



The Windsor

Happenings

JANUARY 2022



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

Jessica Adams



Sandy, Cecilia, Margaret, and Mona decorating the tree

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.

Masks Available at Corner Store

A two pack of masks will be available in the Corner Store for 25c. These are surgical masks which may be worn a few times before being disposed of. If you have any questions, please see Lindsey Miller.

INFORMATION FOR JANUARY

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.





SHELLY'S BEAUTY BAR AT THE WINDSOR

Shelly's Beauty Bar will be open Monday and Friday from 8:30am-12:30pm. To schedule an appointment with Shelly please call (970)-388-1144. Please leave a message if necessary.

SALON MENU

Adult Haircut - \$20

Shampoo, Blow Dry, Iron Curl - \$20

Shampoo & Set (rollers) - \$20

Hairstyle Touch Up - \$10

Perm - \$50/\$65/\$85

Color - \$45/\$65/\$85

Color Retouch - \$25

Highlights - \$75/\$55 partial

Manicure - \$24/\$20 without polish

Polish Change - \$18

Fingernail Trim - \$10

Pedicure - \$35/\$30 without polish

Toenail Trim - \$15

Make Up - \$20

Beard Trim - \$5

NEW FOR JANUARY!

Stuff You Missed in History Class

Tuesday, January 4th 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 Don't Cross the Dragon Lady, Cheng I Sao.

Poetry Reading by Richard Wood

Wednesday, January 5th at 1PM (AR)
Join Westwood Patio Homes resident Richard Wood as he reads and brings to life some of the poetry he has written. Richard writes poems on a variety of different topics and is looking forward to sharing his expertise with you.

Flower Arranging

Tuesday, January 11th at 11AM (AR)
Come and try your hand at arranging flowers. 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.

Pay It Forward- Meeting:

Wednesday, January 12th, 1PM (AR)
Pay it Forward is a volunteer group for residents to volunteer to do kind things for people outside of our building. Donations are not required to attend; we are looking for your time and energy! We will be meeting to brainstorm a new project for the new year.

Walk in the Wild

Wednesday, January 22nd at 11AM
Topic: Hyenas
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 scavenger hyena, known for its unique laugh.

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

Wine Tasting: Merlot

January 26th at 1PM (AR)
Each month we'll select a different style of wine and try a few different varieties to hone our palates. We will evaluate the wine, learn about its growing regions, and how to describe the taste. This month, we'll try a sampling of different merlots.

Musical Acts: Ray Anthony Trujillo Violin and Saxophone Performance

Monday, January 4th at 5PM (Dining Room)
Be delighted by the violin and saxophone in one performance. Ray Anthony Trujillo will prepare a selection of classical pieces to play on both instruments and share information about each one. Ray is a favorite at The Windsor and will be playing over the dinner hour.

Jerry Phillips Piano Performance

Friday, January 14th at 3PM (Dining Room)
Get into music with a stunning piano and singing performance in The Windsor Dining Room with Jerry Phillips! Jerry will share with us his 40 years of experience with a repertoire of different songs. It will be his first time playing at The Windsor.

Maureen Lutz

Friday, January 21st 3PM (Dining Room)
Enjoy the musical stylings of Maureen Lutz! As a music therapist, Maureen will lead an interactive program with many different styles of music and a fun, unique sound. It will be her first time at The Windsor.

ACTIVITIES

Coloring Corner

Mondays at 6:30PM (Gameroom)- Relax and unwind for the evening by working on adult coloring books with markers or colored pencils. The concentration that adult coloring takes helps remove focus from stresses of the day, and helps engage both hemispheres of the brain in the creative process. All are welcome.

Storytelling

Mondays at 11AM (AR)
Share your stories and learn about your neighbors. Each week we have a suggested topic, but you are free to share any story you can think of. Once a month we do "Show and Tell", where people bring items to show and share the story behind. Storytellers encouraged, but listeners are welcome!

Left: Gingerbread house making

Right: Margaret, Cecilia, and Gladys admiring the crazy quilt



Wii Bowling

*Thursdays at 2PM,
Saturdays at 6:30PM (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 and Saturday nights 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.

Quarter Bingo- Tuesdays at 3PM (DR)

Super Bingo- Friday, January 7th at 3PM (DR)

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.

