Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi	**Zumba Gold Class**	**Ceramics Class**	**Hairdresser/Manicure**	**Canvas Making**
9:30 AM to 10:30 AM	10:30 AM to 11:30 PM	9:30 AM to 11:30 AM	9:00 AM to 11:00 AM	9:30 AM to 11:30 PM
(with Bill Barron)			(Call for Appointment)	
	Yoga & Meditation	**Bowling League**		
Water Color Art Class	11:40 AM to 12:30 PM	(LYNNWAY BOWLING)	**Knitting Group**	**Core & Balance Workout**
9:30 AM to 11:30 PM		10:00 AM	10:00 AM to 11:30AM	10:00 AM to 11:00 PM
Core & Balance Workout		**Core & Balance Workout**	**Combo Exercise**	
10:30 AM to 11:30 AM		10:00 AM to 11:00 AM	10:30 AM to 11:30 AM	
Yoga & Meditation				
11:40 AM to 12:30 PM				
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**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	12:30 PM to 2:30 PM	12:30 PM to 2:30 PM
		(new & classics)		
S.H.I.N.E.		(Light Refreshments)	**Computer Class**	
10:00 AM to 2:00 PM			12:30 PM - 2:30 PM	
(Appointments only)				
			Bocce	
			12:30 PM to 3:30 PM	

Health Programs

Blood Pressure and Individual Conferences
Thursday, October 5 & October 19, 2017 from 11:00 AM - 12:00 PM

Hearing Program (Testing and Hearing Aid Cleaning)
Thursday, October 26, 2017

Podiatry Clinic
Wednesday, October 04, 2017

Chair Massage
Monday, October 16, 2017

Senior Club Monthly Meetings

Council on Elder Affairs
COEA - Friday, October 13, 2017

Senior Book Club
Thursday, October 19, 2017
2:30 PM - 3:30 PM

Sharing Grief Experiences
May restart this Fall.

Special Programs

Senior Shuttle -Schedule
Mon. thru Fri. 10:00 - AM to 3:30 PM

Birthday Celebration
Tuesday, October 31, 2017

Senior Center Upcoming Trips

FOR MORE INFORMATION CALL: The Rossetti-Cowan Senior Center at (781) 286-8156

Foxwoods trip - Call the office to confirm date.