

WindsorMeade

WILLIAMSBURG

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Another year with sweet memories and joyous times has passed. As we turn the page to the next chapter in life, a promising new year awaits us. I pray for the Lord's blessings in each of your lives with an extra bounty of hope and goodwill in the coming year. Together, let us welcome in 2019 with great inspiration

and enthusiasm as we celebrate happy endings and promising new beginnings.

Best Wishes, Marily Gray

THE WINDSORMEADE LEADERSHIP TEAM

Marilyn Gray Executive Director Lori Kaisand Administrator Kevin Early Director of Dining & Catering Patrick Kerr Director of Maintenance & Engineering Tammy Johnson-Candia Director of Nursing

Jean Christensen Director of Marketing Holly Hunt Director of Lifestyles & Wellness

Jear

Tracey Evans Business Office Director

3900 Windsor Hall Drive | Williamsburg, VA 23188 | www.windsormeade.org | 757 941 3600 | 866 403 5503

Community Events

Bird Feeding

Monday, January 28 | 10:30 am | Kensington Room

In the cold winter months, our little feathered friends need some extra attention. Megan Ernst from Wild Birds Unlimited will discuss the best ways to feed the birds this winter.

A STATE AND A STATE

WRL Talks: U.S. Rail Car No. 1

Wednesday, January 2 | 2:00 pm | Kensington Room

Before *Air Force One*, U.S. Presidents traveled by train. Rail cars were transformed into deluxe accommodations suitable for the president. Explore the impact of rail travel on the presidency before the era of modern air flight.



Un-decorating Day Thursday, January 3 | 11:00 am-2:00 pm | KR

What goes up must come down! The gorgeous decorations that made WindsorMeade so beautiful this holiday season must be returned to the North Pole. If you would like to help, please sign up in the Message Center by 1/2. Many hands make light work.

Coffee with the Cops

Friday, January 4 | 9:30-11:00 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.

History of Merchants Square

Monday, January 7 | 2:00 pm | Kensington Room

Two members of the *Rockefeller Library* staff will present *The Evolution of Merchants Square* in a visual and narrative program. See photos of businesses from the turn of the century to the present, hear how the concept of Merchants Square came to be and learn how it was developed during the Rockefeller restoration.



Meet a Secret Service Agent

Wednesday, January 9 | 10:00-11:00 am | Clubhouse

Imagine being the secret service agent for presidents Nixon, Johnson and Ford! Williamsburg resident, Dick Keiser, will present a program on his years of service as a presidential secret service agent. After the presentation, enjoy coffee, refreshments and casual conversation with Mr. Keiser. If you would like transportation, please stop by the Concierge desk and sign up for the neighborhood shuttle.



Nancy McClain Returns!

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

Songstress Nancy McClain brings talent way beyond her years to the Kensington Room stage. Come witness an extraordinary voice and see why WindsorMeade has quickly adopted Nancy as our sweetheart of song.

Navigate/Caregiver's Support Open House

Monday, January 14 | 10:30 am-11:30 pm | Clubhouse

Navigate & Caregiver's Support will host an Open House on Monday, January 14. All are welcome to drop by the Clubhouse, spend time with Pastor Bill and members of the Lifestyles & Wellness team, and see Navigate activity stations in action. Light refreshments will be served.

Pianist Sunny Choi

Tuesday, January 15 | 2:00 pm | Kensington Room

This talented classically trained pianist from Wellspring United Methodist Church will entertain you with classics from great composers such as, Mozart, Chopin & Bach. Her performance is sure to warm you up on a cold January day!

We Three

Thursday, January 17 | 4:00 pm | Kensington Room The talented *We Three* Williamsburg-based flute trio promises to have you smiling from ear to ear! Their 2018 repertoire was designed to show the breadth and diversity of the flute, including selections from classic to modern, as well as, a spattering of novelty and religious selections.

