

WINDSOR

Senior Center

OCTOBER 2024 EDITION

TOWNOFWINDSORCT.COM/SENIOR-SERVICES

FACEBOOK.COM/WINDSORSENIORCENTER
599 MATIANUCK AVE., WINDSOR, CT 06095

The Windsor Junior Womens Club is sponsoring our October Early Bird Supper! Mark your calendar for October 29. Thank you WJWC!

Bloom Where Planted Workshop on October 2

Marty Gitlin presents: Red Sox v. Yankees, the greatest sports rivalry in history on October 4

Mystical Art Workshop on October 15

- ANNUAL HEALTH AND WELLNESS FAIR ON THURSDAY OCTOBER 10 8:30 AM - 12 PM
- ALL REGULARLY SCHEDULED ACTIVITIES ARE CANCELLED ON OCTOBER 10

CT Money School Continues with TWO opportunities in October!

Live Well with Chronic Conditions[®] begins a 6-week series, beginning October 11.

- HARVEST FESTIVAL ON OCTOBER 14 AT LUNCHTIME
- RISE N' SHINE BREAKFAST ON OCTOBER 17 AT 9 AM
- CLAUDIA DIXON PRESENTS: BENEFITS OF DOWNSIZING ON OCTOBER 17 AT 10 AM
- GOLDEN GROOVES AND MOVES ON OCTOBER 30 AT 1 PM

Welcome to the Senior Center

Senior Services is a department under the Windsor Recreation and Leisure umbrella. The Windsor Senior Center tries hard to honor all our members and their interests as we continue to provide quality social, recreational, educational, and informational programs for individuals aged 55 and better.

Enriching Windsor's 55+ population; keeping folks engaged, entertained, informed, and fit (both physically and mentally) is our passion! We love promoting independence, personal growth, and participation within community via our programs.

We provide a wide array of offerings that appeal to the range of ages we serve; most of which may be found in the monthly newsletter. If you have ideas for new programming, or any comments and concerns about current programming, please let us know.

The Windsor Senior Center respects and honors the diversity of all our participants. All are welcomed and embraced here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education, and political perspective.

Meet *The* Team:

Rebecca Joyce
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Stephanie Famiano
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Carnell Freeman
Driver

Belman Ramirez
Driver

Derrick Wallen
Driver

Woody Woodard
Driver

Pepe Saldana
Driver

Aziz Harram
Driver

Welcome Ramonda!



Many of you have already had the pleasure of meeting Ramonda "Ro" Elkey, who joined us over the summer as the Lead Driver. She brings a wealth of knowledge and was well suited for this role. Over the past few months, Ro has trained with George to learn the ins and outs of the department, as well as his position, which is fantastic news since George will be retiring soon. Ro will continue her training with George until his retirement on November 1. After that, she will take over from George and step into the role of Transportation Coordinator. Please join us in welcoming Ro! She is incredible and will excel in this position!









October

At A Glance:



This symbol denotes support from the American Rescue Plan Act

Here is a snap-shot of the special events we have on tap this month. Registration for October programming opens on Monday, September 30.

