

# The Winslow Happenings

APRIL 2024

909 Centre Avenue  
Fort Collins, Co  
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## WELCOME TO THE WINSLOW

We are so happy that you are a part of our family here at The Winslow! We want you to be as comfortable as possible. This is your home – we are merely the architects for your community. Please let any of the staff know if you need any information, additional assistance and/or if you have any questions/concerns. We are here and happy to help!

## WELCOMING OUR NEW FURRY FRIENDS!

Hello! Please welcome our newest furry friends Ranger & Lucy to The Winslow. Ranger, a golden retriever, and Lucy, a cavapoo, are trained therapy dogs and



*Ranger the therapy dog!*

will be coming to offer their support with their calming companionship and connections for everyone. Join us to meet these adorable pups and share some cuddles and time with them.







With tails wagging and gentle eyes full of warmth, these furry companions bring a sense of joy and comfort to all they encounter. Spreading love and laughter in their wake, worries and troubles seem to melt away. The simple act of petting a dog can brighten even the gloomiest of days, fostering connections and lifting spirits. Their presence is a reminder that amidst the hustle and bustle of daily life, there is always room for moments of pure happiness and companionship. They will be in the Activities Room on Tuesday April 2nd, and Tuesday April 16th at 6:00pm.

**Technology Class for Seniors (AR)**  
*Every Monday at 1:00 p.m.*

Technology Class for Seniors on Mondays is a wonderful program designed to empower your knowledge and confidence you need navigate the digital age. **The month of April will be focused on how to use the King Soopers shopping app.** This involves engaging sessions that demystify smartphones, tablets, and computers. You will also have the opportunity

to ask questions, explore the apps, and discover new ways to use your technology devices. It's a valuable resource that bridges generations and ensures that seniors can stay connected in today's digital world. Feel free to bring your own devices with you to this class. Please see Zoe with any questions, comments and/or concerns. No sign up required.

**Kevin Cook Presents: One Way of Living Together (AR)**

*Tuesday, April 2nd at 1:00 p.m.*

A robin nested in the crabapple tree growing in your yard. The nest didn't affect the daily life of the tree, but the robin needed the tree to raise offspring. Known as "commensalism," this kind of one-sided living together occurs among wildlife all over Colorado.

**Neuropathy Presentation with Dr. Jeremy Overholt (AR)**

*Tuesday, April 9th at 1:00 p.m.*

Join Dr. Jeremy Overholt in the activities room on Tuesday, April 9th at 1:00 p.m. for a presentation on

the topic of Neuropathy. Neuropathy refers to a condition involving damage to the nerves, often resulting in symptoms such as pain, numbness, tingling, weakness, or a lack of coordination in affected areas. Dr. Jeremy Overholt is coming to The Winslow to present lots of information on ways to treat or prevent Neuropathy. No sign up required. Please see Zoe with any questions, comments, and/or concerns.

**Garden Club: Planting Swan Gourds (AR)**

*Wednesday, April 10th at 12:00 p.m.*

This month's Garden Club is going to be focusing on planting beautiful and rare Swan Gourds for the spring season. Swan gourds, also known as bottle gourds or *Lagenaria siceraria*, are a type of gourd that naturally grows in a shape resembling a swan's neck and head. These gourds are often grown for ornamental purposes due to their unique and graceful appearance. They typically have a long, curved neck with a bulbous base, resembling the elegant form of a swan. Swan gourds can be cultivated in gardens, and once matured, they can be dried and used for decorative purposes, such as crafting or as unique additions to floral arrangements. Please join us for this exciting garden club event in the Activities Room. No sign up required. Please see Zoe with any questions, comments, and/or concerns.

