





Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>CENTER CLOSED</b> 	2 <b>8:30 Law office of Attorney Spano &amp; Dawicki</b> 9:00 Whist 10:00 Line Dancing 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga w/Cindy	3 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weightlifting w/Valerie 12:30 Movie/Cards 12:30 Art Class
6 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	7 9:30 Weight Lifting 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	8 8:30 Exercise w/Jan 8:30 Podiatrist <b>9:30 Blood Pressure</b> <b>9:30 LEO HEATING ASSISTANCE</b> <b>9:30 Salem 5</b> <b>10:00 Friends Meeting</b> <b>10:00 Free Hearing Screening-w/Mary Marino</b> 10:00 Seamstress-Diane Maruzzi 12:45 Bingo <b>Quilter's Guild</b>	9 9:00 Whist 10:00 Line Dancing 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga w/Cindy	10 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weightlifting w/Valerie 12:30 Movie/Cards 12:30 Art Class
13 9:30 Quilting <b>9:30 TRIAD</b> 10:00 Line Dancing 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 1:00 Chair Yoga w/Cindy <b>2:00 BOARD MEETING</b> 2:00 Falun Gong	14 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring @ Saugus High School 12:15 Knit & Crochet <b>12:30 Caregiver's Support Group</b> 1:00 Cards 1:00 Piano Sing-a-long	15 8:30 Exercise w/Jan 8:30 Podiatrist <b>10:00 Eastern Bank</b> <b>10:30 Veteran's Food Market</b> 10:00 Seamstress-Diane Maruzzi 12:45 Bingo	16 <b>9:00 Blood Pressure</b> 9:00 Whist 10:00 Line Dancing 10:00 Bible Study <b>12:00 NEW YEARS CELEBRATION TICKETS</b> 12:30 Cards 1:00 Chair Yoga w/Cindy	17 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weightlifting w/Valerie 12:30 Movie/Cards 12:30 Art Class
20 <b>Center Closed</b>  <b>Martin Luther King Day</b>	21 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	22 8:30 Exercise w/Jan 8:30 Podiatrist <b>9:30 Senior Whole Health</b> 10:00 Seamstress-Diane Maruzzi 12:45 Bingo	23 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga w/Cindy	24 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weightlifting w/Valerie 12:30 Movie/Cards <b>12:30 2020 TRIP PRESENTATION /REFRESHMENTS</b> 12:30 Art Class
27 <b>9:00 Blood Pressure</b> 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	28 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring @ Saugus High School 12:15 Knit & Crochet <b>12:30 Caregiver's Support Group</b> 1:00 Cards 1:00 Piano Sing-a-long	29 8:30 Exercise w/Jan <b>9:30 LEO HEATING ASSISTANCE</b> 10:00 Seamstress-Diane Maruzzi 12:45 Bingo	30 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga w/Cindy	31 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weightlifting w/Valerie 12:30 Movie/Cards 12:30 Art Class