

1515 West 28th St. Loveland, CO **970-667-1900** 

**ADMINISTRATOR** Sam Bonnell

ACTIVITIES DIRECTOR Ciara Oakley

> **CHEF** Drea Hayes

HOUSEKEEPING SUPERVISOR Brenda Whisenand

MAINTENANCE SUPERVISOR Jim Krening

**OFFICE MANAGER** Easton Madrid





#### WEXFORD IN HOUSE ACTIVITIES

Check the activity book in the front lobby for all activities, events, outings and outside services.

#### THE WEXFORD EASTER EGG HUNT

Beginning April 1st, Wexford residents are invited to participate in an Easter Egg Hunt! Eggs will be hidden in various places around the building. Whoever has gathered the most Easter Eggs by Friday, April 18th, will win a prize! On the 18th, bring your Easter Eggs to our activity meeting at 3:15 p.m. to count your eggs and determine this year's winner. Good luck!



#### MENU REVIEW WITH CHEF DREA

Have questions about the food offerings on the menu? **Come to the Dining Room at 9:00 a.m. on Mondays** to get your questions answered. Nothing wrong with a little food for thought!

#### DIETARY MEETING

Food is the ingredient that binds us together. Join your fellow food enthusiasts of The Wexford **in the Dining Room on Tuesday, April 1st at 1:00 p.m.** for the opportunity to give feedback regarding the menu and service.

#### EASTER EGG GAMES

Join Ciara in the activity room on Tuesday, April 1st at 10:00am for an assortment of competitive games using Easter Eggs!



**CELEBRATIONS** AT THE WEXFORD

#### **APRIL BIRTHDAYS**

**Residents:** April 9 – Edith Blackwel April 24 – Carolyn Wood

Staff: April 6 – Mia Nix April 15 – Jamie Chan April 26 – Besa Haise

**2** The Wexford | April 2025

#### DIY WILDFLOWER POT

Join Ciara in the activity room on Wednesday, April 2nd at 1:00pm to design and plant wildflower pots! Sign up is required for this activity to ensure enough supplies are available. Each participant will leave with a pot of wildflower seeds, and a care instruction card with information on how to grow healthy wildflowers at home.

#### EASTER PARTY

We will meet in the Town Hall on Wednesday, April 16th at 2:30pm to celebrate all things Easter and Spring! Snacks and drinks will be provided, and we will have a special performance from JoyFull Ukes.

## MONTHLY **ENTERTAINMENT**/ **CLASSES:**

WILDLIFE WINDOW NATURE SERIES BY KEVIN COOK

Friday, April 4th at 2:00 p.m. in the AR

#### From Ecosystems to Ecoregions

First someone had to conceive the idea of maps, then someone had to conceive the identity of ecosystems, and then someone could map those ecosystems. New knowledge kept improving the mapping. This program will examine how those many maps apply to Colorado's landscapes and lifescapes.

#### SOUND AFFECTS MUSIC PROGRAM: ARTISTS TO BE ANNOUNCED.

Ioin us in the Town Hall on Thursday, April 3rd and 24th for wonderful music programs presented by Sound Affects!

## MUSIC WITH JIM KRISTOFF

Join Jim in the Town Hall on Thursday, April 10th at 3:00 p.m. for some rockin' music!

#### **XFINITY TIPS AND TRICKS** PRESENTATION

Join us in the activity room on Friday, April 11th at 3:30 p.m. for an engaging presentation where we will be discussing common questions regarding Xfinity TV and various Tips & Tricks to make your tv experience better

#### MUSIC WITH REX AND GUY

Ioin us in the Town Hall on Thursday, April 17th at 3:00 **p.m.** for some western music from everyone's favorite duo!

#### THE LEGENDARY MOUNTAIN MAN PRESENTATION

Join us in the activity room on Friday, April 25th for an exciting presentation from David Meek, a relative of the legendary Joe and Virginia Meek.

#### **DIVING INTO** DOCUMENTARIES

Watching a documentary is about discovering, being open, learning and following your curiosity. Join us in the Activity Room, Mondays and Thursdays, at 7 p.m. for the following documentaries. This month's theme is COWBOYS!

