

# The Winslow *happenings*

JANUARY 2026



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

**ADMINISTRATOR**  
Chelsea Irwin

**OFFICE MANAGER**  
Andrea Dunn

**EXECUTIVE CHEF**  
Scott Bean

**WAITSTAFF  
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Elena Garcia

**HOUSEKEEPING  
SUPERVISOR**  
Sandy Clark

**MAINTENANCE  
SUPERVISOR**  
Randy Hixson

**ACTIVITIES  
DIRECTOR**  
Abby Barbre



## HAPPY NEW YEAR FROM US ALL!

As we usher in 2026, we are excited to share this new year with you. We thank you for choosing us, and for sharing your love and laughter throughout our halls. It is an honor to know each and every one of you. We look forward to all the excitement planned for this year, and look forward to many more with you!



## JANUARY BIRTHDAYS!

**Karen Miller** - January 5th

**Nancy Everstine** - January 5th

**Frank Stewart** - January 5th

**Dick Myhre** - January 14th

## KEVIN COOK PRESENTS: OLD-TIMER TREES, POISONOUS MUSHROOMS, AND LIVING OUT OF PLACE (AR)

*Tuesday, January 6th at 1pm*

Old age differs among species, but we have trees growing here since before Humanity knew the world was round. We also have a mushroom that produces an interesting toxin plus four species we typically assume should live far, far away.

## \*FLOWER ARRANGING (AR)

*Wednesday, January 7th 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 spot today! \*Signing up is required for this event as supplies and space are limited.

## \*PAINTING WITH ANN (AR)

*Monday, January 12th at 1pm*

Ann Bryant will be hosting a painting class in the activities room. This will expand on her prior teachings! No prior experience or attendance is necessary. As always, it is watercolor and mixed medium. We hope to see you there! \*Please sign up as supplies and space are limited. No payment required.

## TRIVIA (AR)

*Tuesday, January 13th at 1pm*

Join us in Trivia as we play several rounds, each winning a prize! Our trivia covers a wide span of topics, so bring it on! We look forward to playing with you!

## NEW RESIDENT ORIENTATION (AR)

*Thursday, January 15th at 1pm*

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.

## \*WINTER CHAMPAGNE BANQUET (WH)

*Sunday, January 18th from 12pm-3pm*

As we begin the new year, we are hosting another champagne banquet! Please make sure to sign up with times at the front desk, and mention how many guests you'll be bringing. We look forward to serving you. \*Signing up for this event is required.

## MUSIC: JOEL AND THE BOYS (AR)

*Monday, January 19th at 3pm*

Our driver Joel will return with his band on **Monday, January 19th at 3pm!** Mark your calendars, it's the perfect time to show up and support local artists.

## THE WINSLOW SINGERS: BROADWAY (AR)

*Tuesday, January 20th at 1pm*

This month's Winslow Singers theme is Broadway! Expect anything and everything broadway, from Oklahoma to Wicked to anything your heart desires! Put on your dancing shoes and your best sequins, and get ready to rock!

## TECH CLASS WITH CONSTANCE (AR)

*Saturday, January 24th at 2pm*

Constance returns in January to give another presentation about a variety of common technological issues. If you have any questions related to tech, she is the person to ask! We hope to see you there!

## THE WINSLOW CHILI COOK-OFF! (WH)

*Wednesday, January 28th at 12pm*

In light of the Cookie War in December, we are having a Chili Cook-off! A variety of employees (but we won't tell you who!) will make their version of chili, and you, the residents, will be the taste testers and voters! **We will serve it in the Dining Room and Winslow Hall, and include a voting system.** We will announce the winners and reveal who cooked what! We hope to see you there- plus, there's nothing like a warm bowl of chili on a cold day.

## \*HOUSEKEEPING CRAFT: CREATE A SNACK TRAY (AR)

*Thursday, January 29th at 1pm*

Housekeeping crafts return with Willow and Lauren guiding you along the process of customizing a snack tray! This tray is perfect for charcuterie boards, bread, etc. \*Signing up is required as there is limited space and supplies.

