

WEST WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041- www.ghbcreidents.org

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EARTH MONTH IS HERE!

Please save the date for Monday, April 23, at 7:30 p.m., when the Green Team will bring two Earth Day Speakers to GHBC: Susan Stillman of the Virginia Chapter of the Sierra Club and Sophia Dupret, a student activist from Woodson High School. Susan advocates for clean, renewable energy, and Sophie has recently been trained by the Climate Reality Project and will be giving a presentation.

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GOODWIN HOUSE
BAILEY'S CROSSROADS

RUSSKIE MUSIKANTI BALALAIKA CONCERT



The Russkie Musikanti is an ensemble of the Washington Balalaika Society, the largest Russian folk orchestra in the United States. The ensemble wears traditional Russian costumes and performs on authentic Russian folk instruments bringing the music of Russia and Eastern Europe to the broader community.

This program will include a sampling of different styles of Russian and Eastern European music, including some music that was especially composed for these folk instruments. Enjoy music that reflects the vastness of Russia and Eastern Europe and the diversity of their people.

Join us for a special concert featuring this talented group on
Thursday, April 19, at 7:15 p.m. in the Auditorium.

HARMONY HERITAGE CONCERT

Enjoy an exciting concert with the Harmony Heritage Barbershop singers at 2:00 p.m. in the **Chapel of All Saints on Tuesday, April 17.**

Join this group of retired Military Veterans for a concert featuring rich harmonies in the barbershop tradition!





UPCOMING TRIPS- PLEASE SIGN UP IN THE RESIDENT BUSINESS CENTER

Wednesday, April 18 - Two Trains Running at Arena Stage

Bus Departs at 11:00 a.m. \$49 Charge to resident accounts to cover ticket costs and transportation fee. It's 1969 and the Civil Rights Movement is sending tremors through Pittsburgh's Hill District. At the center of the community is Memphis Lee's diner, slated to be demolished — a casualty of the city's renovation project. Confronted with a rapidly changing world, Memphis and his regular customers struggle to maintain their solidarity and sense of pride. From Pulitzer Prize-winning playwright August Wilson comes this masterpiece about everyday lives in the shadow of great events, and of unsung citizens who are anything but ordinary. "Mr. Wilson's most adventurous and honest attempt to reveal the intimate heart of history.

HARVEY AT ALEXANDRIA LITTLE THEATRE

Imaginary friends can be whoever — or whatever — you want them to be, even a six and a half-foot tall rabbit. When Elwood starts introducing his imaginary rabbit friend, Harvey, to guests at a party, his sister can no longer tolerate his inebriated antics and worries about her family being exposed to this imaginary rabbit. However, after years of living with Elwood (and Harvey), she begins to start seeing him herself. Join us for this free show on **Thursday, April 19. The bus departs at 7:00 p.m. \$6 Transportation fee.**

OPERA ENCORE!

Unfortunately, we've had to cancel the trip on Monday, April 16, to enjoy Verdi's "Luisa Miller". That is the same day the bus is committed to a matinee performance of "Two Trains Running" at the Arena Stage. We are looking forward to **Wednesday, May 2**, for Massinet's "Cendrillon" (the fairy story of Cinderella). Enjoy the Metropolitan Opera's matinee performance broadcast in high definition and shown at a local theater. The show starts at 1:00 p.m., and the bus will leave here promptly at noon. We plan to buy tickets in advance, so it is important that we have a good idea of interest in this event. **The sign-up sheet will be posted on Monday, April 16.**

SAVE THE DATE: FOR AN IMPORTANT TALK ON LATIN AMERICA

On **Wednesday, May 2, at 7:30 p.m. in the Auditorium**, Ambassador Alec Watson will speak on the situation in several Latin American countries and be prepared to answer your questions on others. Ambassador Watson spent most of his career in Latin America, including serving as ambassador to Peru, and culminated his distinguished career as Asst. Secretary of State for Inter-American Affairs. Please join us for this important discussion.

The deadline for the next issue of West Winds is **Tuesday, April 17**. Submit all articles by 12 noon via email at westwinds@goodwinhouse.org

ARE YOU READY TO PLAY THE HELLO GAME?

