Inside this Issue…
Community Updates
Films for the Week
Inside the Art Center
Community Corner
HCC/AL Programs
Weekly Calendar

Townhall
Join Executive Director, Linda Lateana for a Town hall Meeting on Thursday, June 29, in the Auditorium at 2:00 p.m.

COMMUNITY MEETINGS
Mark your calendars for our next four community meetings. All meetings, except for Richard Carter's presentation will begin at 10:00 a.m. in the Auditorium.

- Tuesday, July 11: Marketing and VaCCRA
- Monday, August 7: Security
- Tuesday, August 28: Richard Carter, Chief Financial Officer, GHI, 9:30 a.m.
- Tuesday, September 12: Gant Redmon, Goodwin House Foundation

UPCOMING PATRIOTIC CONCERTS
Save the date for two Independence Day Concerts!

Monday, July 3, at 3:30 p.m. in the Auditorium:
Patriotic Piano Concert with Thomas Pandolfi

Tuesday, July 4, at 11:00 a.m. in the Rotunda:
Join Pianist Michael Calhoun for an upbeat Fourth of July Concert featuring familiar patriotic favorites!
LINDA’S 30TH ANNIVERSARY CELEBRATION

Join us in the Rotunda on Friday, June 30, at 4:00 p.m. as we celebrate Linda Lateana’s 30th Anniversary with Goodwin House. All are welcome!

WEDNESDAY CHAPEL SERVICES

Each week about a dozen residents and staff gather at 10:00 a.m. for a brief holy communion service, with prayers for healing and wholeness. Remember that healing and wholeness can be a physical, mental, spiritual or other sense of wholeness. Our student chaplains are active participants in the worship service. June 28 and July 5, our CPE summer interns will preach. AnnaMarie Hoos will preach on June 28, and Elisabeth Malphurs will preach on July 5. Please join us for worship and in the Bistro after for continued conversation. Later, in July, Rev. Dan Duggan (Director of Chaplaincy and Director of Pastoral Care) and Liz Pomerleau (CPE Supervisory Candidate) will preach.

Sunday Guest Preachers for June & July for 10:30 a.m. Chapel services:

Sunday, July 9, Chaplain Intern Elisabeth Malphurs (if you missed hearing her preach on June 11, you get another chance!)
Sunday, July 16, Chaplain Intern Andrew Arakawa
Sunday, July 23, Chaplain Intern AnnaMarie Hoos

DAILY DEVOTIONAL BOOKLETS IN THE CHAPEL

The Chapel still has several additional copies of the June/July/August issue of the daily devotional booklet, Our Daily Bread, and a couple additional copies of the May/June/July issue of Forward Day by Day. Each quarter, the Chapel orders pocket-sized print copies of both devotional magazines and several large-print editions of the Forward Day by Day for interested residents and staff. Help yourself to a copy from the table just inside the Chapel entrance.

FROM SOCIAL WORK

The Parkinson’s Support Group will meet on Tuesday, June 27, at 4:00 p.m. in the Board Room. This month’s meeting is open to residents with Parkinson’s disease without their care partners. It will provide an opportunity to privately share information and receive emotional support. Persevere in spite of PD. Please contact Elizabeth B. Dakin, LCSW (x 7225) with any questions.

FITNESS CENTER AUDIO SYSTEM

Are you interested in learning how to use our new TV Audio system in the Fitness center? Join the Fitness Center Staff for an upcoming informational session.

7:30 a.m. -7:45 a.m. Tuesday & Thursday
1:30 p.m. -1:45 p.m. Tuesday & Thursday

Can’t make those times? Please contact Sherry or Sara to book an individual appointment.
Join us on Monday, June 26, in the Formal Parlor from 7:00 to 8:00 p.m. for SHINE. Enjoy singing and fun! All are welcome!

