

January 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>THE MASHPEE SENIOR CENTER IS CLOSED FOR HOLIDAY OBSERVANCE OF HAPPY NEW YEAR'S DAY</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* New Year's Luncheon 12:00-2:00* Duplicate Bridge 12:30-3:00 Veterans' Social 1:00-3:00 Bereavement Support Group 2:30-4:00</p>	<p>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*</p>	<p>Exercise 8:30-9:30 Qi Gong 9:00-10:00 (fee) Travel Info 9:00-10:30 Cribbage & Scrabble 10:00-11:00 Knitting/Crochet 10:00-11:00* Sea Mist Swimming 11am-2pm* 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 Qi Gong 3:15-4:15 (fee)* Ballroom Dance 3:00-4:00 (fee)</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) SHINE 12:00-3:00 (by appt) * Mahjongg 12:30-4:00 Veterans Services 1:00-4:00 (by appt) * Strong At Heart Exercise 1:30*</p>
9	10	11	12	13
<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</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 11am-2pm* Beginner MahJongg 1:00-3:00 CORD Presentation 2:00-3:00* Duplicate Bridge 12:30-3:00 Legal Services 1:00-4:00* Craft 2:00-4:00 (fee)*</p>	<p>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*</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 11am-2pm* SHINE 12:00-3:00 (by appt) * Line Dancing 1:00-2:00 (fee) Sketching 1:30-3:00 Qi Gong 3:15-4:15 (fee)* Craft 2:00-4:00 (fee)* Ballroom Dance 3:00-4:00 (fee)</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*</p>
	*CORD - Cape Org. for Rights of the Disabled			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">16</p> <p style="text-align: center;">THE MASHPEE SENIOR CENTER IS CLOSED FOR THE HOLIDAY OBSERVANCE OF DR. MARTIN LUTHER KING, JR. DAY</p> 	<p style="text-align: right;">17</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 11am-2pm* 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;">18</p> <p>Strength Training 8:30-9:30 Zumba 10:00-11:00 (fee) Sports Group 10:00-12:00 Parkinson Support Group (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-pm) Tai Chi 2:00 –3:30* Movie: - 1:00*</p>	<p style="text-align: right;">19</p> <p>Exercise 8:30-9:30 Qi Gong 9:00-10:00 (fee) Travel Info 9:00-10:30 Cribbage & Scrabble 10:00-11:00 Knitting/Crochet 10:00-11:00* Sea Mist Swimming 11am-2pm* 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 Qi Gong 3:15-4:15 (fee)* Ballroom Dance 3:00-4:00 (fee)</p>	<p style="text-align: right;">20</p> <p>Strength Training 8:30-9:30 Foot/Nail Care 9:00-2:00 (fee, by appointment) 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*</p>
<p style="text-align: right;">23</p> <p>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* Sight Loss Support 10:00-11:30 Mahjongg 12:30-4:00 Book Club 2:00-3:00</p>	<p style="text-align: right;">24</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 Legal Services 10:00-12:00* Sea Mist Swimming 11am-2pm* Duplicate Bridge 12:30-3:00 A Close Encounter with a Grizzly Bear Presentation 1:00-2:30* Beginner MahJongg 1:00-3:00 Craft 2:00-4:00 (fee)*</p>	<p style="text-align: right;">25</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;">26</p> <p>Exercise 8:30-9:30 Qi Gong 9:00-10:00 (fee) Travel Info 9:00-10:30 Cribbage & Scrabble 10:00-11:00 Learn MahJongg 10:00-12:00 (fee)* Knitting/Crochet 10:00-11:00* Sea Mist Swimming 11am-2pm* SHINE 12:00-3:00 (by appt) * Line Dancing 1:00-2:00 (fee) Sketching 1:30-3:00 Qi Gong 3:15-4:15 (fee)* Ballroom Dance 3:00-4:00 (fee)</p>	<p style="text-align: right;">27</p> <p>Strength Training 8:30-9:30 Computer Essentials 9:00-10:30* 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* Climate Change Presentation 1:00-2:00*</p>
<p style="text-align: right;">30</p> <p>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</p>	<p style="text-align: right;">31</p> <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Computer Essentials 9:00-10:30* Open House 9:30-11:30 Rummikub 10:00-12:00 Sea Mist Swimming 11am-2pm* Duplicate Bridge 12:30-3:00 Beginner MahJongg 1:00-3:00</p>		<h1>EVENTS</h1>	

