

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

WINDSOR SENIOR CENTER March 2018

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
 <p>FREE INFORMATIONAL SEMINAR UNDERSTANDING PARKINSON'S WEDNESDAY, MARCH 28, 1:00-2:00PM PLEASE SIGN UP AT THE FRONT DESK BY 3/23/18.</p>			 <p>ZUMBA gold • toning Begins April 4!</p>	1 9:00 Walkers 9:00 AARP Tax Aide 9:00 Zumba Gold 11:30 Singing Group 1:00 Ping Pong 2:00 Legal Counseling	2 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training	3
4 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 12:30 TED Talks 1:00 Scrabble 2:30 Mystery Book Club	5	6 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Sit & Fit 1:00 Quilting 1:30 Bingo	7 9:00 Aerobics 11:00 AARP Driver Course 1:00 Poker & Mahjong 3:00 Seated Yoga & Qi Gong	8 9:00 Walkers 9:00 AARP Tax Aide 9:00 Zumba Gold 11:30 Singing Group 1:00 Ping Pong	9 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training *	10
11  9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 1:00 Computer Users	12	13 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training * 10:00 Sit & Fit 1:00 Quilting 1:30 Bingo	14 9:00 Aerobics * 11:00 AARP Driver Course 1:00 Poker & Mahjong	15 9:00 Walkers 9:00 AARP Tax Aide 9:00 Zumba Gold 11:30 Singing Group 1:00 Ping Pong 2:00 Legal Counseling	16 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training	17
18 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble	19	20 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	21 9:00 Aerobics 1:00 Poker & Mahjong 3:00 Seated Yoga & Qi Gong	22 9:00 Walkers 9:00 AARP Tax Aide 9:00 Zumba Gold 11:30 Singing Group 1:00 Ping Pong	23 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training	24
25 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:00 Computer Help	26	27 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Sit & Fit 1:00 Quilting 1:30 Bingo	28 9:00 Aerobics 1:00 Parkinson's Seminar 1:00 Poker & Mahjong	29 9:00 Walkers 9:00 AARP Tax Aide 9:00 Zumba Gold 11:30 Singing Group 1:00 Ping Pong	30 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training	31

* NO CLASS (3/9, 3/13, & 3/14)
FREE VIDEO INSTRUCTION
WILL BE OFFERED