

WEST WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

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

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What are you feeding your Brain?

Join us **Wednesday, October 23**, in the Auditorium at 4:00 p.m. to hear renowned scientist, educator, and speaker Dr. James Giordano, Professor of Neurology and Biochemistry at Georgetown Medical Center.

Please RSVP at Ext. 7257 for a Four-Course Dinner in Fireside from 5:30 - 7:30 p.m. with Dr. Giordano, Chef Allyson and Dietitian Alison Liggett, who will share remarks between courses \$60.00 per person, which



Townhall

Join us for our upcoming Town Hall Meeting with Executive Director, Justin Carwile, Thursday, October 24 at 2:00 p.m. in the Auditorium. All are encouraged and

GOODWIN HOUSE
BAILEY'S CROSSROADS



Goodwin House Foundation Announces James M. Miller Memorial Matching Challenge Grant

GOODWIN HOUSE
FOUNDATION

In memory of Jim Miller's honorable life as a soldier and a loving husband, and in appreciation of the health and hospice care he received at GHBC, Judith Miller has generously offered to match all new and increased gifts of \$1,000 and above until the end of March 2020, up to \$100,000.

Every qualified gift will be matched dollar for dollar. Judith's hope is to encourage others to give at the Leadership level. Please consider making a new gift of \$1,000 to this year's annual appeal, or increasing your gift from last year to \$1,000 or more.

We are profoundly grateful to Judith for her incredible generosity, and

COMMUNITY NEWS AND UPDATES

FROM DINING SERVICES

- BISTRO Kiosk for To-Go Orders will go live on Monday, October 21.
- Dining Services is currently working on the Holiday Booklet as well as the Holiday Menus. Reservations can be made two weeks prior to the event.
- Don't forget to call Chef Allyson at Ext. 7118 to schedule a kitchen tour.

MESSAGE FROM THE CLINIC:

If you are sent out to the hospital and need assistance when you are returning, please contact the Reception Desk. They will notify the Nursing Supervisor so she will be available to assist you when you return. If you do not require any assistance from the Nursing Supervisor, please call or stop by the Reception Desk when

COOKIES FOR PRISONERS!

Sponsored by Kairos International

Homemade cookies are a tangible expression of Christian love and are used on a Kairos weekend to demonstrate that God's love is everlasting for everyone, including those in prison. This year, Kairos asks each team member for 30 dozen cookies for a four-day weekend. GHBC cookies have been "certified" as homemade; thus, cookies made at GHBC are acceptable and may be purchased (by the half-dozen or dozen) using your Dining Dollars. Cookies are not acceptable from any other store. Home-made cookies are preferred, but purchasing cookies at the Market Place is acceptable. Directions for baking are posted in the Mail Room. Your home-made baked cookies may be left at the Reception Desk by **MONDAY, OCTOBER 28, 2019**. Cookies should be packed in zip-locked plastic bags by the half dozen or dozen. Call Nancy Randolph at Ext. 7565 for questions. Thank you for supporting this project of the Resident

VETERANS DAY BREAKFAST

The annual Veterans' Day Breakfast will be held in the Jefferson Dining Room on **Tuesday, November 12**. Veterans, veterans' wives, and widows of veterans are invited. Reservations are required for this event, and Reservation forms will be sent to known veterans, wives, and widows next week. Check your mailbox!

COMMUNITY CORNER

It seems whatever health resources you are exposed to, words of advice always include encouragement for senior citizens to exercise on a daily basis. Balance issues, for example, become a concern for most of us. The saying "use it or lose it", in our case, does not refer to money matters, it means "shake a leg" while you still can. And, wow, we are so fortunate to have such wonderful exercise equipment available to us 24/7...not to mention the programs provided by our fitness staff. We have an entire page in our weekly West Winds devoted to body health programs, giving us an opportunity to work on feet, arms, hips and other body parts that need to see some action. We are way beyond the childhood advice of "one finger, one thumb, keep moving". These days it's "one front foot, one bottom, keep moving". The amazing thing is that, once you get yourself down to the fitness center and/or pool to participate, you feel so good...maybe a little sore, but GOOD!

