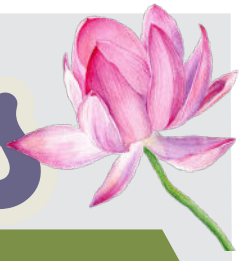


The Winslow Happenings

MAY 2025



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

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IT'S TIME FOR MAY!

This month brings a sense of renewal and fresh beginnings, with longer days and a vibrant energy in the air. Whether you're enjoying the outdoors or embracing the season's events, May invites us to celebrate growth, connection, and the beauty of the world around us. We will be saying a warm farewell to our interns, Emma and Chloe this month as they get ready for their next steps. Here's to a month filled with joy and new opportunities!

MAY BIRTHDAYS!

Voni Simons - May 4th

Ann Phemister - May 5th

Virgie Giannetto - May 11th

Fluff Walker - May 13th

Livvy Solomon - May 15th

Bill Howes - May 17th

Cliff Kahl - May 27th

Marilyn Helmreich - May 31st



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|---|
|  | | | | MAY DAY 1 9am – Billiards Pool (3rd Floor PT) 10am – Yoga Therapy (AR) 11am – Bible Study (PD) 11am - Performance by Harrison Michael (AR) <i>1pm – Balloon Volleyball (AR)</i> 2pm – Sequence (LSLR) 3pm – Bingo (AR) | *9:15am – King Soopers Outing (FL) 2 10am – Senior Fitness with Diane (AR) <i>*12pm – Scenic Outing: Horsetooth Reservoir (FL)</i> *1:15pm – Wii Bowling (AR) 3pm – Social Hour (WH) 6:15pm – Series: Hell on Wheels (AR) | 10am – Senior Fitness (AR) 3 11am – Dominoes (LSLR) *1:15pm – Wii Bowling (AR) 2pm – Mexican Train Dominoes (WH) 3pm – Kickstart Chair Yoga Therapy with Sherry (AR) 6:15pm – Movie: Good Will Hunting (AR) |
| HAPPY BIRTHDAY VONI SIMONS! 4 10:30am – Senior Fitness with Jackie (AR) 11:15am – Virtual Sermons (AR) *1:15pm – Wii Bowling (AR) *3:30pm – Wii Golf (AR) | CINCO DE MAYO HAPPY BIRTHDAY ANN PHEMISTER! 5 10am – Tai Chi Chih with Rebecca (AR) 11am – Seated Ballet (AR) <i>12pm – Technology Class (AR)</i> 1-3pm – Bridge Club (WH) <i>2pm – LHS Presentation: Margaret Osborn (AR)</i> 6:15pm – Documentary: Sicko (AR) | 10am – Kickstart Chair Yoga Therapy with Sherry (AR) 6 11am – Senior Fitness with Jackie (AR) 11:15am – Wisdom Study with Peter (WH) <i>1pm – Kevin Cook Presents: Landscapes and Waterscapes (AR)</i> 3pm – Bingo (AR) 6:15pm – Series: 1923 (AR) | 8am – Gentlemen’s Breakfast (PD) 7 <i>8:30am – Current Events with Abby (AR)</i> 10am – Senior Fitness with Meredith (AR) 11am – Writing Group (LSLR) 1pm – Rummikub Club (LSLR) *1:15pm – Wii Bowling (AR) 3pm – Book Club (WH) 6:15pm – Movie: Wicked (AR) | 9am – Billiards Pool (3rd Floor PT) 8 10am - Yoga Therapy (AR) <i>11am – Scam Talk (AR)</i> 11am – Bible Study (PD) 12pm – Balance and Mobility with Erin (AR) <i>*1pm – Starbuck’s Stroll (FL)</i> 2pm – Uno (LSLR) 3pm – Bingo (AR) | *9:15am – King Soopers Outing (FL) 9 10am – Senior Fitness with Diane (AR) <i>11am – Vein Care Presentation (AR)</i> *1:15pm – Wii Bowling (AR) 3pm – Social hour (WH) 6:15pm – Series: Hell on Wheels (AR) | 10am – Senior Fitness (AR) 10 11am – Dominoes (LSLR) *1:15pm – Wii Bowling (AR) 2pm – Mexican Train Dominoes (WH) 3pm – Kickstart Chair Yoga Therapy with Sherry (AR) |
| MOTHER’S DAY HAPPY BIRTHDAY VIRGIE GIANNETTO! 11 10:30am – Senior Fitness with Jackie (AR) 11:15am – Virtual Sermons (AR) *1:15pm – Wii Bowling (AR) *3:30pm – Wii Golf (AR) | 10am – Tai Chi Chih with Rebeca (AR) 12 11am – Seated Ballet (AR) 12pm – Roman Catholic Communion (PD) <i>12pm – Activity: Paper Quilt Squares (AR)</i> 1-3pm – Bridge Club (WH) *1:15pm – Wii Bowling (AR) <i>2:30pm – Mother’s Day Tea Party (WH)</i> 6:15pm – Documentary: Ballet 422 (AR) | HAPPY BIRTHDAY FLUFF WALKER! 