

# 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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## Annual Christmas Card Sale

Please see "Notes for the Week" for information on the annual Christmas card sale being held on Wednesday, November 8, from 10:00 a.m. to 2:00 p.m. in the Rotunda. This is your opportunity to stock up now!

# GH

GOODWIN HOUSE  
BAILEY'S CROSSROADS

## THE 2017 EMPLOYEE GIFT FUND HAS BEGUN!

Why do we have an Employee Gift Fund? All year long, 24/7, the nearly 500 GHBC employees do everything in their power to help us thrive. And they do it with such grace and style! They remember our names, they think of interesting things for us to do, they facilitate our ideas so that they become reality, they cook and clean and keep us healthy and safe. We don't have to put our own activities on hold in order to be there when someone comes to fix whatever is on the blink in our apartments. The list of what they do for us --gently, kindly, and consistently-- goes on and on. I hope that we all remember to say "Thank you" each and every day, but once a year we are given the opportunity to tangibly show our appreciation...to give them a little something to help them thrive.

From now through Thanksgiving weekend, monetary gifts from you are collected so that we can present each employee with a check on Friday, December 1. Only one staff person ever knows how much or whether you give, and we hope that each of you will do so, as generously as you can. Make your check out to Employee Gift Fund and slip it into the locked white box with the flowers at the back of the Mailroom. Just follow the footprints.

Questions? Ask anyone wearing the red "Let's Do It!" ribbon or contact this year's campaign co-chairs, Sally Recinos ([salrecinos8@gmail.com](mailto:salrecinos8@gmail.com), ext 7452) and Claudia Blake ([blake.claudia@gmail.com](mailto:blake.claudia@gmail.com), ext 7485).



## CHRISTMAS/HOLIDAY BAZAAR!!

Mark your calendar now for Thursday, December 7, from 10:00 a.m. to 2:00 p.m. in the Auditorium! Watch for many opportunities to sign up to help. Plan for lots of fun and great buys in Holiday decorations, gifts and special items of every description.

Also, check out our Card Sale on Wednesday, November 8, in the Rotunda!

## **GREEN TEAM MOVIE: GREAT YELLOWSTONE THAW**

Natural History Museum Director Kirk Johnson is back for the 3rd and final episode of “Great Yellowstone Thaw,” this time in the summer (2016), checking in with the animals while soaring temperatures and drought increase the risk of wildfire. We spy three adorable kits in the beaver family’s lodge and witness a rare, risky initiative by the beavers. A major blaze threatens the home of the Great Gray Owl family; while rabbit-like pikas, living at 11,000 feet, keep moving higher in need of colder air. Johnson and his team of biologists and cameramen reveal several behavior effects upon plants and animals as they cope with the warming temperatures of climate change. As always, the scenery is spectacular. Join us on **Wednesday, November 1, at 7:15 p.m. in the Auditorium.**



## **FITNESS CENTER UPDATES**

As we move towards the Holiday season, it’s important to remember to take care of yourself by eating nutritious meals and exercising regularly. Therefore, in the spirit of maintaining our healthy habits we’re offering a couple new classes, reviewing another, and highlighting an old favorite. Pick up your copy of the new class calendar in the fitness center.

- New Class “A.B.C. Fitness”: ABC stands for agility, balance, and coordination. This class will use fundamental movement patterns that help improve the body’s ability to perform daily activities such as walking, balancing, bending, and standing. (6-weeks)
- Coming in December! “STICKS and BALLS”: Connect with your true rhythm in life when we combine music, drumsticks, and fitness balls to bring fun back into fitness! (6-weeks)
- SAIL Review: A class for any previous SAIL program participants to keep and maintain the skills and strength they gained during their 12-week session (6-weeks)
- Nordic Walking: Give yourself the gift fresh air as we trek around the building using specialize walking sticks to improve posture, form, and endurance. (Seasonal)

## **NOVEMBER IN THE CHAPEL: MARK YOUR CALENDARS!**

### **Two special Wednesday services in November!**

- Instead of our usual Wednesday Holy Communion with Prayers for Healing, on Wednesday, November 1, 10:00 a.m., we will use the Saints Day liturgy, with Holy Eucharist (and music).
- On Wednesday, November 22 (Thanksgiving Eve), we will have our annual Thanksgiving Service with Holy Eucharist (with music).

