

WINDSOR SENIOR RECREATION CENTER

(707)838-1250

MARCH 2022

9231 Foxwood Drive

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Classes in bold are held outdoors at Lakewood Meadows Park Basketball Court, 9150 Brooks Rd S		9AM: STRENGTH TRAINING 9am: SIRs Coffee 11am: AARP Tax Aide	9am Aerobics 10:15am: Sit & Fit	9am Zumba Gold 1pm: Bingo 1:30pm: Poker	9am Strength Training 10:15am: Sit & Fit 1pm: Multimedia Art	
6	7	8	9	10	11	12
9am Zumba Gold 10:15am: Sit & Fit (Outdoors) 10:30am: Gentle Yoga 2:30pm Mystery Book Club	9AM: STRENGTH TRAINING* 9am: SIRs Coffee 11am: AARP Tax Aide	9am Aerobics 10:15am: Sit & Fit 2pm: Popcorn Social	9am Zumba Gold 1pm: Bingo 1:30pm: Poker	9am Strength Training 10:15am: Sit & Fit 1pm: Multimedia Art		
13	14	15	16	17	18	19
9am Zumba Gold 10:15am: Sit & Fit (Outdoors) 10:30am: Gentle Yoga 1pm Computer Users	9AM: STRENGTH TRAINING* 9am: SIRs Coffee 11am: AARP Tax Aide	9am Aerobics 10:15am: Sit & Fit 2pm: Ping Pong	9am Zumba Gold 1pm: Bingo 1:30pm: Poker	9am Strength Training 10:15am: Sit & Fit 1pm: Multimedia Art		
20	21	22	23	24	25	26
9am Zumba Gold 10:15am: Sit & Fit (Outdoors) 10:30am: Gentle Yoga	9AM: STRENGTH TRAINING* 9am: SIRs Coffee 11am: AARP Tax Aide	9am aerobics* 10:15am: Sit & Fit 2pm: Ping Pong	9am Zumba Gold 1pm: Bingo 1:30pm: Poker	9AM: STRENGTH TRAINING* 10:15am: Sit & Fit 1pm: Multimedia Art		
27	28	29	30	31	Office Hours Monday-Thursday: 9am to 5pm Friday: 9am-4pm	
9am Zumba Gold 10:15am: Sit & Fit (Outdoors) 10:30am: Gentle Yoga 2pm: Drop-In Computer Help	9AM: STRENGTH TRAINING* 9am: SIRs Coffee 11am: AARP Tax Aide	9am Aerobics* 10:15am: Sit & Fit 2pm: Ping Pong	9am Zumba Gold 1pm: Bingo 1:30pm: Poker			