13 10am – Kickstart Chair Yoga Therapy with Sherry (AR) 10:30am – Communion (PD) 11am – Senior Fitness with Jackie (AR) <i>11am – Lunch Outing: Petra Grill (FL)</i> 11:15am – Wisdom Study with Peter (WH) <i>*1pm – Watercolor with Ann (AR)</i> 3pm – Bingo (AR) 6:15pm – Series: 1923 (AR) | <i>8:30am – Current Events with Abby (AR)</i> 14 10am – Senior Fitness with Meredith (AR) 11am – Writing Group (LSLR) <i>12:30pm – Hearty Heritage Hour: Mexico (FL)</i> 1pm – Rummikub Club (LSLR) *1:15pm – Wii Bowling (AR) 3pm – Book Club (WH) 6:15pm – Movie: Sunset Boulevard (AR) | HAPPY BIRTHDAY LIVVY SOLOMON! 15 9am – Billiards Pool (3rd Floor PT) 10am – Yoga Therapy (AR) 11am – Bible Study (PD) <i>*12pm Garden Club (AR)</i> <i>*1pm – Starbuck’s Stroll (FL)</i> 2pm – Jenga (LSLR) 3pm – Bingo (AR) | *9:15am – King Soopers Outing (FL) 16 10am – Senior Fitness with Diane (AR) <i>1pm – Blood Pressure Clinic with Columbine (FP)</i> 1:15pm – Wii Bowling* (AR) <i>2pm – Performance by Albert Galli (AR)</i> 3pm – Social Hour (WH) 6:15pm Series: Hell on Wheels (AR) | ARMED FORCES DAY HAPPY BIRTHDAY BILL HOWES! 17 10am – Senior Fitness (AR) 11am – Dominoes (LSLR) *1:15pm – Wii Bowling (AR) 2pm – Mexican Train Dominoes (WH) 3pm – Kickstart Chair Yoga Therapy with Sherry (AR) 6:15pm - Movie: Serena (AR) |
| 10:30am – Senior Fitness with Jackie (AR) 18 11:15am – Virtual Sermons (AR) *1:15pm – Wii Bowling (AR) *3:30pm – Wii Golf (AR) | 10am – Tai Chi Chih with Rebecca (AR) 19 <i>11am – May Birthday Celebration (WH)</i> <i>*1pm – Flower Arranging (AR)</i> 1-3pm – Bridge Club (WH) 6:15pm – Documentary: The Americas (AR) | 10am – Kickstart Chair Yoga Therapy with Sherry (AR) 20 11am – Senior Fitness with Jackie (AR) <i>1pm – The Winslow Singers (AR)</i> 3pm – Bingo (AR) 6:15pm – Series: 1923 (AR) | 8am – Gentlemen’s Breakfast (PD) 21 <i>8:30am – Current Events with Abby (AR)</i> 10am – Senior Fitness with Meredith (AR) <i>*12pm – Painting Class (AR)</i> 11am – Writing Group (LSLR) 1pm – Rummikub Club (LSLR) *1:15pm – Wii Bowling (AR) 6:15pm – Movie: Only The Brave (AR) | NATIONAL MARITIME DAY 22 9am – Billiards Pool (3rd Floor PT) 10am – Yoga Therapy (AR) 11am – Bible Study (PD) 12pm - Balance and Mobility with Erin (AR) <i>12:30pm – Outing: Repeat Boutique (FL)</i> 2pm – Jenga (LSLR) 3pm – Bingo (AR) | *9:15pm – King Soopers Outing (FL) 23 10am – Senior Fitness with Diane (AR) <i>12pm Nerf Darts (AR)</i> 1:15pm – Wi Bowling* (AR) 3pm – Social Hour (AR) 6:15pm – Series: Hell on Wheels (AR) | 10am – Senior Fitness (AR) 24 11am – Dominoes (LSLR) *1:15pm – Wii Bowling (AR) 2pm – Mexican Train Dominoes (WH) 3pm – Kickstart Chair Yoga Therapy with Sherry (AR) 6:15pm – Movie: War of the Worlds (AR) |
| 10:30am – Senior Fitness with Jackie (AR) 25 11:15pm – Virtual Sermons (AR) *1:15pm – Wii Bowling (AR) *3:30pm – Wii Golf (AR) | MEMORIAL DAY! 26 10am – Tai Chi Chih with Rebecca (AR) 11am – Seated Ballet (AR) 12pm – Roman Catholic Communion (PD) 1-3pm – Bridge Club (WH) 6:15pm – Documentary: Alone Across the Arctic (AR) | 10am – Kickstart Chair Yoga Therapy with Sherry (AR) 27 11am – Senior Fitness with Jackie (AR) <i>1pm – Resident Input Meeting (AR)</i> 3pm – Bingo (AR) 6:15pm – Series: 1923 (AR) | HAPPY BIRTHDAY CLIFF KAHL! 28 <i>8:30am – Current Events with Abby (AR)</i> 10am – Senior Fitness with Meredith (AR) 11am – Writing Group (LSLR) <i>*12pm Garden Club (AR)</i> 1pm – Rummikub Club (LSLR) *1:15pm – Wii Bowling (AR) 6:15pm – Movie: The Man in the Iron Mask (AR) | 9am – Billiards Pool (3rd Floor PT) 29 10am – Yoga Therapy (AR) 11am – Bible Study (PD) <i>*12:15pm – Trivia (AR)</i> <i>*1pm – Starbuck’s Stroll (FL)</i> 2pm – Jenga (LSLR) 3pm – Bingo (AR) | *9:15am – King Soopers Outing (FL) 30 10am – Senior Fitness with Diane (AR) *1:15pm – Wii Bowling (AR) <i>2pm – Balloon Volleyball (AR)</i> 3pm – Social Hour (WH) 6:15pm – Series: Hell on Wheels (AR) | HAPPY BIRTHDAY MARILYN HELMREICH! 31 10am – Senior Fitness (AR) 11am – Dominoes (LSLR) *1:15pm – Wii Bowling (AR) 2pm – Mexican Train Dominoes (WH) 3pm – Kickstart Chair Yoga Therapy with Sherry (AR) 6:15pm – Movie: The Man in the Moon (AR) |

