

# Columbine Commons Happenings

MARCH 2025



1475 Main Street  
Windsor, CO 80550  
**970-449-5540**

**ADMINISTRATOR**  
Becki Seimers

**OFFICE MANAGER**  
Jessica Fuentes

**BUSINESS OFFICE  
COORDINATOR**  
Christina Ridgeway

**DIRECTOR OF NURSING**  
Megan Gallegos, RN

**ALF NURSE CLINICAL  
COORDINATOR**  
Jennie Brown

**ACTIVITY DIRECTOR**  
Kimberly Albro

**SOCIAL SERVICES &  
ADMISSIONS DIRECTOR**  
Stephanie Curtis

**HOUSEKEEPING  
SUPERVISOR**  
Diana Garcia

**MAINTENANCE**  
Travis Sills

**DIETARY SUPERVISOR**  
Tracy Rohrig, RD

**EXECUTIVE CHEF**  
Jason Prentis



## SPRING IS ON ITS WAY!

March is the time of Spring! **The first day of spring is March 20th.** This is the time to start seedlings and when the animal babies begin to arrive. **Ash Wednesday is on March 5th this year and Peter will have an Ash Wednesday Service in the Activity Room.** We have a "Mountain Man" presentation as well as a "Legendary Lady: Hedy Lamarr" in March.

**Please join us for our next travelogue to New York City on March 2nd.** Get your passport stamped and once you have four stamps in your passport, you will get a "FREQUENT TRAVELER" bonus!

We have Mardi Gras and St. Patrick's Day to look forward. We will be having a Mardi Gras themed Bingo session with prizes for best decorated wheelchair or walker. This month

**The Greeley Singer Citizens will be here to entertain us on March 19th.**

**McTeggart Irish step dancers will be here on Sunday, March 9th to entertain us and we will be having a St. Patrick's Party on the 17th.** Wear your green so you don't get pinched!

## RESIDENTS CELEBRATING BIRTHDAYS THIS MONTH

**March 17th** – Pat W.

**March 19th** – David S.

**March 22nd** – Bryan J.

**March 29th** – Mary Lou G.

**March 30th** – Chuck S.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# MARCH 2025

## Columbine Commons - Assisted Living



**1**  
9:30am Exercise (AR)  
10:30am-12pm Glasses Cleaned at Front Desk  
10:30am Wii Bowling (AR)  
2pm Bingo with Our Lady of the Valley Kids! (DR)  
3:30pm Jeopardy (AR)

**2**  
9:30am Sunday Stretch (AR)  
9:30am Catholic Communion (PDR)  
10:30am Adventures in Travel NEW YORK (AR)  
1:30pm Worship Service (DR)  
2:30pm Sunday Social (DR)

**3**  
9:30am Exercise with Weights (AR)  
10:45am Crosswords (AR)  
1:15pm Pinochle Tutorial (AR)  
COME LEARN WITH US!  
3pm Left, Right, Center (DR)  
Bring Dimes!

**4**  
**MARDIS GRAS/FAT TUESDAY**  
9:30am Morning Exercise  
10:30am Wheelchair/Walker Decorating (AR)  
1:30pm Sequence (AR)  
2pm Bingo and Mardis Gras Party and Treats! (DR)

**5**  
**Chaplain On-Site ASH WEDNESDAY**  
9:30am Catholic Rosary (PDR)  
9:30am Exercise with Weights (AR)  
10:00am to Ash Wednesday Service (AR)  
10am Devotional with Peter (AR)  
2:30pm Jeopardy (AR)

**6**  
9:30am Chair Yoga (AR)  
10:45am Wii Bowling (AR)  
1:00pm Devorah The Therapy Dog (AR)  
2pm Bingo (DR)  
3:30pm Sequence (AR)

**7**  
9:30am Exercise with Airballs (AR)  
10:45am Crosswords (AR)  
2:30pm Happy Hour and Music by Sound Effects (ALF)

**8**  
9:30am Exercise (AR)  
10:30am-12pm Glasses Cleaned at Front Desk  
10:30am Wii Bowling (AR)  
2pm Bingo (DR)

**9**  
9:30am Sunday Stretch (AR)  
9:30am Catholic Communion (PDR)  
10:30am The Art of Roses/ Painting Rose miniatures with Kayla (AR)  
1:30pm Worship Service (DR)  
3:00pm McTeggart Irish Dancers (DR)

