


9231 Foxwood Drive
Windsor, CA 95492
(707) 838-1250

WINDSOR SENIOR CENTER January 2018

OFFICE HOURS
Monday through Thursday:
9:00am-5:00pm
Friday: 9:00am-Noon

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 CENTER CLOSED FOR HOLIDAY HAPPY NEW YEAR 2018	2 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Sit & Fit 1:00 Quilting	3 9:00 Aerobics 1:00 Poker & Mahjong 1:00 Ping Pong 3:00 Seated Yoga & Qi Gong	4 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 11:30 Singing Group	5 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training	6
7	8 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Computer Users 2:30 Mystery Book Club	9 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Sit & Fit 1:00 Quilting 1:30 Bingo 	10 9:00 Aerobics 1:00 Poker & Mahjong 1:00 Ping Pong 3:00 Seated Yoga & Qi Gong 	11 9:00 Walkers 9:00 Zumba Gold 11:30 Singing Group 	12 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 	13
14	15 CENTER CLOSED FOR HOLIDAY MARTIN LUTHER KING JR. DAY 	16 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Sit & Fit 10:30 Caregivers' Support 1:00 Quilting 1:30 Bingo 	17 9:00 Aerobics 1:00 Poker & Mahjong 1:00 Ping Pong 3:00 Seated Yoga & Qi Gong 	18 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 11:30 Singing Group 	19 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 	20
21	22 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:00 Computer Help	23 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Sit & Fit 1:00 Quilting 1:30 Bingo 	24 9:00 Aerobics 1:00 Poker & Mahjong 1:00 Ping Pong 3:00 Seated Yoga & Qi Gong	25 9:00 Walkers 9:00 Zumba Gold 11:30 Singing Group	26 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 	27
28	29 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 	30 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Sit & Fit 1:00 Quilting 1:30 Bingo 	31 9:00 Aerobics 1:00 Poker & Mahjong 1:00 Normal Aging vs. Dementia Seminar 1:00 Ping Pong 3:00 Seated Yoga & Qi Gong	HAVE YOU FILLED OUT YOUR 2018 MEMBERSHIP FORM?		