



The Windsor

Happenings

JANUARY 2021



1385 Main Street
Windsor, CO

970-460-5005

MEET OUR DEPARTMENT HEADS

MANAGER

Lindsey Miller

ACTIVITIES DIRECTOR

Lexie Rogers

CHEF

Glenn Stoll

HOUSEKEEPING SUPERVISOR

Julie Williamson

MAINTENANCE SUPERVISOR

Jeff Thomas

OFFICE MANAGER

Melissa Dalton



Gingerbread Factory

WELCOME TO THE WINDSOR

We are happy you are part of The Windsor Family! We want you to be as comfortable as possible. Please let the staff know if you need any information or additional assistance.

INFORMATION FOR JANUARY

Mail Box

We now have a small mailbox on the Front Desk. When the flag is up, the mail is in. When the flag is down, the mail has not arrived yet. Check the mailbox to see the daily status of the mail.

WEEKLY ACTIVITY SCHEDULES

The weekly activity schedules have returned to normal! For those of you who have not experienced this yet, this means that you no longer have to sign up to attend activities. You will receive a calendar that includes all available offerings for each week and you can pick and choose what you would like to attend. Thank you for your patience in the last few months.

Please note: We will be limited to 10 people in the room for each activity. Activities will be on a first come first served basis. Thank you!

FACETIME, ZOOM OR SKYPE

We have tablets available at the front desk that can be used for video chatting with loved ones while we are limiting visitors. Please call or see the Front Desk to use a tablet or for assistance with getting in touch with a loved one.





The Salon at The Windsor

Shear Hospitality is open
Thursdays from
9:00am to 1:00pm

To Schedule an
appointment with
Kimberly please call
(970)-222-3602

Please allow 48 hours
to hear back.

Walk-ins are
welcome!

SERVICES

Women's Haircut
\$20

Men's Haircut
\$12

Color Service
\$35

Color Retouch
\$25

Full Highlight
\$75

Partial Highlight
\$55

Perm
\$45

Partial Perm
\$30

Shampoo/Set
\$20

Waxing
\$5, \$8, \$10

WEARING MASKS

Columbine Health Systems is dedicated to preventing the spread of the novel coronavirus (COVID-19). The primary source of information for prevention and management is found on the Centers for Disease Control and Colorado Department of Public Health and Environment websites. Please wear your mask securely over your nose and mouth at all times when in a community space. Thank you for helping to keep our community healthy and safe. If you have any questions, please see Lindsey Miller.

SOCIAL DISTANCING

Social distancing means keeping a physical distance between yourself and others. The CDC is recommending a distance of at least 6 feet to prevent the spread of germs. Please try to maintain this distance at all times in a community space to help prevent the spread of the illness. Thank you for helping to keep our community healthy and safe. If you have any questions, please see Lindsey Miller.

ONLINE SHOPPING

Thursday Afternoons 4PM to 5PM

Staff members will be available to help residents place grocery orders online on Thursday afternoons. Please come with your list and a debit or credit card to place the order. Delivery fees may apply.

Family members are allowed to bring groceries for residents. Thank you.

NEW FOR JANUARY!

Cocktails To Go

January 1st, 22nd, 29th (AR)

Get into the new year with some fun cocktails. We will have beer, wine, cider and other beverages. Drinks will be available both with and without alcohol. Please come down to the Activity Room and take your beverage of choice back to your room.

Foot and Toenail Clinic at The Windsor

Monday, January 11th -please sign up at
Function Junction (PDR)

Merrie D'Urbano, RN, will be coming to provide a 30 minute podiatry appointment for \$35. She will provide a foot and skin assessment with a soothing foot soak in warm soapy water. Nail trimming, cuticle care, callus buffing, corn and fungus reduction and a relaxing foot massage are all provided. Nail polish will not be applied. Please sign up at the Function Junction.

Walk in the Wild

Friday, January 8th at 1PM

Topic: Sloths

Come learn about a selected animal with each group. We will talk about their behaviors, natural habitats, and what makes them unique. There will be videos to showcase the individual calls and movements of each creature. This month we'll discuss the sloth, one of the slowest moving creatures on the planet.

*Please note: No walking is required in this group once you arrive.

ACTIVITIES

Stuff You Missed in History Class

Tuesdays at 11AM (AR)

Tracy V. Wilson and Holly Frey are the hosts of this excellent podcast. The podcast digs into topics that haven't gotten enough attention in the world of history – whether they're weird, wonderful, scary or sad. The episodes vary in length from 20 minutes to 40 minutes. This month, we'll listen to History of Waffles, the Civil Rights Movement and Was Manhattan Traded for Nutmeg?

Wisdom Study with Peter!