Super bingo is two quarters instead of one. Double your fun- and your quarter fund- at Super bingo!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>JANUARY</h1>						1 New Year's Day 10AM- Exercise Video (AR) 2PM- Movie: Operation Christmas Drop (AR) 6:30PM- Wii Bowling (AR)	
2 11AM- Coffee Klatch (Gameroom) 6:30PM- Game Night (Gameroom)	3 10AM- Exercise with Diane! (AR) 11AM- Storytelling: New Beginnings (AR) 1PM- Giant Crossword with Lindsey (AR) 3PM- Mysteries of the World- 6 Impossible Mysteries (AR) 6:30PM- Coloring Corner (Gameroom)	4 10AM- Gentle Yoga (AR) 11AM- Stuff You Missed in History Class- Don't Cross the Dragon Lady (AR) 1PM- Documentary Series: Human The World Within (AR) 3PM- Quarter Bingo (DR) 5PM Ray Anthony Music with Dinner (DR)	5 10AM- Shopping Outing- Dollar Tree *please sign up 10:30AM- Rosary with Bev (PDR) 1PM- Poetry Reading by Richard Wood (AR) 6:30PM- TV Series: Downton Abbey (AR)	6 10AM- Gentle Yoga (AR) 11AM- TED Talks: How To Speak Up For Yourself Adam Galinsky (AR) 2PM- Wii Bowling (AR) 6:30PM- Dominoes (Gameroom)	7 10AM- Tai-Chi with Susan (AR) 11AM- Chronology (AR) 1PM- Scenic Drive *please sign up 3PM- Super Bingo! (DR) 6:30PM- Movie: Fool's Gold (AR)	8 10AM- Exercise Video (AR) 2PM- Movie: Victoria and Abdul (AR) 6:30PM- Wii Bowling (AR)	
9 11AM- Coffee Klatch (Gameroom) 6:30PM- Game Night (Gameroom)	10 10AM- Exercise with Diane! (AR) 11AM- Storytelling- Show and Tell (AR) 1PM- Giant Crossword with Lindsey (AR) 6:30PM- Coloring Corner (Gameroom)	11 10AM- Gentle Yoga (AR) 11AM- Flower Arranging (AR) 1PM- Documentary Series: Human The World Within (AR) 3PM- Quarter Bingo (DR) 6:30PM Golf the Card Game (Gameroom)	12 10AM- Shopping Outing- Walmart *please sign up 10:30AM- Rosary with Bev (PDR) 1PM- Pay it Forward (AR) 3:30PM- Wisdom Study with Peter (AR) 6:30PM- TV Series: Downton Abbey (AR)	13 10AM- Gentle Yoga (AR) 11AM- TED Talks: Do Schools Kill Creativity? Sir Ken Robinson (AR) 2PM- Library Drop Off (L) 2PM- Wii Bowling (AR) 6:30PM- Dominoes (Gameroom)	14 10AM- Tai-Chi with Susan (AR) 11AM- Hangman (AR) 3PM- Jerry Phillips Music Program (DR) 6:30PM- Movie: Sabrina (AR)	15 10AM- Exercise Video (AR) 2PM- Movie: Serendipity (AR) 6:30PM- Wii Bowling (AR)	
16 11AM- Coffee Klatch (Gameroom) 6:30PM- Game Night (Gameroom)	17 MLK Jr. Day 10AM- Exercise with Diane! (AR) 11AM- Storytelling- Short Stories By Others (AR) 1PM- Giant Crossword with Lindsey (AR) 3PM- Mysteries of the World- Teotihuacan (AR) 6:30PM- Coloring Corner (Gameroom)	18 10AM- Gentle Yoga (AR) 11AM- Walk in the Wild- Hyenas (AR) 1PM- Documentary Series: Human The World Within (AR) 3PM- Quarter Bingo (DR) 6:30PM Golf the Card Game (Gameroom)	19 10AM- Shopping Outing- King Soopers *please sign up 10:30AM- Rosary with Bev (PDR) 1PM- Getting Crafty: Painting Words (AR) 3:30PM- Wisdom Study with Peter (AR) 6:30PM- TV Series: Downton Abbey (AR)	20 10AM- Gentle Yoga (AR) 11AM- TED Talks: Who Are You Really? Brian Little (AR) 2PM- Wii Bowling (AR) 6:30PM- Dominoes (Gameroom)	21 10AM- Tai-Chi with Susan (AR) 11AM- Mad Libs (AR) 1PM- Scenic Drive *please sign up 3PM- Maureen Lutz Music Program (DR) 6:30PM- Movie: A Cinderella Story (AR)	22 10AM- Exercise Video (AR) 2PM- Movie: Legend of Zorro (AR) 6:30PM- Wii Bowling (AR)	
23 11AM- Coffee Klatch (Gameroom) 6:30PM- Game Night (Gameroom)	24 10AM- Exercise with Diane! (AR) 11AM- Storytelling- Questions (AR) 1PM- Giant Crossword with Lindsey (AR) 3PM- Mysteries of the World- Kelly Hopkinsville Encounter (AR) 6:30PM- Coloring Corner (Gameroom)	25 10AM- Gentle Yoga (AR) 11AM- Resident Fire Safety Training (AR) 1PM- Documentary Series: Human The World Within (AR) 3PM- Quarter Bingo (DR) 6:30PM Golf the Card Game (Gameroom)	26 10AM- Shopping Outing- Walmart *please sign up 10:30AM- Rosary with Bev (PDR) 1PM- Wine Tasting: Merlot (AR) 3:30PM- Wisdom Study with Peter (AR) 6:30PM- TV Series: Downton Abbey (AR)	27 10AM- Gentle Yoga (AR) 11AM- TED Talks: Are You a Giver or a Taker? Adam Grant (AR) 2PM- Library Drop Off (L) 2PM- Wii Bowling (AR) 6:30PM- Dominoes (Gameroom)	28 10AM- Tai-Chi with Susan (AR) 11AM- Hangman (AR) 3PM- Social Hour (DR) 6:30PM- Movie: Hotel For Dogs (AR)	29 10AM- Exercise Video (AR) 2PM- Movie: The Polka King (AR) 6:30PM- Wii Bowling (AR)	
30 11AM- Coffee Klatch (Gameroom) 6:30PM- Game Night (Gameroom)	31 10AM- Exercise with Diane! (AR) 11AM- Storytelling- Space (AR) 1PM- Giant Crossword with Lindsey (AR) 3PM- Mysteries of the World- Mystery Birds (AR) 6:30PM- Coloring Corner (Gameroom)	<h1>THE WINDSOR</h1>					

