

Windsor Wire

January 2024

Windsor Manor Webster City – 1401 Wall Street Webster City, IA 50595 –
515-832-1188



IN THIS ISSUE

Editors Desk	2
Month in Review	3
Upcoming Events	5
January Calendar	6
January Birthdays	7
Conversation Starters ..	8
Noticeboard	9
Laughing Matters	10
Word Scramble.....	11

Executive Director – Jodi Berns
Office Manager – Brianna Westendorf
Director of H&W – Bekah Jefferson
Dietary Director – Keagyn Lennon
Activities Director – Sydney Beem
Maintenance – Jeff Beem

Editor's Desk

Residents, Families and Friends!

Hel
lo

Happy New Year! Can you believe we are greeting 2024 when it seems like 2023 was just starting? I'm wishing peace, health, and happiness for all of us. Do you make resolutions this time of year? Perhaps I can encourage you to consider it as we move into 2024. Science and research have proven that staying socially active is key to healthy aging. Connecting with others in events and activities boosts the immune system, decreases anxiety, and enhances quality of life. Staying social can also decrease the risk of heart disease and cognitive decline. The resident council meeting will be on Tuesday the 16th. We will be having Myrt and Jerry back with us on Friday the 19th. A group of adults from Friends Forever will be here on the 26th at 10am for a group activity with the residents here at Windsor. Your activity director will be gone the week on the 8th-12th, we will still be having exercise and activities those days! Please, as always if you have any questions, concerns, or suggestions don't hesitate to leave a note in the activity room or on the activity director's desk.

Here's to new adventures!

Sydney Beem

TRY SOMETHING NEW
THIS MONTH!



January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**
Flower: **Carnations**

Journaling Prompt

What are you looking forward to in 2024? How do you hope the year surprises you?

What is one new activity you could join this month?

December Spirit Week Fun!

Cozy Monday Morning

Alice, Patti, Opal, and Janet all dressed in their winter pj's for exercise Monday morning!



Winter Wonderland Whiteout Friday

Jeanette and Marilyn all dressed up in white for winter wonderland whiteout Friday!



Candy Cane Wednesday

Management team all dressed up in red and white for candy cane Wednesday!



Pictures with Santa & Mrs. Claus!



Mary K



Rodney & Carolyn F



Lyle O



Keith W



Lila A



Joan W & Jim O

Upcoming Events

Resident Council Meeting

Tuesday 16th of January 1:00pm, Dining Room

Live Entertainment: Myrt and Jerry B

Friday 19th of January 2:00pm, Dining Room

Friends Forever Group

Friday 26th of January, 10:00am, Dining Room



Regular Events

Happy Hour every Friday 3pm

Church Service every Sunday 1:15pm

Hairdresser every Wednesday

Men's Group every Saturday 3pm

Exercise everyday 10am

Special Days

- 1st Hot Tea Day
- 3rd Tolkien's Birthday
- 6th Epiphany
- 8th Elvis Presley's Birthday
- 16th MLK Day
- 18th Sundance Film Festival
- 19th Intl. Flower Day
- 21st Intl. Hug Day
- 24th Natl Compliment Day
- 26th Australia Day
- 27th Mozart's Birthday

January 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 New Years Day	2 Tasty Tuesday	3 Bucket List Wednesday	4 New Activity Thursday	5 Dress to Impress Friday	6 National Shortbread Day
7 National Bobblehead Day	8 National Joygerm Day	9 National Law Enforcement Appreciation Day	10 National Bittersweet Chocolate Day	11 National Milk Day	12 National Pharmacist Day	13 National Peach Melba Day
14 World Logic Day	15 Martin Luther King Day	16 National Fig Newton Day	17 National Classy Day	18 National Michigan Day	19 National Popcorn Day	20 National Cheese Lover's Day
21 National Hugging Day	22 National Blonde Brownie Day	23 National Pie Day	24 National Compliment Day	25 National Florida Day	26 National Peanut Brittle Day	27 National Chocolate Cake Day
28 National Blueberry Pancake Day	29 National Puzzle Day	30 National Croissant Day	31 National Backward Day	Happy New Year!		

