

Special Events/Outings/Services

Friday, February 1st

Bridge

1:00 P.M. (PDR)

Friday Night at the Movies

Movie title and details will be posted on bulletin boards.

6:30 P.M. (OWT)

Saturday, February 3rd

Super Bowl Party

Check the bulletin boards for details.

TBD (OWT)

Monday, February 4th

Men's Chorus Rehearsal

9:30 A.M. (OWT)

Cheerful Chimers Rehearsal

1:00 P.M. (PLR)

Women's Chorus Rehearsal

2:15 P.M. (OWT)

Mah Jongg 1:00 P.M. (PDR)

Tuesday, February 5th

Tudor Oaks Players

1:00 P.M. (OWT)

Arts and Crafts

2:30 P.M. (PLR)

Grief Support Group

6:30 P.M. (OWT)

Wednesday, February 6th

Storytellers Studio

A new topic every week!

10:00 A.M. (PDR)

Thursday, February 7th

Resident Council

1:30 P.M.(OWT)

Tudor Oaks Players

New participants welcomed! For anyone interested in acting or working behind the scenes. 2:30P.M. (OWT)

Friday, February 8th

Bridge

1:00 P.M. (PDR)

Friday Night at the Movies

Movie title and details will be posted on bulletin boards. 6:30 P.M. (OWT)

Saturday, February 9th

Milwaukee Rep theater

For residents who purchased tickets in advance. (Front Entrance)3:00P.M.

Sunday, February 10th

Bob Ropiak: singer, storyteller

1:15 P.M. (FHC) 2:15P.M.(WG)

Monday, February 11th

Men's Chorus Rehearsal

9:30 A.M. (OWT)

Cheerful Chimers Rehearsal

1:00 P.M. (PLR)

Women's Chorus Rehearsal

2:15 P.M. (OWT)

Mah Jongg

1:00 P.M. (PDR)

Special Events/Outings/Services

Tuesday, February 12th

Waukesha Elder Benefits Specialist

Dawn Hendrix will be here for her monthly visit to answer your questions. She will be able to meet with you one on one to answer questions such as: health care financing, Medicare, prescription drug coverage-part D, Senior Care, supplemental insurance, income maintenance, consumer/finance, and elder rights.

Private Dining Room

10:00 - 11:30 A.M.

Sign up in the white binder in the WTL by Monday, February 11th

Tudor Oaks Players

1:00 P.M. (OWT)

Arts and Crafts

2:30 P.M. (PLR)

Resident Services Meeting

Carmelia Wilson, the Wellness Director, will join Judy Radish. She will be explaining changes to the schedule and upcoming wellness opportunities and competitions.

3:00 P.M. (OWT)

Windsor House Food Committee

Meeting : 3:00 P.M. (DAWN)

Dementia Support Group

All care givers and family members are invited to attend. Refreshments will be served. 6:30P.M.(PDR)

Wednesday, February 13th

Storyteller's Studio

New writers and storytellers are always welcome! 10:00 A.M. (PDR)

Book Club

1:45 P.M. (PLR)

Windsor Manor Food Committee

Meeting 2:00 P.M. (DAWN)

Thursday, February 14th

Valentine's Day



Wooden Spool Quilters and Chatters

9:30 A.M.-noon (PLR)

Tudor Oaks Players

New participants welcomed! For anyone interested in acting or working behind the scenes. 2:30P.M. (OWT)

Friday, February 15th

Bridge

1:00 P.M. (PDR)

Friday Night at the Movies

Movie title and details will be posted on bulletin boards.

6:30 P.M. (OWT)

Saturday, February 16th

Saturday Evening Social

Check the bulletin boards for details.

6:30 P.M. (OWT)

Special Events/Outings/Services

Monday, February 18th

Men's Chorus Rehearsal

9:30 A.M. (OWT)

Cheerful Chimers Rehearsal

1:00 P.M. (PLR)

Women's Chorus Rehearsal

2:15 P.M. (OWT)

Mah Jongg

1:00 P.M. (PDR)

Dr. Nathan Zwagerman

The doctor shares his journey from pig farmer to brain surgeon. 6:30 P.M. (OWT)

Tuesday, February 19th

Health Center Resident Council

10:30 A.M. (FHC)

Tudor Oaks Players

1:00 P.M. (OWT)

Valerie Trower

2:00 P.M. (FHC)

Arts and Crafts

2:30 P.M. (PLR)

Grief Support

6:30 P.M. (PDR)

Wednesday, February 20th

Storyteller's Studio

New writers and storytellers are always welcome! 10:00 A.M. (PDR)

Thursday, February 21st

IL Food Committee Meeting w/ Dawn

Please bring NEW menu ideas!