**10**  
9:30am Exercise with Weights (AR)  
10:45am Crosswords (AR)  
2pm Resident Council (DR)  
3:15pm Blackjack (DR)

**11**  
9:30am Morning Exercise (AR)  
10:30am Legendary Ladies/ Hedy Lamarr (AR)  
11:30am TAKE OUT TUESDAY: CHICKEN SALAD CHICK  
1:30pm Sequence (AR)  
2pm Bingo (DR)  
3:30pm Farkle (AR)

**12**  
**Chaplain On-Site**  
9:30am Catholic Rosary (PDR)  
9:30am Exercise with Weights (AR)  
10am Bible Study with Peter (AR)  
1:00pm Art Therapy with Emily (AR)  
2:30pm Left Right Center (DR)  
Bring Dimes!

**13**  
10:00am Exercise with Dana (AR)  
10:45am Wii Bowling (AR)  
1:30pm Clearview Library (AR)  
2pm Bingo (DR)  
3:30pm Farkle (AR)

**14**  
9:30am Exercise With Airballs (AR)  
10:45am Crosswords (AR)  
2:30pm Happy Hour and Music by Sound Effects (SNF)

**15**  
9:30am Exercise (AR)  
10:30am-12:30pm Glasses Cleaned at Front Desk  
10:45am Wii Bowling(AR)  
2pm Bingo (DR)  
3:30pm Jeopardy (AR)

**16**  
9:30am Sunday Stretch  
9:30am Catholic Communion (PDR)  
10:30am Cribbage (AR)  
1:30pm Worship Service (DR)  
2:30pm Sunday Social

**17**  
**HAPPY ST. PATRICKS DAY!**  
9:30am Exercise with Weights (AR)  
10:45am Crosswords (AR)  
1:15pm Pinochle (AR)  
2pm Catholic Confession (PDR)  
2:30pm St. Patrick's Party (DR)

**18**  
9:30am Morning Exercise (AR)  
10:30am Wii Bowling (AR)  
1:30pm Sequence (AR)  
2pm Bingo (DR)  
3:30pm Uno! (AR)

**19**  
**Chaplain On-Site**  
9:30am Catholic Rosary (PDR)  
9:30am Exercise with weights (AR)  
10am Bible Study with Peter (AR)  
2:30pm The Greeley Singer Citizens! (DR)

**20**  
9:30am Chair Yoga (AR)  
10:45am Wii Bowling (AR)  
2pm Bingo (DR)  
3:30pm Yahtzee!

**21**  
9:30am Exercise with Airballs (AR)  
10:45am Crosswords (AR)  
2:30pm Entertainment and Happy Hour with Uno, Dos, Tracz (ALF)

**22**  
9:30am Exercise (AR)  
10:30am-12pm Glasses Cleaned at Front Desk  
10:45am Wii Bowling (AR)  
2pm Bingo (DR)  
3:30pm Jeopardy (AR)

**23**  
9am Sunday Stretch (AR)  
9:30am Catholic Communion (PDR)  
10:30am Pinochle (AR)  
1:30pm Worship Service (DR)  
2:30pm Sunday Social (DR)

**24**  
9:30am Exercise with Weights (AR)  
10:45am Crosswords (AR)  
3pm Left, Right, Center (DR)  
Bring Dimes!

**25**  
**8:30am Walmart Outing**  
9:30am Morning Exercise (AR)  
10:30am Wii Bowling (AR)  
1:30pm Sequence (AR)  
2pm Bingo (DR)  
3:30pm Farkle (AR)

**26**  
**Chaplain On-Site**  
9:30am Catholic Rosary (PDR)  
9:30am Exercise with Weights (AR)  
10am Devotional with Peter (AR)  
2:30pm Jeopardy (AR)

**27**  
9:30am Chair Yoga (AR)  
10:30am Mountain Man Presentation on Joe Meek (AR)  
11:15am Lunch Outing to FIRST WATCH  
1:30pm Clearview Library (AR)  
2pm Bingo (DR)  
3:30pm Farkle (AR)

**28**  
9:30am Exercise with Airballs (AR)  
10:45am Crosswords (AR)  
1:30pm Entertainment and Happy Hour with Kendra (SNF)

**29**  
9:30am Exercise (AR)  
10:30am-12pm Glasses Cleaned at Front Desk  
10:30am Wii Bowling (AR)  
2pm Bingo (DR)  
3:30pm Jeopardy (AR)

**30**  
9am Sunday Stretch (AR)  
9:30am Catholic Communion (PDR)  
10:30am Cooking with Kayla (AR)  
1:30pm Worship Service (DR)  
2:30pm Sunday Social (DR)

**31**  
9:30am Exercise with Weights (AR)  
10:45am Crosswords (AR)  
1:30pm Pinochle (AR)  
3pm Blackjack (DR)



**Green - Outings**  
**Purple - Entertainment**  
**Red - Special Activity**

All activities are subject to change.





