ISSUE: 39 MAY/JUNE 2026

WSRC NEWSLETTER

FOR THOSE RICH IN YEARS



Senior Citizens Advisory Council

Tuesday, July 21
2:00pm

Everyone is welcome to attend the SCAC meetings. This special SCAC meetings is held at the Windsor Senior Recreation Center. 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

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 CHAIR YOGA



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

FREE VIDEO CLASS

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.

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**

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 Gay Kirichenko.**

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. **No Class: February 17th, March 17th, April 14th**

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

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

CARD MAKING CLASS



Tuesdays - 1:00pm

February 17, March 17, April 14, May 19, June 16

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***

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.

WONDER WOMEN- SUPPORT GROUP



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.

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
TALLER DE MUSICA GRUPAL



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.

PING PONG



FREE- 1st, 3rd & 4th Wednesday of the month
1:00pm - 3:30pm
Ping Pong is a fun and challenging program for all skill levels. Play with friends and family or challenge one of the current Ping Pong players. Table tennis raises the heart rate, helps strengthen muscles, mobilizes the joints and, importantly, sharpens reaction times and hugely improves hand-eye coordination.

MYSTERY BOOK CLUB
CLUB DE LECTURA DE MISTERIO
FREE
1st Monday of the month 2:30pm-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



FREE DROP-IN COMPUTER, SMART PHONE AND TABLET HELP DESK
AYUDA DE COMPUTADORAS, TELEFONOS INTELIGENTES Y TABLETAS
2nd and 4th Monday of the month
1:00pm - 3:00pm



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

WINDSOR SENIOR RECREATION CENTER

FREE SEMINAR

COMMUNICATING WITH A PERSON WHO HAS ALZHEIMER'S DISEASE

Tuesday, May 5
1-2pm

Communicating with a person who has Alzheimer's disease is often challenging, as it involves more than talking and listening - proper tone of voice, facial expression and body language are very important in delivering and receiving messages. As people with Alzheimer's disease and other dementias lose the ability to use words, families need new ways to connect.

FREE SEMINAR

IPHONE TIPS & TRICKS

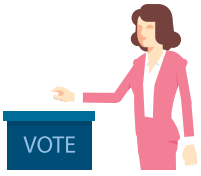


Tuesday, May 12
1-2pm

Join local tech educator Alex Fletcher for a practical, easy-to-follow session designed to help you feel more confident using your iPhone. We'll watch one or two short instructional videos on helpful everyday topics (such as taking better photos, organizing pictures, texting tips, or avoiding common scams), followed by live Q&A where you can ask your own questions. Simple, clear, and designed specifically for seniors.

FREE SEMINAR

WOMEN AND THE RIGHT TO VOTE: A HISTORICAL OVERVIEW



Tuesday, May 19
1-2pm

This free seminar will cover a brief history of when women won the right to vote in 1920 with the 19th Amendment, erosion of the 1965 Voter Rights Act, including the impacts of the Supreme Court ruling Shelby v Holder, and potential challenges to voting. Presented by Debbie Mc Kay, member of AAUW of Santa Rosa and the League of Women Voters of Sonoma County.

FREE SEMINAR

HOW TO ASK FOR HELP



Tuesday, May 26
1 - 2pm

This presentation will address what changes to look for in your loved one's home, personal appearance and behavior, that might require some help from a home care provider. Presented by Gabriella Ambrosi- the co-founder, President, and CEO of Sequoia Senior Solutions,

FREE SEMINAR

END OF LIFE CHOICES

End of Life CHOICES CALIFORNIA
Your life. Your death. Your choice.

Tuesday, June 2
1 - 2pm

Mary Abbott, a volunteer with End of Life Choices California (EOLCCA), will discuss the importance of sharing your values and end-of-life wishes with loved ones; legal end-of-life options; and the resources and support provided by EOLCCA.