Mysteries of the World- Mondays at 3PM (AR)
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 and theories are encouraged!

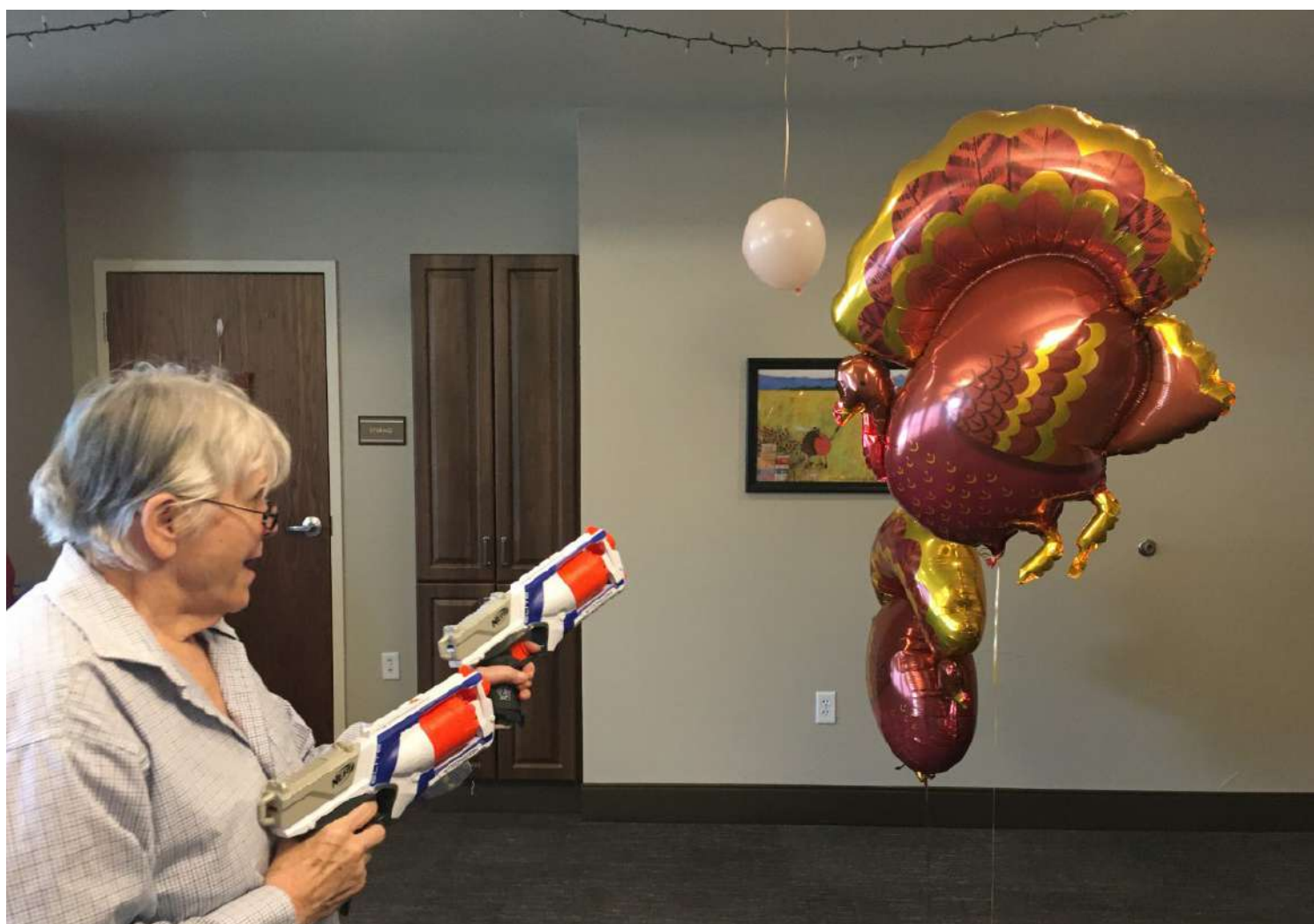
3rd - 6 Impossible Mysteries
17th - Teotihuacan
24th - Kelly-Hopkinsville Encounter
31st - Mystery Birds