### SHELLY'S BEAUTY BAR

Shelly's Beauty Bar is open  
Tuesday – Friday,  
9:00 a.m. – 3:00 p.m.

To schedule an appointment with Shelly please call (970) 388-1144 or speak with a staff member. Prices are listed below.

### SERVICES

Women's Haircut - \$25

Men's Haircut - \$20

Blow Dry / Iron Curl - \$25

Shampoo & Set (rollers) - \$25

Shampoo & Blow Dry - \$15

Hairstyle Touchup - \$15

Perm - \$55, \$75, \$95

Color - \$50, \$70, \$90

Manicure - \$24  
(\$20 without polish)

Polish Change - \$15

Fingernail Trim & File - \$10

Pedicure - \$35  
(\$30 without polish)

Toenail Clip & File - \$15

Bang Trim - \$10

Beard Trim - \$5

Makeup - \$25

## OUTINGS, SIGN-UP'S, AND SPECIAL EVENTS

*Don't forget to sign up early for Outings in the binder on the Information Table just outside of the Activities Room!*

- **Tuesday, March 11th** – Take Out Tuesday this month is The Chicken Salad Chick. Please sign your name in the binder and Kimberly will be around to collect your order and payment by Monday, March 10th!
- **Tuesday, March 25th** – Walmart Outing. Meet in the lobby at 8:30am for departure on the van. We have room for two wheelchairs and three ambulatory residents.
- **Thursday, March 27th** – Lunch Outing to First Watch! Meet in the lobby at 11am.

## SUNDAY WORSHIP SERVICE

With community volunteers is held at **1:30pm in the Assisted Living Dining Room** followed by **Sunday Social at 2:30pm.**

## CATHOLIC ROSARY

Catholic Rosary is at **9:30 am Wednesday mornings in the private dining room.** Communion is **9:30 every Sunday in the private dining room.**

## MONTHLY CRACK UP:

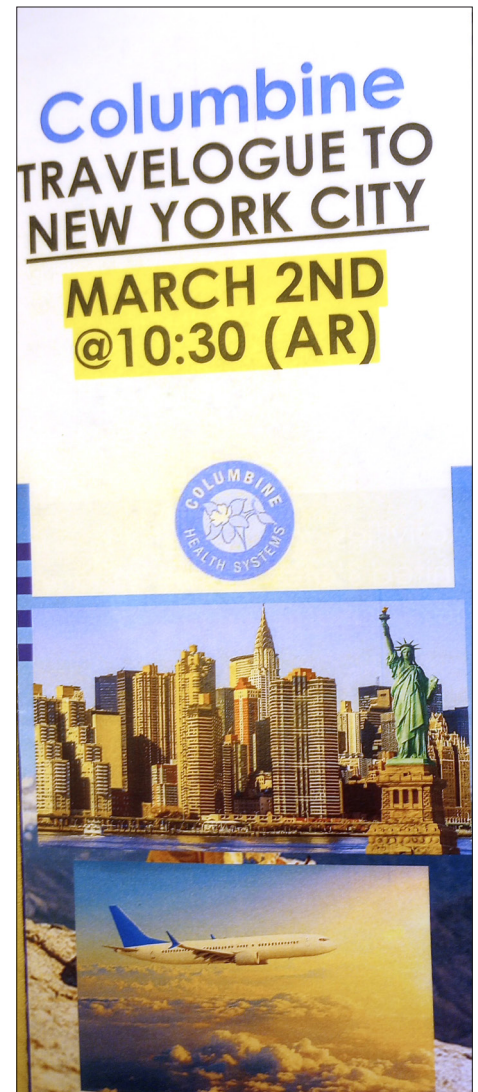
**Question:** What do you call an Irish Spider?

**Answer:** Paddy Long Legs



## CLEARVIEW LIBRARY BOOK CHECKOUT

The Clearview Library will be here **Thursday, March 13th and Thursday, March 27th.** The books will be brought into the Activity Room. If you are interested in joining this service, please let Kimberly know.



*Join us on our next flight to New York City!*