



The Winslow

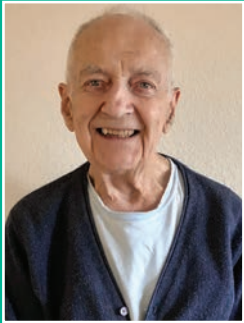
Happenings

MAY 2019



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

**WELCOME NEW
RESIDENT
CHESTER SZMYD!**



MANAGER
Stefanie Merrell

OFFICE MANAGER
Sandy Pantano

ACTIVITY DIRECTOR
Brittany Rasmussen

CHEF
Cooper Snook

**WAIT STAFF
SUPERVISOR**
Brian Havelange

**ENVIRONMENTAL
SERVICES DIRECTOR**
Randy Wood



Welcoming spring

WELCOME TO THE WINSLOW

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

ANNOUNCEMENTS

REMEMBERING WHAT MEMORIAL DAY IS REALLY ABOUT

Unfortunately, it seems many Americans have forgotten, or simply given up on, the true meaning of Memorial Day. For many people, Memorial Day is known as the “unofficial first day of summer.” The weather is finally warming up and kids are getting out of school. People view the long weekend as a chance to get away for a few days. While barbecues and beach trips are nice, what’s the real meaning of Memorial Day?

Memorial Day has been celebrated in the United States for almost 150 years. Since the 1970’s, Memorial Day is officially celebrated on the last Monday of May. Originally called “Decoration Day,” Memorial Day was created as a day dedicated to honor and remembrance for all those who died in service of the United States, inspired by the 500,000 deaths of soldiers in the Civil War. Since the Civil War, however, over 1,000,000 soldiers have died in various wars. Every year, thousands of people enlist in the military; meaning thousands of people are willing to risk their lives to protect our rights and freedoms.

This Memorial Day, we encourage everyone to take some time out of their day to reflect and honor the heroism of the soldiers who have died for us in the past, and all those who are currently serving for us. After all, America is home of the free because of the brave.



SHOPPING OUTINGS

Kings Soopers
Fridays at 9:30am

Safeway
Monday, May 13th at 9:30am
Monday, May 27th at 9:30am

Wal-Mart
Monday, May 20th at 9:30am

Pringle's Liquor Store
Monday, May 6th at 9:25am

Errand Runs
Every other Saturday
Saturday, May 4th at 9:00am
Saturday, May 18th at 9:00am

BEAUTY SALON:

Kelli at 498-2100
Reminder: Please make beauty salon appointments one week in advance.

WELCOME NEW RESIDENTS

Bill and Jane McClellan



PLEASE SIGN UP FOR ACTIVITIES IN THE ACTIVITY SIGN-UP BOOK LOCATED IN THE FRONT LOBBY. THANK YOU!

OUT AND ABOUT ACTIVITIES

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

S.O.A.P. TROUPE AT THE FORT COLLINS SENIOR CENTER

Saturday, May 4th at 1:15pm

Join in the fun for this interesting and lively show. This program will feature presentations by the well-known SOAP Troupe, and will include dance routines, a medley of songs, skits, comedy, and other surprises. The bus will begin loading at 1:15pm for the 2:00 pm show. Tickets are \$6.00.

REDSTONE CANYON SCENIC DRIVE

Wednesday, May, 8th at 10:00am

Enjoy a beautiful scenic drive around Redstone Canyon located in rural Larimer County, Colorado. Redstone Canyon has historically been a cattle ranching area for several decades and remains so today. Redstone Canyon Association was established in 1979 several years after the Swanson Cattle Ranch was sold and the land divided. Oversight of seasonal range cattle and maintenance of access roads on the Ranch are now handled by the RCA, which also serves as a resource for its members.

DENVER MUSEUM OF NATURE AND SCIENCE: LEONARDO DA VINCI EXHIBIT

Wednesday, May 15th at 9:00am

Enjoy this rare exhibit featuring Leonardo Da Vinci - Inventor, artist, scientist, anatomist, engineer, architect, sculptor, and philosopher. Although Leonardo da Vinci died in 1519, his enduring influence comes to life in the new exhibition, Leonardo da Vinci: 500 Years of Genius. You will see why the ultimate Renaissance man remains an inspiration for the ages! Tickets are \$17/person and a boxed lunch will be provided for a \$5 fee.

