



Happenings



MAY 2024

1475 Main Street
Windsor, CO 80550
970-449-5540

BUILDING ADMINISTRATOR
Rebecca Walker

OFFICE MANAGER
Christina Ridgeway

DIRECTOR OF NURSING
Megan Gallegos, RN

ALF NURSE CLINICAL COORDINATOR
Amy Ludwig

ACTIVITY DIRECTOR
Kimberly Albro

SOCIAL SERVICES/ADMISSIONS DIRECTOR
Stephanie Curtis

ADMISSIONS COORDINATOR
Jessica Fuentes

DIRECTOR OF NUTRITION SERVICES
Tracy Rohrig, RD

EXECUTIVE CHEF
Jason Prentis

MAINTENANCE SUPERVISOR
Travis Sills

HOUSEKEEPING SUPERVISOR
Diana Garcia

CUSTODIAL
Thomas Gonzalez



Our hatch the chicken program was a big hit. All of our residents came to the activity room to cheer on the hatch.

WELCOME MAY FLOWERS AND HOTTER DAYS!

We have had an amazing April. Between our chicken hatching program and our Swap Meet, we have been busy! We are looking forward to warmer weather and the chance to get our hands in the earth with our Gardening Club. Also welcome to Jordan, our new activity assistant. We know she is going to fit in perfectly here!

RESIDENTS CELEBRATING BIRTHDAYS THIS MONTH

HAPPY BIRTHDAY TO:


- Debbie B – May 3
- Joe M – May 3
- Norman H – May 12

OUTINGS AND SIGN-UP'S

Don't forget to sign up early for Outings in the binder on the Information Table just outside of the Activities Room!

