

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	2 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Coloring Club 1:15 Needlepoint	3 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	4 11:00 Veterans Luncheon~ RSVP 1:00 RUMMIKUB
7 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	8 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class 2:30 Stroke Support Group	9 9:00 Cooking Club RSVP 9:15 Mass Rehab Appts. Library 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	10 8:30 Yoga 10:00 Life Exercise 10:00 Sight Loss 12:30 Open Bridge	11 VETERANS DAY CENTER CLOSED
14 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	15 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	16 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Attorney 1:15 Coloring Club 1:15 Needlepoint	17 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	18 10:30 "Bombs and Blackouts" Cape Cod during WWII ~RSVP 1:00 RUMMIKUB
21 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	22 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 10:00 Pedicure 10-12 Memory Screenings 1-3 Memory Screenings 1:00 Computer Class	23 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	24 THANKSGIVING DAY CENTER CLOSED 12-3 PM ELKS LODGE THANKSGIVING DINNER	25 HOLIDAY CENTER CLOSED
28 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	29 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 10:30 KDC 1:00 Computer Class	30 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:00 Wicked Good Wednesday Lunch~RSVP 12:30 Bingo 12:30 Mah Jongg 1:15 Needlepoint		

DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	2 10:30 Country Kitchen Christmas Luncheon~RSVP 1:00 RUMMIKUB
5 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	6 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	7 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Coloring Club 1:15 Needlepoint	8 8:30 Yoga 10:00 Life Exercise 10:00 Sight Loss 12:30 Open Bridge	9 12:30 Free Movie 1:00 RUMMIKUB
12 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	13 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class 2:30 Stroke Support Group	14 9:00 Cooking Club RSVP 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	15 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	16 11:30 5 th Grade Holiday Concert Luncheon~RSVP 1:00 RUMMIKUB
19 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	20 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	21 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Coloring Club 1:15 Needlepoint	22 8:30 Yoga 10:00 Life Exercise 12:30 Open Bridge	23 12:30 Free Movie 1:00 RUMMIKUB
26 HOLIDAY CENTER CLOSED	27 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 10:00 Pedicare 10:30 KDC 1:00 Computer Class	28 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Attorney 12:00 Wicked Good Wednesday Lunch~RSVP 12:30 Bingo 1:15 Needlepoint	29 8:30 Yoga 10:00 Life Exercise 12:30 Open Bridge	30 1:00 RUMMIKUB