ISSUE: 42 NOVEMBER/DECEMBER 2027

# WSRC NEWSLETTER

FOR THOSE RICH IN YEARS



## Windsor Senior Recreation Center

## Annual Holiday Dinner

Tuesday, December 8

3:00PM-5:00PM

$12/ person

Must Pre-Register- Call 838-1250

FOOD - FUN - FRIENDS





# WINDSOR SENIOR RECREATION CENTER

RECREATION PROGRAMS FOR THOSE RICH IN AGE - 50+

**9231 FOXWOOD DRIVE, 707-838-1250**

**LOBBY HOURS**

**NOVEMBER - APRIL: MON-THUR 9AM - 4PM; FRIDAYS 9:00AM-1:00PM**

**MAY - OCTOBER: MON-FRI 9AM-6PM**

## ZUMBA GOLD



**Mondays & Thursdays 9:00am - 10:00am**

**$6R/ $7NR**

Ditch the workout and join the party in this exhilarating dance fitness program designed for older active adults. Easy-to-follow choreography that focuses on functional movement, balance, range of motion and coordination while providing cardio and full body toning.

**Instructed by Laura Porter & Teresa Hendrix**

## SENIOR QIGONG



**Thursdays 10:15am - 11:15am**

**$6R/ $7NR**

Qigong is an ancient Chinese practice that combines gentle, slow-moving exercises with mindful breathing to promote health and overall well-being. Especially beneficial for older adults, Qigong helps improve balance, flexibility, and strength, while also supporting relaxation and stress relief. The movements are simple, low-impact, and easy to follow, making them accessible for all ability levels. Whether you are new to Qigong or have experience, this class offers a supportive space to nurture both body and mind. **Instructed by Laura Staman.**

## STRENGTH TRAINING

### ENTRENAMIENTO DE FORTALEZA



**Tuesdays 10:00 - 11:00am**

**Tuesdays 11:00am - 12:00pm**

**Fridays 9:00 - 10:00am**

**$6R/ $7NR**

This class is designed to strengthen major muscle groups and involves some chair work. Basic equipment and weights will be provided. Strength training may enhance your quality of life and improve your ability to do everyday activities. Strength training can also protect your joints from injury. **Instructed by Lilli Inman**

## AEROBICS

### AEROBICO




**Wednesdays 9:00 - 9:50am**

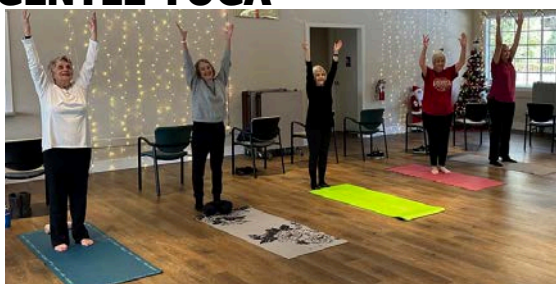
**$6R/ $7NR**

Taught to upbeat music, this class is cardiovascular workout that includes balance work, strengthening and overall stretching. Learn effective steps that are fun and make it easy to enjoy exercise!

**Instructed by Lilli Inman**

# WINDSOR SENIOR RECREATION CENTER

## GENTLE YOGA



**Mondays** **11:30am-12:30pm**

**$6R/ $7NR**

Join us for a gentle yoga sequence specifically designed to include four key elements for fall prevention: joint mobility, core stability, balance training, and overall strength development. Each session features a combination of seated exercises, standing postures with chair support, and optional mat work to accommodate various mobility levels. Everyone is welcome to participate, regardless of their activity level or personal journey—whether you are managing health challenges, dealing with anxiety, recovering from injuries, or simply seeking greater balance in life. **Instructed by Miller Hoffman**