Also, the Season of the Sundays after Pentecost ends December 2, and we will usher in Advent on Sunday, December 3.

**Reminder about Sunday and Wednesday Chapel Offerings and other GHBC Chapel Donations:** All Chapel offerings (unless otherwise designated) are used for defraying the costs of the Chapel services (organist, flowers and related expenses). Donations to the Goodwin House Foundation, designated “GHBC Chapel Fund” on the GHF envelope, help pay the honorariums and other costs for organ recitals, Senior Quest speakers, and other expenses involving the spiritual life of the GHBC community. All donations via check or the special Chapel or GHF envelopes will be acknowledged at the end of the year for your tax-filing purposes. For more information about either type of contribution, see Chaplain Theresa Brion. On the information table at the Chapel entrance, you also will find a brief description of the funds and how to write out any checks to assure that they are directed as you wish. Thank you for your generous gifts that make these activities possible.

## NOTES FOR THE WEEK

- **Current Events has been canceled** for Saturday, October 28, at 10:00 a.m.
- The group studying the **Old Testament book of Exodus** will meet on Monday, October 30, in the Top of the West at 3:30 p.m. We will be looking at Chapters 6 and 7. All are welcome, bring your Bible.
- The **WhatNot Shop** will be open on Thursday, November 2, 10:00 a.m. to 12:00 noon to receive your contributions. Volunteers will be there to give you a receipt and say thanks for your support of the WhatNot Shop and the Goodwin House Foundation.
- **Halloween Pet Parade in AL and HCC!** All staff are invited to bring their pet in costume for our parade on Tuesday, October 31. Please RSVP to Vy Tran at [Vtran@goodwinhouse.org](mailto:Vtran@goodwinhouse.org) if you would like to bring your pet.
- The annual **Christmas card sale** will be held on Wednesday, November 8, from 10:00 a.m. to 2:00 p.m. in the Rotunda. Single cards are priced at the usual 10 cents per card, with boxed cards priced according to number of cards in the box. Also available will be a limited selection of gift bags, wrapping paper, gift tags, bows and ribbon. We also have a very limited number of small, uniquely decorated gift boxes, priced according to size. Cards will not be available at the Christmas Bazaar (Thursday, December 7, in the Auditorium) so this is your opportunity to stock up now.
- **Remembrance Day Celebration** - Please mark your calendar for the annual Remembrance Day Celebration on Friday, November 17, at 3:00 p.m. in the Goodwin House Bailey's Crossroads Auditorium. This is the time that we honor all of the residents who have died during the past year.
- **Special Announcement: The GHBC Resident Exhibition is coming soon!** The exhibition dates are November 13, 2017 through January 15, 2018. The artist reception is Sunday, December 3, 2018 from 2:00 – 4:00 p.m. in the Atrium. Residents are eligible to display up to two pieces of original artwork. As long as your work of art has not been previously displayed in Crossroads Gallery, it is eligible for the exhibition.

## UPCOMING FILMS

**TUESDAY MOVIE- TRINITY AND BEYOND: THE ATOMIC BOMB** - Using jaw-dropping footage that was previously classified by the U.S. government, this fascinating documentary compiled by special effects filmmaker Peter Kuran and narrated by William Shatner chronicles the development of the atomic hydrogen bomb. Highlights include an underwater detonation of an atomic bomb designed to test the effect of the blast on ships at sea, as well as an interview with nuclear weapons developer Edward Teller. **Tuesday, October 31, at 2:00 p.m. Media Room. 1 hour 20 min, 1995. *Rescheduled from last week.***

### **WEDNESDAY GREAT COURSES- HISTORY OF THE ANCIENT WORLD: A GLOBAL PERSPECTIVE -**

The 48 lectures of **History of the Ancient World: A Global Perspective** take you on a multidisciplinary journey that ranges across not only the traditional domains of politics and war that are normally the province of history courses, but also those of religion, philosophy, architecture and the visual arts, literature, and science and technology, to name but a few. **Wednesday, November 1, at 3:00 p.m. in the Media Room.**

