

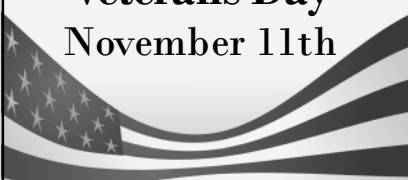



NOVEMBER 2009

Calendar Of Programs & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Meet w/ State Reps 9:00 Men's Pool 10:00 NEW Winners #2 12:00 Chair Volleyball 12:30 Movie : "Closer" 1:15 Zumba 2:00 Stretching Class 2:00 Scrabble 6:00 55+ Club 7:00 COA Board	3 9:00 Men's Pool 10:00 Fit & Firm 11:00 Chair Aerobics 12:45 Fun & Games 1:00 Computer Lab 1:00 Writer's Guild 1:00 Mah Jongg 7:00 Chess Club	4 9:00 Men's Pool 9:00 Watercolor Class 10:00 Quilting 10:00 SHINE 10:30 Chair Volley 12:30 Duplicate Bridge 1:00 Computer Lab 1:00 Knitting 7:00 Managing Res. #6	5 9:00 Men's Pool 9:15 Contract Bridge 10:00 Video Exercise 12:00 Serve Deadline 12:45 Fun&Games 1:00 Computer Lab 1:00 Breathing Buddies 1:30 SHINE 3:15 Strength Training	6 9:00 Men's Pool 9:00 Chair Volleyball 10:45 Chair Aerobics 11:00 Feldenkrais 1:00 Goldenaires 1:45 Yoga
9 9:00 Men's Pool 10:00 NEW Winners #3 10:00 Friends Board 11:00 Ask An Attorney 12:00 Chair Volleyball 12:30 Movie:"Conversations w/ Other Women" 1:15 Zumba 2:00 Stretching Class 2:00 Scrabble	10 9:00 Men's Pool 10:00 Fit & Firm 10:00 Diabetic Support 11:00 Chair Aerobics 12:45 Fun & Games 1:00 Computer Lab 1:00 Writer's Guild OUT 1:00 Mah Jongg 1:00 Medicare Info 1:00 Meet w/ Sen. Brown 7:00 Chess Club	11 9:00 Men's Pool 9:00 Watercolor Class 10:00 Quilting 10:00 SHINE 10:30 Chair Volley 12:30 Duplicate Bridge 1:00 Computer Lab 1:00 Knitting 1:30 Blood Pressure <i>Veterans Day</i>	12 9:00 Men's Pool 9:15 Contract Bridge 10:00 Caregiver— <i>Healthy Book Club</i> 10:00 Video Exercise 11:00 Moment w/Moira 12:45 Fun&Games 1:00—Nature Connection 1:00 Computer Lab 1:30 SHINE 3:15 Strength Training	13 9:00 Men's Pool 9:00 Chair Volleyball 10:45 Chair Aerobics 11:00 Feldenkrais 12:00 Trivia Answer Deadline 1:00 Goldenaires 1:45 Yoga
16 9:00 Men's Pool 10:00 Friends Board 10:00 NO NEW Winners 10:00 Beaded Bracelet Class 12:00 Chair Volleyball 12:30 Movie: "A Thousand Years Of Good Prayers" 1:15 Zumba 2:00 Stretching Class 2:00 Scrabble	17 9:00 Men's Pool 10:00 Fit & Firm 11:00 Chair Aerobics 12:45 Fun & Games 1:00 Computer Lab 1:00 Writer's Guild 1:00 Mah Jongg 7:00 Chess Club	18 9:00 Men's Pool 9:00 Podiatry Clinic 9:00 Watercolor Class 10:00 Quilting 10:00 SHINE 10:30- Chair Volleyball 11:00 Meet w/ Sen. Spilka 12:30 Duplicate Bridge 1:00 Computer Lab 1:00 Knitting 3:00 Notary 7:00 Sage—FDR 7:00 NICE	19 9:00 Bagel w/ BOS 9:00 Men's Pool 9:15 Contract Bridge 10:00 Video Exercise 11:00 Meetw/School C. 12:45 Fun&Games 1:00 Computer Lab 1:00 Rebuilding After Loss 1:30 SHINE 3:15 Strength Training	20 9:00 Men's Pool 9:00 Chair Volley. 10:45 Chair Aerobics 11:00 Feldenkrais 1:00 Goldenaires 1:00 Low Vision Sup. 1:45 Yoga
23 9:00 Men's Pool 10:00 NEW Winners #4 12:00 Chair Volleyball 12:30 Movie "Signs & Wonders" 1:15 Zumba 2:00 Stretching Class 2:00 Scrabble	24 10:00 Fit & Firm 11:00 Chair Aerobics 12:45 NO Fun & Games 1:00 Computer Lab 1:00 Meet w/ Sen. Brown 1:00 Writer's Guild 1:00 Mah Jongg 2:30 The Slice Of Pie Social 7:00 Chess Club	25 9:00 Men's Pool 9:00 Chair Volleyball 9:00 Watercolor Class 10:00 Pharmacy Talk 10:00 Quilting 10:00 SHINE 2:30 Duplicate Bridge 1:00 Computer Lab 1:00 Knitting 1:30 No Blood Pressure	26 Center Closed 	27 Center Closed No Programs & Activities 
30 9:00 Men's Pool 10:00 NEW Winners #5 12:00 Chair Volleyball 12:30 Movie "The Name-sake" 1:15 Zumba 2:00 Stretching Class 2:00 Scrabble	<div style="text-align: center;"> <p>Remember...</p> <p>Veterans Day</p> <p>November 11th</p>  </div>		<div style="text-align: center; border: 1px solid black; padding: 5px;"> <p>SERVE PICK-UP</p> <p>Saturday, November 21 10:30—12:00</p> </div> <div style="text-align: center; border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>What IS SERVE?</p> <p>See Page 3</p> </div>	<div style="text-align: center;">  <p>Adult Day Health</p> <p>508-655-9767</p> <p>NATICK</p> </div>