

WindsorMeade

WILLIAMSBURG

WHISTLER

*Leap into
February*

*"Time has a wonderful way of
showing us what really matters."*

~ Margaret Peters

Ever wish you had a little more time in your day? Perhaps you'd like more time to relax, read a book, volunteer or exercise? Barton Goldsmith, Ph.D. says, "Extra time can be a gift or a curse. It's all about attitude and a little creativity."

Take a leap of faith this February 29th and seize the day!

Happy Leap Day!

Andrus

Photographs 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



Corner Crafts & Conversation

Thursday, February 1, 8, 15, 22, & 29 | 2:30 pm | WC

Crafting improves mental agility and motor skills, decreases cognitive decline and is considered a natural anti-depressant. Stop by for coffee, conversation, and crafts!

Break the Ice

Friday, February 2 & 9 | 1:00 pm | Windsor Corner

It's time to break the ice! The relaxed atmosphere of Windsor Corner with the absence of cell phones will give you the opportunity to make new friends and have meaningful conversations. Not sure where to start? Simply draw a question and keep the conversation going.

League of Women Voters

Monday, February 5 | 10:30 am-1:00 pm | Club Room

The League of Women Voters, a non-partisan political organization, will be on-site to help residents register to vote, update their current voter registration, or apply for an absentee ballot.

Black History Movie Marathon

Monday, February 5, 12, 19 & 26 | Times Vary | KR

In 1976, President Ford officially recognized February as Black History Month, asking all Americans "to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

*See movie insert for details.

Grief Share

Monday, February 5, 12, 19, & 26 | 11:00 am | Activity Room

Processing grief can be very hard... but rewarding at the same time. Chaplain Randy will offer this small group every Monday in February and March. Contact Randy with questions, 941-3619.

Public Insights presents: Mary Shipko ~ Women Flyers

Tuesday, February 6 | 11:00 am | Kensington Room

Aviation pioneer, Mary Shipko, was one of the first women airline pilots in the country. Mary will share her story of determination, courage, and heartbreak. To fulfill the same dream of the opposite sex, she encountered multiple roadblocks along the way.



Amber Price, Sentara Hospital President

Wednesday, February 7 | 1:00 pm | Kensington Room

Amber Price, President of Sentara Williamsburg Regional Medical Center, will provide an informative session on the many services Sentara offers. Sentara is one of the largest health systems in the U.S., and among the top 20 largest not-for-profit integrated health systems in the country. Recognized nationally for clinical quality and safety, Sentara has much to offer! Refreshments will be served.

Virginia Living Museum Animal Ambassadors

Thursday, February 8 | 11:00 am | Kensington Room

A member of the museum's education team will bring three animal ambassadors and discuss each animal's history, their species role in the ecosystem, and their wild counterparts. On 2/22 we will visit the Virginia Living Museum for a docent-led behind-the-scenes tour!

Super Bowl LVIII Sunday

Sunday, February 11 | 6:00 pm | Kensington Room
*6:30 pm Kick off

The 2024 NFL playoffs have arrived and two teams will battle to win Super Bowl 58 at Allegiant Stadium. WindsorMeade will broadcast in the Kensington Room. Appetizers and mixers provided, but please BYOB. Sign-up in the Message Center by 2/8.

Costume Jewelry Treasure Table

Monday, February 12 ~ Friday, February 16 | Windsor Corner

Costume jewelry may be faux but the sparkle is real! Every piece is unique, with items that range from pins, bangles, hair combs, necklaces, bracelets, rings and more. Wondering what to do with your old or broken costume jewelry? Consider dropping off old gems at Windsor Corner's costume jewelry treasure table.

Craig Minton, Local Filmmaker

Monday, February 12 | 2:00 pm | Kensington Room

Join Craig Minton, a local filmmaker, as he shares interesting videos of Williamsburg using drones. These films were created during Covid and used for promotional purposes. You won't want to miss this fun and interesting presentation. Food and fellowship to follow.

Volunteer Informational Session

Tuesday, February 13 | 2:00 pm | Windsor Corner

All WM volunteers should plan to attend this informational session. If you are interested in volunteering your time to help your fellow friends and neighbors, please join us. Seasoned and new volunteers are encouraged to attend.

Imposition of Ashes

Wednesday, February 14 | 10:30 am | WM Library

WM Chaplain Randy Mathis and Deacon Francis Roettinger of St. Bede Catholic Church will conduct the Imposition of Ashes for those who wish to participate in this Lenten practice.