**SATURDAY EVENING MOVIE: ALLIED-** During a perilous World War II mission in Casablanca, French-Canadian operative Max Vatan falls in love with and weds French spy Marianne Beausejour. After learning that Marianne may be a Nazi double agent, Max launches an investigation of his wife. **Saturday, November 4, at 7:15 p.m. in the Auditorium. Rated R, 2016, 2 hours 4 min.**

# This Week in the Art Center..

\* Please see Notes For the Week for info on our upcoming Resident Art Exhibition

## Monday, October 30

**10:00 a.m. Stencil Art** Stencils are an innovative way to mass produce images. This week create your own paper and cardboard stencils. Then place your stencils down on large sheets of white paper and outline them using a variety of markers, colored pencils and paints.

**1:00 p.m. Art Film – The Universe of Keith Haring-Part 2** This documentary covers the life and art of pop artist icon Keith Haring.

## Tuesday, October 31

**10:00 a.m. Middle Eastern Ceramic Tiles** Create tiles inspired from the ancient tradition of the Middle East. Examine and study examples of these tiles to create your own unique tile!

**1:00 p.m. – Stencil Art** Use your stencils from the previous class and arrange your images to form different compositions. Incorporate letter and number stencils for added effects.

## Wednesday, November 1

**1:00 p.m. – Stencil Art**

## Thursday, November 2

**2:00 p.m. Wood Carving** – Joel and Mike are our master wood carvers, and they are ready to get you started on a creative wood carving project! This class is suited to both the beginner and advanced student.

## Friday, November 3

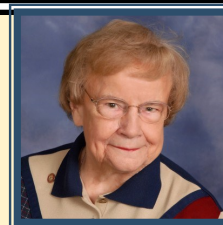
**9:30 a.m. – Drawing with Color**– Instructor Rula Brock returns to the Art Center for this six- week class on drawing. Graphite and colored pencils are combined to create drawings. This class is open to all skill levels, and the instructor has requested that residents who sign-up for the class attend at least five out of the six classes for sequential effectiveness. The sign-up sheet will be in the Art Center on Monday, October 30, at 9:00 a.m. and space is limited to 15 residents.

## COMMUNITY CORNER

Indeed this is a campus! Do you have any idea how many student interns we accommodate? Folks not only come to GHBC to live, they also come here to learn. Many of you have noticed the 10 young adult Red Cross student nurse volunteers who are interns on the 2nd and 3rd floors. Some of us are aware of the school bus that arrives two days a week with three to five special needs high school students. They are here from noon until 1:30 p.m. and are given work assignments in various departments. This is part of a transition program that teaches the students how to relate to a supervisor, as well as other social skills.

We also have four college students who are working with our TR Supervisor for their Therapeutic Recreation Certification, the Art Department as a Museum major, and Social Work as Art Therapy students.

Our newest group interns are part of the Urban Alliance program at Jeb Stuart High School. They are five seniors who have gone through Professional Development classes in their junior year. All have applied to colleges. They are here Monday – Thursday from 2:00-5:00 p.m. during the school year and will be here full-time in the summer. They will be rotating assignments. The members of this wonderful group of high school seniors are: Fathmah Noredin, Stacey Romero, Jennifer Stone, Blen Yohanis, and Saron Zyouhannes. They are wearing nametags and would love to be greeted and given recognition. (Saron is currently at the Front Desk and easy to spot!) For every educational program in which we participate there is a contractual agreement with the students and the school.



**Dottie Moser, Resident**

**ASSISTED LIVING PROGRAMS****Monday October 30**

9:30 Walking along the Potomac with Sherry  
 10:45 Exercise with Joann-CANCELLED  
 11:15 Chaplain Visits  
 12:30 Conversation Starters  
 2:00 Scrabble  
 3:30 Snacks on Wheels

**Tuesday October 31**

10:45 Exercise with Joann  
 2:30 Happy Halloween Social  
 3:00 Room Visits  
 3:30-4:00 Halloween Pet Parade!

