

THE WINDSOR OF BRADENTON

COMMUNITY EVENTS



New Year's Resolution: Better Nutrition, Better Health

JAN. 12, 2022 11:00AM-12:30PM

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.



Healthy Heart, Healthy You FEB. 08, 2022 11:00AM-12:30PM

Are you on track to have a healthy 2022? Join us for an informative seminar on heart health, preventative care, nutrition and more. Get expert tips and helpful tools to help maintain good cardiovascular health for older adults. Renee Saboya, MSN, APRN and Mary Goyak, RN



Senior Self Defense FEB. 25, 2022 10:30AM-12:30PM

Learn from an award winning Grand Master Jack Bostock Sr. with local ties to the Bradenton residence. This event will have both vocal discussion and hands on demonstration to give you the best methods to protect yourself.



Corned Beef, Cabbage & Cribbage: St. Patrick's Day Celebration MAR. 24, 2022 11:00AM-12:30PM

Calling all cribbage players! You're cordially invited to play in the Corned Beef, Cabbage & Cribbage Tournament at The Windsor of Bradenton. This bracket-style, St. Patrick's Day themed cribbage tournament will feature players battling it out until one is crowned The Cribbage King or Queen! Enjoy lunch and refreshments on us!



New Scams Affecting Today's Senior APR. 13, 2022 11:00AM

Scammers and fraudsters target seniors every day in an effort to gain access to money or personal information. From robocalls to social media messages, texts to emails, seniors must be on the

lookout for these “too good to be true” hoaxes. Join us for this informative presentation to discover how to protect yourself or a loved one.



Gardening: Your Senior Herb Garden APR. 18, 2022 11:00AM-12:30PM

There’s just something about getting your hands in the dirt and nurturing a plant to live. Join us at The Windsor for a spring gardening class. Growing your do-it-yourself herb garden can bring you joy and health in 2022. Even if you think you don’t have a green thumb, we encourage you to give it a try!



Cinco de Mayo MAY. 05, 2022 11:30 AM- 1:30 PM

¡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 Bradenton. It’s the perfect time of year to get out and about and enjoy the sunshine and beautiful weather! Join us for Mexican-inspired snacks prepared by our creative chefs as you meet a few new friends. We can’t wait to tell you Bienvenido as we welcome you to our residence!