




Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Quilting 10:00 Line Dancing 10:00-12:00 Chess 12:30 Mah Jong 1:00 Cards 1:00 Chair Yoga 2:00 Falun Gong	3 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	4 8:30 Exercise w/Jan 8:00 Podiatrist 9:30 LEO HEATING ASSISTANCE 9:30 Blood Pressure 9:30 Manicures by appointment only 10:00 Diane Maruzzi Seamstress 12:45 Bingo <i>Quilters Guild</i>	5 9:00 Law office of Attorney Spano & Dawicki 9:00 Public Health Nurse 9:00 Whist 10:00 Line Dancing 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga	6 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weightlifting 12:15 Movie/Cards 12:30 Art Class
9 9:00 Quilting 9:30 TRIAD 10:00-12:00 Chess 10:00 Line Dancing 12:30 Mah Jong 1:00 Cards 1:00 Chair Yoga 2:00 BOARD MEETING 2:00 Falun Gong	10 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring @ Saugus High School 12:15 Knit & Crochet 1:00 Cards 1:00 Piano Sing-a-long	8:30 Exercise w/Jan 8:00 Podiatrist 9:30 Blood Pressure 9:30 Manicures by appointment only 10: Free Hearing Screening/Mary Marino 10:00 Diane Maruzzi Seamstress 12:45 Bingo	12 9:00 Public Health Nurse 9:00 Whist 10:00 Line Dancing 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga	13 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weightlifting 12:30 Art Class 12:30 Bisbee Porcella Funeral Home Presentation/Elder Law Ron Surabian
16 9:00 Quilting 10:00 Line Dancing 10:00-12:00 Chess 12:30 Mah Jong 1:00 Cards 1:00 Chair Yoga 2:00 Falun Gong	17 9:30 Weight Lifting 10:00 Furniture refinishing & Restoring @ Saugus High School 11:30 St. Patrick's Day Luncheon/Dance 12:15 Knit & Crochet 1:00 Cards 1:00 Piano Sing-a-long 	18 8:30 Exercise w/Jan 8:30 Podiatrist 9:30 Manicures by appointment only 9:30 LEO HEATING ASSISTANCE 10:00 Diane Maruzzi Seamstress 10:30 Veteran's Food Market 12:45 Bingo	19 9:00 Blood Pressure 9:00 Public Health Nurse 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga	20 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weightlifting 12:15 Movie/Cards 12:30 Art Class
23 9:00 Blood Pressure 9:00 Quilting 10:00-12:00 Chess 10:00 Line Dancing 12:30 Mah Jong 1:00 Cards 1:00 Chair Yoga 2:00 Falun Gong	24 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring @ Saugus High School 12:15 Knit & Crochet 12:30-3:00 MY LIFE MY HEALTH 1:00 Cards 1:00 Piano Sing-a-long	25 8:30 Exercise w/Jan 8:00 Podiatrist 9:30 Manicures by appointment only 9:30 Senior Whole Health 10:00 Diane Maruzzi Seamstress 12:45 Bingo	26 9:00 Public Health Nurse 9:00 Whist 10:00 Bible Study 10:00 Line Dancing 12:30 Cards 1:00 Chair Yoga	27 8:30 Exercise w/Jan 10:00 Line Dancing 10:00 Weightlifting 12:15 Movie/Cards 12:30 Art Class
30 9:00 Quilting 10:00 Line Dancing 10:00-12:00 Chess 12:30 Mah Jong 1:00 Cards 1:00 Chair Yoga 2:00 Falun Gong	31 9:30 Weight Lifting 10:00 National Nutrition Presentation 10:00 Furniture refinishing & Restoring @ Saugus High School 12:15 Knit & Crochet 12:30-3:00 MY LIFE MY HEALTH 1:00 Cards 1:00 Piano Sing-a-long			