Join us on Wednesday, April 18, at 2:00 p.m. in Top of the West to play the Hello game. The Hello game is a lighthearted way of talking about what's important to you and how advance directives can help you make choices if you are seriously ill. Participants sit in small groups with a deck of cards that initiate conversation. We've played it once here at GHBC and all agreed it's a fun way to talk about advance directives. This program is sponsored and led by the GHBC social work and palliative care teams. Come join us – there's a lot of laughter and surprising conversation! RSVP by calling 703-578-7108.

CHAPEL AND SPIRITUAL LIFE UPDATES

Sundays at GHBC- we have at least five religious services onsite each Sunday

- 10:00 a.m. Catholic communion service and discussion in the Top of the West, followed by social in the Bistro
- 10:30 a.m. Episcopal communion service in the Chapel of All Saints (with music and occasional choir)
- 11:15 a.m. Unitarian service in the Board Room, with coffee social from 10:45-11:15 a.m.
- 1:15 p.m. Abbreviated Episcopal communion service in the Health Care Center (2nd floor) Community Room (with music)
- 7:30 p.m. Compline service in the Chapel of All Saints (with scriptures, prayers and music)

Don't forget the coffee social every Sunday for all persons, regardless of faith. 9:45 a.m. to 10:25 a.m. Sundays, in the Formal Parlor, for all residents and guests

The Chapel of All Saints Choir practices at 10:00 to 10:25 a.m. on Sundays. The Choir currently is practicing an anthem for Pentecost (Sunday, May 20). If you can attend most weekly practices services at 10 and can attend Chapel service when the Choir is scheduled to sing, please join us. All voices are welcomed.

Want to learn more about the Episcopal Church or have questions about the Episcopal Church? If so, join the Inquirer's Group for its monthly discussions. Next meeting is Monday, April 23, 3:00-4:00 p.m. in the Smith Study.

Chapel and Chaplaincy Volunteers are needed! Volunteers are needed to help with Chapel set up/clean up, read, lead the written prayers at any of the services, assist residents with transport to or from services, make reminder phone calls for events, fold or stuff handouts for services or special events, and ushering for regular and special services. For more information, contact Chaplain Theresa Brion at x7224 or tbrion@goodwinhouse.org (or stop by her office).

Reminder: Whether new to GHBC or rather not-so-new, Chaplain Theresa likes to get to know the various members of the GHBC community, including residents, staff, and family members. Give her a call, shoot her an email or just stop by her office in the Pointe if you wish to talk or discuss a joy or a concern. She looks forward to the opportunity to get to know more of you better.

Residents volunteer to be mentioned or featured in this publication. Any resident who prefers not to be mentioned may notify Tiffany Proctor at Ext. 7222 or tproctor@goodwinhouse.org

COMMUNITY CORNER



It's clearly the time of year for recognizing local talent! We have complimented the Spring Fling participants. Once again it's time to compliment and thank the Flower Arrangement Committee for all of the joy and beauty they bring into our lives. Every day we witness beautiful arrangements on our first floor reception and lobby areas. During the winter we saw and breathed in the aroma of fresh pines and the beauty of red, gold and silver...the bright colors of the season. In April, Sarah Eastman and her family and crew, brought us Mrs. Cottontail and her son Peter in their home surroundings...trees and flowers, shrubs and Easter eggs, candy lanes and real moss under foot. Nothing artificial! All visitors, especially the children, were in awe of these exhibits...one in the Rotunda and one in the main entrance lobby. Fred Morhart did his usual lovely elevator arrangement featuring one of his frog friends as greeter.

Throughout the year, each Friday the Flower Arrangement Committee distributes their creations to eleven or twelve placements on the first floor and one to the Assisted Living floor. Other members of the committee along with Sarah and Fred are Haruko Adkins, Michiko Anderson, Jennie Boyd, Marcie Mosher, Sally Recinos, Lucy-Lee Reed, and Barbara Rissmeyer. Our heartfelt thanks are also extended to the 26 resident volunteers who make it possible for these lovely arrangements to receive water every day. What a team they are! What a beautiful setting we have in which to entertain family and friends in the welcoming areas of our home!

