

The Windsor *happenings*

JANUARY 2026



1385 Main Street
Windsor, CO

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MEET OUR DEPARTMENT HEADS

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WHAT'S NEW IN 2026

Our annual forecast for the year ahead highlights the Winter Olympics and sleeping!

THE BIG 250

If you live in the United States, 2026 will be marked by the celebration of the 250th anniversary of the signing of the Declaration of Independence. This anniversary will expand your vocabulary, as it is known as the Semiquincentennial. Organizers are already busy planning events for the milestone holiday, just as past milestones have been celebrated. In 1876, the Centennial Exposition was launched in Philadelphia, Pennsylvania, by President Ulysses Grant, who powered up a Corliss steam engine for the occasion. In the run-up to the 1976

bicentennial, the country embarked on five years of patriotic celebrations known as the Bicentennial Era. A traveling museum called the American Freedom Train carried precious artifacts representative of the nation's history, including a copy of the Constitution and a chunk of moon rock. How will the nation mark 250 years? Details are certain to be forthcoming.

JANUARY BIRTHDAYS!

January 1 - Barb

January 5 - Betty H.

January 6 - Phil

January 20 - Aerial

January 22 - Maureen

January 23 - Wendy

January 28 - Chuck



WINTER OLYMPICS IN ITALY

Two major events in 2026 are the Winter Olympic Games and Paralympic Games, both based in Milan, Italy, and surrounding locations. New events include ski mountaineering, coed skeleton teams, and dual moguls added to freestyle skiing. There is a lot of anticipation building around the U.S. hockey team, as its recently announced roster contains a multitude of the National Hockey League's most talented players.

SLEEP IS SWEET

If it's past your bedtime, put this down and finish reading it tomorrow! Sleep is the biggest wellness trend for 2026. Many supplements, therapies, cosmetics, and diets don't provide anything near the beneficial effects of a night of sleep. In the 1980s, CEOs often boasted they slept only two or three hours a night. That habit has come full circle; now the elite boast about getting eight hours of sleep a night. Science has proven that sleep deficit leads to cognitive impairment, and even dementia, as well as depression and lower functioning at work and socially. Adults need at least seven hours of sleep a night to be at their best. In 2026, expect to see an increase in light therapy, natural sleep aids, "smart" mattresses that adjust to your body type and temperature, and sheets designed to keep the body cool while sleeping. There will even be sleep tourism—vacations designed to catch up on sleep. The Equinox Hotel in New York, for example, offers a special "sleep lab" room, which includes a mattress that adapts to your body, a steam shower and ice shower, circadian color meditation, aromatherapy and music for morning and evening, a high-performance sleep mask, specialized earplugs, and bespoke team.

MARTIN LUTHER KING JR. QUESTIONS & ANSWERS

1. **True or False:** Martin Luther King Jr. Day is the only federal holiday designated as a National Day of Service.
2. What is the slogan given to MLK Day due to this designation and its being a federal holiday that falls on a Monday each year?
3. What female folk artist led a crowd of 300,000 in singing "We Shall Overcome" at the Lincoln Memorial during the August 1963 March on Washington?
4. Baez's performance of the song that day preceded what significant speech?
5. What was the name of a group of young singers organized by the Student Nonviolent Coordinating Committee in Georgia who influenced the style of the song in 1960?
6. In his final sermon in Memphis, King referenced three men who had inspired him and credited them with his faith that we shall overcome. Who were they?
7. What common declaration did King make about each of these men in his "We Shall Overcome" speech?

ANSWERS:

1. **Answer:** True. It was designated as such to encourage all Americans to volunteer to improve their communities. The Corporation for National and Community Service has been charged to lead this effort for a quarter century.
2. **Answer:** "It's a day on, not a day off."
3. **Answer:** Joan Baez
4. **Answer:** Martin Luther King's famous "I Have a Dream" speech
5. **Answer:** The Freedom Singers
6. **Answer:** Thomas Carlyle, a Scottish writer and historian during the Victorian era; William Cullen Bryant, an American poet and long-time editor of the New York Evening Post; and James Russell Lowell, another American poet who had written about the crisis of slavery in 1845.
7. **Answer:** He said of each of them that they were right. King said Carlyle was right when he said, "No lie can live forever; Truth crushed to earth will rise again." King said Lowell was right in his words, "Truth forever on the scaffold, / Wrong forever on the throne; / Yet that scaffold sways the future, and behind the dim unknown, / Standeth God within the shadow, keeping watch above his own."

