

JUNE 2018

WINDSOR SENIOR CENTER

9231 Foxwood Dr.
(707) 838-1250

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
 OPEN SWIM HOURS		MONDAY THROUGH THURSDAY 11:00AM-2:00PM 4:00PM-7:00PM 		FRIDAY 11:00AM-2:00PM 4:00PM-6:00PM SAT & SUN 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
3	4 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 12:30 TED Talks 1:00 Scrabble 2:15 Gentle Water Ex. 3:00 Water Fitness	5 9:00 Walkers 9:00 SIR Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	6 9:00 Aerobics 10:00 iPad Basics 10:30 Zumba Toning 1:00 Poker & Mahjong 2:00 Nutrition & Heart Disease 2:15 Gentle Water Ex.* 3:00 Water Fitness*	7 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Mens' Bocce 3:00 Ping Pong 3:00 Water Fitness	8 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Ex.* 3:00 Water Fitness*	9
10	11 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 1:00 Computer Users' Group 2:15 Gentle Water Ex. 3:00 Water Fitness	12 9:00 Walkers 9:00 SIR Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness*	13 9:00 Aerobics 10:30 Zumba Toning 1:00 Poker & Mahjong 1:00 Don't Get Scammed 2:15 Gentle Water Ex. 3:00 Water Fitness	14 9:00 Walker 9:00 Zumba Gold 10:00 Mens' Bocce 3:00 Ping Pong 3:00 Water Fitness*	15 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Ex. 3:00 Water Fitness	16
17	18 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:15 Gentle Water Ex. 3:00 Water Fitness	19 9:00 Walkers 9:00 SIR Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 10:30 Caregivers' Support 11:00 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	20 9:00 Aerobics 10:30 Zumba Toning 1:00 Poker & Mahjong 2:15 Gentle Water Ex. 3:00 Water Fitness	21 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Mens' Bocce 3:00 Ping Pong 3:00 Water Fitness 1:00 Virtual Dementia Tour  <div style="border: 1px solid black; padding: 2px; display: inline-block;">Reserve a 15-minute appt!</div>	22 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Ex. 3:00 Water Fitness	23
24	25 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:00 Computer Help 2:15 Gentle Water Ex. 3:00 Water Fitness	26 9:00 Walkers 9:00 SIR Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:00 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	27 9:00 Aerobics 10:30 Zumba Toning 1:00 Poker & Mahjong 2:15 Gentle Water Ex. 3:00 Water Fitness	28 9:00 Walkers 9:00 Zumba Gold 10:00 Mens' Bocce 11:30 Seniors Singing 3:00 Ping Pong 3:00 Water Fitness * No Water Fitness Instructor	29 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Ex. 3:00 Water Fitness	30
OFFICE HOURS: MON. THRU FRI. 9AM-6PM SAT & SUN 1-5PM						