FREE SEMINAR

WINDSOR READY- WILDFIRES

WINDSOR READY
TALK SERIES

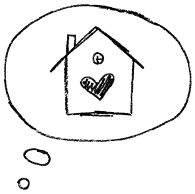
Tuesday, June 9
1 - 2pm

Hear from the Sonoma County Fire District practical steps to protect your family, home, and community from wildfires. You will learn what to do before a wildfire to be ready and reduce risks, when to evacuate, how to protect yourself and home from wildfire smoke, and more. Whether you're just getting started or need a refresher, this presentation will give you the tools and confidence to be ready for the next wildfire. The talk is free and open to all Windsor residents.

WINDSOR SENIOR RECREATION CENTER

FREE SEMINAR

SHOULD I STAY OR SHOULD I GO?



Tuesday, June 16
1 - 2pm

Most seniors believe they don't need to make any changes to their living situation—until a medical emergency arises, forcing them to make urgent decisions about moving and care while under tremendous stress. This presentation helps plant the seeds for proactive planning and covers:

- How to "right-size" your home, move closer to family or a better climate
- Determining your home's valuation, capital gains tax, Prop. 19
- Options for independent living, 55+ communities, assisted living, and memory care
- 84% of seniors want to age in place, in their own home. Learn about in-home care options, costs, and more
- How senior homeowners can increase cash flow, pay for in-home care, and have no mortgage payments

Free snacks will be included!

FREE SEMINAR

WINDSOR REAL ESTATE MARKET OVERVIEW



Tuesday, June 23
1 - 2pm

Join us for an informative real estate presentation hosted by Realtor Emily Martin, with Healdsburg Sotheby's International Realty and founder of Healdsburg Luxury Living. Whether you're thinking about downsizing, curious about your home's current value, or simply want to stay informed, this is a great opportunity to get straightforward, local insights from a trusted North Bay real estate expert.

FREE SEMINAR

END OF LIFE DOULAS



Tuesday, June 30
1 - 2pm

In this presentation, you will find out more specifics about the service of End of Life Doulas, and when and how to select one. End of life doulas, sometimes known as death doulas, assist in the dying process, much like midwives or doulas do with birthing. They help families cope with dying and can supplement and go beyond hospice. They offer a variety of non-medical services, including end of life planning, facilitating family conversations, and respite care. Presented by Sonoma County End of Life Doula Alliance.



WINDSOR SENIOR RECREATION CENTER

Windsor Senior Recreation Center

CINCO DE MAYO PARTY

MAY 5, 2026 | 3:30PM–5PM

Join us for a fun-filled celebration complete with delicious appetizers and live music to keep the vibes going!



$5/person (50+ years)
Call 838-1250 to Register

Town of Windsor
CALIFORNIA

WSRC Multimedia Art Show & Reception

May 23 & 24 10am-3pm



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

TOWNOFWINDSOR.CA.GOV/WSRCCALENDAR

WINDSOR SENIOR RECREATION CENTER



Windsor Senior Center Pool Schedule

MAY 1, 2026 - MAY 17, 2026

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM							
11:00 AM							
12:00 PM	Senior Lap Swim 11:30-12:15pm						Senior Lap Swim 11:30-12:15pm
1:00 PM	Senior Open Swim 12:30-4:00pm						Senior Open Swim 12:30-4:00pm
2:00 PM							
3:00 PM		1/2 Senior Lap Swim 4:00-4:45pm	1/2 Senior Lap Swim 4:00-4:45pm	1/2 Senior Lap Swim 4:00-4:45pm	1/2 Senior Lap Swim 4:00-4:45pm	1/2 Senior Lap Swim 4:00-4:45pm	
4:00 PM		Senior Open Swim 4:00-6:00pm	Senior Open Swim 4:00-6:00pm	Senior Open Swim 4:00-6:00pm	Senior Open Swim 4:00-6:00pm	Senior Open Swim 4:00-6:00pm	SATURDAY, 5/9, OPEN SWIM ENDS AT 2PM
5:00 PM							
6:00 PM							

