

Windmill Cafe

Programming Booklet

DECEMBER 2017



Gourmet Dining

Programming for Those 55+

Community Outreach

1604 W. 9th St. | Clifton, TX 76634 | (254) 675-2263



What's Happening at Windmill Café?

Music & Entertainment 3

Enjoy live entertainment every month!

Lifelong Learning 3

Once a month we'll have an educational presentation. This month, don't miss a genealogy class lead by Bosque River Valley DAR.

Arts & Crafts 3

Deanna Putnam of Prim & Whim Designs will guide you through creating a holiday wreath.

Fitness/Wellness 4

Sample our wellness programs — like chair yoga or instructor-led exercise classes.

Freebies 5

Take advantage of free resources and programs, like blood pressure checks.

November at-a-glance 5



*Be Sure to Check out
the Back Page!*

- How to pay for programming
- Transportation to the Café
 - Café Hours
- Volunteer Opportunities
 - About our Partners

THIRD TUESDAY (Dec. 19, 2017) Dementia Caregiver Support Group

12:15 pm (exercise room on left side)

Sunshine Support Group provides support and resources for caregivers of those diagnosed with Alzheimer's Disease and other Dementias. The group is led by trained facilitators through the Alzheimer's Association and open to everyone in the community, whether the person affected is in their own home or in a nursing home. It is a potluck lunch. FREE

MUSIC & ENTERTAINMENT



Friday, December 22, 2017 Dinner Theater

11:00 am to 1:00 pm

Michael Cote

Join us for musical entertainment by Michael Cote. Mr. Cote is from Fort Worth, TX and has been entertaining audiences around the world with his music for several decades. His blend of classic and modern country western music along with popular, folk, Gospel, western swing, classic rock and roll, a touch of blues and jazz as well as singing cowboy and Christmas songs pleases just about everyone who enjoys the purest form of Americana music. Order lunch (prices vary) and enjoy!



LIFELONG LEARNING

Thursday, December 14, 2017 Genealogy

2:00pm to 3:00pm

Marylynda Burke and Marilyn Holland with Bosque River Valley DAR will teach attendees how to research their ancestry and how to write their own personal story. FREE

ARTS & CRAFTS



Wednesday, December 6, 2017 Holiday Wreath Making

2:00 pm to 3:00 pm

Deanna Putnam of Prim & Whim Designs will guide you through creating holiday wreath. Call 254-675-6785 to RSVP no later than Tuesday, Dec. 5. *Suggested donation \$10.*

FITNESS/WELLNESS

TUESDAYS & THURSDAYS

Total Body Wellness Classes

By Leah Miles, Wellness/Fitness Coordinator

Advanced Class

8:00 am to 9:00 am

Floor standing exercises with increased intensity and resistance. \$2 per class. (Free for residents of Lutheran Sunset Ministries)

Intermediate Class

10:00 am to 11:00 am

No floor exercise. Standing and chair exercises with less intensity and resistance. \$2 per class. (Free for residents of Lutheran Sunset Ministries)

Post Rehab and/or Beginner Class

11:00 am to 12:00 am

No floor exercise. Class includes chair and some standing exercises. Focus is on strength, mobility, posture, gait, balance and endurance. Modifications are made as needed. \$2 per class. (Free for residents of Lutheran Sunset Ministries)



TUESDAYS & THURSDAYS

Walking Club

9:00 am

Take a stroll around the Lutheran Sunset Ministries campus. Feel the fresh air and get the exercise you want while chatting with friends. Weather permitting, this group will meet year-round. FREE

All Total Body Wellness Classes include interval Cardio Training, Strength Training (using hand weights, bands, body weight, and strength training machines), Core and Balance Training (using BOSU, balance cushions and exercise balls), Flexibility Training (using various stretching techniques including some Yoga-inspired stretching), Postural Awareness and Enhancement and Gait Training. Modifications are made as needed. Each class ends with a brief shoulder and neck massage! For more information, please call Leah Miles at 214-289-9623.

