

## DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Happy Holidays! Please note the holiday hours on Dec. 16, 24 and 31. Thank you!  SHINE—Medicare Help VH—Van Houten Room SP— Sudbury Pines Room	8:30-10:30 BP Clinic 9:00 Cribbage 9-12 SHINE 9:40/11:00 Yoga (3) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (5)	9:00-3:00 I&R Hours 9:30 <i>Skeptics Guide (11)</i> 10-12 <i>Drawing Workshop</i> (3) 11:00 Fit for the Future 12:00 <i>Wayside Inn Luncheon</i> 1:00 Canasta (SP) 1:00 Quilting No British Art	9-4 SHINE 9:30 Tap Dance (4) 9:30 <i>Laughter Group</i> 10:00 Current Events 12 Pizza and a Movie: <i>The Odd Couple</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (1) 11:00 Fit for the Future 12:30 Friday Movie: <i>Santa Clause</i> 11:30 or 1:45 - Watercolors (1)
<i>Van Trip to Solomon Pond</i> 7	8	9	10	11
9:00-3:00 I&R Hours 11 Fit for the Future 1:00 Better Bones (3) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (6)	9:00-3:00 I&R Hours 9:30 <i>Skeptics Guide (12, last)</i> 10-12 <i>Drawing</i> (4, last) 11:00 Fit for the Future 12:00 <i>Holiday Luncheon</i> 1:00 Canasta 1:30 British Art (7, last) 1:00 Quilting 2:15-4 Teen Tech Wrkshp	9:00-12:00 SHINE 9:30 Tap Dance (5) 9:30 <i>Laughter Group</i> 10:00 <i>Boxwood Tree Workshop (VH)</i> 12:45-2:30 <i>Senior Notes-Singing Grp (SP)</i> 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (2) 11:00 Fit for the Future 12:00 <i>Lunch and Friday Movie: Lust for Life</i> 11:30 or 1:45 Watercolors (2)
<i>Van Trip to Target</i> 14	15	16	17	18
9:00-3:00 I&R Hours 10-12:30 <i>Coping with Grief and Loss for the Holidays</i> 10:00 Stamp Club 12:30-2:30 <i>Caring Café (for caregivers and their loved ones)</i> 11 Fit for the Future 1:00 Better Bones (4) 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10:00 <i>iOS Photo and Video Roundtable Discussion</i> 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (7)	9:00-2:00 I&R Hours No Drawing 11:00 Fit for the Future No Canasta No Quilting  *Senior Center Hours 9:00 - 2:00 PM Today for Staff Meeting*	No SHINE today 9:30 Tap Dance (6) 9:30 <i>Laughter Group</i> 10:00 Current Events  2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (3) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (3) 12:30 Friday Movie: <i>Family Man</i>
21	22	23	24	25
9:00-3:00 I&R Hours (10-12:30 SNOWDATE for <i>Coping with Grief and Loss During the Holidays</i> ) 11 Fit for the Future 12-2 <i>End of Year Wrap-up and Chili!</i> 1:00 Better Bones (5) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (8, last in session)	<i>Warm cider and Goodies 11:00 AM -3:00 PM</i>  9:00-3:00 I&R Hours 11:00 Fit for the Future 12:30 <i>Wednesday Movie: Singin' in the Rain</i> 1:00 Canasta (VH) No Quilting	*Senior Center Hours 9:00am-12:00pm today  <i>Have a wonderful holiday and/or long weekend!</i>	Christmas Holiday  
No van trip today 28	29	30	31	
9:00-3:00 I&R Hours 9-3 <i>Relax at the Senior Center with a cup of coffee or cocoa, listen to soft music, read the newspaper!</i> 11-12 <i>Winter Gathering at Coolidge at Sudbury</i> No Exercise classes today	NO BP Clinic 9:00 Cribbage No Yoga 12:30-3:30 Bridge 1:00 <i>Winter Gathering at Longfellow Glen</i> No <i>Tai Chi for Healthy Living</i>	9:00-3:00 I&R Hours No Drawing 11:00 Fit for the Future 1:00 <i>Winter Gathering at Musketahquid Village (snowdate Jan. 6 at 1pm)</i> 1:00 Canasta (VH) No Quilting	*Senior Center Hours 9:00am-12:00pm today  9-11 SHINE No Tap Dance 9:30 <i>Laughter Group</i> No Connection Circle	New Year's Day Holiday  