

WindsorMeade

WILLIAMSBURG

WHISTLER

Spirit of Aloha

In Hawaiian, 'ohana (ohana) means family, but with a broader, more inclusive meaning than just blood relatives. It encompasses a sense of belonging, interconnectedness, and mutual support among those who are close, whether by blood, adoption, or simply close friendship. The concept emphasizes that everyone is part of a family unit and that no one should be left behind or forgotten.

WindsorMeade is excited to invite you to a vibrant luau. Prepare for an unforgettable experience brimming with island ambiance and classic luau fare.

A hui hou,
(Until we meet again)

~ Lifestyles Ladies

Holly & Megan

THE WINDSORMEADE LEADERSHIP TEAM

Kevin Early
Director
Dining Services

Tammy Johnson-
Candia
Director of Health Services

Holly Hunt
Director
Lifestyles & Wellness

Steven Nelson
Director Maintenance
Engineering & Support Services

Kesha Nowell
Director
Business Office

Lindsay Willey
Director
Marketing

Community Events



Frozen Friday

Friday, August 1 | 2:00 pm | Windsor Corner

It's summertime, Chick-fil-A has released their peach milkshake, and you ought to try it! Sip with sweet delight, get creative with an illustrative art book, and delight in an afternoon of relaxation. Cost is \$5, charged to your account. Sign up in the Message Center by 7/28.

Cornhole

Saturday, August 2 & 9 | 10:00 am-1:00 pm | KR

Cheer on your WM neighbors in some friendly competition. WindsorMeade would like to thank Marian Dawson for leading the games. Please note, the weekend movie and Countdown to Downton times have been adjusted for this program.

Chocolate Chip Cookie Competition

Monday, August 4 | 2:00 pm | Windsor Corner

Think you make the best homemade chocolate chip cookies? To celebrate *National Chocolate Chip Cookie Day* our WM chefs, staff, and residents will create homemade cookies for a taste-off! Help us decide the reigning chocolate chip champion! If you'd like to participate, sign up in the Message Center by 8/1 and prepare two dozen cookies.

We Three: The History of Jazz

Tuesday, August 5 | 2:00 pm | Kensington Room

Join flute trio *We Three* and explore the birth of jazz with New Orleans Dixieland music from the early 20th century. In less than seven decades American jazz spread rapidly in the U.S. and abroad to Europe, giving rise to major new genres ranging from big band swing, bebop and cool jazz to samba, bossa nova, and other Latin influences.

Mary Mikels ~ Broadway Favorites & More

Thursday, August 7 | 3:00 pm | Kensington Room

Mary Mikels vocal skills have earned her well-deserved praise and recognition, including performances with American Idol. Born without eyes, hearing loss in one ear, a cleft lip, and half a nose, Mary's willpower and desire to succeed could not diminish her gift of song. Light refreshments will follow her powerful performance.



Margaritas & Music with Karleigh

Friday, August 8 | 1:00 pm | Clubhouse

Karleigh Gooding, a local student and talented musician began her musical journey at a young age. Now a senior in high school, she performs live in the Richmond area. Deeply inspired by country music, her beautiful voice will soar in her performance. Please sign up in the Message Center by 8/5.

Master Naturalist Talk ~ Bald Eagles

Monday, August 11 | 11:00 am | Kensington Room

Join Master Naturalist Judy Jones as she describes the life cycle of the bald eagle, including mating habits, nest building, incubation, raising young, and more.

Quarterly Birthday Celebration

Wednesday, August 13 | 2:00 pm | Kensington Room

All residents are invited to celebrate July, August, and September birthdays. Treat yourself to cake, sit with a stranger, and make a new friend. Don't forget to wear your name tag!

Ukulele Chuck

Wednesday, August 13 | 6:30 pm | WH Parlor

Local engineer, Chuck Lee, will entertain you on the ukulele. Chuck dedicates his time away from work volunteering to perform for seniors, showcasing his commitment to make a difference beyond his career. Let's welcome Chuck back to WM!

Comedy Night with Nate Bargatze

Thursday, August 14 | 5:30 pm | Kensington Room

Get ready to laugh with comedian Nate Bargatze's Netflix premier, *The Greatest Average American*. Heavy hors d'oeuvres and humor with Chaplain Randy will accompany this event. Cost is \$10, charged to your account. Please BYOB. Glassware will be provided. Sign up in the Message Center by 8/11. Space is limited!