MONDAYS, 11 AM & WEDNESDAYS, 10 AM

Move to the Music– Cardio Blend Instructor: KellieAnn Connaughton

Join us for this brand new, two-part class! First, we'll "walk this way" (a little tap, a small shuffle—not too fancy not too dancey— all designed to elevate your heart rate and get you moving. For the second half of class, you'll wind down with some chair yoga. A chair can be used to modify everything in this class if needed. \$2 per class (Free for residents of Lutheran Sunset Ministries)

FREEBIES



The Great Christmas Cookie Exchange! Friday, December 15, 2017

Simplify your holiday baking by attending our Great Christmas Cookie Exchange! Use your favorite recipe to bake two dozen cookies (of the same kind) and bring to share with the group. At the party, we'll sample the treats, then trade and package them in appealing assortments. Be sure to bring your recipe to share with others. Everyone leaves with finished gifts -- and plenty of new recipes! This will be 2pm to 3pm.

Monday, December 11, 2017 Fitness Center Orientation & FREE Blood Pressure Checks

1:00 pm to 2:00 pm

Monday, December 11, 2017 Game Time

1:00 pm 2:00 pm

Top Hand Cowboy Church will lead a fun and social afternoon of games. Bring your dominos, cards, or favorite board game or participate in what Top Hand brings along! FREE

December At-a-Glance

Monday, December 4

11:00 am, Move to the Music4

Tuesday, December 5

9:00 am, Walking Club4

8am, 10am, 11am, Total Body Wellness Classes
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2:00 pm, Wreath Making 3

Thursday, December 7

9:00 am, Walking Club4

8am, 10am, 11am, Total Body Wellness Classes
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1:00 pm, Fitness Center Orientation & Free
Blood Pressure Checks5

1:00 pm, Game Time 5

Tuesday, December 12

9:00 am, Walking Club4

8am, 10am, 11am, Total Body Wellness Classes
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Friday, December 15

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Monday, December 18

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Tuesday, December 19

9:00 am, Walking Club4

8am, 10am, 11am, Total Body Wellness Classes4

12:15 pm, Support Group 2

Wednesday, December 20

10:00 am, Move to the Music4

Thursday, December 21

9:00 am, Walking Club4

8am, 10am, 11am, Total Body Wellness Classes4

Friday, December 22

11:00 am, Dinner Theater 3

Monday, December 25 (Closed for Christmas)

Tuesday, December 26

9:00 am, Walking Club4

8am, 10am, 11am, Total Body Wellness Classes4

Wednesday, December 27

10:00 am, Move to the Music4

Thursday, December 28

9:00 am, Walking Club4

8am, 10am, 11am, Total Body Wellness Classes4

— JOIN OUR TEAM —
WE'RE HIRING
- Cook -

Windmill Café – an exciting, new dining experience in Clifton, TX
Open for lunch. Coming soon: early dinner too!

The Windmill Café is looking for an experienced and highly motivated Cook. The position will be responsible for the overall operations for the back of house and kitchen area, reporting to the Dining Experience Manager. They will prepare a short list of lunch and early dinner menu items, five days a week, in a small café setting. This position will work closely with the Dining Experience Manager to plan weekly menus, stock items, make sure the kitchen is properly cleaned on a regular schedule, food is disposed of properly and the kitchen meets all sanitary standards. They must be trained on proper food preparation and kitchen safety techniques and keep tabs on food cost and waste.

Good candidates will exemplify customer service, management, organizational and problem solving skills.

Job type: Full time

Hours: Monday – Friday, 10 a.m. to 7 p.m.

Experience: A minimum of two years in kitchen management is preferred

Apply in person at 1604 W. 9th St., Clifton, TX 76634, visit the careers page at www.lutheransunset.org, or email HR@lutheransunset.org.



How do I pay for programming?

For the programs that require a small fee, or for those who'd like to make a donation, transactions can be made at the café cash register. Payments can be made by cash, check or credit/debit card.

What if I need transportation to the café?

For seniors who are no longer able to drive or are home bound due to a disability, our partners, Enrich Seniors, offer door-to-door and arm-through-arm service. Clients must be ambulatory and able to self-transfer. This service will be offered Mondays and Fridays at Windmill Café. Call 254-339-1651 to schedule.

What is Enrich Seniors?

Enrich Seniors is a nonprofit organization compassionately dedicated to improving the lives of seniors in our community through life-changing services and impactful programs. We've partnered with them to provide programming and transportations to the Clifton community. For more information, please visit www.enrichseniors.org

Are there Volunteer Opportunities?

Yes! We are in need of volunteers to help us with programming. If you are interested, please contact the volunteer coordinator at 254-675-6785.



Café Hours
Monday-Friday
Open for Programming
6:30am to 2:30pm
Lunch Served 11am-2pm
Early Dinner Coming Soon!
254-675-2263
www.lutheransunset.org/windmill-cafe