## WINSLOW OUTINGS

### \*LUNCH OUTING: THE MOOT HOUSE (FL)

*Wednesday, January 21st at 11am*

This month's lunch outing was picked by our administrator, Chelsea! The Moot House is famous on its own, but has a delicious variety of foods for you to pick from. The best part? We already have our reservation! No wait time, no fuss, just fun and food. **\*Signing up for this event is required, as space is limited.** Residents must bring their own money to pay for their meals.

## 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Happy New Year</b> <b>JAN 2024</b>	 <b>All activities are subject to change.</b>	 <b>The Winslow</b>		<b>NEW YEAR'S DAY</b> 9am - Billiard's Pool (PT) 10am - Senior Fitness w/ Meredith (AR) 3pm - Bingo (AR) 6:15pm - Movie: Reception's Choice (AR)	<b>1</b>  <b>*9:15am - King Soopers (FL)</b> <b>10am</b> - Senior Fitness with Dianne (AR) <b>11:30am</b> - Senior Fitness with Jackie (AR) <b>1-3pm</b> - Canasta (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Social hour (WH) <b>6:15pm</b> - Series: Midsomer Murders (AR)	<b>2</b>  <b>10am</b> - Senior Fitness (AR) <b>11am</b> - Mexican Train Dominoes (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>6:15pm</b> - Movie: Casablanca (AR)	
<b>10:30am</b> - Senior Fitness w/ Jackie (AR) <b>11:15am</b> - Virtual Sermons (AR) <b>*1:15pm</b> - Wii Bowling (AR) <b>2pm</b> - Arts and Crafts Club (LSLR) <b>*3:30pm</b> - Wii Golf (AR) <b>6:15pm</b> - Series: Randy's Choice (AR)	<b>4</b> <b>HAPPY BIRTHDAY KAREN MILLER, NANCY EVERSTINE, AND FRANK STEWART!</b> 10am - Virtual Tai Chi Chih (AR) 11am - Yoga Therapy (AR) 1-3pm - Bridge Club (WH) 3pm - Seated Ballet (AR) 6:15pm - Documentary: Shadowlands (AR)	<b>5</b> <b>10am</b> - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>11am</b> - Stretch and Strengthen with Erin (AR) <b>1pm</b> - Kevin Cook Presents: Old-timer Trees, Poisonous Mushrooms, and Living Out of Place (AR) 3pm - Bingo (AR) 6:15pm - Series: The Gilded Age (AR)	<b>6</b> <b>10am</b> - Current Events (AR) <b>10am</b> - Chair Yoga w/ Danni (AR) <b>11am</b> - The Winslow Writers Group (LSLR) <b>1pm</b> - Rummikub Club (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Flower Arranging (AR) 6:15pm - Movie: A Hard Day's Night (AR)	<b>7</b> <b>8:30am</b> - Current Events (AR) <b>10am</b> - Chair Yoga w/ Danni (AR) <b>11am</b> - The Winslow Writers Group (LSLR) <b>1pm</b> - Rummikub Club (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Bingo (AR) <b>6:15pm</b> - Movie: Reception's Choice (AR)	<b>8</b> <b>9am</b> - Billiard's Pool (PT) <b>10am</b> - Senior Fitness w/ Meredith (AR) <b>11am</b> - Bible Study (PD) <b>12pm</b> - Balance and Mobility w/ Erin (AR) <b>3pm</b> - Bingo (AR) <b>6:15pm</b> - Movie: Reception's Choice (AR)	<b>9</b> <b>*9:15am - King Soopers (FL)</b> <b>10am</b> - Senior Fitness with Dianne (AR) <b>11:30am</b> - Senior Fitness w/ Jackie (AR) <b>1-3pm</b> - Canasta (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Social hour (WH) <b>6:15pm</b> - Series: Midsomer Murders (AR)	<b>10</b>  <b>10am</b> - Senior Fitness (AR) <b>11am</b> - Mexican Train Dominoes (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>6:15pm</b> - Movie: Madame Bovary (AR)
