

The Winslow Happenings

SEPTEMBER 2025

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

ADMINISTRATOR
Chelsea Irwin

OFFICE MANAGER
Andrea Dunn

EXECUTIVE CHEF
Scott Bean

**WAITSTAFF
SUPERVISOR**
Aubree Peterson

**HOUSEKEEPING
SUPERVISOR**
Birgit Jurgens

**MAINTENANCE
SUPERVISOR**
Jarvis Gall

**ACTIVITIES
DIRECTOR**
Abby Barbre



THE WINSLOW TURNS 20!

This September, the Winslow turns 20 years old. We opened on September 15th, 2005, and have been homing residents since. To celebrate, we have a whole month packed with activities, from an Ice Cream Social to the opening of our Time Capsule! Join us as we celebrate an amazing 20 years!



PENNY WAR AND KEVIN COOK PRESENTS: FEDERAL LANDS AND THEIR SCAPES (AR)

Tuesday, September 2nd at 1pm

Congress originally didn't want the federal government to own land, but the country's size exceeded the people who could settle it. Through many decades Congress formed agencies to oversee public lands that came to be known as national forests, national parks, and national wildlife refuges.

HOUSEKEEPING APPRECIATION: ICE CREAM SOCIAL AND BINGO (AR)

Thursday, September 25th at 2pm

Join us in the Activities Room for a sweet escape from reality (and maybe from vegetables). We'll have a few delicious ice cream flavors and several toppings. Join us as we celebrate everything our Housekeepers do, all as we eat some ice cream and play some bingo!

WALK TO END ALZHEIMER'S (FL)

Thursday, September 4th at 1pm

Join us as we have our own Walk to End Alzheimer's here at the Winslow. If the weather is good, we will have our walk outdoors. If not, we will walk within the building. **If you wish to donate to the cause, there is a donation box at the front desk.**



60 MINUTES SPECIAL: ALZHEIMER'S AND DEMENTIA (AR)

Sunday, September 7th at 6:15pm

We will host a special viewing of the 60 Minutes special on Alzheimer's and Dementia, with perspectives from caregivers and patients. This may be a heavy watch, so please come prepared. We hope to have you.

DICK MYHRE PRESENTS: SIX SUMMERS IN ALASKA (AR)

Monday, September 8th and Thursday, September 18th at 1:30pm

Our resident Dick Myhre will be presenting about his time in Alaska. There will be two dates for the same presentation. This way, it is easier for residents to accommodate time if they wish to join us.

*PAINTING WITH ANN (AR)

Tuesday, September 9th 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.**

NEW RESIDENT ORIENTATION (AR)

Friday, September 12th at 12pm

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.

*THE WINSLOW BIRTHDAY CHAMPAGNE BANQUET (WH)

Sunday, September 14th from 12-3pm

It's that time of year again! Raise your glass and join us for our famous Champagne Banquet—made extra special this year as **The Winslow proudly celebrates its 20th birthday!** Seating is limited for each time slot, so be sure to sign up early at the front desk to reserve your spot. Cheers to 20 wonderful years!



TIME CAPSULE OPENING (AR)

Monday, September 15th at 12:30pm

One of the most exciting things The Winslow did was to create a time capsule! None of us know what's inside, so please join us in the activity room as we ceremoniously open it! We will be serving drinks and snacks, making this a memorable party. We encourage you to bring something to place into the capsule, as we will be putting it away for the next generation!

THE WINSLOW SINGERS: WESTERN TUNES (AR)

Tuesday, September 16th at 1pm

The Winslow Singers are back! This time is extra special, with the widely anticipated Western Tunes! Be prepared for a lot of classics from Johnny Cash, John Denver, and more! Wear your cowboy hat and boots, and get ready to ride into the new Singers!

*FLOWER ARRANGING (AR)

Wednesday, September 17th at 3pm

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 sport today! *Signing up is required for this event as supplies and space are limited.

