

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, March 21
Monthly Birthday Party with entertainers
Lori and Rick Ruggerio, vocals
2:30 pm, Activity Room
 Everyone is invited down to our monthly birthday celebration as we salute those born during the month of March. A delicious birthday cake, ice cream and live music will add to the merriment!

Tuesday, March 26
The Creature Teachers Animal Program with Rick Roth
2:30 pm, Activity Room
 The Creature Teachers is a family-owned live animal business specializing in environmental and animal education. Their goal is to fascinate their audiences with the wonders and diversity of the animals that share our planet. At The Creature Teachers, they take great pride in making sure their animals have the best care possible. Every animal at The Creature Teachers is captive born and raised. This ensures less stress and health problems. Their state-of-the-art facility allows them to provide

both physical well-being and mental enrichment for all of their creatures.

Wednesday, March 27
Music Program: Vanessa Salvucci, vocals
2:30 pm, Activity Room

Vanessa Salvucci is an entertaining vocalist and songwriter. After graduating from Boston University, she spent several years as an intern and cast member for the Walt Disney Company. Recognized for her versatility and ability to appeal to audiences of all ages, one can find Vanessa performing the Star Spangled Banner at Celtics games, Bruins face-offs and DJing at Fenway Park for Red Sox Nation as well as the New England Revolution at Gillette Stadium.

Thursday, March 28
Ron Falong Lecture
Topic: Ireland

11:00 am, Activity Room
 International travel agent Ron Falong will share his expertise on traveling to Ireland. Falong is a professional tour guide who has travelled to 42 countries and all 7 continents.



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.**

March 2019



Calendar of Events

Windsor Place Assisted Living

92 West Street, Wilmington, MA 01887

(978) 988-2300

Thursday, March 7
Music Program: Jack Craig
11:00 am, Activity Room

Join Jack for his program, which contains most of the favorite songs of the 20th century. Each of Jack's programs contains around 30 songs to sing, and Jack provides anecdotal information that recalls the best years of American song writing. All of the songs in this program were written from 1955 – 1956!

Monday, March 11
Michael Perry Slide Lecture
Topic: Yellowstone in Winter
11:00 am, Activity Room

As the world's first national park, created in 1872 by an act of Congress, Yellowstone draws millions of visitors annually to view wildlife and active geysers. Winter is a special time, when animals gather in the Old Faithful geyser basin and the geysers create rising vapors of mist in the cold morning air. Join Michael for inspiring slides of a winter visit to the Old Faithful area. You'll go "geyser gazing" with Michael, enjoy close up views of majestic Buffalo and ski over the Continental Divide into the remote Shoshone Geyser Basin. You will see beautiful slides of geysers, hot springs, fumaroles, mud pots and other amazing volcanic gifts from catastrophic eruptions over a half a million years ago! Join in for what will be a fun program with great photos.

Wednesday, March 13
Trip: Lunch at the Emerald Rose, Billerica
Fee: Your choice of lunch
Bus departs at 11:15 am

Executive Chef James DeCota has created a menu with a great balance of traditional Irish favorites like



Bangers and Mash, exciting new dishes like Pan Seared Atlantic Salmon with Lobster Risotto and Grilled Asparagus and creative comfort food like Bacon Wrapped Meatloaf. (A menu is attached to the sign up sheet).

Music program: Kevin Farley, various instruments
2:30 pm, Activity Room

Kevin Farley, aka *The Irish Music Guy*, plays 12 different musical instruments and knows over 750 Irish songs. You won't want to miss this entertaining program!

Friday, March 15
Gary Hylander Lecture
Topic: TR: An American Lion
11:00 am, Activity Room

Gary Hylander holds a Doctorate in Presidential History and is a scholar entirely impassioned by his subject matter. He makes U.S. history come alive as he lectures here each month. This month's topic is: *TR: An American Lion*. Theodore Roosevelt, naturalist, author, explorer, war hero, president and much more died in 1919. TR is the only president to have been awarded both the Nobel Peace Prize and the Congressional Medal of Honor. We will explore how his years in office transformed the presidency. He saw his role as the steward of all the American people. Quite simply, he was the most important man of his generation. "I get things done," he boasted, "Americans like that."

Wednesday, March 20
Steps in Time Dance program with Michael Windward

2:30 pm, Activity Room
 Michael Winward, an independent dance artist, will be coming by for another afternoon of