

December 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Exercise 8:30-9:30 SHINE 9:00-12:00 (by appt) * Qi Gong 8:45-9:45 (fee) Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 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 MahJongg Lessons 1:30-3:30 (fee)* Ballroom Dance 3:00-4:00 (fee)	2 Strength Training 8:30-9:30 Beginner Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 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*
5 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 Holiday Wreath Class 1:00-2:00*	6 Exercise 8:30-9:30 Select Board Member Michaela 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 Gold 10:00-11:00 (fee) Ostomy Support Group 11-12* Sea Mist Swimming 11am-2pm* SHINE 12:00-3:00 (by appt) * Duplicate Bridge 12:30-3:00 Veterans' Social 1:00-3:00 Bereavement Support Group 2:30-4:00	7 Strength Training 8:30-9:30 SHINE 9:00-12:00 (by appt) * Aphasia Support Group 10:00 (Zoom or in-person @ Spaulding)* Zumba Gold 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: <i>Penguin Bloom</i> - 1:00*	8 Exercise 8:30-9:30 Qi Gong 8:45-9:45 (fee) Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 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) MFD Winter Preparedness 1:00* Sketching 1:30-3:00 MahJongg Lessons 1:30-3:30 (fee)* Ballroom Dance 3:00-4:00 (fee)	9 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)* Holiday Ukulele Concert 1:00 Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 Mahjongg 12:30-4:00 Strong At Heart Exercise 1:30*

<p>12</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</p>	<p>13</p> <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Rummikub 10:00-12:00 Cooking Demo/Nutrition Program 11:00* Sea Mist Swimming 11am-2pm* Duplicate Bridge 12:30-3:00 Legal Services 1:00-4:00*</p>	<p>14</p> <p>Strength Training 8:30-9:30 Zumba Gold 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>15</p> <p>Exercise 8:30-9:30 Qi Gong 8:45-9:45 (fee) Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 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 MahJongg Lessons 1:30-3:30 (fee)* Ballroom Dance 3:00-4:00 (fee)</p>	<p>16</p> <p>Strength Training 8:30-9:30 Beginner Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 Mahjongg 12:30-4:00 Veterans Services 1:00 –4:00 (by appt) * Strong At Heart Exercise 1:30*</p>
<p>19</p> <p>Strength Training 8:30-9:30 Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) Sight Loss Support 10:00-11:30 New Member Info. 10:30-12:00* Mahjongg 12:30-4:00 Book Club 2:00-3:00</p>	<p>20</p> <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 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*</p>	<p>21</p> <p>Strength Training 8:30-9:30 Zumba Gold 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) Tai Chi 2:00 –3:30* Movie: Blue Miracle - 1:00*</p>	<p>22</p> <p>Exercise 8:30-9:30 Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 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 Ballroom Dance 3:00-4:00 (fee)</p>	<p>23</p> <p>THE MASHPEE SENIOR CENTER IS CLOSED TODAY FOR HOLIDAY OBSERVANCE</p> 
<p>26</p> <p>THE MASHPEE SENIOR CENTER IS CLOSED TODAY FOR HOLIDAY OBSERVANCE</p> 	<p>27</p> <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 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</p>	<p>28</p> <p>Strength Training 8:30-9:30 Zumba Gold 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>29</p> <p>Exercise 8:30-9:30 Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 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 Ballroom Dance 3:00-4:00 (fee)</p>	<p>30</p> <p>Strength Training Beginner Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 Mahjongg 12:30-4:00 Strong At Heart Exercise 1:30*</p>