January Birthdays

happy

In January, we celebrate birthdays with:

- Ruth P: 1/09
- Mary K: 1/10
- Louise C: 1/11
- Lois O: 1/14
- Harry S: 1/26

Can you fill-in-the-blank these song lyrics?

It's up to you, _____ York, _____ York!
What's new, _____? Whoa, whoa, whoa.
I can see clearly now the _____ is gone.
It's a new dawn, it's a new day, it's a new _____.
Start spreading the _____, I'm leaving today.
Should auld acquaintance be _____.
One minute to say goodbye before we say _____.
I thought I'd ask you just the same, what are you doing
on _____ _____ _____?

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

WOW!

Elvis was born January 8, 1935.

Elvis Aaron Presley was born in January in Tupelo Mississippi to his parents, Gladys and Vernon. Little did they know that their little baby would grow up to be one of the first major rock stars of his generation with 40 top ten songs and 18 number one hits in his career!

Conversation Starters

Getting to Know Your Neighbors

Now that you know all the benefits of social connection – boosted immune system response, less anxiety and cognitive decline, and enhanced overall wellness – it's time to start reaping those benefits by connecting with your neighbors. Making new friends can feel hard sometimes, so if you're struggling or feeling shy, it's okay! Our community is full of friendly and welcoming residents, which means you're already one step closer to starting a meaningful conversation with a new friend.

You can also use conversation starters to strike up a chat with someone at your dining room table, someone sitting next to you at an event, or someone that you see sitting in the common room. You can also use conversation starters as journaling prompts for yourself! Families, you can also use any conversation starters during your next visit.

Here are a few conversation starters that you can try using over the next month. Cheers to new friendships!

- What is the best thing that happened to you today?
- Tell me about your childhood pet.
- What was your favorite part of the school day when you were younger?
- How are you feeling today?
- What do you like to do for fun?
- When is the last time you really belly laughed?
- What is your favorite hobby?
- Who is your favorite singer and why?
- Who is your favorite actor or actress?
- What is a favorite book that you have read?
- Who was your best friend in elementary school?
- Who was your favorite teacher?
- Do you have any new year resolutions?

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Kathy Swon**

NEW STAFF

A warm welcome also goes to the people who joined our team in the past month!

- **Sierra Thomas**
- **Michelle Benegas**
- **Kaden Pritchard**

We hope that you enjoy your time here!

HAIRDRESSER

We have a hairdresser who attends every Wednesday. If you would like an appointment please talk to Jeanette while she is here or have a staff member leave a note in the salon for her.

CULTURAL CELEBRATION

Watch for cultural celebrations throughout January, including learning more about Martin Luther King, Jr. and honoring his long-lasting legacy throughout America and the globe.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

Laughing Matters



Since the new year is knock, knock, knocking on our door, we present some of our favorite knock-knock jokes.

Knock knock.
Who's there?
Peas.
Peas who?
Peas and thank you are the magic words.

Knock knock.
Who's there?
Beets.
Beets who?
Beets me.

Knock knock.
Who's there?
Cash.
Cash who?
No thank you, I prefer walnuts.

Knock knock.
Who's there?
Boo.
Boo who?
Don't cry. It's just a joke.

Knock knock.
Who's there?
Tank.
Tank who?
You're welcome.



NEW YEAR'S RESOLUTIONS

Word Scramble

NJOI HTE YGM _____

NDKRI RMOE TREWA _____

UTQI KOGSMNI _____

TSRAT A GEDRAUTIT RJLONUA _____

LOSFS EHTET DYALI _____

DERA NEO KOBO A NHOMT _____

OD OTN THI EHT ZNOSOE BNTOTU _____

ECEMBO A RVTNEOLEU _____

PTOS GPTISAORCTNNAIR _____

NERAL A EWN ELGNAUGA _____

TQIT BGNITI LAINS _____

TUDETELCR UROY SEACP _____