**Wednesday November 1**

10:45 Exercise with Joann  
 2:00 Bingo  
 2:00 Perspectives on the News (SS)  
 4:00 Sudoku with Amanda (HCC)  
 4:00 Music with Bob & Anne

**Thursday November 2**

10:45 Exercise with Leslie  
 11:15 Art with Anthony  
 12:00 Thanksgiving themed Table Trivia  
 2:00 1:1 with Kim and Amanda  
 3:00 Music with Alan Frey  
 4:45 Piano with Dot

**Friday November 3**

10:30 Michael Calhoun  
 10:30 Service project for Arlington Bank (HCC)  
 10:45 Exercise with Leslie  
 11:30 Show Tune Extravaganza  
 1:30 Netflix Movie (CR)  
 3:00 Wine and Music Reminiscence with Amanda

**Saturday November 4**

11:00 Activity Cart  
 1:00 Saturday at the Opera (MR))  
 2:00 Afternoon Bingo  
 3:00 Afternoon Movie in the Community Room  
 7:15 Movie: Allied (AUD)

**Sunday November 5**

10:00 Catholic Communion (TOTW)  
 10:30 Holy Eucharist (CH)  
 10:45 AM UUCA Fellowship (Board Room)  
 11:15 AM UUCA Service (Board Room)  
 1:15 Sunday Service (HCC)

**HEALTH CARE CENTER****PROGRAMS****Monday, October 30**

10:30 Bible Study  
 11:00 Chair Exercise  
 2:30 Small Art Group  
 4:00 Giant Crossword Puzzles

**Tuesday, October 31**

10:30 Music & Crafts w/ Grace  
 Episcopal School  
 2:00 Afternoon Friendly Visits  
 Pet Visits w/ Charley the Dog  
 4:00 Halloween Pet Parade!

**Wednesday, November 1**

10:30 -11:30 Morning Art Therapy  
 Group  
 3:30 Afternoon Social in Households  
 4:00 Sodoku Group w/ Amanda

**Thursday, November 2**

10:30 Giant Crossword Puzzles  
 11:15 Coffee & Chat  
 2:00 Afternoon Snacks  
 4:00 Bingo in Lavender

**Friday, November 3**

10:30 Service Project for Arlington  
 Food Bank  
 11:15 Piano Music w/ Michael Calhoun  
 3:30 Wine on Wheels

**Saturday, November 4**

10:30 Piano Music w/ Chris Hagan's  
 Group  
 11:00 Chair Exercise  
 3:30 Leisure Scattergories

**Sunday, November 5**

10:30 Daily Chronicle  
 1:15 HCC Sunday Service  
 3:30 Puzzles & Games

# October 30 - November 5, 2017

## MONDAY, OCTOBER 30

Total Body, Fitness Center, 9:00 a.m.  
 Total Body, Aerobics Room, 9:00 a.m.  
**Walking Trip**, Departs from Clinic at 9:30 a.m.  
 Aqua Jam and Tone, Pool, 10:00 a.m.  
**Stencil Art**, Art Center, 10:00 a.m.  
 Chair Yoga, Aerobics Room, 10:00 a.m.  
 Memoirs, Smith Study, 11:00 a.m.  
 Brain-Body-Balance \$, 11:15 a.m.  
 Chair Fit, Fitness Center, 11:30 a.m.  
**Art Film: Keith Haring**, Media Room, 1:00 p.m.  
**Scrabble**, Game Room, 2:00 p.m.  
 Bible Study, Top of the West, 3:30 p.m.  
 Mexican Dominoes, Game Room, 7:00 p.m.  
 Duplicate Bridge, Card Room, 7:00 p.m.

