

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday        |
|--|--|---|---|--|--|-----------------|
|  | 1<br>EXERCISE - 9 AM<br>CHORUS - 10:30 AM<br>BLOOD PRESSURE 1PM<br>Wii BOWLING 1 PM  | 2<br>EXERCISE - 9:30 AM<br><br>"RELAX & COLOR"<br>1PM<br>** SHINE COUNSELOR   | 3<br>YOGA Canceled Today<br><br>BINGO - 1:15 PM   | 4<br>EXERCISE - 9:30 AM  | 5 Fuel Asst.9-11<br><b>PROJECT LINUS 10AM</b><br><br>Matter of Balance Class TH | 6               |
| 7  | 8 Columbus Day<br>SENIOR CENTER<br>CLOSED<br> | 9<br>EXERCISE - 9:30 AM<br><b>MARKET BASKET 12PM</b><br><b>WATERCOLOR CLASS 1PM</b><br>** SHINE COUNSELOR   | 10<br>YOGA - 9:30 AM<br><br>BINGO - 1:15 PM   | 11<br>EXERCISE - 9:30 AM<br><br>FLU CLINIC<br>1-3 PM   | 12 Fuel Asst.9-11<br>COFFEE HOUR<br>10:00 AM<br><br>Matter of Balance Class TH   | 13              |
| 14   | 15<br>EXERCISE - 9 AM<br>CHORUS - 10:30 AM<br>BLOOD PRESSURE 1PM<br>Wii BOWLING 1 PM   | 16 Boss's Day<br>EXERCISE - 9:30 AM<br>"MEDICARE INFO"<br>1PM<br>** SHINE COUNSELOR   | 17<br>YOGA - 9:30 AM<br>Senator Tarr's Office<br>Hours 9:30 - 10:30<br>BINGO - 1:15 PM                                  | 18<br>EXERCISE - 9:30 AM<br>Coffee with a Cop @10:45<br><b>FREE MOVIE</b><br>"Band of Angels"<br>1PM | 19 Fuel Asst.9-11<br><b>A.M. BREAKFAST CLUB</b><br>(All Men)<br><b>8:30 AM</b><br><br>Matter of Balance Class TH   | 20 Sweetest Day |
| 21   | 22<br>EXERCISE - 9 AM<br>CHORUS - 10:30 AM<br><b>MARKET BASKET 12PM</b><br>BLOOD PRESSURE 1PM<br>Wii BOWLING w/Wilm- 1 PM      | 23<br>EXERCISE - 9:30 AM<br>"GAME DAY"<br>1PM<br>** SHINE COUNSELOR   | 24 United Nations Day<br>YOGA - 9:30 AM<br><br>BINGO - 1:15 PM<br><br>MCOA Confrence                                    | 25<br>EXERCISE - 9:30 AM<br><b>Acrylic Painting Class 1PM</b><br><br>MCOA Confrence                  | 26 Fuel Asst.9-11<br>COFFEE HOUR<br>10:00 AM<br><br>Matter of Balance Class TH<br>MCOA Confrence   | 27              |
| 28   | 29<br>EXERCISE - 9 AM<br>CHORUS - 10:30 AM<br>BLOOD PRESSURE 1PM<br>Wii BOWLING 1 PM   | 30<br>EXERCISE - 9:30 AM<br><br>Cell Phone Help<br>2:45 - 3:45<br>** SHINE COUNSELOR  | 31 Halloween<br>YOGA - 9:30 AM<br><b>NO BINGO TODAY</b><br><b>HALLOWEEN PARTY 12 NOON</b><br>"Prizes for Best Costumes" |                 |   |                 |
|  | November 2018<br>S M T W T F S<br>1 2 3<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30 | <b>RESERVATIONS NEEDED FOR HALLOWEEN PARTY AND WATERCOLOR CLASS (CLASS LIMITED TO 10 PARTICIPANTS)</b><br><b>**APPOINTMENT NEEDED FOR SHINE COUNSELOR</b><br><b>CALL SENIOR CENTER AT 978-664-5600 FOR RESERVATIONS AND APPOINTMENTS.</b> |   |  |   |                 |