

# The Winslow Happenings

AUGUST 2025

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

**ADMINISTRATOR**  
Chelsea Irwin

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SUPERVISOR**  
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**ACTIVITIES  
DIRECTOR**  
Abby Barbre



## WELCOME TO AUGUST!

August brings with it a gentle summer breeze, warm evenings, and a slower, more peaceful rhythm. This month, we hope to capture that same sense of calm and joy in everything we do—from our activities and meals to the friendly faces of our staff. Let's savor the simple pleasures of the season together.

## AUGUST BIRTHDAYS!

Judy Smith - August 5th  
Julie LeClaire - August 8th  
Alice Johnson - August 10th  
Cliff Gilbert - August 12th  
Pat Ferraro - August 14th  
Dwight Bennett - August 27th  
Don Kincaid - August 29th  
Lynn Drips - August 29th





## KEVIN COOK PRESENTS: THE COLLECTED (AR)

*Tuesday, August 5th at 1:00pm*

Many wildlife species in Colorado bear names of people who first recognized them as previously unknown. Engelmann Spruce and Parry Primrose honor the achievements of two giants in botany; others like them contributed much as well. Their collections allow us to compare then with now.

## HEARTY HERITAGE HOUR: NEPAL (AR)

*Wednesday, August 6th at 12:30pm*

This month's Hearty Heritage takes place in Nepal. Scott is taking the reins, creating several Nepali dishes for us to try. Remember, these are snacks, not meant to replace your dinner! We look forward to having you.

## ART CLUB (AR)

*Friday, August 8th at 11:30am*

Art Club will be a bring-your-own project, community-based event. Here, you can talk about what strategies you have learned in the creative field you bring, or anything else! It's truly a time to visit with neighbors and friends while doing something fun. Have nothing to bring? Don't worry, we can supply paper, pencils, coloring pages, or a variety of other things. No need to sign up.

## \*LUNCH OUTING: AVOGADRO'S NUMBER (FL)

*Tuesday, August 12th at 12:00pm*

This popular Fort Collins restaurant features burgers, sandwiches, including vegetarian options. Enjoy a good side salad, gyro, jalapeno poppers. This place is perfect for lunch! \*Signing up is required, and residents will be responsible for covering their own expenses during this outing.

## TRIVIA (AR)

*Wednesday, August 13th at 12:00pm*

Ready to test your knowledge? Trivia questions are handmade by Abby and set in the Jeopardy format. Winners receive a "one free item" token for the Winslow Store!

## \*FLOWER ARRANGING (AR)

*Monday, August 18th at 3:00pm*

Join us for a fun and creative flower arranging workshop. Whether you are a beginner or an experienced florist, this hands-on session will allow you to express the art of creating beautiful floral arrangements. It's a great way to unleash your creativity and leave with a lovely arrangement you enjoy. Don't miss out on this enjoyable experience and reserve your spot today! \*Signing up is required for this event as supplies and space are limited.

## \*PAINTING WITH ANN (AR)

*Tuesday, August 19th at 12:30pm*

Ann Bryant will be hosting a painting class in the activities room. This will expand on her prior teachings, this time the medium being acrylic. \*Please sign up as supplies and space are limited. No payment required.

## TARGET PRACTICE (AR)

*Thursday, August 21st at 12:00pm*

Ever wanted to see how good of a shot you'd be? We will have targets set up and Nerf guns at the ready. Ready... aim... fire! Stop by and try your luck.

## ALZHEIMER'S FUNDRAISING LUNCH! (AR)

*Monday, August 25th at 12:30pm*

We are doing another fundraising event for the Walk to End Alzheimer's. Tickets for this event are \$10 per and all proceeds go to the organization. We will also be selling T-shirts! Just stop by and inquire with Andrea or Chelsea.

## NEW RESIDENT ORIENTATION (AR)

*Wednesday, August 27th at 12:00pm*

All residents, regardless of status, are encouraged to join us for this event! Here, we will help welcome our new residents, including going over community expectations. Help us make the Winslow a welcoming environment.

## \*OUTING: DOLLAR TREE (FL)

*Thursday, August 28th at 12:30pm*

Join us as we go to the much requested Dollar Tree! Here you can find affordable options on just about anything, from snacks to decor to toiletries. \*Signing up is required, and residents will be responsible for covering their own expenses during this outing.

