



The Winslow HAPPENINGS

August 2017

909 Centre Avenue,
Fort Collins, CO
970-492-6200



Estes Park



FEATURED ACTIVITY OF THE MONTH

THE AMAZING BENEFITS OF COLORING WITH PATRICIA BARRY

Monday, August 7th at 1:00pm

Have you heard about the newest obsession of Adult Coloring? This is not the latest fad, but a great way to reduce stress and anxiety and achieve a higher state of mindfulness. Patricia has been coloring for a couple of years and hopes to share the joy she has discovered with more people at The Winslow. Come for this informational session in which Keri and Patricia will be presenting on the many benefits of coloring. It is our hope that after you learn more about this hobby, you will be ready to join Winslow's new coloring club. The club will begin the following morning at 10:30am in the Activity Room and then continue on a bi-monthly basis.

Coloring Club

2nd and 4th Tuesday of each month

Tuesday, August 8th at 10:30am

Tuesday, August 22nd at 10:30am

Join us in the activity room as we color our cares away. All material is provided and everyone is welcome to attend.

ANNOUNCEMENT

We are pleased and excited to welcome back Stuart Tomlin Au.D. with Tomlin Hearing Care to provide monthly hearing checks. Please join Stuart on Wednesday, August 2nd at 1:00pm as he presents on Hearing Health and an overview of services he provides.

Monthly Hearing Checks will take place the 4th Thursday of each month beginning on **Thursday, August 24th at 10:00am** in the private dining room. Stuart will see residents on a 1st come, 1st serve basis. You will take a number when you arrive and be called in by the order in which you arrive. During these checks, Stuart will clean your hearing aids and check for ear wax.

OUT & ABOUT ACTIVITIES

Please be courteous regarding activity van sign ups. Unless you are ill, please give 48-hours notice to cancel activity reservations.

- MANAGER**
Stefanie Merrell
- OFFICE MANAGER**
Sandy Pantano
- ACTIVITY DIRECTOR**
Keri Travis
- HOUSEKEEPING SUPERVISOR**
Ruth Younce
- CHEF**
Cooper Snook
- WAIT STAFF SUPERVISOR**
Brian Havelange
- MAINTENANCE SUPERVISOR**
Randy Wood



ADDITIONAL EVENTS TO NOTE

Bingo

Tues. & Thurs. at 3:00pm

Dime Bingo

Weds. at 10:00am

Social Hour

Thurs. at 4:00pm

Wii Bowling

Wed. and Fri. at 2:15pm

BrainAerobics

Tues., Aug 1st at 10:30am

Tues., Aug 15th at 10:30am

Manicures and Hand Massages

Sat., Aug 12th at 1:00pm

Sat., Aug 26th at 1:00pm

Starbucks Stroll

Thurs., Aug 23rd at 1:00pm

Crafters Corner

Thur., Aug 10th at 9:00am

Making Snacks for Social Hour

Thurs., Aug 10th at 11:00am

Communion (Catholic)

Mon. at 10:00am

Bible Study

Thur. at 6:30pm

Book Club

Tues., Aug 29th at 11:00am

NEW LEGACIES: CONTEMPORARY ART QUILTS EXHIBIT AT THE LINCOLN CENTER

Tuesday, August 1st at 1:00pm

Join me for this Art Quilt Exhibition. From the Lincoln Center website, "New Legacies: Contemporary Art Quilts is a dazzling array of art quilting that will surprise and delight the viewer." There is no charge for this outing.

MOVIE NIGHT AT THE THEATER: MOVIE TO BE DETERMINED

Monday, August 7th

Join your friends and neighbors from The Winslow and The Worthington as we head out to the movies. Watch your Winslow mailbox for a flyer with the location and movie title. If you see an upcoming movie that looks good, please let Keri know.

PICNIC IN ESTES PARK

Wednesday, August 9th at 10:30am

Don't miss out on the last picnic of the season. We will head up to Estes Park for a picnic lunch on the lake. Lunch will include a buffet style lunch. Get out and enjoy the cooler mountain air. Cost \$10.00 per person which includes lunch, drinks, and travel to Estes Park.

