


FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Foxwoods Trip 1	2	3	4	5
9:00-3:00 I&R Hours 10:00 <i>Military Blunders</i> (2) 11:00 Fit for the Future No Better Bones 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage No Yoga 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>Fall of the Pagans</i> (5) 10-12:00 <i>Pen and Ink</i> (5) 11:00 Fit for the Future 1-2:30 <i>Bereavement Grp</i> (2) 1:00 Canasta (SP) 1:00 Quilting (1)	9:00-12:00 SHINE 9:30 Tap Dance (3) 9:30 <i>Laughter Group</i> 10:00 Current Events 12:00 Pizza and a 12:30 Movie: <i>Founding Fathers</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>The First Grader</i> 11:30 or 1:45 - Watercolors (8)
<i>Market Basket Trip</i> 8	9	10	11	12
9:00-3:00 I&R Hours 10:00 <i>Military Blunders</i> (3) 10:00 Stamp Club 11:00 Fit for the Future No Better Bones 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage No Yoga 10-12 Legal Clinic 10:00 <i>Darwin: The Evolution of the Man and his Mind</i> 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>Fall of the Pagans</i> (6) 10-12:00 <i>Pen and Ink</i> (5) 11:00 Fit for the Future 1-2:30 <i>Bereavement Grp</i> (3) 1:00 Canasta 1:00 Quilting (2) 2-4 Teen Tech	9:00-12:00 SHINE 9:30 Tap Dance (4) 9:30 <i>Laughter Group</i> 10:00 <i>Bridges Reunion</i> 12:45 <i>Senior Notes: Singing Group</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) 10:00 <i>Bridges Reunion</i> 11:00 Fit for the Future 12:00 Friday Movie: <i>JFK: Three Shots that Changed America</i> 11:30 or 1:45 Watercolors (1)
15	16	17	18	19
Presidents' Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 12:30-3:30 Bridge 1:00 <i>Valentine's Day Love Songs</i> (\$8) 1:30 <i>Tai Chi for Healthy Living</i> (7)	9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans</i> (7) 10:00-12:00 Draw Your Home (1) 11:00 Fit for the Future 1-2:30 <i>Bereavement Grp</i> (4) 1:00 Canasta 1:00 Quilting (3)	9-12 SHINE No Tap Dance 9:30 <i>Laughter Group</i> 10:00 Current Events 10:00-11:30 <i>Crafty Jewelry Group</i> 12:00 Soup's On! <i>Boost Your Brain!</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 (2) 12:30 Friday Movie: <i>Lee Daniels' The Butler</i>
<i>AARP Tax Help</i> 22	23	24	25	<i>Gym Setup/Election</i> 26
9-2 AARP Tax Help R1 9:00-3:00 I&R Hours 10:00 <i>Military Blunders</i> (4) 11:00 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (4) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 10:00 <i>Bridges Reunion</i> 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (8)	9-2 AARP Tax Help R1 9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans</i> (8) 10:00-12:00 Draw Your Home (2) 11:00 Fit for the Future 1-2:30 <i>Bereavement Grp</i> (5) 1:00 Canasta 1:00 Quilting (4) 2-4 Teen Tech	9-12 SHINE 9:30 Tap Dance (5) 9:30 <i>Laughter Group</i> 12:00 <i>Lunch and Learn with our Board of Health Nurse</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>Selma</i> 11:30 or 1:45 Watercolors (3)
<i>WalMart Van Trip</i> 29	<i>Leap Day is Feb. 29!</i>			
<i>Town Election Today</i> 9-2 AARP Tax Help R3 9:00-3:00 I&R Hours 10:00 <i>Military Blunders</i> (5) 11:00 Fit for the Future * 1:00 Better Bones (2) * 2:15 Tai Chi (5) * *(check on room)	In honor of Black History month and Presidents Day, we are showing movies that have a Black history or Presidential theme.	<i>SHINE—Serving the Health Insurance Needs of Everyone on Medicare—Medicare Assistance</i>	SP-Sudbury Pines Room VH-Van Houten Room R1—Room 1 is next to the gym R3— Room 3 is near the School department wing	AARP Tax Assistance begins on Feb. 22. Most of the sessions will be in Room 1, next to the Fairbank Gym, but a few will be moved to Room 2 or 3, due to other programs/elections. Check with the Front Desk!

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For more information, please call

800-888-4574