

September 2025

WindsorMeade

WILLIAMSBURG

WHISTLER

September Showcase

*2025 Top Workplace
for Hampton Roads*

I'm excited to share that WindsorMeade has once again been recognized as a *2025 Top Workplace for Hampton Roads*. This is our fourth year in a row for this special honor. A top workplace award is quite an accomplishment, but we could not have achieved this recognition without you. Together we have built an inclusive, vibrant, person-centered culture where all team members and residents are appreciated, supported, and valued.

Our shared success is attributed to our collaborative environment and showcases WindsorMeade's commitment to both residents and team members.

Congratulations!

Doug Fleegle

THE WINDSORMEADE LEADERSHIP TEAM

Doug Fleegle
Interim
Executive Director

Tammy Johnson-Candia
Director
Health Services

Holly Hunt
Director
Lifestyles & Wellness

Kesha Nowell
Director
Business Office

Lindsay Willey
Director
Marketing

3900 Windsor Hall Drive | Williamsburg, VA 23188 | www.windsormeade.org | 757 941 3600 | 866 403 5503

Community Events



Netflix ~ *A Man on the Inside* ♦ ♦

Monday, September 1, 8, & 22 and Tuesday, September 16
11:00 am | KR

Charles, a retiree, gets a new lease on life when he answers an ad from a private investigator and becomes a mole in a retirement community secret investigation. Grab a friend and watch this hilarious TV series starring Ted Danson. Episodes: 30 minutes.

Mariner's Museum ~ The Songs of "Frail but Unconquerable Men:" Sea Shanties ♦ ♦ ♦

Tuesday, September 2 | 2:00 pm | Kensington Room

Music is ingrained in the culture and labor of sailors. During the Age of Sail, they created a category of work songs all their own, known as sea shanties. These songs answer the important questions: Will a "Drop of Nelson's Blood" really do us any harm? And, "What do you do with a drunken sailor?" Take a glimpse into the sailor's world with the Mariner's Museum.

Dr. Qutubuddin ~ Parkinson's 101 ♦ ♦ ♦

Thursday, September 4 | 11:00 am | Kensington Room

Dr. Abu Qutubuddin (Dr. Q), MD of the Veterans Health Administration (VHA) leads emerging trends in the treatment of Parkinson's disease, improving care for veterans with Parkinson's disease and other movement disorders. Dr. Q promotes research into the causes, increases awareness, and helps to fund research aimed at finding a cure.

League of Women Voters ♦ ♦

Monday, September 8 | 10:30 am-1:00 pm | Club Room

Do you need assistance with your voter registration or need to apply for an absentee ballot? This non-partisan political organization will be on-site to help!

Public Insights ~ Senior Meteorologist, Michael Montefusco ♦ ♦

Wednesday, September 10 | 10:30 am | Kensington Room

Michael Montefusco is a Senior Meteorologist at the National Weather Service, specializing in weather forecasting and emergency preparedness. Based in Wakefield, VA, Michael has a deep understanding of atmospheric science and its applications in government operations. With over a decade of experience, Mike plays a vital role in monitoring weather patterns, issuing timely alerts, and collaborating with emergency management agencies.

WM Fall Fashion Show ♦ ♦ ♦

Thursday, September 11 | 11:00 am | KR

Enjoy lunch with the best of Chico's and R. Bryant LTD fashions from Duke of Gloucester Street in Colonial Williamsburg. Our very own WM ladies and gentlemen will showcase clothing and accessories during this three-course meal. A wine bar will be available. Please sign up in the Message Center by 9/8. Cost is \$26, charged to your resident account.

Wild Talks ~ Giraffes ♦ ♦

Friday, September 12 | 11:00 am | Kensington Room

Take a Walk on the Wild Side with Pam Witt, former guide & animal educator at the San Francisco Zoo. Pam will lead us on an adventure to the African savannah to explore Africa's Gentle Giant - the Giraffe. Want to know what spaghetti, golf balls, and a dinner plate have to do with a Giraffe? Come take a walk on the wild side and find out!

Alzheimer's Ice Cream Social ♦ ♦ ♦

Sunday, September 14 | 5:00-7:00 pm | Clubhouse

Here's the scoop! Beat the heat and support the Alzheimer's Association with a heaping bowl of ice cream. Lifestyles will provide a variety of ice cream, but residents are encouraged to bring homemade ice cream to share. Alzheimer's donations of \$20+ per person (cash or check made payable to Alzheimer's Association) will be collected at the door. A continuous shuttle will be available from Windsor Hall to the Clubhouse. Please sign up in the Message Center by 9/11. I scream, you scream, we all scream for ice cream!

Virtual Reality ~ Holy Land



Monday, September 15 | 1:00 pm | Windsor Corner

Experience the Holy Land like never before! Virtually walk where Jesus taught, with 2-3 minute guided audio tours that let you explore each site at your own pace, free from crowds. Bill Issler, CEO of Virtual Reality Bible Experiences, will be here to introduce this new virtual opportunity.



Religious Freedom in America ~ The Virginia Connection



Tuesday, September 16 | 7:00 pm | Kensington Room

In his 1790 letter to the Touro Synagogue, George Washington publicly committed the US to freedom of religion. Where did the idea come from? Why did Americans care about this so much and so early? Virginians (including some unknowns) played an important role in committing the US to religious freedom. Jacob Thiessen, an attorney who teaches at the William & Mary Law School, with a Ph.D. in history, will tell the story of the Virginia connection to this crucial American idea by focusing on the experiences of one ordinary family in Virginia over the last four hundred years.

Meet & Greet with Adin



Tuesday, September 16 | 10:00 am | Windsor Corner

Come meet Aiden Pace, our new Clinic Care Coordinator! A William and Mary alumnus, Adin has over twenty years of experience as a registered nurse and has previously worked in surgical and wound care clinics. We are very excited to welcome her to the WindsorMeade family. Light refreshments will be provided.

Cornhole ~ Residents vs. Team Encore



Friday, September 19 | 11:00 am & 3:30 pm | Kensington Room

WM team members will face off with the residents in some friendly competition! Cheer on your friends, make some noise, and enjoy refreshments, compliments of the social committee and the Lifestyles ladies. Special thanks to Marion Dawson for organizing the games this season.

Rosh Hashanah



Monday, September 22 | 5:00 pm | WH & MDR

Rosh Hashanah is a time of prayer, self reflection, and repentance. Reflections from the past and renewals for the New Year are presented with symbolic foods. The program will start in the Parlor, followed by dinner in the Marigold Dining Room. Please sign up in the Message Center by 9/15.

Downton Abbey ~ A New Era & Tea



Tuesday, September 23 | 2:00 pm | Kensington Room

Join us for tea at Downton! Lifestyles will accompany this feature with light delicacies. We encourage participants to don their finery. Cost is \$18, charged to your account. Sign up in the Message Center by 9/16. *Seating will be available for those who wish to watch but not dine.

Kindred Band



Wednesday, September 24 | 11:00 am | Windsor Corner

Kindred features band members from the beloved ElderBerry Jam Band. From bluegrass to Texas Swing, to classic country and folk ballads, Kindred will light a spark and make your heart sing.

Puzzle Packs: Special Delivery to Your Home



Monday, September 29 | Special Delivery Upon Request

Exercise your brain with a packet of puzzles! Crosswords, word searches, and anagrams will be printed and delivered to your mailbox for your enjoyment. Please sign up in the Message Center by 9/25.

Paint & Pass



Monday, September 29 | 1:30 pm | Windsor Corner

Join Megan for this fun spin on painting! Participants will be given a canvas to paint what they wish, but at the sound of the bell each person will pass their canvas to the right. Take home a masterpiece created by the entire group. No artistic experience necessary, but please sign up in the Message Center by 9/20.





Muscarella Museum ~ Famous Illustrators: Illustration as Art



Tuesday, September 30 | 2:00 pm | KR

The distinction that is sometimes made between "fine art" and "illustration" is mostly historical and based on context or function. In today's art world that line is increasingly blurred. Join docent Mary Fout to determine the collective view.