Well Shucks ~ Oyster Workshop

Monday, August 18 | 1:00 pm | Windsor Corner

The beauty of pearls have been admired for centuries. Ever wondered how pearls are created? Want to open an oyster and find a treasure? Join Megan for this oyster shucking workshop!

Armchair Travels ~ Spain

Monday, August 18 | 2:00 pm | Hadley House

Immerse yourself in Spanish culture with stories and snacks that will take you right to Spain. Sign up in the Message Center by 8/12 and discover the rich tapestry of Spain.



WM Luau

Thursday, August 21 | 4:00-6:00 pm | Kensington Room

Grass skirts, flowered shirts, steel drums, and tropical delights will transform our Kensington Room and MDR patio into a tropical oasis. Our island ambiance will feature a lavish Hawaiian buffet. Cost for this event is \$32, charged to your resident account. Sign up in the Message Center by 8/12. Space is limited!

Professor Burchett ~ Introduction to Hinduism

Monday, August 25 | 3:00 pm | Kensington Room

Professor Patton Burchett, PhD, from William & Mary will offer an introduction to the vibrant and diverse religious traditions of Hinduism. Major deities, core philosophical concepts, Asian cultural context, and everyday Hindu religious practices will be discussed. This is a great opportunity to learn about this fascinating and often misunderstood religion.

Don Irwin Concert

Tuesday, August 26 | 7:00 pm | Kensington Room


Don Irwin is known around the world for his beautiful melodies. His music is uniquely fused with his experiences in diverse world cultures. Let's fill the house and welcome back Don Irwin.



Dr. Coleman ~ The Golden Triad of Lifestyle Choices: Diet, Exercise & Sleep for Vibrant Aging

