

WEST WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

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

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GOODWIN HOUSE
BAILEY'S CROSSROADS



IT'S KICK-OFF TIME

FOR THE 2020 EMPLOYEE GIFT FUND

This year's theme is A Blizzard of Giving and our goal is \$400,000. If we all pitch in, together we can make it a true Blizzard of Giving to thank the GHBC staff for their extraordinary service in this pandemic year.

Friday, October 30: Stop by the Rotunda between 10:00 a.m. and 6:00 p.m. where Gift Fund Ambassadors are passing out snowflakes and answering questions about the 2020 campaign. Please take a snowflake and wear it on your badge or rollator to show your support for our amazing employees. After Friday, help yourself to snowflakes in the bowl by the Employee Gift Fund box in the Mailroom.

Monday, November 2: At 10:00 a.m., tune in to the Community Meeting on Channel 2, where residents Rita Siebenaler, Bob Harris and Madeline Jervis will share their moving stories about the GHBC staff. Don't miss these testimonials to the love and commitment that GHBC employees bring to their jobs. If you can't catch the program on Channel 2, a link to the program will be posted on the resident website, www.ghbcresidents.org.

LOOKING FOR CANDIDATES FOR 2019 RESIDENT COUNCIL ELECTION

Would you like to make a difference at GHBC? If so, run for the upcoming 2020-2021 Resident Council Election. We are looking for candidates to fill six open positions. Since a variety of experiences is important, we welcome newcomers as well as residents who have lived here for several years. Your key role will be to serve as a communication link among residents and between residents and management. If you have a strong interest and would like to see it happen at GHBC, do run for the GHBC Resident Council. Yellow nomination forms are in all elevator lobbies. Completed forms should be placed in the orange notebook in the Resident Business Center by 12:00 p.m. on Monday, November 16.

~Joan Lewis

COMMUNITY NEWS AND UPDATES

LAST CALL FOR EARLY VOTING

Mail-in Absentee ballots MUST be post marked on or before **Tuesday, November 3**, and received at the Office of Elections by **Thursday, November 6**.

Need help packaging mail-in ballots?

GHBC election aides in the Rotunda

- **Tuesday, October 27, from 9:00 - 11:00 a.m.**
- **Thursday, October 29, from 3:00 - 5:00 p.m.**

Use black or blue pens. No witness signatures required



Drop box and Walk-in early voting at Mason Governmental Center

- **Monday, October 26-30, from 1:00 - 7:00 p.m.**
- **Saturday, October 31, from 9:00 a.m. - 5:00 p.m.**

Silver Panther Huddle Shuttle WEEKDAYS ONLY, leaving from the main entrance at 1:00 pm

Please sign up in advance in the Resident Business Center.

To vote in person you will need an ID. No ID required to put ballot in drop box.

Questions? Call: BJ Harrick at Ext. 3129.

You must deliver your voted ballot yourself.

It is illegal to take someone else's or have them take yours.

Questions or need assistance? Call: Jean Bacon at Ext 7458; Don Gurney at Ext. 3119; and Margaret Sullivan at Ext. 7612.

COMMUNITY CORNER

Perhaps you have heard people mention a Falls Church Airport and wondered what that was all about. You may even have been around when it was providing a "Flying Circus". The chances are, you never flew in or out of it!

This Airport was a pair of unpaved landing strips. It was licensed for business in July, 1945, but was not open for business until 1946 with a single grass runway of 2,650 feet long , considered "hazardous after rains". The airport was built on an area known then as "Eisenhower's Farm" and located two miles southeast of Falls Church . . . a place we call the Baileys Crossroads area. By 1951, a smaller crosswind airstrip was added. The airport was used for general aviation (small prop planes), civil defense, medical transportation, and air shows. Pilot training was also offered and airplane sales and rentals were made available through a Mooney aircraft dealer located on the property.

Despite the difficulties of landing and taking off, the airfield was popular with local pilots and at its peak housed about 75 planes. NBC had a flying club of 17 members.

It was noted by the *Washington Post* that the flying club members felt that their activities were very affordable compared to commercial air travel. At the time of the article (1955), the club's assets included a four-seated Cessna 170 and a single seat Mooney. (Don't know what went on in that one once they were in the air.) There is more history of our neighborhood yet to come which will help explain why you are seeing apartment towers instead of planes on the other side of Route 7.

