



### WPH Events

**\*\*All Pavilion events are subject to weather.**

Please watch the Westwood email for any changes\*\*

#### Coffee Hour

*Tuesdays at 10:00AM (Pavilion)*

Gather with your neighbors for coffee and conversation on Tuesday mornings. Enjoy your morning coffee or tea with your neighbors!

#### Socials

*Wednesdays and Fridays, 3:00PM (Pavilion)*

Bring your own beverage and enjoy social time with your neighbors!

#### Group Exercise

*Monday, Wednesday, Saturday, 9:00AM (Pavilion)*

Come join your neighbors in some exercise in the beautiful outdoors. Led by David Gay.

#### Men's and Women's Lunch

Enjoy a monthly lunch with your fellow tenants!  
Contact Jean Graefe for the women's lunch and Bud Dragoo for the men's lunch.

### Activities at The Windsor

#### Quarter Bingo

*Tuesdays at 3PM (AR)*

Come and enjoy rounds of bingo with your friends and neighbors. We play a regular round, a few specialty rounds like four corners or picture frame, and finally end with a blackout round. Each round costs a quarter to play. Quarters will be available to exchange for bills.

#### Super Bingo

*Tuesday, the 28th at 3PM (AR)*

We play 2 quarters per round!

#### Rosary at The Windsor

*Wednesdays at 10:30AM (PDR)*

Join volunteers from Our Lady of the Valley Catholic Church in a traditional Catholic devotion and fellowship **in the Private Dining Room every Wednesday at 10:30AM.**



## Musical Acts:

*Fridays at 3PM (DR)*

### Kendra Hansen Musical Performance

*October 3rd*

She has a sing along style while she plays her piano.

### Dale's Musical Performance

*October 10th*

He plays a multitude of instruments and is 97 years young!

### Jerry

*October 17th*

He has been playing guitar for 5 decades. He plays the songs you grew up with and shares stories of your youth.

### Martin

*October 24th*

He will be playing the accordion for Oktoberfest. Please RSVP to Cori Allen, The Windsor activity director, so we have an accurate count for food. [Coreen.allen@columbinehealth.com](mailto:Coreen.allen@columbinehealth.com)

*Sound Affects line up a variety of artists so we can meet a lot of new people and performers. They are a non-profit group that fundraise so we can have the opportunity to have entertainment for a fraction of the cost. Thank you, Sound Affects! We appreciate you!*

## Pool and Shuffleboard at The Windsor!!

Do you like to play pool or shuffleboard? Come join The Windsor residents in playing pool and shuffleboard in The Lounge.

### Shuffleboard –

*October 6th, 20th, 27th at 11AM*

### Pool –

*October 6th, 13th, 20th, 27th at 3PM*

## Presentations at The Windsor –

### Marge's Travel Presentation

*Tuesday the 7th*

Marge continues her series and shares her travels to Ireland!

## Dates and Holidays!

*Mark your calendars!*

**October 1st** – Yom Kippur Begins

**October 12th** – Alex's BDay!

**October 13th** – Indigenous People Day

**October 16th** – Michaela's BDay!

**October 29th** – Jean's and Mike S's BDay!

**October 31st** - Halloween

## Exercise Tip

**Interval Walking Technique (IWT),**

**Submitted by Mimi Gay**

Melinda Hahm, an exercise physiologist at the Mayo Clinic Health System says "IWT improves cardiovascular fitness by making your heart and lungs stronger... And because it's weight-bearing, it's good for your bones too."

- Warm up with 10 minutes of easy walking
- Walk briskly for 3 minutes
- Walk at a normal pace for 3 minutes
- Repeat for 30 minutes

## Dining at The Windsor

The Windsor welcomes guests who are fully vaccinated for meals! All guests need to check in at the front desk upon entry to The Windsor. ***Please indicate a time for your reservation.***

## Meal Times

- **Breakfast** 7:00am – 9:00am
- **Dinner** 5:00pm – 6:15pm

## Pricing & Reservations –

- Breakfast \$10 – **reservations required by 6pm the evening before**
- Dinner \$15 – **reservations required by noon, please indicate time when you make the reservation.**
- Guests are limited.
- Groups larger than 4, will be seated in the private dining room, and we ask for a reservation 2 weeks ahead of time.
- Meals can be paid by cash/check at the front desk prior to the meal or can be billed to monthly rent.
- Reservations can be made by calling the front desk, (970) 460-5005.
- As a reminder, we do not accept tips.

## Trash & Recycling Schedule

**Wednesday, October 1st** – Trash & Recycling

**Wednesday, October 8th** – Trash Only

**Wednesday, October 15th** – Trash & Recycling

**Wednesday, October 22nd** – Trash Only

**Wednesday, October 29th** – Trash & Recycling

\*Trash and recycling should be out on the curb **no later than 7:00am** to ensure pick up.