Thursday, August 28 | 11:00 am | Kensington Room

Join us for an enlightening presentation as William & Mary Professor Emeritus Randy Coleman leads our exploration of essential lifestyle choices that can enhance well-being as we age. Discover the transformative power of a balanced diet, regular exercise, restorative sleep, and learn practical tips to incorporate these elements into your daily routine.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Salon Hours</div> <div>Tuesday & Thursday - Carol 9:00 am-2:00 pm/Windsor Hall Call Carol at 941-3659 to schedule your appointment!</div> <div>Wednesday - Tamara 9:00 am-3:00 pm/Bedford Terrace Call Tamara at 941-3649 to schedule your appointment!</div> <div>Massage Therapist</div> <div>Call Renee Dobbs at 804-694-9303 to schedule your appointment!</div>	<div>Touchtown</div> <div>can be viewed on</div> <div>Channel 1960.</div> <div></div> <div>Functional Pathways</div> <div>#941-3690</div>	<div>August Birthdays</div> <div>Dee SpenskiAug 1</div> <div>Barbara BestAug 3</div> <div>George Callas.....Aug 5</div> <div>John Lennon.....Aug 5</div> <div>Rama SkeltonAug 5</div> <div>Linda BurkeAug 7</div> <div>Walter FoxAug 7</div> <div>Bob VadasAug 9</div> <div>Laurie Krebs.....Aug 10</div>	<div>Jim Waddington.....Aug 10</div> <div>Jacquie PaulAug 10</div> <div>Nancy IngrisanoAug 11</div> <div>Marian DawsonAug 13</div> <div>Connie Jenkins.....Aug 13</div> <div>Bob DespresAug 15</div> <div>Linda BakerAug 16</div> <div>Gerri RoessnerAug 16</div> <div>Elaine ChismerAug 17</div> <div>Sigi Rutherford.....Aug 18</div> <div>Marilyn Watson.....Aug 19</div>	<div>Virginia Alsup.....Aug 22</div> <div>Mary Stein.....Aug 22</div> <div>Scotty BeachumAug 24</div> <div>Theresa ProsserAug 24</div> <div>Lester ShotwellAug 26</div> <div>Mark AndersonAug 27</div> <div>Becky CrewsAug 27</div> <div>Barbara BrinkAug 28</div> <div>Bob HippleAug 29</div> <div>George McKenzieAug 31</div> <div>Doris MundoAug 31</div>	<div>1</div> <div>10:00 am Chair One Fitness - FC</div> <div>2:00 pm Frozen Friday - WC</div> <div>3:00 pm Countdown to Downton - KR</div> <div>5:00 pm TGIF - CR</div>	<div>2</div> <div>10:00 am-1:00 pm Cornhole - KR</div> <div>1:30-2:30 pm Ping Pong - FC</div> <div>2:00 pm Countdown to Downton - KR</div> <div>4:00 pm Movie Matinee presents: Marley & Me - KR</div>
<div>3</div> <div>9:30 am Virtual Worship Service - WC</div> <div>4:00 pm Worship Service - KR</div> <div>6:00-7:00 pm Bingo - Bistro</div>	<div>4</div> <div>U.S. COAST GUARD BIRTHDAY</div> <div>12:00 pm Men's Luncheon - Bistro</div> <div>2:00 pm Chocolate Chip Cookie Competition - WC</div> <div>3:00 pm Spiritual Life Committee - WC</div>	<div>5</div> <div>9:30 am Social Committee - WC</div> <div>11:00 am Supervised Fitness - FC</div> <div>2:00 pm We Three: The History of Jazz - KR</div> <div>2:00-4:30 pm Stitch & Chat - AR</div>	<div>6</div> <div>9:00 am Facilities & Grounds Committee - KR</div> <div>10:30 am Dining Committee - WC</div> <div>10:30 am WRL Exhibit & Oceans & Ale - Depart WH</div> <div>3:30 pm News & Views - WC</div>	<div>7</div> <div>PURPLE HEART DAY</div> <div>9:00 am Marketing Committee - WC</div> <div>11:00 am Supervised Fitness - FC</div> <div>10:30 am Caregivers Support Group - WC</div> <div>10:30 am-12:00 pm WRL - WM Library</div> <div>1:00 pm Bible Study - AR</div> <div>2:30 pm Corner Crafts & Conversation - WC</div> <div>3:00 pm Mary Mikels ~ Broadway Favorites & More - KR</div> <div>5:30 pm Sounds of Summer Concert Series: Slapnation - Depart WH</div>	<div>8</div> <div>8:45 am Line Dancing - FC</div> <div>1:00 pm Margaritas & Music with Karleigh - CH</div> <div>3:00 pm Countdown to Downton - KR</div> <div>5:00 pm TGIF - CR</div>	<div>9</div> <div>10:00 am-1:00 pm Cornhole - KR</div> <div>1:30-2:30 pm Ping Pong - FC</div> <div>2:00 pm Countdown to Downton - KR</div> <div>4:00 pm Movie Matinee presents: An American in Paris - KR</div>