- Tuesday, October 1: at 8:30 am, **Bus trip for NH: Covered Bridges** departs.
-  Wednesday, October 2: at 12:00 pm, **CT Money School: Managing your Credit**. More info on page 8.
-  Wednesday, October 2: at 4:00 pm, **Bloom Where Planted: Fall Flowers Workshop**. More info on page 5.
- Thursday, October 3: at 10:30 am, **"I Want to Vote, but I Feel I Can't Because..."**. More info on page 4.
-  Friday, October 4: at 10:00 am, **Marty Gitlin presents Red Sox v. Yankees**. More info on page 5.
- Tuesday, October 8: at 10:00 am, **Bus trip to Aquaturf for American Bandstand Tribute** departs.
- Wednesday, October 9: at 12:30 pm, **Carmon Funeral Homes presents on Pre-planning**. More info on page 8.
- Thursday, October 10, from 8:30 am - 12:00 pm, in partnership with the Windsor Health Department, we present the **Annual Health & Wellness Fair and Flu Shot Clinic**. ****ALL OTHER ACTIVITIES ARE CANCELLED****. More info on page 4.
-  Friday, October 11: at 10:00 am, **Live Well with Chronic Conditions** begins a weekly 6-week run. More info on page 8.
- Monday, October 14: at 11:45 am, the **Fall Harvest Festival** begins. More info on page 9.
-  Tuesday, October 15: at 10:00 am, **Mystical Art with Melissa**. More info on page 5.
- Wednesday, October 16: at 10:30 am, **Parkinson's Support Group**.
-  Wednesday, October 16: at 12:00 pm, **CT Money School: Protect Yourself**. More info on page 8.
- Wednesday, October 16: at 4:30 pm, **Evening Bingo** begins.
- Thursday, October 17: at 9:00 am, our friends from Bloomfield Center for Nursing and Rehab serves up a **Rise n' Shine Breakfast**. More info on page 9.
- Thursday, October 17: at 10:00 am, Claudia Dixon presents on the Benefits of Downsizing.
- Thursday, October 17: at 10:00 am, **Captivating Canvas Paint Class**. More info on page 5.
- Thursday, October 17: at 6:00 pm, **A Night of 1,001 Pumpkins**.
-  Friday, October 18: at 10:00 am, **Live Well with Chronic Conditions**. More info on page 8.
- Wednesday, October 23: at 12:30 pm, **Collette Travel presents on Alaska**. More info on page 9.
- Tuesday, October 29: at 5:00 pm, our friends from the WJWC sponsor and serve the **Early Bird Supper**. More info on page 9.
- Wednesday, October 30: at 11:45 am, we celebrate the **October Birthdays!**
-  Wednesday, October 30: at 1:00 pm, your monthly installment of **Golden Grooves and Moves**, an interactive musical program. More info on page 5.

From the Community



"I Want to Vote, but Feel I Can't Because..."

sponsored by the **Commission on Aging & Persons with Disabilities**

Thursday, October 3 at 10:30 AM

Join us for an informative session on Absentee/Disability Voting Rights, sponsored by the Commission on Aging & Persons with Disabilities. This program will provide valuable information on what assistance is available for individuals with disabilities at polling locations, absentee ballots and how to obtain them, plus much more! Don't miss this opportunity to learn how to ensure your vote is counted! Please register by calling the Windsor Senior Center at 860-285-1992 by Wednesday, October 2, 2024.

Aging in Place: Staying in Your Home and Community

co-sponsored by the **Windsor Commission on Aging & Persons with Disabilities and the Windsor Senior Center**

Tuesday, October 15 from 9:30 AM to 11:30 AM

This panel discussion on aging in place, with speakers Michael Plummer and Jessica Hughes from Connecticut Community Care, Inc. (CCCCI), Maureen McIntyre from the North Central Area Agency on Aging (NCAAA), and Cheryl Rosenbaum of the Caring Connection will share valuable resources on how to remain in your home as you age well! Learn about programs like Home Care for Elders and Alzheimer's Respite Funds, and get your questions answered during the Q&A session. Refreshments will be served. This program is co-sponsored by the Windsor Commission on Aging & Persons with Disabilities and the Windsor Senior Center. Call 860-285-1992 to register.

Regular Monthly Veteran Programming:



JOIN
FELLOW
VETERANS

SECOND WEDNESDAY @6PM

VFW POST 4740, 276 BROAD ST. WINDSOR

LAST THURSDAY @8:30AM

LP WILSON, 599 MATIANUCK AVE. WINDSOR

To stay up-to-date with veteran programs, and available resources, visit townofwindsorct.com/senior-services/greater-windsor-veterans-council/

Windsor Health & Wellness Fair and Flu Shot Clinic

Thursday, October 10, 2024

8:30 AM to 12:00 PM

LP Wilson Community Center

Residents age 18 and over:

- Flu Shots (standard or high dose*)
- * High dose recommended for those 65+

Residents age 55 and over:

- Health & Wellness Fair with over 30 Vendors
- Health screenings
- Tests and valuable information



*Please bring all your insurance coverage cards with you: Medicare, Medicare Advantage, and/or private insurance cards.

Enrichment



Bloom Where Planted

Wednesday, October 2 from 4:00 PM - 5:00 PM

Enjoy the bounty of the late summer/early fall flower season by creating a unique eye catching pumpkin flower arrangement. An array of flowers, pumpkin, instruction, and all other materials provided. \$5/\$7 thanks to the American Rescue Plan Act. Register online or by calling 860-285-1992.



Red Sox v. Yankees a Humorist's view on the famous rivalry

Friday, October 4 at 10:00 AM

Public speaker, sports writer, pop culture historian and author of over 200 books, Marty Gitlin will be here to tell you his thoughts on the greatest rivalry ever in sports - the Boston Red Sox v. the NY Yankees. Free to attend, thanks to the American Rescue Plan Act.