## SIT & BE FIT

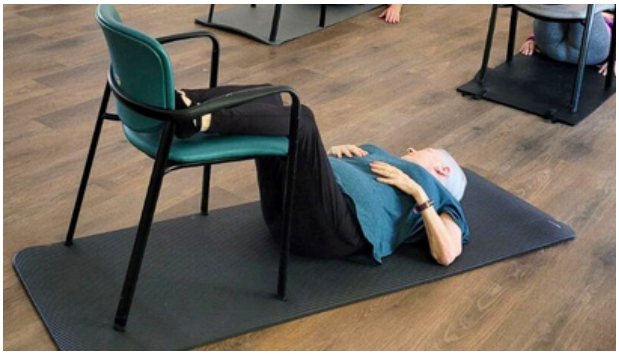


**$3 Resident/$3 Non-resident**

**Mon, Wed, & Fri** **10:15am -11:15am**

This fun and energizing class combines gentle stretching, balance practice, targeted muscle toning, and range of motion exercises—all done primarily from a seated position. Set to upbeat, lively music, it's the perfect way to move your body and improve overall wellness in a supportive and enjoyable environment! **Instructed by Lilli Inman**

## SENIOR CHAIR PILATES



**Fridays** **11:30am - 12:30pm**

**$6R/ $7NR**

This gentle-yet-effective Chair Pilates class is designed specifically for active older adults who want to build core strength, improve balance, and move with confidence—all while staying safely seated or using the chair for support. Using breath, mindful movement, and props like balls, bands, and light weights, you'll enhance posture, boost joint mobility, and enjoy playful sequences that leave you feeling strong and uplifted. Perfect for all levels—no mat work required. **Instructed by Jeanette Ethridge**

## SENIOR PILATES



**Wednesdays** **11:30am - 12:30pm**

**$6R/ $7NR**

This class will focus on the beginning fundamentals of Pilates: balance, posture and safer spine movement. Functional mobility is emphasized to keep the body strong. Pilates helps restore posture by increasing core strength, building muscle tone, improving flexibility, balance and breath capacity. Movements are slow and focused. **Instructed by Jeanette Ethridge**

# WINDSOR SENIOR RECREATION CENTER

## MAHJONG



**Free - Wednesdays - 1:00pm**

American mahjong is played with four players and the goal of the game is to be the first, by picking and discarding, to match one's tiles to a specific hand from the annually distributed scorecard. Scoring is done by matching the points assigned to each pre-determined hand on the annually distributed card.

## BINGO



**$1 per card to play**

**Thursdays 1:30pm - 3:30pm**

Presented by the "The Windsor Bingo Club". This Bingo game includes coffee and a snack. Researchers around the world have found that playing Bingo has multiple health benefits for older adults. You can build social connections, increase hand-eye coordination, and maintain your cognitive abilities and focus. Overall, it is a very mentally stimulating game.

## RUMMIKUB

**Free - Tuesdays - 2:00pm**

Join our friendly Rummikub group! This classic tile game is a fantastic way to keep your mind active and meet new friends. We'll form runs and sets with colorful numbered tiles, challenging our strategy and memory in a relaxed, social setting.

## BUNCO



**2nd Wednesday of the month**

**Pre-Register by 2nd Monday of the Month**

**1:00pm - 3:00pm**

NO EXPERIENCE NEEDED! Bunco is a game of chance, luck, and is lots of fun! If you don't know how to play, don't worry! If you can throw dice, and count, we can teach you! Win Prizes! Bunco is great dice game because it promotes social interaction !

## PINOCHLE



**Free - Thursdays - 12:00pm**

Learn and enjoy the classic card game of Pinochle in a fun, social setting! Whether you're brand new or an experienced player looking to sharpen your skills, this class welcomes all levels. Come meet new friends, challenge your mind, and enjoy the friendly competition.

# WINDSOR SENIOR RECREATION CENTER

## MATRICULATE DISCUSSION GROUP




**FREE**

**Mondays** **10:30am - 12:00pm**

Matriculate is a welcoming co-ed discussion group focusing on conversation, connection, and lifelong learning. Each meeting would begin with a short conversation starter. A volunteer facilitator would begin a free flowing discussion so participants can share personal experiences, memories, opinions, questions, and reflections in a respectful setting. For questions or to sign up, please email: MatriculateWSRC@gmail.com

## MYSTERY BOOK CLUB



**FREE**

**1st Monday of the month** **2:30 - 3:30pm**

Join us at the Windsor Senior Recreation Center for our book discussion group. Physical copies can either be picked up at the Windsor Library branch during open hours, or you can get a copy of the book at the meeting.

