

# Columbine Commons Happenings

OCTOBER 2025



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

## MEET OUR DEPARTMENT HEADS:

### ADMINISTRATOR

Becki Seimers

### OFFICE MANAGER

Vickie Nelson

### 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

### HOUSEKEEPING ALF

Audra Asmussen

### MAINTENANCE

Travis Sills

### DIETARY SUPERVISOR

Tracy Rohrig, RD

### EXECUTIVE CHEF

Jason Prentis



## October and the days and nights ARE GETTING COOLER!

### BUT FIRST, A SEPTEMBER WRAP UP

Our first annual Columbine Community Fair and Car Show was a great success. The cars were amazing, and we can't wait to do this again next year, bigger and better! **We have earned over \$4000 for the Alzheimer's Association.** Our staff is participating in the Walk to End Alzheimer's on October 4th to close out this great fundraiser.

**September 25th was our final BBQ.** We have really enjoyed bringing you and your family together for these. Expect more of the same next summer!

This month you will see our courtyard getting cleaned up for fall. We really enjoyed the fresh tomatoes, **those seedlings were donated by Ellen Kuhr.**

We have a lot of extra music this month as well as a visit from the Windsor Museum to tell us some spooky stories. **Kids Haven will be in to trick or treat and do crafts on October 29th.**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>OCTOBER</div> <div>Columbine Commons</div> <div>Assisted Living</div>			<div>Chaplain On-Site 1</div> <div>9:30am Catholic Rosary (PDR)</div> <div>9:30am Exercise with Weights (AR)</div> <div>10am Bible Study with Peter (AR)</div> <div>1pm Hearts! (AR)</div> <div>2:30pm Western Jam with Dale Horn (SNF)</div> <div>3pm Jeopardy (AR)</div>	<div>9:30am Balance Exercise (AR) 2</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Farkle (AR)</div>	<div>9:30am Exercise with Airballs (AR) 3</div> <div>10:30am Coffee walk to Safeway Weather Permitting (Lobby)</div> <div>1:00pm Cribbage (AR)</div> <div>2:30pm Happy Hour and Entertainment with Sound Affects (ALF)</div>	<div>9:30am Balloon Ball! (AR) 4</div> <div>10:30am-12pm Glasses Cleaned at Front Desk</div> <div>10:30am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:00pm Saturday Movie Matinee “GRUMPY OLD MEN” (2nd floor Movie room)</div>
<div>HAPPY BIRTHDAY JERRY F! 5</div> <div>9:30am Sunday Stretch (AR)</div> <div>9:30am Catholic Communion (PDR)</div> <div>10am Cooking with Kayla (AR)</div> <div>11am Bronco’s/Eagles (DR)</div> <div>1:30pm Worship Service (DR)</div> <div>2:30pm Sunday Mingle (DR)</div>	<div>9:30am Exercise with Weights (AR) 6</div> <div>10:45am Crosswords (AR)</div> <div>1:15pm Pinochle (AR)</div> <div>3:00pm Music with Jocelyn (Country Spiritual) (SNF)</div>	<div>9:30am Morning Exercise (AR) 7</div> <div>10:45am Wii Bowling (AR)</div> <div>11:00am Lunch outing to First Watch (Lobby)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Conversations: A get to know you card game (AR)</div>	<div>Chaplain On-Site 8</div> <div>9:30am Catholic Rosary (PDR)</div> <div>9:30am Exercise with Weights (AR)</div> <div>10am Bible Study with Peter (AR)</div> <div>1pm Hearts! (AR)</div> <div>2:30pm Art Therapy with Emily (AR)</div>	<div>9:30am Balance Exercise (AR) 9</div> <div>10:45am Wii Bowling (AR)</div> <div>1:30pm Clearview Library (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Farkle (AR)</div>	<div>9:30am Exercise with Airballs (AR) 10</div> <div>10:30am October Craft (AR)</div> <div>1pm Cribbage (AR)</div> <div>2:30pm Happy Hour Entertainment with Dr. Risma (SNF)</div>	<div>9:30am Balloon Ball! (AR) 11</div> <div>10:30am-12pm Glasses Cleaned at the Front Desk</div> <div>10:30am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:00pm Saturday Matinee “HOCUS POCUS” (2nd floor movie room)</div>
<div>9:30am Sunday Stretch (AR) 12</div> <div>9:30am Catholic Communion (PDR)</div> <div>10:30am Coffee and Good News (Lobby)</div> <div>10:30am Glasses Cleaned</div> <div>1:30pm Worship Service (DR)</div> <div>2:30pm Bronco’s/ Jets (DR)</div> <div>2:30pm Sunday Mingle (DR)</div>	<div>9:30 Exercise with Weights (AR) 13</div> <div>10:45am Crosswords (AR)</div> <div>2pm Resident Council (DR)</div> <div>3:00pm Left Center Right *Bring Dimes (DR)</div>	<div>9:30am Morning Exercise (AR) 14</div> <div>10:45am Wii Bowling (AR)</div> <div>11:45 Take Out Tuesday, Little Caesar’s Pizza (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm UNO!</div>	<div>Chaplain On-Site 15</div> <div>9:30am Catholic Rosary (PDR)</div> <div>9:30am Exercise with Weights (AR)</div> <div>10am Bible Study with Peter (AR)</div> <div>1pm Hearts! (AR)</div> <div>2:30pm Windsor Museum and Spooky Stories (DR)</div> <div>3pm Jeopardy (AR)</div>	<div>10am Exercise with DANA! 16</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Farkle (AR)</div>	<div>OKTOBERFEST 17</div> <div>9:30am Exercise with Airballs (AR)</div> <div>10:30am Cribbage (AR)</div> <div>2:30pm OKTOBERFEST!! GERMAN INSPIRED HAPPY HOUR AND ENTERTAINMENT WITH STEVE (DR)</div> <div>6pm Trunk or Treat (ALF/SNF parking lot) Public Welcome!</div>	<div>9:30am Balloon Ball! (AR) 18</div> <div>10:30am-12pm Glasses Cleaned at Front Desk</div> <div>10:30am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:00pm Saturday Matinee “YOUNG FRANKENSTEIN” (2nd floor movie room)</div>
<div>9am Sunday Stretch (AR) 19</div> <div>9:30am Catholic Communion (PDR)</div> <div>10:30am Cooking with Kayla (AR)</div> <div>1:30pm Worship Service (DR)</div> <div>2:05 Giants/Bronco’s (DR)</div> <div>2:30pm Sunday Mingle (AR)</div>	<div>9:30am Exercise with Weights (AR) 20</div> <div>10:45am Crosswords (AR)</div> <div>1:15pm Pinochle (AR)</div> <div>3pm Blackjack (DR)</div>	<div>9:30am Exercise (AR) 21</div> <div>9:45am Music Therapy with Travis (SNF)</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Conversations: A get to know you card game (AR)</div>	<div>Chaplain On-Site 22</div> <div>9:30am Catholic Rosary (PDR)</div> <div>9:30am Exercise with Weights (AR)</div> <div>10am Bible Study with Peter (AR)</div> <div>1pm Hearts! (AR)</div> <div>3pm Jeopardy (AR)</div>	<div>HAPPY BIRTHDAY EVELYN H! 23</div> <div>9:30am Finding Balance Exercise (AR)</div> <div>10:45am Wii Bowling (AR)</div> <div>1:30 Clearview Library (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Farkle (AR)</div>	<div>9:30am Exercise with Airballs (AR) 24</div> <div>10:30am Cribbage (AR)</div> <div>1:30pm Entertainment and Happy Hour with Kendra (SNF)</div>	<div>9:30am Balloon Ball (AR) 25</div> <div>10:15 Travelogue with Lacee (AR)</div> <div>10:30am-12pm Glasses Cleaned at Front Desk</div> <div>1pm Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Saturday Matinee “THE BUCKET LIST” (2nd floor movie room)</div>
<div>9am Sunday Stretch (AR) 26</div> <div>9:30am Catholic Communion (PDR)</div> <div>10:30am Coffee and Good News (Lobby)</div> <div>1:30pm Worship Service (DR)</div> <div>2:25pm Cowboys/Broncos (DR)</div>	<div>9:30am Exercise with Weights (AR) 27</div> <div>10:45am Crosswords (AR)</div> <div>1:15pm Pinochle (AR)</div> <div>3pm Left Center Right (DR) *Bring Dimes</div>	<div>8:30am Walmart Outing (lobby) 28</div> <div>9:30am Morning Exercise (AR)</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm UNO! (AR)</div>	<div>Chaplain On-Site 29</div> <div>9:30am Exercise with Weights (AR)</div> <div>9:30am Rosary (PDR)</div> <div>10am Bible Study with Peter (AR)</div> <div>1pm Hearts! (AR)</div> <div>2:30pm Jeopardy (AR)</div>	<div>HAPPY BIRTHDAY MEL K! 30</div> <div>9:30am Balance Exercise (AR)</div> <div>10am KIDS HAVEN HALLOWEEN PARTY</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Farkle (AR)</div>	<div>HALLOWEEN 31</div> <div>9:30am Exercise with Airballs (AR)</div> <div>10:30am Cribbage (AR)</div> <div>2:30pm Halloween Party with Uno Dos Tracz! (DR)</div>	<div>Green - Outings</div> <div>Purple - Entertainment</div> <div>Red - Special Activity</div> <div>All activities are subject to change.</div>