- 4/3 Wyatt Earp and the Cowboy War 1: Trouble in Tombstone
- 4/7 Wyatt Earp and the Cowboy War 2: The Gunfight
- 4/10 Wyatt Earp and the Cowboy War 3: Trial of the Century
- 4/14 Wyatt Earp and the Cowboy War 4: The Cowboys Strike Back
- 4/17 Wyatt Earp and the Cowboy War 5: The Vendetta Ride
- 4/21 Wyatt Earp and the Cowboy War 6: The Final Showdown
- 4/24 My Heros Were Cowboys
- 4/28 National Geographic - America's Wild West: A Catastrophic Frontier

## **GRACE AND FRANKIE**

Enjoy this highly recommended show on Saturdays at 10:00 a.m. in the activity room! EACH WEEK WE WILL SHOW A DIFFERENT EPISODE.

Finding out that their husbands are not just work partners but have also been romantically involved for the last twenty years, two women with an already strained relationship try to cope with the circumstances together.

## AS TIME GOES BY

#### Wednesdays at 7:00 p.m.

The Korean War, and a long lost letter, separate the lives of young lovers Jean Pargetter and Lionel Hardcastle, whose paths cross again by happenstance.

#### PBS COLORADO **EXPERIENCE SCHEDULE**

(Thursdays at 1:30 p.m.):

• 4/3 Paleo Indians

• 4/10 Bent's Fort

• 4/17 The Sherrif

• 4/24 Hutchinson Homestead

## WEXFORD BOOK CLUB

Love to read and have conversations? We welcome you to join The Wexford Book Club! They say there are no faster or firmer friendships than those formed between people who love the same books. Join us in the Activity Room on Wednesday, April 30th at 1:00 p.m.

# **WEXFORD ACTIVITY TRIPS**

Please sign up for all trips in the activity book and please be courteous and call if you cannot attend an outing. On the day of the scheduled outing, please meet in the lobby **10 minutes prior to** departure time.

Sunday	Monday	Tuesday	Wednesday	Thursday	
<b>APR</b> <b>2025</b>		April Fool's Day Start of Wexford's Easter Egg Hunt 9:00am Wii Bowling- AR 10:00am Easter Egg Games- AR 1:00pm Poker- TH 1:00pm Dietary Meeting- AR 1:45pm Quarter Bingo- AR 3:00pm Left Center Right Game- AR 5:00pm Milkshake Hour- DN	9:00am Footcare Clinic-APT 9:00am Walking the Wexford-TH 10:00am Morning Bible Study- AR 12:30pm BLOOM Laundry- APT 1:00pm One on One Support with Chaplain (Sign Up Required)- PDR 1:00pm DIY Wildflower Pot (Sign Up Required)- AR 3:30pm Wordle- AR 7:00pm As Time Goes By (Season 1) Episodes 1 & 2- AR	<ul> <li>9:00am Crossword-AR</li> <li>10:45am Trivia- AR</li> <li>1:00pm Poker-TH</li> <li>1:30pm PBS CO: Paleo Indians- AR</li> <li>3:00pm Happy Hour: Sound Affects- TH</li> <li>7:00pm Documentary: Wyatt Earp and the Cowboy War Episode 1- AR</li> </ul>	9:00a - TH 10:00 Voll 1:00p 2:00p Pres 3:30p
<ul> <li>Happy Birthday, Dan W!</li> <li>10:00am Senior Style Exercise- AR</li> <li>2:00pm Movie Matinee: Reagan- AR</li> <li>5:00pm Movie Matinee: Reagan- AR</li> </ul>	<ul> <li>9:00am Walking the Wexford-TH</li> <li>9:00am Menu Review with Chef</li> <li>Drea-FR</li> <li>9:00am Inner Strength Stretching-TBD</li> <li>10:00am Wexford Community Meeting</li> <li>- AR</li> <li>11:45am BLOOM Health Information Table- TH</li> <li>1:00pm Billiards Club- AR</li> <li>1:00pm *Shopping Trip to Walmart (65th Ave)- ML</li> <li>3:00pm Music and Movement- AR</li> <li>7:00pm Documentary: Wyatt Earp and the Cowboy War Episode 2- AR</li> </ul>	<ul> <li>9:00am Wii Bowling- AR</li> <li>10:00am Brain and Balance <ul> <li>AR</li> </ul> </li> <li>1:00pm Poker- TH</li> <li>1:00pm Left Center Right Game <ul> <li>AR</li> </ul> </li> <li>1:45pm Quarter Bingo- AR</li> <li>3:30pm Travel Presentation: <ul> <li>Israel- AR</li> </ul> </li> <li>3:30pm Cocktail Hour- TH</li> </ul>	<ul> <li>Happy Birthday, Edith B!</li> <li>9:00am Walking the Wexford- TH</li> <li>10:00am Morning Bible Study- AR</li> <li>12:30pm BLOOM Laundry-APT</li> <li>1:00pm One on One Support with Chaplain (Sign Up Required)- PDR</li> <li>1:00pm Easter Egg Decorating Activ- ity (Sign Up Required)- AR</li> <li>7:00pm As Time Goes By (Season 1) Episodes 3 &amp; 4- AR</li> </ul>	<ul> <li>Happy Birthday, Patsy B!</li> <li>9:00am Crossword- AR</li> <li>10:00am Brain and Balance- AR</li> <li>10:45am Trivia- AR</li> <li>1:00pm Poker- TH</li> <li>1:30pm PBS CO: Bent's Fort- AR</li> <li>3:00pm Happy Hour: Jim Kristoff- TH</li> <li>7:00pm Documentary: Wyatt Earp and the Cowboy War Episode 3 - AR</li> </ul>	9:00a We: 10:00 Voll 1:00p Clir 1:45p 3:30p Pre
<ul> <li>Palm Sunday</li> <li>10:00am Senior Style</li> <li>Exercise- AR</li> <li>2:00pm Movie Matinee: The</li> <li>Guernsey Literary and Potato</li> <li>Peel Pie Society- AR</li> <li>5:00pm Movie Matinee: The</li> <li>Guernsey Literary and Potato</li> <li>Peel Pie Society- AR</li> <li>5:00pm Dinner and A Movie</li> <li>(Sign Up Required)- TH</li> </ul>	<ul> <li>9:00am Walking the Wexford - TH</li> <li>9:00am Menu Review with Chef Drea- FR</li> <li>9:00am Inner Strength Stretching- TBD</li> <li>10:00am Boccia- AR</li> <li>1:00pm Billiards Club- AR</li> <li>1:00pm Music and Movement- AR</li> <li>7:00pm Music and Movement- AR</li> <li>7:00pm Documentary: Wyatt Earp and the Cowboy War Episode 4 - AR</li> </ul>	9:00am Wii Bowling-AR 10:00am Brain and Balance- AR 11:30pm *Lunch at Hunan- ML 1:00pm Poker- TH 1:45pm Quarter Bingo- AR 3:00pm Left Center Right Game- AR 3:30pm Cocktail Hour- TH	<ul> <li>9:00am Walking the Wexford -TH</li> <li>10:00am Morning Bible Study- AR</li> <li>12:30pm BLOOM Laundry-APT</li> <li>1:00pm One on One Support with Chaplain (Sign Up Required)- PDR</li> <li>2:30pm Easter Party- TH</li> <li>4:00pm Wordle- AR</li> <li>7:00pm As Time Goes By (Season 1) Episodes 5 &amp; 6- AR</li> </ul>	<ul> <li>9:00am Crossword-AR</li> <li>10:00am Brain and Balance</li> <li>- AR</li> <li>10:45am Trivia-AR</li> <li>1:00pm Poker-TH</li> <li>1:30pm PBS CO: The Sherrif-AR</li> <li>3:00pm Happy Hour: Rex and Guy-TH</li> <li>7:00pm Documentary: Wyatt Earp and the Cowboy War Episode 5 - AR</li> </ul>	Good Last D Egg H 9:00a 10:00 Vol 1:00p 1:45p 3:15p (Ea Anr
<ul> <li>Happy Easter Sunday! 20</li> <li>10:00am Senior Style Exercise- AR</li> <li>2:00pm Movie Matinee: Chocolat - AR</li> <li>5:00pm Movie Matinee: Chocolat- AR</li> </ul>	<ul> <li>9:00am Walking the Wexford TH</li> <li>9:00am Menu Review with Chef Drea- FR</li> <li>9:00am Inner Strength Stretching - TBD</li> <li>10:00am Boccia- AR</li> <li>1:00pm Billiards Club- AR</li> <li>1:00pm Music and Movement- AR</li> <li>7:00pm Documentary: Wyatt Earp and the Cowboy War Episode 6 - AR</li> </ul>	Happy Earth Day!229:00am Wii Bowling- AR10:00am Brain and Balance- AR1:00pm Poker- TH1:45pm Quarter Bingo- AR3:00pm Left Center Right Game- AR3:30pm Cocktail Hour- TH	9:00am Walking the Wexford- TH 23 10:00am Morning Bible Study- AR 12:30pm BLOOM Laundry-APT 1:00pm One on One Support with Chaplain (Sign Up Required) - PDR 1:30pm Spring Themed Brain Games- AR 3:00pm Connect Hearing Clinic-PDR 3:30pm Wordle- AR 7:00pm As Time Goes By (Season 2) Episodes 1 & 2 - AR	<ul> <li>Happy Birthday, Carolyn W!</li> <li>9:00am Crossword- AR</li> <li>10:00am Brain and Balance- AR</li> <li>10:45am Trivia- AR</li> <li>1:00pm Poker- TH</li> <li>1:30pm PBS CO: Hutchinson Homestead- AR</li> <li>3:00pm Happy Hour: Sound Affects- TH</li> <li>4:00pm Dinner at Austin's American Grill and Performance at The Fort Collins Lincoln Center: Martha Graham Dance Company- ML</li> <li>7:00pm Documentary: My Heros were Cowboys- AR</li> </ul>	9:00a Wei 10:00 Voll 1:00p 1:45p 3:30p Mot - AF
<ul> <li>10:00am Senior Style Exercise- AR</li> <li>2:00pm Movie Matinee: Driving Miss Daisy- AR</li> <li>5:00pm Movie Matinee: Driving Miss Daisy- AR</li> </ul>	9:00am Walking the Wexford - TH 9:00am Menu Review with Chef Drea- FR 9:00am Inner Strength Stretching - TBD 10:00am Boccia- AR 1:00pm Billiards Club- AR 1:00pm Shopping Trip to Safeway - ML 3:00pm Music and Movement- AR 7:00pm Documentary: National Geographic: America's Wild West (A Catastrophic Frontier)- AR	<ul> <li>9:00am Wii Bowling- AR</li> <li>10:00am Brain and Balance- AR</li> <li>1:00pm Poker- TH</li> <li>1:45pm Quarter Bingo- AR</li> <li>3:00pm Left Center Right Game- AR</li> <li>3:30pm Cocktail Hour- TH</li> </ul>	<ul> <li>9:00am Walking the Wexford - TH</li> <li>10:00am Morning Bible Study- AR</li> <li>12:30pm BLOOM Laundry-APT</li> <li>1:00pm One on One Support with Chaplain (Sign Up Required) - PDR</li> <li>1:00pm Book Club- AR</li> <li>3:30pm Wordle- AR</li> <li>7:00pm As Time Goes By (Season 2) Episodes 3 &amp; 4- AR</li> </ul>		Je (