R.O.M.E.O. Club

Retired Old Men Eating Out

Monday October 7 at 9:00 AM

R.O.M.E.O. Club meets on the first Monday of the month Coffee will be served along side robust conversation and great company. Free. Dropin.

Trick-or-Treat Bag Bonanza

Friday, October 11 at 9:30 AM

Hey there, artists! Get ready to unleash your creativity by decorating 300 goody bags for the spooktacular Night of 1,001 Pumpkins Halloween bash at the L.P. Wilson Community Center. Seniors are sought a week before the event, and fear not, guidance will be on hand. Secure your spot by dialing 860-285-1992. Let's get crafting!



Mystical Art

with **Melissa Richards**

Tuesday, October 15 at 10:00 AM

Discover the magical realm of goddesses who have shaped beliefs worldwide. Create art inspired by these ancient female figures. Enjoy a luscious session that relaxes your mind and nourishes your spirit. We introduce a three-part monthly series in October with Pattini, the Sri Lankan Goddess of Justice. \$5 per resident/\$7 per non-resident, thanks to the American Rescue Plan Act. Register online or by calling 860-285-1992.



Captivating Canvas Paint Class



Thursday, October 17 at 10:00 AM

On the third Thursday each month, paint with Artist Sandy Poirier. Register online. \$16/\$18

Movie of the Month

Thursday, October 17 at 1:00 PM

On the 3rd Thursday of each month! October's movie is Tim Burton's Beetlejuice Call 860-285-1992 to register. Free!

Golden Grooves and Moves

Wednesday, October 30 at 1:00 PM

Our new monthly program helps you enjoy singing and dancing to the music you grew up with. Play games to challenge your memory, enjoy amusing trivia, sing along, and even get up on the dance floor! This is a FREE program thanks to American Rescue Plan Act funds. Refreshments will be served. Call 860-285-1992 to register.



Regularly scheduled programming at the Windsor Senior Center



Mondays

9:00 Tai Chi
 9:00 Pickle Ball - Advanced Players
 9:00 Coffee Connection
 9:00 SS BOOM Muscle
 9:30 Beginner Guitar with Marc
 10:00 SCRIBE Writer's Workshop (*2nd & 4th Monday)
 10:30 SS Classic
 11:45 CRT Lunch
 1:00 BINGO
 1:00 Mahjongg
 4:00 Intergenerational Guitar Class

Tuesdays

9:00 Coffee Connection
 9:00 Pickleball - Beginners & Intermediate
 9:30 Mindfulness & Meditation w/ Michael
 10:30 SS Chair Yoga
 10:45 Walking Club
 11:45 CRT Lunch
 1:00 Set Back
 1:00 Wii Bowling
 1:00 Cornhole League
 1:00 Expressive Arts

Wednesdays

9:00 Pickleball - Adv. Play
 9:00 SS BOOM Muscle
 9:00 Cribbage
 10:00 Yoga
 10:30 SS Classic
 10:30 Parkinson's Support (*3rd Wed.)
 10:00 Bereavement (closed group)
 11:45 CRT Lunch
 12:00 CT Money School (*1st and 3rd Wednesday)
 12:30 Quilting (*2nd & 4th Wednesday)



It's not too late to register for Guitar with Marc!



Beginner Guitar
Mondays at 9:30 am

Group Guitar
Mondays at 10:30 am
Thursdays at 10:30 am

Intergenerational Guitar Lessons
Mondays at 4:00 pm

Participants with their own guitars may register with the Senior Center or Rec Department.

What Changes are Happening to Medicare in 2025?

with John Sheerin from
The Senior Source, LLC

Tuesday, October 29 10:00 AM - 11:30 AM

You might be wondering which plan is the best fit for you. What updates have been made to the 2025 plans? When is the enrollment deadline? Let us address your questions and alleviate your concerns. In collaboration with Windsor Social Services, we invite you to participate in a discussion about the 2025 Medicare Plans. Coffee and tea will be served. To register, please call 860-285-1992.

