

WindsorMeade

WILLIAMSBURG

WHISTLER



*Wishing You
PEACE
in the New Year*

*'New year's come and new year's go,
Pieces of time all in a row.*

*As we live our lives each second and minute,
We know we're privileged to have you in it.
Our appreciation never ends.
For our greatest blessings include
our WindsorMeade family and friends.'*

Happy New Year!

Andrus

Photography compliments of WM resident Chuck Buell.

THE WINDSORMEADE LEADERSHIP TEAM

Andrea Staskiel
Executive Director

Kevin Early
Director
Dining Services

Tammy Johnson-
Candia
Director of Nursing

Holly Hunt
Director
Lifestyles & Wellness

Steven Nelson
Director Maintenance
Engineering & Support Services

Lydia Earhart
Director
Marketing & Sales

Kesha Nowell
Director
Business Office

Kelly Black
Administrator
in Training



Flower Arranging

Tuesday, January 2 | 2:00 pm | Windsor Corner

Create your own floral design with your friends and neighbors. Supplies will be provided.

Bedford Terrace Tours

Wednesdays, January 3, 10, 17, 24 & 31 | 1:00 pm | WH

Bedford Terrace tours will be offered every Wednesday in January and will include Hadley House, Abingdon Neighborhood and Manchester House. Please select your date and sign up in the Message Center. All tour groups should meet at the Concierge desk. *Pending COVID status tours may be cancelled.

Undecorating Days

Thursday, January 4 & Friday, January 5 | 9:00-10:30 am | WH

What goes up, must come down. Calling all elves to convene at Windsor Hall to pack up our beautiful holiday decorations. Many hands make light work. Please sign up in the Message Center. We want to thank Santa's Elves for decking our halls.

In-Home Caregivers Presentation

Friday, January 5 | 11:00 am | Kensington Room

Join Keesya Hill-Jones from In-Home Caregivers and learn what this WindsorMeade-approved vendor has to offer.

Signs of the Times w/Chaplain Randy

Monday, January 8 & 15 | 11:00 am | WC

Chaplain Randy will discern the signs of the times and teach us how to remain calm. Please join Randy for these concluding sessions.

Monday Movie Madness

Monday, January 8, 22 & 29 | Times Vary | Kensington Room

Take in a movie with your friends and neighbors. See insert for details including showtimes, ratings, synopsis and more.

Coffee With A Cop

Monday, January 8 | 9:00-10:00 am | Club Room

Join our local law enforcement for community updates, coffee, conversation and pastries in the comfort of the Club Room.

Dru Stowe: A Holiday Musician's Survival Guide

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

Meet Dru Stowe for a behind-the-scenes look at a musician's life during their busiest time of year. Dru will share some history on local events we associate with the season. We are sure you will enjoy this funny and educational presentation.

Greek Dinner & A Movie:

My Big Fat Greek Wedding 3

Tuesday, January 9 | 5:45 pm | Kensington Room

Savor Greek food at its finest from Kephi, while watching My Big Fat Greek Wedding 3. Pick up your menu in the Message Center, make your selection and return it to the Concierge. Enjoy a cozy night in with dinner and a movie! Dinner will be charged to your account. Sign up in Message Center by 1/6.



WM Family Game Day w/Snacks

Wednesday, January 10 | 1:00-3:00 pm | WC

Get your game on, share some laughs, and enjoy light snacks. Multiple games will be provided but feel free to bring your own.

Williamsburg Youth Orchestra:

The Apollo Quartet

Wednesday, January 10 | 4:00 pm | Kensington Room

The Williamsburg Youth Orchestra offers young, talented and motivated musicians the opportunity to develop their full potential with education and performance opportunities.



Cornhole League & Practice

Saturday, January 13 | 10:00 am-12:00 pm | KR (Practice)

Saturday, January 20 & 27 | 10:00 am-1:00 pm | KR (League)

Join WM resident, Charlie Cote, for this social league. Coach Charlie will gladly teach you the game. Sign up in the Message Center. Practice will be held on 1/13.

Tribute to Martin Luther King ~ MLK FBI

Monday, January 15 | 4:00 pm | Kensington Room

When Dr. Martin Luther King, Jr. emerged as a resonant voice in the American civil rights movement, FBI director J. Edgar Hoover regarded him as a danger to the status quo. This documentary reveals Dr. King through the balance of his life.