Friday	Saturday
am Walking the Wexford 4 H Oam Seated Beach Ball Illeyball- AR pm Billiards Club- AR pm Kevin Cook Nature esentation- AR pm Easy Recipes- AR	<ul> <li>10:30am Grace and Frankie (Season 1) Episodes <ol> <li>11 &amp; 12- AR</li> </ol> </li> <li>2:00pm Movie Matinee: <ul> <li>Reagan- AR</li> </ul> </li> <li>3:15pm Bus to St. John's <ul> <li>Catholic Church- ML</li> </ul> </li> <li>7:00pm Movie Matinee: <ul> <li>Reagan- AR</li> </ul> </li> </ul>
am Walking the exford- TH Oam Seated Beach Ball olleyball- AR pm Billiards Club- AR pm Blood Pressure inic- PDR pm Quarter Bingo- AR pm Xfinity TV Tips and Tricks resentation- AR	Passover1210:30am Grace and Frankie (Season 1) Episode 13 and (Season 2) Episode 1- AR122:00pm Movie Matinee: The Guernsey Literary and Potato Peel Pie Society- AR123:15pm Bus to St. John's Catholic Church- ML127:00pm Movie Matinee: The Guernsey Literary and Potato Peel Pie Society- AR1210:100 Movie Matinee: The Guernsey Literary and Potato Peel Pie Society- AR12
d Friday Day of Wexford's Easter Hunt am Walking the Wexford- TH Oam Seated Beach Ball bleyball- AR pm Billiards Club- AR pm Quarter Bingo- AR pm Activity Meeting aster Egg Hunt Winner mounced)- AR	<ul> <li>Happy Birthday, Nadine D! 19</li> <li>10:30am Grace and Frankie (Season 2) Episodes 2 &amp; 3- AR</li> <li>2:00pm Movie Matinee: Chocolat- AR</li> <li>3:15pm Bus to St. John's Catholic Church- ML</li> <li>7:00pm Movie Matinee: Chocolat- AR</li> </ul>
am Walking the exford- TH Oam Seated Beach Ball olleyball- AR opm Billiards Club- AR opm Quarter Bingo- AR opm The Legendary ountain Man Presentation AR	<ul> <li>10:30am Grace and Frankie (Season 2) Episodes 4 &amp; 5- AR</li> <li>2:00pm Movie Matinee: Driving Miss Daisy- AR</li> <li>3:15pm Bus to St. John's Catholic Church- ML</li> <li>7:00pm Movie Matinee: Driving Miss Daisy- AR</li> </ul>
Wexford	All activities are subject to change.