NEW FOR THE MONTH

NEW YEAR'S DAY

Thursday the 1st (AR)

10AM – Watch Parade
2:30PM - Matinee Movie
6:15PM - Dominoes

ROLAND'S UNIVERSE PRESENTATION

Tuesday the 6th, 20th, 27th at 1PM (AR)

Do you want to learn something new about the universe? Roland is going to blow our mind!

FALL PREVENTION PRESENTATION

Tuesday the 13th at 11AM (AR)

Come and learn some tips to stay safe as you navigate your surroundings.

PETE AND LIN'S HABITAT FOR HUMANITY PRESENTATION

Tuesday the 13th at 1PM

Anna's parents are going to share some history about Habitat and how they have been involved throughout the years.

RAPTOR PROGRAM

Wednesday the 21st at 1PM (DR)

This is a popular yearly program. It is so fun to hear about the birds they have rescued and to see them. They bring different birds each year, so there are always new stories to hear.

STAFF VS RESIDENT GAMES

Wednesday the 28th at 1PM

Do you want to take on the staff in Trivia or Family Feud. Come and join the friendly competition!

BEATLES SONGS WITH MARISELA

Wednesday the 28th at 2PM

Please come and sing with Marisela and she will also be showing her NYC singing video for those who haven't seen it.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy New Year</p> <p>JAN</p>		 <p>The Windsor</p> <p>All activities are subject to change.</p>		<p>NEW YEAR'S DAY BARB'S BIRTHDAY!</p> <p>10:00AM New Year's Parade (AR)</p> <p>2:30PM Matinee/ Movie of Choice (AR)</p> <p>6:15PM- Dominoes (AR)</p>	<p>1</p> <p>10AM- Exercise with Darcy (AR)</p> <p>11AM – Shut the Box (AR)</p> <p>1PM Blood Pressure Clinic (PDR)</p> <p>3PM- <i>Kendra's Musical Performance (DR)</i></p> <p>6:15PM-Netflix Movie: Dog (AR)</p>	<p>2</p> <p>10AM Wii Golf (AR)</p> <p>1PM 3-13 Card Game (DR)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15PM- Documentary You Tube Movie: Wonders of Planet Earth (AR)</p>
<p>9:30AM Church You Tube (AR)</p> <p>2:30PM Netflix Matinee: Harriet (AR)</p> <p>6:15PM- Resident Game of Choice (1st floor lobby)</p>	<p>4</p> <p>PODIATRY BETTY H'S BIRTHDAY!</p> <p>10AM- Exercise with Marisella (AR)</p> <p>11AM- Shuffleboard (The Lounge)</p> <p>1PM- Giant Crossword (AR)</p> <p>3PM- Let's Play Pool (The Lounge)</p> <p>6:15PM- Netflix TV Series: Heartland (AR)</p>	<p>5</p> <p>PHIL'S BIRTHDAY!</p> <p>10AM-Brain Games (AR)</p> <p>11AM- <i>Roland's Universe Presentation (AR)</i></p> <p>1PM- Marisela's Karaoke (AR)</p> <p>3PM- Quarter Bingo (AR)</p> <p>6:15PM Golf the Card Game (AR)</p>	<p>6</p> <p>10AM- Stretching Class (AR)</p> <p>10:30AM- <i>Shopping Outing- Dollar Tree *please sign up</i></p> <p>10:30AM- Rosary (PDR)</p> <p>1PM- Scrabble (Sunroom)</p> <p>2:00PM – Food as Medicine (AR)</p> <p>3PM – Mahjong (AR)</p> <p>6:15PM- Netflix TV Series: This is Us (AR)</p> <p>6:30PM Bridge (1st floor lobby)</p>	<p>7</p> <p>10AM - Hasfit Exercise (AR)</p> <p>11AM- Left Right Center (AR)</p> <p>1PM – Art Class (AR)</p> <p>2PM-Library Drop Off (L)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15PM- Dominoes (AR)</p>	<p>8</p> <p>10AM- Exercise with Darcy (AR)</p> <p>11:15AM- <i>Lunch Outing: - Red Robin *please sign up</i></p> <p>3PM- <i>Sound Affects Musical Performance (DR)</i></p> <p>6:15PM-Netflix Movie: The Wrong Paris (AR)</p>	<p>10</p> <p>10AM- Wii Golf (AR)</p> <p>1PM 3-13 Card Game (DR)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15PM Documentary You Tube Movie: The Dark Story of American's Famous Mansion (AR)</p>
<p>9:30AM Church You Tube (AR)</p> <p>2:30PM Netflix Matinee: Here (AR)</p> <p>6:15PM- Resident Game of Choice (1st floor lobby)</p>	<p>11</p> <p>10AM- Exercise with Marisella (AR)</p> <p>11AM- Flower Arranging (AR)</p> <p>1PM- Giant Crossword (AR)</p> <p>3PM- Let's Play Some Pool (The Lounge)</p> <p>6:15PM- Netflix TV Series: Heartland (AR)</p>	<p>12</p> <p>10AM- Brain Games (DR)</p> <p>11AM- <i>Fall Prevention Presentation (AR)</i></p> <p>1PM- <i>Pete's and Lin's Presentation on Habitat for Humanity Presentation (AR)</i></p> <p>3PM- Quarter Bingo (AR)</p> <p>6:15PM Golf the Card Game (AR)</p>	<p>13</p> <p>9:30AM- Food Committee (AR)</p> <p>10AM- Stretching Class (AR)</p> <p>10:30AM- Rosary (PDR)</p> <p>1PM- Scrabble (Sunroom)</p> <p>3PM – Mahjong (AR)</p> <p>6:15PM- Netflix TV Series: This is Us (AR)</p> <p>6:30PM Bridge (1st floor lobby)</p>	<p>14</p> <p>9:30AM- Food Committee (AR)</p> <p>10AM- Hasfit Exercise (AR)</p> <p>11AM- Left Right Center (AR)</p> <p>1PM – Art Class (AR)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15 PM- Dominoes (AR)</p>	<p>15</p> <p>10AM- Exercise with Darcy (AR)</p> <p>11AM – Shut the Box (AR)</p> <p>1PM- <i>Scenic Drive to Buckees * please sign up</i></p> <p>3PM- <i>Russel's Musical Entertainment (DR)</i></p> <p>6:15PM-Netflix Movie: About My Father (AR)</p>	<p>17</p> <p>10AM- Wii Golf (AR)</p> <p>1PM 3-13 Card Game (DR)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15PM- Documentary You Tube Movie: The Gilded Age (AR)</p>
<p>9:30AM Church You Tube (AR)</p> <p>2:30PM Netflix Matinee: Heaven is for Real (AR)</p> <p>6:15PM- Resident Game of Choice (1st floor lobby)</p>	<p>18</p> <p>MARTIN LUTHERAN KING JR'S DAY</p> <p>10AM- Exercise with Marisella (AR)</p> <p>11AM- Shuffleboard Game (The Lounge)</p> <p>1PM- Giant Crossword (AR)</p> <p>3PM- Let's Play Some Pool (The Lounge)</p> <p>6:15PM- Netflix TV Series: Heartland (AR)</p>	<p>19</p> <p>AERIEL'S BIRTHDAY!</p> <p>10AM- Casino Games (DR)</p> <p>1PM- <i>Roland's Universe Presentation (AR)</i></p> <p>3PM- Quarter Bingo (AR)</p> <p>6:15PM Golf the Card Game (AR)</p>	<p>20</p> <p>10AM- Stretching Class (AR)</p> <p>10:30AM- Rosary (PDR)</p> <p>1PM- <i>Raptor Program (DR)</i></p> <p>3PM – Mahjong (AR)</p> <p>6:15PM- Netflix TV Series: This is Us (AR)</p> <p>6:30PM Bridge (1st floor lobby)</p>	<p>21</p> <p>10AM- HaSFit Exercise (AR)</p> <p>11AM- Left Right Center (AR)</p> <p>1PM – Art Class (AR)</p> <p>2PM-Library Drop Off (L)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15 PM- Dominoes (AR)</p>	<p>22</p> <p>MAUREEN'S BIRTHDAY!