## \*OUTING: ART MUSEUM TOUR WITH CENTRE HEALTH AND REHAB

*Wednesday, August 13th at 1:00pm*

Please join us as we go to the Gregory Allicar Museum of Art at CSU, where we will be given an exclusive tour by their team! Not only that, but this is a joint venture: We will be joined by some residents at Centre Avenue Health & Rehab! We hope you can come!

## 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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>HAPPY COLORADO DAY!</b> <b>*9:15am - King Soopers (FL)</b> <b>10:00am</b> - Senior Fitness (AR) <b>1-3pm</b> - Canasta (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3:00pm</b> - Social Hour (WH) <b>6:15pm</b> - Series: Bridgerton (AR)	<b>10:00am</b> – Senior Fitness (AR) <b>11:00am</b> – Dominoes (LSLR) <b>*1:15pm</b> – Wii Bowling (AR) <b>2:00pm</b> – Mexican Train Dominoes (WH) <b>3:00pm</b> – Kickstart Chair Yoga Therapy with Sherry (AR) <b>6:15pm</b> – Movie: Mary, Mother of Jesus (AR)
<b>10:30am</b> - Senior Fitness with Jackie (AR) <b>11:15am</b> - Virtual Sermons (AR) <b>*1:15pm</b> - Wii Bowling (AR) <b>*3:30pm</b> - Wii Golf (AR)	<b>10:00am</b> - Virtual Tai Chi Chih with Rebecca (AR) <b>11:00am</b> - Senior Fitness (AR) <b>1-3pm</b> - Bridge Club (WH) <b>*1:15pm</b> - Wii Bowling (AR) <b>6:15pm</b> - Documentary Monday: Call me Kate (AR)	<b>HAPPY BIRTHDAY JUDY SMITH!</b> <b>10:00am</b> Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) <b>11:00am</b> Senior Fitness with Jackie (AR) <b>11:15am</b> Wisdom Study with Peter: The 23rd Psalm (WH) <b>1:00pm Kevin Cook Presents: The Collected (AR)</b> <b>3:00pm</b> Bingo (AR) <b>6:15pm</b> Series: In the Heat of the Night (AR)	<b>8:30am</b> - Current Events (AR) <b>10:00am</b> - Senior Fitness with Meredith (AR) <b>11:00am</b> - Writing Group (LSLR) <b>12:30pm – Hearty Heritage Hour: Nepal (AR)</b> <b>1:00pm</b> - Rummikub Club (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3:00pm</b> – Senior Fitness with Marion (AR) <b>6:15pm</b> - Movie: A Star is Born (AR)	<b>9:00am</b> – Chair Yoga with Danni (AR) <b>9:00am</b> – Billiard’s Pool (PT) <b>10:15am</b> – Yoga Therapy (AR) <b>11:00am</b> – Bible Study (PD) <b>12:00pm – Balloon Volleyball (AR)</b> <b>3:00pm</b> – Bingo (AR)	<b>HAPPY BIRTHDAY JULIE LECLAIRE!</b> <b>*9:15am - King Soopers (FL)</b> <b>10:00am</b> - Senior Fitness (AR) <b>11:30am – Art Club (AR)</b> <b>1-3pm</b> – Canasta (LSLR) <b>*1:15pm</b> Wii Bowling (AR) <b>3:00pm</b> - Social Hour (WH) <b>6:15pm</b> - Series: Bridgerton (AR)	<b>10:00am</b> – Senior Fitness (AR) <b>11:00am</b> – Dominoes (LSLR) <b>*1:15pm</b> – Wii Bowling (AR) <b>2:00pm</b> – Mexican Train Dominoes (WH) <b>3:00pm</b> – Kickstart Chair Yoga Therapy with Sherry (AR) <b>6:15pm</b> – Movie: Widow Clicquot (AR)
<b>HAPPY BIRTHDAY ALICE JOHNSON!</b> <b>10:30am</b> - Senior Fitness with Jackie (AR) <b>11:15am</b> - Virtual Sermons (AR) <b>*1:15pm</b> - Wii Bowling (AR) <b>*3:30pm</b> - Wii Golf (AR)	<b>10:00am</b> - Virtual Tai Chi Chih with Rebecca (AR) <b>11:00am</b> - Senior Fitness (AR) <b>12:15pm</b> – Roman Catholic Communion (PD) <b>1-3pm</b> - Bridge Club (WH) <b>*1:15pm</b> - Wii Bowling (AR) <b>6:15pm</b> - Documentary Monday: Einstein and the Bomb (AR)	<b>HAPPY BIRTHDAY CLIFF GILBERT!</b> <b>10:00am</b> Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) <b>10:30am</b> – Communion (PD) <b>11:00am</b> Senior Fitness with Jackie (AR) <b>*12:00pm - Lunch Outing: Avogadro’s Number (FL)</b> <b>11:15am</b> Wisdom Study with Peter: Religious Freedom and the 1st Amendment (WH) <b>3:00pm</b> Bingo (AR) <b>6:15pm</b> Series: In the Heat of the Night (AR)	<b>8:00am</b> – Gentlemen’s Breakfast (PD) <b>8:30am</b> - Current Events (AR) <b>10:00am</b> - Senior Fitness with Meredith (AR) <b>11:00am</b> - Writing Group (LSLR) <b>12:00pm – Trivia (AR)</b> <b>*1:15pm Outing: Art Museum Tour with Centre Health and Rehab (FL)</b> <b>1:00pm</b> - Rummikub Club (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3:00pm</b> – Senior Fitness with Marion (AR) <b>6:15pm</b> - Movie: The Four Seasons (AR)	<b>HAPPY BIRTHDAY PAT FERRARO!</b> <b>9:00am</b> – Chair Yoga with Danni (AR) <b>9:00am</b> – Billiard’s Pool (PT) <b>10:15am</b> – Yoga Therapy (AR) <b>11:00am</b> – Bible Study (PD) <b>12:00pm</b> – Balance and Mobility with Erin (AR) <b>3:00pm</b> – Bingo (AR)	<b>*9:15am - King Soopers (FL)</b> <b>10:00am</b> - Senior Fitness (AR) <b>1-3pm</b> – Canasta (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3:00pm</b> - Social Hour (WH) <b>6:15pm</b> - Series: Bridgerton (AR)	<b>10:00am</b> – Senior Fitness (AR) <b>11:00am</b> – Dominoes (LSLR) <b>*1:15pm</b> – Wii Bowling (AR) <b>2:00pm</b> – Mexican Train Dominoes (WH) <b>3:00pm</b> – Kickstart Chair Yoga Therapy with Sherry (AR) <b>6:15pm</b> – Movie: Pangolin, Kulu’s Journey (AR)
