

The WindsorMeade

Where the Good Life Gets Better...

Whistler



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From the Desk of Marilyn Gladding, Executive Director

Proud to be an

American!

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness.”

Many historians and scholars refer to this sentence as the most potent and consequential words ever penned throughout American history. The Declaration of Independence, approved on July 4, 1776, is a statement of principles by which we have used and will continue to use as our guide to fashion the Constitution and all laws. In fact, it has been referred to as the “foundation of political philosophy.”

Even though the United States Declaration of Independence initially announced the independence of a new state (original thirteen colonies from Great Britain), it has been the lighthouse throughout time in the constant journey of determining and upholding of individual human rights.

The Fourth of July allows us to formally recognize and celebrate the freedoms and rights we are so fortunate to possess as we celebrate the independence and birthday of America.

Happy 235th Birthday America!

Marilyn Gladding



WindsorMeade
LEADERSHIP TEAM

Marilyn M. Gladding
Executive Director

Robin Page
Assistant Executive Director

Kate Leach
Director of Marketing

Kevin Early
Director of Dining & Catering

Melanie Tyler
Business Office Director

Melissa Nichols
Director of Nursing

Patrick Kerr
Director of Environmental Services

Williamsburg Library Summer Movie Series

The Williamsburg library offers a free movie series. A few seats are left for this outing.

THURSDAY JULY 7
Activity Level I

Depart WH: 1:15 pm



1776 is a delightful entertaining musical celebration of the founding of The United States of America. The story centers around the familiar historical characters as they organize a movement for independence from Mother England. All events lead up to that most significant date, July 4, 1776, when the Declaration of Independence was signed. **Call 941-3681 to sign up.**

FRIDAY JULY 22
Activity Level III

Depart WH 9:00 am
Return by 5:00 pm

Faberge Revealed
at the Virginia Museum of Fine Arts in Richmond

The name Fabergé is synonymous with refined craftsmanship and jeweled luxury. The array of enameled picture frames and clocks, gold cigarette cases and cane tops, hardstone animals and flowers in rock crystal vases continue to fascinate viewers as they did when first displayed in the windows of Fabergé's stores in St. Petersburg, Moscow and London.

The exhibition, *Fabergé Revealed*, includes more than 500 objects. The Russian jeweler Karl Fabergé crafted treasures for the Russian imperial family in the late 19th and early 20th centuries, including specially commissioned Easter eggs. VMFA's collection, the largest public collection of Fabergé outside of Russia, includes five of the thirteen Russian imperial Easter eggs.

In addition to showcasing VMFA's extensive Fabergé collection, the exhibition will feature loans from three important private collections. The collection of Matilda Geddings Gray of Louisiana has loaned its rare Napoleonic Egg and its celebrated Imperial Lilies of the Valley Basket. More than twenty noteworthy loans from the Arthur and Dorothy McFerrin Foundation Collection include the elegant Nobel Ice Egg and the spectacular Empress Josephine Tiara. Additionally, in a complementary exhibition of the Hodges Collection, more than 100 pieces will come from the family collection of Virginia-born Daniel Hodges, including the historic Bismark Box and the monumental Coiled Serpent Paperweight.

Following the self-guided tour of the exhibit, lunch will be on your own. The museum has two offerings for lunch: the Best Café for casual dining and Amuse Restaurant. If you plan to dine at Amuse, making reservations ahead of time is recommended. The cost for transportation and your admission ticket is \$19.00. **Sign up by July 15 by calling 941-3681;** no refunds after this date.

WEDNESDAY AUGUST 3 Meet and Greet

9:30 am - 11:30 am
Clubroom

The Hospitality Committee will be hosting a Meet & Greet to welcome the following residents who have recently moved to WindsorMeade: Ken and Nancy Grieve, Gene and Joanne Bloomwell, Ernest and Mary Hopke, Carolyn Hurst-Beaudoin, Tom and Judy Easton, James and Trina Duff and James and Bihin Perisie.

