

Columbine Commons *Happenings*

SEPTEMBER 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 Albrow

**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



September is the start of the “...ber” months!

AUGUST WRAP UP

We had animals come visit us all month. We had kittens, a goat and mammoth donkeys. It was so much fun! We closed out our August with a week of Hawaii. We had a travelogue, a luau, watched “Viva Las Vegas” in our new movie room and had a visit from the King (Elvis) himself!

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

September is upon us and we are ready for a little cool down. The summer heat has been intense! A big thank you to Tim at “Pedaling Petals” for the beautiful donation of

dahlias. They have really brightened up our common spaces.

September 7-13th is Assisted Living Week. We will be doing fun things all week and finishing with our Columbine Campus Community Fair and Car Show.

We are looking forward to September 12th, as this is our Columbine Campus Community Fair. We will have a car show, a petting zoo, hot dogs, ice cream, face painting, and a silent auction! Invite your family and friends and don’t forget to get a photo at our photo station!

All proceeds will be going to benefit the Alzheimer’s Association.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>ASSISTED LIVING WEEK</div> <div>SEPT. 7-13</div> <div>We will be doing fun things all week and finishing with our Columbine Campus Community Fair and Car Show.</div>	<div>LABOR DAY</div> <div>9:30am Exercise with Weights (AR)</div> <div>10:45am Crosswords (AR)</div> <div>1:15pm Pinochle (AR)</div> <div>3:30pm BlackJack (DR)</div> <div>1</div>	<div>9:30am Morning Exercise (AR)</div> <div>10:45am Wii Bowling (AR)</div> <div>11:00am Lunch outing to Dougs Diner (Lobby)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Conversations with Joann(AR)</div> <div>2</div>	<div>Chaplain On-Site</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 Jeopardy (AR)</div> <div>3</div>	<div>9:30am Balance Exercise (AR)</div> <div>10:30am Coffee walk to Safeway (Lobby)</div> <div>1:00pm Devorah the Therapy Dog(AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Farkle (AR)</div> <div>4</div>	<div>9:30am Exercise with Airballs (AR)</div> <div>10:45am Cribbage (AR)</div> <div>1pm - Color for Calm (AR)</div> <div>2:30pm Happy Hour and Entertainment with Sound Affects (SNF)</div> <div>5</div>	<div>9:30am Chair Zumba (AR)</div> <div>10:30am-12pm Glasses Cleaned at Front Desk</div> <div>10:30am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Jeopardy(AR)</div> <div>6</div>	
	<div>ASSISTED LIVING WEEK</div> <div>9:30am Sunday Stretch (AR)</div> <div>9:45am Catholic Communion (PDR)</div> <div>10:30am Courtyard Cornhole (CY)</div> <div>1:30pm Worship Service (DR)</div> <div>2:30pm Sunday Mingle (DR)</div> <div>7</div>	<div>ASSISTED LIVING WEEK</div> <div>9:30am Exercise with Weights (AR)</div> <div>10:45am Crosswords (AR)</div> <div>1:15pm Pinochle (AR)</div> <div>2pm Resident Council (DR)</div> <div>*all residents encouraged to attend</div> <div>8</div>	<div>ASSISTED LIVING WEEK</div> <div>9:30am Morning Exercise (AR)</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Color for Calm Group Coloring Sheet (AR)</div> <div>9</div>	<div>ASSISTED LIVING WEEK</div> <div>Chaplain On-Site</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>10</div>	<div>ASSISTED LIVING WEEK</div> <div>9:30am Balance Exercise (AR)</div> <div>10:00am Exercise with DANA (AR)</div> <div>10:45 Wii Bowling (AR)</div> <div>1:30pm Clearview Library (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Farkle (AR)</div> <div>11</div>	<div>ASSISTED LIVING WEEK</div> <div>9:30am Exercise with Airballs (AR)</div> <div>10:45pm Cribbage (AR)</div> <div>2-6pm Columbine Community Fair and Car Show.</div> <div>12</div>	<div>ASSISTED LIVING WEEK</div> <div>9:30am Chair Zumba (AR)</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>3:30pm Jeopardy (AR)</div> <div>13</div>