For more info call Vicki: 707-838-1020

## WONDER WOMEN- SUPPORT GROUP



**FREE**

**3rd Wednesday of the Month**

**10:00am - 11:00am**

Wonder Women is a free support group for single and senior women to share experiences, exchange recommendations, and discuss topics- anything from handyperson references to online dating delights and drawbacks. Bring your questions and join us! Facilitated by Sue Finan.

## SIRS COFFEE GROUP
## GRUPO DE CAFE SIRS



**FREE**

**Tuesdays** **8:45am- 9:45am**

Members of the SIR's Branch meet for coffee and conversation but guests are always welcome. For information on SIR's check out - windsorsirs.org

# WINDSOR SENIOR RECREATION CENTER

## DROP-IN COMPUTER, SMART PHONE AND TABLET HELP DESK

**FREE**
**2nd and 4th Monday of the month**
**1:00 - 3:00pm**

This program is for individuals who have questions or need help with their laptop computer, tablet or smart phone. Led by Jim Tubb and Andrea Antonik, participants will have the opportunity receive one on one time to ask their questions.

## QUILTING GROUP
### GRUPO ACOLCHADO



**FREE**
**Tuesdays**
**9:30am**

Enjoy quilting for yourself and community projects with this group of quilters. All levels from beginner to advanced are welcome.

## CARD MAKING CLASS



**Tuesdays - 1:00pm**
**10/13, 11/10, 12/1, 1/19, 2/16, 3/16, 4/20**

You will receive a kit with all the supplies you need in order to complete 4 all occasion cards just in time to mail or giveaway for any special occasion! ***$20 will be due the day of instruction to the instructor***

## MULTIMEDIA ART
### ARTE MIXTA



**Resident $8/Non-Resident $8**
**Fridays 9:30am - 12:30pm**

Learn to paint or draw in the medium of your choice or simply come to improve your technique. With instructor assistance, you will work on and complete your own art projects during class. Please bring the supplies and materials that you will need for your artwork.

Aprende a pintar o dibujar en el medio que elijas o simplemente ven a mejorar tu técnica. Con la ayuda de un instructor, trabajarás y completarás tus propios proyectos de arte durante la clase. Por favor traiga los suministros y materiales que necesitará para su obra de arte.

**Instructed by: Rosa Diaz-Serrano**

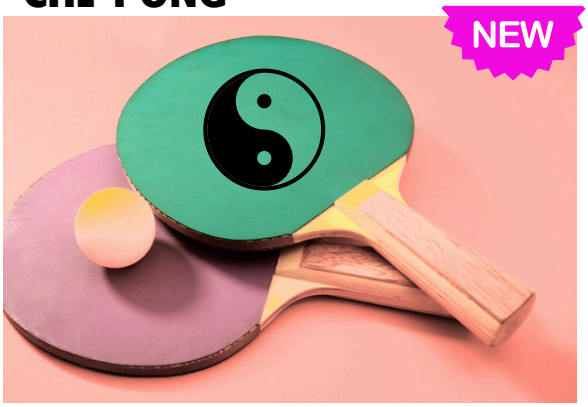
# WINDSOR SENIOR RECREATION CENTER

## GROUP MUSIC WORKSHOP



**FREE**
**1st, 3rd, 5th Tue of the month**
**3:00 - 5:30pm**
We focus on taking the skills that individuals have developed through private lessons and practice and integrating them to the group music setting. Our goals are to learn how to produce entertainment quality music in a group and to have fun doing so. Open to all interested people of all abilities and experience. Open to all instrumentalists, vocalists, observers, audience, dancers, and non-playing participants.

## CHI-PONG




**Free**
**STARTS 11/4**
**Wednesday (no class on the 2nd Wed of the month)**
**3:00pm-4:00pm**
Chi-Pong integrates Tai Chi with Ping-Pong. The benefits allow you to improve your physical movement along with your agility, balance, and core strength. Learn some targeted Tai Chi moves and join others in a better game of Ping Pong. Of course, it's fun and filled with healing laughter. Instructed by Ric Mancuso.