ICE CREAM IN OLD TOWN: BEN AND JERRY'S

Friday, August 11th at 12:45pm

Join me for our last venture into Old Town this summer for some delicious ice cream. This time we will head to Ben and Jerry's in Old Town Square. Ben and Jerry's serves up a variety of flavors with fun names like Chunky Monkey and Truffle Kerfuffle.

COLUMBINE CLUB EVENT: HIGH ROLLERS BINGO

Friday, August 18th at 11:15am

Sign up to take part in the August Columbine Club event. With a pizza and salad lunch and elaborate bingo prizes, this is sure to be a fun event! No need to bring quarters, these bingo games are free! No limit of attendees but you must sign up by August 4th to attend.

The Columbine Club events remain FREE to all of the residents of The Winslow. These events offer a day of food and fun to the resident's at all three Columbine Independent Living facilities.

COLORADO ROCKIES GAME

Sunday, August 20th at 11:00am

Take me out to the ball game; take me out with the crowd....

Tickets have been purchased and transportation arranged for a day out at Coors Field. If you need to cancel your reservation or want to be added to the wait list, please see Keri in Activities. Let's hear it for the Colorado Rockies!

Leanin' Tree Western Art Museum





Winslow team making banana splits

**THE SILVERTONES PRESENT:
ELLA FITZGERALD'S GREAT
AMERICAN SONGBOOK- CENTENNIAL
CELEBRATION CONCERT**

Tuesday, August 22nd at 5:30pm

Sign up for an evening of music as we support three of our fellow Winslow residents. Dr. Nelson Bachus, Anna Everett, and Mary Hassen are all members of The Silvertones. We will leave The Winslow at 5:30 and return between 8:30 and 9:00pm. Tickets are \$5.00/person and will be sold at the door.

LUNCH OUTINGS

**Ladies Lunch and Shopping Trip:
P.F. Chang's Italian Bistro and
The Promenade Shops at Centerra**

Wednesday, August 30th at 11:30am

We will start at the restaurant for lunch and then proceed to the shops. You will have the opportunity to shop at several stores. Some of the stores in the area include: See's Candies, Barnes and Noble, Christopher & Banks, Cozy Cottage and more.

Winslow Dining Club:

Bisetti's Ristorante

Thursday, August 24th at 11:30am

Join us for this new lunch outing. This outing is for both men and women at The Winslow. Come to this lunch and help pick which restaurant we will head to the following month.



**FORT COLLINS SENIOR CENTER
Health & Wellness –
Come to the Senior Center**

Health & Wellness is August

Maintain Mobility

Strength, balance, fitness, and home safety.
By Front Range Therapy.

Wednesday, August 15th

12:00pm - 1:00pm

\$5.00

Osteoporosis

Education, exercise, and prevention.
By Front Range Therapy.

Wednesday, August 15th

1:30pm-2:30pm

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**Happy Hands Dancing
& Brain Walking**

Movement, Laughing, and Brain Work.
By UCHealth Aspen Club.

Friday, August 18th

2:00pm - 3:30pm

\$5.00

Drumming Circle Experience

Enhance personal and spiritual growth through this ancient technique.
By UCHealth Aspen Club.

Saturday, August 19th

9:30am - 11:00am

\$15.00

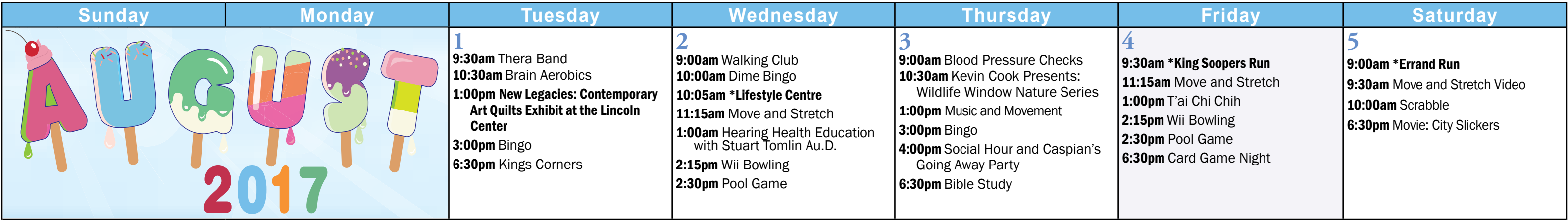

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Register at 970-221-6644
or www.fcgov.com/recreator.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1 9:30am Thera Band 10:30am Brain Aerobics 1:00pm New Legacies: Contemporary Art Quilts Exhibit at the Lincoln Center 3:00pm Bingo 6:30pm Kings Corners	2 9:00am Walking Club 10:00am Dime Bingo 10:05am *Lifestyle Centre 11:15am Move and Stretch 1:00am Hearing Health Education with Stuart Tomlin Au.D. 2:15pm Wii Bowling 2:30pm Pool Game	3 9:00am Blood Pressure Checks 10:30am Kevin Cook Presents: Wildlife Window Nature Series 1:00pm Music and Movement 3:00pm Bingo 4:00pm Social Hour and Caspian's Going Away Party 6:30pm Bible Study	4 9:30am *King Soopers Run 11:15am Move and Stretch 1:00pm T'ai Chi Chih 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Card Game Night	5 9:00am *Errand Run 9:30am Move and Stretch Video 10:00am Scrabble 6:30pm Movie: City Slickers
6 2:00pm Rummikub 6:30pm Movie: Trumbo	7 9:25am *Pringles Liquor Store Run 10:00am Communion (Catholic) 11:15am Move and Stretch 1:00pm The Amazing Benefits of Coloring with Patricia Barry 1:00pm Rummikub 2:30pm Pool Game 3:00pm Kings Corners 6:30pm Card Game Night 6:30pm *Movie Night at the Theater	8 9:30am Thera Band 10:30am Coloring Club 1:00pm Ken Burns The West: The People 1:00pm Schwan's for Sale 3:00pm Bingo 6:30pm Kings Corners	9 9:00am Walking Club 10:00am Dime Bingo 10:05am *Lifestyle Centre 10:30am Picnic in Estes Park 11:15am Move and Stretch Video 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Kings Corners	10 9:00am Crafter's Corner 11:00am Making Snacks for Social Hour 1:00pm Sydney Pierce Sings Songs of the 1920s 3:00pm Bingo 4:00pm Social Hour 6:30pm Bible Study	11 9:30am *King Soopers Run 11:15am Move and Stretch 12:45am *Ice Cream in Old Town: Ben and Jerry's 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Card Game Night	12 9:00am *Errand Run 9:30am Move and Stretch Video 10:00am Scrabble 1:00pm Manicures and Hand Massages 6:30pm Movie: The Black Stallion
13 2:00pm Rummikub 6:30pm Movie: The Mission	14 9:30am *Safeway Run 10:00am Communion (Catholic) 11:15am Move and Stretch Video 1:00pm Musical Monday: The Wizard of Oz 2:30pm Pool Game 3:00pm Kings Corners 6:30pm Card Game Night	15 9:30am Thera Band 10:30am Brain Aerobics 1:00pm Ken Burns The West: Empire Upon the Trails 3:00pm Bingo 6:30pm Kings Corners	16 9:00am Walking Club 10:00am Dime Bingo 10:05am *Lifestyle Centre 11:15am Move and Stretch 1:00am Sue Pankonin Travelogue: Scotland 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Kings Corners	17 9:00am Blood Pressure Checks 9:30am New Resident Orientation 11:00am Strength Class 1:00am Understanding How the Brain Helps Control Balance and Walking Presentation with CSU Grad Student Clayton Swanson 3:00pm Bingo 4:00pm Social Hour 6:30pm Bible Study	18 9:30am *King Soopers Run 11:15am *Columbine Club Event: High Rollers Bingo 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Card Game Night	19 9:30am Move and Stretch Video 10:00am Scrabble 6:30pm Movie: Camelot (Part I)
20 11:00am *Colorado Rockies Game 2:00pm Rummikub 6:30pm Movie: Camelot (Part II)	21 9:00am-3:45pm Foot Care Clinic 9:30am *Walmart Run 10:00am Communion (Catholic) 11:15am Move and Stretch 1:00pm New Resident Ice Cream Social 1:00pm Rummikub 2:30pm Pool Game 3:00pm Kings Corners 6:30pm Card Game Night	22 9:30am Thera Band 10:30am Coloring Club 1:00pm Ken Burns: The Speck of the Future 1:00pm Schwan's for Sale 3:00pm Bingo 5:30pm *The Silvertones Present: Ella Fitzgerald's Great American Songbook: Centennial Celebration Concert 6:30pm Kings Corners	23 9:00am Walking Club 10:00am Dime Bingo 10:05am *Lifestyle Centre 11:15am Move and Stretch 1:00am Starbucks Stroll 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Kings Corners	24 9:00am Welcome Committee 10:00am Hearing Aid Checks 11:30am Winslow's Dining Club: Bisetti's Ristorante 1:00pm Starbucks Stroll 3:00pm Bingo 4:00pm Social Hour 6:30pm Bible Study	25 9:30am *King Soopers Run 11:15am Move and Stretch 1:00pm August Celebrations with Albert Galli 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Card Game Night	26 9:30am Move and Stretch Video 10:00am Scrabble 1:00pm Manicures and Hand Massages 6:30pm Movie: Catch and Release
27 10:30am-2:00pm Champagne Brunch 2:00pm Rummikub 6:30pm Movie: Places in the Heart	28 9:00am-12:00pm Foot Care Clinic 9:30am *Safeway Run 10:00am Communion (Catholic) 11:15am Move and Stretch 1:00pm The Ancient Villages of Mesa Verde DVD Presentation 1:00pm Rummikub 2:30pm Pool Game 3:00pm Kings Corners 6:30pm Card Game Night	29 9:30am Thera Band 10:00am Resident & Food Input Meeting 11:00am Book Club 1:00pm Ken Burns The West: Death Runs Riot 1:00pm Schwan's for Sale 3:00pm Bingo 6:30pm Kings Corners	30 9:00am Walking Club 10:00am Dime Bingo 10:05am *Lifestyle Centre 11:15am Move and Stretch Video 11:30am *Ladies Lunch and Shopping: P.F. Chang's China Bistro and The Promenade Shops at Centerra 2:15pm Wii Bowling 2:30pm Pool Game 5:30pm Marshmallow Roast in honor of National Marshmallow Toasting Day 6:30pm Kings Corners	31 11:30am Corn Shucking Contest and Corn Roast 3:00pm Bingo 4:00pm Social Hour 6:30pm Bible Study	 Laundry Service Available Sign up in Activity Book EVERY FRIDAY	