Brain Games I, II, III

I ~ Tuesday, January 16 | 10:00 am | Kensington Room

II & III ~ Tuesday, January 23 & 30 | 2:00 pm | Kensington Room

Your brain is mission control for the rest of your body and steers you through life. This National Geographic series provides a fascinating window into the inner workings of the brain.

Retired Musicians Band

Tuesday, January 16 | 2:00 pm | Kensington Room

This 10-piece musical group is comprised of retired musicians who have come together to share their passion for music. Enjoy the sounds of the Big Band Era on our WM campus.

Town Hall

Wednesday, January 17 | 10:30 am | Kensington Room

Join the leadership team for updates and information about WindsorMeade operations. This is a great opportunity to share ideas and ask questions. Refreshments provided.

Line Dancing Party

Wednesday, January 17 | 6:00 pm | Kensington Room

Get your groove on at our line dance party with instructor Sonya Davis. Light refreshments will be served and spectators are more than welcome.

What Do We Know About Islam?

Thursday, January 18 | 7:30 pm | Kensington Room

Khalid & Sabeeha Rehman, both from Pakistan, have spent their retirement years sharing their knowledge and the love of their faith across our country. Their goal is to explain Islam and create harmony with people of other faiths. They will dispel the myths and explain how very few Muslims have "gone off the track." You won't want to miss this enlightening presentation.