VIMS: Science for the Bay

Friday, January 18 | 4:00 pm | Kensington Room

VIMS faculty member, Lisa Kellogg, will discuss oyster reef restoration and explain the impact of oysters on the world (and your plate)! There must be 30 participants in order for this event to occur. Please sign up in the Message Center by 1/11.

Chapters in Your Life

Monday, January 21 | 10:00 am-12:00 pm | AR

Everyone has a story to tell. Why not preserve yours for future generations? Join Pam Schlickenmeyer for this inspirational writer's workshop. Sign up in the Message Center by 1/14.



The Tomcats Toe-Tappin' Dixieland Band

Tuesday, January 22 7:00 pm | KR

Relax to the sounds of this Dixieland band featuring WindsorMeade residents, Vic Brown and Randy Cabell.

Coffee, Cookies & Communication

Wednesday, January 23 | 10:30 am | Kensington Room

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

Community Events (continued)



Sip & Paint Party

Friday, January 25 | 4:30 pm | Activities Room

Let your creativity flow with wine and paint! Local art teacher, Suzanne West, will lead an acrylic painting class. As you create your masterpiece, enjoy conversation, wine (\$5/glass) and light appetizers. Minimum participation is 6. Cost is \$25, charged to your account. Sign up in the Message Center by 1/18. No refunds after this date.

Invite a student to Brunch

W & M Brunch Bunch

Sunday, January 27 | 2:00 pm | Marigold Dining Room

Treat a W & M student to Sunday Brunch at 2:00 pm. The process is easy! Simply review the participating students' brief bios, contact information and pictures found in a blue binder in the Message Center. Select the student(s) that you would like to invite and call to extend

the invitation. Make your reservation with $\gamma\gamma$ Dining & meet the student on 1/27. Sign up for this special intergenerational opportunity in the Message Center by 1/21.



Roberto

Wednesday, January 30 | 7:00 pm | Kensington Room

Roberto returns to entertain you with his Latin stylings including mambos, cha-chas, rumbas & tangos.

Dining

Thursday Nights at the Bistro

Chowders & Stews

Thursday, January 3, 17 & 31 | 4:00-7:00 pm | \$15

Comforting Casseroles

Thursday, January 10 & 24 | 4:00-7:00 pm | \$15

Out & About

Bangkok Gardens

A Taste of Thailand

Thursday, January 10 | 11:30 am | Depart WH Activity Level I

While sitting amid Buddhist art and vintage photos, enjoy a taste of Thailand on-your-own at Bangkok Gardens, offering a diverse array of curries and stir-fries. Sign up in the Message Center by 1/7.

W & M Men's Basketball Game

Thursday, January 10 | 6:15 pm | Depart WH Activity Level II

Support William and Mary by attending a men's basketball game against Hofstra University. Residents are responsible for purchasing their own \$10 ticket at the door. Sign up in the Message Center by 1/7. Minimum of 8 participants required for this outing.

Habana Hemingway Café

Thursday, January 24 | 6:00 pm | Depart WH Activity Level I

Stimulate your senses with Cuban tastes, sights, sounds, and smells at Habana Hemingway Café. Enjoy dinner on-your-own while listening to a pianist playing Cuban music! Sign up in the Message Center by 1/16.

WindsorMeade Sponsored

2nd Annual Film Screening & **Community Conversation**

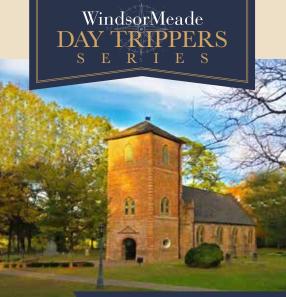
Sunday, January 27 | 1:10 pm | Depart WH Activity Level II

This important event encourages community conversation to raise awareness of the abilities of people with challenges. The film will be shown at the Kimball Theatre at 2:00 pm. Doors open at 1:30 pm. For transportation to this free event, please sign up in the Message Center by 1/18.