Wednesdays at 3:30PM (AR)

About Peter:

I'm Peter Strening, one of the Chaplains within Columbine Health Systems. I have been a member of the Columbine team for 3 ½ years. I come from Chicago,

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JANUARY</h1>					1 New Years Day 10:00AM Morning Exercise (DR) 11:00AM Hangman (AR) 1:00PM New Year's Day Celebration and Drinks to Go! (AR) 3:00PM Movie: Yes Man (AR)	2 2:00PM Movie: Runaway Bride (AR)
3	4 10:00AM Morning Exercise (DR) 11:00AM Storytelling: Earliest Memories (AR) 1:00PM Giant Crossword w/Lindsey! (AR) 3:00PM Mysteries of the World Nazca Lines (DR)	5 10:00AM Morning Mindfulness (AR) 11:00AM Stuff You Missed in History Class: Brief History of Waffles (AR) 1:00PM Documentary: World's Most Extraordinary Homes (AR) 3:00PM Quarter Bingo (AR)	6 9:30AM Audiologist Visit (PDR) 10:00AM Craft Circle (AR) 1:00PM Pay it Forward (AR) 3:30PM Wisdom Study with Peter (AR) 6:30PM TV Series: The Crown Season 4, Ep 8 (AR)	7 10:00AM Morning Exercise (DR) 11:00AM TED Talks: The smelly mystery of the human pheromone- Tristram Wyatt (DR) 2:00PM Wii Bowling (AR)	8 10:00AM Morning Exercise (DR) 11:00AM Chronology (AR) 1:00PM Walk in the Wild- Sloths (AR) 3:00PM Movie: Paul Blart: Mall Cop (AR)	9 2:00PM Movie: Johnny English (AR)
10	11 Podiatry Available 10:00AM Morning Exercise (DR) 11:00AM Storytelling Show & Tell (AR) 1:00PM Giant Crossword w/Lindsey! (AR) 3:00PM Mysteries of the World: Clovis Arrowheads (DR)	12 10:00AM Morning Mindfulness (AR) 11:00AM Stuff you Missed in History Class Podcast- How Civil Rights Worked (AR) 1:00PM Documentary: World's Most Extraordinary Homes (AR) 3:00PM Quarter Bingo (AR)	13 10:00AM Craft Circle (AR) 11:00AM Flower Arranging (AR) 1:00PM Good News (AR) 3:30PM Wisdom Study with Peter (AR) 6:30PM TV Series: The Crown Season 4, Ep 9 (AR)	14 10:00AM Morning Exercise (DR) 11:00AM TED Talks: How reliable is your memory? Elizabeth Loftus (DR) 11:15AM Library Drop Off (L) 2:00PM Wii Bowling (AR)	15 10:00AM Morning Exercise (DR) 11:00AM Hangman (AR) 1:00PM Super Bingo! (AR) 3:00PM Movie: Runaway Bride (AR)	16 2:00PM Movie: Tortilla Soup (AR)
17	18 Martin Luther King Jr. Day 10:00AM Morning Exercise (DR) 11:00AM Storytelling- Questions (AR) 1:00PM Giant Crossword with Lindsey! (AR) 3:00PM Mysteries of the World: Loch Ness Monster (DR)	19 10:00AM Morning Mindfulness (AR) 11:00AM Stuff you Missed in History Class Podcast- Was Manhattan Traded for Nutmeg? (AR) 1:00PM Documentary: World's Most Extraordinary Homes (AR) 3:00PM Quarter Bingo (AR)	20 10:00AM Craft Circle (AR) 1:00PM Getting Crafty (AR) 3:30PM Wisdom Study with Peter (AR) 6:30PM TV Series: The Crown Season 4, Ep 10 (AR)	21 10:00AM Morning Exercise (DR) 11:00AM TED Talks: A Scientific Approach to the Paranormal Carrie Poppy (DR) 2:00PM Wii Bowling (AR)	22 10:00AM Morning Exercise (DR) 11:00AM Chronology (AR) 1:00PM Cocktails To Go! (AR) 3:00PM Movie: What a Girl Wants (AR)	23 2:00PM Movie: Breaking the Bank (AR)
24	25 10:00AM Morning Exercise (DR) 11:00AM Storytelling: Work (AR) 1:00PM Giant Crossword w/Lindsey! (AR) 3:00PM Mysteries of the World Yeti (DR)	26 10:00AM Morning Mindfulness (AR) 11:00AM Resident Input Meeting (DR) 1:00PM Documentary: World's Most Extraordinary Homes (AR) 3:00PM Quarter Bingo (AR)	27 10:00AM Craft Circle (AR) 1:00PM Science News (AR) 3:30PM Wisdom Study with Peter (AR) 6:30PM TV Series: When Calls the Heart (AR)	28 10:00AM Morning Exercise (DR) 11:00AM TED Talks: Let's Scan the whole planet with Lidar Chris Fisher (DR) 11:15AM Library Drop Off (L) 2:00PM Wii Bowling (AR)	29 10:00AM Morning Exercise (DR) 11:00AM Hangman (AR) 1:00PM Cocktails To Go! (AR) 3:00PM Movie: Dinner for Schmucks (AR)	30 2:00PM Movie: Valentine's Day (AR)
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Please be aware activities are subject to change.

where I was a hospital chaplain, and a teacher of chaplains for many years. I am commissioned for ministry by the Federation of Christian Ministries. I will be working with residents and staff in independent living, assisted living, and skilled nursing and rehabilitation. I am looking forward to getting to know the residents, their family members and friends, and the staff, to see how I can be a support and resource for them.

