

# THE WINDSOR OF LAWRENCE

## COMMUNITY EVENTS

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NEW YEAR'S RESOLUTIONS:  
**BETTER NUTRITION,  
BETTER HEALTH**

### New Year's Resolution: Better Nutrition, Better Health

JAN. 26, 2022 10:00-11:00AM

In addition to causing a few extra wrinkles, getting older also impacts metabolism and the body's ability to absorb nutrients. Because the way the body processes food changes as we age, nutrition becomes vitally important. For older adults, eating the right foods can not only improve health, but also protect against preventable diseases and enhance quality of life. With Guest Speaker: Diane Werner, RD, LD, Consultant Dietitian



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### New Year's Resolution: Better Nutrition, Better Health FEB.

02, 2022 2:00-3:00PM

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### Unleash Your Super Brain MAR. 15, 2022 2:00-3:00PM

You have a superpower, though you might not even realize it. You have the power to retrain your brain and create new connections in it. Now that you know you have the power, how will you use it? Let us tell you more about your amazing brain and how you can boost your brain health by learning how to reroute neural pathways. Join us so you can harness your superpower!



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### **Saint Patrick's Day Party** MAR. 17, 2022 2:00-3:00PM

Come celebrate the luck of the Irish and a bit o' blarney withy our friends at The Windsor of Lawrence. Wear your green and enjoy fun and food to make your St. Patrick's Day a blast! On the Menu Reuben Bites, Guinness-inspired Chicken Wings, Minted Mousse Parfait.



### **Spring Fling** APR. 14, 2022 2:00-3:00PM

Spring is here and it's time to liven-up the atmosphere with a sweet treat! Stop by The Windsor of Lawrence and take home a delicious complimentary dessert.



### **Cinco de Mayo** MAY. 05, 2022 2:00-3:00PM

¡Hola amigos y amigas! We would love to invite you to celebrate Cinco de Mayo with a lot of festive flair right here at The Windsor of Lawrence! Stop by and take home Mexican-inspired snacks prepared by our creative chefs. We can't wait to tell you Bienvenido as we welcome you to our residence!



### **What Can You Do to Avoid Alzheimer's?** MAY. 19, 2022 2:00-3:00PM

Getting older does not mean a diagnosis of Alzheimer's disease is imminent. In fact, memory loss is NOT a normal sign of aging. You have the power to decrease your risk of cognitive decline, and we're here to tell you more about it. Join us at The Windsor as we get candid about how you can change habits and your lifestyle in order to reduce your risk of Alzheimer's disease. We'll be talking about everything from super foods to intentional movement.