Quarterly Birthday Celebration

Wednesday, February 14 | 2:00 pm | Kensington Room

It's time to celebrate! All residents are invited to recognize our January, February, and March birthdays. Everyone is encouraged to sit with a stranger and make a new friend. Treat yourself to cake and don't forget to wear your nametag!



Retro RomCom Movie Marathon

Thursday, February 15 | 10:00 am-7:00 pm | Kensington Room

Love is in the air! Celebrate February with movies, confections, and chocolate!

10:00 am *His Girl Friday* 5:00 pm *Roman Holiday*
1:00 pm *Breakfast at Tiffany's* *See movie insert for details.

The Inkling: Writing Group

Friday, February 16 & 23 | 1:00 pm | Windsor Corner

Do you have a story inside that you haven't told yet? Explore storytelling through writing. This 8-session course will encourage you to pick up the pen and start writing! WM Marketing Director and former journalist Lydia Earhart takes you to your inner voice where words begin to flow. This workshop is limited to eight participants. Please sign up in the Message Center.

Cupids & Cocktails

Friday, February 16 | 4:00 pm | Windsor Hall & Club Room

Please join us for Cupids & Cocktails in the Club Room compliments of Lifestyles. Wine, pink cocktails, and valentine party snacks will be served.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>February Birthdays</div> <div>Althea MacWhorterFeb. 3 Nancy TobinFeb. 3 Vernon Stocker.....Feb. 4 Carolyn Condon.....Feb. 5 Phelps Pennington.....Feb. 6 Ann VitaleFeb. 6</div>	<div>Suzanne Deaner.....Feb. 6 Joeann JacobyFeb. 11 Vic BrownFeb. 13 Happy Simmons.....Feb. 13 Linda RhodesFeb. 15 Barbara McMahonFeb. 16 George AllenFeb. 17 George Lobien.....Feb. 17</div>	<div>Sally FraserFeb. 21 Connie Magruder.....Feb. 21 David Newstrom.....Feb. 23 Carol NelsonFeb. 28 Hazel WhitneyFeb. 28 Louise DespresFeb. 29 Charles McFaddenFeb. 29</div>	<div>Happy Birthday to you!</div> <div></div>	<div>1</div> <div>9:00 am Marketing Committee - WC 10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 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 - WC 6:00 pm Williamsburg Symphony Orchestra - Depart WH</div>	<div>2</div> <div>GROUNDHOG DAY</div> <div>11:15 am Shorty's, Shopping, & Shakes - Depart WH 1:00 pm Break the Ice - WC 5:00 pm TGIF - CR</div>	<div>3</div> <div>10:00 am-1:00 pm Cornhole League - KR 1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: The Greatest Game I Ever Played - KR</div>
<div>4</div> <div>9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro</div>	<div>5</div> <div>10:30 am Black History Movie Marathon presents: 42 Jackie Robinson Story - KR 10:30 am-1:00 pm League of Women Voters - CR 11:00 am Grief Share - AR 1:00 pm Black History Movie Marathon presents: The Help - KR 3:00 pm Spiritual Life Committee - WC 4:00 pm Black History Movie Marathon presents: The Butler - KR</div>	<div>6</div> <div>9:30 am Social Committee - WC 10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 11:00 am Public Insights presents: Mary Shipko ~ Women Flyers - KR</div>	<div>7</div> <div>9:00 am Facilities & Grounds Committee- KR 10:30 am Dining Committee - WC 1:00 pm Amber Price, Sentara Hospital President - KR 3:30 pm News & Views - WC</div>	<div>8</div> <div>10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 11:00 am Virginia Living Museum Animal Ambassadors - KR 1:00 pm Bible Study - AR 2:00 pm WM University presents: Posters Advertising Magazines - KR 2:30 pm Corner Crafts & Conversation - WC</div>	<div>9</div> <div>8:45 am Line Dancing - FC 10:00 am Barry Art Museum & Surf Rider - Depart WH 1:00 pm Break the Ice - WC 5:00 pm TGIF - CR</div>	<div>10</div> <div>10:00 am-1:00 pm Cornhole League - KR 1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: Ticket to Paradise - KR</div>