Sunday	Monday	Tuesday	Wednesday
<p>Salon Hours Tuesday & Thursday - Carol 9:00 am-2:00 pm/Windsor Hall Call Carol at 941-3659 to schedule your appointment! Wednesday - Tamara 9:00 am-3:00 pm/Bedford Terrace Call Tamara at 941-3649 to schedule your appointment! Massage Therapist Call Renee Dobbs at 804-694-9303 to schedule your appointment!</p>	<p>1 LABOR DAY  11:00 am Netflix ~ <i>A Man on the Inside</i> - KR <i>No fitness or transportation due to the Labor Day holiday.</i></p>	<p>2 9:30 am Social Committee - WC 11:00 am Tai Chi for Diabetes - FC 11:00 am-12:00 pm Supervised Fitness - FC 2:00 pm Mariner's Museum ~ The Songs of "Frail But Unconquerable Men:" Sea Shanties - KR 2:00-4:30 pm Stitch & Chat - AR</p>	<p>3 9:00 am Facilities & Ground 10:30 am Dining Commit 3:30 pm News & Views - W</p>
<p>7 9:30 am Williamsburg Presbyterian Virtual Worship Service - WC 4:00 pm WM Worship Service - KR 6:00-7:00 pm Bingo - Bistro</p>	<p>8 10:30 am-1:00 pm League of Women Voters - CR 11:00 am Netflix ~ <i>A Man on the Inside</i> - KR 12:00 pm Men's Luncheon - Bistro 1:00 pm Bruster's Ice Cream - Depart WH</p>	<p>9 10:00 am Resident Association Meeting - KR 11:00 am Tai Chi for Diabetes - FC 11:00 am-12:00 pm Supervised Fitness - FC 1:00 pm Renee Craft - WC 1:30 pm WM University presents: Power of Art - KR 5:30-7:00 pm Second Tuesdays - WC</p>	<p>10 10:30 am Public Insights Meteorologist, Michael 1:00 pm WM Walkers & L Depart CH 3:30 pm News & Views - V 6:30 pm Dewey Decibel C Peninsula Concert Ban</p>
<p>14 9:30 am Williamsburg Presbyterian Virtual Worship Service - WC 4:00 pm WM Worship Service - KR 5:00-7:00 pm Alzheimer's Ice Cream Social - CH 6:00-7:00 pm Bingo - Bistro</p> 	<p>15 10:00-11:30 am WM University presents: iPhone/iPad Users Group - KR 12:00 pm Men's Luncheon - Bistro 1:00 pm Virtual Reality ~ Holy Land - WC 2:30 pm WM University presents: Power of Art - KR 3:00 pm Dinner & Yorktown Sunset Sail - Depart WH 6:30 pm Ukulele Chuck - WH Parlor</p>	<p>16 10:00 am Meet & Greet with Adin - WC 11:00 am Tai Chi for Diabetes - FC 11:00 am Netflix ~ <i>A Man on the Inside</i> - KR 11:00 am-12:00 pm Supervised Fitness - FC 2:00-4:30 pm Stitch & Chat - AR 7:00 pm Religious Freedom in America ~ The Virginia Connection - KR 7:00 pm Chamber Music Society - Depart WH</p>	<p>17 CONSTITUTION 9:00 am Virginia Zoo - Dep 9:15 am Health Committe 1:00 pm WM Walkers & L Depart WH 3:30 pm News & Views - W 4:00 pm Wine Down Wed</p>
<p>21 9:30 am Williamsburg Presbyterian Virtual Worship Service - WC 4:00 pm WM Worship Service - KR 6:00-7:00 pm Bingo - Bistro</p> 	<p>22 FIRST DAY OF AUTUMN 11:00 am Netflix ~ <i>A Man on the Inside</i> - KR 12:00 pm Men's Luncheon - Bistro 2:00 pm Armchair Travels ~ Russia - HH 2:45 pm Dinner & Yorktown Sunset Sail - Depart WH 5:00 pm Rosh Hashanah ~ Jewish New Year - WH Parlor & MDR <i>* Rosh Hashanah begins at sundown</i></p>	<p>23 TBD Rosh Hashanah 11:00 am Tai Chi for Diabetes - FC 11:00 am-12:00 pm Supervised Fitness - FC 2:00 pm <i>Downton Abbey</i> ~ <i>A New Era</i> & Tea - KR 6:00 pm Williamsburg Symphony Orchestra - Depart WH</p>	<p>24 TBD Movie Tavern ~ <i>Dow</i> <i>The Grand Finale</i> - Dep 9:00 am Finance Commit 11:00 am Kindred Band - 12:00 pm Tech Talks - CH 1:00 pm WM Walkers & L Depart CH 1:30 pm Tech Talks - WC 3:30 pm News & Views - V</p>
<p>28 9:30 am Williamsburg Presbyterian Virtual Worship Service - WC 4:00 pm WM Worship Service - KR 6:00-7:00 pm Bingo - Bistro</p>	<p>29 TBD Vaccine Clinic - KR 12:00 pm Men's Luncheon - Bistro 1:30 pm Paint & Pass - WC 4:00 pm Dinner ~ Oceans & Ale - Depart WH <i>* Puzzle Pack deliveries</i></p>	<p>30 9:00 am Golf ~ Williamsburg National - Depart WH 11:00 am Tai Chi for Diabetes - FC 11:00 am-12:00 pm Supervised Fitness - FC 2:00 pm Muscarelle Museum ~ Famous Illustrators: Illustrators as Art - KR</p>	<p>Toucht can be vie Channel  Functional P #941-3</p>

