



WindsorMeade  
WILLIAMSBURG

# WHISTLER



## *Welcoming the New Year 2018*

With the new year on our horizon, we pause to look back over the past year, remembering and cherishing that which brought us joy and contentment. By the same token, let us look forward to the coming year with HOPE – let prayer, humbleness and gratitude direct our paths.

Let us focus on things accomplished rather than those things that are undone. Let us see the beauty about us rather than that which is less attractive. Let us hear the song in the air rather than words of discouragement. May we think of others in a most sharing and caring way instead of seeing only our own needs and desires. Let us band together to ask for blessings for our country and the nations of the world. Let us work together for the sake of peace for all mankind. Let us show courage, discipline, love, acceptance and tolerance. Let us encourage, teach and support our young as they are looking for stability in an ever-changing world. And at the end of each day, let us remember that we are a village that shall work together for the good of all who enter the doors to our humble home or our open heart.

With love, *Marilyn Gray*

### THE WINDSORMEADE LEADERSHIP TEAM

Marilyn Gray  
Executive Director

Robin Abbott  
Assistant Executive  
Director

Kevin Early  
Director of Dining  
& Catering

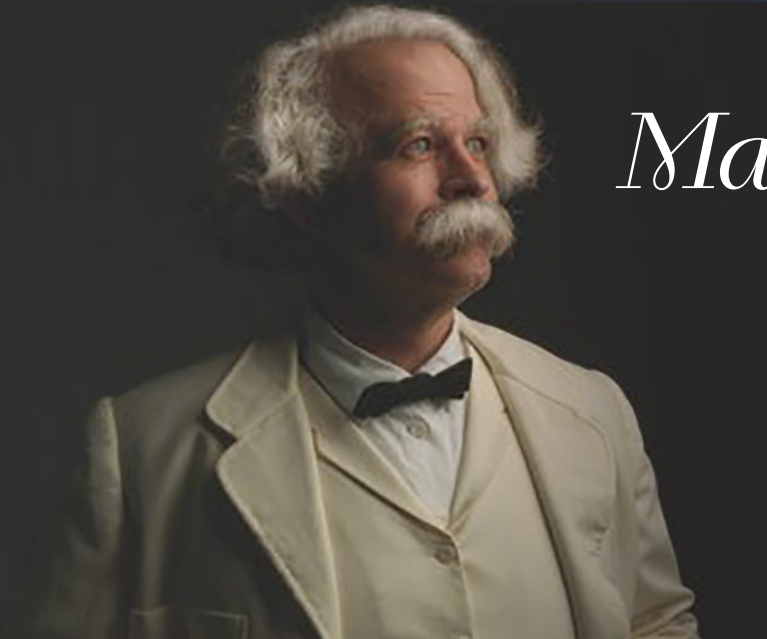
Patrick Kerr  
Director of  
Environmental Services

Sherri Sapp  
Director of Nursing

Jean Christensen  
Director of Marketing

Holly Hunt  
Director of Lifestyles  
& Wellness

Tracey Evans  
Business Office Director



## Mark Twain Speaking

Tuesday, January 23 | 2:00 pm | Kensington Room

Is it *Mark Twain*? Almost - it's storyteller Gary Robertson in his role as his favorite character - *Mark Twain*. Samuel Langhorne Clemens, better known as *Mark Twain*, the iconic American writer, humorist, entrepreneur, publisher, and lecturer is coming to WindsorMeade! Robertson's impersonation promises to capture Twain's well known wit and satire and should be quite entertaining!

