

# livfun

Winslow Court

MAY 2012 • ENJOY THE JOURNEY

## Enjoy a Bus Outing

May is filled with many outings, so branch out of your normal routine and sign up for a bus outing. In May, there are a couple new restaurants that the bus will be traveling to. These include Wade's Cafe, which is a breakfast and lunch restaurant. This restaurant is known for its 59-cent coffee and award-winning pancakes. Come join the fun and eat a pancake that will melt in your mouth, bite after bite. BJ's Brew House is known for having an innovative spin on everyday menu favorites, including pizza, steak, sandwiches and pasta. BJ's Brew House is also known for its variety of beers, including styles such as German Kolsch and robust Russian Imperial Stout. The Elephant Bar is back on the calendar because it is a favorite. The Elephant Bar is an Asian-style environment and the menu is filled with many different tastes and spices. If you have never been to the Elephant Bar, you will enjoy the new tastes. Save room for dessert because the dessert menu is delectable. Are you ready for a bus ride that has entertainment with it? In May, there will be two opportunities to hear two different musical performances at the Hillside Gardens and Nursery. On May 16, B.J. Estares and Route 61, a blues and jazz band, will be kicking off the summer concerts. If you enjoy some music that you can get up and move to, this is it. On May 30, Skean Huhl, a Celtic musical entertainer, will be there trying to add a different spin to the gardens. Need some music to get your toe tapping too? This is the concert for you. Both concerts are in the beautiful garden. Food and a full bar is available for anyone who needs a little after-dinner snack or a refreshment. As usual, there will be many opportunities to spend some extra money. In May, there will be one Cripple Creek trip, so make sure if you are feeling lucky that you are on the bus list. In addition to our regular Walmart, King Soopers, Walgreens and banking, there will also be a time to shop at Ross, the Dollar Store, Goodwill and Kohl's. Are you looking for an extra-special bus trip? In the month of May, there are two opportunities to travel somewhere new. On May 2, the bus will be heading up to the magical Glenn Eryie Castle. If you have never been, do not miss out on your chance to see a beautiful castle and learn a little bit of history. On May 23, the bus will be heading to a Sky Sox baseball game. Ready to cheer on our local baseball team? Come out and show your spirit, eat a hot dog, and catch a home run ball! Do you enjoy art? The bus will be traveling to the Black Forest arts and crafts show and attending the University of Colorado Springs Senior art show. Time to connect with your artistic side! Twice in May, the bus will be going to Garden of the Gods for a little educational experience and some lunch. This will be a time to learn something about the beautiful Garden of the Gods, with each day being a different lesson. For memorial day weekend, the bus will be traveling to the Pueblo Zoo and will be going to Territory Days. May is filled with different opportunities to hop on the bus, so come out and take a ride. Let's enjoy this journey!



## May Brings Mother's Day

Mothers are true treasures to the earth. Every one of us is here because of a woman who decided to be a mother and have each one of us. To be a mother is a blessing and a huge responsibility. The child looks to his mother for advice, wisdom, answers and even fun. Mothers are filled with multiple responsibilities, including taking care of the children, taking care of her spouse, taking care of the home, and taking care of herself. Oftentimes, the mother puts taking care of herself in last place or even in no place. She often puts her needs on the back burner. A mother is filled with compassion, patience and loyalty and faithfulness to her children. Every single mother living at Winslow Court will be honored on Sunday, May 13, Mother's Day. The Dining Room will be serving a special menu including deliciously prepared flat-iron steaks. A special gift will be given to every mother who is here at Winslow Court, so do not miss out on a time to feast and feel appreciated.

