Columbine Commons nings

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

ADMINISTRATOR Becki Seimers

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** Ashley Smith

MAINTENANCE Travis Sills

DIETARY SUPERVISOR Tracy Rohrig, RD

> **EXECUTIVE CHEF Jason Prentis**





JULY IS THE MONTH OF PATRIOTISM AND CELEBRATING AMERICA'S **BIRTHDAY!**

First a recap: June was full of rain but the heat is on! Make sure to check out the courtyard and all the beautiful flowers in bloom. Don't forget the sunscreen, our Colorado sun is brutal! And here's a friendly reminder to keep hydrated! In Iune we celebrated our dads with a pancake breakfast and later in the day, we had a fishing derby.

July's calendar is shaping up quite nicely with picnics and celebrations. We will be celebrating our monthly birthdays on the second Friday.

Don't forget that if you need money from your PFA, to get that on banker's hours, M-F 8-4.

RESIDENTS CELEBRATING **BIRTHDAYS THIS MONTH**

Happy Birthday to:

July 6 – Larry H.

July 9 – Edward B.

July 13 - Regis S.

July 19 - Marie C.

July 25 – Priscilla E.

July 25 - Dave C.

July 29 – Jesus H.

July 30 - Bill C.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All activities are subject to change.	9:30am Morning Exercise (AR) 10:45am Wii Bowling (AR) 1:30pm Sequence (AR) 2pm Bingo (DR) 3:30pm Learn to play Hearts! (AR)	Chaplain On- Site 9:30am Catholic Rosary (PDR) 9:30am Exercise with Weights (AR) 10am Bible Study with Peter (AR) 2:30pm Jeopardy (AR)	9:30am Finding Balance Exercises (AR) 10:45am Wii Bowling (AR) 1pm Devorah the Therapy Dog (AR) 2pm Bingo (DR) 3:30pm Conversations with Kimberly (CY)	4TH OF JULY 9:30am Exercise with Airballs (AR) 10:45am Crosswords (AR) 12:00pm Picnic Lunch to Boardwalk Park/ Parlor Pickers music 2:30pm Happy Hour and Entertainment with Sound Affects (ALF)	9:30am Chair Yoga (AR) 10:30am-12pm Glasses Cleaned at Front Desk 10:30am No bake Patriot Pie with Kayla (AR) 2pm Bingo (DR) 3:30pm Jeopardy(AR)
HAPPY BIRTHDAY LARRY H! 9:30am Sunday Stretch (AR) 9:30am Catholic Communion (PDR) 10:30am Wii Bowling(AR) 1:30pm Worship Service (DR) 2:30pm Sunday Mingle (DR)	9:30am Exercise with Weights (AR) 10:45am Crosswords (AR) 1:15pm Pinochle (AR) 3:15pm Blackjack (DR)	9:30am Morning Exercise (AR) 10:45am Wii Bowling (AR) 11:45am Take out Tuesday Chicken Salad Chick 1:30pm Sequence (AR) 2pm Bingo (DR) 3:30pm Farkle (AR)	HAPPY BIRTHDAY EDWARD B! Chaplain On-Site 9:30am Catholic Rosary (PDR) 9:30am Exercise with Weights (AR) 10am Bible Study with Peter (AR) 1pm Art Therapy with Emily (AR) 3pm Open Art (AR)	10:00am Workout with DANA (AR) 10:45am Crosswords (AR) 1:30pm Clearview Library (AR) 2pm Bingo (DR) 3:30pm Farkle (AR)	9:30am Exercise with Airballs (AR) 10:00 Crosswords (AR) 2:30pm Happy Hour, Resident Monthly Birthdays Celebration and Employeee Recognition (ALF)	9:30am Chair Yoga (AR) 10:30am-12pm Glasses Cleaned at the Front Desk 10:30am – Plate Painting with Kayla (AR) 2pm Bingo (DR) 3:30pm Jeopardy (AR)
HAPPY BIRTHDAY REGIS S! 9:30am Catholic Communion (PDR) 10:30am Wii Bowling (AR) 1:30pm Worship Service (DR) 2:30pm Sunday Mingle (DR)	9:30am Exercise with Weights (AR) 10:45am Crosswords (AR) 2pm Resident Council (DR) 3:00pm left Right Center *Bring Dimes (DR)	9:30am Morning Exercise (AR) 9:45 Music Therapy with Travis (SNF) 10:45am Wii Bowling (AR) 1:30pm Sequence (AR) 2pm Bingo (DR) 3:30pm Hearts! (AR)	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)	9:30am Finding Balance (AR) 10:45am Wii Bowling (AR) 2pm Bingo (DR) 3:30pm Conversations with Kimberly (AR)	9:30am Exercise with Airballs (AR) 10:45am Crosswords (AR) 2:30pm Entertainment and Happy Hour with Uno, Dos, Tracz (ALF)	HAPPY BIRTHDAY MARIE! 9:30am Chair Yoga(AR) 10:30am-12pm Glasses Cleaned at Front Desk 10:30 am CornHole (CY) 2pm Bingo (DR) 3:30pm Jeopardy (AR)
9am Sunday Stretch (AR) 9:30am Catholic Communion (PDR) 10:30am Coffee and Good News! (AR) 1:30pm Worship Service (DR) 2:30pm Travel with Lacee(DR)	9:30am Exercise with Weights (AR) 10:45am Crosswords (AR) 1:30pm Pinochle (AR) 3pm Blackjack (DR)	8:30am Walmart Outing 9:30am Exercise (AR) 10:45am Wii Bowling (AR) 1:30pm Sequence (AR) 2pm Bingo (DR) 3:30pm Farkle (AR)	9:30am Catholic Rosary (PDR) 9:30am Exercise with Weights (AR) 10am Devotional with Peter (AR) 2:30pm Jeopardy (AR)	9:30am Finding Balance Exercise (AR) 10:45am Wii Bowling (AR) 11:30am - Columbine Commons BBQ (CY and DR) 1:30pm Clearview Library (AR) 2pm Bingo (DR) 5pm Windsor Thursday Night Music with County Line/ Picnic Supper	HAPPY BIRTHDAY DAVE C HAPPY BIRTHDAY PRISCILLA E!! 9:30am Exercise with Airballs (AR) 10:45am Crosswords (AR) 1:30pm Entertainment and Happy Hour with Kendra (SNF)	9:30am Chair Yoga(AR) 10:30am-12pm Glasses Cleaned at Front Desk 10:45am Wii Bowling (AR) 2pm Bingo (DR) 3:30pm Jeopardy (AR)
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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!

- Friday, July 4th Picnic lunch to Boardwalk Park to hear the "Parlour Pickers". We meet in the Lobby at 12pm.
- Tuesday, July 8th 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 3pm Monday, July 7th.
- Tuesday, July 22nd All aboard for our 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, July 24th Windsor Thursday Night Music at Boardwalk Park with "County Line" and a picnic supper. Meet in the Lobby at 5pm.

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 at 9:30 am every Sunday in the private dining room.

CLEARVIEW LIBRARY BOOK **CHECKOUT**

The Clearview Library will be here Thursday, July 10th and Thursday, July 24th. The books will be brought into the Activity Room. If you are interested in joining this service, please let Kimberly know.

MONTHLY CRACK UP:

Did you hear the one about the Liberty Bell?

It cracked те ир!



We had another great visit with some goats and ducks from Horanth Ranch.

Our Dads appreciated the pancake and bacon rose breakfast! A big thank you to our nurse Iennie for supplying us with her family's real maple syrup from Vermont!

