

AUGUST 2018 · Windsor Senior Center · 838-1250

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
Senior Center Office Hours Mon. thru Fri. 9am-6pm Sat. & Sun.: 1-5pm 9231 Foxwood Drive		Open Swim Hours Mon. thru Thurs.: 11am-2pm & 4-7pm* Fri.: 11am-2pm & 4-6pm Sat. & Sun.: 1-5pm (*4-6pm after 8/16)		1 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	2 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Mens' Bocce 11:30 Singing Group 3:00 Water Fitness 3:00 Ping Pong	3 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	4
5	6 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 2:30 Book Club 3:00 Water Fitness 	7 9:00 Walkers 9:00 SIR Coffee 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	8 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	9 9:00 Walkers 9:00 Zumba Gold 10:00 Mens' Bocce 11:30 Singing Group 3:00 Water Fitness 3:00 Ping Pong 	10 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	11	
12	13 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 1:00 Computer Users 2:15 Gentle Water Exercise 3:00 Water Fitness	14 9:00 Walkers 9:00 SIR Coffee 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	15 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	16 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Mens' Bocce 11:30 Singing Group 3:00 Water Fitness 3:00 Ping Pong	17 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	18	
19	20 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	21 9:00 Walkers 9:00 SIR Coffee 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	22 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	23 9:00 Walkers 9:00 Zumba Gold 10:00 Mens' Bocce 11:30 Singing Group 3:00 Water Fitness 3:00 Ping Pong	24 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness 	25	
26	27 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	28 9:00 Walkers 9:00 SIR Coffee 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	29 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	30 9:00 Walkers 9:00 Zumba Gold 10:00 Mens' Bocce 11:30 Singing Group 3:00 Water Fitness 3:00 Ping Pong 	31 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness		