers. **Wednesday, October 17, at 3:00 p.m. in the Media Room. 1 hour**

**SATURDAY EVENING MOVIE – REMEMBER** is the contemporary story of Zev, who discovers that the Nazi guard who murdered his family some 70 years ago is living in America under an assumed identity. Despite the obvious challenges, Zev sets out on a mission to deliver long-delayed justice with his own trembling hand. What follows is a remarkable cross-continent road-trip with surprising consequences. Starring Christopher Plummer. **Saturday, October 20, 7:15 p.m. in the Auditorium. 2015, R Crime/Drama, 1 hour 34 minutes**

# LET'S GET FIT TOGETHER

## True or False: You must exercise for thirty *consecutive* minutes for a good workout

*False!* General fitness guidelines mention that adults should engage in exercise for **at least** thirty minutes a day, four to five days a week. Research has shown, however, that the activity does not need to be done all at once. The 30-minute routine can be split into two 15-minute training sessions or three 10-minute sessions, and it provides the same health benefits. And no, you don't need a gym to get a good workout, so leave your excuses at the door!



Research has shown that a repetition of three 10-minute bouts of exercise burned more fat during the post-exercise period. The study also found that those participants who worked at the same intensity for the three 10-minute bouts of exercise reported not feeling as tired. That's great news for people who don't like to work out.

Finally, for all of you out there who say you don't have the time, or find that 30 minutes is too much, why not try to sneak in a few shorter workouts throughout the day instead? You can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

### MONDAY, OCTOBER 15

Total Body, Fitness Center, 9:00 a.m.  
Total Body, Aerobics Room, 9:00 a.m.  
Chair Yoga, Aerobics Room, 10:00 a.m.  
Aqua Jam and Tone, Pool, 10:00 a.m.  
Brain Body Balance, Aerobics Room,  
Chair Fitness, Fitness Center, 11:30 a.m.  
Yoga Length & Strength, Aerobics Room, 2:15 p.m.

### TUESDAY, OCTOBER 16

Get Started, Fitness Center, 9:00 a.m.  
Masters Fit, Aerobics Room, 9:00 a.m.  
SAIL, Fitness Center, **10:15 a.m. MUST REGISTER**  
Water Balance, Pool, 10:00 a.m.  
Pilates Video, Aerobics Room, 10:00 a.m.  
Tai Chi, Aerobics Room, 11:00 a.m.  
Line Dance, Aerobics Room, 2:00 p.m.  
Wii Bowling, Aerobics Room, 3:00 p.m.

### WEDNESDAY, OCTOBER 17

Total Body Express, Aerobics Room, 8:15 a.m.  
Total Body, Fitness Center, 9:00 a.m.

### WEDNESDAY, OCTOBER 17...continued

Total Body, Aerobics Room, 9:00 a.m.  
Brain Body Balance, Aerobics Room, 10:00 a.m. \$\$\$  
H2O Fitness, Pool, 10:00 am  
Feldenkrais, Aerobics Room, 11:30 a.m. \$\$\$  
Wii-Bowling, Aerobics Room, 2:30 p.m.

### THURSDAY, OCTOBER 18

Stretch and Flex, Aerobics Room, **CANCELLED**  
Mall Walking, Bus leaves at 8:30 a.m.  
Get Started, Fitness Center, 9:00 a.m.  
SAIL, Fitness Center, **10:15 a.m. MUST REGISTER**  
Pilates, Aerobics Room, 10:15 a.m.  
Chair Fit, Fitness Center, 11:30 a.m.  
PD Video, Aerobics Room, 12:30 p.m.  
Line Dance, Aerobics Room, 2:00 p.m.

