

Windsor Manor  
Assisted Living Community  
1807 W. 5<sup>th</sup> Street  
Vinton, IA 52349

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# WindsorLife

Windsor Manor Assisted Living Community · (319)472-2060 · www.windsor-manor.com

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### October Activities

Sing along with the  
Fruit Blossoms  
*October 5 at 10:00 am*

Polka Dancers  
Tim and Kathy  
*October 10 at 2:30 pm*

Relax and Remember  
with Janet Lieb  
*October 18 at 10:00 am*

Music with  
Shannon Janssen  
*October 19 at 2:30 pm*

Music with Harold Gray  
*October 26 at 2:30 pm*

Resident Monthly Birthday  
Party -- Barb Riggle  
and Larry Roster  
*October 30 at 2:30 pm*



**We are looking forward to this year's  
visit to Kacena Pumpkin Farm on  
October 9<sup>th</sup>.**



## October Birthday's

This month's birthday party is on  
Tuesday October 30 at 2:30 pm

Cake and ice cream will be served

Musical entertainment provided by  
Barb Riggle and Larry Roster

- Darwin Selk 10/3 (resident)
- Lauren Carolan 10/3 (associate)
- Tony Rogers 10/5 (associate)
- Darwin Struve 10/7 (resident)
- Wendy Geiger 10/8 (associate)
- Lucille Williams 10/9 (resident)
- Helen Rowden 10/12 (resident)
- Mary Primmer 10/24 (resident)
- Ruth Scheetz 10/24 (resident)
- Bob Beyer 10/25 (resident)
- Myra Klopping 10/26 (resident)



One of our residents thought these were rather comical, I am sharing them with you.....

### On Growing Old

“Remember, old folks are worth a fortune. With silver in their hair, gold in their teeth, stones in their kidneys, lead in the feet, and gas in their stomachs.”

“I have become a little older since I saw you last and a few changes have come into my life since then. Frankly, I have become quite a frivolous old gal. I am seeing five gentlemen every day. As soon as I wake up, Will Power helps me get out of bed. Then I go see John. Then Charlie Horse comes along, and when he is here he takes a lot of my time and attention. Then he leaves, Arthur Ritis shows up and he stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I am really tired and glad to go to bed with Ben Gay.”

“The preacher came to call the other day. He said at my age I should be thinking of the hereafter. I told him, ‘Oh, I do all the time. No matter where I am, in the parlor, upstairs, in the kitchen or down in the basement, I ask myself, ‘What am I hereafter?’”

You've probably read those lines somewhere else over the years, but they are still delightful and true.

Reprinted from, “On the Streets Where We Live”, by Kathleen Holmes. Authors unknown.

Happy Fall! We had a wonderful time celebrating Assisted Living week in September. If you have a chance, go to our Windsor Manor Facebook page and check out our fun family video! We will be visiting Kacena Pumpkin Farm this month to get our pumpkins. Huge thank you to Kacena's who support our community.

As the weather changes it's time to prepare for the upcoming cold & flu season. Just a reminder, our elderly are more susceptible to illness and their bodies have to fight harder to overcome any illness. If you are ill please wait until you are feeling better to visit. We are offering flu shots to our staff and residents in October.

In closing don't forget about Windsor Manor's Halloween Safety stop! Once again we will kick off trick or treating with candy and a safety glow necklace for the kiddos in our community. Please note this years' hours have changed slightly. Hours for this years' event are 4:30pm-5:30pm.

Lisa



Our Windsor Manor family...



Pirate Darwin Struve, Mr. Top Hat Ron Flickinger and Clown Bow Tie Bob Beyer



First completed tie lap blanket. Doris E., Myra, Helen and Margaret



3 generations, Devin, grandson to grandma Ronda and great-grandson to grandpa Flick



Our Monarch butterfly project was a HUGE success this year. Thank you to Tony, his renter, Marv and Becky and Keith S. for collecting caterpillars and providing milkweed leaves. Near as I could keep track, we released 68 butterflies this year. Also thank you to our residents who stayed interested in this through every stage of the process. Next year we plan on tagging some of the butterflies.

### Facebook Fridays!

We are excited to offer our residents the opportunity to explore the land of Facebook. Starting Fridays in October we will be sharing Facebook with our residents with the use of our new large screen and projector. This will give YOU a chance to interact and share pictures or stories with your loved ones. This will also give the residents a chance to see what we do with all those pictures we are always taking.

If you are interested in sharing a picture, video, or story with your loved one you may send it in a message or post it to the Windsor Manor in Vinton Facebook page.