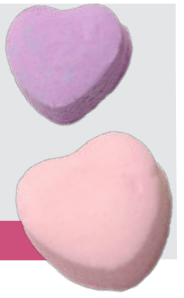


# The Wexford Happenings

FEBRUARY 2025



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



HAPPY  
VALENTINE'S  
DAY

## 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, February 4th at 1:00 p.m.** for the opportunity to give feedback regarding the menu and service.

## VALENTINES DAY PARTY

Celebrate all things love and friendship **on Friday, February 14th! We will gather in the dining room at 3:30 p.m.** for snacks, drinks, music, and good memories.

## WINTER CRAFT

**Join Ciara in the activity room on February 18th at 3:00 p.m.** for a fun winter themed craft. Sign up is required to ensure enough supplies are ordered.



CELEBRATIONS  
AT THE  
WEXFORD

FEBRUARY  
BIRTHDAYS

Residents:

Feb 1 - Jerry Owen

Feb 2 - Rita Eckerd

Feb 11 - AJ Erwine

Feb 13 - Jane Crawford

Feb 13 - Donna Beatty

Feb 15 - Pearl Wahler

Staff:

Feb 5 - Lisa Pena

Feb 11 - Mike Ellzey

Feb 16 - Ian McGill

Feb 17 - Collin Jokel

Feb 23 - Bonnie Atkins

MONTHLY  
ENTERTAINMENT/  
CLASSES:

WILDLIFE WINDOW  
NATURE SERIES BY KEVIN  
COOK

Friday, February 7th at 2:00 p.m. in  
the AR

Explorers, Expeditions, and Names

When America bought land  
from France, the first task was to  
complete the politics of the business  
transaction; the second task was  
to learn how much land had been  
purchased. This program will retrace  
the routes of explorers who engaged  
the quest to answer that question.

SOUND AFFECTS MUSIC  
PROGRAM: ARTISTS TO BE  
ANNOUNCED

Join us in the Town Hall on  
Thursday, February 6th and 27th  
for wonderful music programs  
presented by Sound Affects!

MUSIC WITH STEVE  
MANSHELL

Join us in the Town Hall on  
Thursday, February 13th at 3:00 p.m.  
for a wonderful performance from a  
local favorite!

MUSIC WITH REX  
AND GUY

It's everyone's favorite duo! Join  
us in the Town Hall on Thursday,  
February 20th at 3:00 p.m. for some  
country 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 THE NATURAL  
WORLD!

2/3 Our Oceans: Pacific Ocean

2/6 Our Oceans: Indian Ocean

2/10 Our Oceans: Atlantic Ocean

2/13 Our Oceans: Arctic Ocean

2/17 Our Oceans: Southern Ocean

2/20 Life in Color: Seeing in Color

2/24 Life in Color: Hiding in Color

2/27 Life in Color: Chasing Color



A MAN ON THE INSIDE

Enjoy this highly recommended  
show on Saturdays at 10:00 a.m. in  
the activity room! Each week we will  
show a different episode.

Charles, a retired man, gets a new  
lease on life when he answers an  
ad from a private investigator  
and becomes a mole in a secret  
investigation in a nursing home.

PBS COLORADO  
EXPERIENCE SCHEDULE

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

2/6 Monarch Mountain

2/13 The Ute Water Legacy

2/20 Weapons to Wildlife

2/27 Cultivating Change

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,  
February 26th 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.)

2/3 Walmart (65th Street)

2/10 King Soopers

2/17 Dollar Tree

2/24 Kohls

LUNCH AT EL CIELO

Sign up in the activity binder to  
enjoy some authentic Mexican food  
with friends at El Cielo in Love-  
land! We will be going on Friday,  
February 7th at 11:30 a.m.