Thursdays

- 8:30 Dancing Feet Foot Care (*3rd & 4th Thurs.)
- 9:00 Coffee Connection
- 9:00 Pickleball - Beg. Play
- 10:00 Chess Club (*1st & 3rd Thurs.)
- 10:30 Group Guitar with Marc
- 10:45 Walking Club
- 11:45 CRT Lunch
- 1:00 Set Back
- 1:00 Cornhole League
- 1:00 Expressive Arts

Fridays

- 9:00 Tai Chi
- 9:00 Coffee Connection
- 9:00 Pickleball - All Play
- 9:00 SS BOOM Muscle
- 9:30 Crafty Fingers & Scrap Booking
- 10:00 Yoga
- 11:45 CRT Lunch
- 12:30 Line Dancing *NEW TIME
- 1:00 BINGO

Weekends

Have you completed your Annual Form 5?

A NAPIS Form 5 must be completed annually to enjoy participation in evening and weekend trips, as these trips are grant funded through the North Central Area Agency on Aging. Form 5's are available at the Senior Center. Check out our robust schedule of Evening and Weekend Trips on page 10. A \$2.00 donation is encouraged for us to continue offering these wonderful trips.

Non-Resident Indoor Pickleball

Info:

Effective Tuesday September 3, 2024

Non-resident Indoor Pickleball rates returned on September 3. You may not enter the gymnasium as a non-resident during the below dates, unless you purchase a Pickleball Play Card. Purchases may be made at the Senior Center window. Thank you for your cooperation. All Pickleball players, regardless of residency must complete a Windsor Senior Center Membership Form.



- Sept 3 - Nov 29: \$30
- Dec 2 - Feb 28: \$30
- Mar 3 - May 30: \$30
- Sept 3 - May 30: \$90



To receive a digital copy of our Monthly Newsletter, please register by completing a Windsor Senior Center Membership form, available in the Senior Center or on our website, and providing your email address.

Wellness & Enlightenment

Pre-Planning

with Carmon Funeral Homes

Wednesday, October 9 at 12:30 PM

When pre-planning is done, we can feel comforted by knowing our loved ones will be spared the hardship of making decisions at such a difficult and sensitive time. It's not a fun thing to think about, but it's essential. Join the experts in this session to discuss some of your options. This program is free. Register by calling 860-285-1992.

Live Well: Chronic Conditions a new 6 week offering

Every Friday, October 11 - November 15 from
10:00 AM - 12:30 PM

Join the **Live Well** workshop to learn how to better manage your ongoing health condition. For people with chronic conditions such as diabetes, high blood pressure, heart disease, arthritis, depression, pain and anxiety OR those caring for someone with a chronic condition. In this series, you will learn:

- Techniques to deal with frustration, fatigue, and pain
- How to communicate effectively with family, friends and healthcare professionals
- How to make healthy eating and physical activity choices
- How to manage stress and deal with difficult emotions
- Problem solving and decision making skills

This series is sponsored by the Department of Rehabilitation Services, State Unit on Aging, CT. Dept. of Public Health, and North Central Area Agency on Aging. This is FREE program to attendees and lunch will be included. Registration is REQUIRED: 860-285-1992.

Presented in partnership:



Financial Literacy Workshops

1st and 3rd Wednesday through November
12:30 PM - 2:00 PM.

October 2: Managing your Credit

October 16: Protect Yourself

November 6: Invest in Yourself

November 20: Income Taxes and VITA

This program is FREE, and a catered lunch will be served to attendees, courtesy of American Rescue Plan Act. Registration will be **REQUIRED**.

Dancing Feet Foot Care

3rd and 4th Thursday each month

RN, April Jacques is here 2x monthly offering footcare. \$40 for basic care (as of June 1). All other services will be mutually agreed upon.

Entrance via the Sr. Ctr. or main entrance only.

Call 860-285-1992 to register. *Wheelchair transport available from Sr. Ctr. to Footcare Room.*

Unwired and Adult Tech Ed with the students of Loomis Chaffee

Tuesdays in October from 4:00 PM - 5:00 PM
Unwired is a student-led organization aiming to connect teenagers and senior citizens and bring awareness to shared issues of the generations through storytelling. Students from the Loomis Chaffee School will visit weekly and provide technology support, host tech workshops, and engage in fun arts and crafts, all while initiating fun conversations with seniors. We are eager to listen to your stories and share your wisdom to the next generation!

Treats & Eats

Harvest Festival

Mon. October 14 11:45 AM
CRT is closed on Indigenous People's Day, so the Senior Center will be providing an Octoberfest-style lunch, live music, and small prizes to attendees. \$5 for residents, \$7 for non-residents. Register online.

