

## **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