

OCTOBER 2018 • Windsor Senior Center • 838-1250

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
	1 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 Mystery Book Club 3:00 Water Fitness	2 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	3 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	4 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 	5 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #3 (Technology Class) 2:15 Gentle Water Exercise 3:00 Water Fitness	6	
7	8 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	9 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	10 9:00 Aerobics 1:00 Poker & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	11 9:00 Walkers 9:00 Zumba Gold 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 3:00 Water Fitness	12 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #4 (Energy & Stress) 2:15 Gentle Water Exercise 3:00 Water Fitness	13	
14	15 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 	16 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	17 9:00 Aerobics 1:00 Poker & Mahjong 	18 9:00 Walkers 9:00 Zumba Gold 9:30 Legal Counseling 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 	19 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #5 (Eating for Bone Health) 	20	
21	22 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 2:00 Computer Help	23 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	24 9:00 Aerobics 1:00 Poker & Mahjong 	25 9:00 Walkers 9:00 Zumba Gold 10:00 Men's Bocce 11:00 Singing Group 3:00 Ping Pong 	26 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 1:00 Nutrition Class #6 (Cardiovascular Health)	27	
28	29 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 1:00 Scrabble 	30 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	31 9:00 Aerobics 1:00 Poker & Mahjong  <div style="background-color: red; color: white; padding: 5px; text-align: center;"> Pool & Bocce Court Close for the Season. </div>	Office Hours Monday through Friday: 9:00am-6:00pm Sat. & Sun.: 1:00-5:00pm 9231 Foxwood Drive		Open Swim Hours Monday through Friday: 11am-2pm & 4-6pm Sat. & Sun.: 1-5pm	