

Presidential History and is a scholar entirely impassioned by his subject matter. He makes U.S. history come alive. This month's topic is: *1919 @ 100*. This year marks the centennial of the calendar year 1919. Following the end of the Great War of 1914-1918, America was rocked by labor unrest and bombings. A Red Scare swept the nation. What sinister forces were behind the Black Sox World Series Scandal? A fatal influenza epidemic overwhelmed the resources of the medical community. Women voted, bobbed their hair and smoked in public. World War I was where the nineteenth and twentieth centuries parted ways. In the 1920 election, presidential nominee, Warren Harding, campaigned on a return to "normalcy."

Wednesday, February 20

Trip: Peabody Essex Museum, Salem with lunch at Tavern on the Green at the Hawthorne Hotel

Bus departs at 10:00 am

Fee: \$18.00 plus the cost of your choice of lunch

Wild Designs is an exhibition that explores how engineering and design concepts from nature can make the world a better place. The exhibit features not only bio-inspired works by artists, but also 24 projects and prototypes conceived by innovators who look to nature and living systems for new ideas and creative solutions to human problems. The exhibition explores biomimetic and bio-informed innovations in design and technology that either model or engage nature to generate novel products and more sustainable solutions. Included are design projects ranging from preliminary concepts to realized products and buildings, as well as mixed media sculptures, artist installations and drawings.

Steps in Time Dance program with Michael Windward

2:45 pm, Activity Room

Michael Winward, an independent dance artist, will be coming by for another afternoon of

ballroom dancing. With influences in American-style ballroom, ballet and contemporary dance practices, his work places a strong focus on building connections. Connection to one's body, one's self, one's audience; connection between dance partners, connection within and across communities. In 2016, Michael founded Steps in Time, a program that brings ballroom dance workshops to senior communities. Ballroom dancing provides incredible benefits to older adults. It encourages good posture and it provides low-impact, cardiovascular exercise. All are welcome, whether you'd like to participate or just spectate!

Thursday, February 21

New performer: Music Program: Roald Wilson, various instruments

2:30 pm, Activity Room

Multi-talented musician Roald Wilson will delight you with music from around the world playing rare and unusual musical instruments. He has been building, playing and teaching every musical instrument known to mankind for over 40 years and has performed on over 200 different instruments.

Wednesday, February 27

Trip: Lunch at the Exchange Street Bistro, Malden

Bus departs at 11:30 am

Fee: Your choice of lunch

The Exchange Street Bistro has maintained its place in the culinary scene as a true trendsetting gem, delivering Boston atmosphere with neighborhood prices.



TRANSPORATION by Windsor Bus is available for trips to medical appointments and other destinations (banking, shopping, etc.) on **TUESDAYS & THURSDAYS** (9am-3pm). **See FRONT DESK to schedule a ride.**

February 2019



Calendar of Events

Windsor Place Assisted Living

92 West Street, Wilmington, MA 01887

(978) 988-2300

Every Wednesday in February
New to the calendar: Interfaith Bible Study
9:30 am, Pub

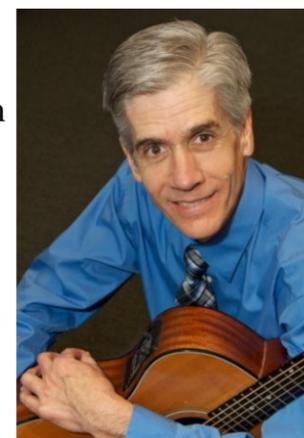
Reverend Travis Bonnette-Kim, from Wilmington's United Methodist Church, will be coming in each Wednesday morning to lead a Interfaith Bible Study group.

Monday, February 4
Pop Up Library
11:00 am, Pub

Kim Blakely, the Adult Services Librarian at the Wilmington Memorial Library, will be coming to bring books, audiobooks, magazines and DVDs to the Pub for residents to check out. When Kim comes, she can register residents for library cards. Kim can also bring items based off of resident suggestions and requests. Please let Jen from Activities know ahead of time if you'd like anything specific.

Tuesday, February 5
Music Program: Dan Hart, guitar and vocals
2:30 pm, Activity Room

Dan Hart is a singer and guitarist with a repertoire of hundreds of songs from the 1920s through the 1970s. He has performed professionally for more than 30 years from coast to coast and in Europe. Whether on stage or strolling with his guitar, his music and personality have won loyal audiences everywhere. His ever-growing repertoire is entirely memorized; you won't see him with a music sheet!



Wednesday, February 6
Trip: Lunch at Turner's, Melrose
Bus departs at 11:30 am
Fee: Your choice of lunch
All are welcome to join us for a wonderful lunch at Turner's Seafood. This authentic New England seafood house is complete with a fresh fish market and turn-of-the-century oyster bar. A favorite among many residents, you won't want to miss out! (A menu is attached to the sign up sheet).

Thursday, February 7
VoxxLife Balance Presentation
11:00 am, Activity Room

Could your balance be improved? Join us for a half-hour presentation about Voxxlife and the products they offer such as their socks, which can help improve balance and stability, and help with pain relief.



Wednesday, February 13
Trip: Lunch at Davio's, Lynnfield
Bus departs at 11:30 am
Fee: Your choice of lunch
Davio's pairs a state-of-the-art kitchen and exceptional restaurant design with a warm, inviting place to dine. Come join us for a wonderful food, drinks and service. Davio's signature Northern Italian Brandt Beef steaks, handmade pastas and authentic pizzas combine to create a dining experience that is unforgettable. (A menu is attached to the sign up sheet).

Friday, February 15
Gary Hylander Lecture
Topic: 1919 @ 100
11:00 am, Activity Room
Gary Hylander holds a Doctorate in