### 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!*

- **Tuesday, October 7th** – It's our lunch outing to First Watch. A menu will be available in the Activity Binder. **Please sign up by Monday, October 6th by 3pm.**
- **Tuesday, October 14th** – Take Out Tuesday this month is Little Caesar's Pizza. Sign your name in the binder and we will be around to collect your order and payment **by Monday, October 13th.**
- **Tuesday, October 28th** – 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.

## MONTHLY CRACK UP:

*What is a clinical trial done in  
October called?*

A **Trick  
OR  
TREATment**

## SUNDAY WORSHIP SERVICE

With community volunteers is held at 1:30pm in the Assisted Living Dining Room followed by a Sunday Mingle at 2:30pm. Catholic Rosary is at 9:30 am Wednesday mornings in the private dining room. Communion is 9:45 am every Sunday in the private dining room.

## CLEARVIEW LIBRARY BOOK CHECKOUT

The Clearview Library will be here **Thursday, October 9th and Thursday, October 23rd.** The books will be brought into the Activity Room. If you are interested in joining this service, please let Kimberly know.



## RESIDENTS CELEBRATING BIRTHDAYS THIS MONTH

*Happy Birthday to:*

**October 5** – Jerry F.

**October 23** – Evelyn H.

**October 30** – Mel K.



*Car show*



*Car show*