



SUDBURY SENIOR CENTER

NOVEMBER 2014

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 3 | 4 | 5 | 6 | 7 |
| 9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00-2:30 Bereavement Group (3) 1:00 Better Bones (7) 2:15 Tai Chi (8) | 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 12:30 Bridge 1:00-4:00 SHINE 1:15 Tai Chi for Healthy Living (1) (2 nd session) 3:00 COA Meeting | 9:00-3:00 I&R Hours 9:30 U.S. History (8) 10-12 Drawing (3) 11:00 Fit for the Future 12:00 Veterans Luncheon Zumba on hiatus 1:00-3:30 Canasta (VH) No Quilting | 9:00-4:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:00 Current Events 12:00 Pizza and a... 12:30 Movie: <i>The Monuments Men</i> 1:00-4:00 SHINE 2:30 Connection Circle | 9:00-3:00 I&R Hours 9:00-11:30 <i>My Life, My Health</i> (4) 9:30-11:30 Bingo (SP) 9:30 Better Bones (7) 11 Fit for the Future No Friday Movie 11:30/2 Watercolors (5) Holiday Craft Bazaar Sat., November 8, 9-12 |
| 10 | 11 | 12 | 13 | 14 |
| 9:00-3:00 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00-2:30 Bereavement Group (4) 1:00 Better Bones (8) 2:15 Tai Chi (1) | Veterans Day Holiday  Senior Center Closed | 9:00-3:00 I&R Hours 9:30 U.S. History (9) 10-12 Drawing (4) 11:00 Fit for the Future 1:00-3:30 Canasta No Quilting 2:00-4:00 Teen Tech | 9:00-4:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 <i>Soup's On!</i> & 12:45 <i>Andrea Schein-Vision Changes</i> 2:30 Connection Circle | 9:00-3:00 I&R Hours 9:00-11:30 <i>My Life, My Health</i> (5) 9:30-11:30 Bingo 9:30 Better Bones (8) 11:00 Fit for the Future 12:30 Friday Movie: <i>Jesus Christ Superstar</i> 11:30/2 Watercolors (6) |
| <i>Special Van Trip</i> 17 | 18 | 19 | 20 | 21 |
| 9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00-2:30 Bereavement Group (5) 1:00 Better Bones (1) 2:15 Tai Chi (2) | 8:30-9:30 BP Clinic 9:30 Memory Screenings 9:00 Cribbage 9:40/11:00 Yoga (1) 10:00 Ottoman Centuries (1 of 3) 10:00-12:00 Legal Clinic 12:30-3:30 Bridge 1:00-4:00 SHINE 1:15 Tai Chi (2) | 9:00-3:00 I&R Hours 9:30 U.S. History (10, last) 10-12 Drawing (5) 11:00 Fit for the Future 1:00-3:30 Canasta 1:00-3:30 Quilting Workshop | 9:00-4:00 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:00-2:30 Alzheimer's Training for Family Caregivers (w/lunch) 10:00 Current Events (R1) 2:30 Connection Circle | 9:00-3:00 I&R Hours 9:00-11:30 <i>My Life, My Health</i> (6, last) 9:30-11:30 Bingo No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>Moses</i> 11:30/2 Watercolors (7) |
| <i>Special Van Trip</i> 24 | 25 | 26 | 27 | 28 |
| 9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00-2:30 Bereavement Group (6) 1:00 Better Bones (2) 2:15 Tai Chi (3) | 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 10:00 Ottoman Centuries (2 of 3) 12:30 Bridge 1:15 Tai Chi for Healthy Living (3) (2 nd session) | 9:00-3:00 I&R Hours 10-12 Drawing (6) 11:00 Fit for the Future 1:00-3:30 Canasta (Van Houten room) No Quilting today | Happy Thanksgiving!  Senior Center Closed | 9:00-3:00 I&R Hours 9:30-11:30 Bingo No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>Gandhi</i> No Watercolors |