Sherry Compton, our Fitness Manager, deserves so much of our appreciation for putting together such a fantastic variety of exercise opportunities, and for her encouragement in such special programs as SAIL and the Senior Olympics in which we came home with 26 Gold medals and 6 Silver. Do you think we should start a cheerleading program?



AROUND THE COMMUNITY

NEW RESIDENT SPOTLIGHT

JANET HORWITZ



Janet moved from Mantua in Fairfax County into Pointe Apartment 773 on Friday, October 4.

Janet was born and raised in Marblehead, Massachusetts, and graduated from Marblehead High School in 1962. In 1966, she graduated from what was then called Connecticut College for Women, with a major in French Literature. She married her college sweetheart, Murray Horwitz (Yale '65), and taught French in a middle school in Cromwell, Connecticut, while he completed law school. When Murray accepted a job with the Department of Justice, they moved to Virginia. Janet stayed home to raise their two sons but returned to work later with Editorial Experts, where she edited documents for government clients. She next worked as vice-president for a small consulting firm managing research and development projects focused on publications and conferences. Her last job was perhaps her favorite -- a career shift from the private to the public sector to fight the war on drugs. She became a management analyst at DEA and coordinated the annual international drug enforcement conference involving senior law enforcement officials from more than 100 countries. She traveled extensively to set up and manage these conferences and, because her husband had retired, they often added vacations in the various locations.

In retirement, Janet has used her French to serve as a mentor to a young French-speaking mother with emotional needs. Janet also has volunteered on numerous activities and committees at the Jewish Community Center in Fairfax. Presently she enjoys two book clubs, foreign language movies, gardening,

REMEMBRANCE DAY 2019

Each year, 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 15, 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 their memory. **To submit the name of a family member, please contact Jamie Blake no later than Friday, November 1, at 703-578-7209.** If you would like your loved one's photo included in our slideshow presentation, please email it in .jpg format to jblake@goodwinhouse.org. The deadline for all photo submissions is Friday, November 1. Thank you for

EMPLOYEE GIFT FUND - Website Giving Page

Have you noticed that Giving has been added to the resources listed in the blue column on the left side of the website? The Employee Gift Fund is one of the options. If you missed the video shown at the October Community Meeting - or would like to see it again—you will find it at the top of the page for your viewing pleasure. More videos will be available there in November as the campaign unfolds. Just go to www.ghbcresidents.org.



AROUND THE COMMUNITY**ABSENTEE VOTER INFORMATION FOR ELECTION TUESDAY, NOVEMBER 5****ABSENTEE BALLOT APPLICATION DEADLINE****Request by mail, fax, email or online until 5:00 p.m. Tuesday, October 29, 2019**

Send completed applications to:

- Email: absenteeballot@fairfaxcounty.gov
- Fax: 703-324-3725

Online: elections.virginia.gov

Absentee ballots must be received by the Office of Elections on Election Day by 7:00 pm in order to be counted.

IN-PERSON EARLY VOTING**October 17 - November 2**

- Weekdays 3:00 to 7:00 p.m.
- Saturdays 9:00 a.m. to 5:00 p.m.

Mason Government Center, 6507 Columbia Pike, Annandale 22003

Need a ride to vote early in-person, weekday afternoons?

To arrange a mutually convenient day and time, CALL:

Anne Blacksten Ext. 3171

B.J. Harrick Ext. 3129

Anne Stewart Ext. 3114

**MEDICARE'S PART D PRESCRIPTION DRUG
OPEN ENROLLMENT**

Medicare plans can make changes every year to the list and cost of drugs covered (known as "formulary") by Medicare's Part D Prescription Drug Plans. During open enrollment, you can review various prescription drug plans and select the one best for you, given the specific drugs that you need to take.

The Health Committee will have two representatives from the Virginia Insurance Counseling and Assistance Program (VICAP) who are certified Medicare counselors at GHBC to meet with interested residents.

On Friday, October 25, beginning at 10:00 a.m. until 4:00 p.m. you can have a 45-minute confidential, private appointment with a VICAP counselor to review options, so you can decide whether to stay with your current plan OR change to one that is cheaper. You will need to bring a complete list of your prescriptions as well as your Medicare card.