*(Continued on back)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																					
<p><b>Birthdays</b></p> <p>Ken Butler, 2nd Frank Farris, 2nd Rosalie Owens, 2nd Betty Tiller, 7th Lee Sherpa, 11th Fay O'Brien, 11th Wendell Jarnagin, 11th Chuck Wagner, 12th</p>	<p>Margaret Morrison, 13th Robert Johnson, 19th Vera Hinson, 22nd Lucy Dacus, 22nd Harriet Jordan, 25th Jean Coleman, 26th Jocelyn Peterson, 28th</p>	<p>9:30 PrimeFit Exercise <b>1</b> 11:00 <b>Sweets With Sabrina</b> 11:00 <b>Garden of the Gods Lunch</b> 1:30 Afternoon Games 2:00 <b>Music With Zorian</b> 2:30 <b>Red Hat Society</b> 6:00 Suspense Movie Night</p>	<p>9:30 PrimeFit Exercise <b>2</b> 11:00 Manicures 1:00 <b>Hospitality Committee</b> 1:00 <b>Glenn Eyrie Castle</b> 1:30 <b>Summer Games</b> 4:00 Bingo 4:30 <b>BJ's Brewhouse</b></p>	<p>9:30 PrimeFit Exercise <b>3</b> 11:00 <b>Winslow Wailers</b> 1:00 <b>Activities Committee Meeting</b> 1:30 Afternoon Games 2:30 <b>Black Forest Arts and Crafts Guild</b> 3:00 Happy Hour Social 3:45 <b>Music With Laura</b> 6:30 Hill Top Baptist Ministries</p>	<p>9:30 PrimeFit Exercise <b>4</b> 11:00 <b>Wii Bowling With Dena</b> 1:00 Socrates Cafe 2:00 Bible Study 4:00 Bingo</p>	<p><b>CINCO DE MAYO</b> <b>5</b></p> <p>9:30 Walking for Fitness 11:00 Short Stories 1:00 Bingo 3:00 Poetry Class 4:00 Family Movie</p>																					
<p>9:30 PrimeFit Exercise <b>6</b> 10:15 <b>Rasmussen Family Music</b> 11:00 Crafts With Carrie 1:30 Afternoon Games 1:45 Church Service 2:30 Sundae Social 3:00 Brain Health University 5:30 Classic Movie Night</p>	<p>9:30 PrimeFit Exercise <b>7</b> 10:15 <b>Water Aerobics at McKenzie Place</b> 10:30 Ladies' Bible Study 1:30 Afternoon Games 2:00 Jeopardy 4:00 Bingo</p>	<p>9:30 PrimeFit Exercise <b>8</b> 11:00 <b>Family History With Angie</b> 12:30 Miracle Ear Clinic 1:30 <b>Piano With Bud</b> 1:30 Afternoon Games 2:00 <b>Power and Manual Wheelchair Clinic</b> 6:00 Suspense Movie Night</p>	<p>9:00 Kohl's 9:30 PrimeFit Exercise <b>9</b> 11:00 <b>Time With Deb</b> 11:00 <b>Elephant Bar</b> 1:30 <b>Summer Games</b> 2:00 <b>Ross</b> 4:00 Bingo 5:00 <b>UCCS Art Show</b></p>	<p>9:30 PrimeFit Exercise <b>10</b> 11:00 <b>Winslow Wailers</b> 1:00 <b>Visitation</b> 1:15 Mobile Book Library 1:30 Afternoon Games 3:00 Happy Hour Social 3:00 <b>Starlighters</b> 3:00 <b>Dollar Store</b> 6:00 Action Movie Night</p>	<p>9:30 PrimeFit Exercise <b>11</b> 11:00 Wii Bowling 1:00 Socrates Cafe 2:00 Bible Study 4:00 Bingo 5:30 <b>Casino Night</b></p>	<p>9:30 Walking for Fitness 11:00 Short Stories 1:00 Bingo 3:00 Poetry Class 4:00 Family Movie</p>																					
<p><b>MOTHER'S DAY</b> <b>13</b></p> <p>9:30 PrimeFit Exercise 11:00 Crafts With Carrie 1:30 Afternoon Games 1:45 Church Service 2:30 Sundae Social 3:00 Brain Health University 3:30 <b>Colorado Springs Show Choir</b> 5:30 Classic Movie Night</p>	<p>9:30 PrimeFit Exercise <b>14</b> 10:15 <b>Water Aerobics at McKenzie Place</b> 10:30 Ladies' Bible Study 1:30 Afternoon Games 2:00 Poetry Readings 4:00 Bingo</p>	<p>9:30 PrimeFit Exercise <b>15</b> 11:00 <b>Garden of the Gods Lunch</b> 11:30 <b>New Resident Luncheon</b> 1:30 Afternoon Games 2:00 <b>Karaoke Time</b> 3:00 <b>Music With Skip More</b> 6:00 Suspense Movie Night</p>	<p>8:30 <b>Cripple Creek</b> 9:30 PrimeFit Exercise <b>16</b> 11:00 Manicures 1:30 <b>Summer Games</b> 4:00 Bingo 5:45 <b>Hillside Gardens and Nursery</b></p>	<p>9:30 PrimeFit Exercise <b>17</b> 11:00 <b>Winslow Wailers</b> 1:30 Afternoon Games 3:00 Happy Hour Social 3:00 <b>Guitar With Michael</b> 6:00 Action Movie Night</p>	<p>9:30 PrimeFit Exercise <b>18</b> 11:00 Wii Bowling 1:30 <b>Culture Fair</b> 2:00 Bible Study</p>	<p><b>ARMED FORCES DAY</b> <b>19</b></p> <p>9:30 Walking for Fitness 11:00 Short Stories 1:00 Bingo 3:00 Poetry Class 4:00 Family Movie</p>																					