BIRTHDAY PARTY AND OPEN HOUSE (WH)

Friday, September 19th at 12pm

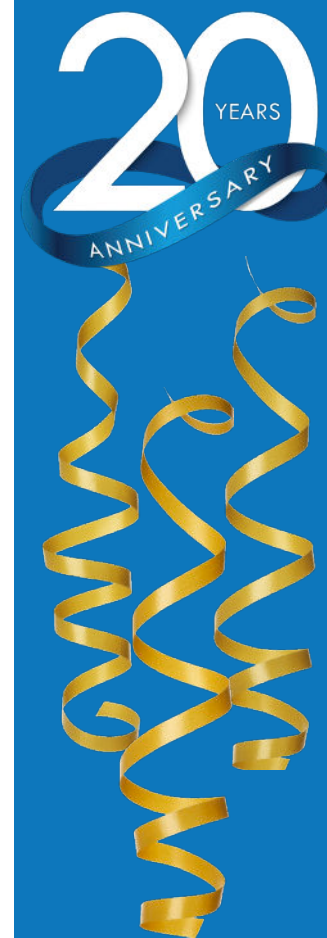
This is our regular birthday party, with a musical group hand-picked by Abby and Sound Affects to cater to the musical preferences of our community. The Open House is for the public, so if you know anyone who might want a tour of our community, this is the time!


SEPTEMBER BIRTHDAYS!

