

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>September</b>			<b>1</b> 9:30a Exercise 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Dance Fever
<b>3</b>	<b>4</b> <b>Center Closed Labor Day</b>	<b>5</b> 9:00a Garden Club 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training	<b>6</b> 9:30a Art 9:30a Exercise 10:00a Cribbage 10:00a MBSR Orientation 10:45a French Conv. 11:00a Mens Discussion 11:30a Eating Together	<b>7</b> 8:00a Walking Club 9:00s Charles River Boat Trip 9:30a Keep Well Clinic 10:30a Spanish Conv. 12:30p Bridge (Rubber) 1:00p SHINE 3:30p Strength Training 6:00p MSBR Orientation	<b>8</b> 9:30a Bowling/Woburn 9:30a Exercise 10:45a Science & Technology 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Dance Fever
<b>10</b> 11:30a Grandparents Brunch	<b>11</b> 9:30a Exercise 10:45a Knitting 11:00a Events Committee 11:30a Eating Together 1:00p Mah Jongg 1:00p Movies/ <i>Gifted</i> 2:00p Field to Vase with Wright Locke Farm	<b>12</b> 9:00a Garden Club 9:00a Meditation & Mindfulness 09:45a Yoga & Creativity 10:00a Italian Conversation 10:30 Avo Boyamian/State Affairs Middle East 10:30a Medical Breakthroughs 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training	<b>13</b> 8:30a COA Board Meeting 9:30a Art 9:30a Exercise 10:00a Cribbage 10:45a French Conv 11:30a Eating Together 11:30a Library Online (Hoopla) 1:30p Poetry Group 3:00p Yoga (Gentle) JLC 6:00p MBSR 7:00p China 7:00 Intermediate Bridge	<b>14</b> 8:00a Walking Club 9:00a Manicures 9:30a Chorus 10:30a Spanish Conv. 10:30a Yoga & Creativity 12:30p Bridge (Rubber) 1:00p SHINE 3:30p Strength Training	<b>15</b> 8:45a Regional COA Training 9:30a Bowling/Woburn 9:30a Exercise 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Dance Fever
<b>17</b> 1:00p Bridge (Duplicate) 1:00p Bridge Beginners	<b>18</b> 9:30a Exercise 11:30a Eating Together 12:30p Cardiac Health Program 1:00p Mah Jongg	<b>19</b> 9:00a Garden Club 9:00a Meditation&Mindfulness 9:15a WSA Board Meeting 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training	<b>20</b> 9:30a Art 9:30a Exercise 10:00a Cribbage 10:45a French Conv 11:00a Mens Discussion 11:30a Eating Together 3:00p Yoga (Gentle) JLC 6:00p MBSR 7:00p China 7:00p Intermediate Bridge	<b>21</b> 8:00a Walking Club 9:00a Newsletter Mailing 9:30a Chorus 9:30a Keep Well Clinic 10:30a Spanish Conv. 12:30p Bridge (Rubber) 1:00p SHINE 3:30p Strength Training	<b>22</b> 9:30a Bowling/Woburn 9:30a Exercise 10:45a Science and Technology 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Dance Fever 5:30p to 9:00p Barbeque
<b>24</b>	<b>25</b> 9:30a Exercise 10:00a Legal Counseling 10:45a Knitting 11:30a Eating Together 1:00p Mah Jongg 1:00p Movie/ <i>Snatched</i> 1:00p Conversational Portuguese	<b>26</b> 9:00a Garden Club 9:00a Meditation&Mindfulness 9:45a Yoga & Creativity 10:00a Barry Pell /Antarctica 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training	<b>27</b> 9:30a Art 9:30a Exercise 10:00a Cribbage 10:45a French Conv 11:00a Coffee and Books 11:30a Eating Together 1:00p Balance Class 1:30p Poetry Group 3:00p Yoga (Gentle) 4:30p Memory Cafe JLC 6:00p MBSR 7:00p China 7:00 Intermediate Bridge	<b>28</b> 8:00a Walking Club 9:00a Manicures 9:30a Chorus 10:00a Caregivers Group 10:30a Spanish Conv 10:30a Yoga & Creativity 12:30p Bridge (Rubber) 1:00p SHINE 3:30p Strength Training	<b>29</b> 9:30a Bowling/Woburn 9:30a Exercise 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Dance Fever