

					
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
												1	
													
2		3		4		5		6		7		8	
		Fitness Room open Mon-Fri 9am to 12pm 1:00pm-2:30pm GARDEN CLUB 1:30pm 5 Wishes Presentation by Sofia Whiting at 10:30am TAI-CHI CLASS 10:00AM		Osteo Exer. 10am  KNITTING CLASS 10:00am-11:00am  Bereavement group 1:00pm		HDM-Crafts 10:00am  Learn Sign Language with Chole Young 1:00pm-3:00pm		Osteo Exer. 10am		Mattress Pad Project 10:00am-11:00am			
9		10		11		12		13		14		15	
		Fitness Room open Mon-Fri 9am to 12pm 1:00pm-2:30pm  TAI-CHI CLASS 10:00AM		Osteo Exer. 10am  KNITTING CLASS 10:00am-11:00am  Fall Prevention and Brain Injury Awareness for Older Adults Presentation 10:00am-11:00am		HDM-Crafts 10:00am  DEPT. OF HEALTH 10:00am  Learn Sign Language with Chole Young 1:00pm-3:00pm		Osteo Exer. 10am		Mattress Pad Project 10:00am-11:00am  Afternoon Dance by DJ Nick Palumbo 1:30PM-3:30PM			
16		17		18		19		20		21		22	
		SENIOR CENTER CLOSED		Osteo Exer. 10am  KNITTING CLASS 10:00am-11:00am		HDM-Crafts 10:00am  VETERAN REP. 10:30AM  Learn Sign Language with Chole Young 1:00pm-3:00pm		Osteo Exer. 10am  COA BOARD MEETING 8:30AM		Mattress Pad Project 10:00am-11:00am			
23		24		25		26		27		28			
		Fitness Room open Mon-Fri 9am to 12pm 1:00pm-2:30pm TAI-CHI CLASS 10:00AM		Osteo Exer. 10am  KNITTING CLASS 10:00am-11:00am		HDM-Crafts 10:00am  Learn Sign Language with Chole Young 1:00pm-3:00pm		Osteo Exer. 10am  CATS by Angelica 10:30AM-11:30AM  SHIP by Melissa 10:00am		Mattress Pad Project 10:00am-11:00am			