**\*Lunch Outing: Hunan Chinese Restaurant (FL)**

*Thursday, April 11th at 11:00 a.m.*

Join us for a lunch outing to Hunan Chinese in Fort Collins on Thursday, April 11th at 11:00 a.m. Hunan Chinese Restaurant stands as a beacon of culinary excellence, offering an authentic taste of Chinese cuisine in the heart of its community. Hunan is committed to serving high quality dishes, using the best and freshest vegetables, meats, and seafood. They make everything from scratch. Hunan prides itself on keeping prices affordable while still serving heaping portions of the finest Chinese food around Fort Collins. **Residents are responsible for paying for their own meals.** Sign



*Zoe the Activities Director and Chelsea the Administrator during the Winslow's Champagne Banquet on St. Patrick's Day.*

up is required due to limited space. Please see Zoe with any questions, comments, and/or concerns.

**\*Outing: Centerra Shopping Mall (FL)**

*Wednesday, April 17th at 1:00 p.m.*

Centerra Shopping Mall has a variety of stores that you can choose from like Chicos, Loft, Macy's, Eddie Bauer, and more. Join us for a wonderful shopping experience at the Centerra Shopping Mall in Loveland, Colorado. Residents are responsible for purchasing their own items. Please sign up as space is limited. Please see Zoe with any questions, comments, and/or concerns.

**Trivia Thursday with Courtney (AR)**

*Thursday, April 18th at 1:00 p.m.*

Join Courtney, our Waitstaff Supervisor, in the Activities Room on Thursdays for some exciting trivia! The month of April trivia will be geared towards your knowledge of the 60's! There will be a mix of categories covering music, movies, fashion, and historical events. Come test your knowledge during Trivia Thursday with our awesome Courtney! No sign up required. Please see Zoe with any questions, comments, and/or concerns.



*One of our Winslow Cooks Adam, at the carving station during the Champagne Banquet!*



| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--|---|--|---|--|--|--|
| <p><b>All activities are subject to change.</b></p>  | <p><b>1 APRIL FOOLS DAY</b><br/> <b>10:00am Extreme CrossFit (AR)</b><br/> <b>11:00am Hunting Trip: Winslow Bunnies (FL)</b><br/> <b>12:00pm Bull Riding (AR)</b><br/> <b>12:00pm Catholic Communion (PD)</b><br/> <b>1:00pm-3:00pm Nap Time (WH)</b><br/> <b>*1:30pm Wii Bowling Tournament: Residents vs. Staff (AR)</b><br/> <b>6:30pm Documentary Monday Movie: Surprise! Happy April Fool's Day!</b></p>   | <p><b>2 HAPPY BIRTHDAY BARB SUNDERLAND!</b><br/> <b>9:00am Ted Talk Tuesday (AR)</b><br/> <b>10:00am Senior Fitness with Jackie (AR)</b><br/> <b>11:15am Wisdom Study with Peter: Earth Day (AR)</b><br/> <b>1:00pm Kevin Cook Presents: Commensalism: One Way of Living Together (AR)</b><br/> <b>3:00pm Bingo (AR)</b><br/> <b>6:00pm Ranger &amp; Lucy the Therapy &amp; Companion Dog Visit (AR)</b></p> | <p><b>3</b><br/> <b>8:00am Gentleman's Breakfast (PD)</b><br/> <b>10:00am Senior Fitness with Meredith (AR)</b><br/> <b>11:00am Charity Bingo (AR)</b><br/> <b>11:00am Writing Group (LSLR)</b><br/> <b>12:00pm Pizza Party (FL)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm Coloring Club (PD)</b><br/> <b>6:30pm Series: Our Planet (AR)</b></p>  | <p><b>4</b><br/> <b>9:00am Billiards Pool (3rd Floor PT)</b><br/> <b>10:00am Adaptive Chair Yoga with Sharri (AR)</b><br/> <b>*10:00am Stepping Ahead Balance Class at UCHealth *Must Register with Zoe (FL)</b><br/> <b>11:00am Bible Study (PD)</b><br/> <b>12:00pm Burgers &amp; Hotdogs Social (FL)</b><br/> <b>3:00pm Bingo (AR)</b></p>  | <p><b>5</b><br/> <b>*9:15am King Soopers Run (FL)</b><br/> <b>10:00am Senior Fitness with Dianne (AR)</b><br/> <b>11:00am Matinee Friday &amp; Popcorn: Soul Surfer (AR)</b><br/> <b>12:00pm Hawaiian Luau Party (FL)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm Social Hour (WH)</b><br/> <b>6:30pm Series: The Crown (AR)</b></p>   | <p><b>6</b><br/> <b>10:00am Senior Fitness with Brittany (AR)</b><br/> <b>11:00am Dominoes Club (FP)</b><br/> <b>12:00pm Mexican Train Dominoes (WH)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm: Kickstart Chair Yoga Therapy with Sherry: YouTube (AR)</b><br/> <b>6:30pm Movie: Skyfall 007 (AR)</b></p>                              |
|  | <p><b>7 NATIONAL BEER DAY</b><br/> <b>10:30am Senior Fitness with Jackie (AR)</b><br/> <b>11:15am Virtual Sermons (AR)</b><br/> <b>1:00pm Puzzle Club (AR)</b><br/> <b>3:00pm Coloring Club (PD)</b><br/> <b>3:30pm Wii Golf (AR)</b></p>   | <p><b>8</b><br/> <b>10:00am Tai Chi with Rebecca (AR)</b><br/> <b>11:00am Technology for Seniors: The King Soopers App Guide (AR)</b><br/> <b>12:00pm Seated Ballet Class with Megan (AR)</b><br/> <b>12:15pm Solar Eclipse Watch Party (FL)</b><br/> <b>1:00pm-3:00pm Bridge Club (WH)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>6:30pm Documentary Monday Movie: One Day at Disney (AR)</b></p>     | <p><b>9 HAPPY BIRTHDAY BEVERLY SIVLEY!