Public Insights presents: Bees

Tuesday, January 23 | 11:00 am | Kensington Room

Buzz into the ballroom and join Public Insights speaker Keith Tignor, Virginia State Apiarist (beekeeper) for a fascinating look at the importance of bees to all life on earth.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Salon Hours</div> <div>Tuesday & Thursday - Carol 9:00 am-2:00 pm/Windsor Hall Call Carol at 941-3659 to schedule your appointment!</div> <div>Wednesday - Tamara 9:00 am-3:00 pm/Bedford Terrace Call Tamara at 941-3649 to schedule your appointment!</div> <div>Massage Therapist</div> <div>Call Renee Yates at 804-694-9303 to schedule your appointment!</div>	<div>1</div> <div>NEW YEAR'S DAY</div> <div>Happy New Year!</div>	<div>2</div> <div>9:30 am Social Committee - WC 10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 2:00 pm Flower Arranging - WC</div>	<div>3</div> <div>9:15 am Facilities & Grounds Committee - KR 10:30 am Dining Committee - WC 1:00 pm Bedford Terrace Tour - WH 3:00 pm Lewis Ginter ~ GardenFest of Lights Rescheduled - Depart WH 3:30 pm News & Views - WC</div>	<div>4</div> <div>9:00 am Marketing Committee - WC 9:00-10:30 am Undecorating Day I - WH 10:30 am Caregivers Support Group - WC 10:30 am-12:00 pm WRL - Library 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation Open House - WC 6:15 pm William & Mary ~ Men's Basketball Game - Depart WH</div>	<div>5</div> <div>9:00-10:30 am Undecorating Day II - WH 11:00 am In-Home Caregivers Presentation - KR 1:00 pm Share Stories at Corner Open Mic - WC 5:00 pm TGIF - CR</div>	<div>6</div> <div>1:30-8:00 pm Ping Pong - FC 2:00 pm Saturday Movie Matinee presents: Dog Gone - KR</div>
<div>7</div> <div>9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro</div>	<div>8</div> <div>9:00-10:00 am Coffee With A Cop - CR 10:00 am Tai Chi/Qi Gong - FC 11:00 am Signs of the Times w/ Chaplain Randy - WC 2:00 pm Dru Stowe: A Holiday Musician's Survival Guide - KR 4:00 pm Monday Movie Madness presents: Amazing Grace - KR</div>	<div>9</div> <div>10:00 am Resident Association Meeting - KR 10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 1:30 pm WM University presents: The Power of Art - KR 5:45 pm Greek Dinner & A Movie: My Big Fat Greek Wedding 3 - KR</div>	<div>10</div> <div>1:00 pm Bedford Terrace Tour - WH 1:00-3:00 pm WM Family Game Day w/Snacks - WC 3:30 pm News & Views - WC 4:00 pm Williamsburg Youth Orchestra: The Apollo Quartet - KR</div>	<div>11</div> <div>10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 1:00 pm Bible Study - AR 2:00 pm WM University presents: France in the 1890s in Photochrom Color - KR 2:30 pm Corner Crafts & Conversation Open House - WC 5:00 pm Dinner at Casa Pearl ~ Williamsburg - Depart WH</div>	<div>12</div> <div>8:45 am Line Dancing - Fitness Center 10:15 am Virginia War Museum & Crab Shack on the James ~ Newport News - Depart WH 1:00 pm Share Stories at Corner Open Mic - WC 5:00 pm TGIF - CR</div>	<div>13</div> <div>10:00 am-12:00 pm Cornhole Practice - KR 1:30-8:00 pm Ping Pong - FC 2:00 pm Saturday Movie Matinee presents: The Royal Treatment - KR</div>
<div>14</div> <div>9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro</div>	<div>15</div> <div>MARTIN LUTHER KING JR. DAY</div> <div>10:00 am WM University presents: iPhone/iPad Users Group - KR 10:00 am Tai Chi/Qi Gong - FC 11:00 am Signs of the Times w/ Chaplain Randy - WC 1:00 pm Cultural Explorations - WC 2:30 pm WM University presents: The Power of Art - KR 4:00 pm Tribute to Martin Luther King presents: MLK FBI - KR</div>	<div>16</div> <div>10:00 am Brain Games I - KR 10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 2:00 pm Retired Musicians Band - KR 2:00-4:30 pm Stitch & Chat - AR</div>	<div>17</div> <div>9:15 am Health Committee - WC 10:30 am Town Hall - KR 1:00 pm Bedford Terrace Tour - WH 3:30 pm News & Views - WC 4:00-5:00 pm Wine Down Wednesday - CR 6:00 pm Line Dancing Party - KR</div> <div>Wine Down Wednesday</div>	<div>18</div> <div>10:00 am Self-Care, Massage & Guided Meditation - FC 10:30 am Caregivers Support Group - WC 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation Open House - WC 5:00 pm Laughs - CH 6:15 pm William & Mary ~ Men's Basketball Game - Depart WH 7:30 pm What Do We Know About Islam? - KR</div>	<div>19</div> <div>11:10 am York Gardens Tea Room ~ Yorktown - Depart WH 1:00 pm Share Stories at Corner Open Mic - WC 5:00 pm TGIF - CR</div>	<div>20</div> <div>10:00 am-1:00 pm Cornhole League - KR 1:30-8:00 pm Ping Pong - FC 2:00 pm Saturday Movie Matinee presents: Leo - KR</div>
<div>21</div> <div>9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00 pm Williamsburg Symphony Orchestra - Depart WH 6:00-7:00 pm Bingo - Bistro</div>	<div>22</div> <div>10:00 am Tai Chi/Qi Gong - FC 10:30 am Bowling & Lunch w/Team Members, Olde Towne Pizza & Pasta - Depart WH 3:00 pm Monday Movie Madness presents: The Holdovers - KR</div>	<div>23</div> <div>10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 11:00 am Public Insights presents: Bees - KR 2:00 pm Brain Games II - KR</div>	<div>24</div> <div>9:00 am Finance Committee - WC 11:40 am Flavors of Peru, Pisco 51 ~ New Town - Depart WH 1:00 pm Bedford Terrace Tour - WH 3:30 pm News & Views - WC</div>	<div>25</div> <div>10:00 am Self-Care, Massage & Guided Meditation - FC 10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation Open House - WC 5:45 pm Pizza & A Movie presents: Oppenheimer - KR</div>	<div>26</div> <div>8:45 am Line Dancing - Fitness Center 1:00 pm Share Stories at Corner Open Mic - WC 4:00 pm The Annual Hugh Van Brimer Birthday Tribute Concert - KR 5:00 pm TGIF - Club Room</div>	<div>27</div> <div>10:00 am-1:00 pm Cornhole League - KR 1:30-8:00 pm Ping Pong - FC 2:00 pm Saturday Movie Matinee presents: The Adam Project - KR</div>
<div>28</div> <div>9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro</div>	<div>29</div> <div>10:00 am Tai Chi/Qi Gong - FC 10:00 am Monday Movie Madness presents: Philomena - KR 11:00 am-2:00 pm Hot Cocoa Bar - WC 2:00 pm Changes in Medicare - KR</div>	<div>30</div> <div>10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 1:45 pm Pop-Up Archaeology Exhibit, The Art Museums of Colonial Williamsburg - Depart WH 2:00 pm Brain Games III - KR</div>	<div>31</div> <div>10:45 am Gabriel Archer & Art at Wessex - Depart WH 12:00 pm WM University presents: Tech Talks - CH 1:00 pm Bedford Terrace Tour - WH 1:30 pm WM University presents: Tech Talks - WC 3:30 pm News & Views - WC</div>	<div>January Birthdays</div> <div>Patricia Lindholm.....Jan. 4 Nancy Cole.....Jan. 5 Geraine Stocker.....Jan. 7 Hanni ShermanJan. 11 M'Liz Parkhurst.....Jan. 11</div> <div>Jenny Brown.....Jan. 12 Marcia Pleninger.....Jan. 12 Joann Maslin.....Jan. 13 Dottie DiesingJan. 15 Jack BaerJan. 15 Jim McCormickJan. 19 Sylvia RastJan. 23 Carl Brown.....Jan. 24</div> <div>Lawrence WetzelJan. 24 Beverly DandoJan. 25 Judy Lyons.....Jan. 25 Jim Williams.....Jan. 26 Richard Clark #2Jan. 28 Tom Pratt.....Jan. 29 Lawrence LeDouxJan. 30</div>		