</p> <p>10AM- HaSFit Exercise (AR)</p> <p>11AM- Left Right Center (AR)</p> <p>1PM – Art Class (AR)</p> <p>2PM-Library Drop Off (L)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15 PM- Dominoes (AR)</p>	<p>24</p> <p>10AM- Wii Golf (AR)</p> <p>1PM 3-13 Card Game (DR)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15PM- Documentary You Tube Movie: No Power, Tech or Modern Life: The Mennonites (AR)</p>
<p>9:30AM Bible Lessons with John (AR)</p> <p>2:30PM Netflix Matinee: Lilly (AR)</p> <p>6:15PM- Resident Game of Choice (1st floor lobby)</p>	<p>25</p> <p>10AM- Exercise with Marisella (AR)</p> <p>11AM- Shuffleboard Game (The Lounge)</p> <p>1PM- Giant Crossword (AR)</p> <p>3PM- Let's Play Some Pool (The Lounge)</p> <p>6:15PM- Netflix TV Series: Heartland (AR)</p>	<p>26</p> <p>10AM- Brain Games (DR)</p> <p>11AM- Resident Meeting (AR)</p> <p>1PM- <i>Roland's Universe Presentation (AR)</i></p> <p>3PM- Super Quarter Bingo (AR)</p> <p>6:15PM Golf the Card Game (AR)</p>	<p>27</p> <p>CHUCK'S BIRTHDAY!</p> <p>10:00AM- <i>Shopping Outing - Walmart *please sign up</i></p> <p>10AM- Stretching Class (AR)</p> <p>10:30AM- Rosary (PDR)</p> <p>1PM- Scrabble (Sunroom)</p> <p>1PM - <i>Staff vs Resident Game (AR)</i></p> <p>2PM - <i>Beatles Songs with Marisela (AR)</i></p> <p>3PM – Mahjong (AR)</p> <p>6:15PM- Netflix TV Series: This is Us (AR)</p> <p>6:30PM Bridge (1st floor lobby)</p>	<p>28</p> <p>10AM - Hasfit Exercise (AR)</p> <p>11AM- Left Right Center (AR)</p> <p>1PM – Art Class (AR)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15PM- Dominoes (AR)</p>	<p>29</p> <p>10AM- Exercise with Darcy (AR)</p> <p>11AM – Shut the Box (AR)</p> <p>3PM- Neal Diamond You Tube Musical (DR)</p> <p>6:15PM-Netflix Movie: Military Wives (AR)</p>	<p>31</p> <p>10AM- Wii Golf (AR)</p> <p>1PM 3-13 Card Game (DR)</p> <p>3PM- Wii Bowling (AR)</p> <p>6:15PM- Documentary You Tube Movie: Ariel America The Best of the Midwest (AR)</p>

MUSICAL ACTS FRIDAYS AT 3PM (DR)

Kendra

January 2nd

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

Sound Affects Musical Performance

January 9th

Russel

January 16th

He has an incredible voice, preferring John Denver songs.

Steve

January 23rd

He plays familiar oldies and sings while playing his Guitar



Our first Poker Queen!



Christmas at The Windsor was DeVine!



This lady knows how to win the football pool!



Church group on Sunday morning.

OUTINGS

SCENIC DRIVE – BUCES

January 16th at 1:00PM

LUNCH OUTINGS –

Red Robin

Friday the 9th at 11:15AM

Pollos El Guero

Friday the 23rd at 11:15AM

USUAL SUSPECTS:

FOOT AND TOENAIL CLINIC

Monday the 5th 2:30PM-4:30PM

AUDIOLOGIST VISITS

Monday April 6th at 12:30-1:30PM (PDR)

*please sign up at the front desk for podiatry and audiology





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.



Burger King
Presenter!



Some of the Art club members