</b><br/> <b>9:00am Ted Talk Tuesday (AR)</b><br/> <b>10:00am Senior Fitness with Jackie (AR)</b><br/> <b>11:15am Wisdom Study with Peter: Ethiopia - Kurt Hultgren (AR)</b><br/> <b>1:00pm Neuropathy Presentation with Dr. Jeremy Overholt (AR)</b><br/> <b>3:00pm Bingo (AR)</b></p>   | <p><b>10</b><br/> <b>8:30am Current Events with Ryan (AR)</b><br/> <b>10:00am Senior Fitness with Meredith (AR)</b><br/> <b>11:00am Charity Bingo (AR)</b><br/> <b>11:00am Writing Group (LSLR)</b><br/> <b>12:00pm Garden Club: Planting Swan Gourds (AR)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm Coloring Club (PD)</b><br/> <b>6:30pm Series: Our Planet (AR)</b></p> | <p><b>11 NATIONAL PET DAY</b><br/> <b>9:00am Billiards Pool (3rd Floor PT)</b><br/> <b>10:00am Adaptive Chair Yoga with Sharri (AR)</b><br/> <b>*10:00am Stepping Ahead Balance Class at UCHealth *Must Register with Zoe (FL)</b><br/> <b>11:00am Bible Study (PD)</b><br/> <b>*11:00am Lunch Outing: Hunan Chinese Restaurant (FL)</b><br/> <b>3:00pm Bingo (AR)</b></p>                       | <p><b>12</b><br/> <b>*9:15am Walmart Run (FL)</b><br/> <b>10:00am Senior Fitness with Dianne (AR)</b><br/> <b>11:00am Welcome Committee Meeting (AR)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm Social Hour (WH)</b><br/> <b>6:30pm Series: The Crown (AR)</b></p>  |
| <p><b>14 HAPPY BIRTHDAY PAT HYHRE!</b><br/> <b>10:30am Senior Fitness with Jackie (AR)</b><br/> <b>11:15am Virtual Sermons (AR)</b><br/> <b>1:00pm Puzzle Club (AR)</b><br/> <b>3:00pm Coloring Club (PD)</b><br/> <b>3:30pm Wii Golf (AR)</b></p>   | <p><b>15 PATRIOT'S DAY</b><br/> <b>10:00am Tai Chi with Rebecca (AR)</b><br/> <b>11:00am Technology for Seniors: The King Soopers App Guide (AR)</b><br/> <b>12:00pm Seated Ballet Class with Megan (AR)</b><br/> <b>12:00pm Catholic Communion (PD)</b><br/> <b>1:00pm - 3:00pm Bridge Club (WH)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>6:30pm Documentary Monday Movie: The Flagmakers (AR)</b></p> | <p><b>16</b><br/> <b>9:00am Ted Talk Tuesday (AR)</b><br/> <b>10:00am Senior Fitness with Jackie (AR)</b><br/> <b>11:15am Wisdom Study with Peter: Canceled (AR)</b><br/> <b>1:00pm The Winslow Singers (AR)</b><br/> <b>3:00pm Bingo (AR)</b><br/> <b>6:00pm Ranger &amp; Lucy the Therapy &amp; Companion Dog Visit (AR)</b></p>   | <p><b>17</b><br/> <b>8:00am Gentleman's Breakfast (PD)</b><br/> <b>10:00am Senior Fitness with Meredith (AR)</b><br/> <b>11:00am Charity Bingo (AR)</b><br/> <b>11:00am Writing Group (LSLR)</b><br/> <b>*1:00pm Outing: Centerra Shopping Mall (FL)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm Coloring Club (PD)</b><br/> <b>6:30pm Series: Our Planet (AR)</b></p>  | <p><b>18 TAX DAY</b><br/> <b>9:00am Billiards Pool (3rd Floor PT)</b><br/> <b>10:00am Adaptive Chair Yoga with Shari (AR)</b><br/> <b>*10:00am Stepping Ahead Balance Class at UCHealth *Must Register with Zoe (FL)</b><br/> <b>11:00am Bible Study (PD)</b><br/> <b>1:00pm Trivia Thursday with Courtney: Flashback to the 60's</b><br/> <b>3:00pm Bingo (AR)</b></p>                  | <p><b>19 HAPPY BIRTHDAY DAVE SIMONS!</b><br/> <b>*9:15am Safeway Run (FL)</b><br/> <b>10:00am Senior Fitness with Dianne (AR)</b><br/> <b>11:00am Matinee Friday &amp; Popcorn: A Beautiful Day in the Neighborhood (AR)</b><br/> <b>*1:00pm Starbucks Stroll (FL)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm Social Hour (WH)</b><br/> <b>6:30pm Series: The Crown (AR)</b></p>    | <p><b>20 HAPPY BIRTHDAY PAT CAVES!</b><br/> <b>10:00am Senior Fitness with Brittany (AR)</b><br/> <b>11:00am Dominoes Club (FP)</b><br/> <b>12:00pm Mexican Train Dominoes (WH)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm: Kickstart Chair Yoga Therapy with Sherry: YouTube (AR)</b><br/> <b>6:30pm Movie: Jurassic Park (AR)</b></p> |
