


SEPTEMBER 2017 • Windsor Senior Center • 838-1250

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Office Hours Monday through Friday: 9:00a.m.-6:00p.m. 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		1 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	2
3	4 SENIOR CENTER & POOL CLOSED FOR HOLIDAY 	5 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 1:00 Quilting 1:30 Bingo 3:00 Water Fitness	6 9:00 Aerobics 1:00 Ping Pong 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	7 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:20 Core & More 11:30 Singing Group 1:00 Tai Chi 3:00 Water Fitness	8 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	9
10	11 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	12 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 1:00 Quilting 1:30 Bingo 3:00 Water Fitness	13 9:00 Aerobics 1:00 Ping Pong 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	14 9:00 Walkers 9:00 Zumba Gold 10:20 Core & More 11:30 Singing Group 1:00 Tai Chi 3:00 Water Fitness	15 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	16
17	18 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:15 Gentle Water Exercise 3:00 Water Fitness	19 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 1:00 Quilting <i>*no instructor</i> 1:30 Bingo <i>instructor</i> 3:00 Water Fitness*	20 9:00 Aerobics 9:00 iPad Mastery 10:00 Flu Shot Clinic 1:00 Ping Pong 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	21 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:20 Core & More 11:30 Singing Group 1:00 Tai Chi 3:00 Water Fitness	22 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	23
24	25 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	26 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 1:00 Quilting 1:30 Bingo 3:00 Water Fitness	27 9:00 Aerobics 9:00 iPad Mastery 1:00 Ping Pong 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	28 9:00 Walkers 9:00 Zumba Gold 10:20 Core & More 11:30 Singing Group 1:00 Tai Chi 1:00 Create Your Cards 1:00 A Matter of Balance 3:00 Water Fitness	29 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	30