<p>9:30 PrimeFit Exercise <b>20</b> 11:00 Crafts With Carrie 1:30 Afternoon Games 1:45 Church Service 2:30 Sundae Social 3:00 Brain Health University 5:30 Classic Movie Night</p>	<p>9:30 PrimeFit Exercise <b>21</b> 10:15 <b>Water Aerobics at McKenzie Place</b> 10:30 Ladies' Bible Study 1:30 Afternoon Games 2:00 Jeopardy 4:00 Bingo</p>	<p>9:30 PrimeFit Exercise <b>22</b> 11:00 <b>Tea Party</b> 1:00 <b>Music With Marti Duke</b> 1:30 Afternoon Games 2:00 <b>Wine Tasting</b> 6:00 Suspense Movie Night</p>	<p>9:00 <b>Wade's Cafe</b> 9:30 PrimeFit Exercise <b>23</b> 11:00 Manicures 1:30 <b>Summer Games</b> 4:00 Bingo 6:05 <b>Sky Sox Baseball Game</b></p>	<p>9:30 PrimeFit Exercise <b>24</b> 11:00 <b>Winslow Wailers</b> 1:15 Mobile Book Library 1:30 Afternoon Games 2:00 <b>Out to the Movies</b> 3:00 Happy Hour Social 3:00 <b>Joe and the Guys</b> 6:00 Action Movie Night</p>	<p>9:00 <b>Pueblo Zoo</b> 9:30 PrimeFit Exercise <b>25</b> 11:00 Wii Bowling 1:00 Socrates Cafe 2:00 Bible Study 4:00 Bingo</p>	<p>9:30 Walking for Fitness 11:00 Short Stories 1:00 Bingo 3:00 Poetry Class 4:00 Family Movie</p>																					
<p>9:30 PrimeFit Exercise <b>27</b> 11:00 Crafts With Carrie 1:00 <b>String Magic</b> 1:30 Afternoon Games 1:45 Church Service 2:30 Sundae Social 3:00 Brain Health University 5:30 Classic Movie Night</p>	<p><b>MEMORIAL DAY</b> <b>28</b></p> <p>9:00 <b>Territory Days</b> 9:30 PrimeFit Exercise 10:15 <b>Water Aerobics at McKenzie Place</b> 10:30 Ladies' Bible Study 1:30 Afternoon Games 2:00 Poetry Readings 2:00 <b>Resident Council</b> 3:00 <b>Jocelyn Peterson's 100th Birthday Party</b> 4:00 Bingo</p>	<p>9:30 PrimeFit Exercise <b>29</b> 1:30 Afternoon Games 2:00 <b>Resident Meeting</b> 3:00 <b>Music With Bob Jackson</b> 4:00 <b>Men's Night at Hooters</b> 6:00 Suspense Movie Night</p>	<p>9:30 PrimeFit Exercise <b>30</b> 11:00 Manicures 1:30 <b>Summer Games</b> 2:00 <b>Goodwill</b> 4:00 Bingo 5:45 <b>Hillside Gardens and Nursery</b></p>	<p>9:30 PrimeFit Exercise <b>31</b> 11:00 <b>Winslow Wailers</b> 1:30 Afternoon Games 3:00 Happy Hour Social 3:00 <b>Harmonizers</b> 6:00 Action Movie Night</p>	<p><b>Transportation</b></p> <table> <tr> <td>Monday</td> <td>8:30-11 a.m.</td> <td>Dr. Appointments</td> </tr> <tr> <td>Monday</td> <td>12:45 p.m.</td> <td>Banking</td> </tr> <tr> <td>Monday</td> <td>2:15 p.m.</td> <td>Walgreens</td> </tr> <tr> <td>Tuesday</td> <td>9:30 a.m.</td> <td>King Soopers</td> </tr> <tr> <td>Tuesday</td> <td>1:30 p.m.</td> <td>Walmart</td> </tr> <tr> <td>Thursday</td> <td>8:30-11:00 a.m.</td> <td>Doctor Appointments</td> </tr> <tr> <td>Thursday</td> <td>12:45 p.m. Odd Days</td> <td>Senior Center Dance</td> </tr> </table>		Monday	8:30-11 a.m.	Dr. Appointments	Monday	12:45 p.m.	Banking	Monday	2:15 p.m.	Walgreens	Tuesday	9:30 a.m.	King Soopers	Tuesday	1:30 p.m.	Walmart	Thursday	8:30-11:00 a.m.	Doctor Appointments	Thursday	12:45 p.m. Odd Days	Senior Center Dance
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## May Brings Mother's Day (Continued)