Birthday Party

Wed., October 30 at 11:45 AM
If you are age 55+ and have an October birthday, please let us know! Sign up before October 23 for a free gift from Windsor Health and Rehab and enjoy cake donated by Geissler's. Call 860-285-1992.

Early Bird Supper

Tues., October 29 at 5:00 PM
October's Supper is sponsored and hosted by the Windsor Junior Women's Club. They are working with Dom's on catering a meal of baked lasagna with salad and rolls. \$8 for residents/\$10 for non-residents.

Rise n' Shine

Thursday, October 17
9:00 AM - 10:00 AM

Our friends from Bloomfield Center for Nursing will be here to serve up a delicious breakfast. Register quickly, because this is a popular event! Free. Call 860-285-1992.

Around the World with the Windsor Senior Center!

The Windsor Senior Center is continuing the relationship with Collette and Friendship Tours to offer you a variety of quality trips.

COLLETTE TOURS:

For complete info, pick up a flyer at the Senior Center or call 860-285-1992!

for sold-out trips, please call to get on a waitlist

2024 Ireland: 10 days, 13 meals
October 17 - 26

Spain: 12 days, 16 meals
November 1 - 12

2025 Greece: 11 days, 14 meals
April 25 - May 5

Alaska: 12 days, 26 meals
August 13 - 25

Tracy, our adventure guru from Collette, is stopping in to spill the beans on all things Alaska! Join her on **Wednesday, October 23 at 12:30 PM** for a thrilling chat. Reserve your spot for her epic talk by calling 860-285-1992. It's going to be a blast!

FRIENDSHIP TOURS:

Covered Bridges of New Hampshire:
October 1, 2024
\$140/\$145



SENIOR BUS TRIPS:

American Bandstand Tribute at the Aquaturf:
October 8, 2024
\$60/\$65

Merry Christmazz Holiday Variety Show at Storowton Tavern:
December 10, 2024
\$50/\$55



WITHIN WINDSOR

Available Monday - Friday, 8:00 AM to 4:30 PM.

Transportation is provided for medical appointments, shopping, and other activities in town. Call (860) 285-1846 no later than noon two business days before your ride. Call (860) 285-1996 to cancel a ride.

OUT-OF-TOWN MEDICAL RIDES

Transportation for out-of-town medical appointments is offered Mon-Fri 9:00 AM to 3:45 PM.

Call by noon four business days or up to one month ahead of your appointment. Call (860) 285-1992 between 9:00 AM and 3:00 PM to schedule your ride. Provide doctor's name, phone, address, appointment time, and length. Wheelchair transportation is available.

For complete Dial-A-Ride information, including schedules to grocery stores and other shopping/errands please visit our website, call, or come visit us to receive a fully detailed brochure.

Evening and Weekend Trips

- Call 860-285-1992 to sign up for weekend, evening, and leisure trips.
- The cost of meals and/or fees are your responsibility.
- Know that restaurants may not be able to split bills, so bringing cash is advised.
- No additional sign-ups may be made less than 24 hours in advance of the trip.
- Trips marked with ★ indicates registration for non-Windsor residents opens a week later than for residents.

- Trips marked with 🎫 indicates a ticketed event.
- Transportation from home is available for Dial-A-Ride patrons.
- \$2.00 donation encouraged in order for us to continue to offer evening and weekend trips.
- **A NAPIS Form 5 must be completed annually and prior to any trip to participate in evening and weekend trips, as this is grant funded through the North Central Area Agency on Aging. Form 5's are available at the Senior Center.**

Day/Date	Location	Departure/Return times
Tues. Oct. 1	Covered Bridges Tour, NH 🎫	8:30 AM/6:30 PM
Thurs. Oct. 3	East Side Restaurant, New Britain	4:30 PM/7:30 PM
Sat. Oct. 5	Northwest Park Country Fair, Windsor	10:00 AM/2:00 PM
Tues. Oct. 8	Aquaturf: American Bandstand, Plantsville 🎫	10:00 AM/4:00 PM
Sat. Oct. 12	Bethlehem Flea Market and Nick's Country Kitchen, Bethlehem	9:00 AM/3:00 PM
Tues. Oct. 15	Red Robin, Manchester	4:30 PM/7:30 PM
Sat. Oct. 19	Clinton Outlets & Lenny and Joe's, Madison	9:00 AM/3:00 PM
Sun. Oct. 20	Atkin's Farm, Amherst MA	9:00 AM/3:00 PM
Tues. Oct. 22	Applebee's, Plainville	4:30 PM/7:30 PM
Thurs. Oct. 24	Texas Roadhouse, Manchester	4:30 PM/7:30 PM
Sat. Oct. 26	Evergreen Walk and Maggie McFly's, Manchester	9:00 AM/3:00 PM