Scenic Drives

Fridays at 10AM (please sign up at Function Junction)

Get out of the building and go on an adventure! From Horsetooth Reservoir, Boyd Lake or up the Thompson Canyon, our transportation team will take you somewhere incredible. Please sign up for scenic drives in the binder at the Function Junction. These will not appear on the weekly activity schedules. Outing transportation is very limited. If you need to cancel, please give as much notice as possible. Thank you!

Wii Bowling

Thursdays at 2PM (AR)

We are back to playing as one team! Come try your hand at this virtual sport and knock down some pins on Thursday afternoons with fellow residents. We can also play bowling training games to sharpen your skills at getting strikes, curving the ball and picking up spares. First to come, first to play.

Audiologist Visit

On Wednesday, January 6th at 9:30AM in the Private Dining Room, Jacki Reider AuD of the Hearing Rehab Center will be providing a hearing care clinic. Complimentary services include hearing aid checks, cleanings and wax removal. Appointments are on a first come first serve basis. Please sign up in the activity binder located at the Function Junction. Jacki will return again on Wednesday, February 3rd at 9:30AM.

Quarter Bingo

Tuesdays at 3PM (AR)

Come and enjoy rounds of bingo with your friends and neighbors. We will play a regular round, a few specialty rounds like four corners or picture frame, and finally end with a blackout round. Each round costs a quarter to play. Quarters will be available as needed.

Flower Arranging

January 13th, Wednesday at 11AM (AR)

Come and try your hand at arranging flowers on the first Wednesday of the month. Flowers, vases, and supplies will be provided. You arrange it, you keep it. Vases can be returned to Lexie Rogers or to the front desk.

Morning Mindfulness

Tuesdays at 10AM (AR)

Start your day off peacefully and mindfully. A morning meditation will set the tone for your entire day and help you to be focused, content, and optimistic.

Mysteries of the World

Mondays at 3PM

Explore the most unusual and unexplained events in history, archeology, and science. From the Bermuda Triangle to what happened to D.B. Cooper and beyond, each week we will discuss and ponder a different topic. This group may not provide answers, but questions are encouraged!

January 4- Nazca Lines

January 11- Clovis Arrowheads

January 18- Loch Ness Monster

January 25- Yeti

TV Series: The Crown (AR)

Wednesdays at 6:30PM

The series we've all been waiting for is back! The Crown Season 4 will cover the years 1977 to 1990. This includes the introduction of Lady Diana and Margaret Thatcher to the series. Events will cover the Falklands War, a tour of Australia and New Zealand, and the wedding of Prince Charles and Lady Diana Spencer.



MEAL TIMES

Breakfast –

Approx. 8:00am

Dinner –

Approx. 5:00pm



January Movies (AR)

Friday and Saturday Afternoons

We have a wide variety of excellent movies selected by the Movie Committee for January. If you would like to learn more about these films, please ask for a January media sheet at the front desk. This will include the length, a brief description and who stars in each movie.

Residents are welcome to watch movies any time! Just ask at the Front Desk for assistance starting Netflix.

MEALS AT THE WINDSOR

Breakfast

The front desk staff will be calling each resident the night prior starting at 6:30pm to take your breakfast order for the following morning. All breakfast orders must be placed by 5:00am. Breakfast will be delivered to your apartment starting at 8:00am. Wait staff will return to your apartment to pick up your dishes after breakfast.

Anne putting together ornaments



Dinner

The front desk staff will be calling each resident starting at 1:00pm to take your dinner order. All dinner orders must be placed by 3:00pm. You can feel free to pick your dinner order in the dining room from 4:30pm - 5:00pm if pre-arranged with the front desk. Dinner will be delivered to your apartment starting at 5:00pm. Wait staff will return to your apartment to pick up your dishes after dinner.

TRANSPORTATION SERVICES

Transportation services are still available.

All transportation requests can be made seven days a week at the front desk. 48 hours notice is required to book transportation. This is the best way for us to ensure that your requests are being handled appropriately and helps us to minimize errors in the system.

Thank you for helping us to serve you more effectively!

Decorating Gingerbread Houses.