Please take this opportunity to stop by and make new friends over a cup of coffee in a relaxed atmosphere. Also, remember to wear your name badges.

MONDAY JULY 18 Summer Genealogy Discussion

2:00 pm • Activities Room

Given the impressive number of people who attended the Genealogy and the Web program, we have decided to hold meetings this summer for informal discussions of Genealogy. Plan to bring your questions regarding any area of genealogy research, and any solutions to challenges you have discovered. Scott Wagner will facilitate these summer meetings.

We will also determine if this group would like to continue into the fall, and if so, decide on outings and future speakers.

THURSDAY JULY 28 Thoroughbred Races At Colonial Downs

Depart WH 3:45 pm

Activity Level I

Join your friends and fellow racing fans in the air-conditioned Jockey Club at Colonial Downs for an evening of horse racing. The selections for the seated dinner are Chicken Breast stuffed with cheese & broccoli or Grilled Atlantic Salmon - please indicate your menu selection when you sign up. The cost for this outing is \$28.00. This includes reserved seating, dinner, the race program and betting sheet.

Call 941-3681 to sign up. The last day to sign up is Wednesday, July 8; no refunds after this date.

TUESDAY JULY 19 Resident vs. Staff Cornhole Tournament

1:00 pm • Ballroom

What is Cornhole? Also known as bean bag toss, this game is similar to horseshoes, but a wooden box called a cornhole platform replaces the metal stakes, and corn bags replace horseshoes. Players take turns pitching their corn bags to the cornhole platform until a team reaches 21 points.

The tournament will consist of resident vs. staff teams and be held on Tuesday, July 19th at 1:00 pm in the Ballroom. People may attend as competitors, spectators... or both! Come out and join this fun event! **All residents and staff interested in participating must contact the Wellness Coordinator by July 6th! 941-3662.**



WEDNESDAY JULY 20 Demonstration of the Barnes & Noble E-reader - the NOOK

2:00 pm
Activities Room

Representatives from Barnes & Noble will be coming to WindsorMeade to demonstrate how to use the Nook. Included in the Demo will be how to download material and change the font size. Following the demonstration, residents will have time to use the device and ask questions. There will not be any items available for sale at this Demo. Group size is limited; sign up by calling 941-3681.



TUESDAY JULY 26 Mother Nature's Road Show - Our Chesapeake Bay

2:30 pm
ALU Living Room

Presented by the Virginia Living Museum

Discover the fascinating world of the Chesapeake Bay through the investigation of sponges, seashells, and molts of animals that call it home. Learn why salinity is important and meet up close some of our favorite Chesapeake Bay Wildlife.

This program will be presented in the ALU Living Room. They have opened ten spaces to Independent Living Residents. **If you would like to participate, please call 941-3681.**

Live... From Chautauqua To Windsormeade

TUESDAY, AUGUST 23 & THURSDAY, AUGUST 25 BALLROOM

WindsorMeade has been chosen as one of only three communities nationwide to participate in a pilot program to bring the Chautauqua experience to retirement communities.

The Chautauqua Institution is a 750-acre community on Chautauqua Lake in southwestern New York State dedicated to the enrichment of life through a summer program that explores important religious, social and political issues.

The theme for the week of programs scheduled at WindsorMeade is: The Path to the Civil War. As the United States commemorates the sesquicentennial of the Civil War, Week Nine lectures at Chautauqua will recount the path that led to secession and war. In conjunction with the Colonial Williamsburg Foundation and the Smithsonian's National Museum of African American History and Culture, renowned historians, Clement Price, Edward Ayers and Daniel Walker Howe will visit the amphitheater for the morning lectures. These programs will be streamed live into the Ballroom from Chautauqua.

The afternoon programs will focus on slavery as one of the most significant causes of the Civil War. Colonial Williamsburg

character-interpreters will engage with theologians to examine more deeply the tensions between the issue of slavery and the preservation of the Union. As with the morning programs, you will be seeing these live from Chautauqua.

