

AUGUST 2019 · Windsor Senior Recreation Center

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Senior Center Office Hours Mon-Fri: 9am-6pm Sat & Sun: 12-4pm 9231 Foxwood Drive 707-838-1250		Open Swim Hours Mon.-Thurs.: 11am-2pm & 4-7pm* *(4-6pm after 8/16) Fri.: 11am-2pm & 4-6pm Sat. & Sun.: 12-4pm		1 9:00 Zumba Gold 10:00 Mens' Bocce 1:00 Ping Pong 1:30 Legal Counsel 3:00 Water Fitness	2 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	3
4	5 9:00 Walkers 9:00 Zumba Gold 10:00 Support Group 10:45 Gentle Yoga 10:00 Women's Circle 1:00 Scrabble 2:15 Gentle Water Exercise 2:30 Mystery Book Club 3:00 Water Fitness	6 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	7 9:00 Aerobics 1:00 Rummikub & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	8 9:00 Zumba Gold 10:00 Mens' Bocce 10:30 Pilates 1:00 Ping Pong 1:30 Texas Hold'em Poker 3:00 Water Fitness	9 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 12:30 Myeloma Stompers 2:15 Gentle Water Exercise 3:00 Water Fitness	10
11	12 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Scrabble 1:00 Computer Users 2:15 Gentle Water Exercise 3:00 Water Fitness	13 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	14 9:00 Aerobics 1:00 Rummikub & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	15 9:00 Zumba Gold 10:00 Mens' Bocce 10:30 Pilates 1:00 Ping Pong 1:30 Legal Counsel 3:00 Water Fitness	16 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	17
18	19 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	20 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 10:30 Caregivers Support 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	21 9:00 Aerobics 1:00 Rummikub & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness	22 9:00 Zumba Gold 10:00 Mens' Bocce 10:30 Pilates 1:30 Texas Hold'em Poker 3:00 Water Fitness	23 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	24
25	26 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	27 9:00 Walkers 9:00 SIR Coffee Group 9:00 Strength Training 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	28 9:00 Aerobics 1:00 Rummikub & Mahjong 1:00 Label Reading 101 2:15 Gentle Water Exercise 3:00 Water Fitness	29 9:00 Zumba Gold 10:00 Mens' Bocce 10:30 Pilates 1:00 Ping Pong 3:00 Water Fitness	30 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness	31

