# The Windsor ning **JUNE 2025**

1385 Main Street Windsor, CO

970-460-5005

**MEET OUR DEPARTMENT HEADS** 

MANAGER Anna VonDreele

**ACTIVITIES DIRECTOR** Cori Allen

OFFICE MANAGER Kim Palmer

> CHEF Glenn Stoll

WAITSTAFF **SUPERVISOR** Danielle Neal

**HOUSEKEEPING SUPERVISOR** Julie Williamson

MAINTENANCE **SUPERVISOR Jeff Thomas** 





# **WELCOME JUNE!** FLAG DAY!

# FLAG ETIQUETTE DOS:

#### Display from sunrise to sunset:

Unless illuminated, the flag should be displayed only during daylight hours.

### Maintain the flag's appearance:

Ensure the flag is clean, wellmaintained, and not torn or damaged.

#### Display with other flags:

When displayed with other flags, the American flag should be the highest and centered.

#### Properly position the flag:

When displayed against a wall, the union (stars) should be in the upper lefthand corner (the flag's own right).

# Respect the flag's placement:

The flag should not be allowed to touch the ground or be displayed upside down (except as a signal of distress).

#### Use the flag appropriately:

Do not use the flag as clothing, decoration, or for commercial purposes.

#### Handle with care:

The flag should be folded and stored properly, and never displayed in a way that can cause damage.

#### Understand and follow official guidelines:

The US Flag Code, found on the American Legion website and other government sources, provides detailed guidance on flag etiquette

#### FLAG ETIQUETTE DON'TS:

- Don't dip the U.S. flag for any person, flag, or vessel.
- Don't let the U.S. flag touch the ground.
- Don't fly the flag upside down unless there is an emergency.
- Don't carry the U.S. flag flat, or carry things in it.
- Don't use the U.S. flag as clothing.
- Don't store the U.S. flag where it can get dirty.
- Don't use it as a cover.
- Don't fasten it or tie it back. Always allow it to fall free.
- Don't draw on or otherwise mark the U.S. flag.
- Don't use the U.S. flag for decoration. Use bunting with the blue on top, then white, then red.



#### HAPPY FATHER'S DAY!

DAD WISDOM
• Growing old is inevitable; growing up is
• Raising a teenager is like nailing to a tree!
• Being a great father is like shaving. No matter how well you shaved today, you have to do it
again
• A father carries pictures where his used to be.
• Father's Day brings out my paternal instincts. An hour of takes them away.
• You can tell it's almost Father's Day. The kids suddenly want to stop at all the
• Want to really surprise your dad on Father's Day? Ask him for
• I got my dad a GPS for Father's Day. Now someone other than my can tell him
where to

• On Father's Day, I'm doing

for years. I'm getting a

something for my dad that he's wanted

#### DADS STILL SAY

- Go ask your mother.
- Because I said so.
- I'm not sleeping; I'm just resting my eyes.
- Stop crying or I'll give you something to cry about.
- Were you raised in a barn?
- If you were told to jump off a cliff, would you?
- Do you think I'm made of money?
- They don't make them like they used to.
- Righty tighty, lefty loosey
- When I was your age...
- You can't have a champagne budget with a beer income.

# MARGE'S TRAVEL **PRESENTATION**

*Tuesday the 3rd at 11AM (AR)* 

We have a new well-traveled presenter who would like to share the trip she took to Galapagos. Please come and listen to her travels and have the opportunity to share your travel experiences.

### **BOOK CLUB**

*Tuesday the 10th at 11AM (AR)* 

This month we will read *My Antonia* by Willa Cather. This is a novel set in the 1900s and is a coming-of-age story set in Nebraska. It is about the migration to the plains including friendship, love and immigration.

#### FATHER'S DAY TRIBUTE

Tuesday the 17th at 11AM (AR)

Please come and join us for coffee and doughnuts and a Tribute to Fathers. Our Mother's Day Tea was so fun, this is also sure to be a hit.

# RICKSHAW BIKE RIDE

Friday the 20th 12:45PM (Park)

Let's get out and take a Rickshaw bike ride through Eastman Park. The weather is beautiful, so this should be a good time to get some vitamin D. Bring your water bottle and snacks if you would like to.

# SENIOR SINGERS

Wednesday the 25th at 2:30PM (DR)

Our favorite singers are back. Come and enjoy them once again.

