

April 2023

***REGISTER BY CALLING THE SENIOR CENTER AT 508-539-1440**

3/23/23

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>AARP TAX-AID Intake Appointments between 9:00-10:00* Strength Training 8:30-9:30 Walking Group 9:00-10:00* Gentle Yoga 9:45-10:30 (fee) New Member Info. 10:30-12:00* Chair Yoga 11:00-12:00 (fee) Mah Jongg 12:30-4:00</p>	<p>Exercise 8:30-9:30 Select Board Member Wyman-Colombo Office Hours 9:00-10:00 Woodcarving 9:00-12:00 Men's Club 10:00-12:00 Rummikub 10:00-12:00 Zumba 10:00-11:00 (fee) Ostomy Support Group 11-12* Sea Mist Swimming 11:00-2:00* Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 12:30-3:00 Veterans' Social 1:00-3:00 Beatles & Beyond Concert with Roger Tincknell 2:00-3:00* Bereavement Support Group 2:30-4:00</p>	<p>Strength Training 8:30-9:30 Walking Group 9:00-10:00* Aphasia Support Group 10:00 (Zoom or in-person @ Spaulding)* CORD - Display of Assistive Technology 10:00am-11:30am in the Lobby Zumba 10:00-11:00 (fee) Sports Group 10:00-12:00 Osteoporosis Exercise 12:00-1:00* Canasta 1:00-3:30 Cribbage 1:00-3:30 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Tai Chi 2:00 -3:30* Movie: - 1:00*</p>	<p>Exercise 8:30-9:30 Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage & More! 10:00-11:00 Knitting/Crochet 10:00-11:00* Scrabble 11:00-12:00 Sea Mist Swimming 11:00-2:00* SHINE 12:00-3:00 (by appt) * Line Dancing 1:00-2:00 (fee) PC & Gadgets 12:00-2:00 (by appt)* Managing Vegetable Pests & Diseases 1:00-2:00* Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee)</p>	<p>AARP TAX-AID Intake Appointments between 9:00-10:00* Strength Training 8:30-9:30 Absolute Beginner Ukulele 9:00-10:00 (fee)* Beginner 2 Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Zumba 10:00-11:00 (fee) Mah Jongg 12:30-4:00 Veterans Services 1:00 -4:00 (by appt) *</p>
10	11	12	13	14
<p>AARP TAX-AID Intake Appointments between 9:00-10:00* Strength Training 8:30-9:30 Walking Group 9:00-10:00* VNA Wellness Clinic 9:30-10:30 Gentle Yoga 9:45-10:30 (fee) New Member Info. 10:30-12:00* Chair Yoga 11:00-12:00 (fee) Mah Jongg 12:30-4:00</p>	<p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Rummikub 10:00-12:00 Zumba 10:00-11:00 (fee) Sea Mist Swimming 11:00-2:00* Duplicate Bridge 12:30-3:00 Beginner Mah Jongg 12:30-3:00 Legal Services 1:00-4:00 (by appt)* VNA Stepping Stones to Fitness 1:30-2:30* CRAFT 2:00-4:00</p>	<p>Strength Training 8:30-9:30 Walking Group 9:00-10:00* Zumba 10:00-11:00 (fee) Sports Group 10:00-12:00 Independence House 10:00-12:00 Osteoporosis Exercise 12:00-1:00* Canasta 1:00-3:30 Cribbage 1:00-3:30 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Dementia Support 1:30-3:00* Tai Chi 2:00 -3:30*</p>	<p>Exercise 8:30-9:30 Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage & More! 10:00-11:00 Knitting/Crochet 10:00-11:00* Scrabble 11:00-12:00 Sea Mist Swimming 11:00-2:00* SHINE 12:00-3:00 (by appt) * PC & Gadgets 12:00-2:00 (by appt)* Line Dancing 1:00-2:00 (fee) Discover Your Purpose 1:00-2:00* Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee) Qi Gong 3:15-4:15 (fee)*</p>	<p>AARP TAX-AID Intake Appointments between 9:00-10:00* Strength Training 8:30-9:30 Foot Clinic 9:00-2:00 (fee, by appt.)* Absolute Beginner Ukulele 9:00-10:00 (fee)* Beginner 2 Ukulele 10:15am-11:15am (fee)* Beginner 1 Ukulele 11:30-12:30 (fee)* Zumba 10:00-11:00 (fee) Mah Jongg 12:30-4:00</p>

