

SEPTEMBER 2018 • Windsor Senior Center • 838-1250

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<p>Office Hours Monday through Friday: 9:00am-6:00pm Sat. & Sun.: 1:00-5:00p.m.</p> <p>9231 Foxwood Drive</p>	<p>Open Swim Hours * Monday through Friday: 11:00am-2:00pm & 4:00-6:00pm Saturday & Sunday: 1:00-5:00pm</p>	<p>* Due to Lifeguard Availability, Open Swim hours are subject to change. Please call or check at the Front Desk for hours.</p> 	<div style="border: 2px dashed purple; padding: 5px;">  <p style="text-align: right;">November 3rd & 4th! Vendor Applications Available After TUESDAY, SEPT. 4</p> </div>		1
2	3	<p>4 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 12:30 Quilting 1:30 Bingo 3:00 Water Fitness</p> 	<p>5 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness</p> 	<p>6 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Men's Bocce 11:00 Singing Group* 3:00 Ping Pong 3:00 Water Fitness</p> <p style="text-align: right;">*new time</p>	<p>7 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness</p> 	8
9	<p>10 9:00 Walkers 9:00 Zumba Gold 10:45 Gentle Yoga 1:00 Scrabble 1:00 Computer Users 2:15 Gentle Water Exercise 2:30 Mystery Book Club 3:00 Water Fitness</p> 	<p>11 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 12:30 Quilting 1:30 Bingo 3:00 Water Fitness</p> 	<p>12 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness</p>	<p>13 9:00 Walkers 9:00 Zumba Gold 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 3:00 Water Fitness</p> 	<p>14 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness</p>	15
16	<p>17 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</p> 	<p>18 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 10:30 Caregivers' Support 12:30 Quilting 1:30 Bingo 3:00 Water Fitness</p>	<p>19 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness</p> 	<p>20 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Men's Bocce 11:00 Singing Group 1:00 Free Craft Workshop 3:00 Ping Pong 3:00 Water Fitness</p> 	<p>21 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #1 (Intro to Aging & Nutrition) 2:15 Gentle Water Exercise 3:00 Water Fitness</p> <p style="text-align: center;">NUTRITION COURSE BEGINS</p>	22
23 30	<p>24 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</p>	<p>25 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 12:30 Quilting 1:30 Bingo 3:00 Water Fitness</p> 	<p>26 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness</p> 	<p>27 9:00 Walkers 9:00 Zumba Gold 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 3:00 Water Fitness</p> 	<p>28 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #2 (Eating for Brain Health) 2:15 Gentle Water Exercise 3:00 Water Fitness</p>	29