

SUDBURY SENIOR CENTER

JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please remember to pay for your classes as you register!</p> <p>Thank you for your consideration.</p>	<p>S.H.I.N.E. – Serving the Health Insurance Needs of Everyone – Medicare insurance counseling by trained, unbiased volunteers</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">New Years Holiday</p>  <p style="text-align: center;">Senior Center Closed</p>	<p style="text-align: center;">2</p> <p>No Tap Dance 9-4 SHINE 9:45 Thursday Crafters 12:00 Pizza and a... 12:30 Movie: <i>The Great Gatsby</i></p>	<p style="text-align: center;">3</p> <p>9:00-2:30 I&R Hours 9:30-11:30 Bingo 9:30 Better Bones (7) 10:30-12 <i>Bridges Trning.</i> 11:00 Fit for the Future 12:30 Friday Movie: <i>King of Late Night: Johnny Carson</i> 1:00 Watercolors (5)</p>
<p style="text-align: right;">6</p> <p>9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 <i>Mozart: The Magic Flute</i> 1:00 Better Bones (7) 2:15 Tai Chi (7)</p>	<p style="text-align: right;">7</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 12:00 Lunch 12-3 SHINE 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (1)</i></p>	<p style="text-align: right;">8</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (1)</i> 10:00 <i>Drawing (1)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 Informal Quilters 1:00 Canasta 2:00-4:00 Teen Tech</p>	<p style="text-align: right;">9</p> <p>9:30 Tap Dance (1) 9:45 Thursday Crafters 12:00 Soups On: <i>All You Want to Know about Rehab</i> 2:00 <i>American Drama Series #4 (rescheduled date)</i></p>	<p style="text-align: right;">10</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (8) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Hyde Park on Hudson</i> 1:00 Watercolors (6)</p>
<p style="text-align: right;">13</p> <p>9:00-2:30 I&R Hours 10:00 <i>Stamp club</i> 11:00 Fit for the Future 12:30 <i>Mozart: The Marriage of Figaro</i> 1:00 Better Bones (8) 2:15 Tai Chi (8)</p>	<p style="text-align: right;">14</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11:00 <i>Powerful Tools for Caregivers (1)</i> 9:40/11:00 Yoga (8) 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (2)</i></p>	<p style="text-align: right;">15</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (2)</i> 10:00-12:00 <i>Drawing (2)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 <i>2014 Trip Meeting</i> 1:00 Canasta 2:30-3:30 Teen Tech</p>	<p style="text-align: right;">16</p> <p><i>MFA Sargent Trip</i> 9:30 Tap Dance (2) 9:45 Thursday Crafters 10:00 Current Events 12-4 SHINE 1:00 <i>Mr. DJs Hollywood Quiz Show!</i></p>	<p style="text-align: right;">17</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (1) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>The Way, Way Back</i> No Watercolors</p>
<p style="text-align: right;">20</p> <p><i>Martin Luther King, Jr. Holiday</i></p>  <p style="text-align: center;">Senior Center Closed</p>	<p style="text-align: right;">21</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11 <i>Powerful Tools for Caregivers (2)</i> 9:40/11:00 Yoga (1) 11:15 <i>Start the New Year Right!</i> 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (3)</i></p>	<p style="text-align: right;">22</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (3)</i> 10:00-12:00 <i>Drawing (3)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 Informal Quilters 1:00 Canasta 1:30 <i>Panama Trip Meeting?</i> 2:00-4:00 Teen Tech</p>	<p style="text-align: right;">23</p> <p>9:30 Tap Dance (3) 9:45 Thursday Crafters 1:00 <i>Pianist Jeffrey Moore</i> 3:00 Friends Meeting 7:00 <i>Town Forum</i></p>	<p style="text-align: right;">24</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (2) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>The Soloist</i> 1:00 Watercolors (7)</p>
<p style="text-align: right;">27</p> <p>9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 <i>Puccini: La Boheme</i> 1:00 Better Bones (1) 2:15 Tai Chi (1)</p>	<p style="text-align: right;">28</p> <p>8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11:00 <i>Powerful Tools for Caregivers (3)</i> 9:40/11:00 Yoga (2) 12:00 Lunch 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (4)</i></p>	<p style="text-align: right;">29</p> <p>9:00-2:30 I&R Hours 9:30 <i>Alexander the Great (4)</i> 10:00-12:00 <i>Drawing (4)</i> 11:00 Fit for the Future 12:00 Lunch 12:00 Zumba 1:00 <i>Five Simple Exercises!</i> 1:00 Canasta 2:30-3:30 Teen Tech</p>	<p style="text-align: right;">30</p> <p>9-4 SHINE 9:30 Tap Dance (4) 9:45 Thursday Crafters 2:00 <i>Hot Topic of the Month with Dr. Larry Lowenthal</i></p>	<p style="text-align: right;">31</p> <p>9:30-11:30 Bingo 9:00-2:30 I&R Hours 9:30 Better Bones (3) 11:00 Fit for the Future 12:30 Friday Afternoon Movie: <i>Renoir</i> 1:00 Watercolors (8)</p>