<b>10:30am</b> - Senior Fitness w/ Jackie (AR) <b>11:15am</b> - Virtual Sermons (AR) <b>*1:15pm</b> - Wii Bowling (AR) <b>2pm</b> - Arts and Crafts Club (LSLR) <b>*3:30pm</b> - Wii Golf (AR) <b>6:15pm</b> - Series: Randy's Choice (AR)	<b>11</b> <b>10am</b> - Virtual Tai Chi Chih (AR) <b>11am</b> - Yoga Therapy (AR) <b>12pm</b> - Roman Catholic Communion (PD) 1-3pm - Bridge Club (WH) <b>*1pm</b> - Painting w/ Ann (AR) 3pm - Seated Ballet (AR) 6:15pm - Documentary: Wild Birds of Australia (AR)	<b>12</b> <b>10am</b> - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>11am</b> - Stretch and Strengthen with Erin (AR) <b>1pm</b> - Trivia (AR) 3pm - Bingo (AR) 6:15pm - Series: The Gilded Age (AR)	<b>13</b> <b>HAPPY BIRTHDAY DICK MYHRE!</b> 8am - Gentlemen's Breakfast (PD) 8:30am - Current Events (AR) <b>10am</b> - Chair Yoga w/ Danni (AR) <b>11am</b> - The Winslow Writers Group (LSLR) <b>1pm</b> - Rummikub Club (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) 6:15pm - Movie: Blithe Spirit (AR)	<b>14</b>  <b>10am</b> - Billiard's Pool (PT) <b>10am</b> - Senior Fitness w/ Meredith (AR) <b>11am</b> - Bible Study (PD) <b>1pm</b> - New Resident Orientation (AR) 3pm - Bingo (AR) 6:15pm - Movie: Reception's Choice (AR)	<b>15</b>  <b>9am</b> - Billiard's Pool (PT) <b>10am</b> - Senior Fitness with Dianne (AR) <b>11:30am</b> - Senior Fitness w/ Jackie (AR) <b>1-3pm</b> - Canasta (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Social hour (WH) <b>6:15pm</b> - Series: Midsomer Murders (AR)	<b>16</b>  <b>*9:15am - King Soopers (FL)</b> <b>10am</b> - Senior Fitness with Dianne (AR) <b>11:30am</b> - Senior Fitness w/ Jackie (AR) <b>1-3pm</b> - Canasta (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>6:15pm</b> - Movie: 8 1/2 (AR)	<b>17</b>  <b>10am</b> - Senior Fitness (AR) <b>11am</b> - Mexican Train Dominoes (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>6:15pm</b> - Movie: 8 1/2 (AR)
<b>10:30am</b> - Senior Fitness w/ Jackie (AR) <b>11:15am</b> - Virtual Sermons (AR) <b>*12pm-3pm - Winter Champagne Banquet (WH)</b> <b>*1:15pm</b> - Wii Bowling (AR) <b>2pm</b> - Arts and Crafts Club (LSLR) <b>*3:30pm</b> - Wii Golf (AR) <b>6:15pm</b> - Series: Randy's Choice (AR)	<b>18</b> <b>MARTIN LUTHER KING JR. DAY</b> 10am - Virtual Tai Chi Chih (AR) <b>11am</b> - January Birthday Concert! (WH) 1-3pm - Bridge Club (WH) <b>3pm</b> - Music: Joel and the Boys (AR) 6:15pm - Documentary: The Wonder of Britain (AR)	<b>19</b> <b>10am</b> - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>11am</b> - Stretch and Strengthen with Erin (AR) <b>1pm</b> - The Winslow Singers: Broadway (AR) 3pm - Bingo (AR) 6:15pm - Series: The Gilded Age (AR)	<b>20</b>  <b>8:30am</b> - Current Events (AR) <b>10am</b> - Chair Yoga w/ Danni (AR) <b>11am</b> - The Winslow Writers Group (LSLR) <b>*11am</b> - Lunch Outing: The Moot House (FL) 1pm - Rummikub Club (LSLR) 3pm - Book Club (PD) <b>*1:15pm</b> - Wii Bowling (AR) 6:15pm - Movie: Singin' in the Rain (AR)	<b>21</b>  <b>8:30am</b> - Current Events (AR) <b>10am</b> - Chair