# The Winslow ening

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

**ADMINISTRATOR** Chelsea Irwin

OFFICE MANAGER Andrea Dunn

**DIETARY DIRECTOR** Scott Bean

> WAITSTAFF **SUPERVISOR** Aubree Peterson

**HOUSEKEEPING SUPERVISOR** Birgit Jurgens

**MAINTENANCE SUPERVISOR Jarvis Gall** 

> **ACTIVITIES DIRECTOR** Abby Barbre





### WELCOME TO JUNE

Summer is in the air, bringing longer days, warmer sunshine, and plenty of chances to enjoy the season together. This month, we're embracing the spirit of summer with creative activities, friendly gatherings, and even a musical journey with the Winslow Singers with a campfire songs theme! Whether you're tapping your toes to familiar tunes or soaking up the sun on a stroll, we hope June fills your days with joy, connection, and the warmth of community.

# JUNE BIRTHDAYS!

Carolyn Holter – June 5th Kelley Brandeau – **June 6th** Nancy Johnson – June 19th Mary Watson - June 23rd Jan Vosseteig – June 29th



# MARK SEROUR: BIRTH OF A COLONY, THE FOUNDING OF FORT COLLINS (AR)

Monday, June 2nd at 2:00pm

Mark Serour from Traces of the Past will be visiting us to give a wonderful historical talk about how Fort Collins was founded. Here is how Mark himself summarizes the presentation: "Approximately ten miles from where the Cache la Poudre River enters the plains from the mouth of its namesake canyon the U. S. Army relocated its garrison in 1864. When the fort closed and the military abandoned the area two years later the beginnings of a settlement had already been initiated. By 1873 the town of Fort Collins was incorporated and, with the exception of a few short years immediately after its establishment, steady expansion and growth has been characteristic up to the present day. In this program learn the genesis of Fort Collins, the town that almost never came to be."

# KEVIN COOK PRESENTS: LIFESCAPES AND ANTHROSCAPES (AR)

Tuesday, June 3rd at 1:00pm

"Life inside Colorado differs from place to place. Precipitation and temperature determine which plants live where, and plant communities determine which animals live where. Human activity imposes changes to which only some wildlife can adapt, making Colorado a checkerboard of lifescapes and anthroscapes."

# HEARTY HERITAGE HOUR: CARIBBEAN (AR)

Wednesday, June 4th at 12:30pm

June is Caribbean Heritage Month, so it is only fitting we explore the food of the islands. The Caribbean is filled with rich culture and even richer foods, so expect to experience some wonderful dishes by our Chef Scott.

### **\*OUTING: WHOLE FOODS MARKET (FL)**

Thursday, June 5th at 1:00pm

Whole Foods is a good place to get organic items, free from artificial colors, flavors, or preservatives. If this appeals to you, come join us while we go shopping! \*Signing up is required. Please note that the residents will be responsible for covering their own expenses during this outing.

# RIDE TO END ALZHEIMER'S (FL)

Sunday, June 8th at 7:15am

Come watch as Chelsea rides past the Winslow on her enormous bike ride! She will be riding a whopping 75 miles, starting at Canvas Stadium here in Fort Collins, up through Wellington, then down all the way through Berthoud, before coming back up to Fort Collins. Quite the ride! Be sure to wave to her as she comes around!



# \*PAINTING CLASS TUTORIAL (AR)

Monday, June 9th at 3:00pm

Please join us for a painting class! It's a fun way to express your artistic side. All supplies will be provided, but please make sure to sign up in advance so we can ensure there are enough materials for everyone. **Please sign up as space and supplies are limited.** No payment necessary.

# \*LUNCH OUTING: LUCILE'S (FL)

Tuesday, June 10th at 11:00am

Lucile's Creole Café has been cooking breakfast and lunch for Colorado since 1980. The first chef received his training from the famous New Orleans restaurant, "Commanders Palace." Come join us as we try this amazing Colorado local café! \*Signing up is required. Please note that the residents will be responsible for covering their own expenses during this outing.

### \*TRIVIA (AR)

Tuesday, June 10th at 2:00pm, and Thursday, June 19th at 1:30pm

Ready to test your knowledge? Trivia questions are handmade by Abby, and set in the jeopardy format. Previous topics have included American West, American East, and the American Midwest.

# LOVELAND HISTORICAL SOCIETY PRESENTATION: MARY ELITCH (AR)

Wednesday, June 11th at 12:00pm

Teri Johnson from the Loveland Historical Society returns to give another presentation this month! This time, we will be learning about Mary Elitch, the namesake of the famous Elitch Gardens down in Denver! Be sure to stop by and learn some stuff about Colorado history.

