

NOVEMBER, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Chi-Ball/Tai Chi 9:30 AM to 10:30 AM (temporarily suspended)	Yoga & Meditation 9:30 AM to 10:20 AM	Ceramics Class 9:30 to 11:30 AM	Hairdresser/Manicure 9:00 AM - 11:00 AM (Call for Appointment)	Canvas Making 9:30 AM - 11:30 PM
Water Color Art Class 10:00 AM to 12:00 PM	Zumba Gold Class 10:30 AM to 11:30 PM	Bowling League (LYNNWAY BOWLING) 10:00 AM	Yoga & Meditation 9:30 AM to 10:30 AM	Core & Balance Workout 10:00 AM to 11:00 PM
Core & Balance Workout 10:30 AM to 11:30 AM	Computer Class 10:00 - 11:30 AM	Let Your Yoga Dance 11:15 AM -12:00 PM (NEW CLASS!)	Knitting Group 10:00 AM -11:30AM	
			Combo Exercise 10:30 AM - 11:30 AM	
LUNCH 12:00 PM	LUNCH 12:00 PM	LUNCH 12:00 PM	LUNCH 12:00 PM	LUNCH 12:00 PM
Bingo 12:30 PM - 2:30 PM	Bingo 12:30 PM - 2:30 PM	Movie of the Week 12:30 PM (new & classics) (Light Refreshments)	Bingo 12:30 PM - 2:30 PM	Bingo 12:30 PM - 2:30 PM
S.H.I.N.E. 10:00 AM - 2:00 PM (Appointments only)			Bocce 12:30 PM - 3:30 PM	
		Zumba/Toning Class 6:15 PM to 7:15 PM		
	Birthday Celebration Tuesday, November 29, 2016			
Health Programs			Senior Club Monthly Meetings	
Blood Pressure and Individual Conferences Thursday, November 3 & 17, 11:00 AM - 12:00 PM			Council on Elder Affairs COEA - Friday, November 18, 2016	
Hearing Program (Testing and Hearing Aid Cleaning) Tuesday, November 29, 2016 (On a Tuesday for this month only)				
Podiatry Clinic Wednesday, November 2, 2016				
Chair Massage Monday, November 7, 2016				
Special Programs				
Senior Shuttle -Schedule Mon. thru Fri. 10:00 - AM to 3:30 PM		Senior Center Upcoming Trips		
Birthday Celebration Tuesday, November 29, 2016		MOHEGAN CASINO TRIP: WEDNESDAY, NOVEMBER 2, 2016		
		FOR MORE INFORMATION CALL: The Rossetti-Cowan Senior Center at (781) 286-8156		