Congo Masks: Masterpieces from **Central Africa**

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

In the Congolese region of Central Africa, masks function as performance objects in rituals, ceremonies, worship, and entertainment. The Virginia Museum of Fine Arts offers an innovative and visually compelling display of 130+ Congolese mask masterpieces. After this spectacular exhibit, enjoy lunch on-your-own at the Best Café. Cost is \$23 for non-members and \$10 for members, charged to your account. Sign up in the Message Center by 1/15. No refunds after this date.



National Historic Landmark

Historic St. Luke's Church

Tuesday, January 15 | 9:45 am Depart WH | Activity Level II

Historic St. Luke's Church & Museum, built in 1632, is Virginia's oldest surviving church building. This living, breathing symbol of religious freedom with a storied past is a rare example of Artisan Mannerism Architecture from 17th-century Virginia. After the tour, dine on-your-own at the charming Smithfield Inn, built in 1752. Cost for this outing is \$10, charged to your account. Sign up in the Message Center by 1/7. No refunds after this date. Minimum of 10 participants required for this outing.



Neurotic New York Comedian Alvy Singer (Woody Allen) falls in love with the ditzy Annie Hall (Diane Keaton). Rated PG, 93 mins.

This 1987 epic biographical drama (starring John Lone, Joan Chen and Peter O'Toole) gives a historical account on the final Emperor of China. Rated PG-13, 163 mins.

In Victorian England, a master criminal makes elaborate plans to steal a shipment of gold from a moving train. This adventure film stars Sean Connery, Donald Sutherland and Lesley-Anne Down. Rated PG, 110 mins.

My Left Foot

Christy Brown (Daniel Day-Lewis), born with cerebral palsy, learns to paint and write with his only controllable limb - his left foot. Rated R, 103 mins.

Happy New-Year



Movie Matinées



Annie Hall

Saturday, January 5 | 2:00 pm | Kensington Room

The Last Emperor

Saturday, January 12 | 2:00 pm | Kensington Room

Won 9 Academy Awards

Won 4 Oscars

The Great Train Robbery

Saturday, January 19 | 2:00 pm | Kensington Room

Saturday, January 26 | 2:00 pm | Kensington Room

WindsorMeade January 2019

We will pick up Villa residents at the Clubhouse 10 minutes prior to the noted departure time at Windsor Hall. This is applicable to all evening outings that depart Windsor Hall after 4:00 pm

AR – Activities Room CH – Clubhouse CR – Club Room KR – Kensington Room MDR – Marigold Dining Room Flying Date AN – Abingdon Neighborhood HH – Hadley House MH - Manchester House WH – Windsor Hall WC – Wellness Center

