



Monday	Tuesday	Wednesday	Thursday	Friday
			8:30 Law office of Attorney Spano & Dawicki 1 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga w/Cindy Gray	2 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weight lifting w/Valerie 12:30 Movie/Cards 12:30 Art Class
9:30 Quilting 5 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	6 9:30 Weight Lifting 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet 1:00 Cards 1:00 Sing-a-long	7 8:30 Exercise w/Jan 8:30 Podiatrist 10:00 Friends Meeting 10:00 Seamstress-Diane Maruzzi 12:45 Bingo Quilter's Guild	8 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga w/Cindy Gray	9 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weight lifting w/Valerie 12:30 Movie/Cards 12:30 Art Class
12 CENTER CLOSED  VETERAN'S DAY	13 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 Pie Social 12:30 Caregiver's Support Group 1:00 Cards 1:00 Sing-a-long	14 8:30 Exercise w/Jan 9:00 Podiatrist 9:00 Blood Pressure 9:30 Fuel Assistance 9:30 Salem Five Bank 10:00 FREE HEARING SCREENING w/Mary Marino 10:00 Seamstress-Diane Maruzzi 12:45 Bingo	15 9:00 Blood Pressure 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 11:30 Thanksgiving Luncheon & Entertainment \$5.00 12:30 Cards 1:00 Chair Yoga w/Cindy Gray	16 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weight lifting w/Valerie 12:30 Movie/Cards 12:30 Art Class
9:30 Quilting 19 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 Gray 2:00 Falun Gong 2:00 Board Meeting	20 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 1:00 Cards 1:00 Sing-a-long	21 8:30 Exercise w/Jan 8:30 Podiatrist 9:30 EASTERN BANK 10:00 Seamstress-Diane Maruzzi 10:30-12:00 Veteran's Food Market Center closing directly after lunch NO BINGO	22 CENTER CLOSED  HAPPY	23 CENTER CLOSED  THANKSGIVING
9:00 Blood Pressure 26 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 Holiday Bazaar	27 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 1:00 Sing-a-long Holiday Bazaar	28 8:30 Exercise w/Jan 9:30 Fuel Assistance 9:30 Senior Whole Health 10:00 Seamstress-Diane Maruzzi 12:45 Bingo Holiday Bazaar	29 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga w/Cindy Gray Holiday Bazaar	30 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weight lifting w/Valerie 12:30 Movie/Cards 12:30 Art Class Holiday Bazaar