1:00 P.M. (PDR)

Tudor Oaks Players

New participants welcomed!

2:30 P.M. (OWT)

Art History

Sign up required in advance.

Artist highlighted is Jeff Koons.

6:00 P.M. (MPR)

Friday, February 22nd

Bridge

1:00 P.M. (PDR)

Antoinette Millie

Songs of yesteryear on the accordion

2:00 P.M. (WG)

Friday Night at the Movies

Movie title and details will be posted on bulletin boards.

6:30 P.M. (OWT)

Sunday, February 24th

Muskego High School Musical

"Footloose"

1:00 P.M. For residents who purchased tickets in advance. (Front Entrance)

Monday, February 25th

Men's Chorus Rehearsal

9:30 A.M. (OWT)

Cheerful Chimers Rehearsal

1:00 P.M. (PLR)

Women's Chorus Rehearsal

2:15 P.M. (OWT)

Mah Jongg

1:00 P.M. (PDR)



Special Events/Services/Updates

Tuesday, February 26th

Tudor Oaks Players

1:00 P.M. (OWT)

Arts and Crafts

2:30 P.M. (PLR)

Grief Support

6:30 P.M. (PDR)

Wednesday, February 27th

Storyteller's Studio

New writers and storytellers are always welcome! 10:00 A.M. (PDR)

Thursday, February 28th

Wooden Spool Quilters and Chatters

9:30 A.M.-noon (PLR)

Wing Meeting with Diane

1:45P.M. (PDR)

Tudor Oaks Players

New participants welcomed! For anyone interested in acting or working behind the scenes. 2:30 P.M. (OWT)

February Birthday Celebration

Music by Craig and Patty Siemsen for our February birthday celebration. 6:30 P.M. (OWT)



WELLNESS

Carmelia's Corner

Group Fitness Schedule Change

Starting Tuesday, February 5th

2x/week step aerobics

Tuesday's and Thursday's from 7:30am-8:00am

Nutrition Tips

Apples and Pears

Nutrients Supplied: C, fiber, flavonoids

Berries, such as raspberries, blueberries, strawberries and blackberries

Nutrients Supplied: C, folate, manganese, potassium, fiber

Citrus, such as oranges, tangerines, lemons, limes and grapefruits

Nutrients Supplied: B1, C, folate, potassium, fiber

Tudor Oaks Tidbits

Patty Cures:

Schedule your manicure or pedicure appointment with Patty Schmitz:
414-858-9209

Relaxing Massage:

Schedule your appointment with Sherry Radish: 414-525-9578

Tudor Oaks Salon:

414-525-6403

Reminder: Deadline for submitting updates/events to the upcoming month's Acorn Newsletter and/or TV Listings is **the 15th of the prior month to Michele Vogt.**

SAVE THE DATE

Save this sheet and put it on your refrigerator, or mark your calendar with special events you plan to attend in the future.

March

Tuesday, March 5th at 3pm: Generations Club. (OWT)

Tuesday, March 5th at 6:30pm: Grief support group. (PDR)

Thursday, March 14th at 6:30pm: Dr. Paul Rempe shares father's WWI experience. (OWT)

Saturday, March 16th at 6:30pm: Saturday Evening Social

Monday, March 18th at 6:30pm: Ceol Cairde plays Irish tunes. (OWT)

Tuesday, March 26th at 7pm: Birthday celebration-Caribbean Eclipse (OWT)

Thursday, March 28: OPENING DAY FOR BREWERS

Thursday, March 28th at 6:30pm: Jessica Michna portrays Laura Ingalls. (OWT)

We will have a bible study for Lent that begins on Tuesday, March 12, 2019 for six weeks. We will be studying the book and video, "Simon Peter, flawed by faithful disciple" Look for more information to follow.

April

Wednesday and Thursday, April 3rd & 4th: Tudor Oaks Players production, "Fever Pitch"

Thursday, April 18th at 1:30pm: Volunteer Appreciation program. (OWT)

Thursday, April 25th at 6:30pm: April birthday celebration with KAT Trio. (OWT)

May

Tuesday, May, 14th at 7pm: Community Chorus (OWT)

Thursday, May 16th at 1:30pm: Women of Note Spring Concert. (OWT)

Thursday, May 30th at 6:30pm: Civic Broadway Singers for the May birthday celebration. (OWT)