WILLIAMSBURG 🔮	J J	depart Windsor Hall after 4:00 pm.				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Salon Hours Tuesday & Thursday - Carol 9:00 am-2:00 pm/Downstairs Call Carol at 941-3659 to schedule your appointment! Tuesday - Lorraine 9:00 am-3:00 pm/Upstairs Call Lorraine at 941-3649 to schedule your appointment! Massage Hours Tuesdays & Thursdays 10:00 am-2:00 pm Call Renee at 804-694-9303.	Touchtown can be viewed on Channel 1960.	appy ewlear	2 7:30 am Aqua Fit - WC 9:30 am Muscle Fit - WC 10:15 am Supervised Fitness - WC 2:00 pm WRL Talks: U.S. Rail Car No. 1 - KR	3 8:30 am Muscle Fit - WC 9:00 am Morning Devotional - AR 9:30 am Chair Yoga - KR 10:00 am-3:00 pm You Choose Shuttle - Depart WH 10:30 am Mat Yoga - KR 10:30 am-12:00 pm WRL Library - Library 11:00 am-12:00 pm Water Walking - WC 11:00 am-2:00 pm Un-decorating Day - KR	4 7:30 am Aqua Fit - WC 9:30 am Functional Balance - WC 9:30 am Matoaka Volunteers - Depart WH 9:30-11:00 am Coffee with the Cops - CR 10:15 am Supervised Fitness - WC 10:30 am Cardio Fusion - WC	5 8:30 am Chair Pilates - WC 9:00 am Zumba Gold - WC 9:00 am-1:00 pm Comhole Practice - KR 1:00-8:00 pm Ping Pong - WC 2:00 pm Movie Matinée presents: <i>Annie Hall</i> - KR
6 8:00 am-8:00 pm Ping Pong - WC 8:40 am Shuttle to St. Bede Catholic Church - Depart WH 10:30 am Church Shuttle - Depart WH 1:30 pm You Choose Shuttle - Depart WH 4:00 pm Worship Service - AN 5:30-7:00 pm Bingo - Bistro 7:30 pm Game Night - Bistro	7 7:30 am Aqua Fit - WC 9:30 am Muscle Fit - WC 10:15 am Supervised Fitness - WC 2:00 pm History of Merchants Square - KR	8 8:30 am Cardio Fusion - WC 9:30 am Functional Balance - WC 10:00 am Residents Association Meeting - KR 1:00-3:00 pm Ping Pong - WC 1:30 pm Power of Art - KR 4:00 pm Technology Team - Library	9 7:30 am Aqua Fit - WC 9:30 am Muscle Fit - WC 10:00-11:00 am Meet a Secret Service Agent - CH 10:15 am Supervised Fitness - WC 6:10 pm Navy League Dinner - Depart WH	10 8:30 am Muscle Fit - WC 9:00 am Morning Devotional - AR 9:30 am Chair Yoga - KR 10:00 am-3:00 pm You Choose Shuttle - Depart WH 10:30 am Chaplain's Chat - AR 10:30 am Mat Yoga - KR 11:00 am-12:00 pm Water Walking - WC 11:30 am Bangkok Gardens - Depart WH 6:15 pm W & M Men's Basketball Game - Depart WH	11 7:30 am Aqua Fit - WC 9:30 am Functional Balance - WC 9:30 am Matoaka Volunteers - Depart WH 10:15 am Supervised Fitness - WC 10:30 am Cardio Fusion - WC 1:30-3:00 pm Theater Workshop - WC 7:00 pm Nancy McClain Returns! - KR	12 8:30 am Chair Pilates - WC 9:00 am Zumba Gold - WC 9:00 am-1:00 pm Comhole League Practice - KR 1:00-8:00 pm Ping Pong - WC 2:00 pm Movie Matinée presents: <i>The Last Emperor</i> - KR
13 8:00 am-8:00 pm Ping Pong - WC 8:40 am Shuttle to St. Bede Catholic Church - Depart WH 10:30 am Church Shuttle - Depart WH 1:30 pm You Choose Shuttle - Depart WH 4:00 pm Worship Service - KR 5:30-7:00 pm Bingo - Bistro 7:30 pm Game Night - Bistro	14 7:30 am Aqua Fit - WC 9:30 am Muscle Fit - WC 10:15 am Supervised Fitness - WC 10:30 am-11:30 pm Navigate/Caregiver's Support Open House - CH 4:00-5:30 pm iPhone/iPad Users Group - AR	 15 8:30 am Cardio Fusion - WC 9:30 am Functional Balance - WC 9:45 am Historic St. Luke's Church - Depart WH 10:00 am Live Well, Virginia - KR 1:00-3:00 pm Ping Pong - WC 2:00 pm Pianist Sunny Choi - KR 4:00 pm Technology Team - Library 7:15 pm Chamber Music Society - Depart WH 	16 7:30 am Aqua Fit - WC 9:30 am Muscle Fit - WC 10:15 am Supervised Fitness - WC	17 8:30 am