Dottie Moser, Resident



CHAPLAINCY UPDATES

NOVEMBER SERIES ON SPIRITUALITY AND CLOSERNESS

November 4 & 18, 2020 via ZOOM and phone at 2:00 p.m.

Mark your calendar for this special two-part series being offered by GHBC Chaplaincy for the full GHI community.

- **Wednesday, November 4, 2:00 p.m.: Spirituality and A Sense of Closeness**
- **Wednesday, November 18, 2:00 p.m.: Cosmic Justice**

Guest presenter: Dr. Graham M. Schweig, an internationally known scholar on meditation and spirituality who has practiced meditation for 50+ years.

Moderator/Facilitator: Sarah McConnell, executive producer and host of *With Good Reason* (on public radio).

The Zoom link and phone number will be posted on the resident website later this week, well before the two programs. Note that you are welcome to just dial in if you find that easier than connecting via Zoom. They are very engaging via radio, so the “by phone” option still will be a treat. Dr. Schweig will explain any visuals for those connecting by phone.

All members of the GHI community, including residents, staff, GH@Home members, family members, etc., are welcomed to attend.

No advance registration or sign up is required. The information will be posted on the resident website, and this version of Zoom allows more than 300 in the audience.

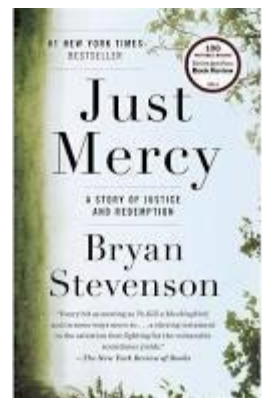
Questions? Contact GHBC Chaplain Theresa Brion at 703-578-7224 or tbrion@goodwinhouse.org.



AROUND THE COMMUNITY

The Spiritual Life Committee is sponsoring a 5-week discussion of the book *Just Mercy* by Bryan Stevenson. “Unfairness in the justice system is a major theme of our age. . . . This book brings new life to the story by placing it in two affecting contexts: [Bryan] Stevenson’s life work and the deep strain of racial injustice in American life. . . . The message of the book... is that evil can be overcome, a difference can be made.”—Ted Conover, *The New York Times Book Review*

The weekly Zoom discussions will be scheduled on five consecutive Fridays, beginning November 6, at 1:00 p.m. Contact Claudia Blake (blake.claudia@gmail.com) to be part of the conversation.



NEW RESIDENT SPOTLIGHT

Davy Hammatt moved from Clemson, South Carolina, to Crossroads Apartment 809 on September 4.



Davy chose to come to Virginia because she has a daughter living in Fairfax.

Davy's family moved several times before she reached 8th grade, when her father, a college professor, settled on Clemson University in Clemson, South Carolina, a town jokingly known as having a population of about 25,000 except on six Saturdays a year when Clemson plays football at home and the population swells to 80,000 fans. Davy graduated from D.W. Daniel High School before attending Wellesley College, where she majored in mathematics. Upon graduation in 1966, she married.

Following her husband's final year in the Coast Guard, they moved to S. Orleans, Massachusetts on Cape Cod where Davy taught high school math until her first child was born. She and her husband had two daughters. In 1980, she and her daughters moved back to South Carolina.

She enrolled in accounting courses at Clemson, sat for the CPA exam, and obtained her certification. Subsequently she worked as a staff accountant at a local public accounting firm and then with the Greenville Hospital System, working as an accountant for several hospitals in the system. In 1984, Davy went to work for Clemson University as an internal auditor. Shortly after that she accepted a job with the Clemson University Foundation, first as a Campaign Manager and later as the Director of Gift Receiving. She retired in 2013.

Kathy and Mike Morton moved from Arlington into Pointe apartment 372 on September 29.



Mike grew up in Williamstown, West Virginia, a town of about 2000 people on the Ohio River. When he started first grade, the town had a single school, and it served grades 1 through 12. His father was principal. By the time he entered 7th grade, there was a secondary school. Mike has been a lifelong educator. He earned a bachelor's degree in Industrial Arts Education and a master's degree in Education Administration from West Virginia University. He then taught at West Springfield High School and Irving Middle School in Fairfax County. He spent three years as a supervisor in Frederick County, Maryland, before going to Annapolis, Maryland, where he served as executive director of the State Council on Vocational and Technical Education for 20 years. He worked in Chattanooga, Tennessee,

for six years and then came to the Arlington County Public Schools as Director of Career, Technology, and Adult Education. He retired after 44 years in 2008.