<div>11</div> <div>9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - WC 6:00 pm Super Bowl LVIII Sunday - KR *6:30 pm Kick off 6:00-7:00 pm Bingo - Bistro</div> <div></div>	<div>12</div> <div>LINCOLN'S BIRTHDAY</div> <div>10:30 am Black History Movie Marathon presents: Hidden Figures - KR 11:00 am Grief Share - AR 12:00 pm Men's Luncheon - Bistro 2:00 pm Craig Minton, Local Filmmaker - KR 4:00 pm Black History Movie Marathon presents: Raisin In The Sun - KR 5:00 pm Carrabba's Italian Grill ~ Williamsburg - Depart WH</div>	<div>13</div> <div>10:00 am Residents' Association Meeting - KR 10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 1:00 pm BAM Drumming Fitness - FC 1:30 pm WM University presents: Power of Art - KR 2:00 pm Volunteer Informational Session - WC 7:00 pm Chamber Music Society - Depart WH</div>	<div>14</div> <div>ASH WEDNESDAY VALENTINE'S DAY</div> <div>10:30 am Imposition of Ashes - WM Library 2:00 pm Quarterly Birthday Celebration - KR 3:30 pm News & Views - WC</div> <div></div>	<div>15</div> <div>10:00 am-7:00 pm Retro RomCom Movie Marathon: 10:00 am His Girl Friday - KR 1:00 pm Breakfast at Tiffany's - KR 5:00 pm Roman Holiday - KR 10:30 am Caregivers Support Group - WC 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC 5:00 pm Laughs - CH 6:15 pm W&M Men's Basketball Game - Depart WH</div>	<div>16</div> <div>1:00 pm The Inkling: Writing Group - WC 4:00 pm Cupids & Cocktails - WH & CR 5:00 pm TGIF - CR 6:30 pm Virginia Symphony Orchestra - Depart WH</div>	<div>17</div> <div>1:30-2:30 pm Ping Pong - FC *NO MOVIE OR CORNHOLE LEAGUE DUE TO SPECIAL SERVICE</div>
<div>18</div> <div>9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro</div>	<div>19</div> <div>PRESIDENT'S DAY</div> <div>10:00-11:30 am WM University presents: iPhone/iPad Users Group - KR 11:00 am Grief Share - AR 12:00 pm Men's Luncheon - Bistro 2:30 pm WM University presents: Power of Art - KR 4:00 pm Black History Movie Marathon presents: Finding Forrester - KR 5:10 pm Bonefish Grill ~ Williamsburg - Depart WH</div>	<div>20</div> <div>10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 2:00 pm Stitch & Chat - AR 5:45 pm Barbie & Barbecue - KR</div>	<div>21</div> <div>9:15 am Health Committee - WC 1:00 pm Laughter Wellness & Breathing - FC 3:00 pm Safety First: Active Shooter Training - KR 3:30 pm News & Views - WC 4:00-5:00 pm Wine Down Wednesday - CR</div>	<div>22</div> <div>WASHINGTON'S BIRTHDAY</div> <div>9:15 am Virginia Living Museum ~ Newport News - Depart WH 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 - WC 5:00-7:00 pm WM Chefs Tasting - CR, MDR & WH</div>	<div>23</div> <div>8:45 am Line Dancing - FC 10:00 am-1:00 pm Cornhole League - KR 1:00 pm The Inkling: Writing Group - WC 5:00 pm TGIF - CR 6:30 pm Virginia Symphony Orchestra - Depart WH</div>	<div>24</div> <div>10:00 am-1:00 pm Cornhole League - KR 11:00 am Williamsburg Book Festival - Depart WH 1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: Leap Year - KR</div>
<div>25</div> <div>9:30 am Virtual Worship Service - WC 4:00 pm Worship Service - KR 6:00-7:00 pm Bingo - Bistro</div>	<div>26</div> <div>10:30 am Black History Movie Marathon presents: The Color Purple - KR 11:00 am Grief Share - AR 12:00 pm Men's Luncheon - Bistro 2:30 pm Copper Fox Distillery ~ Williamsburg - Depart WH 7:00 pm Dixieland Band featuring Vic Brown - KR</div>	<div>27</div> <div>11:00 am Celebration of Life Service - KR 10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 6:00-7:00 pm Tony Mata ~ Guitarist - WH</div>	<div>28</div> <div>9:00 am Finance Committee - WC 10:00 am-2:00 pm WM Hobby Show - KR 12:00 pm WM University presents: Tech Talks - CH 1:00 pm Laughter Wellness & Breathing - FC 1:30 pm WM University presents: Tech Talks - WC 3:30 pm News & Views - WC</div>	<div>29</div> <div>10:00 am-12:00 pm Supervised Fitness/ Onboard Training w/Appointment - FC 10:30 am Mid-Atlantic Quilt Festival ~ Hampton - Depart WH 11:00 am WRL 101 Presentation - KR 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC</div>	<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>Touchtown can be viewed on Channel 1960.</div> <div>Health Pro Services #941-4639</div>	