## FATHER'S DAY BBQ (PAVILION)

Friday, June 13th at 12:30pm

Fathers, please join us for a BBQ in your honor on June 13th. This is the Friday before Father's Day, so you can still enjoy whatever plans your children have for you! Scott will have good food as always, so don't miss out!



# \*WALK TO SAFFRON SCOOPS N BITES (FL)

Wednesday, June 18th at 12:00pm

Join us as we walk over to Saffron Scoops n Bites, which is a little closer than Starbucks. There, they have a wide variety of ice creams, from mango and plum to chocolate and vanilla, while also serving a large catalog of Indian food! If you are into one or either, don't miss out! \*Signing up is required. Please note that the residents will be responsible for covering their own expenses during this outing.

# DOCUMENTARY SPECIAL: JUNETEENTH – FAITH AND FREEDOM ON PBS (AR)

Thursday, June 19th at 6:15pm

Want to know more about Juneteenth? Then this documentary is for you. Juneteenth is a federal holiday in the United States, and is celebrated annually on June 19th to commemorate the ending of slavery. If you want to learn more, this documentary will make sure you are well informed.



# \*HOUSEKEEPING CRAFT: AMERICANA (AR)

Friday, June 20th at 11:30am

Housekeeping Crafts is back! This month, Birgit will get you well prepared for the upcoming Independence Day on July 4th. All supplies will be provided, but please make sure to sign up in advance so I can ensure there are enough materials for everyone. Please sign up as space and supplies are limited. No payment necessary.

# THE WINSLOW WRITERS SUMMER SOLSTICE CELEBRATION (WH)

Friday, June 20th at 6:30pm

Carmel will be here to host the Summer Solstice reading, a fan favorite within our community. Stop by to listen to your neighbors, who wrote their own poems and papers. It's a wonderful way to usher in the new season and celebrate community.