Muscle Fit - WC 9:00 am Morning Devotional - AR 9:30 am Chair Yoga - KR 10:00 am-3:00 pm You Choose Shuttle - Depart WH 10:30 am Mat Yoga - KR 11:00 am-12:00 pm Water Walking - WC 4:00 pm We Three - KR	18 7:30 am Aqua Fit - WC 9:30 am Functional Balance - WC 9:30 am Matoaka Volunteers - Depart WH 10:15 am Supervised Fitness - WC 10:30 am Cardio Fusion - WC 1:30-3:00 pm Theater Workshop - WC 4:00 pm VIMS: Science for the Bay - KR	19 8:30 am Chair Pilates - WC 9:00 am Zumba Gold - WC 9:00 am-1:00 pm Comhole League - KR 1:00-8:00 pm Ping Pong - WC 2:00 pm Movie Matinée presents: <i>The Great Train Robbery</i> - KR
8:00 am-8:00 pm Ping Pong - WC 8:40 am Shuttle to St. Bede Catholic Church - Depart WH 10:30 am Church Shuttle - Depart WH 1:30 pm You Choose Shuttle - Depart WH 4:00 pm Worship Service - KR 5:30-7:00 pm Bingo - Bistro 7:30 pm Game Night - Bistro	21 Martin Luther King, Jr.'s Birthday 7:30 am Aqua Fit - WC 9:30 am Muscle Fit - WC 10:00 am-12:00 pm Chapters in Your Life - AR 10:15 am Supervised Fitness - WC 1:30 pm Great Britain in the 1890's in COLOR - KR	22 8:30 am Cardio Fusion - WC 9:30 am Functional Balance - WC 1:00-3:00 pm Ping Pong - WC 4:00 pm Technology Team - Library 7:00 pm The Tomcats Toe-Tappin' Dixieland Band - KR	23 7:30 am Aqua Fit - WC 9:30 am Muscle Fit - WC 10:15 am Supervised Fitness - WC 10:30 am Coffee, Cookies & Communication - KR	24 8:30 am Muscle Fit - WC 9:00 am Morning Devotional - AR 9:30 am Chair Yoga - KR 10:00 am-3:00 pm You Choose Shuttle - Depart WH 10:30 am Mat Yoga - KR 11:00 am-12:00 pm Water Walking - WC 12:30-2:30 pm Golf/Wii Day - KR 6:00 pm Habana Hemingway Café - Depart WH	7:30 am Aqua Fit - WC 9:30 am Functional Balance - WC 10:15 am Supervised Fitness - WC 10:30 am Cardio Fusion - WC 1:30-3:00 pm Theater Workshop - WC 4:30 pm Sip & Paint Party - AR 6:15 pm VSO at Ferguson Center - Depart WH	26 8:30 am Chair Pilates - WC 9:00 am Zumba Gold - WC 9:00 am-1:00 pm Comhole League - KR 1:00-8:00 pm Ping Pong - WC 2:00 pm Movie Matinée presents: <i>My Left Foot</i> - KR
 8:00 am-8:00 pm Ping Pong - WC 8:40 am Shuttle to St. Bede Catholic Church - Depart WH 10:30 am Church Shuttle - Depart WH 1:10 pm 2nd Annual Film Screening & Community Conversation - Depart WH 1:30 pm You Choose Shuttle - Depart WH 2:00 pm Brunch Bunch with W & M Students - MDR 4:00 pm Worship Service - KR 7:30 pm Game Night - Bistro 	28 7:30 am Aqua Fit - WC 9:30 am Muscle Fit - WC 10:15 am Supervised Fitness - WC 10:30 am Winter Bird Feeding - KR	29 8:30 am Cardio Fusion - WC 9:30 am Functional Balance - WC 1:00-3:00 pm Ping Pong - WC 4:00 pm Technology Team - Library	30 7:30 am Aqua Fit - WC 9:30 am Muscle Fit - WC 10:15 am Supervised Fitness - WC 10:30 am Congo Masks: Masterpieces from Central Africa - Depart WH 7:00 pm Roberto - KR	31 8:30 am Muscle Fit - WC 9:00 am Moming Devotional - AR 9:30 am Chair Yoga - KR 10:00 am-3:00 pm You Choose Shuttle - Depart WH 10:30 am Mat Yoga - KR 11:00 am-12:00 pm Water Walking - WC	January BirthdaysBill HarrisJanuary 1Virgil CrowleyJanuary 3Ginger SmithJanuary 4Nancy ColeJanuary 5Barbara BerryJanuary 8Holland FairchildJanuary 10Hanni ShermanJanuary 11Jenny BrownJanuary 12Joann MaslinJanuary 13Dottie DiesingJanuary 19	Joseph BowJanuary 20 Charles Arnold ColeJanuary 20 Robert McNameeJanuary 22 Beverly DandoJanuary 25 Jim WilliamsJanuary 26 William BatteJanuary 26 Russell VanBrimerJanuary 27 Tom PrattJanuary 27 Lawrence LeDouxJanuary 30 Jean GrahamJanuary 31 Dorothy LeaheyJanuary 31



