

NOVEMBER Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>For More Information about programs Call Mary Kelly 978-462-0430</p>	<p>1 <i>Brown Bag Day</i> 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 B.P. check 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p>	<p>2 9:00 Exercise to Music 9:00 Hearing checks 10:00 French group 1:00 Community Day</p>	<p>3 9:00 Zumba Gold 9:00 Foot Care 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>4 9:00 Exercise to Music 9:00 Dental Clinic 10:00 Sewing Group 10:00 + 11:00 Tai Chi 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Picture Coloring</p>
<p>7 8:00 Health Insurance 9:00 Exercise to Music 1:00 Card Making</p>	<p>8 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p>	<p>9 9:00 Exercise to Music 10:00 Knit for Newborns 10:00 French group 1:00 Community Day 1:30 <i>Retired Readers</i></p>	<p>10 8:30 Legal Consults 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>11 9:00 Exercise to Music 9:00 Reiki (by appt) 10:00 Sewing Group 10:00 + 11:00 Tai Chi 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Picture Coloring</p>
<p>14 8:00 Health Insurance 9:00 Exercise to Music 1:00 Card Making</p>	<p>15 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 B.P. check 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>16 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>	<p>17 9:00 Health Insurance 9:00 Zumba Gold 9:30 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>18 9:00 Exercise to Music 10:00 Sewing Group 10:00 + 11:00 Tai chi 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Picture Coloring</p>
<p>21 8:00 Health Insurance 9:00 Exercise to Music 1:00 Card Making</p>	<p>22 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>23 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>		
<p>28 8:00 Health Insurance 9:00 Exercise to Music 9:00 Watercolor Painting 1:00 Card Making</p>	<p>29 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>30 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>		