Contact Anna if you need a 2025 Trash & Recycling Calendar or Recycling Guide.

## Services at Westwood Patio Homes

### Bloom at Home (Non-Medical Home Care)

Bloom at Home offers a variety of personal care and companionship services. Examples of services include bathroom assistance, medication reminders, transfer assistance, pet care, running errands, laundry assistance, meal planning, light housekeeping, etc. **For additional questions about Bloom at Home services and pricing, please call 970-482-5096.**

## Foot and Toenail Clinic at The Windsor

*Monday, October 6th from 2:30PM-4:30PM*

*\*Please sign up at The Windsor front desk.*

Merrie D'Urbano, RN, will be coming to provide a 30-minute podiatry appointment for \$40. She will provide a foot and skin assessment with a soothing foot soak in warm soapy water. Nail trimming, cuticle care, callus buffing, corn and fungus reduction and a relaxing foot massage are all provided. Nail polish will not be applied.

## Blood Pressure Check

*Friday, October 2nd 1-2PM (PDR)*

A nurse from Columbine Poudre Health Care will come to check your blood pressure and discuss any concerns.

## Around Town:

### Clearview Library

*720 3rd Street, Windsor CO 80550*

*970-686-5602*

<https://clearviewlibrary.org/>

The Clearview Library is an excellent resource not only for books but also community events. They provide things such as trivia nights, wine tasting, craft classes, lectures and more. A list of their upcoming events in and around town can be found on their website.

### Windsor Recreation Center

*250 11th St, Windsor, CO 80550*

*(970) 674-3500*

<https://www.recreationliveshere.com/163/Active-Adults>

The Windsor Recreation Center is home to The Active Adult Program which provides activities, excursions, day trips and special events for the older adults in the community. Please check their publication "Pelican Perch" for a complete list of events available. Senior groups are welcome in the Active Adult Lounge. The Rec Center is also home to The Friendly Fork Café, which serves lunch Monday through Friday. Reservations are required. Please check their website or call for details.

## Snow Removal Reminder

It's that time of year! As written in the tenant handbook, Westwood will provide snow removal on roads, sidewalks, and driveways once an inch of snow has accumulated. Snow removal will take place between the hours of 7:00am-4:00pm. Snow removal may not begin until snowfall has stopped. If it snows during the night, snow removal will begin the next morning. If a vehicle or large object blocks access to your driveway or walk, snow removal may not take place.





## Shelly's Beauty Bar at The Windsor

To schedule an appointment with Shelly please call (970) 388-1144. Please leave a message if necessary.

### Salon Menu

Women's Haircut - \$25  
Men's Haircut - \$20  
Blow Dry, Iron Curl - \$25  
Shampoo & Set (rollers) - \$25  
Shampoo & Blow Dry - \$15  
Hairstyle Touch Up - \$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  
Make Up - \$25  
Bang Trim - \$10  
Beard Trim - \$5

Please note that all visitors entering The Windsor will be asked to sign in at the Front Desk .

## Plumbing

As outlined in the Handbook, the toilets installed are WaterSense and have low flow/high frequency in compliance with 2016 Colorado legislation requirements. These toilets use less water than a full-flush toilet. **It is recommended to hold down the handle for 3-5 seconds for each flush.** They are NOT designed to handle extra soft toilet paper or disposable wipes. **In addition, the toilets are sensitive to too much toilet paper.** When there is a clog, it requires a plumber to come out which is costly. **If there are multiple plumber calls, tenants may be charged.**

Please DO NOT use extra soft toilet paper or disposable wipes in the toilets.

## Maintenance

(970) 460-5005

**\*\* Please contact the front desk NOT Anna\*\***

Regular business hours are Monday – Friday 7:00am-3:30pm. Maintenance is available on-call for **emergent needs** on weekends and after hours. Some examples of a maintenance emergency include: air conditioning or heat not working, no hot water, water leaks or flooding, and egress related issues. **Note:** If your smoke

detector is alarming and saying “fire” or “carbon monoxide”, please contact 911, then contact the front desk.

Maintenance can assist with hanging personal items as time allows and will provide basic hardware. Any hardware beyond what we consider basic (shelves, nuts, bolts, hangers, TV mount, etc.) for personal use should be supplied by the tenant. Grab bars are supplied and installed free of charge.

Please do not put nails in any of the doors, woodwork, or cupboards. You may find which hooks are acceptable by checking with maintenance first.

Maintenance is not allowed to work on personal items (e.g. appliances, recliners), move furniture, flip mattresses, or work on automobiles or electric scooters.

For a maintenance request, call The Windsor front desk at (970) 460-5005.

## Maintenance Reminders:

Please note that mowing and trimming will not take place in your fenced back patio area if pet waste is not picked up at the time of mowing. Thank you for your cooperation.

# LABOR DAY 2025