| <p><b>21</b><br/> <b>10:30am Senior Fitness with Jackie (AR)</b><br/> <b>*11:00am Pet Check-Up/Exam with Vet Deb *Please see Zoe to sign up for 30 minute time slot*</b><br/> <b>11:15am Virtual Sermons (AR)</b><br/> <b>1:00pm Puzzle Club (AR)</b><br/> <b>3:00pm Coloring Club (PD)</b><br/> <b>3:30pm Wii Golf (AR)</b></p> | <p><b>22 PASSOVER BEGINS EARTH DAY</b><br/> <b>10:00am Tai Chi with Rebecca (AR)</b><br/> <b>11:00am Technology for Seniors: The King Soopers App Guide (AR)</b><br/> <b>11:00am April Birthday Celebration! (WH)</b><br/> <b>1:00pm-3:00pm Bridge Club (WH)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>6:00pm Documentary Monday Movie: Blackfish (AR)</b></p>   | <p><b>23</b><br/> <b>9:00am Ted Talk Tuesday (AR)</b><br/> <b>10:00am Senior Fitness with Jackie (AR)</b><br/> <b>10:30am Communion (PD)</b><br/> <b>11:15am Wisdom Study with Peter: Passover (AR)</b><br/> <b>1:00pm Resident Input Meeting (AR)</b><br/> <b>3:00pm Bingo (AR)</b></p>   | <p><b>24</b><br/> <b>8:30am Current Events with Ryan (AR)</b><br/> <b>10:00am Senior Fitness with Meredith (AR)</b><br/> <b>11:00am Charity Bingo (AR)</b><br/> <b>11:00am Writing Group (LSLR)</b><br/> <b>*1:00pm Flower Arranging (AR)</b><br/> <b>*1:45pm Wii Bowling (AR)</b><br/> <b>3:00pm Coloring Club (PD)</b><br/> <b>3:30pm Music and Movement with Heather (AR)</b><br/> <b>6:30pm Series: Our Planet (AR)</b></p> | <p><b>25</b><br/> <b>9:00am Billiards Pool (3rd Floor PT)</b><br/> <b>10:00am Adaptive Chair Yoga with Shari (AR)</b><br/> <b>*10:00am Stepping Ahead Balance Class at UCHealth *Must Register with Zoe (FL)</b><br/> <b>11:00am Bible Study (PD)</b><br/> <b>*1:00pm Painting Class with Brittany (AR)</b><br/> <b>3:00pm Bingo (AR)</b></p>  | <p><b>26</b><br/> <b>*9:15am King Soopers Run (FL)</b><br/> <b>10:00am Senior Fitness with Dianne (AR)</b><br/> <b>11:00am Matinee Friday &amp; Popcorn: The Phantom of The Opera (AR)</b><br/> <b>1:00pm Blood Pressure Clinic: with Columbine Registered Nurse (FP)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm Social Hour (WH)</b><br/> <b>6:30pm Series: The Crown (AR)</b></p> | <p><b>27</b><br/> <b>10:00am Senior Fitness with Brittany (AR)</b><br/> <b>11:00am Dominoes Club (FP)</b><br/> <b>12:00pm Mexican Train Dominoes (WH)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>3:00pm: Kickstart Chair Yoga Therapy with Sherry: YouTube (AR)</b><br/> <b>6:30pm Movie: Fury (AR)</b></p>                                    |
| <p><b>28</b><br/> <b>10:30am Senior Fitness with Jackie (AR)</b><br/> <b>11:15am Virtual Sermons (AR)</b><br/> <b>1:00pm Puzzle Club (AR)</b><br/> <b>3:00pm Coloring Club (PD)</b><br/> <b>3:30pm Wii Golf (AR)</b></p>   | <p><b>29 INTERNATIONAL DANCE DAY</b><br/> <b>10:00am Tai Chi with Rebecca (AR)</b><br/> <b>11:00am Technology for Seniors: The King Soopers App Guide (AR)</b><br/> <b>12:00pm Seated Ballet Class with Megan (AR)</b><br/> <b>1:00pm-3:00pm Bridge Club (WH)</b><br/> <b>*1:30pm Wii Bowling (AR)</b><br/> <b>6:30pm Documentary Monday Movie: America The Story of Us: Millenium (AR)</b></p>                 | <p><b>30 PASSOVER ENDS</b><br/> <b>9:00am Ted Talk Tuesday (AR)</b><br/> <b>10:00am Senior Fitness with Jackie (AR)</b><br/> <b>11:15am Wisdom Study with Peter: Story of God (AR)</b><br/> <b>*12:00pm Outing: Picnic at Spring Canyon Park (FL)</b><br/> <b>3:00pm Bingo (AR)</b></p>  | <p>The Winslow Independent Living April</p>   |  |  |  |



