Signs of spring are in the air! Just the mention of the word can stir excitement. Tulips and daffodils peek from the ground, butterflies dance all around and the chatter of birds fill our hearts with joy. Some say Mother Nature is showing off with her magnificent display of flowers and fresh scents, but I for one, am grateful for her dazzling gift of spring.

Celebrate all this glorious season has to offer and march into spring. Stroll outside and visit resident Whitie Barrow’s courtyard garden where the fruits of his labor abound, or cross the bridge into WindsorMeade’s charming villas and let your heart sing of spring.

With warmest regards,

Marilyn Gray

"Springtime is the land awakening. The March winds are the morning yawn."

~ Lewis Grizzard
Peninsula Retired Musicians Band
Monday, March 2 | 7:00 pm | Kensington Room
Tap your toes to the swingin' sounds of the Big Band era with music by Benny Goodman, Glenn Miller, Artie Shaw and Duke Ellington.

Disasters of the 20th Century
Tuesday, March 3 | 3:00 pm | Kensington Room
Fires, explosions, and floods...revisit these harrowing events with Williamsburg Regional Library staff member, Andrew Smith and learn how our modern lives are safer because of the lessons we learned from these disasters.

Lost Boys of the Sudan
Wednesday, March 4 | 3:00 pm | Kensington Room
Angelo Maker was born and raised until the age of 7 in Sudan. In 2001, Angelo, along with 3,000 other orphans, escaped the religious persecution of Sudan and was brought to America. Angelo now lives with his wife and three children in Newport News and works at Huntington Ingalls Industries shipyard. He will share information about the 3,000 Lost Boys of the Sudan and explain what he is doing to foster awareness for the continued plight of the South Sudanese people.

Don Irwin
Wednesday, March 11 | 7:00 pm | Kensington Room
Pianist, Don Irwin's beautiful melodies, sweeping ranges and exotic rhythms are intertwined to form masterful musical composition.

Sacagawea: Heroine
Thursday, March 12 | 2:00 pm | KR
The Lewis & Clark journey is beautifully reenacted in this well documented film told in Sacagawea's own words. The most important expedition in U.S. history might have failed, but for the heroism of this brave teenage girl. Not rated, 80 mins.

Disaster Preparedness
Friday, March 20 | 11:00 am-12:00 pm | KR
Robert Ash of Environmental Services will review important information on hurricanes, tornados, earthquakes and the Surry Nuclear Power Station emergency response plan. Attendance is highly recommended for all residents and mandatory for WM volunteers. If you are a WM volunteer and are unable to attend, please notify the Concierge.

Screwpiles: The Forgotten Lighthouses
Tuesday, March 24 | 2:00 pm | Kensington Room
Larry Saint and Karla Smith, authors of Screwpiles: The Forgotten Lighthouses, will share insights and fascinating stories about these special lighthouses built in Virginia waterways in the mid-1800s. Artifacts will enrich this dynamic presentation.

Cycling Without Age
Friday, March 27 | 2:00 pm | Kensington Room
Rick Nevins of Williamsburg Area Bicyclists will explain the Cycling Without Age initiative that has spread across the globe. WM has been participating in this free community service since September 2019. Residents from CCRCs around the world, are paired with a "pilot", who provides a ride on a special trishaw cycle. Come see a trishaw and hear what all the buzz is about!

We Three
Wednesday, March 25 | 3:00 pm | Kensington Room
We Three returns for an afternoon of diverse musical entertainment featuring compositions from Hammerstein's "South Pacific" and Bernstein's "West Side Story."

St. Patrick's Day Party
Tuesday, March 17 | 5:00-7:00 pm | Kensington Room
Celebrate the luck of the Irish at our St. Patrick's Day party, featuring the Irish music of Henley Fork and special Celtic cuisine. Cost is $24 per person (including beer & wine), deducted from your dining account. Please call 941-3634 to make your reservation by 3/6. Space is limited.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:40 am Shuttle to St. Bede Catholic Church - Depart WH</td>
<td>7:30 am Aqua Fit - WC</td>
<td>10:30 am Navigate Bunch Bistro</td>
<td>7:30 am Aqua Fit - WC</td>
<td>9:00 am Morning Devotional - AR</td>
<td>7:30 am Aqua Fit - WC</td>
<td>12:00 am until 3:00 pm Victory Day Afternoon Church Service - AR</td>
</tr>
<tr>
<td>10:40 am Church Shuttle - Depart WH</td>
<td>1:00 pm Supervised Fitness: WC</td>
<td>10:30 am Caregiver's Support Group</td>
<td>1:00 pm Supervised Fitness: WC</td>
<td>9:30 am Chair Yoga - KR</td>
<td>1:00 pm Supervised Fitness - WC</td>
<td>1:00 am until 4:00 pm Victory Day Afternoon Church Service - AR</td>
</tr>
<tr>
<td>12:00-3:00 pm Pinpoint Pong - KR</td>
<td>1:00 pm Restoring Williamsburg</td>
<td>11:00 am Cool Weather Vegetable Gardening in Raised Beds &amp; Patio Containers - KR</td>
<td>10:00 am Supervised Fitness - WC</td>
<td>10:30 am Yoga - KR</td>
<td>1:00 pm Supervised Fitness - WC</td>
<td>1:00 am until 4:00 pm Victory Day Afternoon Church Service - AR</td>
</tr>
<tr>
<td>5:30-7:00 pm Pinpoint Pong - Bistro</td>
<td>1:00 pm Peninsula Retired Musicians Band - KR</td>
<td>1:00 pm Don Inman - KR</td>
<td>3:00 pm Last Boys of the Sudan - KR</td>
<td>10:30 am Yoga - KR</td>
<td>1:00 pm Supervised Fitness - WC</td>
<td>1:00 am until 4:00 pm Victory Day Afternoon Church Service - AR</td>
</tr>
<tr>
<td>7:30 pm Game Night - Bistro</td>
<td>7:30 pm Peninsula Retired Musicians Band - KR</td>
<td>3:00 pm Disasters of the 20th Century - KR</td>
<td>7:00 pm Don Inman - KR</td>
<td>10:00 am-12:00 pm Williamsburg Regional Library - Library</td>
<td>7:00 pm St. Patrick's Day Party - KR</td>
<td>1:00 am until 4:00 pm Victory Day Afternoon Church Service - AR</td>
</tr>
</tbody>
</table>