Wednesday		Thursday		Friday		Saturday	
		4		5		6	
Grounds Committee - KR Committee - WC vs - WC		9:00 am Marketing Committee - WC 10:30 am-12:00 pm WRL - Library 11:00 am Dr. Outubuddin ~ Parkinson's 101 - KR 11:00 am-12:00 pm Supervised Fitness - FC 11:30 am Colonial Downs - Depart WH 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC 6:30 pm Evening Movie presents: <i>Bad News Bears</i> - KR		3:00 pm Countdown to Downton - KR 5:00 pm TGIF - CR		10:30 am Countdown to Downton - KR 11:30 am Broadway in Norfolk ~ <i>A Beautiful Noise</i> - Depart WH 1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: <i>Around the World in 80 Days</i> (1956) - KR	
ights ~ Senior Michael Montefusco - KR rs & Urban Poling -		11 PATRIOT DAY 		12		13	
ws - WC ibel Concert Series ~ t Band - Depart WH		9:30 am Cycling Without Age - Depart WH 10:30 am Caregivers Support Group - WC 11:00 am WM Fall Fashion Show - KR 11:00 am-12:00 pm Supervised Fitness - FC 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC		8:45 am Line Dancing - FC 11:00 am Wild Talks ~ Giraffes - KR 3:00 pm Countdown to Downton - KR 5:00 pm TGIF - CR		12:00-2:00 pm William & Mary Volunteers - Library 1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: <i>Downton Abbey</i> (2019) - KR	
ION DAY 		18 U.S. AIR FORCE BIRTHDAY 		19		20 NATIONAL POW/MIA RECOGNITION DAY 	
- Depart WH mittee - WC rs & Urban Poling - vs - WC Wednesday - CR		8:45 am All About Oysters ~ Hampton History Museum - Depart WH 11:00 am-12:00 pm Supervised Fitness - FC 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC 5:00 pm Third Thursdays - CH 5:00 pm Overview ~ Dinner at Peter Chang - KR 5:45 pm Dinner at Peter Chang - Depart WH		11:00 am Cornhole ~ Residents vs. Team Encore - KR 3:30 pm Cornhole ~ Residents vs. Team Members - KR 5:00 pm TGIF - CR		1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: <i>Green and Gold</i> - KR	
<i>Downton Abbey:</i> Depart WH mittee - WC and - WC - CH rs & Urban Poling - WC ws - WC		25		26		27	
		9:30 am Cycling Without Age - Depart WH 10:30 am Caregivers Support Group - WC 11:00 am-12:00 pm Supervised Fitness - FC 1:00 pm Bible Study - AR 2:30 pm Corner Crafts & Conversation - WC 5:00 pm Overview ~ Dinner at Peter Chang - KR 5:45 pm Dinner at Peter Chang - Depart WH		8:45 am Line Dancing - FC 11:15 am Discover Richmond Food Tour ~ Arts District - Depart WH 5:00 pm TGIF - CR		12:00-2:00 pm William & Mary Volunteers - Library 1:30-2:30 pm Ping Pong - FC 2:00 pm Movie Matinee presents: <i>Thunderball</i> - KR	

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September Birthdays

Marie Stanzione Sept. 2
 Dorothy Enslein Sept. 4
 James Ward Sept. 7
 Jayne Weissmuller Sept. 7
 Susan Burkett..... Sept. 12
 Sylvia Woodcock..... Sept. 16
 Nancy Miller Sept. 17
 Bill Whittaker Sept. 17

Ann Snead Sept. 21
 Esther Huntsinger..... Sept. 21
 Pat Koehn Sept. 22
 Bud Rhodes..... Sept. 22
 Lee Schmidt Sept. 22
 Tom Jenkins..... Sept. 23
 Joann Meeks..... Sept. 25
 Mary McCormick Sept. 25
 Ron Turnbull Sept. 25
 Barbara Anderson..... Sept. 27

Scott Blankenship Sept. 27
 Carl Stein..... Sept. 28
 Susan Gregg..... Sept. 29
 Anne King Sept. 29

*Happy
 Birthday*

Out & About



Colonial Downs ♦

Thursday, September 4 | 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 are available for purchase on-your-own. Tickets are \$10, charged to your account. Sign up in the Message Center by 9/2.