### Winter Crafts with Betty Rose

Tuesday, January 2 | 1:00 pm | Clubhouse

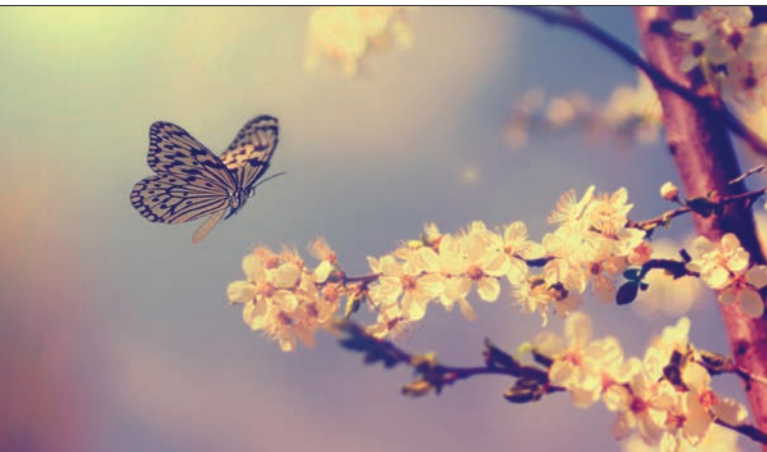
Bring out your creative talents in this craft workshop with WM resident Betty Rose McGee. Participants are asked to bring \$5 to cover the cost of materials. Sign up in the Message Center by 12/31.

Bring your smart phone, laptop, etc.

### Technology Team

Tuesdays, January 2, 9, 16, 23 & 30 | 4:00 pm | Library

The *Technology Team* returns to assist you with your technology needs. These students look forward to working with you!



### The Awesome Power of Transformation

Wednesday, January 3 & 10 | 10:00 am | Kensington Room

Discover the innate light within and learn skills for defining and living your true life purpose. Jeanne Forrest will present *Power of Thought* on 1/3 and *The Power of the Law of Attraction* on 1/10. Start the New Year off right and join Jeanne for one or more of her seminars on *Achieving Your Life Purpose*.

### Undecorating Day

Thursday, January 4 | 11:00 am-2:00 pm | Kensington Room

Organizers are calling all Elves' to convene at Windsor Hall to pack up our WindsorMeade Christmas decorations. Please sign up in the Message Center by 1/3. We want to thank all of Santa's Elves for decking our halls this holiday season.

### Review of Health Care Services Available at WindsorMeade

Friday, January 5 | 10:00-11:30 am | Kensington Room

Knowledge is power and we know the time to navigate the healthcare system is not when you are in the middle of your own or a loved one's health emergency. Please join us as we provide an overview of the health care services available at the community and how to access them.

### Coffee with a Cop

Monday, January 8 | 8:30 am | Club Room

Join our local law enforcement for coffee and conversation. This is a chance to ask questions, voice concerns and get to know the officers in our neighborhood.

Uplifting & Inspirational

### Change is Good: The Best is Yet to Come!

Monday, January 8 | 2:00 pm | Kensington Room

Be empowered by Peter Colwell, a local author and motivational speaker. For the last 20 years, Peter has encouraged audiences with this uplifting and inspirational workshop, *Change is Good: The Best is Yet to Come!* based on his forthcoming book, *Invest In Your Attitude*.

Presented by WRL Talks to Go

### How TV Dinners Changed America

Friday, January 12 | 10:00 am | Kensington Room

Williamsburg Regional Library will dig into the development of the frozen food industry and its impact on life in America.

### Literacy for Life: Adult Learners' Perspective

Friday, January 12 | 1:00 pm | Kensington Room

*Literacy for Life* improves lives by teaching adults literacy skills required for self-sufficiency, better health, and meaningful participation in society. This important presentation will include a video featuring the stories of four adult learners and their journey to literacy. Afterwards, a panel discussion will feature *Literacy for Life* learners, tutors and staff. We hope you will join us for this engaging presentation.



### Violin Recital

Monday, January 15 | 7:30 pm | Kensington Room

You are cordially invited to a violin recital featuring Kathy Parisi and friends. Kathy's repertoire will include classical music and a variety of other recognizable tunes.

### William & Mary Volunteers

Saturday, January 20 | 12:00-2:00 pm | Library

W & M students will be here to assist you with your technology needs. Bring your tablet, smart phone, laptop, etc. or utilize the Library computers to learn more about these devices.

### Eastern Virginia School for the Performing Arts

Saturday, January 20 | 7:00 pm | Kensington Room

EVSPA provides the children of Hampton Roads with quality instruction in classical ballet, singing, acting, tap and other dance forms. This allows for professional development as well as fostering an appreciation and understanding for these arts. Directors Ron Boucher & Sanda Balestracci will present an evening of entertainment that you won't want to miss!

