





<p><i>Need a ride to come to lunch?</i> <u>Free Transportation through CATA & the Senior Center</u> <u>Call 978-283-7916</u></p>	<p>Day Trips 9/19 Plymouth Trolley Tour \$87.00 10/10 White Mt. Foliage Tour \$79.00 11/28 Wrentham Village Shopping \$10.00 12/04 The Edwards Twins Holiday Show \$99.00</p>	<p>Wed. 1 9:00-10:00 Tai Chi 10:30-11:30 Enhance Fitness 9:30 CATA Walmart Shop 11:30-12:15 Lunch 1:00-3:00 Canasta</p>	<p>Thurs. 2  8:45-9:45 & 10:00-11:00 Yoga 9:30-11 Register for Programs 9:30-11 Attorney Advice/by Appointment 10:30-11:30 Duplicate Bridge Lesson 10:00-11:00 Sr. Mobile Market 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting</p>	<p>Fri. 3 9:00-10:00 Strength/Balance 9:30-12:30 SHINE by Appointment 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch</p>
<p>Mon. 6 9:00-10:00 Strength/Balance 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo </p>	<p>Tues. 7  9:00-10:00 Yoga 10:30-11:30 Tai Chi 1:30-3:30 Movie/I Can Only Imagine 1:30-3:00 Register for Programs 6:30-7:30 Strength & Balance</p>	<p>Wed. 8 9:00-10:00 Tai Chi 9:30 CATA Christmas Tree Shop 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:00 Canasta</p>	<p>Thurs. 9  8:45-9:45 & 10:00-11:00 Yoga 9:30-11:30 VNA Nurse 10:30-11:30 Duplicate Bridge Lesson 9:30-11 Register for Programs 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 12:30-1:00 Birthday Party 1:30-3:30 Knitting/Quilting 6:30-7:30 Strength & Balance </p>	<p>Fri. 10 9:00-10:00 Strength/Balance 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch</p>
<p>Mon. 13 9:00-10:00 Strength/Balance 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo</p>	<p>Tues. 14  9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:30-3:30 Movie/Game Night 3:00 Register for Programs 6:30-7:30 Strength & Balance</p>	<p>Wed. 15  6:00 Nantucket Trip 9:00-10:00 Tai Chi 9:30 CATA Trader Joe's 10:30-11:30 Enhance Fitness 11:00-12:00 Sen. Tarr's Rep. Dick Curran 11:30-12:15 Lunch 1:00-3:00 Canasta</p>	<p>Thurs. 16 8:45-9:45 & 10:00-11:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Duplicate Bridge Lesson 11:30-12:15 Special Luncheon/Lobster Roll 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 6:30-7:30 Strength & Balance</p>	<p>Fri. 17 9:00-10:00 Strength/Balance 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch </p>
<p>Mon. 20 9:00-10:00 Strength/Balance 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo</p>	<p>Tues. 21  9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:30-3:30 Movie/Max 6:30-7:30 Strength & Balance</p>	<p>Wed. 22 9:00-10:00 Tai Chi 9:30 CATA LibertyTree or NorthShore Mall 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:00 Canasta</p>	<p>Thurs. 23 8:45-9:45 & 10:00-11:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Duplicate Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 6:30-7:30 Strength & Balance</p>	<p>Fri. 24 9:00-10:00 Strength/Balance 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch</p>
<p>Mon. 27 9:00-10:00 Strength/Balance 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo</p>	<p>Tues. 28  9:00-10:00 Yoga 10:30-11:30 Tai Chi 12:00-1:00 Lobster Roll Luncheon 1:30-3:30 Movie/ Midnight Sun 1:30-3:00 Register for Programs 6:30-7:30 Strength & Balance</p>	<p>Wed. 29 9:00-10:00 Tai Chi 9:30 CATA Ocean State Job Lots 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:00 Canasta</p>	<p>Thurs 30 8:45-9:45 & 10:00-11:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Duplicate Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 6:30-7:30 Strength & Balance</p>	<p>Fri 31 9:00-10:00 Strength/Balance 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch</p>