GULLEY'S GREENHOUSE

Wednesday, May 22nd at 11:30am

It's that time of year again when we head out to the greenhouse to buy all the pots, plants, and soil we need to adorn our patios with the sights and smells of summer. You will have plenty of time and help to fill your cart at Gulley's and unload back at The Winslow. This will be the only trip we take to Gulley's so sign-up today!

LUNCH OUTINGS

LADIES LUNCH AND SHOPPING: CHILI'S AND DILLARD'S IN CHEYENNE, WY

Wednesday, May 29th at 11:30am

Burgers. Ribs. Fajitas. It all started with a dream: to create a place you'd want to go and hang out with good friends over a burger and a beer, which is just what we are going to do at Chili's before shopping at Dillard's in Cheyenne, WY.

SPECIAL EVENTS

MAY ENTERTAINMENT

We have a variety of entertainers coming in the month of May you won't want to miss!

Wednesday, May 1st at 1:00pm:

Four The Good Times Band

Monday, May 6th at 1:00pm: The Sunshine Singers

Monday, May 13th at 1:00pm: The Heartlanders

Wednesday, May 15th at 1:00pm: Jerry Phillips

Thursday, May 23rd at 10:00am:

Lopez Elementary School

KEVIN COOK PRESENTS: 12 DOZEN THINGS ABOUT COLORADO: MOTHER OF RIVERS

Thursday, May 2nd at 10:30am

Fur-trapping lured people to Colorado for half a century. Gold and silver took command and lured many more people causing the area to develop industrially before it developed agriculturally. From trees for lumber, timbers, and ties to animals for food, wildlife made Colorado's settlement possible.

THE WINSLOW KENTUCKY DERBY RACES

Friday, May 3rd at 1:00pm

Churchill Downs, the world's most legendary racetrack, has conducted thoroughbred racing and presented America's greatest race, the Kentucky Derby, continuously since 1875. Come watch The Winslow Kentucky Derby Race while sipping a mint julep, donning a beautiful hat, and joining fellow race fans in cheering on your favorite horse!

CINCO DE MAYO ENTERTAINMENT

Friday, May 3rd at 5:00pm

Help us celebrate Cinco de Mayo with entertainment during your dinner hour! Enjoy dancing, music, and more while delighting in a Mexican cuisine made by Cooper.

EMMA AND ALEXA'S FAREWELL PARTY

Wednesday, May 8th at 1:00pm

Come wish Emma and Alex best wishes as they move on to their next grand adventures! Enjoy drinks, appetizers, and good conversation as we say farewell.



NATIONAL GEOGRAPHIC: WILD ALASKA


Thursday, May 9th at 1:00pm

As winter breaks, the animals of Alaska make the most of the endless sunshine before their world falls dark again. This is the story of some of the most incredible and enduring wildlife in America.