The Culmore Free Clinic needs help in its effort to provide healthcare services to people who do not have health insurance. Space for the Clinic is in a local church. Teams of volunteers must set up the examining rooms every Tuesday and Thursday mornings before the arrival of the volunteer medical staff. Be part of a team from GHBC and give 1 hour of your time once or twice a month. Training is provided. For more information contact: Donna Cornman (Ext. 7835) or Peg True (Ext. 7435)

The WhatNot Shop will be open on Thursday, June 29, from 10:00 a.m. to 12:00 noon to receive contributions of usable items you no longer need. Even though it's 90 degrees outside it isn't too late to spring clean and bring down those unused items just taking up space. Remember to ask for a receipt.

TUESDAY DOCUMENTARY - BEYOND THE MOVIE: TROY

Designed to coincide with the big-screen theatrical release of Troy, this special from National Geographic features numerous historical experts as they shed light on the notorious ancient civilization. The bygone city exudes eerie signs of life through amazing and realistic dramatizations and reflective thought. Historians and casual fans alike will delight in this addition to the "Beyond the Movie" series. Tuesday, June 27, at 2:00 p.m. in the Media Room. NR, 60 minutes.

WEDNESDAY GREAT COURSES - NATIVE PEOPLES OF NORTH AMERICA

Native Peoples of North America, pairs the unmatched resources and expertise of the Smithsonian’s National Museum of the American Indian with the unparalleled knowledge of Professor Daniel M. Cobb. Wednesday, June 28, at 3:00 p.m. in the Media Room. (12 week series)

SATURDAY EVENING MOVIE - THE SENSE OF AN ENDING

Retired and living alone, Tony Webster learns of long-kept secrets from his past and realizes that his own memories are filled with errors. Seeking the truth, Tony obtains the diary of an old friend and is unnerved by what he finds. Saturday, July 1, at 7:15 p.m. in the Auditorium. 2017 Rated PG. 1 hour, 48 minutes.
COMMUNITY CORNER

During the past few months, some of the residents of GHBC have been active volunteers in a program known as “GrandInvolve”, a program which has received the 2017 Governor’s Volunteerism and Community Service award. GrandInvolve, one of the country’s 50+ initiatives, brings older adults into classrooms of elementary schools to assist students. Volunteers use their knowledge, skills and talents while forming and creating meaningful intergenerational relationships. “GrandInvolve is an outstanding example of a two generation approach that is yielding measurable results. By sharing their time and experiences, the 100 volunteers are making a huge impact on the children of Fairfax County both socially and academically,” said Gail Harris with the Virginia Department of Social Services.

When introduced to this new program last year in its beginning stages, several GHBC residents volunteered to participate in helping with the creation of GrandInvolve programs in two elementary schools in our area. As the new school year approaches, we will be keeping everyone informed how they can become involved through various ways of interacting with children.

Once again, us 60+ folks are proving the value of our participation in the world around us.

Dottie Moser, Resident
### ASSISTED LIVING EVENTS

**Monday June 26**
- 10:00 Green Spring Gardens
- 11:15 Chaplain Visits
- 3:00 Caribbean-American Social
- 3:30 Carrot Cake & Smoothies

**Tuesday June 27**
- 10:45 Exercise with Joann
- 11:15 Meeting with Ruth (CR)
- 3:00 Wii Bowling (AR)
- 3:30 Small group activities

**Wednesday June 28**
- 10:00 Picnic at Great Falls
- 10:45 Exercise with Joann
- 2:00 Bingo
- 3:00 Room Visits with Tiffany
- 3:30 Sudoku with Brittany (HCC)
- 4:00 Music with Bob & Anne

**Thursday June 29**
- 10:45 Exercise with Joann
- 2:00 Chess
- 4:45 Piano with Dot

**Friday June 30**
- 10:00 Michael Calhoun
- 10:45 Morning Exercises with Tiffany
- 11:30 Show Tune Extravaganza
- 2:00 Crosswords
- 3:00 Conspiracies Documentary (CR)

**Saturday July 1**
- 11:00 Activity Cart
- 1:00 Saturday at the Opera (MR)
- 2:00 Afternoon Matinee
- 3:00 Snack Cart
- 7:15 Movie: Master and Commander (AUD)