**\*Starbucks Stroll (FL)**

Friday, April 19th at 1:00 p.m.

Everyone meet in the Front Lobby for a joyful Starbucks stroll. Starbucks has a wonderful variety of drinks varying from coffee, smoothies, and even teas! The stroll to Starbucks is a great way to get some fresh air while enjoying a cold or hot drink. Sign up is required. No payment necessary. Please see Zoe with any questions, comments, and/or concerns.

**April Birthday's Celebration! (WH)**

Monday, April 22nd at 11:00 a.m.

Join us in the Winslow Hall to celebrate our amazing April Birthday residents! The Winslow will be serving lunch and a delicious birthday cake during the celebration at 11:00 a.m. Beverages will be provided as well. There will be a delightful guest performance for our April Birthdays! Grab your birthday hats and be prepared to sing Happy Birthday! No sign up required. Please see Zoe with any questions, comments, and/or concerns.

**Resident Input Meeting (AR)**

Tuesday, April 23rd at 1:00 p.m.

Attention all residents of The Winslow! We invite you to join us for our monthly resident input meeting in the Activity Room on Tuesday, April 23rd at 1:00 p.m. This is an important opportunity for you to share your thoughts and feedback about the staff and services provided here at The Winslow. All ideas and opinions are welcome. Refreshments will be served – we look forward to seeing you there!

**\*Flower Arranging (AR)**

Wednesday, April 24th at 11:00 a.m.

Attention! Everyone gather their vases, flower food, and scissors for this fun activity! Flower arranging will be held in the activities room on Wednesday, April 24th at 1:00pm. This is your chance to let creativity blossom as you craft your own stunning arrangements, each one a unique reflection of your style and flair. Please sign up as space and supplies are limited. Please see Zoe if you have any questions, comments, and/or concerns.

**\*Painting Class with Brittany (AR)**

Thursday, April 25th at 1:00 p.m.

Painting class with Brittany is a creative journey that invites participants to express themselves through art. Brittany, a talented and inspiring artist, guides aspiring painters and seasoned artists alike in discovering their inner creativity. Whether it's a vibrant landscape, a whimsical still life, or an abstract masterpiece, Brittany's warm encouragement and expert guidance make the painting process an enjoyable and fulfilling experience. Painting with Brittany is not just about brushes and colors; it's about self-expression and the joy of bringing imagination to life on canvas. Join her in the activity room on Thursday, April 25th at 1:00 p.m. Please sign up as space and supplies are limited. Please see Zoe if you have any questions, comments, and/or concerns.

**\*Outing: Picnic at Spring Canyon Park (FL)**

Tuesday, April 30th at 12:00 p.m.

We invite you to join us for a sunny picnic at Spring Canyon Park on Tuesday, April 30th at noon. Spring Canyon Park has beautiful views of the Fort Collins mountains and as season unfurls its vibrant hues, the park bursts to life with lush greenery, colorful blooms. Don't forget your fun sunhats and sunglasses! Lunch will be provided during this outing. Sign up is required. Please see Zoe with any questions, comments, and/or concerns.

**REOCCURRING EVENTS TO NOTE**

**Bible Study** - Thursdays at 11:00am

**Billiards Pool**- Thursdays at 9:00am

**Bingo** - Tuesdays and Thursdays at 3:00pm

**Wii Golf** - Every Sunday at 3:30pm

**Bridge Club** - Mondays from 1:00pm to 3:00pm

**Coloring Club** - Sundays and Wednesdays at 3:00pm

**Current Events** - Every other Wednesday at 8:30am

**Matinee Friday** - Fridays at 11:00am

**Gentleman's Breakfast** - Every other Wednesday at 8:00am

**Charity Bingo** - Wednesdays at 11:00am



The Winslow residents took an outing to the 3 Square Art Gallery in Fort Collins, Colorado!

