



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Don't Forget Founder's Day is September 8th from 9:00-3:00</i></p>				
<p>3</p> <p>Center Closed</p> <p>Labor Day</p>	<p>4</p> <p>9:30 Blood Pressure 9:30 Weightlifting 10:00 Furniture refinishing & Restoring @ Saugus High School 12:30 Steering Committee 12:15 Knit & Crochet 1:00 Cards 1:00 Piano Sing-a-long</p>	<p>5</p> <p>Manicurist by Appt 8:30 Exercise w/Jan 8:30 Podiatrist 10:00 Friends Meeting 10:00 Seamstress-Diane Maruzzi 12:45 Bingo</p> <p>Quilter's Guild</p>	<p>6</p> <p>8:30 Law office of Attorney Spano & Dawicki By Appointment only! 10:00 Bible Study 9:00 Whist 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga w/Cindy</p>	<p>7</p> <p>8:30 Exercise w/Jan 10:00 Weight Lifting w/Valerie 10:00 Line Dancing 11:30 New England Patriots Football Trivia @ Lunch 12:30 Art Class 12:30 Movie/Cards</p>
<p>10</p> <p>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 BOARD MEETING 2:00 Falun Gong</p>	<p>11</p> <p>9:30 Weight Lifting 10:00 Furniture refinishing & Restoring @ Saugus High School 11:30 Friendly Voice Chorus Performance and Pizza Party Luncheon 12:15 Knit & Crochet 12:30 Caregiver's Support Group 1:00 Cards 1:00 Piano Sing-a-long</p>	<p>12</p> <p>Manicurist by Appt 8:30 Exercise w/Jan 8:30 Podiatrist 9:00 Blood Pressure 9:30 SALEM 5 10:00 Commonwealth Care & Alliance 10:00 Seamstress-Diane Maruzzi 12:45 Bingo</p>	<p>13</p> <p>9:00 Whist 9:30 GLSS Matter of Balance 10:00 Bible Study 10:00 Line Dancing 12:30 Association Meeting 12:30 Cards 1:00 Chair Yoga w/Cindy</p>	<p>14</p> <p>8:30 Exercise w/Jan 10:00 Free Hearing Clinic 10:00 Weight Lifting w/Valerie 10:00 Line Dancing 12:30 Art Class 12:30 Movie/Cards</p>
<p>17</p> <p>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</p>	<p>18</p> <p>9:30 Weight Lifting 10:00 Furniture refinishing & Restoring @ Saugus High School 12:15 Knit & Crochet 1:00 Cards 1:00 Piano Sing-a-long</p>	<p>19</p> <p>Manicurist by Appt 8:30 Exercise w/Jan 8:30 Podiatrist 10:00 Eastern Bank 10:00 Seamstress-Diane Maruzzi 10:30- 12:00 Veteran's Food Market 12:45 Bingo</p>	<p>20</p> <p>9:00 Blood Pressure 9:30 GLSS Matter of Balance 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga w/Cindy PIZZA PARTY/DANCE 5:30-8:30 \$10.00</p>	<p>21</p> <p>8:30 Exercise w/Jan 10:00 Weight Lifting w/Valerie 10:00 Line Dancing 12:30 Art Class 12:30 DELVENA THEATRE COMPANY "TRULY ELEANOR"</p>
<p>24</p> <p>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</p>	<p>25</p> <p>9:30 Weight Lifting 10:00 Furniture refinishing & Restoring @ Saugus High School 12:30 Caregiver's Support Group 12:15 Knit & Crochet 1:00 Cards 1:00 Piano Sing-a-long</p>	<p>26</p> <p>Manicurist by Appt 8:30 Exercise w/Jan 8:30 Podiatrist 9:30 Fuel Assistance 9:30 Senior Whole Health 10:00 Seamstress-Diane Maruzzi 12:45 Bingo</p>	<p>27</p> <p>9:00 Whist 9:30-11:30 FLU SHOT CLINIC 9:30 GLSS Matter of Balance 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga w/Cindy</p>	<p>28</p> <p>8:30 Exercise w/Jan 10:00 Weight Lifting w/Valerie 10:00 Line Dancing 12:30 Art Class 12:30 Movie/Cards</p>