SHOPPING OUTINGS

Kings Soopers

Fridays at 9:30am

Safeway

2nd & 4th Monday of each month

Monday, August 14th at 9:30am

Monday, August 28th at 9:30am

Wal-Mart

Monday, August 21st at 9:30am

Pringle's Liquor Store

Monday, Monday 7th at 9:25am

Errand Runs **Every other Saturday**

(Special Dates this month only)

Saturday, August 5th at 9:00am

Saturday, August 12nd at 9:00am

SPECIAL EVENTS

KEVIN COOK PRESENTS: WILDLIFE

WINDOW NATURE SERIES:

A NATURALIST'S DESIDERATA

Thursday, August 3rd at 10:30am

Some things in life we can prove to be true; some things we know to be true; and some things we accept to be true. Things we accept become beliefs. A desideratum is a powerful belief, a tool by which we guide our passage through life. When difficult decisions must be made after all facts have been assessed, the desiderata of our lives guide how we proceed. Naturalists cope with the interface between humanity and nature, a confrontation sometimes elegant, sometimes hostile. These are a naturalist's desiderata, the tools by which humanity can survive nature and nature can survive humanity.

Desideratum 8: Discern Your Interest

Trees command attention; birds sing for attention; butterflies dance for attention; wildflowers blossom for attention; mushrooms tease for attention. The diversity of wildlife can distract the eager wildlife enthusiast and thereby obstruct the achieving of personal ambitions. This becomes the naturalist's quest: discern your interest.



