








NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
					1 **Fuel Asst. 9-12 PROJECT LINUS 10:00 PM 	2																																										
3 Daylight Saving 	4 EXERCISE - 9:00 AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM	5 EXERCISE - 9:30 AM RELAX & COLOR CLASS - 1PM **SHINE COUNSELOR	6 YOGA - 9:30 AM BINGO - 1:15 PM	7 EXERCISE - 9:30 AM VETERAN'S LUNCH 12 NOON 	8 COFFEE HOUR 10:00:AM	9																																										
10	11 Veterans Day SENIOR CENTER CLOSED 	12 EXERCISE - 9:30 AM WATERCOLOR CLASS - 1PM **SHINE COUNSELOR	13 YOGA - 9:30 AM BINGO - 1:15 PM	14 EXERCISE - 9:30 AM Advocating for Yourself Followed by Wellness Clini 10:45 to 11:45 Plus Cards @ 1pm	15 COFFEE HOUR 10:00 AM	16																																										
17	18 EXERCISE - 9:00 AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING (Wilm) 1 PM	19 EXERCISE - 9:30 AM Cards @ 1pm **SHINE COUNSELOR	20 YOGA - 9:30 AM BINGO - 1:15 PM COA Meeting 6:30	21 EXERCISE - 9:30 AM Thanksgiving Dinner MVES Meal FREE MOVIE @ 1pm "On the Basis of Sex"	22 COFFEE HOUR 10AM	23																																										
24 Hillview Senior Citizens Thanksgiving Dinner	25 EXERCISE - 9:00 AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM	26 "TEEN TECH TUTORS" 2:45-3:45 ** SHINE COUNSELOR	27 YOGA - 9:30 AM BINGO - 1:15 PM	28 Thanksgiving SENIOR CENTER CLOSED	29 SENIOR CENTER CLOSED	30 Happy Thanksgiving! 																																										
 shutterstock - 162661451	RESERVATIONS NEEDED FOR VETERAN'S LUNCH, WATER-COLOR CLASS & MVES THANKSGIVING DINNER. APPOINTMENT NEEDED FOR SHINE COUNSELOR. PLEASE CALL THE SENIOR CENTER AT 978-664-5600 FOR APPOINTMENTS & RESERVATIONS OR IF YOU NEED A RIDE.				<p style="text-align: center;">December 2019</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> </tr> <tr> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> </tr> <tr> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> </tr> <tr> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
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