In retirement, Mike continues to play tennis weekly. He and Kathy love to travel and, in fact, met on a ski trip. He is interested in the fitness activities at GHBC and wants to investigate the woodworking shop and art areas.

Kathy grew up in Beltsville, Maryland, and graduated from Regina High School there. She earned a Bachelor of Arts degree in Nursing from the University of Maryland and, after a year in Korea, spent the next 23 years working as a Community Health Nurse in Annapolis and then went to Chattanooga for six years before coming to Arlington. Along the way, she and her husband raised three children.

Kathy loves to walk and to swim. She is an active member of her church and enjoys a weekly Bible study. She is also a member of the Red Hat Society, which is of course currently meeting by Zoom. They have four grandchildren: one in England and two in Roanoke, and one on the Eastern Shore. Every week Kathy plays an online game of Monopoly with these children but reportedly rarely wins.

NEW RESIDENT SPOTLIGHT**Beverly Augustitis moved into Crossroads apartment 1220 on October 2.**

Beverly grew up in West Point, Virginia, a small town in the Tidewater area near Williamsburg. After graduating from New Kent High School, she went to business school in Richmond for 6 months and then came to Washington for a job. She reports that she has been a secretary for her whole life. She worked first for Melpar and then at the Pentagon for 11 months before her first child was born. She mostly stayed home to raise her two children but also worked some part time. When the children became teenagers, she returned full time to the government. For almost 30 years, she worked for various agencies including Social Security, the Department of Labor, and the Department of the Navy.

Beverly is an active volunteer at her church, particularly with the CWF women's group and a program called Safe Haven. She enjoys helping others and has gathered clothing donated by GHBC residents to give to the homeless. She exercises regularly, particularly enjoying Tai Chi, stretching classes, and water aerobics. She looks forward to exploring the fitness classes here at GHBC.

Mary Ferrand moved into Crossroads apartment 1037 on October 6.

Mary was born in Wauwatosa, Wisconsin, but the family moved to the Grand Rapids area when she was only nine months old. She fondly remembers spending summers at the family cottage on Lake Macatawa on the western edge of Michigan's lower peninsula. From there it was a short trip to Lake Michigan's frigid waters. Mary graduated from Ottawa High School in Grand Rapids. After that she went to Grand Rapids Junior College and then to Michigan State University to earn a degree in elementary education. After teaching for a year, she returned to Michigan State to earn a master's degree. Mary stayed home or worked part time while she and her husband raised three children together. She substitute taught for awhile and, as a reading specialist, realized that she especially loved working in the school library. After her husband was named Secretary General of the American Inns of Court (an international organization of lawyers and judges) she spent

the next 12 years traveling with him throughout the Americas.

Mary used to enjoy sewing and in fact often made clothes for herself and for her children. She just loved to sew. She also knits and, although she hasn't knit for awhile, she is considering taking it up again. She looks forward to exploring volunteer opportunities here at GHBC.

GREEN BOXES

Green boxes should be left rinsed and nested outside your apartment door. Leaving food attracts critters. Leaving boxes in the green bags just creates more work for those who collect them. Let's give our Dining Services staff a break and leave our boxes ready to be loaded into the commercial dishwasher.

CHANNEL 2 AND 43

We will be replaying movies throughout the week that had issues airing previously.