After lunch, the Colorado Springs Show Choir will be here at Winslow Court to entertain the moms and their families and friends. The Colorado Springs Show Choir is a tradition here at Winslow Court, and this chorale is very talented and excited to show the moms of the audience how much they are appreciated. Mother's Day is just a single day, but every day mothers should feel loved and appreciated for all they have done and the blessings they have been to their children. Happy Mother's Day to each one of you wonderful ladies.



## Casino Night Is Back!

Casino Night was such a hit in March that it will be happening four times a year! Come out and learn the table casino games, including roulette, blackjack and craps! Never played before? The dealers that come are well-trained and are very informative about the game, so that isn't a good excuse to stay home. The dealers are professionals and very patient to answer questions as they come and explain the game over and over again. Don't have the money? Casino Night is played with fake money, and whoever wins the most money throughout the evening walks home with a gift card. How it works is the dealer gives each player a \$500 chip to be traded in for chips of lesser value so players can play different tables or stick to one. Double or triple the money or win nothing, it is all about the fun of learning and laughing with friends. Want a snack or beverage? Snacks are served along with alcoholic beverages including beer and wine as well as nonalcoholic drinks including soda and punch. So now you are all out of excuses for avoiding Casino Night! Come out for an evening of fun and gaming. The night is filled with laughs, high-fives and a new memory to share with friends and family. Come out and play!

## Remembering Memorial Day

Memorial Day is all about remembering. How sad it is, then, that over time Americans have started to forget what the holiday is really all about.

Memorial Day was originally created to honor those who had given their lives while serving during the Civil War. At that time it was called Decoration Day because of the tradition of decorating the graves of fallen soldiers. Memorial Day was proclaimed a holiday on May 5, 1868, by General John Logan, the national commander of the Grand Army of the Republic, and was first observed on May 30 of that same year. It was celebrated by placing flowers on the graves of Union and Confederate soldiers at Arlington National Cemetery. It is nearly impossible to prove the origins of this holiday, since over two dozen cities and towns across the U.S. claim to be its birthplace. However, President Lyndon Johnson officially declared Waterloo, NY, as the birthplace in May 1966 because New York was the first state to recognize Memorial Day as an official holiday in 1873.

By 1890 the new holiday was recognized by all of the northern states, but since it focused only on the Civil War, the southern states refused to be a part of it, honoring their fallen Confederate soldiers on a completely separate day. It was after World War I that the holiday included soldiers who had served in any war, not just the Civil War. It was then that the southern states finally accepted Memorial Day as an official holiday.

Now almost every state in the U.S. celebrates Memorial Day on the last Monday in May, though several southern states still have an additional day for honoring fallen Confederate soldiers that's separate from Memorial Day. The reason for the placement of the holiday on a Monday was to ensure a three-day weekend. However, this extended weekend could be the cause of the steady decline in the number of people who actually celebrate Memorial Day for its original purposes.

Memorial Day was all about reconciliation and coming together to honor the soldiers who had fallen during war. Marking the start of the summer vacation season, modern-day customs focus more on shopping, family gatherings, fireworks, barbecues, trips to the beach, and national media events like the Indianapolis 500. More and more cemeteries now hold ignored and neglected service men and women, for now Memorial Day is used as a holiday to remember friends and relatives that have passed, not just those involved in the military.

In order to help remind Americans of the true meaning behind Memorial Day, in December 2000 the National Moment of Remembrance resolution was passed. At 3 p.m. local time, all Americans are encouraged "... to voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps.'"

So this Memorial Day, be sure to honor those brave fallen soldiers by taking that moment of silence, and remember that they are the reason we are free – the reason we celebrate.

### WINSLOW COURT

LIVING BETTER THAN EVER

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