Yoga w/ Danni (AR) <b>11am</b> - The Winslow Writers Group (LSLR) <b>*11am</b> - Lunch Outing: The Moot House (FL) 1pm - Rummikub Club (LSLR) 3pm - Book Club (PD) <b>*1:15pm</b> - Wii Bowling (AR) 6:15pm - Movie: Singin' in the Rain (AR)	<b>22</b>  <b>9am</b> - Billiard's Pool (PT) <b>10am</b> - Senior Fitness w/ Meredith (AR) <b>11am</b> - Bible Study (PD) <b>12pm</b> - Balance and Mobility w/ Erin (AR) 3pm - Bingo (AR) 6:15pm - Movie: Reception's Choice (AR)	<b>23</b>  <b>*9:15am - King Soopers (FL)</b> <b>10am</b> - Senior Fitness with Dianne (AR) <b>11:30am</b> - Senior Fitness w/ Jackie (AR) <b>1-3pm</b> - Canasta (LSLR) <b>1pm</b> - Blood Pressure Clinic (FP) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Social hour (WH) <b>6:15pm</b> - Series: Midsomer Murders (AR)	<b>24</b>  <b>10am</b> - Senior Fitness (AR) <b>11am</b> - Mexican Train Dominoes (LSLR) <b>2pm</b> - Tech Class w/ Constance (AR) 3:30pm - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>6:15pm</b> - Movie: Barbie (AR)
<b>10:30am</b> - Senior Fitness w/ Jackie (AR) <b>11:15am</b> - Virtual Sermons (AR) <b>*1:15pm</b> - Wii Bowling (AR) <b>2pm</b> - Arts and Crafts Club (LSLR) <b>*3:30pm</b> - Wii Golf (AR) <b>6:15pm</b> - Series: Randy's Choice (AR)	<b>25</b> <b>10am</b> - Virtual Tai Chi Chih (AR) <b>11am</b> - Yoga Therapy (AR) <b>12pm</b> - Roman Catholic Communion (PD) 1-3pm - Bridge Club (WH) 3pm - Seated Ballet (AR) 6:15pm - Documentary: Alien Abyss (AR)	<b>26</b> <b>10am</b> - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>11am</b> - Stretch and Strengthen with Erin (AR) <b>1pm</b> - Resident Input Meeting (AR) 3pm - Bingo (AR) 6:15pm - Series: The Gilded Age (AR)	<b>27</b>  <b>8am</b> - Gentlemen's Breakfast (PD) <b>8:30am</b> - Current Events (AR) <b>10am</b> - Chair Yoga w/ Danni (AR) <b>11am</b> - The Winslow Writers Group (LSLR) <b>12pm</b> - The Winslow Chili Cook-off! (WH) 1pm - Rummikub Club (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) 6:15pm - Movie: Divorce, Italian Style (AR)	<b>28</b>  <b>8am</b> - Gentlemen's Breakfast (PD) <b>8:30am</b> - Current Events (AR) <b>10am</b> - Chair Yoga w/ Danni (AR) <b>11am</b> - The Winslow Writers Group (LSLR) <b>12pm</b> - The Winslow Chili Cook-off! (WH) 1pm - Rummikub Club (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) 6:15pm - Movie: Reception's Choice (AR)	<b>29</b>  <b>9am</b> - Billiard's Pool (PT) <b>10am</b> - Senior Fitness w/ Meredith (AR) <b>11am</b> - Bible Study (PD) <b>*1pm</b> - Housekeeping Craft: Create a Snack Tray! 3pm - Bingo (AR) 6:15pm - Movie: Reception's Choice (AR)	<b>30</b>  <b>*9:15am - King Soopers (FL)</b> <b>10am</b> - Senior Fitness with Dianne (AR) <b>11:30am</b> - Senior Fitness w/ Jackie (AR) <b>1-3pm</b> - Canasta (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Social hour (WH) <b>6:15pm</b> - Series: Midsomer Murders (AR)	<b>31</b>  <b>10am</b> - Senior Fitness (AR) <b>11am</b> - Mexican Train Dominoes (LSLR) <b>*1:15pm</b> - Wii Bowling (AR) <b>3pm</b> - Kickstart Chair Yoga Therapy w/ Sherry (AR) <b>6:15pm</b> - Movie: The Last of the Blonde Bombshells (AR)