Sign ups sheets are in the Resident Business Center. In the meantime, if you have questions, please contact Chris White at Ext. 7587 or email chriswww@aol.com.

NOTE: This program is for GHBC residents who do not have health insurance coverage through a prior employer. You do NOT need this counseling session if you have a Medicare Advantage program (such as Kaiser) or if you have a health and drug insurance through a military, teacher/educator, or a city,

AROUND THE COMMUNITY

GHBC LIBRARY

- New Books, DVDs and talking books. Please check out the long list of new items on the shelf in the Library sitting room.
 - Too many library DVDs have disappeared into residents' personal collections. Please check for these in your apartment and return them to the library for others to enjoy. They can be identified by the pocket
-

GREETING CARDS

Greeting Cards (wrapping paper, ribbons, etc) can be donated at the WhatNot Shop and to Veronica Priddy at Apt. 1028. All proceeds go to the Goodwin House Foundation. The next sale will be held in the Rotunda on

Reformation: Age of Mayhem**Liturgical, Sephardic, love songs and drinking songs of the 16th Century****Tuesday, October 22, at 7:15 p.m. in the Auditorium**

Join Burnett Thompson (Pianist) and Sam Debold (Bassist) for a night of music! The program is a powerful and irreverent look at mid-16th century history and culture via the music of the time. Medieval and Renaissance repertoire are complemented by Burnett's own compositions that reflect the visual arts, historical landmarks, and the stellar personages of that period. Burnett's music is always indebted to the avant-garde, jazz, baroque, classical, romantic, modern eras, as well as Chinese traditional music for ideas, style and energy.

Women in Transition Support Group

Are you a woman experiencing one of many life transitions (health, move, loss, etc.)? The confidential support group is interested in reaching out to other women who feel that they would find the mutual support helpful. If you are interested in exploring whether you might find this group helpful to you, please contact Chaplain Theresa Brion (Ext. 7224 or tbrion@goodwinhouse.org) for more information.

CONCERT BY THE ARIOSO CHORALE

Concert by the Arioso Chorale (part of the Friday Morning Music Club) at the Lutheran Church of the Reformation on Capitol Hill on **Friday, November 1, at 8:00 p.m., ending at 9:30 p.m.** The van will leave at 7:00 p.m. The program will include Bach's "*Magnificat*," Mendelssohn's "Psalm 115," and Schutz "*Die mit Tranen*." The sign-up sheet is in the Resident Business Center. Transportation fee is \$15.00. If you have any questions, please contact Jane Roningen at Ext. 3109.

CAREGIVERS SUPPORT GROUP

There will be a Caregivers Support Group meeting on **Friday, November 8, from 2:00 to 3:00 p.m.** This group is open to resident caregivers and provides an opportunity to privately share information and receive emotional support. Please contact Barbara Fornoff LCSW (Ext. 7225) to RSVP and to learn of the location

SAVE THE DATE

Foreign Affairs Speakers Series

On **Monday, October 28**, Anne Richard of Georgetown University's Institute for the Study of Global Migration and former Assistant Secretary of State for Population, Refugees and Migration, will speak about

GH

SENIOR QUEST FOR MEANING

*Inter-religious and humanistic
reflections on basic issues of human life*

The Spiritual Life Committee presents the next in this year's series of inter-religious and humanistic reflections on a topic basic to human life and meaning. As announced previously, the theme of the year is "Nurturing Our Spirits: Goodwin House in the Next Decade." Leadership and staff will describe how they see the mission statement of Goodwin House fostering and motivating them and encouraging Goodwin House to grow and develop over the next ten years. The second panel: "Wholistic Health" will feature our **GHBC Medical Director Dr. Miriatu Koroma-Nelson, Dietitian Alison Liggett, and Administrator of Assisted Living Jessica Peters**. They will discuss their spirituality/values and the ways in which Goodwin House's mission can enhance them and encourage them in new directions. **Bob Harris** will moderate the panel, **Monday, October 28, in the Auditorium at 3:30 p.m.**

LINCOLN'S SUMMER COTTAGE

During the Civil War, President Lincoln's family escaped the heat and humidity of Washington's summer by moving to what then was country – a cottage located on the large acreage of the Old Soldiers Home. The Home had been established back in 1811 to care for older and disabled veterans.

