



# NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00-3:00 I&R Hours 10:00-2:30 <b>Alzheimers            Caregiver            Workshop with            lunch included</b> 11:00 Fit for the Future 1:00 Better Bones (6) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11:30 <i>Matter of            Balance (7)</i> 9:40 & 11:00 Yoga (7) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy            Living (1) (R2)</i> 1:30-3:30 <i>Matter of Balance            II (5)</i>	9:00-3:00 I&R Hours 9:30-11:30 <i>Skeptics Guide            to American History (9)</i> 10:00-12:00 <i>Art Fix-it and            Drawing Workshop (1)</i> 11:00 Fit for the Future 1:00 Canasta (R3) 1:00-3:00 Quilting (8) (VH) 1:30 <i>British Art (5)</i>	9-4 SHINE 9:30-11:30 FLU CLINIC 9:30 Tap Dance (1) 9:30 <i>Laughter Group</i> 10 Current Events (SP) 12:00 <i>Soup's On!            Safety at Home</i> 2:30 Connection Circle 3:10-3:55 <i>Community            Dance w/ L-S Students</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (7)(R3) 11:00 Fit for the Future 12:30 Friday Movie: <i>The            Abduction of Seraglio            (opera)</i> 11:30 and 1:45 - Watercolors (10)
9	10	11	12	13
9:00-3:00 I&R Hours 10:00 Stamp Club 11:00 <i>Photo and            Video Workshop            (Apple devices)</i> 11:00 Fit for the Future 1-2:30 <i>Caring Café            for Caregivers and            their partners</i> 1:00 Better Bones (7) 2:15 Tai Chi (8)	No BP Clinic today 9:00 Cribbage 9:00 <i>Memory Screening</i> 9:30-11:30 <i>Matter of            Balance (8, last)</i> 9:40/11:00 Yoga (8) 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy            Living (2) (R2)</i> 1:30-3:30 <i>Matter of Balance            II (6)</i>	<b>Veterans Day Holiday</b>    <b>Veterans Day</b>  <b>Senior Center Closed</b>	9:00-12:00 SHINE 9-4 9:30 Tap Dance (2) 9:30 <i>Laughter Group</i> 12:00 <i>Veterans            Appreciation            Luncheon</i> 12:45-2:30 <i>Senior Notes-            Singing Group-R1</i> 2:30 Connection Circle 3:00 <i>Council on Aging</i> 3:10-3:55 <i>Community            Dance w/ L-S Students</i>	9:00-3:00 I&R Hours  9:30-11:30 Bingo (SP) No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>Funny            Girl</i>  11:30 and 1:45 Watercolors (11)
16	17	18	19	20
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (8) 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:00 <i>Bridges Celebration</i> 9:00 Cribbage 9:40/11:00 Yoga (1) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy            Living (3) (R2)</i> 1:30-3:30 <i>Matter of Balance            II (7)</i>	9:00-3:00 I&R Hours 9:30-11:30 <i>Skeptics Guide            (10)</i> 10:00-12:00 <i>Art Fix-it and            Drawing Workshop (2)</i> 11:00 Fit for the Future (G) 1:00 Canasta (VH) 1:30 <i>British Art (6)</i> No Quilting	9-12 SHINE 9-4 9:00 <i>Bridges Celebration</i> 9:30 <i>Laughter Group</i> 9:30 Tap Dance (3) 10 Current Events (R1) 10-11:30 <i>Crafty Jewelry            Group—new!</i> 12:00 Pizza and a 12:30 Movie: <i>I'll See            You in my Dreams</i> 2:30 Connection Circle 3:10-3:55 <i>Community            Dance w/ L-S Students</i>	9:00-3:00 I&R Hours 9:00 <i>Bridges Celebration</i> 9:30-11:30 Bingo (VH) 9:30 Better Bones (8) 11:00 Fit for the Future 12:30 Friday Movie: <i>Prize            Winner of Defiance Ohio</i> 11:30/1:45 Watercolors (12)
23	24	25	26	27
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy            Living (4) (SP)</i> No <i>Matter of Balance</i>	No <i>Skeptics Guide</i> No <i>Art Workshop</i> today 11:00 Fit for the Future 12:00 <i>Thanksgiving            Dinner at Lincoln            Sudbury High School—            reservations req'd</i> No Quilting today No British Art 1-3:30 Canasta (VH)	<b>Thanksgiving Day</b>    <b>Senior Center Closed</b>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>House            of Spirits</i>  No Watercolors
30				
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (2) 2:15 Tai Chi (3)		VH—Van Houten Room SP—Sudbury Pines Rm. R1—Room 1 R2—Room 2 R3—Room 3		