



Residents show off their fall crafts.



Making fall crafts.



Happy with Steven Manshell.



Housekeeping dressed up for Halloween.



Dancing during Happy Hour.



Wexford dogs.



Waitstaff dress up for Halloween.

The Wexford Happenings

DECEMBER 2024



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

ADMINISTRATOR
Sam Bonnell

OFFICE MANAGER
Easton Madrid

CHEF
Drea Hayes

ACTIVITIES DIRECTOR
Ciara Oakley

HOUSEKEEPING SUPERVISOR
Brenda Whisenand

MAINTENANCE SUPERVISOR
Jim Krening



WEXFORD IN HOUSE ACTIVITIES

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

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, December 3rd at 1:00 p.m.** for the opportunity to give feedback regarding the menu and service.

IN THE KITCHEN WITH SAM

Join our administrator, Sam, on **Friday, December 13th at 3:00 p.m.** for a cooking class and demonstration. Food tastes better when eaten in the company of good friends!



CELEBRATIONS AT THE WEXFORD

NOVEMBER BIRTHDAYS

Residents:

12/1 Roberta Steinwachs

12/9 Jean Eads

12/9 Russell Beers

12/10 Doug Franklin

12/25 Faye Barber

12/18 Verona Skabo

Staff:

12/24 Sedeane Garza

NOVEMBER ANNIVERSARIES

12/30 Donna and Clarence Kissler

MONTHLY ENTERTAINMENT/ CLASSES:

WILDLIFE WINDOW NATURE SERIES BY KEVIN COOK

Friday, December 6th at 2:00 p.m. in the AR

How Life Survives Time

Details of tree rings, pollen deposits, isotope cocktails, soil chemistry, fossils, and many other subjects collectively explain that living conditions on planet Earth have drastically changed over time. Somehow, Life in the big picture has survived these changes. Adaptability determines what lives and what perishes.

SOUND AFFECTS MUSIC PROGRAM: ARTISTS TO BE ANNOUNCED.

Join us in the Town Hall on **Thursday, December 5th and 26th** for wonderful music programs presented by Sound Affects!

MUSIC WITH REX BERG

Join us in the Town Hall on Thursday, December 12th at 3:00 p.m. for a wonderful performance from a local favorite!

HARP MUSIC WITH MARY ELLEN HOLMES

Join us in the Town Hall on **Thursday, December 19th at 3:00 p.m.** for a performance full of all things Western music!

TRIVIA THURSDAYS!

Join us for a little competitive fun as we put our knowledge to the test with some light-hearted trivia questions **in the Activity Room each Thursday at 10:45 a.m.**

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 LIFE STORIES!

12/2 Martha

12/5 Becoming

12/9 Like a Rolling Stone: The Life and Times of Ben Fong-Torres

12/12 Pele

12/16 The Death and Life of Marsha P Johnson

12/19 Quincy

12/23 Mark Cavendish: Never Enough

12/26 Jerry Lee Lewis: Trouble in Mind

12/30 Yogi Berra: It Ain't Over

TED TALK SCHEDULE

Activity Room on Tuesday's at 4:00 p.m.

12/3 Change Your Mindset, Change the Game

12/10 The Secret to Self-Control

12/24 How to Have More Fun in Your Life

HOLIDAY CRAFT WITH DIANE AND MARY

Join some of the housekeeping squad in the activity room on **December 5th at 2:00 p.m.** for a fun holiday themed craft. Sign up is strongly encouraged to ensure enough supplies are ordered.

GINGERBREAD COOKIE DECORATING

Join us in the activity room on Tuesday, December 17th at 4:00 p.m. to decorate gingerbread person cookies with friends! All supplies will be provided. Please sign up in the activity binder to ensure we have enough supplies for everyone.

THE WEXFORD'S RESIDENT CHRISTMAS PARTY

Come to the Town Hall and Dining Room on Friday, December 20th at 2:30 p.m. for a holiday celebration. Our party will include live Christmas music, food, drinks, and a visit from our favorite man in a red suit.

A REFLECTION ON 2024-STORYTELLING

Come share your favorite memories and experiences of 2024 on New Years Eve (**Tuesday, December 31st**) in the activity room.

PBS COLORADO EXPERIENCE SCHEDULE

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

12/12 Return of the Wolf

12/19 White Gold

12/26 The Dust Bowl

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 Private Dining Room on Wednesday, December 18th at 1:00 p.m.**

THE WEXFORD BILLIARDS & POOL ASSOCIATION

Rack em' up! **Join the pool sharks every Monday and Friday at 1:00 p.m. in the Activity Room.** Quit talkin' and start chalkin'. All skill levels welcomed.

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.

Shopping Trips:

(Mondays at 1:00 p.m.)