Virginia O'Neill - **September 10th**

Peggy Wolaver - **September 13th**

Jan Newman - **September 25th**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <div>All activities are subject to change.</div>	HAPPY LABOR DAY! PENNY WAR BEGINS! 1 10am – Virtual Tai Chi Chih with Rebecca (AR) 11am - Senior Fitness (AR) 1-3pm - Bridge Club (WH) 6:15pm - Documentary Monday: Sunday Best (AR)	10am - Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) 2 11am - Senior Fitness with Jackie (AR) 11:15am - Wisdom Study with Peter: Labor Day (WH) <i>1pm- Kevin Cook Presents: Federal Lands and Their Scapes (AR)</i> 3pm - Bingo (AR) 6:15pm - Series: Midsomer Murders (AR)	8:30am - Current Events (AR) 3 10am - Senior Fitness with Meredith (AR) 11am - Writing Group (LSLR) 1pm - Rummikub Club (LSLR) *1:15pm - Wii Bowling (AR) 6:15pm – Movie: The Blues Brothers (AR)	9am – Billiard’s Pool (PT) 4 9am – Chair Yoga with Danni (AR) 10am - Yoga Therapy (AR) 11am - Bible Study (PD) <i>1pm – Walk To End Alzheimer’s (FL)</i> 3pm - Bingo (AR)	<i>*9:15am King Soopers (FL)</i> 5 10am - Senior Fitness with Diane (AR) 1-3pm – Canasta (LSLR) *1:15pm Wii Bowling (AR) 3pm Social hour (WH) 6:15pm Series: In the Heat of the Night (AR)	10am Senior Fitness (AR) 6 11am Mexican Train Dominos (LSLR) *1:15pm Wii Bowling (AR) 3pm Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) 6:15pm Movie: The Great Waldo Pepper (AR)	
	10:30am Senior Fitness with Jackie (AR) 7 11:15am Virtual Sermons (AR) *1:15pm Wii Bowling (AR) *3:30pm Wii Golf (AR) <i>6:15pm – 60 Minutes Special: Alzheimer’s and Dementia (AR)</i>	10am – Virtual Tai Chi Chih with Rebecca (AR) 8 11am - Senior Fitness (AR) 1-3pm - Bridge Club (WH) 12pm – Roman Catholic Communion (PD) <i>1:30pm - Dick Myhre Presents: Six Summers in Alaska (AR)</i> 6:15pm - Documentary Monday: The Elephant Whisperers (AR)	10am - Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) 9 11am - Senior Fitness with Jackie (AR) 11:15am - Wisdom Study with Peter: Remembering September 11th (WH) <i>*12:30pm – Painting with Ann (AR)</i> 3pm - Bingo (AR) 6:15pm - Series: Midsomer Murders (AR)	HAPPY BIRTHDAY VIRGINIA O’NEILL! 10 8am – Gentlemen’s Breakfast (PD) 8:30am - Current Events (AR) 10am - Senior Fitness with Meredith (AR) 11am - Writing Group (LSLR) 1pm - Rummikub Club (LSLR) *1:15pm - Wii Bowling (AR) 6:15pm – Movie Cats (AR)	9am – Billiard’s Pool (PT) 11 9am – Chair Yoga with Danni (AR) 10am - Yoga Therapy (AR) 11am - Bible Study (PD) 12pm – Balance and Mobility with Erin (AR) 3pm - Bingo (AR)	<i>*9:15am King Soopers (FL)</i> 12 10am - Senior Fitness with Diane (AR) 1-3pm – Canasta (LSLR) <i>12pm – New Resident Orientation (AR)</i> *1:15pm Wii Bowling (AR) 3pm Social hour (WH) 6:15pm Series: In the Heat of the Night (AR)	HAPPY BIRTHDAY PEGGY WOLAVER! 13 10am Senior Fitness (AR) 11am Mexican Train Dominos (LSLR) *1:15pm Wii Bowling (AR) 3pm Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) 6:15pm Movie: Persuasion (AR)
	10:30am Senior Fitness with Jackie (AR) 14 11:15am Virtual Sermons (AR) <i>*12-3pm – Champagne Banquet (WH)</i> *1:15pm Wii Bowling (AR) *3:30pm Wii Golf (AR)	10am – Virtual Tai Chi Chih with Rebecca (AR) 15 11am - Senior Fitness (AR) <i>12:30pm – Time Capsule Opening (AR)</i> 1-3pm - Bridge Club (WH) 6:15pm - Documentary Monday: Unbroken (AR)	10am - Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) 16 10:30am – Communion (PD) 11am - Senior Fitness with Jackie (AR) 11:15am - Wisdom Study with Peter: Marco Polo (WH) <i>1pm – The Winslow Singers: Western Tunes (AR)</i> 3pm - Bingo (AR) 6:15pm - Series: Midsomer Murders (AR)	10am - Senior Fitness with Meredith (AR) 17 11am - Writing Group (LSLR) 1pm - Rummikub Club (LSLR) *1:15pm - Wii Bowling (AR) *3pm – Flower Arranging (AR) 3:30pm – Book Club (PD) 6:15pm – Movie: What Happened, Miss Simone? (AR)	9am – Billiard’s Pool (PT) 18 9am – Chair Yoga with Danni (AR) 10am - Yoga Therapy (AR) 11am - Bible Study (PD) <i>1:30pm - Dick Myhre Presents: Six Summers in Alaska (AR)</i> 3pm - Bingo (AR)	<i>*9:15am King Soopers (FL)</i> 19 10am - Senior Fitness with Diane (AR) <i>12pm – Birthday Party and Open House (WH)</i> 1-3pm – Canasta (LSLR) *1:15pm Wii Bowling (AR) 3pm Social hour (WH) 6:15pm Series: In the Heat of the Night (AR)	10am Senior Fitness (AR) 20 11am Mexican Train Dominos (LSLR) *1:15pm Wii Bowling (AR) 3pm Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) 6:15pm Movie: The Theory of Everything (AR)
	10:30am Senior Fitness with Jackie (AR) 21 11:15am Virtual Sermons (AR) *1:15pm Wii Bowling (AR) *3:30pm Wii Golf (AR) <i>6:45pm – The Winslow Writers Autumn Equinox Celebration! (WH)</i>	10am - Virtual Tai Chi Chih with Rebecca (AR) 22 11am - Senior Fitness (AR) 12pm – Roman Catholic Communion (PD) <i>1pm – Arts and Crafts Club (AR)</i> 1-3pm - Bridge Club (WH) 6:15pm - Documentary Monday: Virunga (AR)	10am - Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) 23 11am - Senior Fitness with Jackie (AR) <i>*11am – Lunch Outing: Red Lobster (FL)</i> 11:15am - Wisdom Study with Peter: Jewish High Holidays (WH) 3pm - Bingo (AR) 6:15pm - Series: Midsomer Murders (AR)	8am – Gentlemen’s Breakfast (PD) 24 8:30am - Current Events (AR) 10am - Senior Fitness with Meredith (AR) 11am - Writing Group (LSLR) 1pm - Rummikub Club (LSLR) *1:15pm - Wii Bowling (AR) <i>2:30pm – Register to Vote with the League of Women Voters (AR)</i> 6:15pm - Movie: Operation Finale (AR)	HAPPY BIRTHDAY JAN NEWMAN! 25 9am – Billiard’s Pool (PT) 9am – Chair Yoga with Danni (AR) 10am - Yoga Therapy (AR) 11am - Bible Study (PD) 12pm – Balance and Mobility with Erin (AR) <i>*1-4pm – Vaccine Clinic (WH)</i> <i>2pm – Housekeeping Appreciation: Ice Cream Social and Bingo (AR)</i>	<i>*9:15am King Soopers (FL)</i> 26 10am - Senior Fitness with Diane (AR) <i>11am-3pm – Fall Festival (Parking Lot)</i> 1-3pm – Canasta (LSLR) <i>1pm – Blood Pressure Clinic with Columbine (FP)</i> *1:15pm Wii Bowling (AR) 3pm Social hour (WH) 6:15pm Series: In the Heat of the Night (AR)	10am Senior Fitness (AR) 27 11am Mexican Train Dominos (LSLR) *1:15pm Wii Bowling (AR) 3pm Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) 6:15pm Movie: Wyatt Earp (AR)
10:30am Senior Fitness with Jackie (AR) 28 11:15am Virtual Sermons (AR) *1:15pm Wii Bowling (AR) *3:30pm Wii Golf (AR)	10am – Virtual Tai Chi Chih with Rebecca (AR) 29 11am - Senior Fitness (AR) 1-3pm - Bridge Club (WH) <i>*2:30pm – Outing: Dairy Queen (FL)</i> 6:15pm - Documentary Monday: Birders (AR)	PENNY WAR ENDS! 30 10am - Kickstart Chair Yoga Therapy with Sherry: YouTube (AR) 11am - Senior Fitness with Jackie (AR) 11:15am - Wisdom Study with Peter: The King James Bible (WH) 1pm – Resident Input Meeting (AR) 3pm - Bingo (AR) 6:15pm - Series: Midsomer Murders (AR)			The Winslow		