### JCC Annual Scam Presentation

Monday, January 22 | 1:30 pm | Kensington Room

Sadly, scams are on the rise. Master Police Officers Jamie Lilley and Alan McDonell, from the James City County Police force, have graciously offered to provide helpful tips on how to avoid being a victim of scams. Start the year off with some knowledge that will keep you and your identity safe.

### Dr. Brian Scott: Neuropathy

Tuesday, January 23 | 10:00 am | Kensington Room

Learn about neuropathy and its link to arthritis. Dr. Scott will explain what causes this painful problem. He will provide non-drug alternatives and solutions for managing neuropathy.

### Coffee, Cookies & Communication

Wednesday, January 24 | 10:30 am | Kensington Room

Join the leadership team for this quarterly meeting as updates and information are shared regarding WindsorMeade. If you would like transportation, please sign up at the Concierge desk for the neighborhood shuttle.



### Pysanka Class

Thursday, January 25 | 2:00-4:00 pm | Activities Room

Cathleen Handlin returns to teach a unique form of Ukrainian folk art involving decorating eggs. The cost is \$6, charged to your account. Please sign up in the Message center by 1/18. Beginners welcome!

# Out & About

## William & Mary Men's Basketball Game

Thursday, January 11 & 18 | 6:15 pm | Depart WH Activity Level II

\*Thursday, 1/11 – W & M vs. James Madison University  
\*Thursday, 1/18 – W & M vs. Northeastern

Support the Tribe by attending a Men's basketball game on the William and Mary campus. Residents are responsible for purchasing their own \$10 ticket at the door. Sign up in the Message Center by 1/8. A minimum of 8 participants is required.

## Waypoint Seafood & Grill

Thursday, January 18 | 5:50 pm  
Depart WH | Activity Level I



For a culinary experience you won't want to miss, join the excursion to Waypoint Seafood and Grill. The menu is a celebration of Chesapeake ingredients and includes items grown at local farms and caught in regional waters. Dinner is on-your-own. Please sign up in the Message Center by 1/11. Space is limited!



## Lunch Bunch to Berret's

Thursday, January 25 | 11:20 am | Depart WH Activity Level I

Berret's Seafood Restaurant has been voted by locals as "Best Seafood Restaurant" year after year. They actively seek out the freshest in regional seafood and produce. Equal care is taken with their steaks, chops and poultry entrees. Enjoy dinner on-your-own. Sign up in the Message Center by 1/15. Space is limited!



## Behind the Scenes at WHRO

Tuesday, January 16 | 10:00 am  
Depart WH | Activity Level III

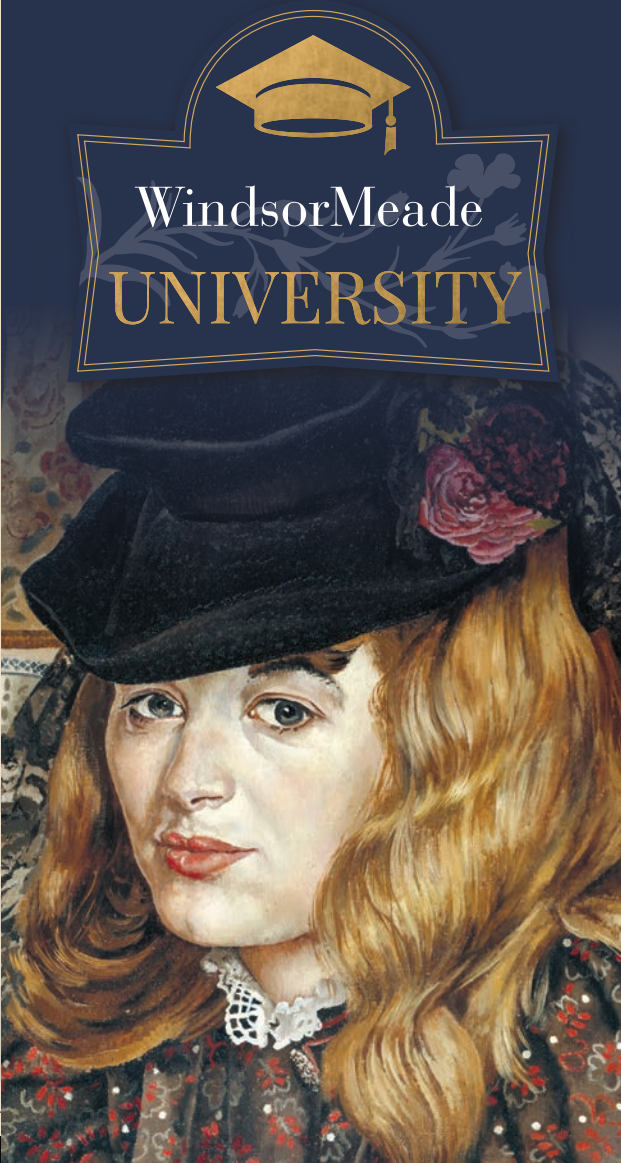
If you have an interest in public media, then this behind-the-scenes tour of WHRO in Norfolk should be on your January to-do list! This is your opportunity to explore a television master control room and two radio stations! Afterwards enjoy lunch on-your-own at Small's Smokehouse & Oyster Bar. There is no charge for this outing but you must sign up in the Message Center by 1/18. Space is limited!