<div>10</div> <div>9:30 am Virtual Worship Service - WC</div> <div>4:00 pm Worship Service - KR</div> <div>6:00-7:00 pm Bingo - Bistro</div>	<div>11</div> <div>9:00 am Emily's Donuts & Café - Depart WH</div> <div>11:00 am Master Naturalist Talk ~ Bald Eagles - KR</div> <div>12:00 pm Men's Luncheon - Bistro</div>	<div>12</div> <div>10:00 am Resident Association Meeting - KR</div> <div>11:00 am Supervised Fitness - FC</div> <div>1:00 pm Craft with Renee - WC</div> <div>1:30 pm WindsorMeade University Presents: Power of Art - KR</div>	<div>13</div> <div>2:00 pm Quarterly Birthday Celebration - KR</div> <div>3:30 pm News & Views - WC</div> <div>6:30 pm Ukulele Chuck - WH Parlor</div> <div></div>	<div>14</div> <div>9:30 am Cycling Without Age - Depart WH</div> <div>11:00 am Supervised Fitness - FC</div> <div>11:30 am Colonial Downs - Depart WH</div> <div>1:00 pm Bible Study - AR</div> <div>2:30 pm Corner Crafts & Conversation - WC</div> <div>5:30 pm Comedy Night with Nate Bargatze - KR</div>	<div>15</div> <div>12:00 pm Lunch at The Huntsman's Grill - Depart WH</div> <div>3:00 pm Countdown to Downton - KR</div> <div>5:00 pm TGIF - CR</div>	<div>16</div> <div>10:30 am Countdown to Downton - KR</div> <div>1:30-2:30 pm Ping Pong - FC</div> <div>2:00 pm Movie Matinee presents: Last Breath - KR</div>
<div>17</div> <div>9:30 am Virtual Worship Service - WC</div> <div>4:00 pm Worship Service - KR</div> <div>6:00-7:00 pm Bingo - Bistro</div>	<div>18</div> <div>10:00-11:30 am WM University presents: iPhone/iPad Users Group - KR</div> <div>12:00 pm Men's Luncheon - Bistro</div> <div>1:00 pm Well Shucks ~ Oyster Workshop - WC</div> <div>2:00 pm Armchair Travels ~ Spain - Hadley House</div> <div>2:30 pm WindsorMeade University presents: Power of Art - KR</div>	<div>19</div> <div>11:00 am Supervised Fitness - FC</div> <div>11:00 am Tai Chi for Diabetes - FC</div> <div>1:00 pm Healthy Shopping on a Budget with Cliff - FC</div> <div>1:45 pm Silver Hand Meadery Tour & Tasting - Depart WH</div> <div>2:00-4:30 pm Stitch & Chat - AR</div>	<div>20</div> <div>9:15 am Health Committee - WC</div> <div>10:00 am The Branch Museum of Design - Depart WH</div> <div>3:30 pm News & Views - WC</div> <div>4:00 pm Wine Down Wednesday - CR</div>	<div>21</div> <div>11:00 am Supervised Fitness - FC</div> <div>10:30 am Caregivers Support Group - WC</div> <div>1:00 pm Bible Study - AR</div> <div>2:30 pm Corner Crafts & Conversation - WC</div> <div>4:00-6:00 pm WM Luau - KR</div> <div>5:00 pm Third Thursdays - CH</div> <div></div>	<div>22</div> <div>8:45 am Line Dancing - FC</div> <div>3:00 pm Countdown to Downton - KR</div> <div>5:00 pm TGIF - CR</div>	<div>23</div> <div>10:30 am Countdown to Downton - KR</div> <div>1:30-2:30 pm Ping Pong - FC</div> <div>2:00 pm Movie Matinee presents: Goldfinger - KR</div>
<div>24</div> <div>9:30 am Virtual Worship Service - WC</div> <div>4:00 pm Worship Service - KR</div> <div>6:00-7:00 pm Bingo - Bistro</div> <div>9:30 am Virtual Worship Service - WC</div> <div>4:00 pm Worship Service - KR</div> <div>6:00-7:00 pm Bingo - Bistro</div>	<div>25</div> <div>10:00 am Shopping with Lifestyles Ladies - Depart WH</div> <div>12:00 pm Men's Luncheon - Bistro</div> <div>3:00 pm Professor Burchett ~ Introduction to Hinduism - KR</div>	<div>26</div> <div>9:15 am Naval Base Cruise & Surf Rider - Depart WH</div> <div>11:00 am Supervised Fitness - FC</div> <div>11:00 am Tai Chi for Diabetes - FC</div> <div>7:00 pm Don Irwin Concert - KR</div>	<div>27</div> <div>9:00 am Finance Committee - WC</div> <div>12:00 pm WindsorMeade University presents: Tech Talks - CH</div> <div>12:30 pm Library of Virginia Tour - Depart WH</div> <div>1:30 pm WindsorMeade University presents: Tech Talks - WC</div> <div>3:30 pm News & Views - WC</div>	<div>28</div> <div>9:30 am Cycling Without Age - Depart WH</div> <div>11:00 am Supervised Fitness - FC</div> <div>11:00 am Dr. Coleman ~ The Golden Triad of Lifestyle Choices: Diet, Exercise & Sleep for Vibrant Aging - KR</div> <div>1:00 pm Bible Study - AR</div> <div>2:30 pm Corner Crafts & Conversation - WC</div> <div>6:30 pm Thursday Night Movie presents: Some Like it Hot - KR</div>	<div>29</div> <div>3:00 pm Countdown to Downton - KR</div> <div>5:00 pm TGIF - Club Room</div>	<div>30</div> <div>10:30 am Countdown to Downton - KR</div> <div>1:30-2:30 pm Ping Pong - FC</div> <div>2:00 pm Movie Matinee presents: Becoming Jane - KR</div> <div>6:15 pm Symphony Under the Stars - Depart WH</div>
	<div>31</div>					