REOCCURRING EVENTS TO NOTE

- Bible Study (PD)..... Thursdays, 11:00am
- Billiards Pool (3rd Floor PT) Thursdays, 9:00am
- Bingo (AR)..... Tuesdays and Thursdays, 3:00pm
- Bridge Club (WH)Mondays, 1:00pm to 3:00pm
- Communion (PD)..... Tuesday, May 13th at 10:30am
- Current Events w/Abby (AR).....Every other Wednesday at 8:30am
- Documentary Monday (AR) Mondays, 6:15pm
- Gentleman’s Breakfast (PD)..... Every other Wednesday at 8:00am
- Roman Catholic Communion (PD) 2nd and 4th Monday of the month, 12:00pm
- Rummikub Club (LSLR)..... Wednesday, 1:00pm
- Social Hour (WH) Fridays, 3:00pm
- Virtual Sermons (AR).....Sundays, 11:30am
- Wii Golf (AR)Sundays, 3:30pm
- Wii Bowling (AR) Wednesdays, Fridays, and Saturday at 1:30pm
- Wisdom Study with Peter (WH) Tuesdays, 11:15am
- Writing Group: (LSLR) Wednesdays, 11:00am
- Dominos (LSLR) Saturdays, 11:00am
- Mexican Train Dominos (WH).....Saturdays, 2:00pm
- Starbuck’s Stroll (FL) Second, Third, and Fourth Tuesdays at 1:00pm

**All activities are subject to change with or without notice*

SERVICES PROVIDED AT THE WINSLOW

Kelli Mitchell at The Winslow Beauty Salon: 970-498-2100

Looking for a fresh, new haircut? In need of specialty coloring or just some light touchups? Kelli Mitchell can certainly oblige! Her salon is full service and fully capable of accommodations.