While Lincoln's family enjoyed the country, the President commuted each day to the White House. On **Thursday, November 7**, take a tour of the home and envision life as it was over 150 years ago, as our nation endured a most deadly war.



Rotary Club

Join the Bailey's Crossroads Rotary Club for breakfast **Friday, November 15, at 7:25 a.m.** as we welcome former Congressman and past Club President **Tom Davis** to share his expertise on politics and current affairs. Tom represented Virginia's 11th congressional district for five terms before leaving Congress in 2008.

From 2008-2018, he was a director of federal government affairs at Deloitte. He currently is the rector (head of the Board of Visitors) of George Mason University and a trustee of its Krasnow Institute for Advanced Study. In January 2019, he began work as a partner in the law firm Holland and Knight. Tom co-authored *The PARTISAN DIVIDE: Congress in Crisis* with Martin Frost, Richard E. Cohen, and David Eisenhower.

Please RSVP by Thursday, November 7, to bxrc_rsvp@yahoo.com or call Kay at 267 356-7119. Breakfast is \$10.00 per person. We look forward to seeing you there!

Goodwin residents are welcome to join us at our weekly Friday 0730 Rotary Club meetings. For more information, please visit Rotary Club of Bailey's Crossroads (www.bxrrotary.org) or contact **Otto**

HIGHLIGHTS AND FILMS

INTENSIVE BIBLE STUDY

The group that is studying the Gospel of Luke will meet **Monday, October 21, at 3:30 p.m. in the Top of the West.** Please read Chapter 14 and 15. We are in the section of Luke that has many parables, Chapter 15 is composed of three parables, including *The Prodigal Son*. Come and tell the group what you think about these parables.

TECHNOLOGY CLASS

#4. Managing Your Digital Life: Tips for an Easier Digital Life, Helpful Features for Seniors, Managing Passwords, Managing Your Email. **Tuesday, October 22, at 10:00 a.m. in the Board Room.**

DRINKS AND TRIVIA

Please join us every **Wednesday in the Formal Parlor from 4:30 - 5:30 p.m.** Head to the BC Lounge first to get your drink and then join for trivia.

WHATNOT SHOP

The **WhatNot Shop** will be open on **Thursday, October 24, from 12:00 - 3:00 p.m.** NOTE: Please don't just leave boxes, bags, or furniture without notifying Jamie Blake of your donations during nondonation times. All proceeds go to the Goodwin House Foundation.

SPIRITUAL COMPANIONS

Spiritual Companions will meet on **Thursday, October 24, at 3:30 p.m. in the Formal Parlor.** Read Chapter 2 of our text again and consider staying another 30 minutes after our regular meeting time for a short period of contemplation.

BINGO EVERY WEEK Come to the Top of the West on Wednesday evening at 7:00 p.m. We play 10 rounds of straight Bingo at ten cents a card. The final game is a "cover all spots" game for twenty-five cents

FILMS THIS WEEK

TUESDAY MOVIE – SHADOW VOICES - FINDING HOPE IN MENTAL ILLNESS- Presented as an inside look into the everyday existence of individuals and families dealing with mental illness, this program follows the lives of 10 people and their quest to further understand these issues. Experts in the field offer insightful perspectives, and bonus material adds historical background and provides help for families, churches and individuals who are either afflicted with a mental illness or supporting a mentally ill person. **Tuesday, October 22, 2:00 p.m. in the Media Room. 2005, NR, 58 minutes**

WEDNESDAY GREAT COURSES – UNDERSTANDING THE INVENTIONS THAT CHANGED THE WORLD: Episodes #29 & 30 - Household Appliances & Electronics and the Chip. **Wednesday, October 23, at 3:00 p.m. in the Media Room.**

SATURDAY MOVIE – BEST FOOT FORWARD: On a whim, starry-eyed cadet Bud Hooper (Tommy Dix) sends movie star Lucille Ball an invitation to the Winsocki Military Academy's annual dance. At the urging of her agent, Ball shows up for the date, getting Bud in some serious hot water when his girlfriend, Helen (Virginia Weidler), also attends the dance. This charming musical features the classic "The Three B's," performed by Nancy Walker, June Allyson and Gloria DeHaven. **Saturday, October 26, at 7:15 p.m. in**



LET'S GET FIT TOGETHER

Take a Walk with us to Bon Air Park!