## PING PONG



**Free**
**Wednesday (no class on the 2nd Wed of the month)**
**1:00 - 3:00pm**
Ping Pong is a fun and challenging program for all skill levels. Table tennis raises the heart rate, helps strengthen muscles, mobilizes the joints and, importantly, sharpens reaction times and hugely improves hand-eye coordination.

## FROM BEAT TO FRET - THE COMPLETE MUSICIAN

BEAT TO FRET
RHYTHM MUSIC THEORY GUITAR SKILLS

**Free**
**Mondays**
**1:30 - 3:00pm**
This program offers something for beginners through intermediate musicians and the format is intended to offer something to all participants and will be adjusted to fit the group. The workshop covers rhythm, ear training, music theory, and guitar skills. The material can be applied to any instrument and will incorporate hand and foot rhythm instruments for non-guitar players, who are welcome to participate and learn. Participants will also be encouraged to select their own project songs.

# WINDSOR SENIOR RECREATION CENTER

## FREE SEMINAR
## WINTER READY & EL NINO UPDATE



**Tuesday, November 10**
**1 - 2pm**

This seminar hosted by Windsor COPE will cover potential El Nino impacts. You learn what to do now to be ready, why streets and rivers flood, and must have digital alerts. You will walk away with tips to feel more prepared and confident. Open to all Sonoma County Adults- Free light bulb or thermal blanket, while supplies last.

## FREE SEMINAR
## MEDICARE CHOICES & CHANGES




**Friday, December 4**
**1 - 2:30pm**

In this free seminar, you'll learn savings options, advantage plan changes, Part D changes, and guaranteed issue rights. Presented by HICAP.

## FREE SEMINAR
## LIBRARY 101

SONOMA COUNTY LIBRARY
DISCOVER • LEARN • SHARE

**Tuesday, January 5**
**1 - 2pm**

Join staff from Windsor Library to learn how to navigate the library's website. In this program you will learn how to search the library's catalog and place requests for materials; learn how to find free programs at the library; and utilize online resources such as newspapers and streaming services.

## FREE SEMINAR
## ESTATE PLANNING



**Tuesday, January 12**
**1 - 2pm**

In the seminar, we will cover trusts, wills, power of attorneys, healthcare directives and more. Come with questions, leave with knowledge and tools you need to make informed choices. Presented by Retirement Fundamentals- an organization helping retirees and pre-retirees with estate planning, which is a critical aspect of retirement, ensuring that your legacy is preserved and your loved ones are taken care of according to your wishes.

# WINDSOR SENIOR RECREATION CENTER

# UPCOMING EVENTS

## WSRC Multimedia Art Show

**November 14 & 15**
**10am-3pm**

*Join us for an elegant weekend of beautiful art work, cards, and crafts created by the WSRC Multimedia Art class*

Town of Windsor
CALIFORNIA

## Senior Citizens Advisory Council

**Tuesday, January 19 2:00pm**

**Everyone is welcome to attend the SCAC meetings. The SCAC meetings are held at Council Chambers. You can find the upcoming Agenda Items on the TOW website the Thursday before the scheduled meeting by going to the website:**

**http://bit.ly/SCACagenda**

council on aging

# DRIVE-UP PICK-UP MEALS



CHEF PREPARED

**FRIDAYS**
**9:30 - 10:30AM**

RESTAURANT QUALITY

## Providing Meals to Seniors 60+

We ask for a contribution of $4.00 per meal
No one is denied for their inability to pay

**Must Register in Advance**
48 Hour Notice Required

**707-525-0143 ext 013**

- All locations are drive-thru and honor safe distancing protocols

Meals placed in car trunk or on empty seat through window

- Partners & Spouses Under 60 Ok
- Locations and Times Subject to Change

**WINDSOR SENIOR RECREATION CENTER**

**9231 FOXWOOD DRIVE**

## REDWOOD EMPIRE FOOD BANK



REDWOOD EMPIRE FOOD BANK

**1st and 3rd Friday of Every Month**

**10am – 11am**

**Redwood Empire Food Bank sets up a free drive up grocery pick up for Windsor Seniors 60+ or their caregivers at the Windsor Senior Recreation Center, on the 1st and 3rd Friday of the month.**

