

February 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Strength Training 8:30-9:30 Aphasia Support Group 10:00 (Zoom or in-person @ Spaulding)* 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*	Exercise 8:30-9:30 Travel Info 9:00-10:30 Cribbage & Scrabble 10:00-11:00 Knitting/Crochet 10:00-11:00* 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* Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee) Qi Gong 3:15-4:15 (fee)*	Strength Training 8:30-9:30 Beginner Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Computer Essentials 9:00-10:30* Zumba 10:00-11:00 (fee) Mahjongg 12:30-4:00 Veterans Services 1:00 –4:00 (by appt) * Trivia with Greg 1:00-2:00* Strong At Heart Exercise 1:30* AARP TAX-AID Intake Appointments between 9:00-10:00*
6	7	8	9	10
Strength Training 8:30-9:30 Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00 AARP TAX-AID Intake Appointments between 9:00-10:00*	Exercise 8:30-9:30 Select Board Member Wyman-Colombo Office Hours 9:00-10:00 Woodcarving 9:00-12:00 Computer Essentials 9:00-10:30* 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 Veterans’ Social 1:00-3:00 Mindfulness Theater 1:30-3:00* Bereavement Support Group 2:30-4:00 Craft 2:00-4:00 (fee)*	Strength Training 8:30-9:30 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*	Exercise 8:30-9:30 Travel Info 9:00-10:30 Cribbage & Scrabble 10:00-11:00 Knitting/Crochet 10:00-11:00* Sea Mist Swimming 11:00-2:00* SHINE 12:00-3:00 (by appt) * Line Dancing 1:00-2:00 (fee) Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee) Qi Gong 3:15-4:15 (fee)*	Strength Training 8:30-9:30 Foot Clinic 9:00-2:00 (fee, by appt.)* Beginner Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Computer Essentials 9:00-10:30* Zumba 10:00-11:00 (fee) Mahjongg 12:30-4:00 Strong At Heart Exercise 1:30* AARP TAX-AID Intake Appointments between 9:00-10:00*

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">13</p> <p>Strength Training 8:30-9:30 VNA Wellness Clinic 9:30-10:30 Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00 AARP TAX-AID Intake Appointments between 9:00-10:00*</p>	<p style="text-align: right;">14</p> <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Computer Essentials 9:00-10:30* Zumba 10:00-11:00 (fee) Rummikub 10:00-12:00 Sea Mist Swimming 11:00-2:00* Valentine's Day Social 1:00-2:00* Beginner MahJongg 1:00-3:00 Duplicate Bridge 12:30-3:00 Legal Services 1:00-4:00*</p>	<p style="text-align: right;">15</p> <p>Strength Training 8:30-9:30 Zumba 10:00-11:00 (fee) Sports Group 10:00-12:00 Parkinson Support Group - 10am-11:15am – (Zoom)* Elder Services Valentine's Brunch 11:30 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 style="text-align: right;">16</p> <p>Exercise 8:30-9:30 Travel Info 9:00-10:30 Cribbage & Scrabble 10:00-11:00 Knitting/Crochet 10:00-11:00* 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* Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee) Qi Gong 3:15-4:15 (fee)*</p>	<p style="text-align: right;">17</p> <p>Strength Training 8:30-9:30 Beginner Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Computer Essentials 9:00-10:30* Zumba 10:00-11:00 (fee) Mahjongg 12:30-4:00 Veterans Services 1:00 –4:00 (by appt)* Strong At Heart Exercise 1:30* AARP TAX-AID Intake Appointments between 9:00-10:00*</p>
<p style="text-align: right;">20</p> <p>THE MASHPEE SENIOR CENTER IS CLOSED FOR THE HOLIDAY IN OBSERVANCE OF PRESIDENTS' DAY</p> 	<p style="text-align: right;">21</p> <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba 10:00-11:00 (fee) Rummikub 10:00-12:00 Sea Mist Swimming 11:00-2:00* Duplicate Bridge 12:30-3:00 BINGO! 1:00-2:30* Beginner MahJongg 1:00-3:00 Bereavement Support Group 2:30-4:00</p>	<p style="text-align: right;">22</p> <p>Strength Training 8:30-9:30 28 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-pm) Dementia Support 1:30-3:00* Tai Chi 2:00 –3:30*</p>	<p style="text-align: right;">23</p> <p>Exercise 8:30-9:30 Travel Info 9:00-10:30 Cribbage & Scrabble 10:00-11:00 Knitting/Crochet 10:00-11:00* Sea Mist Swimming 11:00-2:00* SHINE 12:00-3:00 (by appt) * Line Dancing 1:00-2:00 (fee) Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee) Qi Gong 3:15-4:15 (fee)*</p>	<p style="text-align: right;">24</p> <p>Strength Training 8:30-9:30 Beginner Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Zumba 10:00-11:00 (fee) Mahjongg 12:30-4:00 Strong At Heart Exercise 1:30* AARP TAX-AID Intake Appointments between 9:00-10:00*</p>
<p style="text-align: right;">27</p> <p>Strength Training 8:30-9:30 VNA Wellness Clinic 9:30-10:30 Gentle Yoga 9:45-10:30 (fee) Sight Loss Support 10:00-11:30 Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00 Book Club 2:00-3:00 AARP TAX-AID Intake Appointments between 9:00-10:00*</p>	<p style="text-align: right;">28</p> <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba 10:00-11:00 (fee) Rummikub 10:00-12:00 Legal Services 10:00-12:00* Sea Mist Swimming 11:00-2:00* Duplicate Bridge 12:30-3:00 Beginner MahJongg 1:00-3:00 Craft 2:00-4:00 (fee)*</p>		<h1>Events</h1>	