## October 2022

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

Tuesday	Wednesday	Thursday	Friday
4	5	6	7
Exercise 8:30-9:30	Strength Training 8:30-9:30	Exercise 8:30-9:30	Strength Training 8:30-9:30
Woodcarving 9:00-12:00	Zumba Gold 10:00-11:00 (fee)	Qi Gong 8:45-9:45 <mark>(fee)</mark>	Zumba Gold 10:00-11:00 (fee)
Men's Club 10:00-12:00	Osteoporosis Exercise 12:00-1:00*	Travel Info 9:00-10:30	Ageless Yoga 11:30-12:30
Zumba Gold 10:00-11:00 <mark>(fee)</mark>	Sports Group 10:00-12:00	Singing Seniors 9:30-11:30	Mahjongg 12:30-4:00
	Canasta 1:00-3:30	-	Veterans Services 1:00 –4:00
	· · ·	-	(by appt) *
•• •	Wovie—The Bucket List —1:00		
4.00		• • • •	
		PC & Gadgets 12:00-2:00*	
		Sketching 1:30-3:00	
		CRAFT (Pumpkin) 2:00-4:00 (fee)*	
		Ballroom Dance 3:00-4:00 (fee)	
11	12	13	14
Exercise 8:30-9:30	Strength Training 8:30-9:30	Exercise 8:30-9:30	Strength Training 8:30-9:30
Woodcarving 9:00-12:00	Zumba Gold 10:00-11:00 (fee)	Qi Gong 8:45-9:45 (fee)	Zumba Gold 10:00-11:00 (fee)
	Sports Group 10:00-12:00		Ageless Yoga 11:30-12:30
	-	00	Mahjongg 12:30-4:00
Legal Services 1:00-4:00 *		•	Foot/Nail Care 9:00-2:00 (fee, by appt) *
	-	-	Plants & Pollinators 1:00-
		-	2:00*
		•	
	Tai Chi 2:00-3:30*	Line Dancing 1:00-2:00 (fee)	
		Social Bridge 1:00-4:00	
		Sketching 1:30-3:00	
		Ballroom Dance 3:00-4:00 (fee)	
			> OVER
	4Exercise 8:30-9:30Woodcarving 9:00-12:00Men's Club 10:00-12:00Zumba Gold 10:00-11:00 (fee)Ostomy Support Group 11-12*Sea Mist Swimming 11am-2pm*Veterans' Social 1:00-3:00Bereavement Support Group 2:30-4:0011Exercise 8:30-9:30	45Exercise 8:30-9:30Strength Training 8:30-9:30Woodcarving 9:00-12:00Zumba Gold 10:00-11:00 (fee)Men's Club 10:00-12:00Sumba Gold 10:00-11:00 (fee)Ostomy Support Group 11-12*Sports Group 10:00-12:00Sea Mist Swimming 11am-2pm*Painting Class 10-12 & 1-3 (fee)Veterans' Social 1:00-3:00Tai Chi 2:00 - 3:30*Bereavement Support Group 2:30-Movie—The Bucket List —1:00*4:00121112Exercise 8:30-9:30Strength Training 8:30-9:30Woodcarving 9:00-12:00Zumba Gold 10:00-11:00 (fee)Sea Mist Swimming 11am-2pm*Sports Group 10:00-12:00Legal Services 1:00-4:00 *Strength Training 8:30-9:30Synta Gold 10:00-11:00 (fee)Sports Group 10:00-12:00Independence House 10:00-12:00Painting Class 10:00-12:00Painting Class 10:00-12:00 (by appt)*Canasta 1:00-3:30Dementia Support 1:30-3:00 *Painting Support 1:30-3:00 *	4 5 6   Exercise 8:30-9:30 Strength Training 8:30-9:30 Exercise 8:30-9:30   Woodcarving 9:00-12:00 Strength Training 8:30-9:30 Qi Gong 8:45-9:45 (fee)   Men's Club 10:00-11:00 (fee) Osteoporosis Exercise 12:00-1:00* Singing Seniors 9:30-11:30   Ostomy Support Group 11-12* Saarsta 1:00-3:30 Fravel Info 9:00-10:30 Singing Seniors 9:30-11:30   Sea Mist Swimming 11am-2pm* Veterans' Social 1:00-3:00 Painting Class 10-12 & 1-3 (fee) Tai Chi 2:00 -3:30* SHINE 12:00-3:00 (kp appt)*   Bereavement Support Group 2:30- Tai Chi 2:00 -3:30* SHINE 12:00-3:00 (kp appt)* SHINE 12:00-3:00 (fee)   4:00 Social Bridge 1:00-4:00 PC & Gadgets 12:00-2:00 * Sketching 1:30-3:00   11 12 13   Exercise 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Di Gong 8:45-9:45 (fee)   Yourba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Independence House 10:00-12:00 Painting Class 10:00-3:00 (fee)   Social Bridge 1:00-4:00 * Pointing Class 10:00-12:00 Singing Seniors 9:30-11:30 Oi Gong 8:45-9:45 (fee)   Turba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 </td

17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 FRIDAY
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 Book Club 2:00-3:00	Exercise 8:30-9:30 Woodcarving 9:00-12:00 Medicare Overview 9:30am* Zumba Gold 10:00-11:00 (fee) Sea Mist Swimming 11am-2pm* Bingo 1:00 -3:00 *	Strength Training 8:30-9:30 Parkinson Support Group via Zoom 10-11:15* Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Painting Class 10:00-12:00 & 1:00-3:00 (fee) SHINE 9:00-12:00 (by appt)* Canasta 1:00-3:30 Osteoporosis Exercise 12:00-1:00* Movie - The Devil Wears Prada 1:00* Tai Chi 2:00-3:30*	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) Social Bridge 1:00-4:00 PC & Gadgets 12:00-2:00* Sketching 1:30-3:00 Craft (Candle holder) 2:00-4:00 (fee)* Ballroom Dance 3:00-4:00 (fee)	Strength Training 8:30-9:30 MWC Memoirs Group 10:00- 11:00 Zumba Gold 10:00-11:00 (fee) How to Buy A Computer 11:00-12:00* Ageless Yoga 11:30-12:30 Mahjongg 12:30-4:00 Veterans Services 1:00 -4:00 (by appt)*
24 Strength Training 8:30-9:30 Gentle Yoga 9:45-10:30 (fee) Sight Loss Support Group 10:00-11:30 Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00	25 Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Legal Services 10:00-12:00* MWC Book Group 10:00-12:00 Sea Mist Swimming 11am-2pm* Journey of the Pilgrims 1:00-2:30*	26 Strength Training 8:30-9:30 Osteoporosis Exercise 12:00-1:00* Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Painting Class 10:00-12:00 & 1:00-3:00 (fee) SHINE 9:00-12:00 (by appt)* Canasta 1:00-3:30 Dementia Support 1:30-3:00* Tai Chi 2:00 -3:30 **	27 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) Social Bridge 1:00-4:00 Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee) Discovering your Roots Genealogy 101 - 12-3:00pm*	28 Strength Training 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 Mahjongg 12:30-4:00
31 HAPPY HALLOWEEN!! 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 Forensic Entomology: Using Bugs to Solve Crimes 1:00-2:00*				> OVER