DINNER AT MCGRAFF'S  
AMERICAN GRILL

Sign up in the activity binder to  
join us for dinner at McGraff's  
in Loveland! We will be going to  
dinner on Friday, February 28th  
at 5:00p.m. Dining out is always a  
blast with friends.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>FEBRUARY</div> <div>2025</div> <div>The Wexford - Independent Living</div> </div>						<b>HAPPY BIRTHDAY, JERRY O!</b> <b>1</b> <b>10:30am</b> A Man On The Inside Episodes 5 & 6-AR <b>2:00pm</b> Movie Matinee: Unfrosted- AR <b>7:00pm</b> Movie Matinee: Unfrosted- AR
<b>HAPPY BIRTHDAY, RITA E!</b> <b>2</b> <b>10:00am</b> Senior Style Exercise- AR <b>2:00pm</b> Movie Matinee: Unfrosted- AR <b>5:00pm</b> Movie Matinee: Unfrosted- AR <b>5:45pm</b> <i>*Loveland Performing Arts Concert: Letters from Home- ML</i>	<b>9:00am</b> Walking the Wexford- TH <b>3</b> <b>9:00am</b> Menu Review with Chef Drea- FR <b>9:00am</b> Inner Strength Stretching- TBD <b>10:00am</b> Bocchia- AR <b>1:00pm</b> Billiards Club- AR <b>1:00pm</b> <i>*Shopping Trip to Walmart (65th)- ML</i> <b>3:00pm</b> Music and Movement- AR <b>7:00pm</b> Documentary: Our Oceans: Pacific Ocean- AR	<b>9:00am</b> Wii Bowling- AR <b>4</b> <b>10:00am</b> Brain and Balance - AR <b>1:00pm</b> Poker- TH <b>1:00pm</b> Dietary Meeting- AR <b>1:45pm</b> Quarter Bingo- AR <b>3:00pm</b> Left Center Right Game- AR	<b>9:00am</b> Footcare Clinic- APT <b>5</b> <b>9:00am</b> Walking the Wexford- TH <b>9:00am</b> Wordle- AR <b>10:00am</b> Morning Bible Study- AR <b>12:30pm</b> BLOOM Laundry - APT <b>1:00pm</b> Aspen Club Presentation: Living with Chronic Pain- AR <b>3:00pm</b> Mahjong- TH <b>3:30pm</b> Chair Yoga- AR	<b>9:00am</b> Crossword- AR <b>6</b> <b>10:00am</b> Brain and Balance- AR <b>10:45am</b> Trivia- AR <b>1:00pm</b> Poker- TH <b>1:30pm</b> PBS CO: Monarch Mountain- AR <b>3:00pm</b> Happy Hour: Sound Affects- TH <b>7:00pm</b> Documentary: Our Oceans: Indian Ocean- AR	<b>9:00am</b> Walking the Wexford- TH <b>7</b> <b>10:00am</b> Charades- FR <b>10:00am</b> T'ai Chi Chih- AR <b>11:30am</b> <i>*Lunch at El Cielo- ML</i> <b>1:00pm</b> Billiards Club- AR <b>2:00pm</b> Kevin Cook Nature Presentation- AR <b>3:30pm</b> Greeting Card Activity- AR	<b>10:30am</b> A Man On The Inside-Episodes 7 & 8- AR <b>8</b> <b>2:00pm</b> Movie Matinee: Woman in Gold- AR <b>7:00pm</b> Movie Matinee: Woman in Gold- AR
<b>10:00am</b> Senior Style Exercise- AR <b>9</b> <b>2:00pm</b> Movie Matinee: Woman in Gold- AR <b>5:00pm</b> Movie Matinee: Woman in Gold- AR <b>6:00pm</b> <i>Super Bowl Party - TH</i>	<b>9:00am</b> Walking the Wexford - TH <b>10</b> <b>9:00am</b> Menu Review with Chef Drea- FR <b>9:00am</b> Inner Strength Stretching - TBD <b>10:00am</b> Bocchia- AR <b>1:00pm</b> Billiards Club- AR <b>1:00pm</b> <i>*Shopping Trip to King Soopers- ML</i> <b>2:00pm</b> Hymns and Communion- TH <b>3:00pm</b> Music and Movement- AR <b>7:00pm</b> Documentary: Our Oceans: Atlantic Ocean- AR	<b>HAPPY BIRTHDAY, AJ E!</b> <b>11</b> <b>9:00am</b> Wii Bowling- AR <b>10:00am</b> Brian and Balance- AR <b>1:00pm</b> Poker- TH <b>1:45pm</b> Quarter Bingo- AR <b>3:00pm</b> Left Center Right Game- AR	<b>9:00am</b> Walking the Wexford- TH <b>12</b> <b>9:00am</b> Wordle- AR <b>10:00am</b> Morning Bible Study - AR <b>12:30pm</b> BLOOM Laundry- APT <b>1:00pm</b> Aspen Club Presentation: Living with Chronic Pain- AR <b>3:00pm</b> Mahjong- TH	<b>HAPPY BIRTHDAY, JANE C AND DONNA B!</b> <b>13</b> <b>9:00am</b> Crossword- AR <b>10:00am</b> Brain and Balance- AR <b>10:45am</b> Trivia- AR <b>1:00pm</b> Poker- TH <b>1:30pm</b> PBS CO: The Ute Water Legacy- AR <b>3:00pm</b> Happy Hour: Steve Manshell- TH <b>7:00pm</b> Documentary: Our Oceans: Arctic Ocean- AR	<b>HAPPY VALENTINE'S DAY!</b> <b>14</b> <b>9:00am</b> Walking the Wexford- TH <b>10:00am</b> Charades- FR <b>10:00am</b> T'ai Chi Chih- AR <b>1:00pm</b> Billiards Club- AR <b>1:00pm</b> Blood Pressure Clinic - PDR <b>3:30pm</b> Valentines Day Party - DN/TH	<b>HAPPY BIRTHDAY, PEARL W!</b> <b>15</b> <b>10:30am</b> The Good Place Season 1 Episodes 1 & 2- AR <b>2:00pm</b> Movie Matinee: October Sky- AR <b>7:00pm</b> Movie Matinee: October Sky- AR