The Winslow | June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am – Senior Fitness with Jackie (AR) 11:15am – Virtual Sermons (AR) *1:15pm – Wii Bowling (AR) *3:30pm – Wii Golf (AR)	10:00am - Tai Chi Chih with Rebecca (AR)  11:00am - Seated Ballet (AR)  1-3pm - Bridge Club (WH)  2:00pm - Mark Serour: Birth of a Colony, the Founding of Fort Collins (AR)  6:15pm - Documentary: The Final Solution (AR)	10:00am – Kickstart Chair Yoga Therapy with Sherry (AR) 11:00am – Senior Fitness with Jackie (AR) 11:15am – Wisdom Study with Peter (WH) *12:30pm - Watercolor with Ann (AR) 1:00pm – Kevin Cook Presents: Lifescapes and Anthroscapes (AR) 3:00pm - Bingo (AR) 6:15pm – Series: Versailles	8:00am – Gentleman's Breakfast (PD) 8:30am – Current Events (AR) 10:00am – Senior Fitness with Meredith (AR) 11:00am – Writing Group (LSLR) 12:30pm – Hearty Heritage Hour: Caribbean (AR) 1:00pm – Rummikub Club (LSLR) *1:15pm – Wii Bowling (AR) 3:00pm – SeniorShape Chair Pilates (AR) 6:15pm – Movie: Stagecoach (AR)	WORLD ENVIRONMENT DAY 5 HAPPY BIRTHDAY CAROLYN HOLTER! 9:00am - Billiard's Pool (3rd Floor PT) 10:00am - Yoga Therapy (AR) 11:00am - Bible Study (PD) 12:00pm - Balance and Mobility with Erin (AR) *1:00pm - Outing: Whole Foods Market (FL) 2:00pm - Scrabble (LSLR) 3:00pm - Bingo (AR)	HAPPY BIRTHDAY KELLEY BRANDEAU!  *9:15am - King Soopers Outing (FL)  10:00am - Senior Fitness (AR)  11:30am - Couture Chez Boutique (AR)  *1:15pm - Wii Bowling (AR)  3:00pm - Social Hour (WH)  6:15pm - Series: La Brea	10:00am - Senior Fitness (AR) 11:00am - Dominoes (LSLR) *1:15pm - Wii Bowling (AR) 2:00pm - Mexican Train Dominoes (WH) 3:00pm - Kickstart Chair Yoga Therapy with Sherry (AR) 6:15pm - Movie: Where the Red Fern Grows (AR)
WORLD OCEANS DAY 7:15am - Ride to End Alzheimer's (FL)  10:30am - Senior Fitness with Jackie (AR)  11:15am - Virtual Sermons (AR)  *1:15pm - Wii Bowling (AR)  *3:30pm - Wii Golf (AR)	10:00am – Tai Chi Chih with Rebecca (AR) 11:00am – Seated Ballet (AR) 1-3pm – Bridge Club (WH) *3:00pm – Painting Class Tutorial (WH) 6:15pm – Documentary: The Frank Matthews Story (AR)	10:00am – Kickstart Chair Yoga Therapy with Sherry (AR) 11:00am – Senior Fitness with Jackie (AR) *11:00am – Lunch Outing: Lucile's (FL) 11:15am – Wisdom Study with Peter (WH) *2:00pm – Trivia (AR) 3:00pm – Bingo (AR) 6:15pm – Series: Versailles	8:30am - Current Events (AR) 10:00am - Senior Fitness with Meredith (AR) 11:00am - Writing Group (LSLR) 12:00pm - LHS Presentation: Mary Elitch (AR) 1:00pm - Rummikub Club (LSLR) *1:15pm - Wii Bowling (AR) *2:00pm - Garden Club (AR) 3:00pm - SeniorShape Chair Pilates (AR) 6:15pm - Movie: Legally Blonde (AR)	9:00am - Billiard's Pool (3rd Floor PT)  10:00am - Yoga Therapy (AR)  11:00am - Bible Study (PD)  12:00pm - Balance and Mobility with Erin (AR)  *1:00pm - Starbuck's Stroll (FL)  2:00pm - Quirkle (LSLR)  3:00pm - Bingo (AR)	*9:15am - King Soopers Outing (FL)  10:00am - Senior Fitness (AR)  12:30pm - Father's Day BBQ (Pavilion)  *1:15pm - Wii Bowling (AR)  3:00pm - Social Hour (WH)  6:15pm - Series: La Brea	10:00am - Senior Fitness (AR)  11:00am - Dominoes (LSLR)  *1:15pm - Wii Bowling (AR)  2:00pm - Mexican Train Dominoes (WH)  3:00pm - Kickstart Chair Yoga Therapy with Sherry (AR)  6:15pm - Movie: Lillies of the Field (AR)
HAPPY FATHER'S DAY!  10:30am – Senior Fitness with Jackie (AR)  11:15am – Virtual Sermons (AR)  *1:15pm – Wii Bowling (AR)  *3:30pm – Wii Golf (AR)	10:00am – Tai Chi Chih with Rebecca (AR)  11am – June Birthday Celebration (WH)  1-3pm – Bridge Club (WH)  6:15pm – Documentary: Robin's Wish (AR)	10:00am – Kickstart Chair Yoga Therapy with Sherry (AR) 10:30am – Communion (PD) 11:00am – Senior Fitness with Jackie (AR) 11:15am – Wisdom Study with Peter (WH) 1:00pm – The Winslow Singers: Campfire Music (AR) 3:00pm - Bingo (AR) 6:15pm – Series: Versailles	8:00am - Gentleman's Breakfast (PD) 8:30am - Current Events (AR) 10:00am - Senior Fitness with Meredith (AR) 11:00am - Writing Group (LSLR) *12:00pm - Walk to Saffron Scoops n Bites (FL) 1:00pm - Rummikub Club (LSLR) *1:15pm - Wii Bowling (AR) 3:00pm - SeniorShape Chair Pilates (AR) 3:00pm - Book Club (WH) 6:15pm - Movie: A Connecticut Yankee in King Arthur's Court (AR)	JUNETEENTH HAPPY BIRTHDAY NANCY JOHNSON! 9:00am - Billiard's Pool (3rd Floor PT) 10:00am - Yoga Therapy (AR) 11:00am - Bible Study (PD) 12:00pm - Balance and Mobility with Erin (AR) *1:30pm - Trivia (AR) 2:00pm - Sequence (LSLR) 3:00pm - Bingo (AR) 6:15pm - Documentary Special: Juneteenth Faith and Freedom on PBS (AR)	*9:15am - King Soopers Outing (FL)  10:00am - Senior Fitness (AR)  *11:30am - Housekeeping Craft: Americana (AR)  *1:15pm - Wii Bowling (AR)  3:00pm - Social Hour (WH) 6:15pm - Series: La Brea 6:30pm - The Winslow Writers Summer Solstice Celebration! (WH)	10:00am - Senior Fitness (AR)  11:00am - Dominoes (LSLR)  *1:15pm - Wii Bowling (AR)  2:00pm - Mexican Train Dominoes (WH)  3:00pm - Kickstart Chair Yoga Therapy with Sherry (AR)  6:15pm - Movie: Jakob the Liar (AR)
10:30am – Senior Fitness 22 with Jackie (AR) 11:15am – Virtual Sermons (AR) *1:15pm – Wii Bowling (AR) *3:30pm – Wii Golf (AR)	HAPPY BIRTHDAY MARY WATSON!  10:00am – Tai Chi Chih with Rebecca (AR)  11:00am – Seated Ballet (AR)  12:15 – Roman Catholic Communion (PD)  1-3pm – Bridge Club (WH)  *3:00pm – Flower Arranging (AR)  6:15pm – Documentary: Blackfish (AR)	10:00am – Kickstart Chair Yoga Therapy with Sherry (AR)  11:00am – Senior Fitness with Jackie (AR)  11:15am – Wisdom Study with Peter (WH)  1:00pm – Resident Input Meeting (AR)  3:00pm – Bingo (AR)  6:15pm – Series: Versailles	8:30am – Current Events (AR)  10:00am – Senior Fitness with Meredith (AR)  11:00am – Writing Group (LSLR)  1:00pm – Rummikub Club (LSLR)  12:00pm – New Resident Orientation (AR)  *1:15pm – Wii Bowling (AR)  3:30pm – Music and Movement with Heather (AR)  6:15pm – Movie: Ulysses (AR)	9:00am - Billiard's Pool (3rd Floor PT)  10:00am - Yoga Therapy (AR)  11:00am - Bible Study (PD)  12:00pm - Balance and Mobility with Erin (AR)  *1:00pm - Starbuck's Stroll (FL)  2:00pm - Trouble (LSLR)  3:00pm - Bingo (AR)	*9:15am - King Soopers Outing (FL)  10:00am - Senior Fitness (AR)  12:00pm - Uno with Staff (AR)  1:00pm - Blood Pressure Clinic with Columbine (FP)  *1:15pm - Wii Bowling (AR)  2pm - Corey Rusch: What Happens When You Call 911 (AR)  3:00pm - Social Hour (WH)  6:15pm - Series: La Brea	10:00am - Senior Fitness (AR)  11:00am - Dominoes (LSLR)  *1:15pm - Wii Bowling (AR)  2:00pm - Mexican Train Dominoes (WH)  3:00pm - Kickstart Chair Yoga Therapy with Sherry (AR)  6:15pm - Movie: Gun The Man Down (AR)
HAPPY BIRTHDAY JAN VOSSETEIG! 10:30am – Senior Fitness with Jackie (AR) 11:15am – Virtual Sermons (AR) *1:15pm – Wii Bowling (AR) *3:30pm – Wii Golf (AR)	10:00am - Tai Chi Chih with Rebecca (AR)  11:00am - Seated Ballet (AR)  *12:00pm - Painting Class: River Rocks (AR)  1-3pm - Bridge Club (WH)  6:15pm - Documentary: Prince Harry: Being the Spare (AR)	The Winslo	W			2025 HELLO LER