WRL Exhibit & Oceans & Ale ◆◆◆
Wednesday, August 6 | 10:30 am | Depart WH
Activity Level I | Williamsburg

Experience the rich tradition of storytelling through the art of quilting in *Stitched Stories of Strength*, a powerful exhibition showcasing fiber artists from across the United States. WRL's annual Juneteenth commemorative exhibition highlights African American narratives of resilience, perseverance, and triumph. Afterwards, enjoy lunch on-your-own at the new Oceans & Ale. Sign up in the Message Center by 8/4.

Sounds of Summer Concert Series:
Slapnation ◆◆
Thursday, August 7 | 5:30 pm | Depart WH
Activity Level II | Yorktown

An evening with *Slapnation* could range from funk to Motown, beach music, and disco. This ten-piece band features an incredible rhythm and horn section with exceptional vocals. *Slapnation* is a serious dose of fun and entertainment! Sign up in the Message Center by 8/5 and don't forget to bring your lawn chair, bug spray, and water.

Emily's Donuts & Café ◆◆
Monday, August 11 | 9:00 am | Depart WH
Activity Level I | Williamsburg

Enjoy delicious delights at this local family-owned bakery! Refreshments are on-your-own. Sign up in the Message Center by 8/8.

Colonial Downs ◆
Thursday, August 14 | 11:30 am | Depart WH
Activity Level II | New Kent

Off to the races! Enjoy an afternoon of horses at Colonial Downs. Seats will be in the covered outdoor grandstand reserves, and concessions will be available for purchase on-your-own. Sign up in the Message Center by 8/7. Space is limited!

Lunch at The Huntsman's Grill ◆◆
Friday, August 15 | 12:00 pm | Depart WH
Activity Level I | Williamsburg

Dine on American cuisine in a relaxed and rustic atmosphere. Enjoy casual dining, home-cooked food, and friendly service with lunch on-your-own. Sign up in the Message Center by 8/11.

Silver Hand Meadery Tour & Tasting ◆◆
Tuesday, August 19 | 1:45 pm | Depart WH
Activity Level I | Williamsburg

Discover the diverse world of honey, how mead is crafted, and more! Following a sneak peek behind the scenes, participants will be led through a mead and honey tasting. Cost is \$17, charged to your account. Sign up in the Message Center by 8/14.

The Branch Museum of Design ◆◆◆
Wednesday, August 20 | 10:00 am | Depart WH
Activity Level II | Richmond

Built in 1916, the Branch House, home to one of Virginia's most culturally influential families, was designed by renowned architect John Russell Pope. Learn how the Branch family helped shape the culture of their time. Afterwards, enjoy lunch on-your-own at Boulevard Burger & Brew. Cost for the museum is \$17, charged to your account. Sign up in the Message Center by 8/14.

Shopping with Lifestyles Ladies ◆◆
Monday, August 25 | 10:00 am | Depart WH
Activity Level II | Williamsburg

Let's go shopping! The Lifestyles ladies have mapped out local high-end consignment and boutique stores for a fun day of shopping. We will stop for lunch on-your-own at The Cheese Shop. Sign up in the Message Center by 8/21.

Library of Virginia Tour ◆
Wednesday, August 27 | 12:30 pm | Depart WH
Activity Level I | Richmond

The Library of Virginia in Richmond is the library agency of the Commonwealth of Virginia. It serves as the archival bureau housing the most comprehensive collection of materials on Virginia government, history, and culture available anywhere. Take a guided tour of the building and exhibits on display. Cost is \$7, charged to your account. Sign up in the Message Center by 8/20.

Symphony Under the Stars ◆◆◆
Saturday, August 30 | 6:15 pm | Depart WH
Activity Level II | Yorktown

Enjoy a magical evening of music under the stars with the *Virginia Symphony Orchestra* showcasing their the musical talent and symphonic art on the Yorktown waterfront. Bring a lawn chair and bug spray. Please sign up in the Message Center by 8/15.



Day Trippers

Naval Base Cruise & Surf Rider ◆◆◆
Tuesday, August 26 | 9:15 am | Depart WH
Activity Level II | Norfolk

Cruise the waters of the Elizabeth River, one of the world's busiest seaports and naval base, home of the Atlantic fleet, and more! The boat provides open-air space as well as enclosed air-conditioning, and a restroom. Afterwards, enjoy lunch on-your-own at Surf Rider. Please wear grippy shoes and dress for the weather. Cost is \$37, charged to your account. Sign up in the Message Center by 8/15. No refunds after this date.

Broadway in Norfolk ~
A Beautiful Noise ◆
Saturday, September 6 | 11:30 am | Depart WH
Activity Level II | Chrysler Hall

Created in collaboration with Neil Diamond himself, this musical is the uplifting true story of how a kid from Brooklyn became a show-stopping American rock icon. Tickets are \$106, charged to your account. Sign up in the Message Center by 8/7. No refunds after this date.

Discover Richmond Food Tour ~
Arts District ◆◆◆
Friday, September 26 | 11:15 am | Depart WH
Activity Level III+ | Richmond

Sample delicious food in Richmond's arts district and hear the stories that make this one of Richmond's most defining and historically-significant neighborhoods. Cost is \$67, charged to your account. Sign up in the Message Center by 9/2. No refunds after this date. *Please note, the tour requires excessive walking, and accessibility is not guaranteed.

Riverside Theater ~
The Sound of Music ◆◆
Wednesday, October 8 | 9:00 am | Depart WH
Activity Level II | Fredericksburg

The inspirational true story follows an ebullient postulate who serves as governess to the seven children of the imperious Captain von Trapp, bringing music and joy to the household. All-inclusive cost is \$95, charged to your account. Sign up in the Message Center by 8/27. A minimum of 12 is required. No refunds after this date.

Overnight to Staunton ◆◆◆◆
October 29 & 30 | 8:30 am | Depart WH
Activity Level III+ | Staunton

Take in scenic views of the Blue Ridge Mountains this fall. During this overnight excursion get a taste of the 18th century at Mitchie Tavern, see Shakespeare come alive with a Blackfriar's play, and take a ride on the Virginia Scenic Railway. Enjoy overnight accommodations at the Blackburn Inn. All meals are on-your-own. *Please note: this trip will require steps, excessive walking, and standing for long periods of time. Cost is \$630, charged to your account. Sign up in the Message Center by 8/19. No refunds after this date.

Randy's Reflections

SPIRITUALITY

'Where the Spirit of the Lord is, there is freedom.'

~ 2 Corinthians 3:17

I spent a beautiful day sailing with friends over the July 4th weekend. We sailed by the monument at Yorktown, which marks the final battle of the Revolutionary War. I was extremely touched by the courage and determination of our forefathers who fought so bravely against what appeared to be insurmountable odds to secure American independence. I appreciate the freedoms we experience in America and count myself blessed beyond measure. I hope you do as well.

God bless you,

Chaplain Randy



Sunday Worship

Caregivers Support

Grief Share

Spiritual Life Committee

Volunteer Opportunities

Bible Study

Fitness



Chair One Fitness

Friday, August 1, 8, 15, 22 & 29 | 10:00 am | Fitness Center

Chair One Fitness is a chair-based dance fitness program catered to anyone who has complications standing during a fitness regimen. Yes, chair workouts can be an effective way to improve strength, flexibility, and overall fitness. This is particularly beneficial for individuals with mobility limitations or for those who prefer a low-impact exercise option. By incorporating a variety of chair-based exercises, you can target multiple muscle groups and increase cardiovascular activity. Give it a try! Call 941-3662 to sign up.

Tai Chi for Diabetes

Tuesday, August 19 & 26 | 11:00 am | Fitness Center

Neha Parikh will offer a six-week course designed to prevent and improve diabetes by gently increasing physical activities, cellular uptake of glucose, and relaxation. Diet and exercise are the cornerstone of diabetes management. Studies have shown that Tai Chi is effective in preventing and improving the control of diabetes. Space is limited. Please register in the Fitness Center.

Healthy Shopping on a Budget with Cliff

Tuesday, August 19 | 1:00 pm | Fitness Center

Eating healthy doesn't have to take a bite out of your budget. Cliff will share tips to help make the most of your money while shopping for a budget-friendly healthy haul. Learn to plan meals around fresh produce, lean protein, whole foods, and low-fat dairy items.



INTELLECTUAL GROWTH

Power of Art

Tuesday, August 12 | 1:30 pm | KR
Monday, August 18 | 2:30 pm | KR

Art has the power to transform, illuminate, educate, inspire, and motivate. Join WM resident Bill Smith and discover the power of art!

iPhone/iPad Users Group

Monday, August 18 | 10:00-11:30 am | KR

WM resident Rick Chase shares his expertise and enlightens you in this informative technology course. Bring your iPhone and/or iPad. From beginners to advanced everyone is welcome!

Tech Talks

Wednesday, August 27
12:00 pm | CH and 1:30 pm | WC

Join WM's Ed McMahon for an informative Tech Talk. Topics will focus on recent advances in physics, biology, astronomy, and engineering.

Spotlight: This Month's Focus SOCIAL CONNECTIONS

Entertainment, community outings, bridge groups, friends' groups, and celebrations are just some of the social opportunities offered at WindsorMeade. From Colonial Downs to lunch at The Huntsman's Grill, tastings at Silver Hand Meadery, Shopping with the Lifestyle ladies, and Symphony Under the Stars, there are multiple options for social connections this August. Enjoy!

Pathways to Wellness Key

- Strength & Endurance
- Creative Expression
- Intellectual Growth
- Spirituality
- Emotional Balance
- Community Outreach
- Dining, Diet & Nutrition
- Social Connections
- Brain Fitness
- Cultivate