Monday, October 26

- 10:30 a.m. – Seated Fitness
- 11:00 a.m. – Meditation
- 11:30 a.m. – Devotionals/Reflections from CPE
- 1:00 p.m. – Art Film: *David Hockney Secret Knowledge* (Part 1)

Tuesday, October 27

- 10:00 a.m. – Standing Low Impact Aerobics Workout
- 10:30 a.m. – Seated Fitness
- 11:00 a.m. – Muscle Relaxation
- 11:30 a.m. – Devotionals/Reflections from CPE
- 1:00 p.m. – *The Origin of Halloween* (45 minutes)
- 2:00 p.m. – *The Hundred-Foot Journey* (Channel 43)
- Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries. 2014, PG, Comedy/Drama, 2 hours, 2 minutes
- 4:00 p.m. – Virtual Newcomers Meeting

Wednesday, October 28

- 10:30 a.m. – Seated Fitness
- 11:00 a.m. – Meditation
- 11:30 a.m. – Devotionals/Reflections from CPE
- 1:00 p.m. – Fall Foliage Tour
- Miss seeing the fall leaves? Take a tour of some of the beautiful fall views, ending with the Skyline drive and Blue Ridge Parkway! (20 minutes)
- 3:00 p.m. – Scowcroft Memorial Series: US Election—Implications for Future American Foreign Policy

Thursday, October 29

- 10:00 a.m. – Standing Total Body Strength Workout
- 10:30 a.m. – Seated Fitness
- 11:00 a.m. – Muscle Relaxation
- 11:30 a.m. – Devotionals/Reflections from CPE
- 1:00 p.m. – *The History of Halloween* (45 minutes)
- 2:00 p.m. – Movie: *Lust For Life* (Channel 43)
- The life of brilliant but tortured artist Vincent van Gogh. 1956, Biography/Drama, 2 hours, 2 minutes

Friday, October 30

- 10:30 a.m. – Seated Fitness
- 11:00 a.m. – Meditation
- 11:30 a.m. – Devotionals/Reflections from CPE
- 1:00 p.m. – Opera: *Tosca* - Puccini
- 3:00 p.m. – Matinee: *Gone With The Wind* (Channel 2)
- A manipulative woman and a roguish man conduct a turbulent romance during the American Civil War and Reconstruction periods. Starring Clark Gable and Vivien Leigh. 1939, Drama/Romance, 3 hours, 58 minutes



Channel 2 and 43 listing continued

Saturday, October 31

7:15 p.m. – *A Man Called Ove* (Channel 43)

- Ove, an ill-tempered, isolated retiree who spends his days enforcing block association rules and visiting his wife's grave, has finally given up on life just as an unlikely friendship develops with his boisterous new neighbors. 2016, PG-13, Comedy/Drama/Romance, 1 hour, 56 minutes



Sunday, November 1

10:30 a.m. – Sunday Chapel Service

WEEKLY HIGHLIGHTS

SCOWCROFT MEMORIAL SERIES

US ELECTION: IMPLICATIONS FOR FUTURE AMERICAN FOREIGN POLICY

Walter Russell Mead, noted educator, journalist, author, and Hudson Institute scholar, agreed to return to provide us with another insightful assessment of situations around the world and how they may be affected, depending on the US elections results. His talk concludes with a Q&A session with some GHBC residents. The program will be shown on Channel 2 on Wednesday, October 28, at 3:00 p.m. and may also be accessed on line on our website at www.ghbcresidents.org on the Coming Events page.

VIRTUAL CRUISE LECTURE SERIES

Want to get away? Let's take a virtual cruise from Sidney to Shanghai over the next five weeks with stops to nine East Asian ports. The highlights of these countries will be discussed in PowerPoint presentations delivered by resident guest lecturer, Rob Warne. These presentations will be shown on Channel 2 or on your computer through the resident website. They will be shown on Thursdays at 3:00 p.m. starting on Thursday, November 5. Residents interested in attending the filming of one or more lectures may contact Elizabeth Whitehouse at ewhitehouse@goodwinhouse.org. Attendees are urged to ask questions at the conclusion of each presentation.



MISSING LINKS: Reruns on Channel 2 Programming

Do you find yourself at the weekend with time to watch a program that was aired on Channel 2 during the preceding week? Alas, you find the links in Coming Events on the resident website have been replaced with information for the week to come. Fear not! A PDF document has been attached to the bottom of Coming Events page that provides some of those missing links. If you want to keep the links longer, you will have to save the PDF to your own computer. Links to the Newcomers Virtual Meeting, CPE Devotionals, and Spiritual Life Committee can all be found on the resident website at www.ghbcresidents.org.

DO NOT LEAVE YOUR APARTMENT WITHOUT YOUR MASK

You are to wear your mask
over your nose and mouth at all times when in public areas.

Do not remove or pull down your mask when speaking.