# \*FLOWER ARRANGING (AR)

Monday, June 23rd at 3:00pm

Join us for a fun and creative flower arranging workshop. Whether you're a beginner or an experienced florist, this hands-on session will guide you through the art of creating beautiful floral arrangements. It's a great opportunity to learn new techniques, unleash your creativity, and leave with a lovely arrangement to enjoy. Don't miss out on this enjoyable and inspiring experience, reserve your spot today! We look forward to seeing you there! Please sign up as space and supplies are limited. No payment necessary.

#### RESIDENT INPUT MEETING (AR)

Tuesday, June 24th at 1:00pm

Attention all residents of The Winslow! We invite you to join us for our monthly resident input meeting in the Activity Room. This is an important opportunity for you to share your thoughts and feedback about the staff and services provided here at The Winslow. All ideas and opinions are welcome. Refreshments will be served – we look forward to seeing you there!

### \*PAINTING CLASS: RIVER ROCKS (AR)

Monday, June 30th at 12:00pm

In this special painting class, we will be painting river rocks! These smooth stones provide the perfect canvas and can be placed outside. Abby will provide rocks, so unless you have one already, no need to show up with any supplies! All supplies will be provided, but please make sure to sign up in advance so I can ensure there are enough materials for everyone. Please sign up as space and supplies are limited. No payment necessary.

### **UNO WITH STAFF (AR)**

Friday, June 27th at 12:00pm

Join the staff for a riveting game of Uno in the Activities Room! While just for fun, this is a good way to meet members of the community, both staff and neighbors!

# COREY RUSCH: WHAT HAPPENS WHEN YOU CALL 911 (AR)

Friday, June 27th at 2:00pm

Have you ever wanted to know what happens on the professional end of a 911 call? Corey Rusch will explain everything, coming from his background in law enforcement. From the second the call goes through, to the time EMS arrives, you'll learn it all.