### FRIDAY, OCTOBER 19

Total Body, Fitness Center, 9:00 a.m.  
Total Body, Aerobics Room, 9:00 a.m.  
Aqua Jam and Tone, Pool, 10:00 a.m.  
Brain Body Balance, Aerobics Room, 10:00 a.m. \$\$\$

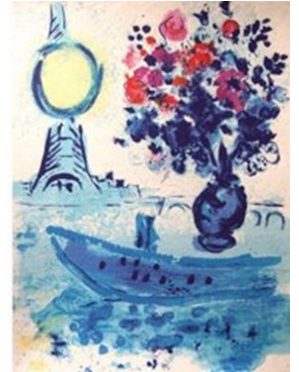
# FROM THE ART CENTER

**Special Announcement: Art Trip** – A museum trip to the Smithsonian Air and Space Museum to view the exhibition *Artist Soldier: Artistic Expression in the First World War* takes place on Wednesday, October 31, 2018. The bus departs GHBC at 9:45 a.m. and departs the museum at 12:15 p.m. The sign-up sheet will be in the Resident Business Center on Monday, October 15 at 10:00 a.m. There will be a guided tour of the exhibition facilitated by George Washington University Art Center Intern, Eleanor Hein.

## **Monday, October 15**

**10:00 a.m. – Drawing Chagall** – Working from some of the whimsical and fantastic drawings of Chagall, create a surreal colored pencil drawing from dream like images.

**1:00 p.m. – Art Film – Marc Chagall** – British artist Saul Greenberg, who is living and working in Paris just as Chagall did before World War I, tells the story of Chagall's life. Chagall (1887-1985) was a Russian-French artist who created works of art in virtually every medium.



## **Tuesday, October 16**

**10:00 a.m. – Ceramics** - Continue to hand build your own ceramic projects or continue to work on projects from Saturday morning's class.

**1:00 p.m. – Painting Chagall** – Chagall created painting using big brushes, sponges, rags and sticks. Create a Chagall like painting using the same materials he did in his Paris studio.

## **Wednesday, October 17**

**10:00 a.m. – Jewelry Making** – Resident artist and jewelry expert Sandy Bohannon will teach you all there is to know about making a beautiful piece of jewelry.

## **Thursday, October 18**

**10:00 a.m. – Mason Jar Madness** – Join us in the Art Center as we get creative with mason jars! As the holiday's approach, so many possibilities come to mind: Halloween, harvest, Thanksgiving and winter themes! Bring your own personal items or photographs that you want to incorporate into your mason jar.

**2:00 p.m. Woodcarving** – Master woodcarvers Joel and Mike are ready to teach you all there is to know about woodcarving. This class is open to beginners as well as advanced woodcarvers. Come by the Art Center and see some of the work the residents are currently working on.

## **Friday, October 19**

**9:45 a.m. – Self-Portrait Drawing** – Using graphite pencils and black ink pens, create a series of self-portraits. Tabletop mirrors assist you in examining your facial features and drawing your portrait.

## **Saturday, October 20**

**10:00 a.m. – Ceramics – No Class** - Instructor Ellen Smithey is out of town this week but will return next Saturday to continue her weekly class. Smithey has a degree in studio ceramics, and this class is open to beginners and advanced students.

## ASSISTED LIVING PROGRAMS

### Monday, October 15

8:30 Weekly Table Highlights  
 10:00 Kreeger Museum  
 10:45 Exercise with Joanne (CR)  
 11:15 Chaplain Visits (CRS)  
 1:30 Traveling Activity Cart: Headlines, Puzzles, Trivia  
 3:00 Court Case Discussion: You be the Judge (CR)  
 3:30 Giant Crosswords Puzzle (HCC)

### Tuesday, October 16

10:45 Exercise with Joanne (CR)  
 11:30 AL Resident Meeting with Ruth Reagan (CR)  
 1:30 Knit for Kids (Art Center)  
 2:00 Afternoon Netflix Movie  
 3:00 Coffee with Friends (CR)

### Wednesday, October 17

10:45 Exercise with Joanne (CR)  
 1:30 Traveling Activity Cart: Headlines, Puzzles, Trivia  
 2:00 Perspectives on the News (SS)  
 2:30 Birthday Party  
 4:00 Music with Bob & Anne (CRS)

