

OCTOBER 2017 • Windsor Senior Center • 838-1250

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT		
1	2 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	3 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	4 9:00 Aerobics 1:00 Ping Pong 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	5 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:20 Core & More 11:30 Singing Group 1:00 Tai Chi 1:00 A Matter of Balance 3:00 Water Fitness	6 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	7		
8	9 9:00 Zumba Gold 10:45 Gentle Yoga 1:00 Scrabble 1:00 Computer Users 2:15 Gentle Water Exercise 3:00 Water Fitness	10 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	11 9:00 Aerobics 11:00 AARP Driver's Course 1:00 Ping Pong 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	12 8:00 Il Fiorello Trip 9:00 Walkers 9:00 Zumba Gold 10:20 Core & More 11:30 Singing Group 1:00 Tai Chi 1:00 A Matter of Balance 3:00 Water Fitness	13 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	14 8:00am-12:30pm Flea Market		
15	16 9:00 Zumba Gold 10:45 Gentle Yoga 1:00 Scrabble	17 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 1:30 Bingo	18 9:00 Aerobics 1:00 Ping Pong 1:00 Poker & Mahjong	19 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:20 Core & More 11:30 Singing Group 1:00 Tai Chi 1:00 A Matter of Balance	20 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training	21		
22	23 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:00 Computer Help	24 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	25 9:00 Aerobics 1:00 Ping Pong 1:00 Poker & Mahjong 1:00 Eat Healthy Seminar	26 9:00 Walkers 9:00 Zumba Gold 10:20 Core & More 11:30 Singing Group 1:00 Tai Chi* (TBD) 1:00 Create Your Cards 1:00 A Matter of Balance	27 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training	28		
29	30 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble	31 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	<p>Open Swim Hours Monday through Friday: 11:00am-2:00pm & 4:00-6:00pm Saturday & Sunday: 1:00-5:00pm</p> <p><i>Pool & Bocce Court Closes for the Season on 10/31/17.</i></p>				<p>Office Hours Monday through Friday: 9:00a.m.-6:00p.m. Sat. & Sun.: 1:00-5:00p.m.</p> <p>9231 Foxwood Drive</p>	

