

ACTIVITY SCHEDULE

MONDAY

8:30 AM GENTLE YOGA
9:30 AM CRIBBAGE
10:00 AM ARTHRITIS EXERCISE
11:30 AM STRETCH & RELAXATION
1ST MONDAY 1:00 PM HARBINGER TEA
2nd MONDAY 1:00 PM DECO ART

TUESDAY

9:30 AM MORNING OUT
2ND & 4TH TUES 9-12 PM S.H.I.N.E (BY APPOINTMENT ONLY)
2ND & 3RD TUES 9-2PM BEAUTY SALON (BY APPOINTMENT ONLY)
3RD TUESDAY 9:00 AM BLOOD GLUCOSE TESTING
3RD TUESDAY 9:30 AM MEN'S DISCUSSION GROUP
1st&3RD TUES 1:00 PM WATERCOLOR

WEDNESDAY

9:30 AM GENTLE YOGA
1:00 PM POKER
1:00 PM BINGO
1:00:00 PM MAH JONG
LAST WED 12-1:00 PM BLOOD PRESSURE CHECK

THURSDAY

10:00 AM BOWLING (BOSTON BOWL)
10:00 AM EXERCISE
2ND THURS 10-12PM ASK-A-LAWYER (BY APPOINTMENT ONLY)
2ND THURS 10-12PM BOOK CLUB AT JOHN CURTIS LIBRARY
1PM BRIDGE
2PM BEREAVEMENT

FRIDAY

10:00 AM ARTHRITIS EXERCISE
8:00 AM-12:00 PM ACUPUNCTURE BY APPT. (EXCEPT DURING SPECIAL EVENTS)
1ST FRIDAY 9:00 AM FOOT CLINIC (BY APPOINTMENT ONLY) EVERY OTHER MONTH
11:30AM STRETCH & RELAXATION
FRIDAY MOVIES AND ART MATTERS DATES WILL BE ANNOUNCED IN NEWSLETTER

BIRTHDAY LUNCH AND VOICES WILL BE ANNOUNCED IN THE NEWSLETTER
CHECK THE BULLETIN AT THE CENTER FOR CHANGES AND UPDATES

LUNCHESES SERVED DAILY AT 12:00 AT OUR SENIOR CENTER

PLEASE CALL 781-924-1913 OR 781-924-1921 TO MAKE A RESERVATION

REMEMBER IF SCHOOL IS CANCELLED, PROGRAMS AND VAN ARE CANCELLED

2/14/2013