

The Winslow *Happenings*

MARCH 2026



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**ACTIVITIES
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WELCOME TO MARCH!

IT'S TIME FOR MARCH!

March is here, bringing hints of spring and a fresh start to the season! As the days grow a little longer, we have plenty of activities planned to keep everyone engaged and connected. From Saint Patrick's Day celebrations to presentations, there is something for everyone. Let's make March a month full of fun, laughter, and community!

MARCH BIRTHDAYS!

Vera Kahl - **March 4th**
Doris Lidke - **March 5th**
Bob Friberg - **March 5th**
Iris Bowles - **March 9th**
Phyllis Beck - **March 23rd**
Gordon Everstine - **March 30th**



MUSIC: JOEL AND THE BOYS (AR)

Sunday, March 1st at 6:15pm

Join us in the Activity Room for another wonderful rendition from Joel and the Boys! You asked and we listened, and the boys are back!

KEVIN COOK PRESENTS: AREN'T ANIMALS SUPPOSED TO EAT PLANTS?! (AR)

Tuesday, March 3rd at 1pm

We use “herbivory” to describe eating habits of animals that consume plants, but we don’t have a companion term to describe plants that eat animals...even though we have at least six, maybe seven, of them growing wild in Colorado!

SIGN LANGUAGE CLASS WITH DOMINICA (AR)

Wednesdays at 3pm

Have you ever wanted to learn a new language? It’s never too late! Join Dominica as she teaches the basics of ASL - American Sign Language! This will help communicate with those who are deaf or hard of hearing. **This class will be held each Wednesday at 3pm!**

FLUTE QUARTET PERFORMANCE (AR)

Thursday, March 5th at 1pm

This month we are joined by a wonderful flute quartet. They will perform a variety of pieces, each better than the last! We hope you will join us.

GOLDEN 90S TEA PARTY (WH)

Tuesday, March 10th at 12pm

The time has come again for us to celebrate our wonderful Golden 90s Residents! **If you are over 90, keep an eye out for an invitation from us.** We will have a delightful variety of finger foods, from small cookies to little sandwiches, all prepared by our wonderful Chef Adam. Not only that, but we will have a harpist join us for some soothing, regal background music.

*BRUNCH OUTING: ANOTHER BROKEN EGG CAFE (FL)

Thursday, March 12th at 10am

This cafe was recommended, and we listened! Join us as we have brunch at Another Broken Egg Cafe. ***Signing up for this event is required, as space is limited.** Residents must bring their own money.

*HOUSEKEEPING CRAFT (AR)

Friday, March 13th at 1pm

Our housekeepers are busy preparing another craft for you! This time it will be St. Patrick’s Day themed! Stay tuned to learn the specifics. ***Signing up is required for this event as supplies and space are limited.**

MUSIC: OLDIES BUT GOODIES BAND (AR)

Saturday, March 14th at 1pm

This band comes highly recommended by our resident Fran Green! They have a guitarist and drummer, and play a variety of “oldies but goodies”, hence the name. We hope you’ll join us for some musical fun!

MARK SEROUR PRESENTS: THE MAIL MUST GO THROUGH (AR)

Monday, March 16th at 1pm

“How did people maintain contact during the westward migration of the mid-nineteenth century? The U.S. Mail became a vital component to the lives of all, as there was nary a person who was not involved or affected. Communication lines were lengthened dramatically and emigrants found themselves hundreds, if not thousands, of miles away from family and friends.” Join us in the activity room to see some original mail from the 1860s!

SAINT PATRICK’S DAY CELEBRATION WITH THE MCTEGGART IRISH DANCERS!

Tuesday, March 17th at 1pm

This Saint Patrick’s Day, join us for a bushel of fun! We will have beer and snacks while you enjoy the performance by the McTeggart Irish Dancers! We hope to see you there!



THE WINSLOW WRITERS SPRING EQUINOX READING (WH)

Friday, March 20th at 6:45pm

As Spring comes around once more, it is finally time to have another reading presentation by those in our Writer’s Group! Everyone is welcome to attend this event, which is led by Carmel Mawle, daughter of former resident Willean Denton-Hornbeck.

THE WINSLOW SINGERS (AR)

Tuesday, March 24th at 1pm

This Singers does not have a theme- we are sticking with the classics you know and love. Expect a lot of John Denver and Johnny Cash, plus a nice handful of other songs! **If you would like to perform in any way, just let Abby know.** Otherwise, we hope to see you there and singing your heart out!