<b>10:30am</b> - Senior Fitness with Jackie (AR) <b>11:15am</b> - Virtual Sermons (AR) <b>*1:15pm</b> - Wii Bowling (AR) <b>*3:30pm</b> - Wii Golf (AR)	<b>10:30am</b> - Senior Fitness with Jackie (AR) <b>11am the August Birthday Celebration (WH)</b> <b>11:15am</b> - Virtual Sermons (AR) <b>*1:15pm</b> - Wii Bowling (AR) <b>*3:00pm – Flower Arranging (AR)</b> <b>*3:30pm</b> - Wii Golf (AR)	<b>10:00am</b> Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) <b>10:30am</b> Communion (PD) <b>11:00am</b> Senior Fitness with Jackie (AR) <b>*12:30pm – Painting with Ann (AR)</b> <b>3:00pm</b> Bingo (AR) <b>6:15pm</b> Series: In the Heat of the Night (AR)	<b>8:30am</b> - Current Events (AR) <b>10:00am</b> - Senior Fitness with Meredith (AR) <b>11:00am</b> - Writing Group (LSLR) <b>1:00pm</b> - Rummikub Club (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3:00pm – Book Club (PD)</b> <b>6:15pm</b> - Movie: Passing (AR)	<b>9:00am</b> – Chair Yoga with Danni (AR) <b>9:00am</b> – Billiard’s Pool (PT) <b>10:15am</b> – Yoga Therapy (AR) <b>11:00am</b> – Bible Study (PD) <b>12:00pm – Target Practice (AR)</b> <b>3:00pm</b> – Bingo (AR)	<b>*9:15am - King Soopers (FL)</b> <b>10:00am</b> - Senior Fitness (AR) <b>1:00pm – Blood Pressure Clinic with Columbine (FP)</b> <b>1-3pm</b> – Canasta (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3:00pm</b> - Social Hour (WH) <b>6:15pm</b> - Series: Bridgerton (AR)	<b>10:00am</b> – Senior Fitness (AR) <b>11:00am</b> – Dominoes (LSLR) <b>*1:15pm</b> – Wii Bowling (AR) <b>2:00pm</b> – Mexican Train Dominoes (WH) <b>3:00pm</b> – Kickstart Chair Yoga Therapy with Sherry (AR) <b>6:15pm</b> – Movie: Judy (AR)
<b>10:30am</b> - Senior Fitness with Jackie (AR) <b>11:15am</b> - Virtual Sermons (AR) <b>*1:15pm</b> - Wii Bowling (AR) <b>*3:30pm</b> - Wii Golf (AR)	<b>10:00am</b> - Virtual Tai Chi Chih with Rebecca (AR) <b>11:00am</b> - Senior Fitness (AR) <b>12:15pm</b> – Roman Catholic Communion (PD) <b>1-3pm</b> - Bridge Club (WH) <b>12:30pm – Alzheimer’s Fundraising Lunch! (AR)</b> <b>6:15pm</b> - Documentary Monday: Tricky Dick and the Man in Black (AR)	<b>WOMEN’S EQUALITY DAY</b> <b>10:00am</b> Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) <b>11:00am</b> Senior Fitness with Jackie (AR) <b>1:00pm Resident Input Meeting (AR)</b> <b>3:00pm</b> Bingo (AR) <b>6:15pm</b> Series: In the Heat of the Night (AR)	<b>HAPPY BIRTHDAY DWIGHT BENNETT!</b> <b>8:00am</b> – Gentlemen’s Breakfast (PD) <b>8:30am</b> - Current Events (AR) <b>10:00am</b> - Senior Fitness with Meredith (AR) <b>11:00am</b> - Writing Group (LSLR) <b>12:00pm – New Resident Orientation (AR)</b> <b>1:00pm</b> - Rummikub Club (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3:30pm</b> – Music and Movement with Heather (AR) <b>6:15pm</b> - Movie: Secrets of the Saqqara Tomb (AR)	<b>9:00am</b> – Chair Yoga with Danni (AR) <b>9:00am</b> – Billiard’s Pool (PT) <b>10:15am</b> – Yoga Therapy (AR) <b>11:00am</b> – Bible Study (PD) <b>12:00pm</b> – Balance and Mobility with Erin (AR) <b>*12:30pm – Outing: Dollar Tree (FL)</b> <b>1:00pm - Kate Gilbert Presentation (AR)</b> <b>3:00pm</b> – Bingo (AR)	<b>HAPPY BIRTHDAY DON KINCAID AND LYNN DRIPS!</b> <b>*9:15am - King Soopers (FL)</b> <b>10:00am</b> - Senior Fitness (AR) <b>1-3pm</b> – Canasta (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3:00pm</b> - Social Hour (WH) <b>6:15pm</b> - Series: Bridgerton (AR)	<b>10:00am</b> – Senior Fitness (AR) <b>11:00am</b> – Dominoes (LSLR) <b>*1:15pm</b> – Wii Bowling (AR) <b>2:00pm</b> – Mexican Train Dominoes (WH) <b>3:00pm</b> – Kickstart Chair Yoga Therapy with Sherry (AR) <b>6:15pm</b> – Movie: Murder Mystery (AR)
<b>10:30am</b> - Senior Fitness with Jackie (AR) <b>11:15am</b> - Virtual Sermons (AR) <b>*1:15pm</b> - Wii Bowling (AR) <b>*3:30pm</b> - Wii Golf (AR)	<div> <div>The Winslow</div> <div>All activities are subject to change.</div> </div>					