Bruster's Ice Cream ♦ ♦

Monday, September 8 | 1:00 pm | Depart WH
Activity Level I | Williamsburg

Before the dog days of summer come to an end, take one more chance to cool off with some delicious Bruster's ice cream! Treats are on-your-own. Sign up in the Message Center by 9/4.

Dewey Decibel Concert Series:

Peninsula Concert Band ♦ ♦

Wednesday, September 10 | 6:30 pm | Depart WH
Activity Level I | Williamsburg Regional Library

The Peninsula Concert Band has a rich, 75-year history of providing musical entertainment. The community band loves to perform concerts and educate audiences with a broad range of band music that includes marches, contemporary show tunes, concert band versions of classical orchestral music, patriotic medleys, and more!

Sign up in the Message Center by 9/5.

Dinner & Yorktown Sunset Sail ♦ ♦ ♦

Monday, September 15 | 3:00 pm | Depart WH
Monday, September 22 | 2:45 pm | Depart WH
Activity Level III | Yorktown

Enjoy an early dinner on-your-own at Riverwalk Restaurant before boarding the Schooner Alliance II for a tranquil two-hour scenic sunset sail. Please wear flat-soled shoes and bring a light jacket or pullover just in case! Cost is \$52, charged to your account. Please select your date and sign up in the Message Center. Space is limited!



Virginia Zoo ♦

Wednesday, September 17 | 9:00 am | Depart WH
Activity Level I | Norfolk

Lions, tigers, and bears, oh my! The Zoo is fun at any age, and on 9/17 seniors receive free admission with a valid ID! Spend a day in the company of wild creatures. Cost for transportation is \$7, charged to your account. Concessions are on-your-own. *This outing is open to all residents of WindsorMeade.* Sign up in the Message Center by 9/12.

All About Oysters ~

Hampton History Museum ♦ ♦ ♦

Thursday, September 18 | 8:45 am | Depart WH
Activity Level III | Hampton

Tour the Hampton History Museum before meeting the Shored Up Ladies along the Hampton waterfront who will share unique facts about the seafood industry. Explore an Oyster Garden, dine at Bull Island Brewing Company, and visit the Virginia Seafood Agricultural Research & Extension Center of Virginia Tech. Cost is \$30, charged to your account. Lunch is on-your-own. Sign up in the Message Center by 9/10. No refunds after this date.

Save the Date

Dinner ~ Peter Chang ◆◆

Thursday, September 18 & 25 | 5:45 pm | Depart WH
Activity Level I | Williamsburg (Dinner Overview ~ 5:00 pm, KR)

Authentic Chinese food is rich and colorful with aromatic flavor that will whet your appetite. Enjoy a Chinese banquet with your WM friends. Sharing dishes is expected and central to Chinese dining. The set menu price of \$25, will be charged to your account. Stay tuned for details. No refunds after 9/9. A dinner overview will be held at 5:00 pm in the KR prior to departure. Full tables of eight required. Please select your date and sign up in the Message Center. Space is limited!

Movie Tavern ~ *Downton Abbey: The Grand Finale* ◆

Wednesday, September 24 | TBD | Depart WH
Activity Level I | Williamsburg

Visit the Downton Estate one last time with the final film of the beloved *Downton Abbey* series. Hear the household grapple with the threat of social disgrace as Mary finds herself in a public scandal and the family faces financial trouble. The Crawleys must learn to embrace change with the next generation. Cost is \$11, charged to your account. Sign up in the Message Center by 9/12.



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. Check with Lifestyles for last minute availability. *Please note, the tour requires excessive walking, and accessibility is not guaranteed.

St. Luke's Historic Church & Smithfield Inn ◆◆◆

Thursday, October 3 | 9:30 am | Depart WH
Activity Level II | Smithfield

Take a tour of Virginia's oldest church structure, now serving as a symbol of religious freedom. St Luke's, a national landmark, holds 400+ years of American history. Afterwards, enjoy lunch on-your-own at Smithfield Inn, known for its charm and home-cooked meals. George Washington, himself, was once a guest! Cost is \$15, charged to your account. Sign up in the Message Center by 9/25.