Golden 90s Banana Split Party

Ken Burns Presents: The West

(This is a DVD Presentation)

Tuesday, August 8th at 1:00pm – The People

Tuesday, August 15th at 1:00pm – Empire Upon the Trails

Tuesday, August 22nd at 1:00pm – The Speck of the Future

Tuesday, August 29th at 1:00pm – Death Run Riots

Historian and Oscar nominee Ken Burns and his talented team mine vintage photographs, music, maps, letters, newspapers, and more to bring to life the struggles and challenges Americans faced in the 19th century as they embarked on westward expansion.

SYDNEY PIERCE SINGS SONGS OF THE 1920S

Thursday, August 10th at 1:00pm

The lovely Sydney Pierce will be back singing songs from the 1920s. Performance will be in the Activity Room.

MUSICAL MONDAY: THE WIZARD OF OZ

Monday, August 14th at 1:00pm

There's no place like home for young Dorothy (Judy Garland), who's been swept away from her farm in Kansas to a wonderland of munchkins, flying monkeys, and different-colored horses. She must follow the Yellow Brick Road to the all-knowing Wizard of Oz to find her way home. Along the way, she meets the Scarecrow (Ray Bolger), the Tin Man (Jack Haley) and the Cowardly Lion (Bert Lahr), who help her, fend off the Wicked Witch of the West (Margaret Hamilton).

SUE PANKONIN TRAVELOGUE: SCOTLAND

Wednesday August 16th at 1:00pm
Join Sue as she shares photos and stories from a trip to Scotland.

UNDERSTANDING HOW THE BRAIN HELPS CONTROL BALANCE AND WALKING PRESENTATION WITH CSU GRAD STUDENT

Thursday, August 17th at 1:00pm
Graduate Research Assistant Clayton Swanson from the Sensorimotor Neuroimaging Laboratory at Colorado State University will be presenting a research study he is currently working on. This research project will look at how changes in balance and walking are associated with changes in brain activity as people age. While the nervous system contributes to these balance and walking declines, new techniques in brain imaging have discovered that older individuals display more brain activity than younger individuals. The purpose of this study is to better understand how the increased brain activity affects walking and balancing. Come and learn more about this exciting study.

MARSHMALLOW ROAST

**Wednesday, August 30th from
5:30pm to 6:30pm**

Come and help celebrate National Marshmallow Toasting Day. After you finish your dinner, walk out to the front parking lot for a tasty dessert. We will have a fire pit going with marshmallows, roasting sticks, and all the fixings for s'mores.

THE ANCIENT VILLAGES OF MESA VERDE DVD PRESENTATION

Monday, August 28th at 1:00pm

Mesa Verde National Park is rich in treasures from the past. The mesa top villages and cliff dwellings of Mesa Verde provide a wealth of knowledge about the ancient people who lived here. Their story, however, did not

end when they left the area. Their descendants are the Pueblo Indians who live in the southwest today.

Narrator Raoul Trujillo, a Pueblo Indian from New Mexico, speaks eloquently for his people and presents the Puebloan view of their ancestral home in Mesa Verde National Park.

Writer and Director, the late Ian Thompson, was executive director of the Crow Canyon Archaeological Center and is author of the Towers of Hovenweep.

WINSLOW'S 1ST ANNUAL CORN SHUCKING CONTEST AND CORN ROAST

Thursday, August 31st at 11:30am

Ah, shucks things are getting corny! Come on out for our 1st Annual Corn Shucking Contest. Teams will include both staff and residents. After we crown our corn shucking champions we will all enjoy freshly roasted Olathe Sweet Corn. When you sign up, please sign up as a contestant or observer. If you are willing to help out as a judge, please see Keri.