Community Events cont.



Pizza & A Movie presents: *Oppenheimer*

Thursday, January 25 | 5:45 pm | Kensington Room

The story of American scientist, J. Robert Oppenheimer, and his role in the development of the atomic bomb. Rated R. \$5 will be charged to your account for pizza. Sign up in the Message Center by 1/15. B.Y.O.B.

The Annual Hugh Van Brimer
Birthday Tribute Concert

Friday, January 26 | 4:00 pm | Kensington Room

The Van Brimer family presents The Annual Hugh Van Brimer Birthday Tribute Concert featuring a woodwind quintet. These members of the Williamsburg Symphony Orchestra will grace the WindsorMeade stage in honor of Hugh Van Brimer. Hugh served on the WSO board of directors and shared a birthday with Wolfgang Amadeus Mozart. Celebrate the life of Hugh Van Brimer with his family and friends. Refreshments will follow the concert.

Hot Cocoa Bar

Monday, January 29 | 11:00 am-2:00 pm | Windsor Corner

Winter is here and baby it's cold outside! Ring in the New Year with cookies and cocoa! Sign up in the Message Center by 1/20!

Changes in Medicare

Monday, January 29 | 2:00 pm | Kensington Room

Join Chuck Webb, MD MDiv, a member of the VaCCRA board of directors for this informative presentation.

WindsorMeade
DAY TRIPPERS
S E R I E S

Virginia War Museum &
Crab Shack on the James ~
Newport News

Friday, January 12 | 10:15 am | Depart WH
Activity Level II

American military history unfolds at the Virginia War Museum. Tour collections of artifacts, weapons, vehicles, uniforms and posters, tracing the development of the US military from 1775 to the present. Galleries include Women at War, Marches Toward Freedom and Visions of War. After the tour, enjoy lunch on-your-own at Crab Shack on the James for fresh seafood where their windowed dining room provides a panoramic view of the James River. All-inclusive cost is \$9, charged to your account. Sign up in the Message Center by 1/8.

York Gardens Tea Room ~
Yorktown

Friday, January 19 | 11:10 am | Depart WH
Activity Level II

A truly authentic English tearoom, York Gardens serves guests as though they were enjoying afternoon tea or dinner at Buckingham Palace. Each guest is treated like royalty and their menu is no exception. All-inclusive cost is \$40, charged to your account. Sign up in the Message Center by 1/12. Space is limited! No refunds after this date.



Out & About

Lewis Ginter ~ GardenFest of Lights
Wednesday, January 3 | 3:00 pm | Depart WH

Activity Level III

Millions of lights twinkle under the night sky! Enjoy cocoa, stop in the Garden Shop and marvel in the magical outdoor setting. Food/beverage is on-your-own. All-inclusive cost is \$22, charged to your account. Sign up in the Message Center by 1/1. No refunds after this date.



William & Mary ~ Men's Basketball
Thursdays, January 4 & 18 | 6:15 pm | Depart WH

Activity Level II

Thursday 1/4 - W & M vs. Elon | Thursday 1/18 - W & M vs. Campbell Support *The Tribe*. Residents are responsible for purchasing game tickets at the door. Sign up in the Message Center by 1/2. A minimum of 6 participants required.

Dinner at Casa Pearl ~ Williamsburg
Thursday, January 11 | 5:00 pm | Depart WH

Activity Level I

Tickle your tastebuds and enjoy a fun dining experience at a gas station-turned-oyster bar & taco joint. Casa Pearl focuses on quality, locally-sourced ingredients and seasoned culinary expertise. Dinner is on-your-own. Please sign up in the Message Center by 1/9. Space is limited!