FEES FOR OPEN SWIM & LAP SWIM

DROP-IN 50+: $4R/$5NR

50+ POOL PASS: $40R/$50NR

Grandkids: $3 (Allowed first hour of open swim)

BROOKS CREEK RESIDENTS: No Fee

Water Fitness: $7R/$8NR

SENIOR LAP SWIM

- Drop-In Program
- No pre-registration
- Max of 8 participants
- 2 swimmers per lane

SENIOR OPEN SWIM

- Drop-In Program
- No pre-registration
- Max of 40 participants

THE WSRC BUILDING CLOSES AT 6:15PM SHARP. PLEASE PLAN YOUR SHOWER TIME ACCORDINGLY.

TOWNOFWINDSOR.CA.GOV/WSRCCALENDAR

WINDSOR SENIOR RECREATION CENTER



Windsor Senior Center Pool Schedule

MAY 18, 2026 - JUNE 7, 2026

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM							
11:00 AM							Water Fitness 10:00-11:00am
12:00 PM	Senior Lap Swim 11:30-12:15pm						Senior Lap Swim 11:30-12:15pm
1:00 PM	Senior Open Swim 12:30-4:00pm	Water Fitness 1:00pm-2:00pm		Water Fitness 1:00pm-2:00pm		Aqua Pilates 1:00pm-2:00pm	Senior Open Swim 12:30-4:00pm
2:00 PM		Lap Swim 2:15-3:00pm	Lap Swim 2:15-3:00pm	Lap Swim 2:15-3:00pm	Lap Swim 2:15-3:00pm	Lap Swim 2:15-3:00pm	
3:00 PM		Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	Senior Open Swim 3:15pm-6:00pm Grandkids 3:15pm-4:15pm	
4:00 PM							
5:00 PM							
6:00 PM							

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DROP-IN 50+: $4R/$5NR

50+ POOL PASS: $40R/$50NR

Grandkids: $3 (Allowed first hour of open swim)

BROOKS CREEK RESIDENTS: No Fee

Water Fitness: $7R/$8NR

SENIOR LAP SWIM

- Drop-In Program
- No pre-registration
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- 2 swimmers per lane

SENIOR OPEN SWIM

- Drop-In Program
- No pre-registration
- Max of 40 participants

THE WSRC BUILDING CLOSES AT 6:15PM SHARP. PLEASE PLAN YOUR SHOWER TIME ACCORDINGLY.

TOWNOFWINDSOR.CA.GOV/WSRCCALENDAR

Kindness Across Ages Club

The WSRC is partnering with this Windsor High School club to create a senior cookbook. Share your story, recipe and love, and connect the community with foods that taste like home

If youareinterested, comepick up a packet NOW at the senior center front desk!!

1. Share your favorite recipe
2. Share what this recipe means to you!!
3. Turn it in and become a part of a custom cookbook!!





North County
Senior Resource Fair

Discover local resources for healthy, connected aging

Sunday, June 7, 2026

10:00 AM – 2:00 PM

Huerta Gym
9291 Old Redwood Highway, Windsor, CA

What to Expect

- Health & wellness resources
- Transportation services
- Housing & benefits information
- Caregiver support
- Community programs & activities

Free Event • All Are Welcome

SONOMA COUNTY AREA AGENCY ON AGING

Town of Windsor

SONOMA COUNTY MASTER PLAN FOR *Aging*

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!

NEW

Pizza Guys
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+

RACKS-N-CUES
Billiards and Brews
10% Discount on table time, happy hour food, beverage on Mondays 12:30-3:30
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 días
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+

RACKS-N-CUES
Billiards and Brews
10% de descuento en tiempo de mesa, happy hour de comida y bebidas los lunes de 12:30 a 3:30

SMART TRAIN
free for Seniors 65+

Sonoma County Resource Recovery
10% off Monthly Bill 62+

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