## TUESDAY, OCTOBER 31

Get Started, Fitness Center, 9:00 a.m.  
 Water Balance, Pool, 10:00 a.m.  
**Ceramic Tile Making**, Art Center, 10:00 a.m.  
 Pilates Video, 10:00 a.m.  
 Tai Chi, Aerobics Room, 11:30 a.m.  
 Shopping Shuttle, Departs at 11:30 a.m.  
**Stencil Art**, Art Center, 1:00 p.m.  
 Knit for Kids, Art Center, 1:30 p.m.  
 Line Dance Class, Aerobics Room, 2:00 p.m.  
 Wii Bowling, Aerobics Room, 3:00 p.m.  
**Matinee: The Atomic Bomb**, Media Room, 2:00 p.m.  
**Newcomers et al.**, Formal Parlor, 4:00 p.m.  
 Poker Game, Game Room, 7:00 p.m.

## WEDNESDAY, NOVEMBER 1

Total Body Express, Aerobics Room, 8:15 a.m.  
 Total Body, Fitness Center, 9:00 a.m.  
 Total Body, Aerobics Room, 9:00 a.m.  
**Holy Eucharist**, Chapel, 10:00 a.m.  
 H2O Fitness, Pool, 10:00 a.m.  
 Brain-Body-Balance \$, 10:00 a.m.  
 Contemplative Worship, Smith Study, 11:00 a.m.  
**Arena Stage Trip**, Departs at 11:00 a.m.  
**Stencil Art**, Art Center, 1:00 p.m.  
**GH Players**, Board Room, 1:30 p.m.  
 Perspectives on the News, Smith Study, 2:00 p.m.  
 Advanced Directives Hello Game, Auditorium, 3:00 p.m.  
**Great Courses: Ancient World**, Med. Room, 3:00 p.m.  
**Green Team Movie**, Auditorium, 7:15 p.m.

## THURSDAY, NOVEMBER 2

Get Started, Fitness Center, 9:00 a.m.  
 Pilates, Aerobics Room, Video, 10:00 a.m.  
 Chair Fit, Fitness Center, 11:30 a.m.  
 Rosary Group, Chapel, 12:30 p.m.  
**Fitness Committee**, Formal Parlor, 12:30 p.m.  
**WhatNot Shop Donations**, 10:00 a.m. -12:00 p.m.  
 PWR Moves, Aerobics Room, 1:15 p.m. - Canceled  
 Rummikub! Game Room, 1:30 p.m.  
 Line Dance Class, Aerobics Room, 2:00 p.m.  
 Joy of Music, Media Room, 2:00 p.m.  
 Wood Carving, Art Center, 2:00 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, NOVEMBER 3

Total Body, Fitness Center, 9:00 a.m.  
 Total Body, Aerobics Room, 9:00 a.m.  
 Drawing with Color, Art Center, 9:30 a.m.  
 Aqua Jam and Tone, Pool, 10:00 a.m.  
**Health Committee**, Top of the West, 10:00 a.m.  
 Brain Body Balance \$, 10:00 a.m.  
**Giant Shuttle**, Departs at 11:30 a.m.  
**Encore Chorale**, Auditorium, 1:00 p.m.  
**Happy Hour**, BC Lounge, 4:00-7:00 p.m.  
 Poker Game, Game Room, 7:00 p.m.  
 Mah Jongg, Card Room, 7:15 p.m.

## SATURDAY, NOVEMBER 4

**Croquet**, Front Yard, 10:00 a.m.  
**Opera Afternoon**, Media Room, 1:00 p.m.  
 Rummikub! Game Room, 2:00 p.m.  
**Movie: Allied**, Auditorium, 7:15 p.m.

## SUNDAY, NOVEMBER 5

Community Coffee Hour, 10:00 a.m.  
 Catholic Communion, Top of the West, 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.  
**Compline Service**, Chapel, 7:30 p.m.

**Great Conversations Inspire, Connect and Heal-** Join Goodwin House Palliative Care and Hospice and Griswold Home Care to play the game called "Hello" on **Wednesday, November 1, at 3:00 p.m.** in the GHBC Auditorium. "Hello" is a game that you play in a small group and gives you ideas as to how to start meaningful conversations with your family and friends about your preferences regarding advanced directives and end of life care. Engaging and lively conversations are always sparked! You can read more about the game at <https://commonpractice.com>. Please RSVP to the Hospice office at 703-578-7108. Light refreshments will be available.