Bon Air Park is located close to home in Arlington; it features a beautiful memorial rose garden that is often a chosen location for weddings. Enjoy the azalea, shade, sun and ornamental tree gardens. Master Gardeners of Arlington maintain sun and shade gardens to use as teaching tools for local gardeners. This expansive 24-acre park also includes playgrounds, basketball courts, picnic areas with charcoal grills, and a path.

This is an outside walk so the paths will be uneven, please wear gym shoes and comfortable clothes. We will be leaving on Thursday, October 24, at 10:00 a.m. from the main entrance.

MONDAY, OCTOBER 21

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

TUESDAY, OCTOBER 22

Stretch and Flex, Aerobics Room, 8:15 a.m.
 Get Started, Fitness Center, 9:00 a.m.
 Masters Fit, Aerobics Room, 9:00 a.m.
CANCELLED
 Aqua Yoga, 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 23

Total Body, Fitness Center, 9:00 a.m.
 Total Body, Aerobics Room, 9:00 a.m.
 Beginning Tai Chi, Aerobics Room, 10:00 a.m. \$\$\$
CANCELLED
 Water Aerobics, Pool, 10:00 a.m.

Chair Yoga, Aerobics Room, 11:30 a.m. **Must Register**

THURSDAY, OCTOBER 24

Stretch and Flex, Aerobics Room, 8:15 a.m.
 Get Started, Fitness Center, 9:00 a.m.
 Fitness Walk, Main Entrance, 10:00 a.m.
 Pilates, Aerobics Room, 10:00 a.m.
 Chair Fit, Fitness Center, 11:30 a.m.
 Line Dance, Aerobics Room, 2:00 p.m.
CANCELLED

FRIDAY, OCTOBER 25

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.

SATURDAY, OCTOBER 26

Total Body Video, Aerobics Room, 9:00 a.m.

NOTE: Every Thursday, the Jacuzzi will be closed at 2:00 p.m. for cleaning. We apologize for this inconvenience and ask that you enjoy the Jacuzzi on other days and times listed on the schedule.

***All participants must shower before entering the**

INSIDE THE ART CENTER

- **Special Announcement – Flower Arrangement Workshop** – Our flower arrangers are offering a one-on-one tutorial on **Wednesday, October 23, in the Art Center**. The flowers will be provided. Bring in your own vase, and an arranger will be your coach. You take the arrangement home with you. **There are eight slots available at 1:30 p.m. and at 2:30 p.m.** The \$5.00 fee is due when you sign-up in the Art Center.
- **Reminder – Resident Art Exhibition** – The next Resident Art Exhibition takes place on November 4, 2019 – January 6, 2020. Residents are eligible to submit up to two original works of art which have not been previously shown in Crossroads Gallery. All work must be submitted on Monday, November 4, 9:00 – 11:00 a.m. **If this date does not work for you, please contact Art Center Coordinator, Anthony Brock to schedule an alternative drop off time.**

Monday, October 21

10:00 a.m. – Drawing Exercises – Our brain is like our body. It needs exercise to stay in shape. Today's class will be a series of fun, quick, and exciting drawing exercises to enliven our brain and spark our imagination.

1:00 p.m. – Art Film – The Italian Renaissance – In this *Great Courses* lecture series, Professor Kenneth Bartlett covers the entire history of the Renaissance. Today's lectures are *Venic – The Most Serene Republic, and Renaissance Venice*.

Tuesday, October 22

10:00 a.m. – Ceramics – Hand Building with Clay – Continue to work on your projects from Saturday's class or start a new project using clay.

1:00 p.m. – Ink Brush Painting – Artist Resident Frank Spink has studied and practiced Chinese Brush Painting for over forty years and will teach you basic techniques of this ancient art form that dates back to 4000 B.C.! Come relax and learn the beauty of ink brush painting.