**Sunday July 2**
- 10:00 Catholic Communion (TOTW)
- 10:30 Holy Eucharist (CH)
- 1:15 Sunday Service (HCC)

### HEALTH CARE CENTER EVENTS

**Monday, June 26**
- 10:30 Bible Study
- 11:00 Exercise
- 2:30 Music and Memory 1:1 Visits
- 4:00 Giant Crossword Puzzles
- 7:00 SHINE (Formal Parlor)

**Tuesday, June 27**
- 10:30 Morning Baking Group
- 11:00 Exercise Time!
- Visits with Charley the Dog
- 2:30 Small Art Group
- 3:30 Nutrition Corner: Food Fun Facts

**Wednesday, June 28**
- 10:30 Random Trivia
- 11:00 Exercise
- 2:30 Afternoon Men’s Exercise 1:1 Visits
- 3:30 Sudoku & Afternoon Social

**Thursday, June 29**
- 10:30 Stretching & Hydrations
- 11:30-1:30 Picnic Outing
- 2:30 Afternoon Snacks 1:1 Visits
- 4:00 BINGO

**Friday, June 30**
- 10:30 Service Project for Arlington Food Bank
- 11:15 Piano Music w/ Michael Calhoun
- 3:30 Small Art Group
- 3:30 Wine on Wheels

**Saturday, July 1**
- 10:30 Patriotic Word Games
- 11:00 Balloons Toss in Households
- 4:00 Sparkling Cider Treats

**Sunday, July 2**
- 10:30 Daily Chronicle
- 1:15 HCC Sunday Service
- 3:30 Puzzles & Games
### June 26 - July 2, 2017

#### MONDAY, JUNE 26
- Total Body, Fit. Ctr. & Aerobics 9:00 a.m.
- Aqua Jam and Tone, Pool, 10:00 a.m.
- Council Business Mtg., Top of the West, 10:00 a.m.
- **Open Studio**, 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: The Secret of Drawing**, Media Room, 1:00 p.m.
- **Scrabble**, Game Room, 2:00 p.m.
- Mexican Dominoes, Game Room, 7:00 p.m.
- Duplicate Bridge, Card Room, 7:00 p.m.
- **SHINE**, Formal Parlor, 7:00 p.m.

#### TUESDAY, JUNE 27
- Get Started, Fitness Center, 9:00 a.m.
- Water Balance, Pool, 10:00 a.m.
- **Ceramics**, Art Center, 10:00 a.m.
- Pilates Video, 10:00 a.m. - Canceled
- **Shopping Shuttle**, Departs at 11:30 a.m.
- Tai Chi, Aerobics Room, 11:30 a.m.
- **Open Studio**, Art Center, 1:00 p.m.
- Knit for Kids, Art Center, 1:30 p.m.
- Line Dance Class, Aerobics Room, 2:00 p.m.
- **Drawing**, Art Center, 2:00 p.m.
- **Matinee: Troy**, Media Room, 2:00 p.m.
- Wii Bowling, Aerobics Room, 3:00 p.m. - Canceled
- **Marketing Committee**, Board Room, 3:00 p.m.
- **Parkinson's Support Grp.**, Board Room, 4:00 p.m.
- Newcomers et al., Formal Parlor, 4:00 p.m.
- Poker Game, Game Room, 7:00 p.m.

#### WEDNESDAY, JUNE 28
- Total Body Express, Fitness Center, 8:15 a.m.
- Total Body, Fitness Center, 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.
- Nordic Walking, Fitness Ctr., 1:00 p.m.
- **Open Studio**, Art Center, 1:00 p.m.
- Goodwin House Players, Board Room, 1:30 p.m.
- Perspectives on the News, Smith Study, 2:00 p.m.
- **Great Courses**: Media Room, 3:00 p.m.

The deadline for the next issue of West Winds is **Monday, June 26**. Submit all articles by 12 noon via email at westwinds@goodwinhouse.org A list of events, meetings, and classes (with descriptions) can be found in “Coming Events & Calendars”