Reminder: Please make beauty salon appointments at least one week in advance. Payment is due upon completion of service. Cash or Check is accepted.

Podiatry Services Provided by Merrie Durbano RN

Join us every 3rd Wednesday in the Man Cave for foot care services brought to you by Merrie Durbano! If you cannot reach your toes, and/or have any other nail issues please sign up in the Activity Book for an appointment. **The cost is \$40.00 for a 30-minute session.**

Relaxing Massage Provided by Courtney Blackmer: 970-443-8588

Experience the benefits of a relaxing massage with Courtney Blackmer, a licensed massage therapist. Her expert techniques can help reduce stress, manage pain, increase circulation, improve sleep, enhance mobility, and reduce swelling, all while providing a deeply soothing experience. To schedule an appointment, please sign up in the activity sign-up book. **For additional inquiries, you can reach Courtney at 970-443-8588 or via email at courtkbr@gmail.com.**

EXERCISE CLASSES PROVIDED AT THE WINSLOW!

Tai Chi Chih with Rebecca:

Rebecca will return at some point this month! She is doing well, and we will let you know when to expect her back.

Seated Ballet with Megan:

11:00am on Monday May 5th, Monday May 12th, and Monday May 26th.

Senior Fitness with Jackie:

11:00am on Tuesdays, and 10:30am on Sundays.

Senior Fitness with Meredith, Dianne, or Brittany:

10:00am on Wednesdays (Meredith), Fridays (Dianne), and Saturday (Brittany).

Kickstart Chair Yoga Therapy with Sherry:

10:00am on Tuesdays, 3:00pm on Saturdays.

Yoga Therapy:

10:00am on Thursdays.

(New!) **Balance and Mobility with Erin:**

Second and fourth Thursdays at 12:00pm.

This is a new class that we will be trying in the month of May - Erin Doty will lead us through various techniques to increase strength and confidence in movement.

For more information about our various classes, please reach out to Abby! Remember to provide any feedback you believe is necessary.



MOVIES FOR THE MONTH

Saturday, May 3: Good Will Hunting - Will Hunting works as a janitor at MIT until his genius in mathematics is discovered by a professor after he solves a graduate-level math problem left on a chalkboard overnight. Will’s rough and underprivileged background has given him plenty of obstacles to overcome, and it’s only with the help of an exceptional therapist that he finally has a chance to break the mold and realize his full potential. Drama, Romance, **rated R.**

Monday, May 5: Sicko - A documentary about the corrupt health care system in The United States who’s main goal is to make profit even if it means losing people’s lives. “The more people you deny health insurance the more money we make” is the business model for health care providers in America. Documentary

Wednesday, May 7: Wicked - Elphaba, the Wicked Witch of the West, and Glinda the Good were once university friends. After a rocky start to their relationship, the roommates at Shiz University form a bond. Elphaba battles the discrimination faced by animals at the school and shows herself to be a principled and powerful sorcerer. Glinda meanwhile is preoccupied with her own beauty and love of Fiyero, a Prince from Winkie Country, the Eastern region of the Land of Oz. Talented with magic, Elphaba and Glinda travel to the Emerald City to meet the Wizard of Oz. Behind the curtain is a dark secret about the Wizard that shocks them both. While Elphaba is steadfast, Glinda has a choice to make between a comfortable life in Oz and taking the same fate as her fleeing friend. Drama, Fantasy, Romance,



CHANGES FOR THIS MONTH

- **Starbuck’s Stroll has returned** due to better weather!
- **Garden Club has returned** due to better weather! This will be rebranded to be about tips and tricks for growing your plants and sharing victory stories about said plants.
- **Current Events will now be every Wednesday at 8:30am.** We encourage people of all political backgrounds to join us. Abby will bring a variety of topics to discuss and will moderate discussions.



