## THE WINDSOR OF VENICE COMMUNITY EVENTS



The Loyal 14th Colony FEB. 22, 2022 12:00-1:00PM

Join us at The Windsor of Venice as history comes to life with storyteller DL Havlin. Hear about how Florida was the only British colony to stay loyal to the Crown and how its people paid dearly for their choices during and for years after the Revolutionary War. Lunch will be served to all attendees.



Tips To Prevent Slips: Fall Prevention Seminar & Lunch MAR. 10, 2022 12:00-1:00PM

Join Physical Therapist Brittany Tallhamer to learn easy ways to add exercise and healthy habits into your day to keep you balanced, reduce fall risk, and help you feel your best. Meet us at The Windsor of Venice's front porte-cochère where we can socialize and learn together. Enjoy an expert presentation packed with tips and take home a lunch-to-qo.



Springtime In Paris APR. 06, 2022 12:00-1:00PM

You're invited to join us for a delightful Paris-inspired brunch of croissants, assorted pastries, and delicious baguettes. We'll also enjoy a performance from favorites Barbie and Margie. Their music stylings, paired with good food and new friends, are sure to be the perfect celebration of springtime.



Dehydration: The Quiet Health Risk MAY. 18, 2022 12:00PM
Especially in the hot summer months, older adults are more at risk of dehydration and the complications that come with it, including confusion and urinary tract infections. The good news? Your daily

eating and drinking habits can decrease your risk of dehydration.

Learn what you can do to protect yourself all summer long.



Dehydration: The Quiet Health Risk MAY. 18, 2022 3:00PM
Especially in the hot summer months, older adults are more at risk of dehydration and the complications that come with it, including confusion and urinary tract infections. The good news? Your daily eating and drinking habits can decrease your risk of dehydration.

Learn what you can do to protect yourself all summer long.



Dementia Caregiver: Tips for Care & Support MAY. 18, 2022 12:00-1:00PM

Join us for an educational and supportive discussion on how to care for someone with dementia. Learn care tips that foster independence and dignity, and strategies to ensure your own self-care is maintained. You'll leave with inspired strategies as well as a freshly prepared lunch-togo for you and your loved one to enjoy.