## Terracotta Army

Wednesday, January 24 | 10:30 am  
Depart WH | Activity Level II

Take a step back to 259-210 BC and feast your eyes on what is one of the most significant archeological finds of modern times, *Terracotta Army*. After the docent led tour, enjoy lunch on-your-own at either Amuse Restaurant or Best Cafe. Cost for this experience is \$23, charged to your account. Space is limited! Sign up in the Message Center by 1/9. No refunds after this date.



## Power of Art

Friday, January 5 | 1:30 pm  
Kensington Room

The *Power of Art* 2018 returns for a second season with *Art by Stanley Spencer*. This wonderful series is narrated by our own WM resident Bill Smith, along with his growing collection of costumes. You won't want to miss a brush stroke!

## Around the World with Peter Foster

Tuesday, January 9 | 7:30 pm  
Kensington Room

Join fellow resident, Peter Foster, as he regales the adventures he encountered on this 8 month trip around the world in 1959. This promises to be a fascinating presentation!



# Movie Matinees



## Titanic

Won 11 Oscars!

Saturday, January 6 | 2:00 pm | Kensington Room

A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated *Titanic*. This award winning movie stars Leonardo DiCaprio and Kate Winslet. Rated PG-13, 194 mins.

## Inside Out

Golden Globe Award Winner for Best Animated Feature Film

Saturday, January 13 | 2:00 pm | Kensington Room

*Inside Out* is set in the mind of a young girl named Riley Andersen as she tries to adjust to a move from Minnesota to San Francisco. Five personified emotions, Joy (Amy Poehler), Sadness (Phyllis Smith), Anger (Lewis Black), Fear (Bill Hader) and Disgust (Mindy Kaling), try to help her on this journey. Rated PG, 94 mins.

## Mrs. Doubtfire

Golden Globe Award Winner for Best Motion Picture

Saturday, January 27 | 2:00 pm | Kensington Room

After a bitter divorce, an actor (Robin Williams) disguises himself as a female housekeeper in order to spend time with his children held in custody by his former wife (Sally Field). Rated PG-13, 125 mins.

# Movie Night

## The Butler

Thursday, January 11 | 7:00 pm | Kensington Room


Cecil Gaines (Forest Whitaker) serves eight presidents during his tenure as a butler at the White House. Rated PG-13, 132 mins.