MOTHER'S DAY TEA

Friday, May 10th at 11:30am

The Mother's Day Tea is packed full of special treats, elegant food, and great conversation. This tea is open to all the ladies of The Winslow and their children. The sign-up sheet will close on Friday, May 3rd. See Stefanie if you have any questions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 May Day 9:30am Senior Interviews with Kindergarteners 11:15am Senior Fitness 1:00pm Entertainment by Four The Good Times Band 2:30pm Pool Game 2:30pm Mindfulness Practice 3:00pm Coloring Club	2 9:00am Blood Pressure Checks 9:00am T'ai Chi Chih 10:30am Kevin Cook Presents: How Wildlife Made Colorado 1:00pm The History of Cinco De Mayo Documentary 3:00pm Bingo 4:00pm Social Hour 6:15pm Bible Study	3 *9:30am King Soopers Run 11:15am Thera Band Exercise 1:00pm The Winslow Kentucky Derby Races 2:15pm Wii Bowling 2:30pm Pool Game 5:00pm Cinco De Mayo Entertainment 6:30pm Card Game Night	4 *9:00am Errand Run 9:30am Brittany's Fitness Video 9:30am Scrabble 10:30am T'ai Chi Chih Video *1:15pm Outing: SOAP Troupe The Senior Center 2:30pm Prayer Group with Ruth Cooper: Movie Showing: The Case for Christ 6:30pm Movie: First Man
5 Cinco De Mayo 2:00pm Rummikub 6:30pm Movie: Close Encounters of the Third Kind	6 *9:25am Pringles Liquor Store Run 11:15am Monday Movement Exercise 1:00pm Entertainment by The Sunshine Singers 1:00pm Rummikub 2:30pm Pool Game 3:00pm Kings Corner 6:30pm Card Game Night	7 9:00am- 1:00pm Computer Help with Gary Roerig 10:00am Senior Balance and Mobility with Jackie 11:15am Storytelling with Carla 12:00pm Catholic Communion 1:00pm Craft Corner with Rose 1:30pm Chaplain Chat 3:00pm Bingo 6:30pm Kings Corners	8 10:00am Dime Bingo 11:15am Senior Fitness *10:00am Outing: Redstone Canyon Scenic Drive 1:00pm Emma and Alexa's Farewell Party 2:30pm Pool Game 2:30pm Mindfulness Practice 3:00pm Coloring Club	9 9:00am T'ai Chi Chih 10:00am News and Current Events 1:00pm National Geographic: Wild Alaska 3:00pm Bingo 4:00pm Social Hour 6:15pm Bible Study	10 *9:30am King Soopers Run 11:30am Mother's Day Tea 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Card Game Night	11 9:30am Brittany's Fitness Video 9:30am Scrabble 10:30am T'ai Chi Chih 1:00pm Manicures and Hand Massages 2:30pm Prayer Group with Ruth Cooper 6:30pm Movie: Doctor Zhivago
12 Mother's Day 2:00pm Rummikub 6:30pm Movie: Doctor Zhivago	13 *9:30am Safeway Run 9:30am Kindergarten Interview Follow-up 11:15am Monday Movement Exercise 1:00pm Entertainment by the Heartlanders 1:00pm Rummikub 2:30pm Pool Game 3:00pm Kings Corners 6:30pm Card Game Night	14 10:00am Senior Balance and Mobility with Jackie 11:15am Storytelling with Carla 12:00pm Catholic Communion 1:00pm Travelogue with Sue Pankonin: Paris 1:30pm Chaplain Chat 3:00pm Bingo 6:30pm Kings Corners	15 *9:00am Outing: Denver Museum of Nature and Science: The Da Vinci Exhibit Exhibit 10:00am Dime Bingo 11:15am Senior Fitness 1:00pm Afternoon Entertainment by Jerry Phillips 2:30pm Pool Game 2:30pm Mindfulness Practice 3:00pm Coloring Club	16 9:00am Blood Pressure Checks 9:00am T'ai Chi Chih 10:00am Scams and Frauds Presentation by Fort Collins Police Department 1:00pm Cooking with Cooper 3:00pm Bingo 4:00pm Social Hour 6:15pm Bible Study	17 *9:30am King Soopers Run 11:15am Thera Band Exercise 1:00pm 1st Floor Neighborhood Social 2:15pm Wii Bowling 2:30pm Pool Game 3:00pm Springtime Happy Hour 6:30pm Card Game Night	18 *9:00am Errand Run 9:30am Brittany's Fitness Video 9:30am Scrabble 10:30am T'ai Chi Chih 1:00pm Planet Earth Video 2:30pm Prayer Group with Ruth Cooper 6:30pm Movie: The Prize Winner of Difiance, Ohio
19 2:00pm Rummikub 6:30pm Movie: Damn Yankees	20 *9:30am Walmart Run 11:15am Monday Movement Exercise 1:00pm Birthday Celebrations with Josh Long 1:00pm Rummikub 2:30pm Pool Game 3:00pm Kings Corners 6:30pm Card Game Night	21 9:00am-1:00pm Computer Help with Gary Roerig 10:00am Senior Balance and Mobility with Jackie 11:15am Storytelling with Carla 12:00pm Catholic Communion 1:00pm Starbucks Stroll 1:30pm Chaplain Chat 3:00pm Bingo 6:30pm Kings Corners	22 9:30am Welcome Committee 10:00am Dime Bingo 11:15am Senior Fitness *11:30am Outing: Gully's Greenhouse 1:00pm Resident Food and Input Meeting 2:30pm Pool Game 2:30pm Mindfulness Practice 3:00pm Coloring Club	23 10:00am Hearing Aid Checks 9:00am T'ai Chi Chih 10:00am Music Performance by Lopez Elementary School 1:00pm Ice Cream Social: New Residents Meet and Greet Winslow Residents 3:00pm Bingo 4:00pm Social Hour 6:15pm Bible Study	24 *9:30am King Soopers Run 11:15am Thera Band Exercise 12:00pm Surprise Activity 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Card Game Night	25 9:30am Brittany's Fitness Video 9:30am Scrabble 10:30am T'ai Chi Chih 1:00pm Manicures and Hand Massages 2:30pm Prayer Group with Ruth Cooper 6:30pm Movie: The Horse Soldier
26 2:00pm Rummikub 6:30pm Movie: Taking Chance	27 Memorial Day *9:30am Safeway Run 11:15am Monday Movement Exercise 1:00pm Holiday Sing Along with Nelson 1:00pm Rummikub 2:30pm Pool Game 3:00pm Kings Corners 6:30pm Card Game Night	28 10:00am Senior Balance and Mobility with Jackie 11:15am Storytelling with Carla 12:00pm Catholic Communion 1:00pm Brain Aerobics 1:30pm Chaplain Chat 3:00pm Bingo 6:30pm Kings Corners	29 9:30am New Resident Orientation 10:00am Dime Bingo 11:15am Senior Fitness *11:30am Ladies Lunch and Shopping: Chili's and Dillards in Cheyenne, WY 1:00pm Dean Martin Variety Show 2:30pm Pool Game 2:30pm Mindfulness Practice 3:00pm Coloring Club	30 9:00am T'ai Chi Chih 10:00am Morning Donut Social 1:00pm Afternoon Board Games 3:00pm Bingo 4:00pm Social Hour 6:15pm Bible Study	31 *9:30am King Soopers Run 11:30am Build Your Own Baked Potato Bar 2:15pm Wii Bowling 2:30pm Pool Game 6:30pm Card Game Night	