ARTS AND CRAFTS CLUB (AR)

Monday, September 22nd at 1pm

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.

THE WINSLOW WRITERS EQUINOX CELEBRATION! (WH)

Sunday, September 21st at 6:45pm

Carmel will be here to host the Autumn Equinox 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.

*LUNCH OUTING: RED LOBSTER

Tuesday, September 23rd at 11am

Red Lobster has been requested a couple of times, so if you're into seafood, this is certainly the place to go. This place also has a nice variety of deals that they change weekly, so stay tuned to see what they have! ***Signing up is required, and residents will be responsible for covering their own expenses during this outing.**

REGISTER TO VOTE WITH THE LEAGUE OF WOMEN VOTERS (AR)

Wednesday, September 24th at 2:30pm

The League of Women Voters are a grassroots network and membership organization that believes the freedom to vote is a nonpartisan issue. For more than a century, they've worked to empower voters by helping them register to vote. The League of Women Voters can help you with anything election related, such as changing addresses, political affiliation, and more.

*VACCINE CLINIC (WH)

Thursday, September 25th from 1-4pm

Our annual vaccine clinic is back! They offer all sorts of vaccines including Flu, Covid, RSV, Shingles, Tdap, pneumococcal, MMR, HPV, and Hepatitis A & B., and take all insurances including Medicare. If there are two parts to the vaccine, we will get you a van ride to Safeway to get the second half. There is absolutely no cost to this.

FALL HARVEST FESTIVAL (PARKING LOT)

Friday, September 26th from 11am-3pm

We are partnering with Centre Health and Rehab for the Fall Harvest Festival this year! We will have games, food, and even booths (such as Walrus Ice Cream and Waffle Lab) to purchase goodies from! Be sure to bring your wallet! You can look forward to the dunk tank, where you can take out your frustrations on us employees. We look forward to celebrating with you!

*OUTING: DAIRY QUEEN (FL)

Monday, September 29th at 2:30pm

The long awaited Dairy Queen outing has arrived! We have received many requests to go get a nice, cold treat. ***Signing up is required, and residents will be responsible for covering their own expenses during this outing.**

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.**

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 with Diane
10:00am on Fridays

Senior Fitness

11:00am on Mondays, 10:00am on Saturdays

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:

10:00am on Thursdays.

Balance and Mobility with Erin:

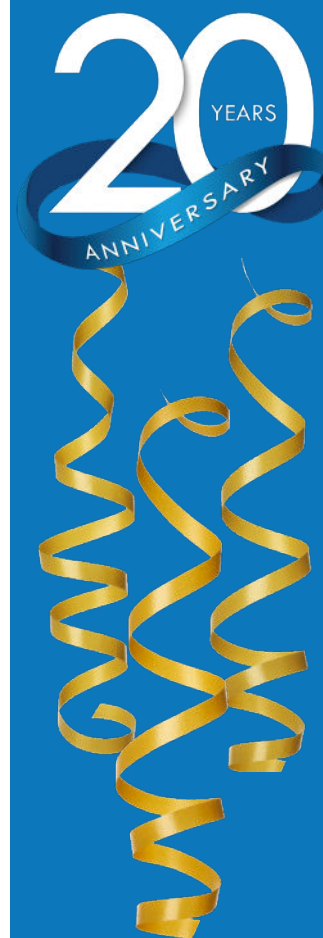
Second and fourth Thursdays of the month at 12:00pm.