# Musical Theatre Night

## The Music Man

Tuesday, January 23 | 7:30 pm | Kensington Room

This 1962 American musical film starring Robert Preston as Harold Hill and Shirley Jones as Marian Paroo is based on the 1957 Broadway musical of the same name by Meredith Wilson. Not Rated, 151 mins.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																					
<p><b>Salon Hours</b> <b>Tuesday &amp; Thursday - Carol</b> 9:00 am - 2:00 pm Call Carol at 941-3659 to schedule your appointment!</p> <p><b>Barber Shop Session</b> To be determined in the New Year!</p> <p><b>Massage Hours</b> Tuesdays &amp; Thursdays 10:00 am - 2:00 pm</p>	<p><b>1 New Year's Day</b></p>  <p><i>New Year's Day</i></p>	<p><b>2</b></p> <p>8:30 am Muscle Fit - <b>WC</b> 9:30 am Functional Balance - <b>WC</b> 10:20 am Functional Balance - <b>WC</b> 10:30 am Caregiver's Support Group - <b>CH</b> 10:30 am Navigate - <b>CH</b> 1:00 pm Winter Crafts with Betty Rose - <b>CH</b> 1:00-3:00 pm Ping Pong - <b>WC</b> 4:00 pm Technology Team - <b>Library</b></p>	<p><b>3</b></p> <p>7:30 am Aqua Fit - <b>WC</b> 9:30 am Muscle Fit - <b>WC</b> 10:00 am The Awesome Power of Transformation - <b>KR</b> 10:15 am Supervised Fitness - <b>WC</b> 6:00 pm Dr. Batte - <b>KR</b></p>	<p><b>4</b></p> <p>8:30 am Muscle Fit - <b>WC</b> 9:30 am Chair Yoga - <b>KR</b> 10:00 am-12:00 pm WRL Library - <b>Library</b> 10:30 am Mat Yoga - <b>WC</b> 11:00 am-2:00 pm Undecorating Day - <b>KR</b> 1:45 pm You Choose Shuttle - <b>Depart WH</b> 2:30 pm Tai Chi - <b>WC</b></p>	<p><b>5</b></p> <p>7:30 am Aqua Fit - <b>WC</b> 9:30 am Circuit 101 - <b>WC</b> 9:30 am Matoaka Volunteers - <b>Depart WH</b> 10:00-11:30 am Review of Health Care Services Available at WindsorMeade - <b>KR</b> 10:15 am Supervised Fitness - <b>WC</b> 1:30 pm Power of Art - <b>KR</b></p>	<p><b>6</b></p> <p>9:00 am Core Strength - <b>WC</b> 9:00 am-1:00 pm Cornhole Practice - <b>KR</b> 10:00 am Stretch and Flow - <b>WC</b> 1:00-8:00 pm Ping Pong - <b>WC</b> 2:00 pm Movie Matinee presents: <i>Titanic</i> - <b>KR</b></p>																					
<p><b>7</b></p> <p>8:00 am-8:00 pm Ping Pong - <b>WC</b> 8:40 am Shuttle to St. Bede Catholic Church - <b>Depart WH</b> 10:30 am Church Shuttle - <b>Depart WH</b> 2:30 pm You Choose Shuttle - <b>Depart WH</b> 4:00 pm Worship Service - <b>AH</b> 5:30-7:00 pm Bingo - <b>Bistro</b> 7:30 pm Game Night - <b>Bistro</b></p>	<p><b>8</b></p> <p>7:30 am Aqua Fit - <b>WC</b> 8:30 am Coffee with a Cop - <b>CR</b> 9:30 am Muscle Fit - <b>WC</b> 10:15 am Supervised Fitness - <b>WC</b> 2:00 pm Change is Good: The Best is Yet to Come! - <b>KR</b></p>	<p><b>9</b></p> <p>8:30 am Muscle Fit - <b>WC</b> 9:30 am Functional Balance - <b>WC</b> 10:00 am Resident's Association Meeting - <b>KR</b> 10:20 am Functional Balance - <b>WC</b> 1:00-3:00 pm Ping Pong - <b>WC</b> 4:00 pm Technology Team - <b>Library</b> 7:30 pm Around the World with Peter Foster - <b>KR</b></p>	<p><b>10</b></p> <p>7:30 am Aqua Fit - <b>WC</b> 9:30 am Muscle Fit - <b>WC</b> 10:00 am The Awesome Power of Transformation - <b>KR</b> 10:15 am Supervised Fitness - <b>WC</b> 5:45 pm Navy League - <b>Depart WH</b></p>	<p><b>11</b></p> <p>8:30 am Muscle Fit - <b>WC</b> 9:30 am Chair Yoga - <b>KR</b> 10:30 am Mat Yoga - <b>WC</b> 1:45 pm You Choose Shuttle - <b>Depart WH</b> 2:30 pm Tai Chi - <b>WC</b> 6:15 pm W &amp; M Men's Basketball Game - <b>Depart WH</b> 7:00 pm Movie Night presents: <i>The Butler</i> - <b>KR</b></p>	<p><b>12</b></p> <p>7:30 am Aqua Fit - <b>WC</b> 9:30 am Circuit 101 - <b>WC</b> 9:30 am Matoaka Volunteers - <b>Depart WH</b> 10:00 am How TV Dinners Changed America - <b>KR</b> 10:15 am Supervised Fitness - <b>WC</b> 1:00 pm Literacy for Life: Adult Learners' Perspective - <b>KR</b></p>	<p><b>13</b></p> <p>9:00 am Core Strength - <b>WC</b> 9:00 am-1:00 pm Cornhole League - <b>KR</b> 10:00 am Stretch and Flow - <b>WC</b> 1:00-8:00 pm Ping Pong - <b>WC</b> 2:00 pm Movie Matinee presents: <i>Inside Out</i> - <b>KR</b></p>																					
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# Fitness