WEEKLY HIGHLIGHTS

VETERANS COMMITTEE MOVIES

The Veterans Committee continues its movie program with two outstanding movies to be shown in the Auditorium the week of October 26. Sign up in the Resident Business Office for the movie(s) you wish to see. Limit is 13 residents per movie. The movies are:

WE WERE SOLDIERS

Tuesday, October 27, 7:15 p.m.

A telling of the 1st Battalion, 7 Cavalry Regiment, 1st Cavalry Division's battle against overwhelming odds in the Ia Drang valley of Vietnam in 1965. Seen through the eyes of the battalion's commander, Lieutenant Colonel Hal Moore (played by Mel Gibson), we see him take command of the battalion and its preparations to go into Vietnam. We also see how the French had, years earlier, been defeated in the same area. The battle was to be the first major engagement between U.S. and N.V.A. forces in South Vietnam, and showed the use of helicopters as mobility providers and assault support aircraft. 2002, R, Action/Drama/History, 2 hours, 18 minutes



DUNKIRK

Friday, October 30, 7:15 p.m.

This movie depicts the dramatic and true story of the Dunkirk evacuations from a war torn beach and harbor in France, following the seemingly doomed plight of allied soldiers in World War II. As the enemy forces close in, it seems the troops have nowhere to go, but help is at hand and a fierce battle ensues. 2017, PG-13, Action/Drama/History, 1 hour, 46 minutes



TRIVIA WITH TIFFANY!

Join Tiffany Proctor in the **Atrium on Thursday, October 29, at 2:30 p.m.** as she tests your knowledge on a variety of topics!

ARE YOU READY TO PLAY JEOPARDY!?

Come test your knowledge with friends as we play Jeopardy. We will play 2-3 games covering a variety of topics. Bring your thinking caps and may the best team win!

Sign up in the Resident Business Center – limit of 10 residents

Friday, October 30, at 1:00 p.m. in the Board Room. (Please note time change.)

BINGO! BINGO! BINGO!

Changes were developed by the Bingo players. We play only on Wednesdays in the Top of the West at **7:00 p.m.** Masks are worn and we socially distance with 12 players. Players contribute \$2.00 for the first card and \$1.00 for additional cards. Cards are disposable, and poker chips sanitized. The room is sanitized also. Winners receive \$2.00 per game for 10 games, and win \$5.00 for the final game, which requires all numbers to be covered. Multi-winners receive \$1.00 a game and \$2.00 for a coverall. Come and join us. It takes about an hour.

LET'S GET FIT TOGETHER

HALLOWEEN Costume Walk



- The walk will be on **Friday, October 30, at 2:00 p.m.**
- Meet in the Rotunda at 2:00 p.m. and hear the Pumpkin Contest winners.
- Then we will take a walk around the campus in all of our Halloween Costume Goodness!
- **New costumes** are available in the Fitness Center for Residents who want to dress up. (**Limited Supply**)

Fitness Class Schedule Update:

Please notice the additional **Total Body Standing** classes added at **8:30 a.m. on Monday and Friday**, and at **8:00 a.m. on Wednesday**. These early morning classes will be in the Aerobics Room.

MONDAY, OCTOBER 26

Total Body Standing, Aerobics Room, 8:30 a.m.
 Total Body Standing, Auditorium, 8:50 a.m.
 Total Body Seated, Auditorium, 9:30 a.m.
 Chair Fit, Auditorium, 11:30 a.m.
 Yoga Length & Strength, Video, Auditorium, 2:15 p.m. **CANCELLED**

TUESDAY, OCTOBER 27

Stretch and Flex, Aerobics Room, 8:15 a.m.
 Get Started, Aerobics Room, 9:00 a.m.
 Tone & Balance, Aerobics Room, 9:45 a.m.
 Pilates Video, Aerobics Room, 10:30 a.m.

WEDNESDAY, OCTOBER 28

Total Body Standing, Aerobics Room, 8:00 a.m.
 Total Body Standing, Aerobics Room, 8:50 a.m.
 Total Body Seated, Aerobics Room, 9:30 a.m.
 Brain Body Fitness Break, Aerobics Room, 10:30 a.m.

THURSDAY, OCTOBER 29

Stretch and Flex, Auditorium, 8:15 a.m.
 Get Started, Auditorium, 9:00 a.m.
 Tone & Balance, Auditorium, 9:45 a.m.