TRAVELOGUE WITH SUE PANKONIN: PARIS

Tuesday, May 14th at 1:00pm

Sue had the chance to travel to Paris with her family. Enjoy her slideshow presentation and hear all about her adventures!

SCAMS AND FRAUDS PRESENTATION BY THE FORT COLLINS POLICE DEPARTMENT

Thursday, May 16th at 10:00am

Senior citizens should be especially aware of fraud schemes targeting their lifestyle and savings and follow a series of tips to protect themselves and their family members from fraud. The Fort Collins Police Department will be here to tell you how to prevent something happening to YOU.

COOKING WITH COOPER

Wednesday, May 16th at 1:00pm

Come and watch Cooper, our Chef, do what he does best! There will be plenty of samples. Don't miss this live cooking demonstration!

1ST FLOOR NEIGHBORHOOD SOCIAL

Friday, May 17th at 1:00pm

Hey first floor! Want to get to know your neighbors better?? Don't miss this 1st Floor Social; drinks, light

appetizers and – most important – mingling – with your neighbors. Sign-up in the Activity Book. (Don't worry 2nd and 3rd floors; your social is coming up!)

SPRINGTIME HAPPY HOUR

Friday, May 17th at 3:00pm

Did you know the origin of "Happy Hour" dates back to the early 19th century? During this time, the phrase "happy hour" was used as U.S. Naval slang to describe the entertainment period in which activities such as boxing and wrestling matches would occur on board. It wasn't until the Prohibition era where this term became associated with drinking, and boy, are we happy it did! Enjoy socializing with your neighbors while sipping on a springtime cocktail at our Springtime Happy Hour.

SURPRISE ACTIVITY

Friday, May 24th at 12:00pm

It's a bird... It's a plane... It's a surprise! Join The Winslow staff for this surprise activity in the Dining room at 12:00pm. You DEFINITELY won't want to miss it!

HOLIDAY SING ALONG WITH NELSON

Monday, May 27th at 1:00pm

Join Nelson in celebrating Memorial Day with a patriotic holiday sing along

BUILD YOUR OWN BAKED POTATO BAR

Friday, May 31st at 11:30am

What's better than a buffet of baked potatoes and a whole lot of toppings?! Enjoy a build your own baked potato bar for lunch while conversing with your fellow residents. We will have a limited number of seats so be sure to sign-up early in the activity book!

