

WINDSOR SENIOR RECREATION CENTER

(707)838-1250

APRIL 2022

9231 Foxwood Drive

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><u>Office Hours</u> Monday-Thursday: <i>9am to 5pm</i> Friday: <i>9am-4pm</i></p>		<p>*Tuesday, 4/12, Strength Training Class is held <u>outdoors</u> at Lakewood Meadows Park Basketball Court, 9150 Brooks Rd S</p>				<p>1 9am Strength Training 10:15am: Sit & Fit 1pm: Multimedia Art</p>	
	<p>3 9am Zumba Gold 10:15am: Sit & Fit (Outdoors) 10:30am: Gentle Yoga 2:30pm Mystery Book Club</p>	<p>4</p>	<p>5 9AM: STRENGTH TRAINING* 9am: SIRs Coffee 11am: AARP Tax Aide</p>	<p>6 9am Aerobics 10:15am: Sit & Fit 1pm: Mahjong 2pm: Ping Pong</p>	<p>7 9am Zumba Gold 1pm: Bingo 1:30pm: Poker</p>	<p>8 9am Strength Training 10:15am: Sit & Fit 1pm: Multimedia Art</p>	<p>9</p>
	<p>10 9am Zumba Gold 10:15am: Sit & Fit (Outdoors) 10:30am: Gentle Yoga 1pm Computer Users</p>	<p>11</p>	<p>12 9AM: STRENGTH TRAINING* 9am: SIRs Coffee 11am: AARP Tax Aide</p>	<p>13 9am Aerobics 10:15am: Sit & Fit 1pm: Mahjong 1pm: POPCORN SOCIAL 2pm: Ping Pong</p>	<p>14 9am Zumba Gold 1pm: Bingo 1:30pm: Poker</p>	<p>15 9am Strength Training 10:15am: Sit & Fit 1pm: Multimedia Art</p>	<p>16</p>
	<p>17 9am Zumba Gold 10:15am: Sit & Fit (Outdoors) 10:30am: Gentle Yoga</p>	<p>18</p>	<p>19 9am: SIRs Coffee 10:30am: Strength Training</p>	<p>20 9am Aerobics 10:15am: Sit & Fit 1pm: Mahjong 2pm: Ping Pong</p>	<p>21 9am Zumba Gold 1pm: Bingo 1:30pm: Poker</p>	<p>22 9am Strength Training 10:15am: Sit & Fit 1pm: Multimedia Art</p>	<p>23</p>
	<p>24 9am Zumba Gold 10:15am: Sit & Fit (Outdoors) 10:30am: Gentle Yoga 2pm: Drop-In Computer Help</p>	<p>25</p>	<p>26 9am: SIRs Coffee 10:30am: Strength Training</p>	<p>27 9am Aerobics 10:15am: Sit & Fit 1pm: Mahjong 2pm: Ping Pong</p>	<p>28 9am Zumba Gold 1pm: Bingo 1:30pm: Poker</p>	<p>29 9am Strength Training 10:15am: Sit & Fit 1pm: Multimedia Art</p>	<p>30</p>