GUACAMOLE MAKE-OFF! (WH)

Monday, March 30th at 12pm

I hope you like guacamole because several employees are slated to make their own favorite versions of this dip! Abby, Adam, and Chelsea are guaranteed to join, plus some others, so stay tuned for details!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am – Senior Fitness w/ Jackie (AR) 1 11:15am – Documentary (AR) *1:15pm – Wii Bowling (AR) 2pm – Arts and Crafts Club (101) 6:15pm – <i>Music: Joel and the Boys (AR)</i>	10am – Virtual Tai Chi Chih (AR) 2 11am – Seated Movement (AR) 1-3pm – Bridge Club (WH) 3pm – Yoga Therapy (AR) 6:15pm – Documentary: Hostile Planet (AR)	10am – Kickstart Chair Yoga Therapy w/ Sherry (AR) 3 11am – Stretch and Strengthen w/ Erin (AR) 1pm – <i>Kevin Cook Presents: Aren't Animals Supposed to Eat Plants!?! (AR)</i> 3pm – Bingo (AR) 6:15pm – Series: The Gilded Age (AR)	8:30am – Current Events (AR) 4 10am – Chair Yoga w/ Danni (AR) 11am – The Winslow Writers (LSLR) 1pm – Rummikub Club (LSLR) *1:15pm – Wii Bowling (AR) 3pm – <i>Sign Language Class w/ Dominica (AR)</i> 6:15pm – Movie: Ella McCoy (AR)	9am – Billiard's Pool (PT) 5 10am – Senior Fitness w/ Meredith (AR) 11am – Bible Study (PD) 1pm – <i>Flute Quartet (AR)</i> 3pm – Bingo (AR) 6:15pm – Movie: Reception's Choice (AR)	*9:15am – <i>King Soopers Outing (FL)</i> 6 10am – Senior Fitness w/ Diane (AR) 11am – Senior Fitness w/ Jackie (AR) 1-3pm – Canasta (LSLR) *1:15pm – Wii Bowling (AR) 3pm – Social Hour (WH) 6:15pm – Series: Midsommer Murders (AR)	10am – Senior Fitness (AR) 7 11am – Mexican Train Dominoes (LSLR) *1:15pm – Wii Bowling (AR) 3pm – Kickstart Chair Yoga Therapy w/ Sherry (AR) 6:15pm – Movie: Big Business (AR)
INTERNATIONAL WOMEN'S DAY 8 DAYLIGHT SAVINGS STARTS 10:30am – Senior Fitness w/ Jackie (AR) 11:15am – Documentary (AR) *1:15pm – Wii Bowling (AR) 2pm – Arts and Crafts Club (101) 6:15pm – Series: Randy's Choice (AR)	10am – Virtual Tai Chi Chih (AR) 9 11am – Seated Movement (AR) 12pm – Roman Catholic Communion (PD) 1-3pm – Bridge Club (WH) 3pm – Yoga Therapy (AR) 6:15pm – Documentary: Kingdom of the White Wolf (AR)	10am – Kickstart Chair Yoga Therapy w/ Sherry (AR) 10 11am – Stretch and Strengthen w/ Erin (AR) 12pm – <i>Golden 90s Tea Party (WH)</i> 3pm – Bingo (AR) 6:15pm – Series: The Gilded Age (AR)	8:30am – Current Events (AR) 11 10am – Chair Yoga w/ Danni (AR) 11am – The Winslow Writers (LSLR) 1pm – Rummikub Club (LSLR) *1:15pm – Wii Bowling (AR) 3pm – <i>Sign Language Class w/ Dominica (AR)</i> 6:15pm – Movie: Swiss Family Robinson (AR)	9am – Billiard's Pool (PT) 12 10am – Senior Fitness w/ Meredith (AR) *10am – <i>Brunch Outing: Another Broken Egg Café (FL)</i> 11am – Bible Study (PD) 12pm – Balance and Mobility w/ Erin (AR) 3pm – Bingo (AR) 6:15pm – Movie: Reception's Choice (AR)	*9:15am – <i>King Soopers Outing (FL)</i> 13 10am – Senior Fitness w/ Diane (AR) 11am – Senior Fitness w/ Jackie (AR) 1-3pm – Canasta (LSLR) *1pm – Housekeeping Craft (AR) 3pm – Social Hour (WH) 6:15pm – Series: Midsommer Murders (AR)	PI DAY 14 10am – Senior Fitness (AR) 11am – Mexican Train Dominoes (LSLR) 1pm – <i>Music: Oldies But Goodies Band (AR)</i> 3pm – Kickstart Chair Yoga Therapy w/ Sherry (AR) 6:15pm – Movie: Davy Crockett: The King of the Wild Frontier (AR)
