SEPTEMBER / OCTOBER 2018 VOLUME XXIII

WINDSOR SENIOR MOMENTS



Hello Windsor Older Adults!
With Fall just around the corner I hope everyone is getting outside and enjoying the beautiful weather. The Windsor Senior Center therapeutic pool will be open until Wednesday, October 31, and we want you to enjoy it while you can! Make sure to check out our new event this November. The Handmade Craft Fair! Details on page 4. We are still looking for vendors and hope everyone will come by and be a shopper! This event will be in conjunction with our Annual Fundraising Bake Sale which supports our Aquatic Scholarship fund. If you have a homemade goodie you are willing to bake and share with us please sign up at the front desk. We need all the delicious treats we can get! - Erin Stroud

TOWN OF WINDSOR

Parks Make Life Better!

WINDSOR TOWN COUNCIL
Bruce Okrepkie, Mayor
Dominic Foppoli, Vice Mayor
Debora Fudge
Mark Millan
Sam Salmon

PARKS & RECREATION COMMISSION
Ben Lehr, Chair
Dustin Destruel, Vice Chair
John Cain
Carlo Piscitello
Meredith Rennie

SENIOR CITIZEN ADVISORY COMMISSION
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Jenny Helman, Vice Chair
Michael Bertuccelli
Bill Fallis
Hugh Foley
David Kahn
Stanley Salomon
Lisa Renee Trumbly

TOWN STAFF
John Jansons, Town Manager
Donna Legge, Parks & Recreation Director
Jon Davis, Recreation Division Manager
Erin Stroud, Recreation Program Supervisor



Senior Citizen Advisory Commission

Tuesday, October 23
2:30pm

Held at the Town of Windsor Council Chambers - 9291 Old Redwood Hwy.

Everyone is welcome to attend!

CENTER HOURS
(May 1-Oct 31)

Monday Through Friday 9am-6pm
Saturday & Sunday 1-5pm

Windsor Senior Center
9231 Foxwood Drive
P.O. Box 100
Windsor, CA 95492
707-838-1250

Meals on Wheels



Healthy Nutritious Meals

Prepared Daily by Chef Josef Keller
& his dedicated kitchen crew

4 Choice Monthly Meal Plan
Menu's Available Online

Available To:
Sonoma County Residents Age 60+
Temporarily or Permanently Homebound

Diabetic & Heart Friendly Choices
Using Fresh Ingredients

Supported by Donations
Only 38% Government Funded

Over 60 donation: $4.00/meal
Under 60 cost: $6.50/meal

THE NOBLE SPOON

Wine Country Dining

Home Delivered Gourmet Meals

Created by
Chef Josef Keller & John Ash

Healthy, Convenient, and Affordable

All Proceeds Benefit Council on Aging's
Meals on Wheels Program

8 Daily Meal Choices

Available to
All Sonoma County Residents

Cost: $9.00/meal plus tax

For more information please call 707-525-0143 or visit
www.councilonaging.com

council on aging

schools of hope United Way

Partnering with: NCO North Coast Opportunities



Become a tutor. Change a life.

Tutor for 30 minutes each week at a school near you!

Volunteer October through May.

SIGN UP TO VOLUNTEER AT UNITEDWAYWINECOUNTRY.ORG

FOR QUESTIONS, CALL: SONOMA COUNTY (707) 528.4485 X103
LAKE & MENDOCINO COUNTIES (707) 467.3200 X285



iPAD

Beyond the Basics

with Instructor Ronnie Roche

Two Wednesdays, Oct. 3 & 10
10:00-11:30AM
$45-R/$50-NR

Senior Nutrition & Activities Program

LIME FOUNDATION

Want to learn about healthy living with some gentle exercise? Join The LIME Foundation in our efforts to promote healthy senior living at our seven-class series, which runs 1:00-3:00 p.m. on Fridays from September 21st through November 2nd. Free of charge!



Each class includes a 90 minutes of nutrition information for older adults as well as 30 minutes of guided gentle stretching and chair yoga.



Windsor Senior Center
9231 Foxwood Dr
Windsor, CA 95492

An iPad/Notebook technology class given by AT&T is included in this series and will take place during the October 5 class.

