


DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Special Van Trip 1	2	3	4	5
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 Bereavement Group (6) (VH) 1:00 Scrabble/Games 1:00 Better Bones (3) 1:30 <i>Don't Hate Fat! - FSU Student Kelly Thompson</i> 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (3) (R2, G) 10:00 <i>Ottoman Centuries (3, last)</i> 12:30 -3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (3) (SP)</i> 3:00 COA Meeting	9:00-3:00 I&R Hours 10-12:00 <i>Drawing (1 of 6)</i> 11:00 Fit for the Future (G) 12:00 <i>Wayside Inn Luncheon (advance reservation only)-Sudbury Food Pantry donation</i> 1:00 <i>Destination Imagination Luncheon at Senior Center</i> 1:00-3:30 Canasta (R1??) 1:00 Quilting (8) (VH)	9:30 Thursday Crafters (VH) 9:30 Tap Dance (6) 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>About Time</i> No 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 (R3) 12:30 Friday Movie: <i>My Big Fat Greek Wedding</i> 11:30/2 Watercolors (1)
Special Van Trip 8	<i>Special Election</i> 9	10	11	12
9:00-3:00 I&R Hours <u>9:00-10:00 Fit for the Future (G) *Note time</u> 10:00 Stamp club 9:30-11:00 <i>2015 Trips Meeting! (SP)</i> 1:00 Bereavement Group (7) (SP) 1:00 Scrabble/Games 1 Better Bones (4, R2) 2:15 Tai Chi (4, R2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (4) (R3, R3) 10:00-12:00 Legal Clinic 12:30 -3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (4) (SP)</i>	9:00-3:00 I&R Hour 10-12:00 <i>Drawing (2 of 6)</i> 11:00 Fit for the Future (G) 12:00 <i>Holiday Luncheon in Fairbank Community Gym</i> 1:00-3:30 Canasta (SP) 1:00 Quilting (9, last) (VH) 2:10-4:00 Teen Tech Hours	9:30 Tap Dance (1) 9:30 Thursday Crafters (VH) 9:00-11:00*** <i>Boxwood Tree Workshop</i> ***Note Time Changed to 9:00-11:00AM after publication of newsltr. 12:30-3:30 Puzzles, Puzzles, Puzzles (p. 5) 2:30 Connection Circle	9-3:00 <i>Card Writing Day!</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 12:30 Friday Movie: <i>October Sky</i> 11:30/2 Watercolors (2) <i>*Order your lunch for Wed., Dec. 17 today</i>
15	16	17	18	19
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 1:00 Bereavement Group (8, last) 1:00 Scrabble/Games 1:00 Better Bones (5) 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (5) (R3, G) 11:15-12:45 Bridges Luncheon 12:30 -3:30 Bridge 1:00-4:00 SHINE 1:15 <i>Tai Chi for Healthy Living (5)</i>	9:00-3:00 I&R Hours 10-12:00 <i>Drawing (3 of 6)</i> 11:00 Fit for the Future (G) 10:00-12:00 <i>Bereavement at the Holiday - also sign up for soup and sandwich—p. 3</i> No Quilting 1:00-3:30 Canasta (VH)	9:30 Tap Dance (2) 9:30 Thursday Crafters (VH) 10:00 Current Events 12:00 <i>Soup's On!</i> 12:45 <i>A Legal Checkup with Denise Yurkofsky</i> 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:00-3:00 I&R Hours 9:30 Better Bones (4, last) 11:00 Fit for the Future 12:30 Friday Movie: <i>Amelie (French, subtitles)</i> 11:30/2 Watercolors (3)
22	23	24	25	26
9:00-3:00 I&R Hours 10:00-2:00 <i>Cookies and Tea Open House</i> 11:00 Fit for the Future (G) 1:00 Scrabble/Games 1:00 Better Bones (6) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (6) (R3, G) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living (6)</i>	9:00-3:00 I&R Hours No Drawing No Fit for the Future (G) No Canasta today No Quilting today	Christmas Holiday  Senior Center Closed	No Bingo today 9:00-3:00 I&R Hours No Better Bones No Fit for the Future 12:30 Friday Movie: <i>A Tree Grows in Brooklyn</i> No Watercolors
29	30	31		
9:00-3:00 I&R Hours 11:00 Fit for the Future (G) 12:00 <i>Grandparents/kids Movie : How to Train Your Dragon</i> 1:00 Scrabble/Games No Better Bones No Tai Chi	8:30-10:30 BP Clinic 9:00 Cribbage <i>No Yoga today</i> 12:30 -3:30 Bridge 1:00-4:00 SHINE <i>No Tai Chi for Healthy Living</i>	9:00-3:00 I&R Hours No Drawing 11:00 Fit for the Future (G) 1:00-3:30 Canasta (SP) No Quilting	VH – Van Houten Room SP – Sudbury Pines Room R3 – Game Room G – Gym L – Lounge R2 - Room 2 (billiards room)	<i>*SHINE– Serving the Health Insurance (Information) Needs of Elders—Medicare assistance</i> <i>*I&R—Information and Referral—Office Hours with Anne Manning, LMHC</i>