ADDITIONAL EVENTS TO NOTE

Bingo Tuesdays and Thursdays at 3:00pm
Dime Bingo Wednesdays at 10:00am
Social Hour Thursdays at 4:00pm
Wii Bowling Fridays at 2:15pm

Manicures and Hand Massages

.....Saturday, May 11th at 1:00pm
Saturday, May 25th at 1:00pm
Communion (Catholic)
Tuesdays at 12:00pm
Bible Study.....Thursdays at 6:15pm

SERVICES PROVIDED AT THE WINSLOW

HEARING AID CHECKS BY TOMLIN HEARING CARE, LLC

Thursday, May 23rd at 10:00am

Stuart Tomlin with Tomlin Hearing Care will be providing this hearing care clinic. Complimentary services include hearing aid cleanings and wax removal. Appointments are offered on a 1st come, 1st serve basis the day of the clinic. If you need immediate assistance or services on a day other than a day scheduled at The Winslow, please call Stuart at 970-420-2021.

BLOOM AT HOME LAUNDRY SERVICE

Every Friday at 7:00am

BLOOM at Home Non-medical Home Care is proud to offer an on-site laundry service to residents at The Winslow every Friday. BLOOM will wash personal laundry. As a reminder, The Winslow does wash towels and linen as a free,

weekly service. 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.

BLOOD PRESSURE CHECKS

Thursday, May 2nd at 9:00am
Thursday, May 16th 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 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. This is a free service provided by The Winslow.

ADDITIONAL EVENTS TO NOTE

STORYTELLING WITH CARLA

Every Tuesday at 11:15am

Come share a personal story, object, own creative writing or just come and listen to others stories every Tuesday for a trip down memory lane.

Prayer Group with Ruth Cooper
 – All are Invited

We Meet Every Saturday at 2:30pm in the Activity Room



MEMBERS OF THE GOLDEN 90'S CLUB:

Fran Black
 Tom Blaney
 Jean Blaylock
 Shirley Brown
 Jeanne Butler
 Eleanor Christiansen
 Ellie Cimino
 Kathie Coobs
 John Drips
 Jane Dronberger
 Mavis Edgar
 Ella Edgerton
 Virginia Febinger
 George Fischbeck
 Willard Froseth
 Beverly Gilbert
 Rosemary Girard
 Mary Hassen
 Ski Herrod
 Paul Husted
 Golda Jaspers
 Marilyn Johnson
 Barbara Knox
 Spec Norton
 Bonnie McCulloch
 Virginia O' Neill
 Helen Oxley
 Christel Pfeiffer
 Rusty Ritchie
 Laura Rudzinski
 JoAnn Schaefer
 Chuan Sheng
 Ted Sheng
 Dee Smith
 Eleanor Thomas
 Ruth Weverstad

RESIDENT AND FOOD INPUT MEETING

Wednesday, May 22nd at 1:00pm

This is your opportunity to meet with staff from all the departments at the Winslow to share any concerns, suggestions, or compliments you might have. All residents are invited and encouraged to attend!

WELCOMING COMMITTEE

Wednesday, May 22nd at 9:30am

We would love to continue to provide a warm and welcoming environment to new residents moving into The Winslow. If you would like to help greet new residents please see Brittany or attend our Welcoming Committee meeting.

NEW RESIDENT ORIENTATION

Wednesday, May 29th at 9:30am

Stefanie Merrell, Manager, will hold New Resident Orientation on a monthly basis. The meeting allows you a chance to review the handbook, 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 may be unclear about.

ICE CREAM SOCIAL: NEW RESIDENTS MEET THE WINSLOW RESIDENTS

Thursday, May 23rd at 1:00pm

Join us to help us welcome the new residents to The Winslow and mingle with one another!

ANNOUNCEMENTS

EXERCISE CLASSES PROVIDED AT THE WINSLOW:

SENIOR BALANCE AND MOBILITY WITH JACKIE

Every Tuesday at 10:00am in the Activity Room

TAI CHI CHIH

Every Thursday of each month at 9:00am

SENIOR FITNESS

Every Monday and Wednesday at 11:15am
(Video) Every Saturday at 9:30am

EXERCISE WITH THERA BANDS

Every Friday at 11:15am

TAI CHI CHIH WITH BOB POLAND

Every Saturday at 10:30am

MUSIC AND MOVEMENT

Every Fourth Monday at 3:00pm

JOIN THE PARTY!

Josh Long will be providing this month's entertainment for our May Celebrations on Monday, May 20th at 1:00pm. Join us for some fun entertainment and cake!

HAPPY BIRTHDAY TO YOU...

Dorothy Lauer.....May 5th
Dolores Digiallonardo..... May 9th
Wilda Black.....May 14th
Laurie Eckhoff.....May 14th
Bill HowesMay 17th
Bill Cooper..... May 24th
Marilyn HelmreichMay 31st