Wednesday, October 23

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. This class is for beginners and advanced jewelry makers.

1:30 p.m. and 2:30 p.m. – Flower Arrangement Workshop – (See Description above for details.)

Thursday, October 24

2:00 p.m. – Woodcarving – Master woodcarving instructors Joel and Mike teach basic and advanced woodcarving techniques. If you have a favorite animal that you would like to create from wood, Joel and Mike will show you how fun and easy it is.

Friday, October 25

10:00 a.m. – Drawing with Colored Pencils – Using a still life or photograph, create a colored pencil drawing.

1:00 p.m. – Art Talk – Art And The Imagination – Today's talk will examine the nature of the human imagination and the different ways artists have used or not used their imaginations in their art work.

Saturday, October 26

ASSISTED LIVING PROGRAMS

Monday, October 21

10:45 – Exercise w/ Joanne
 11:15 – Service Project: Bagged Lunches
 2:45 – Watercolor Spider Web
 4:00 – Netflix & Snacks

Tuesday, October 22

10:45 – Exercise with Joanne
 3:30 – Birthday Party for October
 4:00 – Music w/ Bob Clark

Wednesday, October 23

10:45 – Exercise w/ Ellen
 2:00 – Music w/ Alan Frey
 2:30 – Rummikub!
 4:00 – Music w/ Bob & Anne

Thursday, October 24

8:30 – Bistro Breakfast Bunch
 10:45 – Exercise w/ Ellen
 2:00 – Thankful Thursdays: Letters to Military Personnel
 3:30 – Catholic Mass (CH)
 4:00 – Piano w/ Dot

Friday, October 25

10:30 – Service Project for the Arlington Food Bank (HCC)
 10:30 – Piano w/ Michael Calhoun
 10:45 – Exercise with Joanne
 1:00 – Therapeutic Horse Outing
 4:00 – Travelogue: Bahamas

Saturday, October 26

11:00 – Chair One Fitness
 2:00 – Creation Station
 3:30 – Afternoon Snack & Chat
 7:00 – Movie: *Best Foot Forward* (AUD)

Sunday, October 27

10:00 – Catholic Communion (TOW)
 10:30 – Holy Eucharist (CH)

*A complete list of daily events, meetings,
 and
 classes (with descriptions) can be found on
 “Today’s Events” at*

HEALTH CARE CENTER PROGRAMS

Monday, October 21

10:30 Devotional Discussion
 11:00 Lean & Mean Fitness Monday
 11:30 Nobel Prize Day
 2:30 Resident’s Choice
3:45 Violin & Cello Music w/ the Tate Family

Tuesday, October 22

10:30 Ghost Categories Game
 11:00 Staying Fit Exercise
11:30 HCC Resident Council Meeting
 2:00 Outdoor Strolls
3:30 Nutrition Corner w/ Ali
**7:15 Burnett Thompson Concert -
 Auditorium**

Wednesday, October 23

9:30 Coffee & Conversation
 10:30 Short But Sweet Word Game
 11:00 Chair Fitness!
 11:30 Double “O” Day
 2:00 Library/Art Gallery Visit
 3:30 Afternoon Snacks: Thai Chicken Spring Rolls & Creative Coloring

Thursday, October 24

8:30 Breakfast Group in the Bistro
 9:30 Coffee & Chat
10:30-11:30 Creative Art w/ Anthony
 11:30 Did You Know?
 2:30 Cappuccino on Wheels
 3:30 *Catholic Mass in Chapel*
3:30 Autumn Beer Tasting

Friday, October 25

10:30 Others Service Project for the Arlington Food Bank
11:15 Piano Music w/ Michael Calhoun
1:30 Therapeutic Horse Program Outing
 4:00 Wine on Wheels

Saturday, October 26

10:30-11:30 Piano Music w/ Emily
 11:30 Hydrations & Story Time
 4:00 Make Your Own Snacks

Sunday, October 27

10:00 Joel Osteen Ch.5



October 21 - October 27

Drawing with
Colored Pencils,

MONDAY, OCTOBER 21

Resident Council Business Meeting, TOW, 10:00 a.m.
Drawing Exercises, Art Center, 10:00 a.m.
Memoirs, Smith Study, 11:00 a.m.
Art Film, Media Center, 1:00 p.m.
Scrabble, Game Room, 2:00 p.m.
Movie Committee, Board Room, 2:30 p.m.
Trips and Outings Committee, Board Room, 3:30 p.m.
Intensive Bible Study, TOW, 3:30 p.m.
Mexican Dominoes, Game Room, 7:00 p.m.
Duplicate Bridge, Card Room, 7:00 p.m.

