

9231 Foxwood Dr • OCTOBER 2019 • Windsor Senior Recreation Center

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<p>Office Hours Mon-Fri: 9am-6pm Sat. & Sun.: 12-4pm</p> <p>17071030 1750</p> 	<p>1 8:45 Strength Training 9:00 SIR Coffee 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</p> 	<p>2 9:00 Aerobics 10:15 Ageless Grace 1:00 Rummikub & Mahjong 3:00 Water Fitness</p> 	<p>3 9:00 Zumba Gold 10:00 Men's Bocce 10:30 Pilates 1:00 Ping Pong 1:30 Legal Counsel 3:00 Water Fitness</p> 	<p>4 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:00 Bridge Basics 3:00 Water Fitness</p> 	5
6	<p>7 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Scrabble 2:30 Mysytery Book Club 3:00 Water Fitness</p>	<p>8 8:45 Strength Training 9:00 SIR Coffee 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</p> 	<p>9 9:00 Aerobics 10:15 Ageless Grace 1:00 Rummikub & Mahjong 3:00 Water Fitness</p> 	<p>10 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</p>	<p>11 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 12:30 Myeloma Stompers 2:00 Bridge Basics 3:00 Water Fitness</p>	12
13	<p>14 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Scrabble 1:00 Computer Users'</p> 	<p>15 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</p>	<p>16 9:00 Aerobics 10:00 iPad Class 10:15 Ageless Grace 1:00 Rummikub & Mahjong 2:00 Redwood Food Bank</p> 	<p>17 9:00 Zumba Gold 10:00 Men's Bocce 10:30 Pilates 1:00 Ping Pong 1:30 Legal Counsel</p> 	<p>18 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:00 Bridge Basics</p>	19
20	<p>21 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Scrabble</p> 	<p>22 8:45 Strength Training 9:00 SIR Coffee Group 9:00 Walkers 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo</p> 	<p>23 9:00 Aerobics 10:00 iPad Class 10:15 Ageless Grace 1:00 Rummikub & Mahjong 2:00 <i>How to Shake Your Salt Habit Seminar</i></p>	<p>24 9:00 Zumba Gold 10:00 Men's Bocce 10:30 Pilates 1:00 Ping Pong 1:30 Texas Hold'em Poker</p>	<p>25 9:00 Multimedia Art 10:00 Sit & Fit 11:00 Strength Training 2:00 Bridge Basics</p> 	26
27	<p>28 9:00 Walkers 9:00 Zumba Gold 10:00 Women's Circle 10:45 Gentle Yoga 1:00 Scrabble 2:00 Computer Help</p>	<p>29 8:45 Strength Training 9:00 SIR Coffee Group 9:00 Walkers 10:00 Ladies' Bocce 10:00 Sit & Fit 11:15 Tai Chi 12:30 Quilting 1:30 Bingo</p> 	<p>30 9:00 Aerobics 10:15 Ageless Grace 1:00 Rummikub & Mahjong 2:00 Rock Painting Class</p>	<p>31 9:00 Zumba Gold 10:00 Men's Bocce 10:30 Pilates 1:00 Ping Pong</p>  <p><i>Pool & Bocce Court Close for the Season.</i></p>	<p>Open Swim Hours* Mon-Fri: 11am-2pm & 4-6pm Sat. & Sun.: 12-4pm</p> <p><i>* Due to Lifeguard Availability, Open Swim hours are subject to change. Please call or check at the Front Desk for hours.</i></p>	