

9231 Foxwood Drive
Windsor, CA 95492
(707) 838-1250

WINDSOR SENIOR RECREATION CENTER

NOVEMBER 2019

OFFICE HOURS
Monday-Thursday:
9:00am-5:00pm
Friday: 9:00am-Noon

SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT



Craft Fair & Bake Sale
Saturday, November 2
10am to 2pm




1
9:00 Multimedia Art
10:00 Sit & Fit
11:00 Strength Training


2
**Handmade
Craft Fair &
Bake Sale**
10am - 2pm

3
9:00 Zumba Gold
9:00 Walkers
10:00 Women's Circle
10:45 Gentle Yoga
1:00 Scrabble
2:30 Mystery Book Club

4
9:00 Strength Training
9:00 Walkers
9:00 SIR Coffee Group
10:00 Sit & Fit
11:15 Tai Chi
1:00 Quilting
1:30 Bingo



5
9:00 Aerobics
11:30 Line Dancing
1:00 Rummikub & Mahjong
1:00 AARP Driving Renewal



6
9:00 Zumba Gold
10:30 Pilates
1:00 Ping Pong
1:30 Legal Counsel



7
9:00 Multimedia Art
10:00 Sit & Fit
11:00 Strength Training
12:30 Myeloma Stompers



8

9


10
**SENIOR CENTER
CLOSED
IN OBSERVANCE OF
VETERANS DAY**



11
9:00 Strength Training
9:00 Walkers
9:00 SIR Coffee Group
10:00 Sit & Fit
11:15 Tai Chi
1:00 Quilting
1:30 Bingo

12
9:00 Aerobics
11:30 Line Dancing
1:00 Rummikub & Mahjong
2:00 *Beat the Flu Naturalv*
Seminar

13
9:00 Zumba Gold
10:30 Pilates
1:00 Ping Pong
1:30 Texas Hold'em Poker



14
9:00 Multimedia Art
10:00 Sit & Fit
11:00 Strength Training




15

16

17
9:00 Zumba Gold
9:00 Walkers
10:00 Women's Circle
10:45 Gentle Yoga
1:00 Scrabble
1:00 Computer Users Group


18
9:00 Strength Training
9:00 Walkers
9:00 SIR Coffee Group
10:00 Sit & Fit
10:30 Caregivers' Support
11:15 Tai Chi
1:00 Quilting
1:30 Bingo



19
9:00 Aerobics
11:30 Line Dancing
1:00 Rummikub & Mahjong



20
9:00 Zumba Gold
10:30 Pilates
1:00 Ping Pong
1:30 Legal Counsel



21
9:00 Multimedia Art
10:00 Sit & Fit
11:00 Strength Training



22

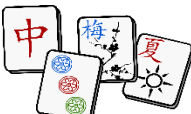
23

24
9:00 Zumba Gold
9:00 Walkers
10:00 Women's Circle
10:45 Gentle Yoga
1:00 Scrabble
2:00 Drop In Computer Help




25
9:00 Strength Training
9:00 Walkers
9:00 SIR Coffee Group
10:00 Sit & Fit
11:15 Tai Chi
1:00 Quilting
1:30 Bingo

26
9:00 Aerobics
11:30 Line Dancing
1:00 Rummikub & Mahjong



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28
**Senior Center Closed
for Thanksgiving
Holiday**



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30