Dottie Moser, Resident

FROM THE ART CENTER

Reminder: The artist talk and reception for the current exhibition in Crossroads Gallery by John Bryans takes place Sunday, April 15, 2:00 p.m. – 4:00 p.m. in the Atrium.

Monday, April 16

10:00 a.m. Spring Painting – This week is all about painting and the spirit of spring! Using acrylic paint, watercolors, canvas, and paper create paintings based on the beauty and splendor of the spring season. Flowers, cherry blossoms, and pastoral settings are just a few of the subject matters to choose from!

1:00 p.m. – Art Film – John Singer Sargent – Sargent (1856-1925) was an American artist, considered the leading portrait painter of his generation. He created roughly 900 oil paintings and more than 2,000 watercolors. His work documents worldwide travel from Venice to the Tyrol, Corfu, the Middle East, Montana, Maine, and Florida.

Tuesday, April 17

10:00 a.m. – Ceramics – This class is an ongoing class for residents to create their own ceramic pieces or continue to work on their pieces from the Saturday afternoon class.

1:00 p.m. – Spring Painting – If the weather is nice, we will work outside on the Atrium patio! Continue to create lush spring paintings in impressionist styles or use more minimal gestural brushstrokes.

Wednesday, April 18

10:00 a.m. – Jewelry Making - Resident jewelry artist Sandy Bohannon will teach you how to design and construct a beautiful piece of jewelry!

1:00 p.m. – Spring Painting – Critique paintings we have completed during the week and examine similarities and differences inherent in each work. In addition, examine some of the master spring paintings of Monet and Renoir!

Thursday, April 19

1:00 p.m. – Blind Gesture Drawing– This drawing technique is when the artist looks at the subject matter he or she is drawing but does not look down at the paper. It is a fun exercise, and it frees the mind from the idea of perfection.

2:00 p.m. Woodcarving – Master woodcarvers Joel and Mike are back to teach you everything you want to know about woodcarving! This class is open to all skill levels.

Friday, April 20

9:45 a.m. – Pen and Ink Drawing – Using a variety of ink pens, create a drawing based on a flower still life!

Saturday, April 21

2:00 – 3:30 p.m. Ceramics – Instructor Amanda Shaw conducts this ongoing Saturday afternoon class. Learn different ceramic techniques and make a variety of imaginative clay creations!

NOTES FOR THE WEEK

West Winds Out Loud: At this time, the West Winds Out-Loud Program is currently on hold. I would like to thank all of the volunteers who dedicated their time for this project. Please contact the Volunteer Coordinator, Greta Christ, at Ext. 7671 if are interested in having the West Winds read to you.

Line Dance resuming Tuesday, April 17- Stay fit, mentally alert, and make new friends with line dance. To check out this most delightful form of exercise, come to the Aerobics Room from 2:00 to 3:00 p.m. on Tuesday and Thursday afternoons. Make new friends as you add a musical dimension to your fitness life. Everyone is welcome and no dance experience required. Please join us on beginning on Tuesday, April 17

The WhatNot Shop will be open on Thursday, April 19, to receive your generous donations between 10:00 and 11:30 a.m. Please mark your calendar that the WhatNot Shop will be closed the next donation day Thursday, May 3, to take inventory. We will not accept donations that day. The WhatNot Shop will be open for sales on Thursday, April 26, 12:30 – 3:00 p.m. If you have any questions, please contact Jamie Blake at Ext. 7209.

"I remember, I remember. . ." Everyone has a story - or two or three! Some GHBC residents gather in the Smith Study for a **Memoirs Group** every Monday morning at 11:00 a.m. All residents are welcome. Join the group, share your stories and vignettes, or just listen. Others' memories may stir you to write yours. Your grandchildren will be grateful.

Massage Therapist: You may not know that GHBC has massage therapy available in a comfortable private setting near the wellness clinic. Linda Nesbitt, CMT, provides therapeutic massage by appointment. The benefits of massage are numerous, and include increased circulation, improved sleep, stress reduction and relaxation. Linda can be reached at lindan133@gmail.com or 703-201-5194.