	<div>9:30am Sunday Stretch (AR)</div> <div>9:45am Catholic Communion (PDR)</div> <div>10:30am Coffee and Good News (Lobby)</div> <div>1:30pm Worship Service (DR)</div> <div>2:30pm Sunday Mingle (DR)</div> <div>14</div>	<div>9:30am Exercise with Weights (AR)</div> <div>10:45am Crosswords (AR)</div> <div>1:15pm Pinochle</div> <div>3:00pm left Right Center</div> <div>*Bring Dimes (DR)</div> <div>15</div>	<div>9:30am Morning Exercise (AR)</div> <div>9:45 Music Therapy with Travis (SNF)</div> <div>10:45am Wii Bowling (AR)</div> <div>11:45am Take out Tuesday WING SHACK (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm UNO!</div> <div>16</div>	<div>Chaplain On-Site</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 The Greeley Singer Citizens (DR)</div> <div>4:15pm Michael M/piano (DR)</div> <div>17</div>	<div>9:30am Balance Exercise (AR)</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Conversations with Kimberly (AR)</div> <div>18</div>	<div>9:30am Exercise with Airballs (AR)</div> <div>10:45am Cribbage (AR)</div> <div>1pm - Color for Calm (AR)</div> <div>2:30pm Entertainment and Happy Hour with Uno, Dos, Tracz (ALF)</div> <div>19</div>	<div>9:30am Chair Zumba (AR)</div> <div>10:30am-12pm Glasses Cleaned at Front Desk</div> <div>10:30am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Jeopardy (AR)</div> <div>20</div>
	<div>9am Sunday Stretch (AR)</div> <div>9:45am Catholic Communion (PDR)</div> <div>10:30am Courtyard Cornhole (CY)</div> <div>1:30pm Worship Service (DR)</div> <div>2:30pm Sunday Mingle (AR)</div> <div>21</div>	<div>9:30am Exercise with Weights (AR)</div> <div>10:45am Crosswords (AR)</div> <div>1:30pm Pinochle (AR)</div> <div>3pm Blackjack (DR)</div> <div>22</div>	<div>8:30am Walmart Outing (lobby)</div> <div>9:30am Exercise (AR)</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Conversations with Joann (AR)</div> <div>23</div>	<div>NO Chaplain On- Site</div> <div>9:30am Catholic Rosary (PDR)</div> <div>9:30am Exercise with Weights (AR)</div> <div>10:30am Coffee walk to Starbucks (Lobby)</div> <div>1pm Hearts! (AR)</div> <div>2:30pm Jeopardy (AR)</div> <div>3:30pm Quilts, Walker Bags, Clothing Protectors (AR)</div> <div>24</div>	<div>9:30am Finding Balance Exercise (AR)</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Farkle (AR)</div> <div>25</div>	<div>9:30am Exercise with Airballs (AR)</div> <div>10:45am Cribbage (AR)</div> <div>1pm - Color for Calm (AR)</div> <div>1:30pm Entertainment and Happy Hour with Kendra (SNF)</div> <div>26</div>	<div>9:30am Chair Zumba (AR)</div> <div>10:30am-12pm Glasses Cleaned at Front Desk</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm Jeopardy (AR)</div> <div>27</div>
<div>9am Sunday Stretch (AR)</div> <div>9:45am Catholic Communion (PDR)</div> <div>10:30am Coffee and Good News (Lobby)</div> <div>1:30pm Worship Service (DR)</div> <div>2:30pm Travel with Lacee (DR)</div> <div>28</div>	<div>9:30am Exercise with Weights (AR)</div> <div>10:45am Crosswords (AR)</div> <div>1:30pm Pinochle (AR)</div> <div>3pm Left Right Center (DR)</div> <div>*Bring Dimes</div> <div>29</div>	<div>9:30am Morning Exercise (AR)</div> <div>10:45am Wii Bowling (AR)</div> <div>2pm Bingo (DR)</div> <div>3:30pm UNO!</div> <div>30</div>	<div></div>			<div>Columbine Commons</div> <div>Assisted Living</div> <div>All activities are subject to change.</div> <div>Green - Outings • Purple - Entertainment • Red - Special Activity</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, September 2nd** – It's our lunch outing to Doug's Diner. A menu will be available in the Activity Binder. **Please sign up by Monday, September 1st.**
- **Tuesday, September 16th** – Take Out Tuesday this month is Wing Shack. Sign your name in the binder and **we will be around to collect your order and payment by Monday September 15th.**
- **Tuesday, September 23rd** – 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 the longest name in the world?

Answer:

JASON

It takes 5 months to spell it.

(July, August, September, October, November)



Beautiful dahlias from Tim at "Pedaling Petals"

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, September 11th and Thursday, September 25th.** The books will be brought into the Activity Room. If you are interested in joining this service, please let Kimberly know.



We ended our Hawaii Week with a special performance from Elvis.



Six tiny kittens got a lot of love from the ladies!