ALL reservations are now left on a dedicated reservation line. When calling the Windsor Senior Center, you will be given the following options:

- **PRESS 1** To schedule an In Town ride (in Windsor only).
- **PRESS 2** To schedule an Out-of-Town Medical ride (Be sure to leave your name, address, phone number, doctor name, address, phone number, time/duration of your appointment, if you use a walker or wheelchair or bring along an aide).
- **PRESS 3** To reserve a CRT meal from the LP Wilson Kitchen.
- **PRESS 4** To speak to George, the Senior Transportation Coordinator.
- **PRESS 5** To speak with a Senior Center staff member.

We want your experience with us to be as seamless as possible. We hope this new phone tree system will help us to achieve that. Thank you for your cooperation and we look forward to continuing to serve you.

Find Your Perfect FIT

at the 55+ Fitness Center

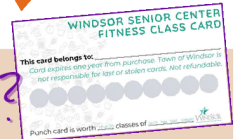


\$60 for 6 months
includes use of machines (no classes included)

\$100 for 1 year
includes use of machines (no classes included)

EVERY FIRST CLASS IS FREE! TRY BEFORE YOU BUY!

Group Workout Info



SilverSneakers Chair

Yoga: Build core strength and increase flexibility while seated. (\$5/\$7 per class)

SilverSneaker Classic (FKA Chair Aerobics): Build endurance while seated. (\$5/\$7 per class)

Happy Hikers: Weekly trail hikes in CT and MA. (Free)

SilverSneakers BOOM MUSCLE (FKA Shape up & Workout): A great aerobic workout. (\$5/\$7 per class)

Line Dancing:

No partner necessary! (Free)

Tai Chi:

Rise and Flow with Ginger (\$5/\$7 per class)

Trail Riders:

Ride locally on paved trails with beautiful scenery. (Free)

Walking Club:

Get your steps in! (Free)

Yoga:

Enhance your core and flexibility. (\$5/\$7 per class)

What's a Drop-in Card?

If you don't have a wellness benefit, you may pay for a "Drop-in" Class Card to attend Group Fitness Classes. This means you will only pay for the classes you attend:

- **Residents:** \$60 per 10-class drop-in card
- **Non-Residents:** \$70 per 10-class drop-in card
- **OR Pay ahead** for the month's classes
 - Prices are as indicated on class descriptions (resident/ non-resident), and paid for on a monthly basis. Class schedules may differ each month due to instructor availability.

RenewActive
by UnitedHealthcare

Silver&Fit

prime



Active & Fit
ENTERPRISE

Instructors will be in touch with you if their schedule changes. Please ask for a printed schedule, or ensure your email is up to date to receive communications. All efforts will be made to contact you in the event of an emergency cancellation.

The Windsor Senior Center is a proud partner and host site to the following wellness benefit programs: SilverSneakers, RenewActive, Silver & Fit, Active & Fit, and Prime! Call your provider today to see if you qualify! *Please note that non-SilverSneakers folks may take SS classes, but at the cost listed to the left.

Weekly Fitness Class Schedule

S	M	T	W	Th	F	S
8-2: 55+ Fitness Center Open	8-8: 55+ Fitness Center Open 9-9:45: Tai Chi 9-12: Pickleball 9-10: SS BOOM Muscle 10:30-11:30: SS Classic	8-8: 55+ Fitness Center Open 9-12: Pickleball 10: Trail Riders 10:30 - 11:30 SS Chair Yoga 10:45: Walking Club	8-8: 55+ Fitness Center Open 9-12: Pickleball 9-10: BOOM Muscle 10-11:15: Yoga 10:30-11:30: SS Classic	8-8: 55+ Fitness Center Open 9-12: Pickleball 10:45: Walking Club	8-8: 55+ Fitness Center Open 9-9:45: Tai Chi 9-10: SS BOOM Muscle 9-12: Pickleball 10-11:15: Yoga 10: Happy Hikers 12:30: Lince Dancing	8-2: 55+ Fitness Center Open