







Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Quilting 10:00 Line Dancing 11:30 Red Sox Opening Day Luncheon/Entertainment \$5.00 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 1:00 Chair Yoga w/Cindy 2:00 Falun Gong	4 9:30 Weight Lifting 9:30 Blood Pressure 10:00 BLOOD PRESSURE BINGO 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet 12:30 Steering Committee 1:00 Cards 1:30 Oil Painting 1:00 Piano Sing-a-long	5 8:30 Exercise w/Jan 8:30 Podiatrist 10:00 Friends Meeting 10:00 Seamstress-Diane Maruzzi 10:00 GLSS PROGRAM 11:00 SENIOR SAFE PROGRAM/SAUGUS FIRD DEPARTMENT 1:00 Bingo	6 8:30 Law Office of Spano & Dawicki 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:00 GLSS PRESENTATION AT THE LIBRARY 12:30 Cards 1:00 Chair Yoga	7 8:30 Exercise w/Jan 10:00 FREE Hearing Clinic w/Mary Marino 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class
10 9:30 Quilting 9:30 TRIAD 10:00 Line Dancing 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 1:00 Chair Yoga w/Cindy 2:00 Falun Gong 2:00 Board Meeting	11 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet 12:30 Caregiver's Support Group 1:00 Cards 1:30 Oil Painting 1:00 Piano Sing-a-long	12 8:30 Exercise w/Jan 8:30 Podiatrist 10:00 Seamstress-Diane Maruzzi 1:00 Bingo	13 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Association Meeting 12:30 Cards 1:00 Chair Yoga	14 Center Closed  Good Friday
17 Center Closed  Patriot's Day	18 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet 12:30 FALL RISK PRESENTATION/ICE CREAM 1:00 Cards 1:30 Oil Painting 1:00 Piano Sing-a-long	19 8:30 Exercise w/Jan 8:30 Podiatrist 10:00 Seamstress-Diane Maruzzi 12:00 Veteran's Market 1:00 Bingo	20 9:00 Whist 9:00 Blood Pressure 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga PIZZA PARTY/DANCE 5:30-8:30 \$10.00 	21 8:30 Exercise w/Jan 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class
24 9:00 Blood Pressure 9:30 Quilting 10:00 Line Dancing 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 1:00 Chair Yoga w/Cindy 2:00 Falun Gong	25 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet 12:30 Caregiver's Support Group 1:00 Cards 1:30 Oil Painting 1:00 Piano Sing-a-long	26 8:30 Exercise w/Jan 8:30 Podiatrist 10:00 Seamstress-Diane Maruzzi 1:00 Bingo 1:00 Veteran's Coffee	27 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 12:30 SPRING CELEBRATION ENTERTAINMENT WITH DENISE DOUCETTE 1:00 Chair Yoga	28 8:30 Exercise w/Jan 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class
				 MYCHIP APRIL 15TH 9:00-3:00