Barbie & Barbecue

Tuesday, February 20 | 5:45 pm | Kensington Room

Enjoy Old City Barbecue and *Barbie*, an entertaining movie that has received rave reviews! Feel free to wear pink! Cost is \$8, charged to your account. Please sign up in the Message Center by 2/14.

Safety First: Active Shooter Training

Wednesday, February 21 | 3:00 pm | Kensington Room

WM will partner with local law enforcement for this important and engaging presentation. By providing community-wide active shooter trainings, authorities can effectively train civilians to react appropriately, making quick, real-time decisions that can save lives.

WM Chefs Tasting

Thursday, February 22 | 5:00-7:00 pm | Club Room, MDR, & WH

WM Chefs have created a special night of tasting. Sample different vintages from the same winery, compare carving stations, canapes, veggies, salads, and parfaits. Experience mouthwatering eats and treats as you listen to the progressive sounds of a jazz combo performing live in the Parlor. Cost is \$20, charged to your account. Call 941-3634 to make your reservation. Space is limited!

Dixieland Band featuring Vic Brown

Monday, February 26 | 7:00 pm | Kensington Room

Dru Stowe's toe-tapping, finger-popping Dixieland band returns to the WM stage featuring our very own Vic Brown! Light refreshments will be served.

Celebration of Life Service

Tuesday, February 27 | 11:00 am | Kensington Room

Celebrate the lives of WM residents who passed into eternal rest during 2023. Chaplain Randy has extended an invitation to the families of our loved ones and welcomes all residents and team members. Light refreshments will be served after the service.

Tony Mata ~ Guitarist

Tuesday, February 27 | 6:00-7:00 pm | Windsor Hall

Gather around the fireplace with Tony and tunes from the *Great American Songbook*.

WindsorMeade Hobby Show

Wednesday, February 28 | 10:00 am-2:00 pm | KR

Have a hobby you love and would like to share? Whether it's sewing, photography, woodworking, art, crafts, or a neat collection, sign up in the Message Center and display your masterpiece at our hobby show. Questions? Contact Holly for details, 941-3681.



WRL 101 Presentation

Thursday, February 29 | 11:00 am | Kensington Room

Williamsburg Regional Library (WRL) offers personalized outreach services to WM including their regular visit the first Thursday of every month. Discover the array of services WRL offers to our local community with this informative presentation.

Shorty's, Shopping, & Shakes

Friday, February 2 | 11:15 am | Depart WH

Activity Level II

Beat the winter blues with lunch at Shorty's and shopping at Lazy Daisy. On the way home your driver will stop for shakes! Lunch, shopping, and shakes are on-your-own. Sign up in the Message Center by 1/31.



Barry Art Museum & Surf Rider ~ Norfolk

Friday, February 9 | 10:00 am | Depart WH

Activity Level II

This cultural hub at Old Dominion University advances the understanding of art in its many diverse forms. Collections portray rich, cultural stories through glass, painting, historical dolls, and automata. Admission is free and transportation is \$5 charged to your account. Afterwards, enjoy a late lunch on-your-own at Surf Rider. Sign up in the Message Center by 2/6. Space is limited!

Carrabba's Italian Grill ~ Williamsburg

Monday, February 12 | 5:00 pm | Depart WH

Activity Level I

Ciao! Discover a variety of fresh, handmade Italian dishes cooked to order at Carrabba's in Williamsburg. Enjoy dinner on-your-own. Space is limited! Sign up in the Message Center by 2/8.

William & Mary Men's Basketball Game

Thursday, February 15 | 6:15 pm | Depart WH

Activity Level III

Support the W&M Tribe as they challenge the Towson Tigers. Participants will purchase tickets at the door. Sign up in the Message Center by 2/12. Six participants required.

Bonefish Grill ~ Williamsburg

Monday, February 19 | 5:10 pm | Depart WH

Activity Level I

Bonefish specializes in market-fresh fish from around the world, savory wood-grilled specialties, and seasonal dishes. Dinner is on-your-own. Sign up in the Message Center by 2/15. Space is limited!