Pilates Video, Auditorium, 10:30 a.m.
 Chair Fit, Auditorium, 11:30 a.m.

FRIDAY, OCTOBER 30

Total Body Standing, Aerobics Room, 8:30 a.m.
 Total Body Standing, Auditorium, 8:50 a.m.
 Exercise Video, Aerobics Room, 9:00 a.m.
CANCELLED
 Total Body Seated, Auditorium, 9:30 a.m.

SATURDAY, OCTOBER 31

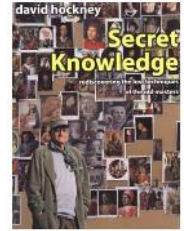
Total Body Video, Aerobics Room, 9:00 a.m.
 Total Body Video, Aerobics Room, 10:00 a.m.



INSIDE THE ART CENTER

Monday, October 26

1:00 p.m. – Art Film — *David Hockney Secret Knowledge* (Part 1). Hockney takes viewers on a journey of discovery as he builds a case that mirrors and lenses were used by the great masters to create their highly detailed and realistic paintings and drawings. You may never look at the old masters in the same way again. Film can be viewed on Channel 2). *This film was previously scheduled to play last week but was not shown due to a technical issue.*



2:30 – 3:30 p.m. — Everyone Can Make Art! More Abstract Painting. Last week everyone had so much fun, we thought we should do it again. Experiment with pouring, dripping, dragging and splattering. No experience required, everyone welcome. (sign up required—limit 9)



Tuesday, October 27

9:30 – 11:00 a.m. — Advanced Ceramics Group Meets. Contact Carol Lewis at Ext.7546 with questions.

1:30 – 2:30 p.m. — Knit For Kids. Contact Peg Lorenz at Ext. 7690 to register.

Wednesday, October 28

In the drawing classes this week students will work on observing and conveying values effectively in their drawings.

11:00 – 2:15 p.m. — Beginner Drawing: The Egg Lesson (sign up required—limit 9)



2:30 – 3:45 p.m. — Intermediate Drawing : The Paper Bag Lesson (sign up required—limit 9)



Thursday, October 29

Brush Strokes ala Berthe Morisot. Berthe Morisot was a key member of the Impressionist movement known for her sketchy brush strokes, which often had a zig zag appearance. Reference images and transfer paper will be available. Students may work in watercolor or acrylic. (2 week project)

10:00 – 11:30 a.m. — (sign up required—limit 9)

1:30 – 3:00 p.m. — (sign up required—limit 9)



Friday, October 30

Flower Committee Meets

ASSISTED LIVING PROGRAMS

Monday, October 26

10:30 – Seated Fitness (Channel 2)
 11:00 – Meditation (Channel 2)
 11:30 – Daily Devotionals with CPE Students (Channel 2)
 1:00 – Art Film (Channel 2)
1:00-3:00 Skype Calls w/ Families

Tuesday, October 27

10:00 – Standing Low Impact Aerobics (Channel 2)
 10:30 – Seated Fitness (Channel 2)
 11:00 – Muscle Relaxation (Channel 2)
 11:30 – Daily Devotionals with CPE Students (Channel 2)
 1:00 – The Origin of Halloween (Channel 2)
 2:00 – Movie: *The Hundred-Foot Journey* (Channel 43)
 4:00 – Virtual Newcomers (Channel 2)
1:00-3:00 Skype Calls w/ Families

Wednesday, October 28

10:30 – Seated Fitness (Channel 2)
 11:00 – Meditation (Channel 2)
 11:30 – Daily Devotionals with CPE Students (Channel 2)
 1:00 – Fall Foliage Tour (Channel 2)
 3:00 – Scowcroft Memorial Series (Channel 2)

Thursday, October 29

10:00 – Standing Total Body Strength Workout (Channel 2)
 10:30 – Seated Fitness (Channel 2)
 11:00 – Muscle Relaxation (Channel 2)
 11:30 – Daily Devotionals with CPE Students (Channel 2)
 1:00 – History of Halloween (Channel 2)
 3:00 – Matinee: *Lust For Life* (Channel 43)
1:00-3:00 Skype Calls w/ Families