10:30am – Senior Fitness w/ Jackie (AR) 15 11:15am – Documentary (AR) *1:15pm – Wii Bowling (AR) 2pm – Arts and Crafts Club (101) 6:15pm – Series: Randy's Choice (AR)	10am – Virtual Tai Chi Chih (AR) 16 11am – Seated Movement (AR) 1-3pm – Bridge Club (WH) 1pm – <i>Mark Serour Presents: The Mail Must Go Through (AR)</i> 3pm – Yoga Therapy (AR) 6:15pm – Documentary: Chasing the Equinox (AR)	ST. PATRICK'S DAY 17 10am – Kickstart Chair Yoga Therapy w/ Sherry (AR) 11am – Stretch and Strengthen w/ Erin (AR) 1pm – <i>Saint Patty's Day Celebration with the McTeggart Irish Dancers! (WH)</i> 3pm – Bingo (AR) 6:15pm – Series: The Gilded Age (AR)	8:30am – Current Events (AR) 18 10am – Chair Yoga w/ Danni (AR) 11am – The Winslow Writers (LSLR) 1pm – Rummikub Club (LSLR) *1:15pm – Wii Bowling (AR) 3pm – <i>Sign Language Class w/ Dominica (AR)</i> 3pm – Book Club (PD) 6:15pm – Movie: Darby O'Gill (AR)	9am – Billiard's Pool (PT) 19 10am – Senior Fitness w/ Meredith (AR) 11am – Bible Study (PD) 1pm – Painting w/ Ann (101) 3pm – Bingo (AR) 6:15pm – Movie: Reception's Choice (AR)	*9:15am – <i>King Soopers Outing (FL)</i> 20 10am – Senior Fitness w/ Diane (AR) 11am – Senior Fitness w/ Jackie (AR) 1-3pm – Canasta (LSLR) *1:15pm – Wii Bowling (AR) 3pm – Social Hour (WH) 6:15pm – Series: Midsommer Murders (AR) 6:45pm – The Winslow Writers Spring Equinox Reading! (WH)	10am – Senior Fitness (AR) 21 11am – Mexican Train Dominoes (LSLR) *1:15pm – Wii Bowling (AR) 3pm – Kickstart Chair Yoga Therapy w/ Sherry (AR) 6:15pm – Movie: The Sign of Zorro (AR)
10:30am – Senior Fitness w/ Jackie (AR) 22 11:15am – Documentary (AR) *1:15pm – Wii Bowling (AR) 2pm – Arts and Crafts Club (101) 6:15pm – Series: Randy's Choice (AR)	10am – Virtual Tai Chi Chih (AR) 23 11am – Seated Movement (AR) 12pm – Roman Catholic Communion (PD) 1-3pm – Bridge Club (WH) *3pm – <i>Flower Arranging (AR)</i> 6:15pm – Documentary: The Lost Tomb of Alexander the Great (AR)	10am – Kickstart Chair Yoga Therapy w/ Sherry (AR) 24 11am – Stretch and Strengthen w/ Erin (AR) 1pm – <i>The Winslow Singers (AR)</i> 3pm – Bingo (AR) 6:15pm – Series: The Gilded Age (AR)	8:30am – Current Events (AR) 25 10am – Chair Yoga w/ Danni (AR) 11am – The Winslow Writers (LSLR) 1pm – Rummikub Club (LSLR) *1:15pm – Wii Bowling (AR) 3pm – <i>Sign Language Class w/ Dominica (AR)</i> 6:15pm – Movie: The Parent Trap (AR)	9am – Billiard's Pool (PT) 26 10am – Senior Fitness w/ Meredith (AR) 11am – Bible Study (PD) 12pm – Balance and Mobility w/ Erin (AR) 3pm – Bingo (AR) *3pm – <i>Shopping Outing: Goodwill (FL)</i> 6:15pm – Movie: Reception's Choice (AR)	*9:15am – <i>King Soopers Outing (FL)</i> 27 10am – Senior Fitness w/ Diane (AR) 11am – Senior Fitness w/ Jackie (AR) 1-3pm – Canasta (LSLR) 1pm – Blood Pressure Clinic (PD) *1:15pm – Wii Bowling (AR) 3pm – Social Hour (WH) 6:15pm – Series: Midsommer Murders (AR)	10am – Senior Fitness (AR) 28 11am – Mexican Train Dominoes (LSLR) 1pm – <i>Tech Class w/ Constance (AR)</i> 3pm – Kickstart Chair Yoga Therapy w/ Sherry (AR) 6:15pm – Movie: The Castaway Cowboy (AR)
PALM SUNDAY 29 10:30am – Senior Fitness w/ Jackie (AR) 11:15am – Documentary (AR) *1:15pm – Wii Bowling (AR) 2pm – Arts and Crafts Club (101) 6:15pm – Series: Randy's Choice (AR)	10am – Virtual Tai Chi Chih (AR) 30 11am – Seated Movement (AR) 1-3pm – Bridge Club (WH) 12pm – <i>Guacamole Make-Off! (WH)</i> 3pm – Yoga Therapy (AR) 6:15pm – Documentary: Genghis Khan, The Secret History of the Mongols (AR)	CESAR CHAVEZ DAY 31 10am – Kickstart Chair Yoga Therapy w/ Sherry (AR) 11am – Stretch and Strengthen w/ Erin (AR) 1pm – Resident Input Meeting (AR) 3pm – Bingo (AR) 6:15pm – Series: The Gilded Age (AR)				The Winslow All activities are subject to change.