## New Year's Resolution Board

Starting January 1, 2018

Have you thought about your 2018 New Year's resolution yet? Come down to the Wellness Center for resolution inspiration or to share your own New Year's resolution! The bulletin board at the entrance of the Fitness Center will be decked out and ready for YOUR resolution! Markers will be provided!

## Mat Yoga

Thursdays starting January 4 | 10:30 am | Wellness Center

The first specialty group exercise offering of 2018 is *Mat Yoga*! This class will be led by Patti DeBlass, our current Chair Yoga instructor, and will involve a more traditional style yoga without the use of a chair. Each participant needs an additional waiver and physician signature to participate. Stop by the Wellness Center with questions or to pick-up a waiver.

## Wellness Center Open House

Wednesday, January 17 | 12:00-2:00 pm | Wellness Center

Join us for the second annual *Wellness Center Open House*! Wellness team members will be available to answer questions, update personalized exercise programs, schedule fitness assessments and showcase everything the Wellness Center has to offer to WindsorMeade Residents! No registration required.

## New Year, New Schedule!

Welcome 2018! A few changes have been made to the Wellness Center schedule! New schedules have been included with the Whistler. Call the Wellness Center at 941-3662 for more information. Happy New Year!

## Save The Date

### DMV Connect

Thursday, February 8 | 1:00-4:30 pm  
Activity Room



## Ponderings From Pastor Bill

As much as 2017 was a year for new things, I am much more excited for what 2018 will bring. Isaiah 43:19 says, "I am about to do a new thing. Now it springs forth, do you not perceive it?" Let's perceive these new things together and make this our best year yet!

*\*Please note that the Chaplain's Chat will be held on the 3<sup>rd</sup> Thursday this month at 10:30 am in the Activities Room.*



## A Note of Thanks

Dear WindsorMeade Family,

I want to express my appreciation to the residents of WindsorMeade for the wonderful Christmas gift that you gave to the community team members. Your kindness is evident in your encouraging words and in your humble giving. May God bless each and every one of you as you have blessed so many.

~Marilyn

## Volunteer of the Month

The following residents have been recognized as "Volunteer of the Month." They will receive a gift card thanking them for their service to our community. Please submit your volunteer hour sheets to the Concierge desk by the 1<sup>st</sup> of the month.

April 2017 - **Whitie Barrows**

May 2017 - **Jenny Brown**

June 2017 - **Terry Cote**

July 2017 - **Elaine Chismer**

August 2017 - **Barbara McMahon**

September 2017 - **Randy Cabell**

October 2017 - **Shirley Leyland**

November 2017 - **David Benedict**

*Many thanks to all of our volunteers!*

## Dining

### Thursday Nights at the Bistro

#### Comforting Casseroles

Thursday, January 4 & 18  
4:00-7:00 pm | \$15

#### Bistro Chowders and Stews

Thursday, January 11 & 25  
4:00-7:00 pm | \$15