



Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Quilting 1 10:00 Line Dancing 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 1:00 Chair Yoga w/Cindy Gray 2:00 Falun Gong	9:30 Weight Lifting 2 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet <b>12:30 Steering Committee</b> 1:00 Cards 1:00 Piano Sing-a-long	8:30 Exercise w/Jan 3 8:30 Podiatrist <b>10:00 Friends Meeting</b> 10:00 Seamstress-Diane Maruzzi 12:45 Bingo  <b>6:00 Quilter's Guild</b>	<b>8:30 Law office of Attorney Spano &amp; Davicki by Appointment only</b> 9:00 Whist 10:00 Line dancing 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga w/Cindy Gray 4:00 Zumba	8:30 Exercise w/Jan 5 10:00 Weight lifting w/Valerie 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class
<b>8</b>  <b>CENTER CLOSED</b>  <b>COLUMBUS DAY</b>	9:30 Weight Lifting 9 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet <b>12:30 Caregiver's Support Group</b> 1:00 Cards 1:00 Piano Sing-a-long	<b>9:00 Blood Pressure</b> 10 8:30 Exercise w/Jan 8:30 Podiatrist <b>9:30 LEO FUEL ASSISTANCE</b> <b>9:30 SALEM 5</b> <b>10:00 Free Hearing Clinic</b> 10:00 Seamstress-Diane Maruzzi <b>11:00 SENIOR SAFE PROGRAM</b> 12:45 Bingo	9:00 Whist 11 10:00 Line dancing 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga w/Cindy Gray 4:00 Zumba	8:30 Exercise w/Jan 12 10:00 Weight lifting w/Valerie 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class
9:30 Quilting 15 10:00 Line Dancing 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 1:00 Chair Yoga w/Cindy Gray 2:00 Falun Gong <b>2:00 Board Meeting</b>	9:30 Weight Lifting 16 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet 1:00 Cards 1:00 Piano Sing-a-long	8:30 Exercise w/Jan 17 8:30 Podiatrist <b>9:30 Eastern Bank</b> <b>10:30 Veteran's Food Market</b> 12:45 Bingo	<b>9:00 Blood pressure</b> 18 9:00 Whist 10:00 Bible Study 10:00 Line dancing 12:30 Cards 1:00 Chair Yoga w/Cindy Gray <b>PIZZA PARTY/DANCE</b> <b>5:30-8:30</b> <b>\$10.00</b> 	8:30 Exercise w/Jan 19 10:00 Weight lifting w/Valerie 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class
<b>9:00 Blood Pressure</b> 22 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 Gray 2:00 Falun Gong	9:30 Weight Lifting 23 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet <b>12:30 Caregiver's Support Group</b> 1:00 Cards 1:00 Piano Sing-a-long	8:30 Exercise w/Jan 24 8:30 Podiatrist <b>9:30 LEO FUEL ASSISTANCE</b> <b>9:30 SENIOR WHOLE HEALTH</b> 12:45 Bingo	9:00 Whist 25 10:00 Bible Study 10:00 Line dancing <b>12:00 Halloween Luncheon &amp; Dance \$8.00</b> 12:30 Cards 1:00 Chair Yoga w/Cindy Gray 4:00 Zumba	8:30 Exercise w/Jan 26 10:00 Weight lifting w/Valerie 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class <b>3:15-5:00 Saugus Youth &amp; Recreation Children's Halloween Party</b> 
9:30 Quilting 29 10:00 Line Dancing 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 1:00 Chair Yoga w/Cindy Gray 2:00 Falun Gong	9:30 Weight Lifting 30 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet 1:00 Cards 1:00 Piano Sing-a-long	8:30 Exercise w/Jan 31 10:00 Seamstress-Diane Maruzzi 12:45 Bingo		