

WINDSOR OF LAKEWOOD RANCH

COMMUNITY EVENTS



Understanding How Our Bodies Change As We Age FEB. 17, 2022 2:00-3:30PM

Join us as we learn from Senior Physical Therapist at Encompass Health Rehabilitation Hospital of Sarasota, Izabela Polivchak. She'll break down how aging changes our skeletal, muscular, cardiovascular, and vestibular systems and what we can do now to feel our best.



St. Patrick's Day Lunch To Go MAR. 16, 2022 11:30AM-12:30PM

This is your lucky day! Put on your favorite green attire and stop by The Windsor to pick up the ultimate Irish feast to take home and enjoy.



Dr. Keegan of Roskamp Institute Presents Memory Loss

APR. 14, 2022 9:30-11:30AM

Join us for a presentation on mild cognitive impairment, assessment, treatment, and clinical trials. All are welcome to attend this most informative, no cost session with Dr. Keegan and his staff. Q&A session will follow. You will have an opportunity to sign up for a free memory screening at Roskamp Institute Clinic. EVENT LOCATION: LAKEWOOD RANCH YMCA 5100 Lakewood Ranch Blvd, Bradenton, FL 34211



Beauty & The Board: Creating a Classic Charcuterie MAY. 23, 2022 2:30-3:30PM

Charcuterie boards are the perfect mix of delicious finger foods and creativity, making anyone who puts one together the star of the party. We're teaching you how to create a classic charcuterie and dazzle your friends. Join as we learn all the techniques from Executive Chef Lenny Scarfone.