







SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
<b>1</b>	<b>2</b> 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 Exercise 3:00 Water Fitness	<b>3</b> 9:00 Walkers 9:00 SIR Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	<b>4</b> <b>SENIOR CENTER and POOL CLOSED</b> 	<b>5</b> 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 1000 Mens' Bocce 11:30 Seniors Singing 3:00 Ping Pong 3:00 Water Fitness	<b>6</b> 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	<b>7</b>	
<b>8</b>	<b>9</b> 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Computer Users' 1:00 Scrabble 2:15 Gentle Water Exercise 3:00 Water Fitness	<b>10</b> 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 <i>* please sign up in advance</i>	<b>11</b> 9:00 Aerobics 10:15 Zumba Toning 1:00 Poker & Mahjong <b>2:00 Sugar, Oh Honey, Honey! Seminar</b> 2:15 Gentle Water Exercise 3:00 Water Fitness	<b>12</b> 9:00 Walkers 9:00 Zumba Gold 1000 Mens' Bocce 11:30 Seniors Singing 3:00 Ping Pong 3:00 Water Fitness	<b>13</b> 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	<b>14</b>	
<b>15</b>	<b>16</b> 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:15 Gentle Water Exercise 3:00 Water Fitness	<b>17</b> 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	<b>18</b> 9:00 Aerobics 10:15 Zumba Toning 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	<b>19</b> 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 1000 Mens' Bocce 11:30 Seniors Singing 3:00 Ping Pong 3:00 Water Fitness	<b>20</b> 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness 	<b>21</b>	
<b>22</b>	<b>23</b> 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 Exercise 3:00 Water Fitness	<b>24</b> 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 <b>2:30 SCAC Meeting</b> 3:00 Water Fitness	<b>25</b> 9:00 Aerobics 10:30 Zumba Toning 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	<b>26</b> 9:00 Walkers 9:00 Zumba Gold 1000 Mens' Bocce 11:30 Seniors Singing 3:00 Ping Pong 3:00 Water Fitness	<b>27</b> 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	<b>28</b>	
<b>29</b>	<b>30</b> 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:15 Gentle Water Exercise 3:00 Water Fitness	<b>31</b> 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	<p><b>★ TUESDAY, JULY 24 · 2:30PM SENIOR CITIZENS' ADVISORY COMMISSION (SCAC) MEETING ★</b>  <i>At the Senior Center ~ All Welcome to Attend!</i></p>				
		<p><b>SENIOR CENTER OFFICE HOURS</b>          MON THROUGH THURS: 9AM-7PM          FRI: 9AM-6PM          SAT &amp; SUN: 1-5PM</p>		<p><b>SENIOR OPEN SWIM HOURS</b>          MON, TUES, WED, THURS: 11AM-2PM, 4-7PM*          FRI: 11AM-2PM, 4-6PM          SAT &amp; SUN: 1-5PM  <small>*6-7PM shared w/ youth lessons</small></p>			
<p><b>WINDSOR SENIOR CENTER 9231 FOXWOOD DRIVE (707) 838-1250</b></p>							