**Daylight Saving Clock Ahead Begins (set one hour ahead):**
- March 8
- March 22
- April 5
- April 19
- May 3
- May 17
- June 7
- June 21
- July 5
- July 19
- August 2
- August 16
- September 6
- September 20
- October 4
- October 18
- November 1
- November 15
- December 2
- December 16

**March 2020**

**March Birthdays**

- Margaret Morgan
- Mary Kay Cribb
- Bill Krebs
- Ruth Ann Finlayson
- David Benedict
- Sue Gilmore
- Gavina King
- Ben Gregg
- Lillian Moore
- John Madsen

**Touchtown**

- March Birthdays
- March 1
- March 3
- March 5
- March 7
- March 24
- March 26
- March 28
- March 30
- March 31

**Health Pro Services**

- #941-6439

**Salon Hours**

- Tuesday & Thursday - Carol
- Tuesday & Thursday - Renee
- Tuesday & Thursday - Maureen

**Massage Hours**

- Tuesday & Thursday - Ann
- Tuesday & Thursday - Todd

**WindsorMeade Williamsburg**

- AR - Activities Room
- CH - Clubhouse
- CR - Club Room
- KR - Kensington Room
- MDR - Marigold Dining Room
- MH - Manchester House
- WH - Windsor Hall
- WC - Wellness Center

**We will pick up Villa residents at the clubhouse 10 minutes prior to the noted departure time at Windsor Hall. This is applicable to all evening outings that depart Windsor Hall after 4:00 pm.**
Out & About

Restoring Williamsburg
Monday, March 2 | 1:00 pm | Depart WH | Activity Level I
Activity Level I
Author Carl Lounsbury will share his new book, Restoring Williamsburg, an update of the classic book, Williamsburg Before and After. Lounsbury's new book widens and deepens our understanding of Williamsburg's role in history, the effect of the restoration on the whole population, and ways Colonial Williamsburg continued to increase our picture of the town. There are two opportunities to hear this WRL program. There is no charge for attending, but please sign up for transportation in the Message Center by 3/1 and 3/5. Minimum participation is 8.

Early Lunch at Shorty’s Diner
Thursday, March 5 | 11:00 am | Depart WH | Activity Level I
Activity Level I
Step back in time to the good ‘ole days of diners, where good food and large portions came with small prices! You won’t want to miss lunch on-your-own at this locally owned family operated diner. This early lunch is scheduled to avoid the crowds. Sign up in the Message Center by 3/2. Space is limited. Minimum participation is 8.

Tasty Fare Using Family Recipes

Williamsburg: The Story of a Patriot
Monday, March 23 | 1:15 pm | Depart WH | Activity Level I
Activity Level I
This 3-hour WRL program includes a viewing of the 1956 film, Williamsburg: The Story of a Patriot, inside stories about the film and discussions regarding the movie’s restoration. Hollywood production teams, professional historical expertise, and the cutting-edge technology of the day created this landmark in cinema history. There is no charge for this outing, but please sign up for transportation in the Message Center by 3/15. Minimum participation is 8.

Maurizio’s Italian Restaurant
Tuesday, March 31 | 5:35 pm | Depart WH | Activity Level I
Activity Level I
For an experience that will make you think you are dining in the finest Italian café, go no further than Maurizio’s Italian Restaurant. While growing up in Sicily, Maurizio acquired cooking skills using authentic Sicilian family recipes. Sign up for this on-your-own dinner in the Message Center by 3/13. Minimum participation is 8.

A Day on Duke of Gloucester Street

Bruton Parish Tour
Thursday, March 12 | 10:10 am | Depart WH | Activity Level II
Activity Level II
Visit historic Bruton Parish Church, an Episcopalian church in existence since the 1600s. A seasoned guide will share its rich history, architecture, and adjacent churchyard. After the enlightening tour, enjoy a delectable lunch on-your-own at The Trellis. There is no charge for this outing, but please sign up in the Message Center by 3/6. Minimum participation is 8.