#### **Shopping Trips:**

Mondays at 1:00 p.m.

4/7 Walmart (65th Ave)

4/14 King Soopers

4/21 Dollar Tree

4/28 Safeway

#### LUNCH AT HUNAN OF FORT COL-LINS

Join us on Tuesday, April 15th at 11:30am to enjoy some authentic Chinese food with friends in Fort Collins! Sign up is required in order to attend this outing.

#### DINNER AT AUSTIN'S AMERICAN GRILL, AND A PERFORMANCE AT THE FORT COLLINS LINCOLN CEN-TER: MARTHA GRAHAM DANCE COMPANY

Sign up in the activity binder to join us for dinner at Austin's American Grill in Fort Collins! After our meal, we will attend a wonderful performance by Martha Graham's world-renowned modern dance company. **We will be going on this outing on Thursday, April 24th at 4:00 p.m.** Sign up, and ticket purchase, is required to attend this outing.

\**Ticket pricing will be determined once a head count for the trip is finalized.* **Ticket price range is \$30-\$60**\*

# **WEXFORD FITNESS**

Let's get fit! Don't forget about all the exercise opportunities at The Wexford. Challenge yourself to try something new!

## MUSIC & MOVEMENT WITH HEATHER

Mondays at 3:00 p.m. in the Activity Room.

Start your week with a fun workout class while singing some of your favorite songs and using seasonal props to enhance the exercises.

## WALKING THE WEXFORD

Every Monday, Wednesday, and Friday at 9:00 a.m.

The Walking Group meets in the West Side Dining Room and begins their walk around the 2nd floor. Join them for a morning walk around Wexford.

## BRAIN & BALANCE WITH DIANE

Work your body and brain **every Tuesday and Thursday at 10:00 a.m.** in the Activity Room! This class aims to improve mobility, strength, and balance, while challenging our brain with fun games to encourage memory and thought patterns. All exercises can be done while seated.