#### **MUSICAL ACTS**

Fridays at 3pm (DR)

Kendra - June 6th

Harpist - June 20th

Sound Affects - June 13th & 22nd

# **OUTINGS**

# **LUNCH OUTINGS -**

**East Moon** 

Friday the 13th at 11:15AM

Alvarada's Mexican Friday the 27th at 11:15AM

#### **USUAL SUSPECTS:**

**Blood Pressure Check** *Friday the 6th at 1PM (PDR)* 

Foot and Toenail Clinic Monday the 2nd 2:30PM-

**Audiologist Visits** Monday August 4 at

4:30PM

12:30-1:30PM (PDR)

\*please sign up at the front desk for podiatry and audiology

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30AM Joyce Myers You Tube (AR)  6:15PM- Documentary Sunday: Barbara Streisand (AR)	PODIATRY 10AM- Yoga Exercise Video (AR) 11AM- Shuffleboard (The Lounge) 1PM- Giant Crossword (AR) 3PM- Let's Play Pool (The Lounge) 6:15PM- Netflix TV Series: Heartland (AR)	10AM- Walking Group (Outside) 11AM- Marge's Travel Presentation about Galapagos (AR) 1PM- Carol Burnett or Other Comedians (AR) 3PM- Quarter Bingo (AR) 6:15PM Golf the Card Game (AR)	10AM – Exercise with Marisela (AR) 10:30AM- Shopping Outing- King Soopers *please sign up 10:30AM- Rosary (PDR) 1PM- Scrabble (Sunroom) 3:30PM – Wisdom Study with Peter/Devotional (AR) 6:15PM- Netflix TV Series: This is Us (AR)	10AM- HaSfit Exercise (AR)1 11AM- Left Right Center (AR) 1PM – Painting Class (AR) 2PM- Wii Bowling (AR) 6:15PM- Dominoes (AR)	10AM- Exercise with Darcy (AR) 11AM – Hangman (AR) 1PM Blood Pressure Clinic (PDR) 3PM- Kendra's Musical Performance (DR) 6:15PM-Netflix Movie: Barbie (AR)	10AM Wii Golf (AR) 1PM Sequence (DR) 3PM- Wii Bowling (AR) 6:15PM- Netflix Movie: How to Make Millions Before Grandma Dies (AR)
9:30AM Bible Lessons with John (AR) 6:15PM- Documentary Sunday and Popcorn: Dolly Parton a Musical Tribute (AR)	10AM- Yoga Exercise Video (AR) 11AM- Flower Arranging (AR) 1PM- Giant Crossword (AR) 3PM- Singing along with the Oldies (AR) 6:15PM- Netflix TV Series: Heartland (AR)	DON'S BIRTHDAY 10AM- Walking Group (Outside) 11AM- Book Club (AR) 1PM- Carol Burnett or Other Comedians (AR) 3PM- Quarter Bingo (AR) 6:15PM Golf the Card Game (AR)	9:30AM- Food Committee 11 (AR) 10AM – Exercise with Marisela 10:30AM- Rosary (PDR) 1PM- Scrabble (Sunroom) 3:30PM – Wisdom Study with Peter/Amazing Grace Part 1 (AR) 6:15PM- Netflix TV Series: This is Us (AR)	10AM - Hasfit Exercise (AR) 11 AM- Left Right Center (AR) 1PM - Painting Class (AR) 2PM-Library Drop Off (L) 2PM- Wii Bowling (AR) 6:15PM- Dominoes (AR)	10AM- Exercise with Darcy (AR) 11:15AM- Lunch Outing: East Moon Restaurant *please sign up 3PM- Sound Affects Musical Performance (DR) 6:15PM-Netflix Movie: Awakenings (AR)	FLAG DAY 10AM- Wii Golf (AR) 1PM Sequence (DR) 3PM- Wii Bowling (AR) 6:15PM- Netflix Movie: Red Notice (AR)
9:30AM David Jeremiah You Tube (AR) 6:15PM- Documentary Sunday and Popcorn: Life in Color (AR)	10AM- Yoga Exercise Video (AR) 11AM- Shuffleboard (The Lounge) 1PM- Giant Crossword (AR) 3PM- Let's Play Pool (The Lounge) 6:15PM- Netflix TV Series: Heartland (AR)	10AM- Walking Group (Outside) 11AM- Father's Day Tribute and Coffee and Donuts (AR) 1PM- Carol Burnett or Other Comedians (AR) 3PM- Quarter Bingo (AR) 6:15PM Golf the Card Game (AR)	DANIELLE'S BIRTHDAY  10AM – Exercise with Marisela (AR)  10:30AM- Rosary (PDR)  1PM- Scrabble (Sunroom)  3:30PM – Wisdom Study with Peter/Amazing Grace Part 2 (AR)  6:15PM- Netflix TV Series: This is Us (AR)	JUNETEENTH  10AM - Hasfit Exercise (AR)  11AM- Left Right Center (AR) 1PM - Painting Class (AR) 2PM- Wii Bowling (AR) 6:15PM- Dominoes (AR)	10AM- Exercise with Darcy (AR) 11AM - Hangman (AR) 12:45PM- Rickshaw Bike ride * please sign up 3PM- Harpist Musical Performance (DR) 6:15PM-Netflix Movie: Nonnas (AR)	SUMMER BEGINS 10AM- Wii Golf (AR) 1PM Sequence (DR) 3PM- Wii Bowling (AR) 6:15PM- Netflix Movie: A Dog's Way Home (AR)
9:30AM Bible Lessons with John (AR)  6:15PM- Documentary Sunday and Popcorn: Race for the Crown (AR)	BONNIE AND JULIE'S BIRTHDAY  10AM- Yoga Exercise Video (AR)  11AM- Shuffleboard Game (The Lounge)  1PM- Giant Crossword (AR)  2:00pm- Horanch Farm Petting Zoo! (Lakes Patio)  3PM- Let's Play Some Pool (The Lounge)  6:15PM- Netflix TV Series: Heartland (AR)	10AM- Walking Group (Outside) 11AM- Residents Meeting (AR) 1PM- Carol Burnett or Other Comedians (AR) 3PM- Super Quarter Bingo (AR) 6:15PM Golf the Card Game (AR)	BRITTANY'S BIRTHDAY! 25  10AM – Exercise with   Marisela (AR)  10AM- Shopping Outing-   Walmart *please sign up  10:30AM- Rosary (PDR)  1PM- Scrabble (Sunroom)  2:30PM – Senior Singers (DR)  3:30PM – Wisdom Study with   Peter/Juneteenth (AR)  6:15PM- Netflix TV Series:   This is Us (AR)	GORDON'S BIRTHDAY!  10AM- HaSfit Exercise (AR)  11AM- Left Right Center (AR)  1PM – Painting Class (AR)  2PM-Library Drop Off (L)  2PM- Wii Bowling (AR)  6:15PM-Dominoes (AR)	10AM- Exercise with Darcy 11:15AM- Lunch Outing: Alvarada's Mexican Restaurant- * please sign up 3PM- Sound Affect Musical Performance (DR) 6:15PM- Netflix Movie: Life or Someone Like it (AR)	10AM- Wii Golf (AR) 1PM Sequence (DR) 3PM- Wii Bowling (AR) 6:15PM- Netflix Movie: The Walk (AR)
9:30AM Joel Osteen You Tube (AR)  6:15PM- Documentary Sunday and Popcorn: Pangolin (AR)	10AM- Yoga Exercise Video (AR) 11AM- Shuffleboard Game (The Lounge) 1PM- Giant Crossword (AR) 3PM- Let's Play Some Pool (The Lounge) 6:15PM- Netflix TV Series: Heartland (AR)	The Winds	All activities are subject to change.			2025 HELLO AER





