Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi	Advanced Core & Balance	Ceramics Class	Join your fellow seniors each day for	Canvas Making
9:00 AM to 10:00 AM	Workout	9:30 AM to 11:30 AM	coffe, muffins or social	9:30 AM to 11:30 PM
	9:30 AM to 10:30 AM		interaction. Don't stay home alone!	
Core & Balance Workout 10:00 AM to 11:00 AM		Core & Balance Workout 10:00 AM to 11:00 AM	Knitting Group 10:00 AM to 11:30AM	Core & Balance Workout 10:00 AM to 11:00 PM
	7 1 6 11			
S.H.I.N.E. 10:00 AM to 2:00 PM	<b>Zumba Gold</b> 11:00 AM to 11:45 PM	Chair Yoga 11:15 AM - 12:15 PM	Combo Exercise 10:30 AM to 11:30 AM	<b>Chair Yoga</b> 11:15 AM - 12:15 PM
(Appointments only)			Hairdresser/Manicure	Hairdresser/Manicure
			12:00 PM to 2:00 PM (Thursday and Friday)	9:00 AM to 11:00 AM (3rd & 4th Thur
LUNCH	LUNCH	LUNCH	(Call for Appointment)  LUNCH	(Call for Appointment)  LUNCH
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
Bingo	Bingo	Movie of the Week	Bingo	Bingo
12:30 PM to 2:30 PM	12:30 PM to 2:30 PM	12:30 PM (new & classics)	12:30 PM to 2:30 PM	12:30 PM to 2:30 PM
Bocce - Open Court	Bocce - Open Court	(Light Refreshments)	Computer Class	Bocce - Open Court
Give Bocce a try! 12:00 PM - 3:00 PM	Give Bocce a try! 12:00 PM - 3:00 PM	Bocce - Open Court	12:30 PM - 2:30 PM	Give Bocce a try! 12:00 PM - 3:00 PM
		Give Bocce a try! 12:00 PM - 3:00 PM	Senior Bocce League Only	
		12:00 PM - 5:00 PM	12:30 PM to 3:30 PM	
Health Programs			Senior Club Monthly Meetings	
lood Pressure and Individual Confe	erences		Council on Elder Affairs	
hursday, March 7 & March 21, 2019		M	COEA - Friday, March 8, 2019	
earing Program (Testing and H Thursday, March 28, 2019	earing Aid Cleaning)	Se	 nior Book Club (3rd Thursday of mon	th)
Podiatry Clinic			Thursday, March 21, 2019	
Wednesday, March 6, 2019			2:30 PM - 3:30 PM	
Chair Massage Monday, March 4 and March 5	, 2019			
<b>*</b>				
Special Drograms				
Special Programs				
Senior Shuttle -Schedule Ion. thru Fri. 10:00 - AM to 3:30 PM	FOR MORE INFORMATIO	Senior Center Upcoming N CALL: The Rossetti-Cowan Sen	Trips nior Center at (781) 286-8156	
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