



# WINDSOR SENIOR CENTER MAY 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p><b>OPEN SWIM HOURS</b>  <i>please see note at the bottom</i>            MON THRU THURS 11AM-2PM &amp;            4-6PM* (*7:00PM AFTER 5/21)            FRIDAY 4-6PM            SAT &amp; SUN 1-5PM</p>		<p><b>1</b> 9:00 Walkers            9:00 SIR Group            9:00 Strength Training            10:00 Ladies' Bocce            10:00 Sit &amp; Fit            12:30 Quilting            1:30 Bingo</p> 	<p><b>2</b>            9:00 Aerobics            10:15 Zumba Toning*            1:00 Poker &amp; Mahjong            3:00 Seated Yoga &amp;            Qi Gong</p> <p><i>*please note new Zumba time!</i></p>	<p><b>3</b>            9:00 Walkers            9:00 Zumba Gold            9:30 Legal Counseling            3:00 Ping Pong</p>	<p><b>4</b>            9:00 Multimedia Art            10:00 Sit &amp; Fit            11:00 Strength Training</p>	<b>5</b>
	<p><b>6</b></p>	<p><b>7</b>            9:00 Zumba Gold            10:00 Support Group            10:45 Gentle Yoga            12:30 TED Talks            1:00 Scrabble</p>	<p><b>8</b> 9:00 Walkers            9:00 SIR Group            9:00 Strength Training            10:00 Ladies' Bocce            10:00 Sit &amp; Fit            11:00 Tai Chi*            12:30 Quilting            1:30 Bingo</p> 	<p><b>9</b>            9:00 Aerobics            10:15 Zumba Toning            1:00 Poker &amp; Mahjong</p>	<p><b>10</b>            9:00 Walkers            9:00 Zumba Gold            3:00 Ping Pong</p> 	<p><b>11</b>            9:00 Multimedia Art            10:00 Sit &amp; Fit            11:00 Strength Training            4:00</p> <p><b>Pool Party!            Ice Cream Social</b></p> 
<b>13</b>	<p><b>14</b>            9:00 Zumba Gold            10:00 Support Group            10:45 Gentle Yoga            1:00 Scrabble            1:00 Computer Users' Group</p>	<p><b>15</b> 9:00 Walkers            9:00 SIR Group            9:00 Strength Training            10:00 Ladies' Bocce            10:00 Sit &amp; Fit            10:30 Caregivers' Support            11:00 Tai Chi            12:30 Quilting            1:30 Bingo</p>	<p><b>16</b>            9:00 Aerobics            10:15 Zumba Toning            1:00 Poker &amp; Mahjong            3:00 Seated Yoga &amp;            Qi Gong</p> 	<p><b>17</b>            9:00 Walkers            9:00 Zumba Gold            9:30 Legal Counseling            3:00 Ping Pong</p>	<p><b>18</b>            9:00 Multimedia Art            10:00 Sit &amp; Fit            11:00 Strength Training</p> 	<b>19</b>
<b>20</b>	<p><b>21</b>            9:00 Zumba Gold            10:00 Support Group            10:45 Gentle Yoga            1:00 Scrabble            2:00 Computer Help            3:00 Water Fitness</p>	<p><b>22</b> 9:00 Walkers            9:00 SIR Group            9:00 Strength Training            10:00 Ladies' Bocce            10:00 Sit &amp; Fit            11:00 Tai Chi            12:30 Quilting            1:30 Bingo            3:00 Water Fitness</p>	<p><b>23</b>            9:00 Aerobics            10:15 Zumba Toning            1:00 Poker &amp; Mahjong            3:00 Water Fitness</p> 	<p><b>24</b>            9:00 Walkers            9:00 Zumba Gold            3:00 Ping Pong            3:00 Water Fitness</p>	<p><b>25</b>            9:00 Multimedia Art            10:00 Sit &amp; Fit            11:00 Strength Training            3:00 Water Fitness</p>	<b>26</b>
<b>27</b>	<p><b>28</b>            Senior Center            &amp; Pool Closed in            Observance of            Holiday</p> 	<p><b>29</b> 9:00 Walkers            9:00 SIR Group            9:00 Strength Training            10:00 Ladies' Bocce            10:00 Sit &amp; Fit            11:00 Tai Chi            12:30 Quilting            1:30 Bingo            3:00 Water Fitness</p>	<p><b>30</b>            9:00 Aerobics            10:00 iPad Basics            10:15 Zumba Toning            1:00 Poker &amp; Mahjong            3:00 Water Fitness</p> 	<p><b>31</b>            9:00 Walkers            9:00 Zumba Gold            3:00 Ping Pong            3:00 Water Fitness</p>	<p><b>SENIOR CENTER OFFICE HOURS</b>            Monday thru Friday 9am-6pm            Saturday &amp; Sunday 1-5pm</p> <p>9231 Foxwood Dr.            (707) 838-1250</p> <p><b>PLEASE CONTACT THE FRONT DESK            FOR THE MODIFIED SENIOR OPEN            SWIM SCHEDULE            MAY 1 THRU 18.</b></p>	
				<p>* Tai Chi begins 5/15  <i>calendar updated 4/30/18</i></p>		