12/2 Walmart (65th Street)

12/9 Macy's



12/16 Sprouts

12/23 King Soopers

12/30 Target

CANDLELIGHT DINNER THEATRE: SCROOGE THE MUSICAL

On Thursday, December 12th, we will be taking a trip to the Candlelight Dinner Playhouse in Johnstown to see Scrooge the Musical and enjoy a nice meal. **We will leave at 5:00 p.m. and the show starts at 6:00 p.m.** The price of entry is \$76.55 and is all inclusive of a meal and the musical. *SIGN UP WILL BE CLOSED BY THE TIME THIS IS HANDED OUT*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Happy Birthday, Roberta S! 1 10:00am Senior Style Exercise- AR 2:00pm Movie Matinee: Lonesome Dove Parts 3 & 4- AR 5:00pm Movie Matinee: Lonesome Dove Parts 3 & 4- AR	9:00am Walking the Wexford - TH 2 9:00am Menu Review with Chef Drea- FR 9:00am Inner Strength Stretching - TBD 10:00am Bocchia- AR 1:00pm Billiards Club- AR 1:00pm *Shopping Trip to Walmart (65th)- ML 3:00pm Music and Movement- AR 7:00pm Documentary: Martha- AR	9:00am Wii Bowling- AR 3 10:00am Brain and Balance - AR 1:00pm Poker- TH 1:00pm Dietary Meeting- AR 1:45pm Quarter Bingo- AR 3:00pm Left Center Right Game- AR 4:00pm TED Talk: Change Your Mindset, Change the Game- AR	9:00am Footcare Clinic- APT. 4 9:00am Walking the Wexford - TH 9:00am Wordle- AR 10:00am Morning Bible Study - AR 12:30pm BLOOM Laundry- APT 1:30pm Chair Yoga- AR 7:00pm Centennial Chapter 5 - AR	9:00am Crossword- AR 5 10:00am Brain and Balance - AR 10:45am Trivia- AR 1:00pm Poker- TH 2:00pm Holiday Craft with Diane and Mary- AR 3:00pm Happy Hour: Sound Affects- TH 7:00pm Documentary: Becoming- AR	9:00am Walking the Wexford - TH 6 10:00am T'ai Chi Chih- AR 1:00pm Billiards Club- AR 2:00pm Kevin Cook Nature Presentation- AR 4:00pm Travel Presentation: African Safari - AR	10:00am Senior Style Exercise- AR 7 2:00pm Movie Matinee: Miracle on 34th Street- AR 7:00pm Movie Matinee: Miracle on 34th Street- AR	
10:00am Senior Style Exercise- AR 8 2:00pm Movie Matinee: Miracle on 34th Street- AR 5:00pm Movie Matinee: Miracle on 34th Street- AR	Happy Birthday, Jean E & Russell B! 9 9:00am Walking the Wexford- TH 9:00am Menu Review with Chef Drea- FR 9:00am Inner Strength Stretching- TBD 10:00am Bocchia- AR 1:00pm Billiards Club- AR 1:00pm *Shopping Trip to Macy's- ML 2:00pm Hymns and Communion- TH 3:00pm Music and Movement- AR 7:00pm Documentary: Like a Rolling Stone: The Life and Times of Ben Fong-Torres- AR	Happy Birthday, Doug F! 10 9:00am Wii Bowling- AR 10:00am Brain and Balance- AR 1:00pm Poker- TH 1:45pm Quarter Bingo- AR 3:00pm Left Center Right Game- AR 4:00pm TED Talk: The Secret to Self-Control- AR	9:00am Walking the Wexford- TH 11 9:00am Wordle- AR 10:00am Morning Bible Study - AR 12:30pm BLOOM Laundry- APT 1:30pm Chair Yoga- AR 3:00pm Mary Kay Gift Show- AR 7:00pm Centennial Chapter 6 - AR	9:00am Crossword- AR 12 10:00am Brain and Balance- AR 10:45am Trivia- AR 1:00pm Poker- TH 1:30pm PBS CO: Return of the Wolf- AR 3:00pm Happy Hour: Rex Berg - TH 5:00pm *Candlelight Dinner Theatre: Scrooge the Musical- ML 7:00pm Documentary: Pele- AR	9:00am Walking the Wexford- TH 13 10:00am T'ai Chi Chih- AR 1:00pm Billiards Club- AR 1:00pm Blood Pressure Clinic- PDR 1:45pm Quarter Bingo- AR 3:00pm In the Kitchen with Sam- AR	10:00am Senior Style Exercise- AR 14 2:00pm Movie Matinee: Christmas with the Kranks- AR 7:00pm Movie Matinee: Christmas with the Kranks- AR	
10:00am Senior Style Exercise- AR 15 2:00pm Movie Matinee: Christmas with the Kranks- AR 5:00pm Movie Matinee: Christmas with the Kranks- AR	9:00am Walking the Wexford- TH 16 9:00am Menu Review with Chef Drea- FR 9:00am Inner Strength Stretching- TBD 10:00am Bocchia- AR 1:00pm Billiards Club- AR 1:00pm *Shopping Trip to Sprouts- ML 3:00pm Music and Movement- AR 7:00pm Documentary: The Death and Life of Marsha P Johnson- AR	9:00am Wii Bowling- AR 17 10:00am Brian and Balance- AR 1:00pm Poker- TH 1:45pm Quarter Bingo- AR 3:00pm Left Center Right Game- AR 4:00pm Gingerbread Cookie Decorating- AR	9:00am Walking the Wexford- TH 18 9:00am Wordle- AR 12:30pm BLOOM Laundry- APT 1:00pm Book Club- PDR 2:30pm Chair Yoga- AR 7:00pm Centennial Chapter 7- AR	9:00am Crossword- AR 19 10:00am Brain and Balance- AR 10:45am Trivia- AR 1:00pm Poker- TH 1:30pm PBS CO: White Gold- AR 3:00pm Happy Hour: Mary Ellen Holmes- TH 7:00pm Documentary: Quincy- AR 6:30pm *Christmas Lights Scenic Drive- ML	9:00am Walking the Wexford- TH 20 10:00am T'ai Chi Chih- AR 1:00pm Billiards Club- AR 2:30pm Christmas Party- DN 6:30pm *Christmas Lights Scenic Drive- ML	10:00am Senior Style Exercise- AR 21 2:00pm Movie Matinee: A Christmas Story- AR 7:00pm Movie Matinee: A Christmas Story- AR	