Saturday, May 10: Northman – A Viking Prince goes to great lengths to avenge his murdered father. Fantasy, History, Mystery/Thriller, Drama, **rated R**

Monday, May 12: Ballet 422 - The film shadows Justin Peck, wunderkind choreographer of the New York City Ballet, as he undertakes the Herculean task of creating the company's 422nd original piece. Following the creative process from its embryonic stages to its highly anticipated premiere, BALLET 422 is a powerful celebration of the skill and endurance of New York's most talented dancers—as well as those who remain hidden in the wings. Documentary, **rated PG**.

Wednesday, May 14: Sunset Boulevard - A hack screenwriter writes a screenplay for a former silent film star who has faded into Hollywood obscurity. **Drama**

Saturday, May 17: Serena - North Carolina mountains at the end of the 1920s – George and Serena Pemberton, love-struck newly-weds, begin to build a timber empire. Serena soon proves herself to be equal to any man. With power and influence now in their hands, the Pembertons refuse to let anyone stand in the way of their inflated love and ambitions. However, once Serena discovers George's hidden past and faces an unchangeable fate of her own, the Pemberton's passionate marriage begins to unravel leading toward a dramatic reckoning. Drama, History, Romance, **rated R**

Monday, May 19: The Americas - A showcase of the wonders, secrets and fragilities of the Americas, narrated by Tom Hanks. Documentary, **rated PG**.

Wednesday, May 21: Only The Brave - All men are created equal... then, a few become firefighters. Only the Brave, based on the true story of the Granite Mountain Hotshots, is the heroic story of one unit of local firefighters that through hope, determination, sacrifice, and the drive to protect families, communities, and our country become one of the most elite firefighting teams in the country. As most of us run from danger, they run toward it – they watch over our lives, our homes, everything we hold dear, as they forge a unique brotherhood that comes into focus with one fateful fire. Action/Adventure, **Drama, rated PG-13**

Saturday, May 24: War of the Worlds - An alien invasion threatens the future of humanity. The catastrophic nightmare is depicted through the eyes

of one American family fighting for survival. Based on the 1898 novel by H.G. Wells and directed by Steven Spielberg. Sci-Fi, Mystery/Thriller, Action/Adventure, **rated PG-13**

Monday, May 26: Alone Across the Arctic - Explorer Adam Shoalts embarks on an estimated 4000 km journey across the Canadian Arctic by canoe and on foot, alone. Documentary.

Wednesday, May 28: The Man in the Iron Mask - Years have passed since the Three Musketeers, Aramis, Athos and Porthos, have fought together with their friend, D'Artagnan. But with the tyrannical King Louis using his power to wreak havoc in the kingdom while his twin brother, Philippe, remains imprisoned, the Musketeers reunite to abduct Louis and replace him with Philippe. Drama, Action/Adventure, **rated PG-13**

Saturday, May 31: The Man in the Moon - Maureen Trant and her younger sibling Dani share a strong connection, but local boy Court Foster threatens to throw their bond off balance. Dani and Court meet first and have a flirtatious rapport -- but when he meets Maureen, he falls hard and they begin a passionate affair. The new couple try to keep their love hidden from Dani, but she soon learns the truth, disavowing her sister. But a heartbreaking accident later reunites the girls. Drama, Romance, **rated PG-13**

Tuesday Series: 1923 - Western expansion continues to consume the native land and put indigenous cultures in peril. In Montana, residents of the state are suffering from the Great Depression which arrived earlier than in other areas of the United States. On top of those large societal shifts, is the ongoing prohibition of alcohol, changing life for everyone. Jacob and Cara Dutton are no exceptions. As they seek to survive and expand in shifting circumstances, the pair have only each other to rely on. 1923 is a sequel to the television series, 1883, which documents the birth of the Dutton legacy. Drama, Western, **rated MA**.

Friday Series: Hell on Wheels - The epic story of post-Civil War America, focusing on Cullen Bohannon, a Confederate soldier who sets out to exact revenge on the Union soldiers who killed his wife. His journey takes him west to Hell on Wheels, a dangerous, raucous, lawless melting pot of a town that travels with and services the construction of the first transcontinental railroad, an engineering feat unprecedented for its time. Action/Adventure, Drama, Western.