

WINDSOR POINTE OF JACKSONVILLE COMMUNITY EVENTS



The Right Way To Rightsize JAN. 12, 2022 4:30PM

From the time you set up your first home, life has been a steady stream of acquiring possessions. Maybe you're ready to turn the tide. But after years of acquiring stuff, it's hard to know where to start. Join us for a discussion on a simplified approach to rightsizing. You'll leave with great tips and suggestions on knowing what to keep and what to give away (and what to throw away!).



The Right Way To Rightsize JAN. 12, 2022 9:30AM

From the time you set up your first home, life has been a steady stream of acquiring possessions. Maybe you're ready to turn the tide. But after years of acquiring stuff, it's hard to know where to start. Join us for a discussion on a simplified approach to rightsizing. You'll leave with great tips and suggestions on knowing what to keep and what to give away (and what to throw away!).



Painting With a Twist JAN. 26, 2022 2:00PM

Give your life a twist with a fun-filled afternoon out of the ordinary. No painting experience needed! Our guest instructor from Painting With A Twist will take you through step-by-step instructions and provide everything you need to create a beautiful and unique masterpiece to take home. Refreshments will be provided.



Ask the Cardiologist FEB. 10, 2022 12:30PM

Are you on track to have a healthy 2022? Join us for an interactive seminar by local Cardiologist Dr. Junaid Ahmed. Get expert tips and helpful tools to help maintain good cardiovascular health for active older adults.



Ask the Cardiologist FEB. 10, 2022 9:00AM

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Sip & Shuffle
SOCIAL HOUR AT THE HATCH

Sip & Shuffle Social Hour at the Hatch FEB. 11, 2022 3:30-5:00PM

Make new friends while playing shuffleboard at The Hatch Bar. Come to socialize, enjoy live entertainment, sip on cocktails and mocktails, and even stay for a chef-prepared dinner.



Sweetheart Dinner FEB. 14, 2022 4:30-7:30PM

Nothing is sweeter than sharing a great meal with someone special! You and a guest are invited to join us at Windsor Pointe for a complimentary gourmet dinner. Enjoy live entertainment, a special Valentine entree, champagne and chocolate dessert.



Get Fit Series Featuring H2 Health FEB. 22, 2022 2:00-3:30PM

Learn the best techniques, tips, and get your questions answered by a licensed Physical Therapist courtesy of H2 Health. Come dressed for a workout as this will be an interactive event! Healthy snacks will be provided. Bring your towels and questions!



Wellness Workshop
NUTRITION FOR BRAIN HEALTH

Wellness Workshop: Nutrition for Brain Health MAR. 16, 2022 4:00PM

Eating healthy is good for your brain! Join us as we break down the different types of diets such as Mediterranean, Paleo, and Low Carb and discuss the benefits of each.



St. Patrick's Day Social Hour at the Hatch MAR. 17, 2022 6:00-7:00PM

This is your lucky day. Put on your favorite green attire and join us at The Hatch Bar at Windsor Pointe. Enjoy appetizers, sip on green beer and mocktails, and meet new friends.



Wellness Workshop
NUTRITION FOR BRAIN HEALTH

Wellness Workshop: Nutrition for Brain Health MAR. 23, 2022 4:00PM

Eating healthy is good for your brain! Join us as we break down the different types of diets such as Mediterranean, Paleo, and Low Carb and discuss the benefits of each.



Get Fit Series Featuring H2 Health MAR. 29, 2022 2:00-3:30PM

How can you age well and stay independent? Fitness is a great place to start. Learn the best exercises for seniors that will help you feel well and protect your mobility. A licensed Physical Therapist from H2 Health will be sharing fun exercises that you can do at home. Come dressed for a workout. And bring a towel and your questions! Healthy snacks and beverages provided.



Wellness Workshop: A Holistic Approach to Wellness APR. 02, 2022 4:00PM

There is truth to the saying “you are what you eat.” Join us as we discuss how whole foods and herbs can help to improve your overall health and what it means to have a holistic approach to your care. With Guest Speaker: Melinda Henry Millennium Physicians Group and YMCA Nutritionist



Wellness Workshop: A Holistic Approach to Wellness APR. 02, 2022 11:30AM

There is truth to the saying “you are what you eat.” Join us as we discuss how whole foods and herbs can help to improve your overall health and what it means to have a holistic approach to your care. With Guest Speaker: Melinda Henry Millennium Physicians Group and YMCA Nutritionist



Pour & Pool Social at the Hatch APR. 14, 2022 2:30-5:00PM

Make new friends while playing pool at The Hatch Bar. Come to socialize and sip on cocktails and mocktails.



Get Fit Series Featuring H2 Health APR. 26, 2022 2:00-3:30PM

How can you age well and stay independent? Fitness is a great place to start. Learn the best exercises for seniors that will help you feel well and protect your mobility. A licensed Physical Therapist from H2 Health will be sharing fun exercises that you can do at home. Come dressed for a workout. And bring a towel and your questions! Healthy snacks and beverages provided.



Cocktails at the Cabana MAY. 25, 2022 4:00PM

It's the perfect time of year to get out and about! Enjoy the sunshine and beautiful weather in our backyard oasis. Join us for music, appetizers prepared by our creative chefs and festive cocktails as you meet a few new friends. It will be a toe-tapping good time you won't want to miss!