Register by visiting the Senior Center or by visiting:
http://bit.ly/WindsorNutritionClass



Community members ages 55 and older are welcome!

Call the Senior Center at 707-838-1250
or email andrew@thelimefoundation.org for any further details.

Instructed by Jenny Helman of Healdsburg Nutrition: (707) 236-2030

LAST CHANCE!



Quilt Giveaway

Raffle Drawing Tues., Sept. 25!

A BENEFIT FOR
THE WINDSOR SENIOR CENTER

$1.00 = 1 ticket
$5.00 = 10 tickets
$10.00 = 25 tickets

Raffle tickets available at the Front Desk.

Made by the Windsor Senior Center Quilters

TEDTALKS

IDEASWORTHSPREADING

TED is a nonprofit devoted to spreading ideas in the form of short, powerful talks that are 18 minutes or less. TED aims to provide a platform for thinkers, visionaries and teachers, so that people around the globe can gain a better understanding of the biggest issues faced by the world and feed a desire to help create a better future. Bring a brown bag lunch and enjoy this FREE fascinating ongoing series of different TED Talk videos. This is a social group where discussion is encouraged.

FIRST MONDAY of the month
ONGOING
(except holidays)
12:30-1:30 pm

Monday, October 1

Temple Grandin:
The world needs all kinds of minds

Amit Kalra:
3 creative ways to fix fashion's waste problems

Judson Brewer:
A simple way to break a bad habit

Monday, November 5

Sam Harris:
Science can answer moral questions

Wanis Kabbaj:
What a driverless world could look like

Elizabeth Loftus:
How reliable is your memory

Monday, December 3

Brian Greene:
Is our universe the only universe?

Julia Galef:
Why you think you're right even if you're wrong

Paul Piff:
Does money make you mean?

Computer Users' Group

Instructor: Donna Crawford

This drop-in group meets on the 2nd Monday of each month. It is an informal setting where seniors discuss computer related topics. Computer questions from 1:00pm - 2:00pm and Guest Speaker Program from 2:00pm - 4:00pm. www.sonic.net/wscug

Day/Date: Monday, Sept. 10 & Oct. 8
Time: 1:00 - 4:00 PM
Cost: $3.00 - Newcomers are free

Drop-In Computer Help

Instructors: Jim Tubb & Andrea Antonik

This drop-in group meets on the 4th Monday of each month. Need help with a computer problem? Want to learn how to set up your email? Come to this FREE class and ask any computer question that is stumping you. www.sonic.net/wscug

Day/Date: Monday, Sept. 24 & Oct. 22
Time: 2:00 - 4:00 PM
Cost: Donations are accepted

Handmade Craft Fair

November 3 & 4

Saturday & Sunday

9:00am - 1:00pm



Windsor Senior Center
9231 Foxwood Dr.

TOWN OF WINDSOR

Interested in being a vendor? Pick up application at the Front Desk.

Free! Drop - In

Crafting Workshop

September 20

from 1:00pm to 3:00pm
at the Windsor Senior Center
9231 Foxwood Drive, Windsor

Are you particpating or thinking about participating in the Windsor Senior Center Handmade Craft Fair on November 3 & 4? This free Craft Workshop is a chance to come work on your crafts with other creative people and possibly get some ideas!

This free drop-in Craft Workshop is a chance to:

- Explore and share some ideas
- Work on your own project or
- Join us in a shared "Craft of the Day"

Parks Make Life Better!

COMMUNITY YARD SALE

TOWN OF WINDSOR

Saturday, October 13, 2018
8:30 am to 1 pm Huerta Gym

Donation Drop-Off: Friday, Oct. 12, 5-8 pm, Huerta Gym at 9291 Old Redwood Hwy

100% of proceeds will be donated to Parks and Recreation Youth Scholarship Fund

FREE LEGAL COUNSELING FOR SENIORS

Attorney At Law — Ann Thomas

1st & 3rd Thursday
of each month
9:30-11:30a.m.

