



6550 Yank Way
Arvada, CO 80004



April showers bring May smiles!

Spring is officially in the air and we are tempted to finally pack away our winter coats! At Springwood Retirement Campus, we can feel the coming warmth and the air is full of possibilities. We look forward to an April buzzing with activity.



Healthy Living

Get in on the exercise group led by our physical therapists! They host a weekly session in each of our buildings. Ask your neighbors and you'll find many who have already joined and love it!

We will kick off the month with a Rockies home opener happy hour on April 5th, followed by an outing to Coors Field to cheer on the Colorado Rockies vs. the Diamondbacks on April 10th.

Our garden beds and social courtyard will soon be filled with spring flowers! We're already seeing the robins make their way back into our tree canopy. Ahh, spring!



Don't miss our Healthy Living Series, monthly discussions full of ways to live a healthier, happier life. In March, Jennifer, our leading physical therapist, detailed winter health. In April, she'll give us tips on preventing falls.

In March, Springwood residents enjoyed everything Irish! We took a virtual walk around Ireland and learned some of the Emerald Isle's top destinations, ending the tour at the Guinness Brewery with a Guinness tasting. Some residents lunched at Clancy's, Colorado's longest running Irish pub, established in 1973. Our thanks to Heritage Irish Step dancers for a wonderful performance!

Highlights

Active Minds
Educational Presentations

Blackhawk Outing

Music Therapy with Meridith

The Curious Dragonfly
Educational Presentation:
The Hindenburg

Bi Weekly Cooking Class

Friday Happy Hours

Rockies vs Diamondbacks
Baseball Game
April 10th

Diana's Dog Therapy

Purple Art
Expressive Art Program

Shopping Outings to
Goodwill, Hobby Lobby and
Home Goods

Theater Outing:
The Music Man

See monthly activities calendars
for dates and times.

Join Us!

National Malbec Day

Learn about Malbec wine while sampling a few favorites! RSVP to chuber@springwoodretirement.com

Wed., April 17 in Springwood activities room & Thurs., April 18 in Suites ice cream parlor



Award-Winning Assisted Living Community!

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Meet Springwood

Anita W. is an active resident of eight years here at Springwood. Anita appreciates all the extra help she gets from the staff, and is thankful for our close-knit community.

She started the Sit-N-Stitch social group of knitters and needlepointers that meets Thursdays at 12:30 pm around the front lobby fireplace. Anita used this time to knit 44 hats for Haven of Hope in Denver. She also collects clothes from residents to donate to the organization.

Anita kicked off Giggle Hour, where residents share fun stories, jokes and other joyful moments. Join us Tuesday-Friday at 6:30 pm around the front lobby fireplace for lots of laughs.

Born and raised in Hooker, Oklahoma, Anita was married to Harold for 60 years. They have three children and many grandchildren and great-grandchildren. A stay-at-home mom, Anita volunteered in her kids' classrooms and on field trips, plus helped with lessons, activities and parties for many years. Harold and Anita still found time to travel.

Anita loves visiting with family. Being around her kids, grandkids and great-grandkids means the world to her.



Wine Wednesday

Enjoy a glass of wine with dinner at Springwood and at lunch for Nightingale Suites.

Appointment Transportation

Provided by Steve

Mondays, Tuesdays & Thursdays
9 am to noon, 1 to 4 pm

When calling the front desk to schedule your appointment, provide the name, address and phone number of your appointment.

The Little Shop Salon

Provided by Laura Martinez

For services and pricing, please call 303.875.4116.

Foot Care Clinic

Provided by Colorado Visiting Nurse Association

To make an appointment,
please call 303.698.6420.

Announcements



For many years, Springwood residents at Nightingale Lane benefitted from the

Memories in the Making art program. With its discontinuation, we reached out to Purple Art, an expressive art program also associated with the Alzheimer's Association.

Purple Art provides a new and creative way to bring art into the lives of all seniors. The group hosts an annual art show, showcasing residents' pieces for family and friends.

Our first Purple Art class will be held Tues., April 23, 10:30 am at Nightingale Lane. All residents are welcome! Contact Jessica, Springwood Activities Director, if you are not a Lane resident so we can save you a seat and provide supplies. Jessica can be reached at 303.424.6550.

Visits to Walmart and Target will revolve monthly, per unanimous votes during resident meetings.

Bookmobile

Books are delivered the 1st and 3rd Friday of each month by the Jefferson County Library. Please see activities staff for assistance or call 303.235.5275.

April Birthdays

Springwood

Sally N., 5
Lynne D., 26
Georgia D., 28

Fountains

Stanley S., 1
Starla S., 21

Cottages

Gayle H., 12
Joanne O., 17
Margaret H., 23

Nightingale Suites

Joe C., 3
Cindy M., 13
Ida Mae., 14
Greg M., 29