Virginia Living Museum ~ Newport News

Thursday, February 22 | 9:15 am | Depart WH

Activity Level II

The Virginia Living Museum is home to more than 250 species of animals. Take a guided tour and behind-the-scenes peek at mammals, birds, fish, and reptiles! Afterwards, enjoy lunch on-your-own at Sage Kitchen and browse the shops at Anderson's. All-inclusive cost is \$19, charged to your account. Sign up in the Message Center by 2/19. No refunds after this date.

Williamsburg Book Festival

Saturday, February 24 | 11:00 am | Depart WH

Activity Level II

Celebrate the literary arts with Williamsburg's Annual Book Festival featuring national, regional, and local authors of all genres. There is no cost but please sign up in the Message Center by 2/20.

Copper Fox Distillery ~ Williamsburg

Monday, February 26 | 2:30 pm | Depart WH

Activity Level II

If you love the taste of whiskey, you're sure to enjoy this trip! Learn about distillery production and their award-winning whiskey and spirits. End in the speakeasy tasting room for flights, craft cocktails, and bar snacks on-your-own. Cost for this behind-the-scenes tour is \$10 payable at the door. Sign up in the Message Center by 2/22. Space is limited!

Mid-Atlantic Quilt Festival ~ Hampton

Thursday, February 29 | 10:30 am | Depart WH

Activity Level III

The Hampton Roads Quilt Festival features vendors from across the country offering machines, textiles, quilting supplies, kits, clothing, and more! Cost for admission is \$18 at the door. Afterwards, enjoy lunch on-your-own at The Twisted Crab. Sign up in the Message Center by 2/25.

Randy's Reflections

SPIRITUALITY

"He who loves his brother dwells in the light and there is no cause for stumbling in him."

~ 1 John 1:10

Love is the primary theme in God's Word. The two parts of the 'most important Commandment' is to love God with all you have and love your neighbor as yourself. Even songs state the importance of love with titles such as, "All You Need is Love" or "What the World Needs Now is Love, Sweet Love."

Our world certainly needs less hatred and far more love. Let's love our neighbor and make this world a better place and may God get the glory.

God bless you,

~ Chaplain Randy

Sunday Worship

Caregivers Support

Spiritual Life Committee

Volunteer Opportunities

Bible Study

Fitness

Cornhole League

Saturdays, February 3, 10 & 24 | 10:00 am-1:00 pm | Kensington Room

Friday, February 23 | 10:00 am-1:00 pm | Kensington Room

Cornhole is not only fun, but promotes cardiovascular health, cognitive skills, and countless benefits! Come out for cornhole! Spectators are always welcome!

BAM Drumming Fitness

Tuesday, February 13 | 1:00 pm | Fitness Studio

Community Fitness Instructor, Sandy Layman returns for an encore BAM Drumming Fitness class. Sandy's class will be heart-themed just in time for Valentine's Day. Call the Fitness Center at 941-3662 to register. Space is limited!

Laughter Wellness & Breathing

Wednesday, February 21 & 28 | 1:00 pm | Class Studio

It's time to laugh! Certified Laughter Leader, Laura Beach, will lead you through joyful laughter with gentle upper arm movements, calm slow breathing exercises, and end with a relaxing guided visualization. Bring a friend for this fun laughter wellness session. This promises to be a hoot!

Pathways to Wellness Key

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



INTELLECTUAL GROWTH

Posters Advertising

Magazines

Thursday, February 8 | 2:00 pm | KR

From the Library of Congress archive, WM resident Larry LeDoux brings a colorful presentation of advertising posters for periodical magazines of the 1885 - 1910 era. Join Larry for this interesting presentation.

Power of Art

Tuesday, February 13 | 1:30 pm | KR

Monday, February 19 | 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!

iPhone/iPad Users Group

Monday, February 19 | 10:00-11:30 am
Kensington Room

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, February 28

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.

Coming Soon

World War II Letters

Wednesday, March 27 | 1:00 pm | KR

WM resident Jack Baer found 1,700 pages of letters that were exchanged between his parents during WWII. Through these letters Jack relates how families separated by distance and the terror of war, got on with their lives. It's a story that details the trials and tribulations of serving in the U.S. Army. Mark your calendars. This is one you don't want to miss!