

INFORMATION

Windsor Manor Assisted Living
1642 South G Ave.
Nevada, Iowa 50201
Phone: 515-382-2980
Fax: 515-382-1413

WINDSOR BUS TRASPORATION

TUESDAY-THURSDAY
8AM-5PM
MONDAY/FRIDAY FAMILY OR HIRTA
PUBLIC TRANSIT
PLEASE BRING ALL APPOINTMENT
TIMES TO BUISNESS OFFICE AS
SOON AS THEY ARE MADE

WINDSOR MANOR GUEST MEAL PRICES

GUEST MEAL TICKET----- \$7.00
PRICE FOR 10 TICKETS-----\$65.00
TICKETS CAN BE PURCHASED IN ADVANCE
IN OUR BUISNESS OFFICE OR KITCHEN.
CASH OR CHECK ONLY.

Windsor Salon
(by appointment only)

Amy Adel:
515-290-9355
641-377-2288

J Ave. Barber
515-382-2423

Arm Chair Yoga



Beginning August 4th Shelia from Story County Long Term Care Rehab will be providing an Arm Chair Yoga class for beginners here at Windsor. The cost of the first few classes will be provided by Windsor Manor. If you are intersted or would like more information, please contact Margie.

Riddle Time

Q: He has married many women,
but he has never been married.
Who is he?

Did You Know?

Jay used to be slang for “foolish person.” So when a pedestrian ignored street signs, he was referred to as a “jaywalker.”

Proverb of the Monty

“Do not tell the man carrying
you that he stinks.”
~ *African Proverb*

AUGUST 2016

WINDSOR UPDATE

WINDSOR MANOR ASSISTED LIVING
1642 SOUTH G AVE. NEVADA, IOWA 50201



AUGUST BIRTHDAYS

RESIDENTS:

DOLORIS SWANSON
AUGUST 6TH

HELEN STOAKS
AUGUST 15TH

STAFF:

ASHLEY SARTIN
AUGUST 8TH

MARGIE ARCHAMBAULT
AUGUST 18TH

AMY ADEL
AUGUST 21ST

BRITTNEY ANDERSON
AUGUST 27TH

I'd make a
corny joke, but
I would get an
earful! 😊



Sweet Corn Fun Facts:

- There is one strand of silk for each kernel on the cob
- On average there are about 800 kernels on an ear of corn
- Corn is cholesterol free
- Sweet corn leaves were used as chewing gum by Native Americans

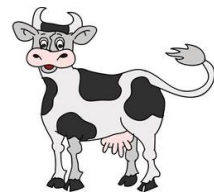
August Activities

We have some fun activities planned for the month of August! Along with our usual activities we will be celebrating Bargain Hunting month with a trip to Goodwill in Ames (4th). Anjeanette Perkins will be joining us for an interesting art project that betters our Nevada community called "Nevada, Iowa Rocks" (8th). We will be enjoying a summer time favorite as we roast S'mores on the patio (11th) and celebrate the Iowa State Fair (13th). Bring out your oldest possession during our Antiques Show and Share (18th). Windsor Manor will be hosting a lunch at the Score Park Pavilion for Senior Citizens (19th) to celebrate Senior Citizens Day. These are just some of the activities planned for August. I hope you have a fun month!

Margie Archambault, Life Enrichment Coordinator

Free Pie Wednesday @ VILLAGE INN

Wednesday, August 10th we will be taking the bus for a free slice of pie at Village Inn. With any dine-in purchase (drink) you receive a FREE slice of double-crust fruit, Peach Supreme, Peach Lattice, Red, White & Blueberry or Coconut Cream. A sign-up sheet will be available for those interested in going. Please see your activity calendar for more information and other fun activities!



Join us for our State Fair Celebration August 13th @ 2pm. If you have a craft that you would like to exhibit, please bring it to Margie by Friday the 12th. If you would like to submit a pie recipe for our Pie Contest, please have it in by Wednesday the 10th. We will also be having a Cute Kid Contest and Cute Pet Contest and family and friends are welcome to compete! For more information, please see Margie.

AUGUST

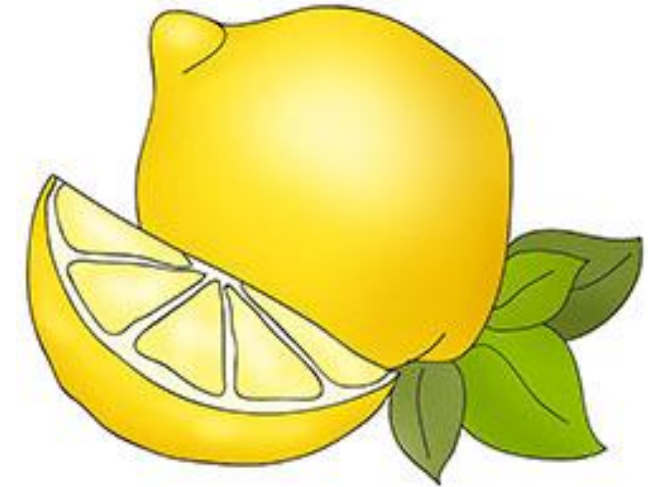
August is always a busy time at my house. As the summer begins to come to a close and the new school year gets closer, there is much to do. School supplies from pencils to backpacks need to be purchased. New clothes and shoes are a must when you have three teenagers in the house, and haircuts are scheduled. I am sad and proud to say that this year my oldest will be a senior in high school! Where have all the years gone?

August is going to be busy at Windsor as well. I have many marketing ideas planned, including a free lunch for the senior citizens in our community. We have also been providing the congregate meals for the senior center here in town four days a week. It is a service I am happy we are able to provide. We have been blessed with a successful building and I am always looking for ways to give back to our community.

I hope you all have a wonderful month!

God Bless

Alison Kapustka, ED



LEMON MONTH

Easy Lemon 7-Up Cake

Cake Ingredients:

One box yellow cake mix

4 eggs

$\frac{3}{4}$ Cup vegetable oil

1-4oz box of instant lemon pudding

$\frac{3}{4}$ cup carbonated lemon-lime soda

Glaze Ingredients:

$\frac{1}{2}$ cup powdered sugar

2 T. lemon juice

1 t. milk

Instructions:

Preheat oven to 325F. Grease bunt pan. In a separate bowl combine all the cake ingredients and mix well. Pour in bunt pan and bake for 45-55 minutes. Allow to cool completely before removing from pan. Top with glaze and enjoy!