

# October 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
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	Exercise 8:30-9:30 Woodcarving 9:00-12:00 Men's Club 10:00-12:00 Zumba Gold 10:00-11:00 (fee) Ostomy Support Group 11-12* Sea Mist Swimming 11am-2pm* Veterans' Social 1:00-3:00 Bereavement Support Group 2:30-4:00	Strength Training 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Osteoporosis Exercise 12:00-1:00* Sports Group 10:00-12:00 Canasta 1:00-3:30 Painting Class 10-12 & 1-3 (fee) Tai Chi 2:00-3:30* Movie— <i>The Bucket List</i> —1:00*	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 (Pumpkin) 2:00-4:00 (fee)* Ballroom Dance 3:00-4:00 (fee)	Strength Training 8:30-9:30 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) *
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>CLOSED IN OBSERVANCE OF INDIGINOUS PEOPLES DAY</b>	Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Sea Mist Swimming 11am-2pm* Legal Services 1:00-4:00 *	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 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Osteoporosis Exercise 12:00-1:00* SHINE 9:00-12:00 (by appt)* Canasta 1:00-3:30 Dementia Support 1:30-3:00 * 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 Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee)	Strength Training 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 Mahjongg 12:30-4:00 Foot/Nail Care 9:00-2:00 (fee, by appt) * Plants & Pollinators 1:00-2:00*  > OVER

17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 FRIDAY
<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  Book Club 2:00-3:00</p>	<p>Exercise 8:30-9:30  Woodcarving 9:00-12:00  <b>Medicare Overview 9:30am*</b>  Zumba Gold 10:00-11:00 (fee)  Sea Mist Swimming 11am-2pm*  <b>Bingo 1:00 –3:00 *</b></p>	<p>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 &amp; 1:00-3:00 (fee)  SHINE 9:00-12:00 (by appt)*  Canasta 1:00-3:30  Osteoporosis Exercise 12:00-1:00*  <b>Movie - The Devil Wears Prada 1:00*</b>  Tai Chi 2:00-3:30*</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)  Social Bridge 1:00-4:00  PC &amp; 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)</p>	<p>Strength Training 8:30-9:30  MWC Memoirs Group 10:00-11:00  Zumba Gold 10:00-11:00 (fee)  <b>How to Buy A Computer 11:00-12:00*</b>  Ageless Yoga 11:30-12:30  Mahjongg 12:30-4:00  Veterans Services 1:00 –4:00 (by appt)*</p>
24	25	26	27	28
<p>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</p>	<p>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*  <b>Journey of the Pilgrims 1:00-2:30*</b></p>	<p>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 &amp; 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 **</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)  Social Bridge 1:00-4:00  Sketching 1:30-3:00  Ballroom Dance 3:00-4:00 (fee)  <b>Discovering your Roots Genealogy 101 - 12-3:00pm*</b></p>	<p>Strength Training 8:30-9:30  Zumba Gold 10:00-11:00 (fee)  Ageless Yoga 11:30-12:30  Mahjongg 12:30-4:00</p>
31 <b>HAPPY HALLOWEEN!!</b>				
<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  <b>Forensic Entomology: Using Bugs to Solve Crimes 1:00-2:00*</b></p>				<p>➤ OVER</p>