**Seniors do not have to get out of their car, the volunteers will place the groceries for you in your trunk.**

**If you or someone you know lives in Windsor, is 60+ and financially qualifies for this program, we hope to see you.**

**(707) 523-7900**

## Join the conversation!

SONOMA Aging & Disability Commission COUNTY

Monthly meetings in person or online:
sonomacounty.ca.gov/sonoma-seniors
email: AAA@schsd.org

## Be a Volunteer Driver!

***Now Offering Mileage reimbursement!***




SONOMA COUNTY AREA AGENCY ON AGING

## Information & Assistance

**(707) 565-INFO**

SONOMA COUNTY AREA AGENCY ON AGING (707) 565-4636

**TOWNOFWINDSOR.CA.GOV/WSRCCALENDAR**

# Senior Discounts in the Town of Windsor California

COUPON

Make sure to ask for the discount!

### Pizza Guys
NEW
10% off every day
Age 55+

### Dog & Hydrant Pet Store
Wednesdays 10% off on retail products only
60+

### Wine Country Veterinary Hospital
10% ask for senior discount
55+

### Garrett ACE Hardware
10% every Monday
Veterans 10% everyday
55+

### Burtonz Bakery
Free Tea or Coffee with pastry purchase every Tuesday
55+

### Vintage Jewelers & Gifts
Call for discount on watch batteries
55+

### Roost General Store
10%Tuesdays for Seniors
Must show ID 64+

### Ryan's Automotive
15% on parts and labor on repairs over $250 or more. 55+

### Lakewood Cleaners
10% off every day
Age 55+

### Oliver's Market
10% discount on Wednesdays
60+

### Pohley's Market
10% off gourmet sandwich only
55+

### ROACH COMPANY
10% off Tuesdays
55+

### Windsor Beauty Salon
$3 off any service for men & women
55+

### Mary's Pizza
10% off on Tuesdays
65+

### Mark Shimizu Design
10% off on Wednesdays
65+

### Heart n sol thrift store
50% on Mondays

### smart train
free for Seniors 65+

### Sonoma County Resource Recovery
10% off Monthly Bill 62+

Windsor Senior Recreation Center 9231 Foxwood Drive 707-838-1250

# Descuentos para Personas Mayores en Windsor California

COUPON

¡Asegúrate de pedir el descuento!

NEW

## Pizza Guys
10% de descuento todos los dias
Edad 55+

## Dog & Hydrant Pet Store
10% de descuento solo en productos
Edad 60+

## Wine Country Veterinary Hospital
10% pide descuento de senior
55+

## Garrett ACE Hardware
10% todos los lunes
Veteranos 10% todos los dias
55+

## ROACH COMPANY
10% de descuento los martes
55+

## Vintage Jewelers & Gifts
Llame para obtener descuento en pilas de reloj
55+

## Roost General Store
10% los martes para personas mayores/veteranos. Debe mostrar identificación y pedir descuento
64+

## Ryan's Automotive
15% en piezas y mano de obra en reparaciones de más de $250 o más.
55+

## Heart n sol thrift store
50% los lunes

## Lakewood Cleaners
10% de descuento todos los dias
Edad 55+

## Oliver's Market
10% de descuento los miércoles
60+

## Pohley's Market
10% de descuento en sándwich gourmet
55+

## Burtonz Bakery
Té o café gratis con la compra de pastelería todos los martes
55+

## Windsor Beauty Salon
$3 de descuento en cualquier servicio para hombres y mujeres
55+

## Mary's Pizza
10% de descuento los martes
65+

## Mark Shimizu Design
10% de descuento los miércoles
65+

## SMART TRAIN
free for Seniors 65+

## Sonoma county resource recovery

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