You will soon be receiving a flier with more details about the speakers and the afternoon programs. An optional lunch will be offered on those days that a morning and afternoon program are presented. Once you receive the flier, call 941-3681 to sign up. Seating will be held exclusively for WindsorMeade residents until July 15. After that date, space will open up to guests.

WEDNESDAY JULY 27 Towne Hall

2:30pm • Ballroom

The WindsorMeade Leadership team will conduct the next Towne Hall meeting on Wednesday, July 27, at 2:30 pm in the Ballroom.

WindsorMeade of Williamsburg

AR - Activities Room MDR - Main Dining Room
 BR - Ballroom WH - Windsor Hall
 CH - Clubhouse WC - Wellness Center
 CR - Clubroom


 Official Flag Flying Date

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July Birthdays			Salon Hours Monday, 9:00 am – 1:00 pm Wednesday, 11:00 am – 5:00 pm		1 7:30 am Water Aerobics 11:00 am Colonial Bridge – BR	2
Ruth Hotinger2-Jul Stewart Ayton4-Jul Duncan Fisher7-Jul John Lord Jr.7-Jul Alice Houston.....8-Jul Jeanne Nelson.....9-Jul Bruce MacWhorter 12-Jul	Theodore Gore 12-Jul Rosemarie Hollerith 13-Jul Beverly Ragborg 13-Jul John Bidwell.....22-Jul Mary Zodda.....23-Jul Victor Zodda23-Jul Evelyn Swart.....25-Jul	Warren Dickson.....26-Jul Fern Gundaker26-Jul Ronald Hardman27-Jul Virginia Stevens.....28-Jul Charles Maslin.....31-Jul				
3	4 Independence Day  Water Aerobics – Canceled Noon Men's Group – Bistro 2:00 pm Barbeque – MDR & Patio	5 8:30 & 9:30 am Stretch & Strengthen 10:00 am Ladies Bridge – AR	6 7:30 am Water Aerobics 9:30 am Shopping Shuttle – WH 1:00 & 2:00 pm Zumba – WC 6:15 pm Summer Breeze Concert – WH	7 8:30 & 9:30 am Stretch & Strengthen 2:00 pm Functional Balance – WC 1:15 pm "1776" Movie Outing – WH	8 7:30 am Water Aerobics 11:00 am Colonial Bridge – BR	9
10 4:00 pm Worship Service – BR Rev. Alison Rosner, Williamsburg UMC	11 7:30 am Water Aerobics Noon Men's Group – Bistro	12 8:30 & 9:30 am Stretch & Strengthen 10:00 am Residents' Association – BR 1:30 pm Cast-Offs – AR 7:30 pm Musical Theatre, <i>Happy Birthday George Gershwin</i> – BR	13 7:30 am Water Aerobics 9:30 am Shopping Shuttle – WH	14 8:30 & 9:30 am Stretch & Strengthen 7:30 pm DOG Street Rhythm Kings – BR	15 11:00 am Colonial Bridge – BR	16
17 4:00 pm Worship Service – BR Deacon Frank Roettinger, St. Bede Catholic Church	18 7:30 am Water Aerobics Noon Men's Group – Bistro 2:00 pm Genealogy Group – AR 7:00 pm Party Bridge – CH	19 8:30 & 9:30 am Stretch & Strengthen 10:00 am Ladies Bridge – AR 1:00 pm Resident vs. Staff Cornhole Tournament – BR 6:30 pm WindsorMeade Dinner Club-Café Provencal – WH	20 7:30 am Water Aerobics 9:30 am Shopping Shuttle – WH 2:00 pm Barnes & Noble Nook Demo – AR 6:15 pm Summer Breeze Concert – WH	21 8:30 & 9:30 am Stretch & Strengthen 2:00 pm Functional Balance – BR	22 7:30 am Water Aerobics 9:00 am Virginia Museum of Fine Arts Trip – WH 11:00 am Colonial Bridge – BR	23
24 4:00 pm Worship Service – BR Rev. Edward Hopkins, Wellspring UMC	25 7:30 am Water Aerobics Noon Men's Group – Bistro 7:30 pm Movie Night, <i>Marley & Me</i> – BR	26 8:30 & 9:30 am Stretch & Strengthen 1:30 pm Cast-Offs – AR 2:30 pm Mother Nature's Roadshow – ALU Living Room 7:30 pm Musical Theatre, <i>The Big Apple to the Big Easy: the Concert for New Orleans</i> – BR	27 7:30 am Water Aerobics 9:30 am Shopping Shuttle – WH 2:30 pm Towne Hall – BR	28 8:30 & 9:30 am Stretch & Strengthen 2:00 pm Functional Balance – WC 3:00 pm Wellness Lecture – BR 3:45 pm Colonial Downs – WH	29 7:30 am Water Aerobics 11:00 am Colonial Bridge – BR	30
31						

