

Monday Morning Writers Get A Load Off Their Chests

By Irv Sternberg

When I first moved to Windsor Gardens in March 2016, I was happy to discover so many clubs and activities available to residents, but I was particularly pleased to find the Windsor Gardens Writers Group. I quickly joined the group and have never regretted doing so. The group of about a dozen or so “regulars”—sometimes more—meets every Monday morning at 9 o’clock, except if Christmas falls on a Monday.

I look forward to starting each week with our two-hour session. It is time well spent. First, it gets me out of my apartment, frequently after a listless weekend, and forces me to walk or drive to our meeting room above the Auditorium. There I’m met by smiling, friendly people with whom I have several things in common. We all live in Windsor Gardens, we all share a distribution of wrinkles, and we all love to write.

And, boy do we write! Our articles and essays, some in rhyme, may be as long as five to six hundred words and cover every imaginable topic. This year we’ve written about such wide-ranging subjects as Crocodile Tears, Milestones, Pet Peeves, Charity, and a recent assignment to write about Time Well Spent. Yes, we get assignments. Every week, someone picks a topic, although we’re free to write about anything. We call those occasions Potpourri. The result is a weekly mélange of creative effort that is fascinating, heartfelt, imaginative, inspirational and sometimes provocative. Frequently, it’s just an opportunity to get something off your chest—which is a good way to reduce your blood pressure.

I love Monday mornings!