



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
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| <b>3</b><br>9:30 Quilting<br>10:00 Line Dancing<br><b>10:00-12:00 Chess</b><br>12:30 Mah Jong<br>1:00 Cards<br>1:00 Chair Yoga<br>2:00 Falun Gong  | <b>4</b><br>9:30 Weight Lifting<br>10:00 Furniture refinishing & Restoring Saugus High School<br>12:30 Steering Committee<br>12:15 Knit & Crochet<br>1:00 Cards<br>1:00 Piano Sing-a-long                | <b>5</b><br>8:30 Exercise w/Jan<br>8:00 Podiatrist<br><b>9:30 Blood Pressure</b><br>9:30 Manicures by appointment only<br><b>9:30 Chestnutwoods healthcare &amp; rehab</b><br><b>10:00 Friends Meeting</b><br>12:45 Bingo<br><br><i>Quilters Guild</i> | <b>6</b><br><b>9:00 Law office of Attorney Spano &amp; Dawicki</b><br>9:00 Public Health Nurse<br>9:00 Whist<br>10:00 Line Dancing<br>10:00 Bible Study<br>12:30 Cards<br>1:00 Chair Yoga | <b>7</b><br>8:30 Exercise w/Jan<br>10:00 Line Dancing<br>10:00 Weightlifting<br>12:30 Movie/Cards<br>12:30 Art Class   |
| <b>10</b><br>9:30 Quilting<br><b>9:30 TRIAD</b><br><b>10:00-12:00 Chess</b><br>10:00 Line Dancing<br>12:30 Mah Jong<br>1:00 Cards<br>1:00 Chair Yoga<br><b>2:00 BOARD MEETING</b><br>2:00 Falun Gong   | <b>11</b><br>9:30 Weight Lifting<br>10:00 SHINE REP. by appointment only<br>10:00 Furniture refinishing & Restoring @ Saugus High School<br>12:15 Knit & Crochet<br>1:00 Cards<br>1:00 Piano Sing-a-long | <b>12</b><br>8:30 Exercise w/Jan<br>8:00 Podiatrist<br><b>9:30 LEO HEATING ASSISTANCE</b><br><b>9:30 Blood Pressure</b><br>9:30 Manicures by appointment only<br><b>10:00 MY LIFE MY HEALTH PRESENTATION</b><br>12:45 Bingo                            | <b>13</b><br>9:00 Public Health Nurse<br>9:00 Whist<br>10:00 Line Dancing<br>10:00 Bible Study<br>12:30 Cards<br>1:00 Chair Yoga  | <b>14</b><br>8:30 Exercise w/Jan<br>10:00 Line Dancing<br>10:00 Weightlifting<br><b>11:30 Valentine Dance/Pizza party \$8.00</b><br>12:30 Art Class<br><br> |
| <b>17</b><br><b>Center Closed</b><br> <b>Presidents' Day</b>   | <b>18</b><br>9:30 Weight Lifting<br>10:00 Furniture refinishing & Restoring @ Saugus High School<br>12:15 Knit & Crochet<br>1:00 Cards<br>1:00 Piano Sing-a-long   | <b>19</b><br>8:30 Exercise w/Jan<br>8:30 Podiatrist<br>9:30 Manicures by appointment only<br><b>10:30 Veteran's Food Market</b><br>12:45 Bingo   | <b>20</b><br><b>9:00 Blood Pressure</b><br>9:00 Public Health Nurse<br>9:00 Whist<br>10:00 Bible Study<br>10:00 Line Dancing<br>12:30 Cards<br>1:00 Chair Yoga                            | <b>21</b><br>8:30 Exercise w/Jan<br>10:00 Line Dancing<br>10:00 Weightlifting<br>12:30 Movie/Cards<br>12:30 Art Class  |
| <b>24</b><br><b>9:00 Blood Pressure</b><br>9:30 Quilting<br><b>10:00-12:00 Chess</b><br>10:00 Line Dancing<br><b>12:30 Trip Presentation New Orleans &amp; Ireland</b><br>12:30 Mah Jong<br>1:00 Cards<br>1:00 Chair Yoga<br>2:00 Falun Gong | <b>25</b><br>9:30 Weight Lifting<br>10:00 SHINE REP. by appointment only<br>10:00 Furniture refinishing & Restoring @ Saugus High School<br>12:15 Knit & Crochet<br>1:00 Cards<br>1:00 Piano Sing-a-long | <b>26</b><br>8:30 Exercise w/Jan<br>8:00 Podiatrist<br>9:30 Manicures by appointment only<br><b>9:30 Senior Whole Health</b><br>10:00 Seamstress-Diane Maruzzi<br>12:45 Bingo  | <b>27</b><br>9:00 Public Health Nurse<br>9:00 Whist<br>10:00 Bible Study<br>10:00 Line Dancing<br>12:30 Cards<br>1:00 Chair Yoga  | <b>28</b><br>8:30 Exercise w/Jan<br>10:00 Line Dancing<br>10:00 Weightlifting<br>12:30 Movie/Cards<br>12:30 Art Class  |
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