Directions In Dining

MONDAY
JULY
4
2:00 pm - 6:00 pm

July 4th Barbeque



Main Dining Room and Patio!

Come relax with your neighbors! Guests are Welcome!

- Adults \$14
- Children 12 and under \$7
- Under 5 eat free

For Reservations Please Call The Bistro at 941-3633

WindsorMeade Dinner Club

TUESDAY
JULY
19
Depart WH: 6:30 pm

Café Provencal

Activity Level I



Located in Wedmore Place, the country hotel located at the Williamsburg Winery, the elegant Café Provencal is described by the restaurant and residents who have dined there as Williamsburg's best kept secret. The website for the Café says: Wedmore Place offers guests fine, creative cuisine with friendly service and a relaxed and welcoming atmosphere. Sample menus are available in Angela's office. Dinner reservation is 7:00 PM; we have allowed a few extra minutes to look around the hotel's lobby area before dinner. Call 941-3681 to sign up.

This pick was so popular in June we are repeating it in July.

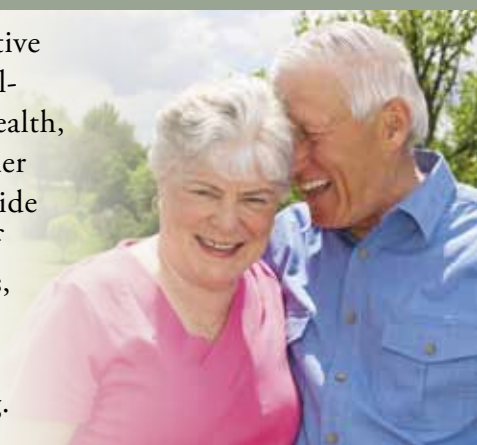
Group Fitness Schedule

- **Water Aerobics**
MWF 7:30-8:15am
- **Stretch & Strengthen**
T/Th 8:30am-9:15am
and 9:30-10:15am
- **Functional Balance**
2:00-2:45pm

THURSDAY
JULY
28
3:00 pm - 4:00 pm
Ballroom

Wellness Lecture

Mr. G. Richard Jackson, Executive Director of the Center for Excellence in Aging and Geriatric Health, will be discussing driving wellness for older adults. He currently serves on the statewide geriatric task force for the Department of Behavioral Health and Disability Services, the Leadership Council for the Peninsula Alzheimer's Association and the Advisory Board for the Peninsula Agency on Aging.



Musical Programs

TUESDAY
JULY
12
7:30 pm • Ballroom

Happy Birthday George Gershwin

DVD



Recorded at the Meyerson Symphony Center in Dallas, this program salutes the music of George Gershwin. A talented group of artists and dancers include Maureen McGovern, Tommy Tune and the Dallas Symphony Orchestra. This is, without doubt, the best and most entertaining performance of the music of George Gershwin currently available. Produced in 1997, this is a must-see for music lovers and you won't be disappointed. The running time is 66 minutes.

