## **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY** 9 Walking Group 5 3 9-10 Exercise w/Sandy 10 Haircuts w/Marsha 10 Decorate the Holiday 10:30 Mah Jongg 9-10 Exercise With Sandy 10-12 Crafts w/Nan SONGS 10-12 Crafts with Nan Tree w/Barbara 12 Community Meal w/Vet 11-2 Knit & Stitch Social 10:30 Scrabble 11-2 Art w/Ellen 10:30 Bridge Support 1 Songs to 11:30 Soup & 10:30 Floral 12 Community Meal Remember w/ Workshop w/ 1 Beach-ball/ Sandwich 12:45 Bingo Jeannie Romeo Hilary Volleyball Game & 1-2 Breath and 1 Chair Yoga 12:45 Pitch Ice cream Movement w/Suzanne 2:30 Tech Support w/Carlos 10-12 Crafts w/Nan 12 9-10 Exercise With Sandy 13 9 Walking Group 9-10 Exercise w/Sandy 14 10:30 Bridge 10:30 Mah Jongg 10-12 Crafts w/Nan 12 Community Meal 9:30 Blood Pressure Clinic Let's Play Bridge! 11-2 Knit & Stitch Social 11-2 Art w/Ellen 12:45 Bingo 12 Community Meal **BLOOD PRESSURE** 10:30 Scrabble 1 90th Birthday Party 12:45 Pitch 11:30 Soup & Sandwich 2:30 Tech 1 Chair Yoga w/ Support w/Carlos 1 Brown Bag Crystal 5 LEO at the FROG 1-2 Breath and Movement w/ Suzanne 17 **CLOSED** 9 Walking Group 18 19 10:30 Scrabble 10:30 Bridge 9 Foot Nurse 9-11 Chair Massages w/Elaine 11:30 Soup & Sandwich 10:30 Mah Jonga 10 Haircuts w/Marsha 1-2 Breath and 10-12 Crafts w/Nan 11-2 Art w/Ellen Movement w/ 11-2 Knit & Stitch Suzanne Social 2:30 Tech Support w/Carlos 1 Chair Yoga w/Crystal 12 Community Meal Rail & Sail New England Trip Rail & Sail Trip New England Rail & Sail New England Trip Rail & Sail New England 9-10 Exercise With Sandy 25 10-12 Crafts with Nan 9-10 Exercise With Sandy 27 28 9 Walking Group 9 Men's Breakfast 10:30 Mah Jongg 10:30 Scrabble 12 Community Meal 11 Pizza and a Movie: Break "Oppenheimer" 10:30 Bridge 12:45 Bingo 11:30 Soup & 11-2 Art w/Ellen 12 18 (2) 48 66 12:45 Pitch 10-12 Crafts with Nan Sandwich 2:30 Tech Support 14 2 40 51 75 11-2 Knit & Stitch Social 1-2 Breath & Movement w/Carlos 23 37 60 70 1 Chair Yoga w/Crystal w/Suzanne 12 Community Meal