


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NOVEMBER</b> <b>2011</b> 	8:00 Life Exercises <b>1</b> 9:00 Senior Tennis @ Eldredge 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 10:00 Yoga with Jane 10:30 Keep Movin' Keep Goin'  12:15 - 4:00 Duplicate Bridge	<b>7:55 Boston Bus</b> <b>2</b> 8:00 Life Exercises 8:30 Footcare - Room C 1:00 Legal w Atty. Thayer 1:00 CPR/AED Training  4:30 Evening Yoga w Janet	8:00 Life Exercises <b>3</b> 9:00 Senior Tennis @ Eldredge 10:00 Yoga with Jane 10:30 Keep Movin' Keep Goin' 12:00 Chess 1:30 Classical Piano with Mary 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof	9:00 Zumba <b>4</b> 10:15 Book Club 10:30 Yoga with Jane 11:00 Caregivers Chicken Soup 11:30 Soup 'n Sand: Chicken Soup and Tuna Sandwich 1:00 Friday Flicks w Friends 2:00 Friday Painters
	8:00 Life Exercises <b>7</b> 9:30 Friendly Visitor Meeting 10:30 PLAYGROUP 1:00 Knitters Knittin'  4:30 Evening Yoga w/Janet	8:00 Life Exercises <b>8</b> 9:00 Senior Tennis @ Eldredge 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 10:00 Yoga with Jane 10:30 Keep Movin' Keep Goin'  12:15 - 4:00 Duplicate Bridge	8:00 Life Exercises <b>9</b> <b>10:00 Parkinson's Support</b> 11:30 Legal with Atty. Guzzeau 2:00 COPD Support Group  4:30 Evening Yoga w Janet	8:00 Life Exercises <b>10</b> 9:00 Senior Tennis @ Eldredge 10:00 Yoga with Jane 10:30 Keep Movin' Keep Goin' 12:00 Chess 1:30 Classical Piano with Mary 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof
8:00 Life Exercises <b>14</b> <b>10:00 AARP Safe Driving</b> 10:30 PLAYGROUP 1:00 Knitters Knittin' 1:00 Newcomer's Cribbage  4:30 Evening Yoga w/Janet	8:00 Life Exercises <b>15</b> 9:00 Senior Tennis @ Eldredge 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 10:00 Yoga with Jane 10:30 Keep Movin' Keep Goin'  12:15 - 4:00 Duplicate Bridge	8:00 Life Exercises <b>16</b> 10:00 Sight Loss Support Group <b>11:00 CABARET: SPAIN</b> <b>Ron Murray - Spanish Guitar</b>  4:30 Evening Yoga w Janet	8:00 Life Exercises <b>17</b> 9:00 Senior Tennis @ Eldredge 10:00 Yoga with Jane 10:30 Keep Movin' Keep Goin' 12:00 Chess 1:30 Classical Piano <b>1:00 Dare to be Alive "Meet/Greet"</b> 3:00 T'ai Chi with Geof 4:30 Evening Yoga with Geof	9:00 Zumba <b>18</b> 10:30 Yoga with Jane 11:00 Caregivers Chicken Soup 11:30 Soup 'n Sandwich-Chickn Soup, Egg Salad Sandwich <b>1:00 - 4:00 FLU CLINIC</b> <b>pre-registration is required</b> <b>2:00 Intermediate Bridge</b>
8:00 Life Exercises <b>21</b> 10:30 PLAYGROUP (last session until January) 1:00 Knitters Knittin'  4:30 Evening Yoga w Janet	8:00 Life Exercises <b>22</b> 9:00 Senior Tennis @ Eldredge 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 10:00 Yoga with Jane 10:30 Keep Movin' Keep Goin' 12:15 - 4:00 Duplicate Bridge 1:30 Alzheimer's Caregivers	8:00 Life Exercises <b>23</b>  no evening yoga	<b>24</b>  <b>THE Senior Center is Closed in observance of THANKSGIVING</b> <b>Enjoy the holiday!</b>	no zumba <b>25</b> no yoga no soup 'n sandwich no Day Center program today  <b>2:00 Intermediate Bridge</b>
8:00 Life Exercises <b>28</b> 1:00 Knitters Knittin' 1:00 Newcomer's Cribbage  4:30 Evening Yoga w Janet	8:00 Life Exercises <b>29</b> 9:00 Senior Tennis @ Eldredge 9:00 Gosnold-Thorne 9:30 - 11:30 S.H.I.N.E. Appts. 10:00 Yoga with Jane 10:30 Keep Movin' Keep Goin' 12:15 - 4:00 Duplicate Bridge	8:00 Life Exercises <b>30</b> 8:30 Footcare - Room C 1:00 Amateur Radio-COA Board 2:00 Neuropathy 2:30 Legal Assist Atty. Kosman  4:30 Evening Yoga w Janet		<b>BLOOD PRESSURE CLINICS</b>  Tonset Woods: Nov. 10th Rock Harbor Vlg. Nov 17th  <b>Clinics are from 1 - 2:00 pm</b>