


MARCH 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please let us know if you no longer need a paper copy of the newsletter. You can receive the newsletter via email every month.</p>		<p>You can add yourself to the email mailing list on the Town of Sudbury website at the Senior Center webpage, or just call or email us at senior@sudbury.ma.us and we will add you to the email mailing list.</p>		<p>1 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (7) 1:30 Opera (1)</p>
<p>4 9:00-2:30 I&R Hours 10:30 Significant Speeches (2) 11:00 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (3)</p>	<p>5 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga /11:00 Yoga 10:00-12 Legal Clinic 11:00 Wise Up on Medications! 12:00 Lunch 12:30 Bridge 3:00 Council on Aging</p>	<p>6 8:30 Fit for the Future 9:00-4:00 AARP Tax Help 9:00-2:30 I&R Hours 9:30-11:30 Drawing (1) 10:00 Hubble DVD (3) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 12:30 Zumba 55+</p>	<p>7 9:00-12:00 SHINE 9:30 Thursday Crafts 9:30 Tap Dance 10:30 Current Events 12:00 Soups On: Lose Your Clutter, Find Yourself 1:30 Beginning Watercolors (8) (last)</p>	<p>8 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (8) 1:30 Opera (2)</p>
<p>11 9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future (Room 3) 12:00 St. Patrick's Luncheon 1:00 Better Bones (Room 3) 2:15 Tai Chi (4)</p>	<p>12 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (6) 10-11:15 Shakespeare (1) 12:00 Lunch 12:30 Bridge</p>	<p>13 8:30 Fit for the Future 9:00-4:00 AARP Tax Help 9:00-2:30 I&R Hours 9:30-11:30 Drawing (2) 10:00 Hubble DVD (4) 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 12:30 Quilters 2:00-4:00 Teen Tech</p>	<p>14 9:00-12:00 SHINE 9:30 Tap Dance 9:30 Thursday Crafters 1:00 Solving the UFO Enigma</p>	<p>15 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (9) 1:30 Opera (3)</p>
<p>18 9:00-2:30 I&R Hours 10:30 Significant Speeches (3) 11:00 Fit for the Future 1:00 Better Bones (3) 2:15 Tai Chi (5)</p>	<p>19 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (7) 10-11:15 Shakespeare (2) 12:00 Lunch 12:30 Bridge</p>	<p>20 8:30 Fit for the Future 9:00-4:00 AARP Tax Help 9:00-2:30 I&R Hours 9:30-11:30 Drawing (3) 10:00 Hubble DVD (5) 11:00 Fit for the Future 12:30 Zumba 55+ 12:30 Quilters 12:00 Lunch</p>	<p>21 9:00-12:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:30 Current Events 12:00 Pizza 12:30 Movie: Hope Springs</p>	<p>22 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (10) 1:30 Opera (4) Election setup in gym</p>
<p><i>Special Van Trip</i> 25 9:00-2:30 I&R Hours 10:30 Possibly resched.: Signif. Speeches (4) 11:00 Fit for the Future (Room 3) 1:00 Better Bones (Room 2) 2:15 Tai Chi (Rm 2) <u>Town Election Today</u></p>	<p>26 8:30-10:30 BP Clinic 9:00 Cribbage 9:40 Yoga/11:00 Yoga (8) 10-11:15 Shakespeare (3) 12:00 Lunch 12:30 Bridge</p>	<p>27 8:30 Fit for the Future 9:00-4:00 AARP Tax Help 9:00-2:30 I&R Hours 9:30-11:30 Drawing (4) 10:00 Hubble DVD (6) (last) 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 12:30 Quilters 2:00-4:00 Teen Tech</p>	<p>28 9:00-12:00 SHINE 9:30 Thursday Crafters 9:30 Tap Dance 1:30 The Theatre of the 1930s, 1940s, and 1950s 3:00 Friends meeting</p>	<p>29 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (11) 1:30 Opera (5)</p>