By appointment only
(appointments are 30 minutes)

Please call 707-838-1250

WINDSOR SENIOR CENTER • 9231 FOXWOOD DRIVE

FREE INFORMATIONAL SEMINAR

MY LIFE IN A BOX

Presented by:
Jan Urdzik & Paul Sconfienca
with Santa Rosa Memorial Park

In an emergency, could you leave your home in minutes with everything you need to rebuild your life?



WEDNESDAY
OCTOBER 10
1:00-2:00PM

SEPTEMBER 2018 • Windsor Senior Center • 838-1250

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Office Hours Monday through Friday: 9:00am-6:00pm Sat. & Sun.: 1:00-5:00p.m. 9231 Foxwood Drive	**Open Swim Hours *** Monday through Friday: 11:00am-2:00pm & 4:00-6:00pm Saturday & Sunday: 1:00-5:00pm	* Due to Lifeguard Availability, Open Swim hours are subject to change. Please call or check at the Front Desk for hours.	CRAFT FAIR November 3rd & 4th! Vendor Applications Available After TUESDAY, SEPT. 4		1
2	3  	4 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	5 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	6 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Men's Bocce 11:00 Singing Group* 3:00 Ping Pong *new time 3:00 Water Fitness	7 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness 	8
9	10 9:00 Walkers 9:00 Zumba Gold 10:45 Gentle Yoga 1:00 Scrabble 1:00 Computer Users 2:15 Gentle Water Exercise 2:30 Mystery Book Club 3:00 Water Fitness	11 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 12:30 Quilting 1:30 Bingo 3:00 Water Fitness 	12 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	13 9:00 Walkers 9:00 Zumba Gold 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 3:00 Water Fitness 	14 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	15
16	17 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:15 Gentle Water Exercise 3:00 Water Fitness 	18 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 10:30 Caregivers' Support 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	19 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	20 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Men's Bocce 11:00 Singing Group 1:00 Free Craft Workshop 3:00 Ping Pong 3:00 Water Fitness 	21 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #1 (Intro to Aging & Nutrition) 2:15 Gentle Water Exercise 3:00 Water Fitness NUTRITION COURSE BEGINS	22
23 30	24 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:00 Computer Help 2:15 Gentle Water Exercise 3:00 Water Fitness	25 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 12:30 Quilting 1:30 Bingo 3:00 Water Fitness 	26 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	27 9:00 Walkers 9:00 Zumba Gold 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 3:00 Water Fitness 	28 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #2 (Eating for Brain Health) 2:15 Gentle Water Exercise 3:00 Water Fitness	29

OCTOBER 2018 • Windsor Senior Center • 838-1250

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 12:30 TED Talks 1:00 Scrabble 2:15 Gentle Water Exercise 2:30 Mystery Book Club 3:00 Water Fitness	2 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness 	3 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	4 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 3:00 Water Fitness 	5 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #3 (Technology Class) 2:15 Gentle Water Exercise 3:00 Water Fitness	6
7	8 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 1:00 Computer Users 2:15 Gentle Water Exercise 3:00 Water Fitness	9 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness 	10 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	11 9:00 Walkers 9:00 Zumba Gold 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 3:00 Water Fitness	12 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #4 (Energy & Stress) 2:15 Gentle Water Exercise 3:00 Water Fitness	13
14	15 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 	16 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 10:30 Caregivers' Support 11:00 Tai Chi 12:30 Quilting 1:30 Bingo	17 9:00 Aerobics 1:00 Poker & Mahjong 	18 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 	19 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #5 (Eating for Bone Health) 	20
21	22 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:00 Computer Help	23 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 12:30 Quilting 1:30 Bingo 	24 9:00 Aerobics 1:00 Poker & Mahjong 	25 9:00 Walkers 9:00 Zumba Gold 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 	26 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #6 (Cardiovascular Health)	27
28	29 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 	30 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 12:30 Quilting 1:30 Bingo 	31 9:00 Aerobics 1:00 Poker & Mahjong  *Pool & Bocce Court Close for the Season.*	**Office Hours** Monday through Friday: 9:00am-6:00pm Sat. & Sun.: 1:00-5:00pm 9231 Foxwood Drive	**Open Swim Hours** Monday through Friday: 11am-2pm & 4-6pm Sat. & Sun.: 1-5pm	