## SERVICES PROVIDED AT THE **WINSLOW**

**Couture Chez Boutique (AR)** 

Friday, June 6th from 11:30am - 1:30pm

Couture Chez Boutique is visiting us to set up some shops! It's that time of year again, so bring your wallets and get ready for a mini-mall right at home!

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

Tuesdays and Fridays

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:

10:00am on Mondays.

#### **Seated Ballet with Megan:**

11:00am on the first, second, and fourth *Monday of the month.* 

#### Senior Fitness with Jackie:

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

#### Senior Fitness with Meredith

10:00am on Wednesdays.

#### **Senior Fitness**

10:00am on Fridays (While Diane is out), and 10:00am on Saturdays.

#### SeniorShape Chair Pilates

3:00pm on Wednesdays unless otherwise stated.

#### **Kickstart Chair Yoga Therapy with Sherry:**

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

#### Yoga Therapy:

10:00am on Thursdays.

#### **Balance and Mobility with Erin:**

Second and fourth Thursdays of the month.

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.



Frank Steward and his granddaughter, Emma.



Mother's Day Party.



Jeanne Harsin and Marti Dean.



The Winslow Singers.



#### MOVIES FOR THE MONTH

Monday, June 2: The Final Solution – With archival footage from 16 countries, this Oscar-nominated film presents the important facts about the Nazis' persecution against Jews during WWII.

Wednesday, June 4: Stagecoach - A group of people traveling on a stagecoach find their journey complicated by the threat of Geronimo and learn something about each other in the process. Drama, Western

Saturday, June 7: Where the Red Fern Grows -Where the Red Fern Grows is the heartwarming and adventurous tale for all ages about a young boy and his quest for his own red-bone hound hunting dogs. G, Drama, Family.

Monday, June 9: The Frank Matthews Story – Rich. Powerful. Gone. This documentary examines the life of Frank Matthews, once America's biggest drug dealer, who mysteriously vanished in 1973.

Wednesday, June 11: Legally Blonde - Fashionable sorority queen Elle Woods follows her ex-boyfriend to law school, where she discovers that there is more to her than just looks. PG-13, Romantic Comedy

**Saturday, June 14: Lillies of the Field** – A travelling handyman becomes the answer to the prayers of nuns who wish to build a chapel in the desert. Comedy, Drama

**Monday, June 16: Robin's Wish** – This documentary is the final word in the story of what really happened to Robin Williams at the end of his life and the struggles he dealt with. TV-MA

Wednesday, June 18: A Connecticut Yankee in King **Arthur's Court** - A singing mechanic from 1912 finds himself in Arthurian Britain. Fantasy, Musical, Comedy.

**Saturday, June 21: Jakob the Liar** - During World War II, an ordinary inhabitant of a ghetto fakes news about Allied offensives to inspire hope for other victims of the Nazi regime. PG-13, Comedy, Drama.

Monday, June 23: Blackfish – Award-winning documentary about the ethics of taking killer whales captive, especially after a loving trainer's public death in a Sea World enclosure. PG-13

Wednesday, June 25: Ulysses - A movie adaptation of Homer's second epic, that depicts Ulysses' efforts to return to his home after the end of ten years of war. Adventure, Fantasy

Saturday, June 28: Gun the Man Down - Two bank robbers abandon their wounded partner to the posse and run with the loot but their partner, after serving time in prison, seeks revenge. Western

Monday, June 30: Prince Harry: Being the Spare -This documentary examines Prince Harry's life, his marriage, the marriage of headlines, and the release of his controversial autobiography, Spare. TV-PG

#### REOCCURRING EVENTS TO NOTE

Bible Study (PD)	Thursdays, 11:00am
Billiards Pool (3rd Floor PT)	•
Bingo (AR)	•
D1130 (111)	
Bridge Club (WH) Mo	•
Communion (PD)Tu	
Current Events w/Abby (AR)	
Documentary Monday (AR)	
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Gentleman's Breakfast (PD)	•
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Roman Catholic Communion (	
Mond	,
Rummikub Club (LSLR)	• -
Social Hour (WH)	, -
Virtual Sermons (AR)	Sundays, 11:30am
Wii Golf (AR)	Sundays, 3:30pm
Wii Bowling (AR) Wednesda	ays, Fridays, and Saturday
	at 1:30pm
Wisdom Study with Peter (WH	
Writing Group: (LSLR)	
Dominos (LSLR)	•
Mexican Train Dominos (WH)	•
Starbucks Stroll (FL) Secon	• -
	1:00pm
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<sup>\*</sup>All activities are subject to change with or without notice.