TUESDAY
JULY
26
7:30 pm • Ballroom

The Big Apple to the Big Easy: the Concert for New Orleans

DVD



This concert was performed September 20, 2005 at Madison Square Garden to support relief efforts following Hurricane Katrina. It features musical legends from both the New Orleans traditions as well as big name concert artists such as Jimmy Buffett, John Fogerty and Simon and Garfunkel. This is a spectacular performance because of its informal organization and the spirit of giving to those in need. Join us for this enjoyable, very upbeat concert. The running time is 95 minutes.

THURSDAY
JULY
14
7:30 pm • Ballroom

DOG Street Rhythm Kings

LIVE!

The DOG Street Rhythm Kings play traditional jazz music from the 1920's to the 1950's. The authentic vintage jazz music styles they perform – from Dixieland to Swing to Latin – are not often heard in live performance these days.

Their repertoire includes jazz standards from the greatest writers of the jazz era including Duke Ellington, Count Basie, Cole Porter, Irving Berlin, Fats Waller, Cab Calloway, Johnny Mercer, Rodgers & Hart – just to name a few. Come enjoy the sounds of real jazz with The DOG Street Rhythm Kings.



Movie Night

MONDAY, July 25 • 7:30 pm • Ballroom

Marley & Me

A family learns important life lessons from their adorable, but naughty and neurotic dog. Marley & Me is a 2008 American comedy-drama film directed by David Frankel. The screenplay is based on the memoir of the same name by John Grogan. Stars Owen Wilson and Jennifer Aniston.

Rated
PG
115
Minutes



This popular Merchants Square Concert series features free evening concerts. Concert goers are encouraged to bring lawn chairs to the performances. Based on a minimum sign up of eight participants, WindsorMeade will provide transportation to the following concerts:



Kings of Swing – is a versatile dance band from Richmond, voted “Richmond’s best band” by readers of Richmond Magazine. Kings of Swing play Beach Music, Motown favorites and tunes of the swing era.



Sharon Rae North – Prepare for An Evening of Cool Jazz!

This Ohio-born singer performed extensively in Atlanta and recently relocated to Richmond, VA. Sharon sings jazz and standards, and often adds in some jazz versions of R&B and Top 40 hits.



USAF Rhythm in Blue Jazz Ensemble –

Featuring the USAF Heritage of America Band out of Langley Air Force Base, under the command of 2nd Lieutenant Rafael Toro-Quinones.



USAF Blue Aces Popular Music Ensemble –

Featuring the USAF Heritage of America Band out of Langley Air Force Base, under the command of 2nd Lieutenant Rafael Toro-Quinones.

Call 941-3681 to sign up. Transportation will leave at 6:15 pm and return to WindsorMeade around 9:30 pm for the July concerts and around 9:00 pm for the August concerts.

Cancellation Policy Reminder

The following cancellation policy is in place for our trips and outings:

- Each trip advertised will have sign a up by and no refunds after dates. All cancellations received before these dates will be honored at no charge to the residents.
- All cancellations coming in after the sign up deadline date are subject to a charge. Although we often have a waitlist for outings, when cancellations come in close to the time of the trip, quite often the people on the waitlist are unable to attend. If we are not able to fill your reservation, you will be charged for the trip.

Resident Medication Disposal Options

What is the best way to dispose of unused medications? The Food and Drug Administration as well as the Office of National Drug Control have provided consumers with guidelines for responsible disposal of medicines from the home. The following is a summarized list of these guidelines:

- Do not flush prescription drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so. For information on drugs that should be flushed, please visit www.fda.gov
- To dispose of prescription drugs, take the drugs out of the original container and mix with an undesirable substance, such as cat litter or used coffee grounds. Put the mixture into a disposable container with a lid and place the sealed container in the trash.
- When discarding the original prescription drug container/bottle, make sure to remove any personal information including the Rx number.
- When in doubt about proper disposal, talk to your pharmacist.

Family Care Pharmacy, located in Windsor Hall, is not able to dispose of your unused medications. Based on the information we currently have, James City County in partnership with the Drug Enforcement Agency, may be holding a Drug Take Back Program in September of this year. More information will be provided as it becomes available.