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.

Andy at Turkey Shoot



Resident Input Meeting

Tuesday, January 25th at 11AM (AR)
Discuss your questions, comments, and concerns at our Resident Input Meeting. We will meet Tuesday, January 28th in the Activity Room.

Next Resident Input Meeting: February 22th at 11AM

OUTINGS

Please sign up for activities in the binder at the Function Junction (located in the 2nd floor lobby). If you need to cancel, please give as much notice as possible.

*Outing transportation is limited; please sign up 24 hours in advance of an outing. Please note this is very important as our community has grown! Thank you!

SHOPPING OUTINGS

Dollar Tree

Wednesday, January 5th, 10AM
Come with us on an adventure to the Windsor Dollar Tree. The bus leaves at 10 AM. Please sign up at the Function Junction.

Walmart

Wednesday, January 12th and 26th 10AM
Walmart should have almost everything! The bus leaves at 10 AM. Please sign up at the Function Junction.

King Soopers- Wednesday, January 19th, 10AM

Join us for shopping at King Soopers. The bus leaves at 10 AM. Please sign up at the Function Junction.

ADVENTURE OUTINGS

Scenic Drives

Friday, January 7th and January 21st at 1 PM (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 limited. If you need to cancel, please give as much notice as possible. Thank you!

USUAL SUSPECTS:

Foot and Toenail Clinic at The Windsor

Monday, January 3rd (please sign up at Function Junction)
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.

Audiologist Visit

Tuesday, January 1st 9AM (please sign up)
On Tuesday, January 4th at 9 AM in the Private Dining Room, Katie Cox AuD of The Hearing Place 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. Katie will return again on Tuesday, February 4th at 9AM.

SHELLY'S BEAUTY BAR AT THE WINDSOR

The Salon at The Windsor welcomed a new stylist, Shelly, in December. Shelly is a licensed cosmetologist and experienced with hair care, nail care, skin care and more.

Shelly's Beauty Bar will be open Monday and Friday from 8:30am-12:30pm. To schedule an appointment with Shelly please call (970)-388-1144. Please leave a message if necessary.

DINING AT THE WINDSOR

Meal Times

Breakfast – 7:00AM to 9:00AM
Dinner – 5:00PM to 6:30PM
Room Tray Service

The Windsor strongly encourages residents to come to the Dining Room for meals unless they are feeling unwell. Room Tray delivery will be available if a resident is feeling unwell. If a resident is not ill, the delivery will be subject to a charge of \$3 per meal referenced, on page 7 of the Resident Handbook. To order a room tray, contact the front desk.



FINGERS:

• **Express Manicure \$24**
Nail trim and shaping, soak, cuticle work, and polish. Without Polish \$20

• **Gel Manicure \$40**
Nail trim and shaping, soak, cuticle work, and gel polish

• **Polish Change \$18**
Nail trim and shaping, and polish

• **Nail Trim \$15**
Nail trim and shaping, and buff

TOES:

• **Express Pedicure \$36**
Foot soak, nail trim and shaping, cuticle work, paddling of feet, and polish. Without Polish \$32

• **Gel Pedicure \$54**
Foot soak, nail trim and shaping, cuticle work, paddling of feet, and gel polish

• **Nail Trim \$18**
Foot soak, nail trim and shaping, and buff

• **Polish Change \$20**
Nail trim and shaping, and polish

• **Gel Polish Removal \$10**
(Included in Gel Manicure and Gel Pedicure)

To-Go Meals

To-go meals can be picked up from the dining room during the meal service. To order a to-go meal, contact the front desk.

Guest Meals

Guests who are fully vaccinated may resume meals at The Windsor. Guest meals can be paid by cash/check at the front desk prior to the meal or can be billed to monthly rent. Residents and guests must dine at a private table.

- Breakfast: \$7 – no reservations required, no limit on guests
- Dinner: \$13 – reservations required by noon, limited to 8 guests

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!

