




9231 Foxwood Dr
(707)838-1250

Windsor Senior Recreation Center July 2019



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Scrabble 2:15 Gentle Water Exercise 2:30 Mystery Book Club 3:00 Water Fitness	2 8:45 Strength Training 9:00 SIR Group 9:00 Walkers 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	3 9:00 Aerobics 1:00 Poker, Mahjong & Rummikub 2:15 Gentle Water Exercise 3:00 Water Fitness	4 SENIOR CENTER IS CLOSED HAPPY FOURTH OF JULY!	5 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	6
7	8 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Computer Users' 1:00 Scrabble 2:15 Gentle Water Exercise 3:00 Water Fitness	9 8:45 Strength Training 9:00 SIR Group 9:00 Walkers 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	10 9:00 Aerobics 1:00 Poker, Mahjong & Rummikub 2:15 Gentle Water Exercise 3:00 Water Fitness	11 9:00 Zumba Gold 10:00 Mens' Bocce 1:00 Ping Pong 1:30 Texas Hold'em Poker 3:00 Water Fitness	12 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 12:30 Myeloma Support Group 2:15 Gentle Water Exercise 3:00 Water Fitness	13
14	15 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Scrabble 2:15 Gentle Water Exercise 3:00 Water Fitness	16 8:45 Strength Training 9:00 SIR Group 9:00 Walkers 10:00 Ladies' Bocce 10:00 Sit & Fit 10:30 Caregivers' Support 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	17 9:00 Aerobics 1:00 Poker, Mahjong & Rummikub 2:15 Gentle Water Exercise 3:00 Water Fitness 	18 9:00 Zumba Gold 10:00 Mens' Bocce 1:00 Ping Pong 1:30 Legal Counsel 3:00 Water Fitness	19 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness 	20
21	22 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Scrabble 2:00 Computer Help 2:15 Gentle Water Exercise 3:00 Water Fitness	23 8:45 Strength Training 9:00 SIR Group 9:00 Walkers 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	24 9:00 Aerobics 1:00 Poker, Mahjong & Rummikub 2:15 Gentle Water Exercise 3:00 Water Fitness 	25 9:00 Zumba Gold 10:00 Mens' Bocce 1:00 Ping Pong 1:30 Texas Hold'em Poker 3:00 Water Fitness	26 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	27
28	29 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Scrabble 2:15 Gentle Water Exercise 3:00 Water Fitness	30 8:45 Strength Training 9:00 SIR Group 9:00 Walkers 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	31 9:00 Aerobics 1:00 Poker, Mahjong & Rummikub 2:15 Gentle Water Exercise 3:00 Water Fitness	Senior Center Office Hours Mon-Thru: 9am-7pm Fri: 9am-6pm Sat & Sun: 12-4pm		Senior Center Open Swim Hours Mon-Thru: 11am-2pm, 4-7pm* Fri: 11am-2pm, 4-6pm Sat & Sun: 12-4pm *6-7PM shared w/ youth lessons