Lunch & The Glass Spot ◆◆◆

Friday, October 10 | 11:30 am | Depart WH
Activity Level II | Richmond

Enjoy lunch on-your-own at The Boathouse before making your very own glass creation! The Glass Spot will ensure a safe environment as you create blown glass pumpkins, a perfect piece to display during the fall season! Dress in layers as the workshop can get hot. Please note that steps are required to navigate the building. Cost is \$50, charged to your account. Sign up in the Message Center by 10/3. No refunds after this date.

Dinner ~ Oceans & Ale ◆◆

Monday, September 29 | 4:00 pm | Depart WH
Activity Level I | Williamsburg

Oceans & Ale, a classic seafood and steakhouse, prides itself on the highest food quality, guest service, and challenges the depths of flavor with seasonal menus and world-renowned brews. Check out their new location, just around the corner. Dinner is on-your-own. Sign up in the Message Center by 9/22.

Golf ~ Williamsburg National ◆◆

Tuesday, September 30 | 9:00 am | Depart WH
Activity Level III+ | Williamsburg

Designed by the Nicklaus Design group, this 4-star GOLF DIGEST winner is a favorite for Williamsburg golfers of all skill and experience levels. Greens fees and food are on-your-own. Sign up in the Message Center.

Save the Date

COVID Vaccine Clinic

Monday, September 29 & Wednesday, October 1

Randy's Reflections

SPIRITUALITY

*"He shall depart from you ~ he and his children with him ~
and shall return to his own family."*

~ Leviticus 25:41

Famille, familia, or family has been a treasured concept in many countries for centuries. As we age, we realize that nothing on earth is more important. I hope you are able to spend regular time with family, whether in person or via technology. Be sure to pass on what matters most to you, so the next generation can take the baton, pay it forward and make the world a better place.

God bless you,

Chaplain Randy



Sunday Worship

Caregivers Support

Grief Share

Spiritual Life Committee

Volunteer Opportunities

Bible Study

Fitness

Tai Chi for Diabetes with Neha

Tuesday, September 2, 9, 16, 23, & 30 | 11:00 am | Fitness Studio

Tai Chi for Diabetes is easy to learn and designed to prevent and improve the control of diabetes. This program will help minimize the risk of diabetes by improving heart/lung function, muscular strength, flexibility, balance, and stress reduction. *Everyone is welcome!*

WM Walkers & Urban Poling

Wednesday, September 10, 17 & 23 | 1:00 pm | Depart Clubhouse

Walking gets your body moving, is highly recommended as a daily exercise for seniors, and reduces many health issues.

- ~ Improve cardiac health
- ~ Lower blood sugar
- ~ Stronger bones, joints & muscles
- ~ Slow cognitive decline
- ~ Promotes positive mental health
- ~ Reduces aches & pains
- ~ Better night's rest
- ~ More social interaction
- ~ Improve immune system health

Whether you walk with poles or not...the benefits are endless. Interested in purchasing your own set of urban poles? Contact Kathy (941-3662) or Cliff (941-3664) for details. Please register in the Fitness Center.

Under the Big Top ~ WindsorMeade Health Fair

Wednesday, October 8 | 10:00 am-12:00 pm | Kensington Room

Under the Big Top is an exciting way to engage in a variety of local health and wellness resources available in the greater Williamsburg community. From home healthcare providers, AAA of Tidewater, The Prescription Shoppe and more ... there's something for everyone. Meet the vendors, take a chance at one of our door prizes, and enjoy the essence of a carnival under the big top with food, fun, and flair!



INTELLECTUAL GROWTH

Power of Art

Tuesday, September 9 | 1:30 pm | KR

Monday, September 15 | 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, September 15 | 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, September 24

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 BRAIN FITNESS

While physical fitness is very important, WindsorMeade recognizes the need for mental exercise. Cognitive abilities can be maintained and improved by exercising the brain. Our Fitness Center offers EGYM and CyberCycle – the next generation of smart strength equipment that exercises your body and mind. Sign up for puzzle packs and crosswords, word searches, anagrams, and a diverse range of brain teasers and challenges will be delivered to your mailbox.

Pathways to Wellness Key

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