UPCOMING FILMS

TUESDAY DOCUMENTARY- CANCELED- We invite you to attend the Harmony Heritage concert in the Chapel at 2:00 p.m.

WEDNESDAY GREAT COURSES- NATIONAL PARKS-From Yellowstone's bubbling, steaming landscape to the great slabs of granite along Acadia's shores, each park contributes its own chapter to the story of Earth. Our national parks offer profound lessons for anyone who loves history, geology, and nature. This course provides in-depth insights, intriguing perspectives, and riveting little-known facts about these treasured places that you won't find simply by driving through them. Episodes 3 (Jackson Hole) and 4 (Hawaii Volcanos). **Wednesday, April 18, at 3:00 p.m. in the Media Room. 1 hr.**

SATURDAY EVENING MOVIE- THE PRINCESS BRIDE

Blending comedy, adventure, romance and fantasy, this cult classic follows peasant farmhand Westley as he battles three bumbling outlaws and a nefarious prince to win the hand of his one true love, a young woman named Buttercup. **Saturday, April 21, at 7:15 p.m. in the Auditorium (1987) 1 hour 35min. Rated PG.**

ASSISTED LIVING PROGRAMS

Monday, April 16

10:30 Exercise with Ellen
 11:15 Chaplain Visits
 12:30 Table Conversation Starters
 2:00 Movie and Popcorn
 3:00 Coffee with Friends
 7:00 SHINE

Tuesday, April 17

10:45 Chair exercise with Brittany
 11:30 AL Resident Meeting with Ruth Reagan
 2:00 Stay Busy Cart: Puzzles, Trivia, Crosswords, Art (AL Community Room)
 2:00 Meatball tasting and facts
 3:30 Resident Choice

Wednesday, April 18

10:45 Exercise with Brittany
 1:30 GH Players (BR)
 2:00 Bingo
 2:00 Perspectives on the News (SS)
 2:30 Relaxation and stretching with Andrea
 4:00 Music with Bob and Anne

Thursday, April 19

8:30 Brunch in the Bistro
 10:45 Chair exercise with Leslie
 2:00 1:1 Art with Kim and Amanda
 3:00 Cappuccino
 4:45 Piano with Dot

Friday, April 20

10:30 Service Project for Arlington Bank (HCC)
 10:45 Chair exercise with Leslie
 2:00 Art with Anthony
 3:00 Wine & Netflix Movie
 3:00 Poetry with Sharon Ewing

Saturday, April 21

11:00 Stay Busy Cart: Puzzles, Trivia, Crosswords, Art (AL Community Room)
 1:00 Saturday at the Opera (MR)
 2:00 Afternoon exercise
 3:00 Afternoon movie
 7:15 Movie: Princess Bride (AUD)

Sunday, April 22

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)

HEALTH CARE CENTER

PROGRAMS

Monday, April 16

10:00 Kreeger Museum Outing
 10:30 Bible Study
 11:00 Stretch & Tone
 11:30 Trivia of the Day
 2:30 Small Art Group
 3:00 Coffee w/ Friends (AL)
 3:30 Giant Crossword Puzzle

Tuesday, April 17

9:30 Coffee & Conversation
 10:30- 12:00 Bingo, Talent Show & Pizza Party
 w/ St. Stephen's & St. Agnes' Students
 2:30 Resident's Choice
 3:30 Cher's Action Station

Wednesday, April 18

10:30-11:30 Morning Art Therapy Group
 10:30 Sensory Stimulation Group
 12:30 Men's Luncheon Group (HCC CR)
 2:30 Friendly's 1:1 Visits
 3:30 Meditation Group
 4:00 Snacks & Chat

Thursday, April 19

8:30 Breakfast Group in the Bistro
 10:15-11:30 Art w/ Anthony
 11:30 Chicken Soup for the Soul Stories
 2:30 Chef's Delight
 4:00 Sing-a-Long w/ Hank Lewis

Friday, April 20

10:30 Food for Others Service Project
 11:15 Piano Music w/ Michael Calhoun!
 3:30 Wine on Wheels
 4:00 April's Birthday Celebration