<p style="text-align: center;">PATRIOTS' DAY OBSERVANCE</p> <p>The Mashpee Senior Center will be closed today. All activities including the minibus, are cancelled.</p> 	17	18	19	20	21
<p>Strength Training 8:30-9:30 Walking Group 9:00-10:00* Gentle Yoga 9:45-10:30 (fee) Sight Loss Support Group 10:00-11:30 New Member Info. 10:30-12:00* Chair Yoga 11:00-12:00 (fee) Mah Jongg 12:30-4:00 Open Street Mapping 1:00-3:00* Book Club 2:00-3:00</p>	24	25	26	27	28
<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION*</p>					

Exercise 8:30-9:30
Woodcarving 9:00-12:00
Rummikub 10:00-12:00
Zumba 10:00-11:00 (fee)
Sea Mist Swimming 11:00-2:00*
Duplicate Bridge 12:30-3:00
Beginner Mah Jongg 12:30-3:00
BINGO! 1:00-2:30*
VNA Stepping Stones to Fitness 1:30-2:30*
Bereavement Support Group 2:30-4:00

Strength Training 8:30-9:30
Walking Group 9:00-10:00*
Zumba 10:00-11:00 (fee)
Sports Group 10:00-12:00
Parkinson Support Group - 10am-11:15am – (Zoom)*
Osteoporosis Exercise 12:00-1:00*
Canasta 1:00-3:30
Cribbage 1:00-3:30
Painting Class 10:00-12:00 & 1:00-3:00 (fee)
Tai Chi 2:00 –3:30*
Movie: - 1:00*

Exercise 8:30-9:30
Travel Info 9:00-10:30
Singing Seniors 9:30-11:30
Cribbage & More! 10:00-11:00
Knitting/Crochet 10:00-11:00*
Scrabble 11:00-12:00
PC & Gadgets 12:00-2:00 (by appt)*
Thrifting 101 11:00-12:00*
Sea Mist Swimming 11:00-2:00*
SHINE 12:00-3:00 (by appt) *
Learn to Play Mah Jongg 1:00-3:00 (fee)*
Line Dancing 1:00-2:00 (fee)
Sketching 1:30-3:00
Ballroom Dance 3:00-4:00 (fee)

Strength Training 8:30-9:30
Hearing Screenings 9:00-12:00 (by appt)*
Absolute Beginner Ukulele 9:00-10:00 (fee)*
Beginner 2 Ukulele 10:15am-11:15am (fee)*
Beginner 1 Ukulele 11:30-12:30 (fee)*
MASSHire 10:00-12:00
Zumba 10:00-11:00 (fee)
Mindful Awareness 11:30-12:30*
Mah Jongg 12:30-4:00
Veterans Services 1:00 –4:00 (by appt)*

Exercise 8:30-9:30
Woodcarving 9:00-12:00
Rummikub 10:00-12:00
Zumba 10:00-11:00 (fee)
Legal Services 1:00-4:00 (by appt)*
Sea Mist Swimming 11:00-2:00*
Cooking/Nutrition Program 11:00-12:00*
Duplicate Bridge 12:30-3:00
Beginner Mah Jongg 12:30-3:00
VNA Stepping Stones to Fitness 1:30-2:30*
CRAFT 2:00-4:00

Strength Training 8:30-9:30
Walking Group 9:00-10:00*
Zumba 10:00-11:00 (fee)
Sports Group 10:00-12:00
Osteoporosis Exercise 12:00-1:00*
Canasta 1:00-3:30
Cribbage 1:00-3:30
Painting Class 10:00-12:00 & 1:00-3:00 (fee)
Dementia Support 1:30-3:00*
Tai Chi 2:00 –3:30*

Exercise 8:30-9:30
Travel Info 9:00-10:30
Singing Seniors 9:30-11:30
Volunteer Appreciation Brunch 10:00*
Cribbage & More! 10:00-11:00
Scrabble 11:00-12:00
Sea Mist Swimming 11:00-2:00*
SHINE 12:00-3:00 (by appt) *
Learn to Play Mah Jongg 1:00-3:00 (fee)*
Line Dancing 1:00-2:00 (fee)
Sketching 1:30-3:00
Ballroom Dance 3:00-4:00 (fee)

Strength Training 8:30-9:30
Absolute Beginner Ukulele 9:00-10:00 (fee)*
Beginner 2 Ukulele 10:15am-11:15am (fee)*
Beginner 1 Ukulele 11:30-12:30 (fee)*
Zumba 10:00-11:00 (fee)
Mah Jongg 12:30-4:00