Sheffield Senior Center



413-229-7037

MONDAY		WEDNESDAY	THURSDAY	FRIDAY
		1 10-12 Crafts with Nan 12 Community Meal w/Vet Support 12:45 Bingo 12:45 Pitch	2 9-10 Exercise With Sandy 10:30 Scrabble 1 Chair Yoga w/Crystal	3 9 Walking Group 10 Haircuts w/Marsha 10-12 Crafts w/Nan 11-2 Knit & Stitch Social 12 Community Meal
10 Decorate the holiday6tree w/Barbara610:30 Bridge11:30 Soup & Sandwich1-2 Breath and Movement w/ Suzanne	7 10:30 Mah Jongg 11-2 Art w/Ellen 2:30 Tech Support w/Carlos	8 10-12 Crafts with Nan 12 Community Meal 12:45 Bingo 12:45 Pitch 1 Brown Bag	9-10 Exercise With Sandy 9 9:30 Blood Pressure Clinic 10:30 Scrabble 1 Mother's Day Tea Party 1 Chair Yoga w/Crystal	9 Walking Group 10 10-12 Crafts w/Nan 11-2 Knit & Stitch Social 12 Community Meal <u>Closing at 1 pm for</u> <u>Election set-up</u>
Closed13LOCAL ELECTION5 LEO at Bogie's Restaurant	 9-10 Exercise With Sandy 14 10:30 Mah Jongg 11-2 Art w/Ellen 2:30 Tech Support w/Carlos 	10-12 Crafts with Nan1512 Community Meal w/VetSupport12:45 Bingo12:45 Pitch	9-10 Exercise With Sandy 16 10:30 Scrabble S.C.R.A.B.B.L.E. 1 Chair Yoga w/Crystal	9 Walking Group 17 9-11 Chair Massage w/Elaine 10 Haircuts w/ Marsha 10-12 Crafts w/Nan 11-2 Knit & Stitch 12 Community Meal 5 MURDER MYSTERY
10:30 Bridge2011:30 Soup & SandwichImage: Comparison of the second secon	 9-10 Exercise With Sandy 21 9 Foot Nurse 10:30 Mah Jongg 11-2 Art w/Ellen 11 Pizza & a Movie: Killers of the Flower Moon 2:30 Tech Support w/Carlos 	10-12 Crafts with Nan2212 Community Meal12:45 Bingo12:45 Pitch5:30 Sea GlassWindow MakingWorkshop	9-10 Exercise With Sandy 23 10:30 Scrabble 1 Chair Yoga w/Crystal	24 9 Walking Group 10-12 Crafts with Nan 11-2 Knit & Stitch Social 12 Community Meal
Closed 27 CLOSED MEMORIAL * DAN *	9-10 Exercise With Sandy 28 10:30 Mah Jongg 11-2 Art w/Ellen 12 Cook Out & Games 2:30 Tech Support w/Carlos	10-12 Crafts w/Nan 29 12 Community Meal 12:45 Bingo 12:45 Pitch	30 9-10 Exercise With Sandy 10:30 Scrabble 1 Chair Yoga w/ Crystal	31 9 Walking Group 10-12 Crafts with Nan 11-2 Knit & Stitch Social 12 Community Meal 1 Name That Tune & Ice cream