Lifestyles & Wellness

Introducing Drama Coach Marcia DiMattia

Theater Workshop

Fridays beginning January 11-March 1 | 1:30-3:00 pm | Wellness Center

This practical, engaging, and fun workshop will consist of 7 sessions, a dress rehearsal, and a final show in the Kensington Room on Saturday, 3/2. Enjoy 1½ hour sessions of drama instruction, games, and exercises while developing vignettes to perform at the show. This is your opportunity to nurture your creative self during the cool winter months! Sign up in the Message Center by 1/8. Space is limited!

Golf/Wii Day

Thursday, January 24 | 12:30-2:30 pm | Kensington Room

Come and try out WindsorMeade's new golf game combining cornhole and chip shots to make a fun golf-centric game. In addition, the Wii gaming system will be connected to the projector for residents to enjoy virtual bowling, table tennis, balance games and more!

Color your Workout in the New Year!!

We have updated and color-coded our *WM Group Exercise Schedule* with class descriptions to meet the needs of all residents. These new color categories can be found on the back of the fitness schedule. Stop by the Wellness Center and pick up your group exercise card today. The cards will be used to track your class attendance in January and February. Prizes will be awarded for the highest class attendance. The Wellness Center staff is eager to assist you with classes, personal exercise programs and fun activities in the New Year! Come move with us! Questions? Call us at 941-3662.

From the Clinic

Live Well, Virginia

Tuesday, January 15 | 10:00 am | Kensington Room

Peninsula Agency on Aging (PAA) offers several free programs in the local community in order to promote healthy living and safety. Our special guest, Anne Elder, RN, BSN, will describe all available programming and offer a sample of each. If there is enough interest, PAA will provide training on the WindsorMeade campus. Mark your calendars!

Ponderings from Pastor Bill

Are you ready for the New Year?! 2018 marked an important time celebrating countless events around the world. As we begin our journey into 2019, we should remember God's many blessings. John 1:16 tells us that "Out of his fullness we have all received grace in place of grace already given." May we open our hearts and be a blessing to others in this New Year.

*Please note that the Chaplain's Chat will be held on the 2nd 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 gifts that you gave to the community team members. Your kindness is evident in your encouraging words and your humble giving. May God bless each and every one of you as you have blessed so many. – Marilym

Power of Art

Tuesday, January 8 1:30 pm | KR



WM resident, Bill Smith, presents The Power of Color. Learn how artists use color to communicate emotions.

iPhone/iPad Users Group

Monday, January 14 | 4:00-5:30 pm Activities Room

Under the direction of WM resident, Rick Chase, residents are invited to learn from one another & become more knowledgeable and confident in the use of their devices. Stop by the Message Center and pick up Rick's informational handout. Starting in January, the group will meet on the 2nd Monday of each month from 4:00-5:30 pm. This is open to all!



Great Britain in the 1890's in COLOR

Monday, January 21 | 1:30 pm Kensington Room

From the Library of Congress Photochrom Collection, WM resident Larry LeDoux presents a nostalgic tour of Queen Victoria's domain before motor vehicles and telephone poles. This was the 'good old days' (as you've not seen it before) in living color.