Saturday, April 21

10:30 PAL Pet Visiting Group
 11:00 Chair Exercise
 3:30 Titanic Word Game & Trivia

Sunday, April 22

10:30 Daily Chronicles
 11:15 Coffee & West Winds Out Loud
 1:15 HCC Sunday Service

April 16 - April 22, 2018

MONDAY, APRIL 16

Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
Spring Painting, Art Center, 10:00 a.m.
 Council Business Meeting, Top of the West, 10:00 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
 Chair Yoga, Aerobics Room, 10:00 a.m.
 Memoirs, Smith Study, 11:00 a.m.
Ageless Grace \$\$, Aerobics Room, 11:15 a.m.
 Chair Fit, Fitness Center, 11:30 a.m.
Art Film- Sargent, Media Room, 1:00 p.m.
Scrabble, Game Room, 2:00 p.m.
Movie Committee, Top of the West, 2:30 p.m.
Trips Com., Top of the West, 3:30 p.m.
SeniorQuest Series, Auditorium, 3:30 p.m.
 Mexican Dominoes, Game Room, 7:00 p.m.
 Duplicate Bridge, Card Room, 7:00 p.m.

TUESDAY, APRIL 17

Get Started, Fitness Center, 9:00 a.m.
SAIL, Fitness Center 10:00 a.m.- Must Register
 Water Balance, Pool, 10:00 a.m.
Ceramics, 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.
Spring Painting, Art Center, 1:00 p.m.
 Knit for Kids, Art Center, 1:30 p.m.
 Line Dance Class, Aerobics Room, 2:00 p.m.
Harmony Heritage Concert, Chapel., 2:00 p.m.
Matinee: Media Room, 2:00 p.m. - Canceled
 Wii Bowling, Aerobics Room, 3:00 p.m.
Newcomers et al., Formal Parlor, 4:00 p.m.
 Poker Game, Game Room, 7:00 p.m.

WEDNESDAY, APRIL 18

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.
Jewelry Making, Art Center, 10:00 a.m.
 Holy Eucharist, Chapel, 10:00 a.m.
 H2O Fitness, Pool, 10:00 a.m.
 Finance Com. Meeting, Staff Conf. Room, 10:00 a.m.
 Contemplative Worship, Smith Study, 11:00 a.m.
Arena Stage Trip, Departs at 11:00 a.m.
Goodwin Players, Formal Parlor, 1:30 p.m.
 Perspectives on the News, Smith Study, 2:00 p.m.
 Advance Directives Hello Game,
 Top of the West, 2:00 p.m.
Spring Painting Art Center, 1:00 p.m.
Great Courses: National Parks, Med. Room, 3:00 p.m.

THURSDAY, APRIL 19

Get Started, Fitness Center, 9:00 a.m.
SAIL Class, Fitness Center, 10:00 a.m. - **Must Register**
 Pilates, Aerobics Room, 10:00 a.m.
WhatNot Shop, Donations, 10:00 a.m.-11:30 a.m.
 Chair Fit, Fitness Center, 11:30 a.m.
 Rosary Group, Chapel, 12:30 p.m.
Blind Gesture Drawing, Art Center, 1:00 p.m.
 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.
Town Hall Meeting, Auditorium, 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.
Little Theatre Trip, Bus Departs at 7:00 p.m.
Balalaika Concert, Auditorium, 7:15 p.m.

FRIDAY, APRIL 20

Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
Pen and Ink Drawing, Art Center, 9:45 a.m.
 Aqua Jam and Tone, Pool, 10:00 a.m.
Ageless Grace \$\$, Aerobics Room, 10:00 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.
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, APRIL 21

Croquet, Front Yard, 11:00 a.m.
Ceramics, Art Center, 2:00 p.m.
Opera Afternoon, Media Room, 1:00 p.m.
 Rummikub! Game Room, 2:00 p.m.
Movie: The Princess Bride, Auditorium, 7:15 p.m.

SUNDAY, APRIL 22

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.

**Join us for a Town Hall meeting with Executive Director, Justin Carwile
 on Thursday, April 19, at 2:00 p.m. in the Auditorium**