**EXERCISE CLASSES PROVIDED  
AT THE WINSLOW!**

**Virtual Tai Chi Chih with Rebecca:**  
10:00am on Mondays.

**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 and  
Mondays.

**Senior Fitness with Marion**  
3:00pm on Wednesdays unless  
otherwise stated.

**Kickstart Chair Yoga Therapy with  
Sherry:**  
10:00am on Tuesdays, 3:00pm on  
Saturdays.

**Chair Yoga with Danni 9:00am on  
Thursdays. Yoga Therapy:**  
10:15am 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.

**Foot Care Services:**  
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.



*Chelsea and  
her mother,  
Kathy,  
performing  
a duet.*



*Bergen and Sandy at the Winslow  
Singers.*

*Sylvia at Rock Painting.*



*The Kazoo  
Trio - Marti,  
Ann and  
Bergen.*





## MOVIES FOR THE MONTH

**Tuesday Series: In The Heat of the Night** - In the town of Sparta, Mississippi, a small-town police chief faces big-city crimes, grappling with murder, corruption, racism, and more. Crime, Drama, Mystery, Thriller, **TV-14**

**Friday Series: Bridgerton** - During the Regency era in England, eight close-knit siblings of the powerful Bridgerton family attempt to find love. Romance, Drama, **TV-MA**

**Saturday, 8/2 - Mary Mother of Jesus:** Her birth was a gift, her destiny was a promise. Her story changed the world, This stirring biblical retelling shines a light on Mary, mother of Jesus.