Bowling & Lunch w/Team Members
Monday, January 22 | 10:30 am | Depart WH

Activity Level II

Enjoy lanes and laughs with your WM friends and team members! Afterwards, enjoy lunch at Olde Towne Pizza & Pasta. Lanes and lunch are on-your-own. Sign up in the Message Center by 1/15.

Flavors of Peru, Pisco 51 ~ New Town
Wednesday, January 24 | 11:40 am | Depart WH

Activity Level I

Founder Renee Becerra brings the flavors, the feelings and the family-homemade cuisines to New Town – so you can get a taste of Peru, too. Enjoy lunch on-your-own in this Peruvian ambiance. Sign up in the Message Center by 1/22. Space is limited!

Pop-Up Archaeology Exhibit
Tuesday, January 30 | 1:45 pm | Depart WH

Activity Level II

The Art Museums of Colonial Williamsburg present a special pop-up archaeology exhibit. Archaeologists will share recently unearthed finds from CW's iconic properties. There is no cost, but please sign up in the Message Center by 1/23. Space is limited!



Gabriel Archer & Art at Wessex
Wednesday, January 31 | 10:45 am | Depart WH

Activity Level II

Celebration! is Williamsburg Winery's newest round of artwork, featuring WM artists, Mary McCormick and Martha Burian. The artwork captures the artists' interpretation of winter at the winery and around Williamsburg. Enjoy lunch at Gabriel Archer Tavern then browse Williamsburg Winery's new art exhibit. Food and beverage is on-your-own. Sign up in the Message Center by 1/23. Space is limited!

Randy's Reflections

SPIRITUALITY

"If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

~ 2 Corinthians 5:17

Turning the calendar to the New Year gives us an excellent opportunity to reflect on past experiences, practice mindfulness and determine what needs to change. On our own, this is difficult, but "with God, all things are possible." Let's ask Him to give us the vision and strength to live a new and improved life in 2024. Happy New Year!

God bless you,
~ Chaplain Randy

- Sunday Worship
- Caregivers Support
- Spiritual Life Committee
- Volunteer Opportunities
- Bible Study



Fitness

Tai Chi/Qi Gong

Monday, January 8, 15, 22 & 29 | 10:00 am | Fitness Studio

Join Laurie Andrews, Corporate Fitness Works instructor for this new class! The ancient Chinese practices of tai chi and qi gong (pronounced CHEE-gung) combine slow, deliberate movements, meditation, and breathing exercises. Improve your circulation, balance, and alignment with these low-impact movements. All fitness levels welcome. Give this class a try and target your core, arms, legs, glutes and back. No registration needed.

Self-Care, Massage & Guided Meditation

Thursday, January 18 & 25 | 10:00 am | Fitness Studio

What better time to prioritize your health and wellness than in the New Year! Therapeutic self-massage can add many benefits to your overall wellbeing. No registration needed.

Happy New Year!
~ WM Fitness Team

Pathways to Wellness Key

- Strength & Endurance
- Creative Expression
- Intellectual Growth
- Spirituality
- Emotional Balance
- Community Outreach
- Dining, Diet & Nutrition
- Social Connections
- Brain Fitness
- Cultivate



INTELLECTUAL GROWTH

The Power of Art

Tuesday, January 9 | 1:30 pm | KR
Monday, January 15 | 2:30 pm | KR

Art has the power to transform, to illuminate, to educate, inspire, and motivate. Join WM resident, Bill Smith, and discover the Power of Art!

France in the 1890s in Photochrom Color

Thursday, January 11 | 2:00 pm | KR

From the Library of Congress Archives, WM resident Larry LeDoux presents France like you've never seen it before, including a film clip of the 1900 Paris Exposition Universelle. Join Larry for this interesting presentation.

iPhone/iPad Users Group

Monday, January 15 | 10:00 am | KR

WM resident, Rick Chase, shares his expertise and enlightens you in this informative technology course. Bring your iPhone and/or iPad. From beginners to advanced everyone is welcome!

Tech Talks

Wednesday, January 31
12:00 pm | Clubhouse
1:30 pm | Windsor Corner

Join WM's Ed McMahon for an informative Tech Talk. Formerly called TED Talks, topics will focus on recent advances in physics, biology, astronomy and engineering.

WM University offers lifelong learning. Residents have the opportunity to learn from one another in a supportive environment.

A Note of Thanks!

Dear Residents,

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

~ Andrea