10:00am Candlelight Christmas Worship- TH 22 2:00pm Movie Matinee: A Christmas Story- AR 5:00pm Movie Matinee: A Christmas Story- AR	9:00am Walking the Wexford- TH 23 9:00am Menu Review with Chef Drea- FR 9:00am Inner Strength Stretching- TBD 10:00am Bocchia- AR 1:00pm Billiards Club- AR 1:00pm *Shopping Trip to King Soopers- ML 3:00pm Music and Movement- AR 7:00pm Documentary: Mark Cavendish: Never Enough- AR	MERRY CHRISTMAS EVE! 24 9:00am Wii Bowling- AR 1:00pm Poker- TH 1:45pm Quarter Bingo- AR 3:00pm Left Center Right Game - AR 4:00pm TED Talk: How to Have More Fun in Your Life- AR 7:00pm Christmas Eve Movie Matinee: White Christmas- AR	MERRY CHRISTMAS! HAPPY FIRST DAY OF HANUKKAH! 25 Happy Birthday, Faye B! 9:00am Walking the Wexford- TH 2:00pm Christmas Movie Matinee: How the Grinch Stole Christmas- AR 7:00pm Christmas Movie Matinee: How the Grinch Stole Christmas- AR	9:00am Crossword- AR 26 10:45am Trivia- AR 1:00pm Poker- TH 1:30pm PBS CO: The Dust Bowl- AR 3:00pm Happy Hour: Sound Affects- TH 7:00pm Documentary: Jerry Lee Lewis: Trouble in Mind- AR	9:00am Walking the Wexford- TH 27 10:00am T'ai Chi Chih- AR 1:00pm Billiards Club- AR 1:45pm Quarter Bingo- AR 3:00pm Activity Meeting- AR	Happy Birthday, Verona S! 28 10:00am Senior Style Exercise- AR 2:00pm Movie Matinee: It's a Wonderful Life- AR 7:00pm Movie Matinee: It's a Wonderful Life- AR	
10:00am Senior Style Exercise- AR 29 2:00pm Movie Matinee: It's a Wonderful Life- AR 5:00pm Movie Matinee: It's a Wonderful Life- AR	Happy Anniversary, Clarence & Donna K! 30 9:00am Walking the Wexford- TH 9:00am Menu Review with Chef Drea- FR 9:00am Inner Strength Stretching- TBD 10:00am Wexford Community Meeting- AR 1:00pm Billiards Club- AR 1:00pm Shopping Trip to Target- ML 7:00pm Documentary: Yogi Berra: It Ain't Over- AR	HAPPY NEW YEARS EVE! 31 9:00am Wii Bowling- AR 10:00am Brain and Balance- AR 1:00pm Poker- TH 1:45pm Quarter Bingo- AR 3:00pm Left Center Right Game- AR 4:00pm A Reflection on 2024: Storytelling- AR	 <h1>DECEMBER</h1> <p>The Wexford Independent Living</p>			 <p>All activities are subject to change.</p>	

CHRISTMAS LIGHT SCENIC DRIVES

We will be going on two different drives to see Christmas lights this year. The first will be on **Thursday, December 19th at 6:30 p.m.** The second will be on **Friday, December 20th at 6:30 p.m.** Attendees will ride around Loveland and view local Christmas decorations and displays. Sign up will be required for this outing.

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.

CHAIR YOGA WITH CIARA

Wednesdays at 1:30 p.m.

Yoga is for the mind and the body. This class adapts yoga techniques to be practiced in a chair. Targeting balance, core, and flexibility, this is an accessible class for all!

T'AI CHI CHIH WITH REBECCA

Join Rebecca in the activity room on Fridays at 10:00 a.m. for some relaxing T'ai Chi Chih. This practice links breaths with movement, while enhancing balance and core strength.

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.

HYMNS AND COMMUNION

Provided by Mountain View Presbyterian Church **in the Town Hall, Monday, November 11th at 2:00 p.m.**

CANDLELIGHT CHRISTMAS WORSHIP

Join chaplain Rebecca **in the Town Hall on Sunday, December 22nd at 10:00am** for a candlelight worship service all about the holiday season.

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.** 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 (November 8th) 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, November 27th at 3:00 p.m. in the activity room.**

