

# Windsor Senior Recreation Center • SEPTEMBER 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 	3 8:45 Strength Training 9:00 SIR Coffee Group 9:00 Walkers 10:00 Ladies' Bocce 10:00 Sit & Fit 12:30 Quilting 1:30 Bingo 3:00 Water Fitness	4 9:00 Aerobics 1:00 Rummikub & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	5 9:00 Zumba Gold 10:00 Men's Bocce 10:30 Pilates 1:00 Ping Pong 1:30 Legal Counsel 3:00 Water Fitness 	6 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:15 Gentle Water Exercise 3:00 Water Fitness 	7
8	9 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	10 8:45 Strength Training 9:00 Walkers 9:00 SIR Coffee Group 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo 3:00 Water Fitness 	11 9:00 Aerobics 1:00 Rummikub & Mahjong 2:15 Gentle Water Exercise 3:00 Water Fitness 	12 9:00 Zumba Gold 10:00 Men's Bocce 10:30 Pilates 1:00 Ping Pong 1:30 Texas Hold'em Poker 3:00 Water Fitness	13 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:00 Myeloma Stompers 2:15 Gentle Water Exercise 3:00 Water Fitness 6:00 Blue Moon Music 	14
15	16 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	17 8:45 Strength Training 9:00 SIR Coffee 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 	18 9:00 Aerobics 10:15 Ageless Grace 1:00 Poker & Mahjong 2:00 Understanding Medicare 2:15 Gentle Water Exercise 3:00 Water Fitness 	19 9:00 Zumba Gold 10:00 Men's Bocce 10:30 Pilates 1:00 Ping Pong 1:30 Legal Counsel 3:00 Water Fitness 	20 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:00 Bridge Basics 2:15 Gentle Water Exercise 3:00 Water Fitness 	21
22	23 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	24 8:45 Strength Training 9:00 SIR Coffee Group 9:00 Walkers 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	25 9:00 Aerobics 10:15 Ageless Grace 1:00 Poker & Mahjong 2:00 Singing Bowl Meditation 2:15 Gentle Water Exercise 3:00 Water Fitness	26 9:00 Zumba Gold 10:00 Men's Bocce 11:00 Singing Group 1:00 Ping Pong 1:30 Texas Hold'em Poker 3:00 Water Fitness 	27 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:00 Bridge Basics 2:15 Gentle Water Exercise 3:00 Water Fitness 	28
29	30 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	<p><b>Open Swim Hours *</b>  <b>Monday-Friday:</b>  <b>11am-2pm &amp; 4-6pm</b>  <b>Saturday &amp; Sunday: 12-4pm</b>  <i>* Due to Lifeguard Availability, Open Swim hours are subject to change. Please call or check at the Front Desk for hours.</i></p> <p><b>Office Hours</b>  <b>Monday-Friday: 9am-6pm</b>  <b>Sat. &amp; Sun: 12-4p.m.</b></p> 				

**CRATE**  
**FAIR**

**Saturday, November 2nd!**  
**Vendor Applications**  
**Available After 9/3**