### Thursday, October 18

10:45 Move to the Music with Leslie (CR)  
 12:30 Lunch in the Bistro  
 2:00 Sonnets & Such with Sharon Ewing  
 3:30 Refreshment Cart  
 4:45 Piano with Dot (CRS)

### Friday, October 19

10:30 Service Project for Arlington Food Bank (HCC)  
 10:45 Move to the Music with Leslie (CR)  
 2:00 Piano with Alan Frey (CRS)  
 3:00 Wine, Cheese, Crackers & Movie (CR)

### Saturday, October 20

11:00 Stay Busy Cart: Puzzles, Trivia, Crosswords, Art  
 1:00 Saturday at the Opera (MR)  
 2:00 DIY snacks  
 2:45 Stretch & Relaxation with Maria (CR)  
 3:00 Afternoon Movie (CRS)  
 7:15 Movie: Remember (AUD)

### Sunday, October 21

10:00 Catholic Communion (TOW)  
 10:30 Holy Eucharist (CH)  
 10:45 UUCA Fellowship (Board Room)  
 11:15 UUCA Service (Board Room)  
 1:15 Sunday Service (HCC)  
 2:00-7:00 Friendly Visits with Drew

## HEALTH CARE CENTER PROGRAMS

### Monday, October 15

10:00 Kreeger Museum Outing  
 10:30 Bible Study  
 11:00 Stretch & Tone  
 11:30 Trivia of the Day  
 2:30 Art Gallery Visits  
 3:30 Giant Crossword Puzzle & Coffee

### Tuesday, October 16

9:30 Morning Coffee & Chat  
 10:30 That's Italian Tuesday  
 11:00 Chair Fitness  
 11:30 Random Trivia  
 2:00 Exercise & Hydration 1:1 Visits  
 3:00 Coffee w/ Friends (AL)  
 3:30 Food Fun Facts

### Wednesday, October 17

9:30 Coffee & Conversation  
 10:30 It's Jeopardy!  
 11:00 Chair Exercise  
 2:30 Resident's Choice  
 3:30 Snacks & Chat

### Thursday, October 18

9:30 Coffee & Chat  
 10:30 It's a Puzzle!  
 11:00 Morning Exercise  
 11:30 Random Trivia  
 12:30 Lunch in the Bistro  
 2:30 Walking Group  
 4:00 Sing-a-Long w/ Hank Lewis

### Friday, October 19

10:30 Service Project for Arlington Food Bank  
 11:15 Coffee & Trivia  
 3:00 Afternoon Social  
 3:30 Wine on Wheels

### Saturday, October 20

10:30 Piano Music w/ Chris Hagan's Group  
 11:15 Morning Hydrations & Daily Chronicles  
 3:30 Afternoon Meditation  
 4:00 Afternoon Crafting Corner

### Sunday, October 21

10:00 Joel Osteen Ch.5  
 10:30 Daily Chronicle  
 1:15 HCC Sunday Service  
 3:30 Puzzles & Games  
 4:00 Daily Devotional Reading



# October 15 - October 21

## MONDAY, OCTOBER 15

**Drawing Chagall** Art Center, 10:00 a.m.  
 Council Business Meeting, TOW, 10:00 a.m.  
 Memoirs, Smith Study, 11:00 a.m.  
**Art Film: Marc Chagall**, Media Room, 1:00 p.m.  
 Scrabble, Game Room, 2:00 p.m.  
**Movie Committee**, Board Room, 2:30 p.m.  
**Senior Quest**, Auditorium, 3:30 p.m.  
 Mexican Dominoes, Game Room, 7:00 p.m.  
 Duplicate Bridge, Card Room, 7:00 p.m.  
 Veterans Movie, Auditorium, 7:15 p.m.

## TUESDAY, OCTOBER 16

**Harry Amos Book Exhibit**, Formal Parlor, 9:00 a.m.  
**Ceramics**, Art Center, 10:00 a.m.  
**Shopping Shuttle**, Departs at 11:30 a.m.  
**Painting Chagall**, Art Center, 1:00 p.m.  
**Wells Fargo Shuttle**, 1:30 - 4:30 p.m. **MUST SIGN UP**  
 Knit for Kids, Art Center, 1:30 p.m.  
**Matinee: The American Hobo**, MR, 2:00 p.m.  
**Newcomers et al.**, Formal Parlor, 4:00 p.m.  
 Poker Game, Game Room 7:00 p.m.

## WEDNESDAY, OCTOBER 17

**Holy Eucharist**, Chapel, 10:00 a.m.  
 Jewelry Making, Art Center, 10:00 a.m.  
**GHBC Finance Committee Meeting**, Pointe Staff  
 Conference Room, 10:00 a.m.  
 Contemplative Worship, Smith Study, 11:00 a.m.  
**Culinary Passport Trip- RT's**, Departs at 11:00 a.m.  
**Goodwin Players**, Smith Study, 1:30 p.m.  
 Perspectives on the News, Smith Study, 2:00 p.m.  
**Great Courses- Brahms**, Media Room, 3:00 p.m.  
**Senior Moment Productions**, Rotunda, 4:30 p.m.  
 Georgetown University, Bus Departs at 4:45 p.m.  
**BINGO**, TOW, 7:00 p.m.

## THURSDAY, OCTOBER 18

**Wells Fargo Shuttle**, 9:00 a.m.- 12:00 p.m. **SIGN UP**  
**Mason Jar Madness**, Art Center, 10:00 a.m.  
**WhatNot Shop, DONATIONS**, 10:00 – 11:30 a.m.  
 Rosary Group, Chapel, 12:30 p.m.  
 Rummikub! Game Room, 2:00 p.m.  
 Woodcarving, Art Center, 2:00 p.m.  
**Green Team Meeting**, TOW, 3:00 p.m.  
 Contemplative Worship, Chapel, 4:30 p.m.  
 Scrabble, Top of the West, 7:00 p.m.  
 Duplicate Bridge, Card Room, 7:00 p.m.

## FRIDAY, OCTOBER 19

**Self-Portrait Drawing**, Art Center, 9:45 a.m.  
**Giant Shuttle**, Departs at 11:30 a.m.  
 Encore Chorale, Auditorium, 1:00 p.m.  
 Fine Arts Committee, Art Center, 2:00 p.m.  
**TED TALK**, Media Room, 2:30 p.m. **CANCELLED**  
**Happy Hour**, BC Lounge, 4:00 -7:00 p.m.  
**Wells Fargo Shuttle**, 1:30 - 4:30 p.m. **MUST SIGN UP**  
 Poker Game, Game Room, 7:00 p.m.  
 Mah Jongg, Card Room, 7:15 p.m.

## SATURDAY, OCTOBER 20

**Ceramics**, Art Center, **CANCELLED**  
**Croquet**, Lawn Above Pointe Garage, 11:00 a.m.  
**Opera Afternoon**: Media Room, 1:00 p.m.  
 Rummikub! Game Room, 2:00 p.m.  
**Movie: Rem ember**, Auditorium, 7:15 p.m.

## SUNDAY, OCTOBER 21

**Community Coffee Hour**, Formal Parlor, 9:45 a.m.  
 Catholic Communion Service, TOW, 10:00 a.m.  
**Holy Eucharist**, Chapel, 10:30 a.m.  
 UUCA Fellowship, Board Room, 10:45 a.m.  
 UUCA Service, Board Room, 11:15 a.m.  
 Bridge Lesson, Card Room, 2:00 p.m.  
**Silver Panthers**, Formal Parlor, 3:00 p.m.  
**Compline Service**, Chapel, 7:30 p.m.

**Check out the Let's Get Fit Together on  
 Page 6 for all the Fitness Center Activities**

*A complete list of daily events, meetings, and  
 classes (with descriptions) can be*

*found on "Today's Events" at  
[www.ghbcresidents.org](http://www.ghbcresidents.org)*

The deadline for the next issue of West Winds is  
**Tuesday, October 16.**  
 Submit all articles by  
 12:00 noon via email at  
[westwinds@goodwinhouse.org](mailto:westwinds@goodwinhouse.org)