**Puzzle Club** - Sundays at 1:00pm

**Wisdom Study with Peter** - Tuesdays at 11:15am

**Social Hour** - Fridays at 3:00pm

**TED Talk Tuesday** - Tuesdays at 9:00am

**Virtual Sermons** - Sundays at 11:30am

**Wii Bowling** - Mondays, Wednesdays, Fridays, and Saturdays at 1:45pm

**Writing Group with Carmel: The Winslow Writers** Wednesdays at 11:00am

**A REMINDER FROM THE WINSLOW WRITERS:**

**Join The Winslow Writers!**

Writing may be a solitary pursuit, but our residents have found community and fellowship in the Winslow Writers Group for nearly two years... and counting. What makes a successful writing group? The Winslow Writers believe the answer is a mutually supportive environment. They meet every Wednesday at 11:00 a.m. on the 2nd floor east living room to work on projects ranging from letters, short prose, and poetry to full length books. Four times per year (equinoxes and solstices) they invite their

neighbors, family, and friends to a special reading. Residents who have enjoyed these events may be a little intimidated by the prospect of public readings. "Sharing your work is completely optional," says group leader Carmel Mawle. "We invite writers to join us and participate at their comfort level. We're here to support each other and have fun." Whether you're a life-long writer or dipping your toe in the water for the first time, the encouragement of writing friends can inspire your writing and help you meet your goals. Questions? Call Carmel at (970) 227-0070.

**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 Durban 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 AT THE WINSLOW!**

### **Senior Fitness**

*Monday – Saturday at 10:00 a.m. and Sundays at 10:30 a.m. in the Activity Room*

This is a full body workout with a specific focus each day of the week. As always, we're committed to providing a variety of exercises to keep you active and engaged. So, let's dive into our weekly fitness schedule.

First, I'd like to highlight our wonderful Chair Yoga sessions every Thursday with our instructor Shari. These sessions are tailored to offer a gentle yet effective workout, perfect for seniors. So, if you're looking for a day of relaxation and rejuvenation, Thursday's Chair Yoga with Shari is the perfect choice. We have also added a second Chair Yoga class but virtual. It is a Kickstart Chair Yoga class with YouTube instructor Serry. This is on Saturday afternoons at 3:00 p.m.

For those who enjoy a more dynamic and interactive experience, our in-person Tai-Chi classes take place every Monday. These sessions are a fantastic way to improve balance, flexibility, and overall well-being. Join us in person for a tranquil Tai Chi experience that will leave you feeling centered and invigorated.

Now, if you're someone who prefers a traditional fitness routine, we've got you covered on Fridays with Fitness led by our instructor Diane. Diane brings her expertise to create a full body workout that will challenge and motivate you. It's a great way to end the week on a high note, so don't miss out!

But that's not all – from Monday to Saturday at 10:00 a.m. and Sundays at 10:30 a.m. in the Activity Room,

we offer a comprehensive senior fitness program. Each day focuses on different aspects of your health, ensuring a well-rounded workout throughout the week. You can expect exercises that may or may not involve equipment like dumbbells, TheraBands, medicine balls, and more.

Now for those who are curious about the daily workout plan, Zoe is here to help. Feel free to reach out to her if you'd like a preview of what to expect in each class. We want to make sure you feel comfortable and excited about your fitness journey with us.

Remember, your health and well-being are our top priority. So, whether you prefer the serenity of Chair Yoga, the flow of Tai Chi, or the energy of Fitness with Diane, we have something for everyone. Let's make this year another step towards a healthier, happier you! See you in the Activity Room!

## **APRIL BIRTHDAYS**

**Barbara Sunderland – 4/2**

**Beverly Sivley – 4/9**

**Pat Myhre – 4/14**

**Dave Simons – 4/19**

**Pat Caves – 4/20**



*Families of The Winslow Residents come together for our Champagne Banquet.*