**Monday, 8/4 - Call Me Kate:** Through newly uncovered audio and video footage, the inner life of intensely private screen legend Katharine Hepburn emerges in this documentary. **TV-14**

**Wednesday, 8/6 - A Star Is Born:** A hard-drinking musician falls in love with a budding singer in this raw and passionate tale of star-crossed lovers. Music, Drama, **R**

**Saturday, 8/9 - Widow Clicquot** - With her marriage cut short, Barbe-Nicole Ponsardin takes the helm of a winery, transforming from a young widow to the “Grande Dame of Champagne.” Drama, **R**

**Monday, 8/11 - Einstein and the Bomb:** Meet the real Albert Einstein in this gripping feature. Warm, witty, and brilliant, this scientist made one fatal mistake that haunted him forever. **TV-14**

**Wednesday, 8/13 - The Four Seasons:** Three middle-aged couples who vacation together every season find their group dynamics upended when one of the men ditches his wife for a younger woman. Romantic Comedy, **PG**

**Saturday, 8/16 - Pangolin, Kulu's Journey:** An endangered baby pangolin and his human foster dad bong in this wildlife documentary. Documentary, **PG**

**Monday, 8/18 - Mysteries of the Faith:** These treasures have fascinated faithful followers for centuries. Now, the Vatican is giving unprecedented access to some of the most famous holy relics. Documentary, **TV-PG**

**Wednesday, 8/20 - Passing:** In 1930s New York City, a black woman fingers her world upended when her life becomes intertwined with a former childhood friend who's passing as white. Drama, **PG-13**

**Saturday, 8/23 - Judy:** Thirty years after starring in “The Wizard of Oz”, beloved actress and singer Judy Garland

arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. Music, **PG-13**

**Monday, 8/25 - Tricky Dick and the Man in Black:** This documentary chronicles Johnny Cash's 1970 visit to the White House, where Cash's emerging ideals clashed with Richard Nixon's policies. **TV-14**

**Wednesday, 8/27 - Secrets of the Saqqara Tomb:** After unearthing a tomb that had been untouched for 4,000 years, Egyptian archaeologists attempt to decipher the history of the extraordinary find. Documentary, **TV-PG**

**Saturday, 8/30 - Murdery Mystery:** Adam Sandler and Jennifer Aniston take a long-overdue European honeymoon in a breezy whodunit. Comedy, Mystery, Action/Adventure, **PG-13**

## REOCCURRING EVENTS TO NOTE

<b>Bible Study (PD)</b> .....	Thursdays, 11:00am
<b>Billiards Pool (3rd Floor PT)</b> .....	Thursdays, 9:00am
<b>Bingo (AR)</b> .....	Tuesdays and Thursdays, 3:00pm
<b>Bridge Club (WH)</b> .....	Mondays, 1:00pm to 3:00pm
<b>Communion (PD)</b> .....	Tuesday, August 19th at 10:30am
<b>Current Events w/Abby (AR)</b> .....	Every Wednesday at 8:30am
<b>Documentary Monday (AR)</b> .....	Mondays, 6:15pm
<b>Gentleman's Breakfast (PD)</b> .....	Every other Wednesday .....at 8:00am
<b>Roman Catholic Communion (PD)</b> .....	2nd and 4th .....Monday of the month, 12:15pm
<b>Rummikub Club (LSLR)</b> .....	Wednesday, 1:00pm
<b>Canasta (LSLR)</b> .....	Fridays, 1-3pm
<b>Social Hour (WH)</b> .....	Fridays, 3:00pm
<b>Virtual Sermons (AR)</b> .....	Sundays, 11:30am
<b>Wii Golf (AR)</b> .....	Sundays, 3:30pm
<b>Wii Bowling (AR)</b> .....	Wednesdays, Fridays, and Saturday .....at 1:30pm
<b>Wisdom Study with Peter (WH)</b> .....	Tuesdays, 11:15am
<b>Writing Group: (LSLR)</b> .....	Wednesdays, 11:00am
<b>Dominos (LSLR)</b> .....	Saturdays, 11:00am
<b>Mexican Train Dominos (WH)</b> .....	Saturdays, 2:00pm

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