



Hello November

			Wednesday	Thursday	Friday
			1. 09:30a Art 09:30a Total Fitness e 10:00a Cribbage 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 01:00p Balance Class 01:30p Poetry Group 03:00p Yoga (Gentle) 06:00p JLC/Fun With Shakespeare 06:00p JLC/MBSR Classes 07:00p JLC/Contemporary China	2 08:00a Walking Club 09:30a Chorus 09:30a Keep Well Clinic 10:00a (JLC) Musical Trio Wieck Schumann & Brahms 10:30a Spanish Conversation 12:30p Bridge (Rubber) 01:00p Medicare Open Enrollment 02:00p iPhone/iPad One-on- One 02:00p PC Drop-In Session 03:00p SHINE 03:30p Strength Training	3 09:30a Bowling/Woburn 09:30a Total Fitness 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 01:00p Friday Game Time 1:00 Chinese Culture 02:30p Cyber Cafe 03:00p Dance Fever
5 Sunday	6 Monday 09:30a Total Fitness 11:00a Caregiver Event 11:30a Eating Together 1:00p Fall Film Festival – <i>On Golden Pond</i> 01:00p Mah Jongg 01:00p SHINE 01:30p Conversational Portuguese	7 Tuesday 09:00a Meditation & Mindfulness 09:45a Yoga 10:00a Italian Conversation 10:30a Jane Blair/Art Matters / Goya 12:30p Bridge (Rubber) 01:00p Quilting & More 01:00p Fall Film Festival/ <i>Grumpy Old Men</i> 01:00p Square Dancing 01:30p SHINE 03:00p Fall Film Festival/ <i>Bucket List</i> 03:20p Strength Training	8 08:30a COA Board Meeting 09:30a Art 09:30a Total Fitness 10:00a Cribbage 10:45a French Conversation 10:45a Veterans Memorial Program 11:30a Eating Together 11:30a Library Online Rokus & Hotspots 12:30 pFall Film Festival / <i>Cocoon</i> 01:00p Balance Class 03:00p Yoga (Gentle) 2:30p Film Festival/ <i>Driving Miss Daisy</i> 06:00p JLC/Fun With Shakespeare 06:00p JLC/MBSR Classes 07:00p JLC/Contemporary China	9 08:00a Walking Club 09:00a Manicures 09:30a Chorus 10:00a (JLC) Musical Trio Wieck Schumann & Brahms 10:30a Spanish Conversation 10:30a Yoga 12:30p Bridge (Rubber) 01:00p SHINE 02:00p Fall Film Festival <i>Best Exotic Marigold Hotel -</i> 02:00p iPhone/iPad One-on- One 02:00p PC Drop-In Session 03:30p Strength Training 04:00p Fall Film Festival Closing Wine & Cheese Reception	10 Veteran's Day Jenks Closed
12	13 09:30a Total Fitness 10:45a Knitting 11:30a Eating Together 11:30a Events Committee 01:00p Mah Jongg 01:00p Movies 01:00p SHINE 01:30p Conversational Portuguese 06:00p Flu Clinic	14 09:00a Meditation & Mindfulness 09:45a Yoga 10:00a Italian Conversation 10:30 Gary Hylander/JFK v. RMN 12:30p Bridge (Rubber) 01:00p Quilting & More 01:00p Square Dancing 01:00p Technology Workshop 01:30p SHINE 03:20p Strength Training 05:30p Holiday Festival of Foods & Libations	15 09:30a Art 09:30a Total Fitness 10:00a Cribbage 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 01:00p Balance Class 01:30p Poetry Group 02:00p Nutrition/Diabetes 03:00p Yoga (Gentle)	16 08:00a Walking Club 09:30a Chorus 09:30a Keep Well Clinic 10:00a (JLC) Musical Trio Wieck Schumann & Brahms 10:30a Spanish Conversation 11:30a Literary Lunch @ McCall 12:30p Bridge (Rubber) 01:00p SHINE 02:00p iPhone/iPad One-on- One 02:00p PC Drop-In Session 03:30p Strength Training	17 09:30a Bowling/Woburn 09:30a Total Fitness 10:45a Food Management/3 Tips on Controlling High & Low Blood Pressure 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 01:00p Friday Game Time 02:30p Cyber Cafe 03:00p Dance Fever
19 01:00p Sunday Bridge	20 09:00a Total Fitness 11:30a Eating Together 01:00p Mah Jongg 01:00p SHINE 01:30p Conversational Portuguese	21 09:00a Newsletter Mailing 09:00a Meditation & Mindfulness 09:15a WSA Board Meeting 09:45a Yoga (Tues) 10:00a Italian Conversation 12:30p Bridge (Rubber) 01:00p Quilting & More 01:00p Square Dancing 01:30p SHINE 03:20p Strength Training	22 09:30a Art 09:30a Total Fitness 10:00a Cribbage 10:45a French Conversation 11:00a Coffee and Books 11:30a Eating Together 03:00p Yoga (Gentle)	23 Center Closed Thanksgiving 	Center Closed

26	27 09:30a Exercise 10:00a Legal Counseling 10:45a Knitting 11:30a Eating Together 01:00p Mah Jongg 01:00p Movie/ <i>Miracle on 34th St.</i> 01:30p Conversational Portuguese	28 09:00a Meditation & Mindfulness 09:45a Yoga 10:00a Italian Conversation 12:30p Bridge (Rubber) 01:00p Quilting & More 01:00p Square Dancing 01:30p SHINE 03:20p Strength Training	29 09:30a Art 09:30a Total Fitness 10:00a Cribbage 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 01:30p Poetry Group 03:00p Yoga (Gentle)	30 09:30a Chorus 10:00a (JLC) Musical Trio Wieck Schumann & Brahms 10:30a Spanish Conversation 12:30p Bridge (Rubber) 01:00p SHINE 02:00p iPhone/iPad One-on- One 02:00p PC Drop-In Session 03:30p Strength Training
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