- We have extra entertainment this month! **Wednesday, May 8th** we are hosting our Mother's Day Tea in the courtyard (weather permitting) with entertainment from **The Hip Bones**, a fabulous trombone quartet.
- **Thursday, May 9th** is our lunch outing this month at the **Windsor Grainhouse**.
- **Wednesday, May 15th** we are having some mid-week entertainment with **The Greeley Singer Citizens**. They were so much fun on their last visit!
- **Thursday, May 23rd** is our trip to **Walmart**.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>May Columbine Commons Assisted</h1>			1 Chaplain On-Site 9:30 a.m. Catholic Rosary (PDR) 9:30 a.m. Exercise with Weights (AR) 10:30 a.m. Bible Study with Peter (AR) 2:00 p.m. Jeopardy (AR) 3:00 p.m. Movie Matinee: On Golden Pond	2 Massage Therapist On-Site 9:30 a.m. Chair Yoga (AR) 10:30 a.m. Baby Goats (CY) 1:00 p.m. Devorah the Comfort Dog (AR) 2:00 p.m. Bingo (DR)	3 HAPPY BIRTHDAY DEBBIE! HAPPY BIRTHDAY JOE! 9:30 a.m. Exercise with Airballs (AR) 10:30 a.m. Crosswords 2:30 p.m. Music by Sound Affects and Happy Hour (DR)	4 9:30 a.m. Exercise (AR) 10:30 a.m. Wii Bowling (AR) 2:00 p.m. Bingo (DR) 3:30 p.m. Garden Club with Jordan (CY or AR)
5 9:00 a.m. Sunday Stretch (AR) 9:30 a.m. Catholic Communion (PDR) 10:30 a.m. Crafting with Jordan (AR) 10:30 a.m. - 12:00 p.m. Glasses Cleaned at Front Desk 1:30 p.m. Worship Service (DR) 2:00 p.m. Sunday Social (DR) 3:15 p.m. Open Games (AR)	6 9:30 a.m. Exercise with Weights (AR) 10:30 a.m. Crosswords (AR) 2:00 p.m. Literary Ladies (AR) 3:00 p.m. Left, Right, Center – Bring Dimes (DR)	7 9:30 a.m. Morning Exercise (AR) 10:30 a.m. Garden Club (CY) 11:30 a.m. - 1:00 p.m. Eaton Grove Nursery with packed lunch 2:00 p.m. Bingo (DR) 3:15 p.m. Rummikub (DR) 3:15 p.m. Wii Bowling (AR)	8 Chaplain On-Site 9:30 a.m. Catholic Rosary (PDR) 9:30 a.m. Exercise with Weights (AR) 10:30 a.m. Bible Study with Peter (AR) 2:30 p.m. Mother's Day Tea and entertainment by "The Hip Bones" (CY or DR)	9 Massage Therapist On-Site 10:00 a.m. Exercise with Dana (AR) 10:30 a.m. Wii Bowling (AR) 11:15 a.m. Lunch outing to The Grainhouse 1:30 p.m. Clearview Library (AR) 2:00 p.m. Bingo (DR) 3:15 p.m.	10 9:30 a.m. Exercise with Airballs (AR) 10:30 a.m. Crosswords (AR) 1:00 p.m. Art Therapy with Kate 2:30 p.m. Happy Hour and Music by Sound Effects (DR)	11 9:30 a.m. Exercise (AR) 10:30 a.m. Gardening Club (CY or AR) 2:00 p.m. Bingo (DR) 3:30 p.m. Coloring Club (AR)
12 Happy Mother's Day! HAPPY BIRTHDAY NORMAN! 9:00 a.m. Sunday Stretch (AR) 9:30 a.m. Catholic Communion (PDR) 10:30 a.m. Crafting with Jordan (AR) 10:30 a.m. - 12:00 p.m. Glasses Cleaned at Front Desk 1:30pm Worship Service (DR) 2:00pm Sunday Social	13 9:30 a.m. Exercise with Weights (AR) 10:30 a.m. Crosswords (AR) 2:00 p.m. Resident Council (DR) 3:00 p.m. Blackjack (AR)	14 9:30 a.m. Morning Exercise (AR) 10:30 a.m. Conversations with Kimberly (AR) 2:00 p.m. Bingo (DR) 3:30 p.m. Skip Bo (DR)	15 Chaplain On-Site 9:30 a.m. Catholic Rosary (PDR) 9:30 a.m. Exercise with Weights (AR) 10:00 a.m. Bible Study with Peter (AR) 1:00 p.m. Charis the Therapy Dog (AR) 2:30 p.m. "The Greeley Singer Citizens" (DR)	16 Massage Therapist On-Site 9:30 a.m. Chair Yoga (AR) 10:30 a.m. Wii Bowling (AR) 2:00 p.m. Bingo (DR)	17 9:30 a.m. Exercise with Airballs (AR) 10:30 a.m. Crosswords (AR) 2:30 p.m. Entertainment and Happy Hour with Uno, Dos, Tracz (DR)	18 9:30 a.m. Exercise (AR) 10:30 a.m. Wii Bowling (AR) 2:00 p.m. Bingo (DR) 3:30 p.m. Coloring Club (AR)
19 9:00 a.m. Sunday Stretch (AR) 9:30 a.m. Catholic Communion (PDR) 10:30 a.m. - 12:00 p.m. Glasses Cleaned at Front Desk 1:30 p.m. Worship Service (DR) 2:00 p.m. Sunday Social 3:15 p.m. Open Games (AR)	20 9:30 a.m. Exercise with Weights (AR) 10:30 a.m. Crosswords (AR) 2:00 p.m. Literary Ladies (AR) 3:00 p.m. Left, Right, Center – Bring Dimes (DR)	21 9:30 a.m. Morning Exercise (AR) 10:30 a.m. Crafts (AR) 2:00 p.m. Bingo (DR) 3:15 p.m. Apples to Apples (DR) 3:15 p.m. Wii Bowling (AR)	22 9:30 a.m. Catholic Rosary (PDR) 9:30 a.m. Exercise with Weights (AR) 10:00 a.m. Bible Study with Peter (AR) 2:00 p.m. Jeopardy (AR)	23 Massage Therapist On-Site 8:30 a.m. Walmart Outing 9:30 a.m. Chair Yoga (AR) 10:30 a.m. Wii Bowling (AR) 1:30 p.m. Clearview Library (AR) 2:00 p.m. Bingo (DR)	24 9:30 a.m. Exercise with Airballs (AR) 10:30 a.m. Crosswords (AR) 1:30 p.m. Entertainment & Happy Hour with Kendra (SDR)	25 9:30 a.m. Exercise (AR) 10:30 a.m. Wii Bowling (AR) 2:00 p.m. Quarter Bingo (DR) 3:30 p.m. Coloring and Crafts (AR)
26 9:00 a.m. Sunday Stretch (AR) 9:30 a.m. Catholic Communion (PDR) 10:30 a.m. Gardening Club (CY) 10:30 a.m. - 12:00 p.m. Glasses Cleaned at Front Desk 1:30 p.m. Worship Service (DR) 2:00 p.m. Sunday Social (DR)	27 Memorial Day 9:30 a.m. Exercise with Weights (AR) 10:30 a.m. Crosswords (AR) 11:30 a.m. Memorial Day Picnic (CY) 2:00 p.m. Literary Ladies (AR) 3:00 p.m. Blackjack (AR)	28 9:30 a.m. Morning Exercise (AR) 10:30 a.m. Conversations with Kimberly (AR) 11:30 a.m. Take Out Tuesday: Chili Tai (AR) 2:00 p.m. Bingo (DR) 3:15 p.m. Wii Bowling (AR)	29 Chaplain On-Site 9:30 a.m. Catholic Rosary 9:30 a.m. Exercise with Weights (AR) 10:30 a.m. Bible Study with Peter (AR) 2:00 p.m. Jeopardy (AR) 3:00 p.m. Movie Matinee: Adventures in Traveling	30 Massage Therapist On-Site 9:30 a.m. Chair Yoga (AR) 10:30 a.m. Wii Bowling (AR) 2:00 p.m. Bingo (DR)	31 9:30 a.m. Exercise with Airballs (AR) 10:30 a.m. Crosswords 2:30 p.m. Entertainment and Happy Hour "HONOR FLIGHT" presentation (DR)	 <p>All activities are subject to change.</p> <p>Green - Outings Blue - Entertainment Orange - Special Activity</p>