Friday, October 30

10:30 – Seated Fitness (Channel 2)
 11:00 – Meditation (Channel 2)
 11:30 – Daily Devotionals with CPE Students (Channel 2)
 1:00 – Opera: *Tosca* - Puccini (Channel 2)
 3:00 – Movie: *Gone With The Wind* (Channel 2)
1:00-3:00 Skype Calls w/ Families

Saturday, October 31

7:15 – Movie: *A Man Called Ove* (Channel 43)

Sunday, November 1

10:00 – Joel Osteen (Channel 5)
 10:30 – Chapel Service (Channel 2)

* Chaplain Theresa will visit with interested residents.
 Give her a call at Ext. 7224. *



HEALTH CARE CENTER PROGRAMS

Monday, October 26

Morning: 1:1 TR Hydration and Socialization Visits
 10:15 – Group Exercise
 11:30 – Daily Devotionals w/CPE Students (Channel 2)
 1:00 – Art Film (Channel 2)
 3:30 – Spiritual Poetry with Sienna
 3:30 – Halloween Trivia
Afternoon: 1:1 TR Visits & Hydrations

Tuesday, October 27

Morning: 1:1 TR Hydration and Socialization Visits
 10:15 – Morning Exercise: Tone Up Tuesday
 11:30 – Daily Devotionals w/CPE Students (Channel 2)
 1:00 – The Origin of Halloween (Channel 2)
 2:00 – Movie: *The Hundred-Foot Journey* (Channel 43)
 3:00 – BINGO in each Household
Afternoon: 1:1 TR Visits & Hydration Cart

Wednesday, October 28

Morning: 1:1 TR Hydration and Socialization Visits
 10:15 – Morning Exercise: Chair Fitness
 11:30 – Daily Devotionals w/CPE Students (Channel 2)
 1:00 – Fall Foliage Tour (Channel 2)
 3:00 – Scowcroft Memorial Series (Channel 2)
 3:00 – Let's Get Crafty: Pumpkin Decorations
Afternoon: Special Snacks & Refreshments

Thursday, October 29

Morning: 1:1 TR Visits and Outdoor Visits
 10:15 – Morning Exercise: Balloon Volleyball
 11:30 – Daily Devotionals w/CPE Students (Channel 2)
 1:00 – History of Halloween (Channel 2)
 3:00 – Matinee: *Lust For Life* (Channel 43)
 3:00 – BINGO in each Household
Afternoon: 1:1 TR Visits & Refreshments

Friday, October 30

Morning: 1:1 TR Hydration and Socialization Visits
 10:15 – Active Seniors
 11:30 – Daily Devotionals w/CPE Students (Channel 2)
 1:00 – Opera: *Tosca* - Puccini (Channel 2)
 3:00 – Movie: *Gone With The Wind* (Channel 2)
 3:30 – Halloween Arts & Crafts
Afternoon: 1:1 TR Visits & Refreshments

Saturday, October 31

Morning: Fun on the Run Cart
 10:15 – Monster Mash Exercise
 3:00 – Spooky Snacks and Facts with Marc
 7:15 – Movie: *A Man Called Ove* (Channel 43)
Afternoon: Hydration Cart

Sunday, November 1

10:00 – Joel Osteen (Channel 5)
 10:30 – Chapel Service (Channel 2)

Puzzles, Games, Daily Devotional & Spiritual Reading Packet in Each Household

October 26 - November 1

MONDAY, OCTOBER 26

8:30 a.m. – Total Body Standing, Aerobics Room
 8:50 a.m. – Total Body Standing, Auditorium
 9:30 a.m. – Total Body Seated, Auditorium
 10:30 a.m. – Seated Fitness, Channel 2
 11:00 a.m. – Meditation, Channel 2
 11:00 a.m. – Memoirs, TOW
 11:30 a.m. – Chair Fit, Auditorium
 11:30 a.m. – Daily Devotionals with CPE Students, Channel 2
 1:00 p.m. – Art Film: *David Hockney Secret Knowledge* (Part 1), Channel 2
 2:15 p.m. – Yoga Length & Strength, Video, Auditorium **CANCELLED**
 2:30 p.m. – Everyone Can Make Art!, Art Center
 4:00 p.m. – Happy Hour To Go, Bistro Patio