LISTED BELOW IS A LIST OF THE EXERCISE CLASSES THE WINSLOW PROVIDES:

- **Move and Stretch**
Mons., Weds., & Fris. at 11:15am
- Saturdays at 9:30am (video)
- **Thera-Band**
Tuesdays at 9:30am
- **Music and Movement**
Thursday, August 3rd at 1:00pm
- **T'ai Chi Chih**
Friday, August 4th at 1:00pm
- **Strength Class *New Time***
Thursday, August 17th at 11:00am
- **Walking Club**
Wednesdays at 9:00am



MEMBERS OF THE GOLDEN 90's CLUB:

Ethel Baumgardner
Norma Biedenbarn
Jean Blaylock
Jeanne Butler
Eleanor Christiansen
Norman Christiansen
Nancy Cech
Ellie Cimino
Lee Coleman
Mavis Edgar
Ella Edgerton
Anna Everett
Virginia Febinger
Rosemary Girard
Ski Herrod
Golda Jaspers
Howard Johnson
Marilyn Johnson
Barbara Knox
George Kotsiopoulos
Gwen Kotsiopoulos
Bonnie McCulloch
Spec Norton
Helen Oxley
Audreta Pape
Augie Pfeiffer
Rusty Ritchie
Laura Rudzinski
Jo Ann Schaefer
Al Sturm
Helen Sturm
Maude Usel
Ruth Weverstad
Donna Wick

MEMBER OF THE PLATINUM 100 CLUB:

Carl Jorgensen

Transportation to the Lifestyle Centre offered every Wednesday at 10:05am – Please sign up if you would like to utilize this service.

SERVICES PROVIDED AT THE WINSLOW

BLOOD PRESSURE CHECKS

1st and 3rd Thursdays of each month at 9:00am

Each month a nurse from Columbine Poudre Home Care comes in to check and record your blood pressure. You will be given a card to keep track of what your blood pressure that you can take to doctor appointments to provide your doctor a more detailed picture of what your blood pressure is over time.

FOOT CARE NURSE'S CLINIC AT THE WINSLOW

Experienced geriatric foot care nurse, Jane Schmidt, RN, is available several **Mondays of every month** for foot care appointments. Sign-up sheets are available in the activity sign-up book. Each session is \$25 (no tips accepted) and lasts 30 minutes. **Appointments times are from 9:00 am until 3:45pm.**

BLOOM AT HOME LAUNDRY SERVICE

BLOOM at Home Non-medical Home Care is proud to offer an on-site laundry service to residents at The Winslow every Friday. Laundry must be placed outside your door by 7am. First Load-\$10.00, Additional Loads - \$5.00. **You can sign up for this service in the Activity Book.**

KELLI AT THE WINSLOW BEAUTY SALON: 498-2100

Reminder: Please make beauty salon appointments at least one week in advance.

Hwy 34 Scenic Drive trip



ADDITIONAL EVENTS TO NOTE:

RESIDENT AND FOOD INPUT MEETING

Tuesday, August 29th at 10:00am

This is your opportunity to meet with staff from all the departments at The Winslow to share any concerns, suggestions, or compliments you July have. This meeting is held on a monthly basis. All residents are invited and encouraged to attend!

NEW RESIDENT ORIENTATION

Wednesday, August 17th 9:30am

Stefanie Merrell, Manager, and Keri Travis, Activity Director, hold a New Resident Orientation on a monthly basis. The meeting allows you a chance to review the handbook with Stefanie, go over activity procedures including how to sign up for activities, and gives you a chance to ask questions pertaining to rules, regulations, and procedures you are unclear about.

NEW RESIDENT ICE CREAM SOCIAL

Monday, August 21st at 1:00pm

The Winslow's monthly ice cream social is held to welcome our new residents. This is a great way to meet the newest members of The Winslow Family!

JOIN THE PARTY!

Albert Galli will be providing this month's entertainment for our August Celebrations on Friday, August 25th at 1:00pm. Join us for some fun entertainment and cake!

HAPPY BIRTHDAY TO YOU.....

Beverly Weichel 3rd	Gwen Kotsiopulos 10th
Rusty Ritchie 15th	Beverly Patterson 15th
Betty Fischbeck 16th	John Drips 20th
Freda Greenebaum 20th	Joan Svetlik 21st
Gerald McDuffee 28th	John Hendrix 30th
Howard Johnson 30th	

HAPPY ANNIVERSARY!

Congratulations to George & Betty Fischbeck, married 63 years on August 7