WINSLOW OUTINGS

*SHOPPING OUTING: GOODWILL (FL)

Thursday, March 26th at 3pm

Join us as we go to Goodwill this month! One of the best thrifting shops in Fort Collins, you can find whatever your heart desires! *Signing up for this event is required, as space is limited. Residents must bring their own money.

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.**

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 Durban! 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:
11:00am 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 Movement
11:00am 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
3:00pm 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.

MOVIES FOR THE MONTH

March 2 - Hostile Planet - Hostile Planet reveals the animal kingdom's epic stories of survival in extreme environments. **TV-PG**, 48 min per episode

March 4 - Ella McCay - A comedy about those you love and how to survive them from James L. Brooks. **PG-13**, Drama, Comedy 1h 55m

March 7 - Big Business - Two sets of identical twins, mismatched at birth, cross paths years later. **PG**, Comedy, 1h 38m

March 9 - Kingdom of the White Wolf - In the remote, majestic landscape of the high Arctic, a photographer seeks the legendary white wolf. **TV-PG**, 45min per episode

March 11 - Swiss Family Robinson - A shipwrecked family uses ingenuity to survive on a deserted island. **G**, Action/Adventure, 2h 7m

March 14 - Davy Crockett: King of the Wild Frontier - Share Davy Crockett's legend, from the frontier to Congress to the Alamo. **PG**, Action/Adventure, 1h34m

March 16 - Chasing the Equinox - Ancient civilizations shared an incredible knowledge of the sun. **TV-PG**, 45min

March 18 - Darby O Gill and the Little People - Seeking a pot of gold, Darby O'Gill must match wits with a leprechaun. **G**, Romance, Fantasy, 1h 31m

March 21 - The Sign of Zorro - Don Diego dons the mask of Zorro to free his town from a dictator. **G**, Drama, Western, 1h 31m

March 23 - The Lost Tomb of Alexander the Great - An archaeologist on the hunt of Alexander the Great's lost tomb makes an extraordinary discovery. **TV-PG**, 45min

March 25 - The Parent Trap - Twins separated at birth reunite, then switch places to try and get their parents back together. **G**, Comedy, Romance, 2h 10m

March 28 - The Castaway Cowboy - A Texan castaway helps defend a Hawaiian family's land. **G**, Western, Action/Adventure, 1h 32m

March 30 - Genghis Khan, The Secret History of the Mongols - Khan's rise and the Mongolian Empire's expansion are brought to life. **TV-14**, 45min per episode

REOCCURRING EVENTS TO NOTE

Bible Study (PD): Thurs, 11:00am

Billiards Pool (3rd Floor PT): Thurs, 9am

Bingo (AR): Tues and Thurs, 3pm

Bridge Club (WH): Mon, 1pm to 3pm

Current Events w/Abby (AR): Every Wed at 8:30am

Documentary Monday (AR): Mon, 6:15pm

Gentleman's Breakfast (PD): Every other Wed at 8am

Roman Catholic Communion (PD): 2nd and 4th Mon of the month, 12pm

Rummikub Club (LSLR): Wed, 1pm

Canasta (LSLR): Fri, 1-3pm

Social Hour (WH): Fri, 3pm

Documentary (AR): Sun, 11:30am

Wii Golf (AR): Sun, 3:30pm

Wii Bowling (AR): Wed, Fri, and Sat at 1:30pm

Writing Group (LSLR): Wed, 11am

Mexican Train Dominos (LSLR): Sat, 11am

Arts and Crafts Club (LSLR): Sun, 2pm

Movie: Reception's Choice (AR): Thurs, 6:15pm

Series: Randy's Choice (AR): Sun, 6:15pm

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

Mardi Gras Party!



Gini and Jan



Fluff and Mary



Linda and Gini



Bob and Ann Phemister



Valentine's Day Party



Virgie and Ginny



Valentine's Day Party



Pat, Nancy, Maryann, Mary, and Susan