TUESDAY, OCTOBER 27

8:15 a.m. – Stretch & Flex, Aerobics Room
 9:00 a.m. – Voter Assistance, Rotunda
 9:00 a.m. – Get Started, Aerobics Room
 9:30 a.m. – Advanced Ceramics Group, Art Center
 9:45 a.m. – Tone & Balance, Aerobics Room
 10:00 a.m. – Standing Low Impact Aerobics Workout, Channel 2
 10:30 a.m. – Pilates Video, Aerobics Room
 10:30 a.m. – Seated Fitness, Channel 2
 11:00 a.m. – Muscle Relaxation, Channel 2
 11:30 a.m. – Daily Devotionals with CPE Students, Channel 2
 1:00 p.m. – The Origin of Halloween, Channel 2
 1:30 p.m. – Knit for Kids, Art Center
 2:00 p.m. – Creative Writing Workshop, Board Room
 2:00 p.m. – Movie: *The Hundred-Foot Journey*, Channel 43
 4:00 p.m. – Virtual Newcomers, Channel 2
 7:15 p.m. – Movie: *We Were Soldiers*, Auditorium

WEDNESDAY, OCTOBER 28

8:00 a.m. – Total Body Standing, Aerobics Room
 8:50 a.m. – Total Body Standing, Aerobics Room
 9:30 a.m. – Total Body Seated, Aerobics Room
 10:30 a.m. – Seated Fitness, Channel 2
 10:30 a.m. – Brain Body Fitness Break, Aerobics Room
 11:00 a.m. – Meditation, Channel 2
 11:00 a.m. – Beginner Drawing, Art Center
 11:30 a.m. – Daily Devotionals with CPE Students, Channel 2
 1:00 p.m. – Fall Foliage Tour, Channel 2

WEDNESDAY, OCTOBER 28...continued

2:30 p.m. – Intermediate Drawing, Art Center
 3:00 p.m. – Scowcroft Memorial Series, Channel 2
 4:00 p.m. – Happy Hour To Go, Bistro Patio
 7:00 p.m. – BINGO, Top of the West

THURSDAY, OCTOBER 29

8:15 a.m. – Stretch & Flex, Auditorium
 9:00 a.m. – Get Started, Auditorium
 9:45 a.m. – Tone & Balance, Auditorium
 10:00 a.m. – Standing Total Body Strength Workout, Channel 2
 10:00 a.m. – Brush Strokes, Art Center
 10:30 a.m. – Seated Fitness, Channel 2
 10:30 a.m. – Pilates Video, Auditorium
 11:00 a.m. – Muscle Relaxation, Channel 2
 11:30 a.m. – Chair Fit, Auditorium
 11:30 a.m. – Daily Devotionals with CPE Students, Channel 2
 1:00 p.m. – History of Halloween, Channel 2
 1:30 p.m. – Brush Strokes, Art Center
 2:00 p.m. – Movie: *Lust For Life*, Channel 43
 2:30 p.m. – Trivia with Tiffany, Atrium
 3:00 p.m. – Voter Assistance, Rotunda

FRIDAY, OCTOBER 30

8:30 a.m. – Total Body Standing, Aerobics Room
 8:50 a.m. – Total Body Standing, Auditorium
 9:00 a.m. – Exercise Video, Aerobics Room
CANCELLED
 9:30 a.m. – Total Body Seated, Auditorium
 10:30 a.m. – Seated Fitness, Channel 2
 11:00 a.m. – Meditation, Channel 2
 11:30 a.m. – Daily Devotionals with CPE Students, Channel 2
 1:00 p.m. – Opera: *Tosca* - Puccini, Channel 2
 1:00 p.m. – Jeopardy, Board Room
 3:00 p.m. – Matinee: *Gone With The Wind*, Channel 2
 4:00 p.m. – Happy Hour To Go, Atrium Patio
 7:15 p.m. – Movie: *Dunkirk*, Auditorium

SATURDAY, OCTOBER 31

9:00 a.m. – Total Body Video, Aerobics Room
 10:00 a.m. – Total Body Video, Aerobics Room
 7:15 p.m. – Movie: *A Man Called Ove*, Channel 43

SUNDAY, NOVEMBER 1

10:15 a.m. – UUCA Service, Board Room
 10:30 a.m. – Chapel Service, Channel 2