SHELLY'S BEAUTY BAR

Shelly's Beauty Bar is open Tuesday – Friday, 9:00 a.m. – 3:00 p.m. To schedule an appointment with Shelly please call (970) 388-1144 or speak with a staff member. Prices are listed below.

SERVICES

Women's Haircut - \$25

Men's Haircut - \$20

Blow Dry / Iron Curl - \$25

Shampoo & Set (rollers) - \$25

Shampoo & Blow Dry - \$15

Hairstyle Touchup - \$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

Bang Trim - \$10

Beard Trim - \$5

Makeup - \$25

Sunday Worship Service

With community volunteers is held at **1:30 p.m.** in the Assisted Living Dining Room followed by Sunday Social.

Clearview Library Book Checkout

The Clearview Library will be here the **2nd and 4th Thursday** of each month. The books will be brought into the Activity Room. If you are interested in joining this service, please let Kimberly know.



Massage Therapy and Foot Reflexology

Diane Thomas LMT is here **every Thursday** for your relaxation therapy. Get a full body massage, neck and shoulders, or enjoy Foot or Hand Spa Reflexology - a comforting light pressure therapy massage to the feet and or hands. With compression massage to arms and hands. Only shoes and socks are removed. Performed in your bed or in a recliner. Essential oils and your choice of music are available. Prices are: 30 minutes = \$40, 45 minutes = \$55, 1 hour = \$70. Take advantage of this great price and in-home service. Sign up with Joann for service. (NOTE: There is a \$10.00 charge for no shows unless medically necessary. Give us a 24-hour notice... no charge will be added) Look for a signup sheet in the activity binder!

We hatched six eggs and all the chicks were named by our Bingo winners. We had SUNSHINE, PEEP, LUCKY, EGGNES, DUDE, AND GERTRUDE. The program "Rent the Chicken" picked up the babies at the end of April and they went back to the farm in Greeley.