# **JUNETEENTH**

Juneteenth, also known as Juneteenth National Independence Day, is a United States federal holiday that commemorates the emancipation of enslaved African Americans in Galveston, Texas, on June 19, 1865. This date marks the end of slavery in the country and is considered by many as a second Independence Day.

#### HERE'S A MORE DETAILED LOOK AT JUNETEENTH:

#### Origin:

On June 19, 1865, Union General Gordon Granger arrived in Galveston, Texas, and announced that the Emancipation Proclamation had been enacted, officially freeing enslaved people in the state.

# Delayed Emancipation:

It's important to note that this news was delayed in reaching Texas, as the Civil War had ended two months prior, and the Emancipation Proclamation had been issued in 1863.

#### Celebration and Tradition:

Juneteenth is celebrated with various traditions, including public readings of the Emancipation Proclamation, singing traditional songs, and reading works by African-American writers like Maya Angelou.

#### Significance:

Juneteenth is a reminder of the long struggle for freedom and equality for Black Americans and a time to reflect on the ongoing fight for social justice. It also provides a platform for open dialogue about the country's history of slavery and racial injustice.

### National Recognition:

Juneteenth became a federal holiday in 2021, making it the first new federal holiday since Martin Luther King Jr. Day.

# **BIRTHDAYS!**

June 10 - Don

June 18 – Danielle

**June 23** – Bonnie and Julie

June 25 – Brittany

June 26 – Gordon



Goat cuddling was so much fun!







Peter giving a Memorial for Gladys. We will miss her so.

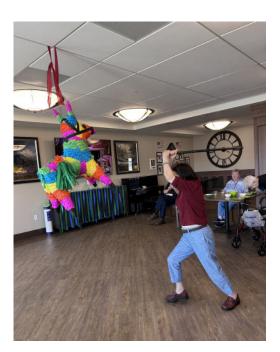






Playing Left Right Center

Making Terrariums.



Cinco De Mayo Party



