




## JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SP— Sudbury Pines room VH— Van Houten room		SHINE—Serving the Health Insurance Needs of Everyone—on Medicare. The Senior Center is fortunate to have two excellent, trained, SHINE volunteers.		<b>1</b> New Years Day Holiday  Senior Center Closed
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:00-3:00 I&R Hours 11 Fit for the Future 1:00 Better Bones (6) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (1)	9:00-3:00 I&R Hours 9:30 <i>The Fall of the Pagans and the Origins of Medieval Christianity</i> (1) 10:00-12:00 <i>Pen and Ink Drawing Workshop</i> (1) 11:00 Fit for the Future 1:00 Canasta (VH) (snowdate -Musketahquid Gathering)	9:00-12:00 SHINE 9:30 Tap Dance (7) 9:30 <i>Laughter Group</i> 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>Mr. Holmes</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Woman in Gold</i> 11:30 and 1:45 Watercolors (4)
<b>11</b> Van Trip	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:00-3:00 I&R Hours 10:00 Stamp Club 11 Fit for the Future 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) 10:00 <i>iOS Photo/Video Group</i> 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (2)	9:00-3:00 I&R Hours 9:30 <i>The Fall of the Pagans</i> (2) 10:00-12 <i>Pen and Ink</i> (2) 11:00 Fit for the Future 1:00 Canasta (VH) 2:15-4 Teen Tech Workshop—Online Help No Quilting	9-12 SHINE 9:30 Tap Dance (8) 9:30 <i>Laughter Group</i> 12:45 <i>Singing Group</i> 1:00 <i>Collette Tours Presentation</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) 11:00 Fit for the Future 11:30/1:45 Watercolors (5) 12:30 Afternoon Movie: <i>Some Like in Hot</i>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Martin Luther King, Jr. Holiday   Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (3)	9:00-3:00 I&R Hours 9:30 <i>The Fall of the Pagans</i> (3) 10-12 <i>Pen and Ink</i> (3) 11:00 Fit for the Future 1:00 <i>Eat Well, Feel Better!</i> 1:00 Canasta (VH) 1-2:30 <i>Bereavement Group</i> (1) (SP) No Quilting	9-12 SHINE 9:30 Tap Dance (1) 9:30 <i>Laughter Group</i> 10:00 Current Events 10:00-12:00 <i>Crafty Jewelry Group Workshop</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (6) 2-3:15 <i>Peg Espinola: Guitar and Song</i> <i>No Friday movie—see Monday, Jan. 25</i>
<b>25</b> Van Trip	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00-3:00 I&R Hours 10:00 <i>History's Great Military Blunders</i> (1) 11:00 Fit for the Future 12:30 Afternoon Movie: <i>Cyrano de Bergerac</i> (opera) 1:00 Better Bones (8) 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (4)	9:00-3:00 I&R Hours 9:30 <i>The Fall of the Pagans</i> (4) 10:00-12 <i>Pen and Ink</i> (4) 11:00 Fit for the Future 1:00 Canasta (VH) 1-2:30 <i>Bereavement Group</i> (2) 2:15-4 Teen Tech <i>Wkshp</i> No Quilting	9-12 SHINE 9:30 Tap Dance (2) 9:30 <i>Laughter Group</i> 12:00 <i>Soup's On!</i>  2:30 Connection Circle 3:00 <i>Friends Meeting</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (7) 12:30 Friday Movie: <i>City Slickers</i> (snowdate for <i>Peg Espinola</i> -may postpone movie)