




SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
1	2 Labor Day SENIOR CENTER CLOSED 	3 9AM Meet Laura EXERCISE - 9:30 AM RELAX & COLOR CLASS - 1PM ** SHINE COUNSELOR	4 YOGA - 9:30 AM BINGO - 1:15 PM	5 EXERCISE - 9:30 AM Labor Day Special MVES Meal	6 COFFEE HOUR 10AM	7																																										
8 Grandparents Day	9 EXERCISE - 9AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING - 1PM Wilmington Wii Visting	10 EXERCISE - 9:30 AM WATERCOLOR CLASS - 1PM ** SHINE COUNSELOR	11 Patriot Day YOGA - 9:30 AM BINGO - 1:15 PM COA Meeting 6:30	12 EXERCISE - 9:30 AM APPLE FEST WITH THE JOURNEYMEN 12 Noon	13 COFFEE HOUR 10AM	14																																										
15	16 EXERCISE - 9AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING - 1PM AARP Drivers Course TH	17 Constitution Day EXERCISE - 9:30 AM CARDS - 1PM ** SHINE COUNSELOR	18 YOGA - 9:30 AM Senator Tarr's Office Hours - 9:30 - 10:30 BINGO - 1:15 PM	19 EXERCISE - 9:30 AM Outreach Hour 10:45 FREE MOVIE @ 1pm "STAN & OLLIE" Start of Tai Chi @ T.H.2-3	20 COFFEE HOUR 10AM	21																																										
22 	23 Autumnal equinox EXERCISE - 9AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING - 1PM	24 EXERCISE - 9:30 AM "TEEN TECH TUTORS" 2:45-3:45 ** SHINE COUNSELOR	25 YOGA - 9:30 AM BINGO - 1:15 PM	26 EXERCISE - 9:30 AM CARDS - 1PM Tai Chi @ T.H. 2-3pm	27 A.M. Breakfast Club 9:00 AM	28																																										
29	30 Rosh Hashanah EXERCISE - 9AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING - 1PM																																															
		RESERVATIONS REQUIRED FOR THE WATERCOLOR CLASS & APPLE FEST LUNCH/ENTERTAINMENT. ** APPOINTMENTS NEEDED FOR SHINE COUNSELOR CALL SENIOR CENTER AT 978-664-5600 FOR RESERVATIONS, TRANSPORTATION REQUESTS AND APPOINTMENTS.			October 2019 <table border="1"> <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></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</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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