## 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.

## EXERCISE CLASSES PROVIDED BY THE WINSLOW

**Virtual Tai Chi Chih with Rebecca:**  
10:00am on Mondays.

**Senior Fitness with Jackie:**  
11:30am on Fridays, and 10:30am on Sundays.

**Senior Fitness with Meredith**  
10:00am on Thursdays.

**Senior Fitness with Diane**  
10:00am on Fridays.

**Senior Fitness**  
10:00am on Saturdays.

**Seated Ballet**  
3:00pm on the first, second, and fourth Mondays.



### Kickstart Chair Yoga Therapy with Sherry:

10:00am on Tuesdays,  
3:00pm on Saturdays.

**Chair Yoga with Danni**  
10:00am on Wednesdays.

**Yoga Therapy**  
11:00am on Mondays.

**Balance and Mobility with Erin:**  
Second and fourth Thursdays of the month at 12:00pm.

**Stretch and Strengthen with Erin**  
11am on Tuesdays.

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

## CHANGES TO NOTE

- **Adding a new exercise class:** Stretch and Strengthen with Erin. Erin is the same woman who does our Balance and Mobility class.
- Because of the above, Senior Fitness with Jackie will be moved to 11:30am on Fridays. Rest assured, we will still have Jackie twice a week!
- **Adding a Sunday series.** This series will be picked by our maintenance supervisor, Randy Hixson!



Ornament Painting.



Residents enjoying Christmas Carols with John and Emma.



Christmas Caroling at the Holiday Party!



Santa Claus at the Holiday Party.

# MOVIES FOR THE MONTH

**January 3, Saturday** - Casablanca: An American nightclub owner in Morocco is drawn into WW2 when his lost love turns up. Drama, Classics, **PG**

**January 5, Monday** - Shadowlands: The filmmaker sheds light on the life of aquatic animals residing in remote areas of the Earth where survival is paramount. Documentary, **TV14**

**January 7, Wednesday** - A Hard Day's Night: This deliciously dizzy, mockumentary-style comedy traces 26 frenzied hours in the lives of John, Paul, George, and Ringo at the height of Beatlemania. Comedy, **G**

**January 10, Saturday** - Madame Bovary: A romantic country girl sacrifices her marriage when she thinks she found true love. Drama, Classics

**January 12, Monday** - Wild Birds of Australia: An aerial odyssey of the amazing and various species of birds living throughout the diverse habitats of Australia, from breaches to tropical forests. Documentary, **TVPG**

**January 14, Wednesday** - Blithe Spirit: A man and his second wife are haunted by the ghost of his first wife. Romantic Comedy, **TV-G**

**January 17, Saturday** - 8 ½: Federico Fellini's 1963 classic Oscar-winning drama stars Marcello Mastroianni as a movie director struggling with his latest production. Drama, Classics, **TV-PG**

**January 19, Monday** - The Wonder of Britain: Julia Bradbury embarks on a 12,000 mile journey around Britain exploring all the country has to offer, from historical monuments to modern upgrades. Documentary, **TVPG**

**January 21, Wednesday** - Singin' in the Rain: Gene Kelly stars in this musical about a silent-screen star who finds love while trying to adjust to the coming of sound. Romantic Comedy, **G**

**January 24, Saturday** - Barbie: To live in Barbie Land is to be the perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken. Comedy, **PG-13**

**January 26, Monday** - Alien Abyss: Strange adaptations, quirky relationships and bizarre mating rituals of the weird and wonderful creatures who live in the ocean's darkest depths. Documentary, **TVPG**

**January 28, Wednesday** - Divorce Italian Style: A Sicilian nobleman plots to dump his wife for a younger woman - even if it means murder. Comedy, Drama, **TV-14**

**January 31, Saturday** - The Last of the Blonde Bombshells: A widow tries to reassemble the all-girl swing band in which she played WW2. Comedy, Drama, **PG-13**

## 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  
**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 Saturday ..... at 1:30pm

**Wisdom Study with Peter (WH)** ..... Tuesdays, 11:15am  
**Writing Group: (LSLR)** ..... Wednesdays, 11:00am  
**Mexican Train Dominos (LSLR)** ..... Saturdays, 11:00am  
**Arts and Crafts Club (LSLR)** ..... Sundays, 2:00pm

**Movie: Reception's Choice (AR)** ..... Thursdays, 6:15pm  
**Series: Randy's Choice (AR)** ..... Sundays, 6:15pm

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