

March 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 Singing Seniors 9:30-11:30 Cribbage 10:00-11:00 Scrabble 11:00-12:00 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 Ageless Yoga 11:30-12:30 Beginner 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) * AARP TAX-AID Intake Appointments between 9:00-10:00*
6	7	8	9	10
Strength Training 8:30-9:30 Walking Group 9:00-10:00 Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mah Jongg 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 Men's Club 10:00-12:00 Rummikub 10:00-12:00 Zumba 10:00-11:00 (fee) Ostomy Support Group 11-12*- (cancelled for March) Sea Mist Swimming 11:00-2:00* Beginner Mah Jongg 12:30-3:00 Veterans' Social 1:00-3:00 Country Flavored Band 1:30-3:30* CPR Course 2:00-3:30* 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 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 Singing Seniors 9:30-11:30 Cribbage 10:00-11:00 Scrabble 11:00-12:00 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 Ageless Yoga 11:30-12:30 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 St. Patrick's Ukulele Concert 1:00* AARP TAX-AID Intake Appointments between 9:00-10:00*

LIKE MASHPEE SENIOR CENTER ON FACEBOOK!!

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">13</p> <p>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) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mah Jongg 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 Zumba 10:00-11:00 (fee) Rummikub 10:00-12:00 Sea Mist Swimming 11:00-2:00* Beginner Mah Jongg 12:30-3:00 Sepsis Awareness Pres. 1:00-2:30* Duplicate Bridge 12:30-3:00 Legal Services 1:00-4:00* Craft 2:00-4:00 (fee)*</p>	<p style="text-align: right;">15</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 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*</p>	<p style="text-align: right;">16</p> <p>Exercise 8:30-9:30 Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage 10:00-11:00 Scrabble 11:00-12:00 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)* - Bring a Friend</p>	<p style="text-align: right;">Happy St. Patrick's Day 17</p> <p>Strength Training 8:30-9:30 Ageless Yoga 11:30-12:30 Absolute Beginner Ukulele 9-10 (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 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>Strength Training 8:30-9:30 Walking Group 9:00-10:00 Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mah Jongg 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;">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* Cooking Demo/Nutrition Program 11:00-12:00* Beginner Mah Jongg 12:30-3:00 Duplicate Bridge 12:30-3:00 A Celtic Celebration – Songs & Stories with David Bates 1:00-2:00* Bereavement Support Group 2:30-4:00</p>	<p style="text-align: right;">22</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 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 style="text-align: right;">23</p> <p>Exercise 8:30-9:30 Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage 10:00-11:00 Scrabble 11:00-12:00 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 Ageless Yoga 11:30-12:30 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 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 Walking Group 9:00-10:00 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* Mah Jongg 12:30-4:00 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 Memory Screening 9am-4pm (by appt)* 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 Mah Jongg 12:30-3:00 Craft 2:00-4:00 (fee)* BINGO! 1:00-2:30*</p>	<p style="text-align: right;">29</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 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*</p>	<p style="text-align: right;">30</p> <p>Exercise 8:30-9:30 Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage 10:00-11:00 Scrabble 11:00-12:00 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;">31</p> <p>Strength Training 8:30-9:30 Ageless Yoga 11:30-12:30 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 AARP TAX-AID Intake Appointments between 9:00-10:00*</p>

