

Windmill Cafe

Programming Booklet

February 2018



Gourmet Dining

Programming for Those 55+

Community Outreach

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



Windmill Cafe

What's Happening at Windmill Café?

Lifelong Learning 3

Each month we'll have educational presentations. This month, don't miss the Bosque River Valley DAR Genealogy Class, a Diabetes Self-Management Program and or our Lunch & Learn!

Arts & Crafts 3

In February, come get creative in our floral design class.

January at-a-glance 6

Fitness/Wellness 4

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

****NEW*** Tai Chi led by Lutheran Sunset Ministries resident Eileen Rindos!*

Freebies 4

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

Tech-Knowledge 5

Get computer help from technology savvy volunteers. You can bring your device with you or we have laptops in the café.

*Be Sure to Check out
the Back Page!*

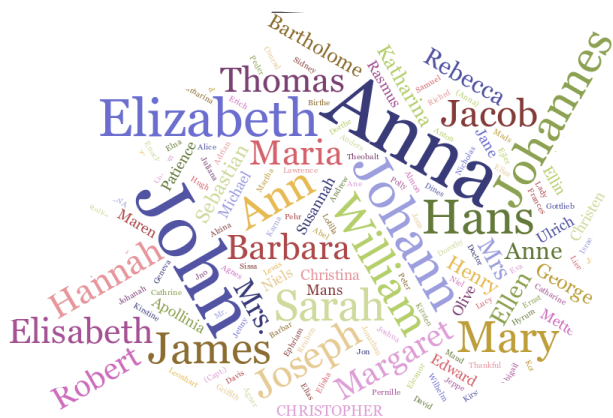
- How to pay for programming
- Transportation to the Café
 - Café Hours
- Volunteer Opportunities
 - About our Partners

THIRD TUESDAY (Feb. 20, 2018) 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

LIFELONG LEARNING



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. Please bring any information on your family history you have with you. FREE

2:00pm to 4:30pm

**This workshop does not require a doctor's order or replace any of your existing programs or treatments.*



12:00pm to 1:15pm

*Order your lunch from Windmill Café (prices vary) and join us for an educational presentation by Natalie Childers-Hacker, general manager of **Everything But the House**, an estate sale company. She'll be discussing tip and tricks for downsizing and explaining how estate sales can be beneficial. Please RSVP by calling 254-675-6785 no later than Friday, February 16, 2018.*

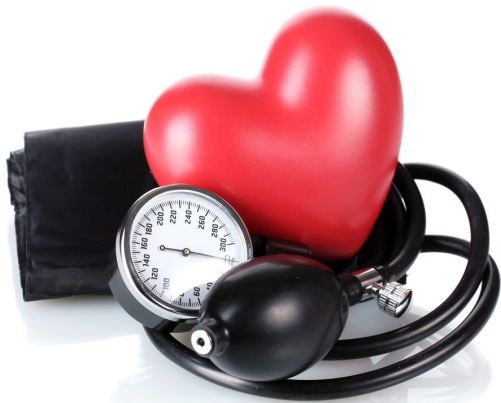
ARTS & CRAFTS



2:00 pm to 3:00 pm

Deanna Putnam of Prim & Whim
Designs will guide you through creating
a floral design arrangement. Call 254-675-
6785 to RSVP no later than Thursday, Feb.
23, 2018. *Suggested donation \$10.*

FREEBIES



Monday, February 12, 2018 Fitness Center Orientation & FREE Blood Pressure Checks

1:00 pm to 2:00 pm



Monday, February 12 & Monday, February 26

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

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)

FRIDAYS, 9:30 AM

Tai Chi

**Instructor: Lutheran Sunset Ministries
Resident Eileen Rindos**

Join us for our first ever resident-led activity at Windmill Café! This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

TECH - KNOWLEDGE

**Monday, February 19, 2018
Computer Help/Computer Basics**

1:00 pm to 2:00 pm

Stop by Windmill Café to get help from a technology savvy volunteer. Whether you need to brush up on your computer basics or you have a specific question about your own electronic device, we are here to help! FREE



February 2018

At-a-Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8am, 10am, 11am Total Body Wellness 9am Walking Club	2 9:30am Tai Chi	3
4	5 11am Move to the Music	6 8am, 10am, 11am Total Body Wellness 9am Walking Club	7 10am Move to the Music	8 8am, 10am, 11am Total Body Wellness 9am Walking Club	9 9:30am Tai Chi	10
11	12 11am Move to the Music 1pm Game Time/ BP checks/Fitness center orientation	13 8am, 10am, 11am Total Body Wellness 9am Walking Club <i>Mardi Gras!</i>	14 10am Move to the Music <i>Valentine's Day!</i>	15 8am, 10am, 11am Total Body Wellness 9am Walking Club 2pm Genealogy	16 9:30am Tai Chi 2pm Diabetes Self- Management Pro- gram	17
18	19 11am Move to the Music 12pm Lunch & Learn 1pm Computer Help	20 8am, 10am, 11am Total Body Wellness 9am Walking Club 12:15pm Support Group	21 10am Move to the Music	22 8am, 10am, 11am Total Body Wellness 9am Walking Club	23 9:30am Tai Chi 2pm Diabetes Self- Management Pro- gram	24
25	26 11am Move to the Music 1pm Game Time	27 8am, 10am, 11am Total Body Wellness 9am Walking Club 2pm Floral Design	28 10am Move to the Music			

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