<b>10:00am</b> Senior Style Exercise- AR <b>16</b> <b>2:00pm</b> Movie Matinee: October Sky- AR <b>5:00pm</b> Movie Matinee: October Sky- AR <b>5:00pm</b> Dinner and a Movie- TH	<b>9:00am</b> Walking the Wexford - TH <b>17</b> <b>9:00am</b> Menu Review with Chef Drea- FR <b>9:00am</b> Inner Strength Stretching-TBD <b>10:00am</b> Bocchia- AR <b>1:00pm</b> Billiards Club- AR <b>1:00pm</b> <i>*Shopping Trip to Dollar Tree - ML</i> <b>3:00pm</b> Music and Movement- AR <b>7:00pm</b> Documentary: Our Oceans: Southern Ocean- AR	<b>9:00am</b> Wii Bowling- AR <b>18</b> <b>10:00am</b> Brain and Balance- AR <b>1:00pm</b> Poker- TH <b>1:00pm</b> Left Center Right Game - AR <b>1:45pm</b> Quarter Bingo- AR <b>3:00pm</b> Winter Craft- AR	<b>9:00am</b> Walking the Wexford - TH <b>19</b> <b>9:00am</b> Wordle- AR <b>10:00am</b> Morning Bible Study- AR <b>12:30pm</b> BLOOM Laundry- APT <b>1:00pm</b> Aspen Club Presentation: Living with Chronic Pain- AR <b>3:00pm</b> Connect Hearing Clinic - PDR <b>3:00pm</b> Mahjong- TH <b>3:30pm</b> Chair Yoga- AR	<b>9:00am</b> Crossword- AR <b>20</b> <b>10:00am</b> Brain and Balance - AR <b>10:45am</b> Trivia- AR <b>1:00pm</b> Poker- TH <b>1:30pm</b> PBS CO: Weapons to Wildlife- AR <b>3:00pm</b> Happy Hour: Rex and Guy- TH <b>7:00pm</b> Documentary: Life in Color: Seeing in Color - AR	<b>9:00am</b> Walking the Wexford- TH <b>21</b> <b>10:00am</b> Charades- FR <b>10:00am</b> T'ai Chi Chih- AR <b>1:00pm</b> Billiards Club- AR <b>1:45pm</b> Quarter Bingo- AR <b>3:00pm</b> Activity Meeting- AR	<b>10:30am</b> The Good Place Season 1 Episodes 3 & 4 - AR <b>22</b> <b>2:00pm</b> Movie Matinee: Little- AR <b>7:00pm</b> Movie Matinee: Little- AR
<b>10:00am</b> Senior Style Exercise- AR <b>23</b> <b>2:00pm</b> Movie Matinee: You've Little- AR <b>5:00pm</b> Movie Matinee: You've Little- AR	<b>9:00am</b> Walking the Wexford - TH <b>24</b> <b>9:00am</b> Menu Review with Chef Drea- FR <b>9:00am</b> Inner Strength Stretching - TBD <b>10:00am</b> Wexford Community Meeting- AR <b>1:00pm</b> Billiards Club- AR <b>1:00pm</b> <i>*Shopping Trip to Kohls- ML</i> <b>3:00pm</b> Music and Movement- AR <b>7:00pm</b> Documentary: Life in Color: Hiding in Color- AR	<b>9:00am</b> Wii Bowling- AR <b>25</b> <b>10:00am</b> Brain and Balance- AR <b>1:00pm</b> Poker- TH <b>1:45pm</b> Quarter Bingo- AR <b>3:00pm</b> Left Center Right Game- AR	<b>9:00am</b> Walking the Wexford - TH <b>26</b> <b>9:00am</b> Wordle- AR <b>10:00am</b> Morning Bible Study- AR <b>12:30pm</b> BLOOM Laundry- APT <b>1:00pm</b> Book Club- PDR <b>1:00pm</b> Aspen Club Presentation: Living with Chronic Pain- AR <b>3:00pm</b> Mahjong- TH <b>3:30pm</b> Chair Yoga- AR	<b>9:00am</b> Crossword- AR <b>27</b> <b>10:00am</b> Brain and Balance - AR <b>10:45am</b> Trivia- AR <b>1:00pm</b> Poker- TH <b>1:30pm</b> PBS CO: Cultivating Change- AR <b>3:00pm</b> Happy Hour: Sound Affects- TH <b>7:00pm</b> Documentary: Life in Color: Chasing Color- AR	<b>9:00am</b> Walking the Wexford- TH <b>28</b> <b>10:00am</b> Charades- FR <b>10:00am</b> T'ai Chi Chih- AR <b>1:00pm</b> Billiards Club- AR <b>1:45pm</b> Quarter Bingo- AR <b>5:00pm</b> <i>*Dinner at McGraff's American Grill- ML</i>	<div> <div></div> <div>All activities are subject to change.</div> </div>





## 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.***

### 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.

### HYMNS AND COMMUNION

Provided by Mountain View Presbyterian Church **in the Town Hall, Monday, February 10th at 2:00p.m.**

## 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 (January 1st).** 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 Scotia Orr - RN with Columbine Poudre Home Care in the Private Dining Room **on the 2nd Friday of each month (February 14th) 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, February 19th at 3:00 p.m. in the private dining room.**



*Happy Hour dancing.*



*Ugly sweater winners.*