



## OCTOBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
VH – Van Houten Rm SP – Sudbury Pines Room R1 - next to gym R2 - Room 2 (billiards room) R3 – Game Room G – Gym L – Lounge		9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (3) 10:00-12:00 Drawing (4) 11:00 Fit for the Future (G) 11:30 <i>Gifcard Drawing</i> 12:00 Lunch 12:00 Zumba (4) 1:00-3:30 Canasta (R1) 12:30-3:00 Quilting (3)(VH) 1:30 <i>Evolution of German Art</i> (3)	9:00 <i>Home and Fire Safety Breakfast</i> 9-4 SHINE 9:30 Tap Dance (4) 9:30 Thursday Crafters (VH) 10:00 Current Events 2:30 Connection Circle (R1) 1:00-4:00 <i>Flu Shots</i> 6:00-8:00 <i>Flu Shots</i>	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (1) (VH) <i>No Better Bones today</i> 11:00 Fit for the Future 12:30 Friday Movie: <i>Annie Get Your Gun</i> 11:30/2 Watercolors (5) <i>Mercury Collection</i> Sat., Oct. 4 11am-1pm <i>Policemen's Picnic</i> 12p
6	7	8	9	10
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 Better Bones (4) 1:00 Scrabble/Games 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (4) 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i> (5) (SP) 3:00 COA Meeting	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (4) 10-12:00 <i>Drawing</i> (5 of 6) 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba (5) 1:00-3:30 Canasta (R1) 1:00 Quilting (4) (VH) 1:30 <i>German Art</i> (4) 2:00-4:00 Teen Tech (L)	9-4 SHINE 9:30 Tap Dance (5) 9:30 Thursday Crafters (VH) 1:00 <i>Richard Travers– Music of Steven Sondheim</i> (1) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (2) (VH) 9:30 Better Bones (4) 11:00 Fit for the Future 12:30 Friday Movie: <i>Mary Poppins</i> 11:30/2 Watercolors (6)
13	14	15	16	17
Columbus Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (5) 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</i> (6)	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (5) 10-12:00 <i>Drawing</i> (6 of 6) 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba (6) 1:00-3:30 Canasta (SP) <i>No German Art this week</i> 12:30-3 Quilting (5) (VH)	9-4 SHINE 9:30 Tap Dance (6) 9:30 Thursday Crafters (VH) 10:00 Current Events 1:00 <i>Richard Travers– Steven Sondheim</i> (2) <i>next class Mon, 10/20</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (3) (VH) 9:30-11:30 Bingo (SP) 9:30 Better Bones (5) 11:00 Fit for the Future 12:30 Friday Movie: <i>South Pacific</i> 11:30/2 Watercolors (7)
20	21	22	23	24
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 <i>Richard Travers– Steven Sondheim</i> (3) 1-2:30 <i>Bereavement Group</i> (1 of 8) 1:00 Scrabble/Games 1:00 Better Bones (5) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (6) 10:00 <i>Games, Games, Games!</i> 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i> (7)	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (6) 10-12:00 <i>Drawing</i> (1 of 6) 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba (1) 1:00-3:30 Canasta (R3) 12:30-3 Quilting (6) (VH) 1:30 <i>German Art</i> (5, last) 2:00-4:00 Teen Tech (L)	9:00 <i>Men's Breakfast</i> 9-4 SHINE 9:30 Tap Dance (1) 9:30 Thursday Crafters 1:30-3:00 <i>Improv Workshop</i> 3:00 Connection Circle* <i>*Note time change!</i> 3:00 <i>Friends' of Sudbury Seniors</i> (R1)	9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (4) (VH) 9:30-11:30 Bingo (SP) 9:30 Better Bones (6) 11:00 Fit for the Future 11:30/2 Watercolors (8) 12:30 Friday Movie: <i>Hello Dolly!</i>
27	28	29	30	31
9:00-3:00 I&R Hours 10:00-1:00 <i>Safety Fair</i> 11:00 Fit for the Future (G) 1-2:30 <i>Bereavement Group</i> (2 of 8) 1:00 Scrabble/Games 1:00 Better Bones (6) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (7) 12:00 Lunch 12:30 –3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living</i> (8)	9:00-3:00 I&R Hours 9:30-11:00 <i>U.S. History</i> (7) 10-12:00 <i>Drawing</i> (2 of 6) 11:00 Fit for the Future (G) 12:00 Lunch 12:00 Zumba (2) 1:00-3:30 Canasta (SP) 12:30 Quilting (7) (VH)	9-4 SHINE 9:30 Tap Dance (2) 9:30 Thursday Crafters (VH) 12:00 <i>Soup's On!</i> 12:45 Speaker: <i>Nutritionist Barbara Gold—Pantry Staples</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:00-11:30 <i>My Life/My Health</i> (5) (VH) 9:30-11:30 Bingo (SP) <i>No Better Bones today</i> 11:00 Fit for the Future 11:30/2 Watercolors (9) 12:30 Friday Movie: <i>That's Entertainment!</i>