# SPIRITUAL CARE AT THE WEXFORD

## CHATTING WITH CHAPLAIN REBECCA

A chaplain is like a leader or teacher; however, a chaplain's biggest gift is to be present and just listen. Join our very own Chaplain Rebecca in the AR or TH on Wednesday's at 10:00 a.m. for some fellowship.

## IN NEED OF A LITTLE SUPPORT?

Our chaplain, Rebecca McFee, is available **every Wednesday afternoon** for personal visits. You might consider a chaplain visit to talk about grief, decisions you need to make, family issues, and other spiritual and emotional support. She is also available to pray with you. If you wish to have a visit, we will now have a sign-up sheet in the sign-up book. Or, you can also contact Rebecca directly at *Rebecca. mcfee@columbinehealth.com.* All visits are free and confidential.



# SERVICES AT THE WEXFORD

## INNER STRENGTH STRETCHING

There's no one reason why people find themselves at Inner Strength Wellness. Some clients are looking to decrease joint pain and others simply just want a great stretch. No matter what brings you into Inner Strength– the benefits of professional training and an assisted stretching routine are tremendous. Inner Strength offers **15-minute manual stretching sessions at a rate of \$20 per session.** You can sign up for a stretch in the activity binder. Sessions will occur **every Monday from 9:00 a.m. to 1:00 p.m.** The location is to be determined.

## THE WEXFORD SALON

Need a fresh new look? Or want to get your hair styled? The Wexford Salon is just the place for you. Our stylist offers a variety of services at great prices and are located on the first floor of The Wexford. **Feel free to give Sheila a call at 970-581-7861** to find out what she can do for YOU and to book an appointment.

#### BLOOM AT HOME LAUNDRY SERVICE

BLOOM at Home, Columbine's Non-Medical Home Care, is pleased to offer an on-site laundry service to our residents. **The cost is \$15.00 for the first load and \$10.00 for additional loads thereafter.** Laundry must be placed outside your door by 11:00 a.m. Please sign up in the activity book if you are interested in this service, as this service is provided weekly every Tuesday.

## FOOT CARE CLINIC

Dr. Mike Thomas, a professional foot care specialist and retired podiatrist is available for your foot care needs! He can provide fingernail and toenail trimmings, callous removal, and other foot care needs. Feel free to contact Dr. Mike to set up an appointment today at (970) 310-7635. Each appointment is \$45 and can be paid directly to Dr. Mike. This foot care clinic is for medical purposes and is not a pedicure service. 1st Wednesday of each month (April 2nd). Sign up in the Activity Book.

#### SWEETHEART NAILS

Good nails will often solve a lot of problems. **Call or Text Neitha Schneider at 303-710-5577** to schedule a foot massage, toenail trimming, manicure, pedicure and more! There's no better feeling than getting your nails done.

# COLUMBINE BLOOD PRESSURE CLINIC

It's never too early to be thinking about your blood pressure. Join Scothia Orr - RN with Columbine Poudre Home Care **in the Private Dining Room on the 2nd Friday of each month (April 11th) at 1:00 p.m.** for free blood pressure reading and RN consultation.

#### LOVELAND PUBLIC LIBRARY

Are you looking for a great book to read? Contact librarian, Teddy Rosario at The Loveland Public Library. They offer a free Home Delivery Service for residents of The Wexford. They have regular-print, large-print, books on CD, cassette-tape books, videos, and other library materials. **Please contact the library at** (970)-962-2592 for more information.

#### CONNECT HEARING

Do your hearing aids need to be cleaned or repaired? Connect Hearing is offering monthly hearing aid clinics for Wexford residents. Services include cleanings and minor repairs in house. The location of these clinics are to be determined. **This month's clinic is Wednesday, April 23rd at 3:00 p.m.** in the private dining room.















- 1. St. Patty's Party
- 2. Irish Step Dancers
- 3. Blooming Buttons
- 4. Cocktail Hour
- 5. McGraffs Restaurant
- 6. DYI Snowglobe
- 7. Loveland Museum
- 8. Lovelad Museum