For more information about our various classes, please reach out to Abby! Remember to provide any feedback you believe is necessary.

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.**



MOVIES FOR THE MONTH

Tuesday Series: Midsomer Murders: A married veteran Detective Chief Inspector and his young sergeant investigate murders in the quaint, quirky villages of England's Midsomer County. Mystery, Crime, Drama, **TV-14**

Friday 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**

Monday, 9/1 - Sunday Best: Ed Sullivan broke barriers by booking Black artists on his Sunday night variety show. This documentary spotlights the TV pioneer's legacy of equality. Documentary, **TV-14**

Wednesday, 9/3 - The Blues Brothers: Two trouble-prone siblings leave a trail of musical chaos in their wake as they embark on a madcap journey to save their childhood home. Music, Comedy, **R**

Saturday, 9/6 - The Great Waldo Pepper: A barnstorming WWI vet's dubious battle stories are put to the test when he becomes a Hollywood stunt pilot and meets a rival in an aerial showdown. Drama, Classic, **PG**

Monday, 9/8 - The Elephant Whisperers: Bommam and Bellie, a couple in South India, devote their lives to caring for an orphaned baby elephant named Raghu, forcing a family like no other. Documentary, **PG**

Wednesday, 9/10 - Cats: Under the eye of their revered leader, a tribe of stray cats meet on a moonlit night and compete for a chance to be reborn. Musical, **PG**

Saturday, 9/13 - Persuasion: Her high-society relations persuaded her to give up the penniless man she loved. Years later, she's single, full of regrets, and about to see him again. Romantic Comedy, Drama, **PG**

Monday, 9/15 - Unbroken: This documentary tells the story of seven Jewish siblings who survived Nazi Germany through their own resilience and the courage of strangers. Documentary, **TV-14**

Wednesday, 9/17 - What Happened, Miss Simone?: Using never-before heard recordings, rare archival footage and her best-known songs, this is the story of legendary singer and activist Nina Simone. Documentary, **TV-14**

Saturday, 9/20 - The Theory of Everything: A brilliant mind, a difficult diagnosis. Eddie Redmayne and Felicity Jones star in this poignant portrait of physicist Stephen Hawking's remarkable life. Drama, Romance, **PG-13**

Monday, 9/22 - Virunga: A team of brave individuals risk their lives to protect the last mountain gorillas in Virunga National Park, Democratic Republic of the Congo. Documentary, **TV-MA**

Wednesday, 9/24 - Operation Finale: Fifteen years after the end of WWII, a team of top-secret Israeli agents travels to Argentina to track down Adolf Eichmann. Drama, Thriller, **PG-13**

Saturday, 9/27 - Wyatt Earp: Wyatt Earp transforms into a legendary lawman over a lifetime of love, death, and familial duty, culminating in the fiery showdown at the OK Corral. Western, **PG-13**

Monday, 9/29 - Birders: Bird watchers on both sides of the U.S.-Mexico border share their enthusiasm for protecting and preserving some of the world's most beautiful species. Documentary, **TV-G**

REOCCURRING EVENTS TO NOTE

- Bible Study (PD)**Thursdays, 11:00am
- Billiards Pool (3rd Floor PT)** Thursdays, 9:00am
- Bingo (AR)**..... Tuesdays and Thursdays, 3:00pm
- Bridge Club (WH)** Mondays, 1:00pm to 3:00pm
- Communion (PD)**..... Tuesday, June 17 at 10:30am
- Current Events w/Abby (AR)**.Every Wednesday at 8:30am
- Documentary Monday (AR)**Mondays, 6:15pm
- Gentleman's Breakfast (PD)**.....Every other Wednesday at 8:00am
- Roman Catholic Communion (PD)**2nd and 4th Monday of the month, 12:00pm
- Rummikub Club (LSLR)**..... Wednesday, 1:00pm
- Canasta (LSLR)**Fridays, 1-3pm
- Social Hour (WH)**Fridays, 3:00pm
- Virtual Sermons (AR)**..... Sundays, 11:30am
- Wii Golf (AR)**Sundays, 3:30pm
- Wii Bowling (AR)** Wednesdays, Fridays, and Saturdayat 1:30pm
- Wisdom Study with Peter (WH)** Tuesdays, 11:15am
- Writing Group: (LSLR)**Wednesdays, 11:00am
- Mexican Train Dominos (LSLR)**.....Saturdays, 11:00am

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