TUESDAY, OCTOBER 22

Ceramics - Clay, Art Center, 10:00 a.m.
Technology Class #4, Board Room, 10:00 a.m.
Shopping Shuttle, Departs at 11:30 a.m.
Ink Brush Painting, Art Center, 1:00 p.m.
Knit for Kids, Art Center, 1:30 p.m.
Matinee: Shadow Voices, Media Room, 2:00 p.m.
Marketing Committee, Board Room, 3:00 p.m.
Newcomers et al., Formal Parlor, 4:00 p.m.
Bridge, Card Room, 7:00 p.m.
Poker, Game Room, 7:00 p.m.
Burnett Thompson Concert, AUD, 7:15 p.m.

WEDNESDAY, OCTOBER 23

Holy Eucharist, Chapel, 10:00 a.m.
Jewelry Making, Art Center, 10:00 a.m.
Patti's Pretties, Atrium, 10:00 a.m.
Contemplative Worship, Smith Study, 11:00 a.m.
Flower Arrangement Workshop, Art Center 1:30 & 2:30 p.m.
Perspectives on the News, Smith Study, 2:00 p.m.
Great Courses: Inventions, Media Room, 3:00 p.m.
Diet and Brain Health Lecture, AUD, 4:00 p.m.
Drinks and Trivia, Formal Parlor, 4:30 p.m.
Bridge, Card Room, 7:00 p.m.
BINGO, TOW, 7:00 p.m.

THURSDAY, OCTOBER 24

WhatNot Shop, OPEN, 12:30 – 3:00 p.m.
Town Hall, AUD, 2:00 p.m.
Rummikub!, Game Room, 2:00 p.m.
Woodcarving, Art Center, 2:00 p.m.
Catholic Mass, Chapel, 3:30 p.m.
Spiritual Companions, Formal Parlor, 3:30 p.m.
Contemplative Worship, Chapel, 4:30 p.m.
Scrabble, TOW, 7:00 p.m.
Duplicate Bridge, Card Room, 7:00 p.m.

FRIDAY, OCTOBER 25

Art Center, 10:00 a.m.
Jewelry Repair Clinic, Atrium, 10:00 a.m.
Mah Jongg, Card Room, 11:00 a.m.

FRIDAY, OCTOBER 25...continued

Giant Shuttle, Departs at 11:30 a.m.
Art Talk, Art Center, 1:00 p.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, 7:00 p.m.

SATURDAY, OCTOBER 26

Ceramics, Art Center, 10:00 a.m. **CANCELLED**
Croquet, Front Lawn, 10:00 a.m.
Opera Afternoon: Media Room, 1:00 p.m.
Bridge, Card Room, 2:00 p.m.
Rummikub!, Game Room, 2:00 p.m.
Movie: Best Foot Forward, AUD, 7:15 p.m.

SUNDAY, OCTOBER 27

Holiday Bazaar—December 12

At this event there will be a wonderful array of Christmas and Holiday decorations, gifts, and treasures galore! Plan now to be there!

Watch for a chance to sign up to help that day and the day before for set up.

BREAKING NEWS!! Special chance to help AND get a sneak peek at treasures – Silver Polishing dates: Monday, 21 October 21, 2:00 to 3:00 p.m., and Wednesday, November 6, 2:00



Computer Assistance

Since many residents call me asking for computer help instead of scheduling in the Resident Business Center, I will remove my schedule. The best way to contact me is to call me. Please call me at any reasonable time at either of these two numbers:

Cell: 703 980-3420

Apartment: 703 578-7594

The deadline for the next issue of West Winds is
Tuesday, October 22