Now Showing

The Pursuit of Happyness
Monday, March 2 | 2:00 pm | Kensington Room
Uplifting Story
Based on a true story, Christopher Gardner (Will Smith), is forced to live on the streets with his son (Jaden Smith). Chris takes an unpaid internship as a stockbroker in hopes of changing careers to support him and his son. Rated PG-13, 117 mins.

My House in Umbria
Saturday, March 14 | 3:00 pm | Kensington Room
Inspired
The misfortune of surviving a train explosion in Italy throws together four strangers including an 8-year-old girl (Emmy Clarke). A romance novelist (Maggie Smith) opens her home to the four survivors. Not rated, 103 mins.

The Peanut Butter Falcon
Saturday, March 21 | 2:00 pm | Kensington Room
Inspirational
This adventure story set in a modern-day Mark Twain setting begins when a 22-year old with Down syndrome, Zak (Zack Gottsagen), runs away from a nursing home to chase his dream of becoming a professional wrestler. Rated PG-13, 97 mins.

Downton Abbey
Saturday, March 28 | 2:00 pm | Kensington Room
Uplifting Story
The Crawley family, who are wealthy owners of Downton Abbey, a large estate in the English countryside in the early 1900s, are visited by King George and Queen Mary. The story traces the Downton staff and the Crawley family before, during and after the royal visit. Rated PG, 122 mins.

Guys and Dolls
Wednesday, March 18 | 7:00 pm | Kensington Room
The slickest big-time NYC gamblers can’t resist making or taking a bet on anything including a pretty missionary. Hollywood legends, Marlon Brando, Frank Sinatra, Jean Simmons, and Vivian Blaine are dazzling in this Frank Loesser masterpiece! Not rated, 149 mins.

Dominion Energy’s Nuclear Information Center
Tuesday, March 24 | 10:50 am | Depart WH | Activity Level III
Activity Level III
Take in the beauty of the James River on a ferry ride to Surry County for lunch on-your-own at The Surry Seafood Co. Following lunch, there will be a hands-on exhibit, a short video presentation, and a special narrative by WM resident, Karl Goller at the Dominion Energy’s Nuclear Information Center. There is no cost for this outing, but please sign up in the Message Center by 3/16. Minimum participation is 8.

Rescheduled!
WindsorMeade Resident Ambassador Program
The Marketing Department has initiated a new WM Resident Ambassador Program. All residents are welcome to participate. For more information, pick up an information packet at the Concierge Desk or contact the Marketing Department at 941-3614. Volunteer opportunities include but aren’t limited to:
- Showing your apartment or villa to prospective residents
- Invite Club Windsor members to activities
- Attend marketing events with the marketing team
- Participate as a host for marketing events

From the Clinic
March is colorectal cancer awareness month. Among cancers that affect both men & women, colorectal cancer is the second leading cause of cancer deaths in the US and the risk increases with age. Talk with your physician about regular screenings, stay physically active, keep a healthy weight, limit your alcohol intake and don’t smoke. For more information go to www.cdc.gov/cancer/colorectal.

Lifestyles & Wellness

Fitness Groups
March session runs March 2-27
Beginning March 20, residents can register for small April Fitness Groups at the Temporary Wellness Center. See the wellness staff for details.

Wii Bowling
Monday, March 9 | 1:00-3:30 pm | Puzzle Room
Enjoy an afternoon of Wii Bowling with residents and Wellness Specialist, Kathy, in the Puzzle Room.

AMF Bowling
Wednesday, March 18 | 1:00 pm | Depart WH
Take a trip to AMF Bowling Lanes for a fun time with your friends and neighbors. Sign up by 3/15.

Chair Pilates
Chair Pilates will resume beginning March 21st in the Kensington Room at 9:00 am. No registration needed.

Balance Drill Fun
Friday, March 27 | 10:00-11:30 am | KR
Yes, it is time for Balance Drill Fun #3! Experience crazy fun practicing your balance and see what the wellness team has in store for you! Sign up in the Message Center by 3/26.

Questions? Call the Wellness Center at 941-3662.

Spiritual Life Retreat
Wednesday, March 18 | 10:00 am | Clubhouse
Andy Ballentine, Retired Minister from St. Stephen’s Lutheran Church will lead this spiritual retreat. Light refreshments will be served. Everyone is welcome.

Ponderings from Pastor Bill
It’s been quite a winter with rain, sun, snowflakes and yes, more rain. Thankfully seasons change and Daniel reminds us “He changes times and seasons; he removes kings and sets up kings; he gives wisdom to the wise and knowledge to those who have understanding.” (2:21). May this new season bless us all!

~ Pastor Bill

iPhone/iPad Users Group
Monday, March 9 & 23
4:00-5:30 pm | KR
WM Instructor, Rick Chase

Power of Art
Tuesday, March 10 | 1:30 pm | KR
WM Instructor, Bill Smith

Introduction to Genealogy
Thursday, March 19 | 1:00 pm | KR
WM Instructor, Larry LeDoux