

# SEPTEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	<i>Election Setup in Gym 5</i>
<b>Labor Day Holiday</b>  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage <i>No Yoga Today</i> 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (8, last) (SP)</i> 3:00 COA Meeting	9:00-3:00 I&R Hours 9:30 <i>Masterworks of American Art DVD (last)</i> 11:00 Fit for the Future (G) 12:00 Lunch <i>Zumba starts next week</i> 1:00-3:30 Canasta (SP)	<i>Tap Dance next week</i> 9:30 Thursday Crafters (VH) 10:00 Current Events (last participant-led meeting) 11:30 Pizza and a 12:00-4:00 Movie: <i>Lawrence of Arabia</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours <i>Better Bones next week</i> 11:00 Fit for the Future (R3) 12:30 Friday Movie: <i>I Love Lucy Series</i> 11:30/2 Watercolors (1) <hr/> 37 <sup>th</sup> Sudbury Day – Saturday, September 6
8	<i>Special Election</i> 9	10	11	12
9:00-3:00 I&R Hours 11:00 Fit for the Future (R3) No Better Bones today 1:00 Scrabble/Games 2:15 Tai Chi (1, R3)	8:30-10:30 BP Clinic 9:00 Cribbage <i>No Yoga Today</i> 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (1) (SP)</i>	9:00-3:00 I&R Hour 10-12:00 <i>Drawing (1 of 6)</i> 11:00 Fit for the Future (G) 12:00 Lunch and 1:00 <i>Listen: Pianist Todd Theriault (SP)</i> 12:00 Zumba 1:00-3:30 Canasta (R3) 1:00 Quilting (1) (VH)	9:30 Tap Dance (1) 9:30 Thursday Crafters (VH) 12:00 Pizza and a 12:30-1:30 Movie: <i>Chihuly: Fire and Light</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (1) (Van Houten room) 11:00 Fit for the Future (G) 12:30 Friday Movie: <i>I Love Lucy Series</i> 11:30/2 Watercolors (2)
15	16	17	18	19
9:00-3:00 I&R Hours 10:00 Stamp club 11:00 Fit for the Future (G) 11:00 <i>Art of Flamenco! (SP)</i> 1:00 Scrabble/Games 1:00 Better Bones (1) 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (1) (R2, G) 11:00 <i>Health Talk: Flu and You – Nurse Talk</i> 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (2)</i>	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History (1)</i> 10-12:00 <i>Drawing (2 of 6)</i> 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta (R3) 1:30 <i>The Evolution of German Art (1)</i> 1:00 Quilting (1) (VH)	9:30 Tap Dance (2) 9:45 Thursday Crafters (VH) 10:00 Current Events 12:00 Soup's On! 12:30 <i>Jonathan O'Dell – Mass. Commission for the Deaf and Hard of Hearing</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (2) 11:00 Fit for the Future (G) 12:30 Friday Movie: <i>I Love Lucy Series</i>  11:30/2 Watercolors (3)
22	23	24	Rosh Hashanah 25	26
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 12:00 <i>Caregiver's Luncheon</i> 1:00 Scrabble/Games 1:00 Better Bones (2) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (2) (R2, G) 10:00-12:00 Legal Clinic 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (3)</i>	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History (2)</i> 10-12:00 <i>Drawing (3 of 6)</i> 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba 1:00-3:30 Canasta (R3) 1:00 Quilting (1) (VH) 1:30 <i>German Art (2)</i> 2:00-4:00 Teen Tech (L)	9:30 Tap Dance (3) 9:30 Thursday Crafters (VH) 10:00 <i>Medicare Open Enrollment Talk</i>  2:30 Connection Circle 3:00 <i>Friends' of Sudbury Seniors</i>	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (3) 11:00 Fit for the Future (G) 12:30 Friday Movie: <i>I Love Lucy Series</i> 11:30/2 Watercolors (4)
29	<i>Robert Frost Trip</i> 30			
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 Scrabble/Games 1:00 Better Bones (3) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (3) (R2, G) 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i>	VH – Van Houten Room SP – Sudbury Pines Room R3 – Game Room G – Gym L – Lounge R2 - Room 2 (billiards room)	I&R—Information and Referral—Office Hours with Anne Manning, LMHC	SHINE– Serving the Health Insurance (Information) Needs of Elders—Medicare assistance