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 <p>Mon. 9 8:30-9:45 Forever Fit 9:00 Merrimack Shopping Trip 10:00-11:15 Forever Fit 9:30 CATA Christmas Tree Shop 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo</p>	 <p>Tues. 10 7AM Daytrip Norman Rockwell 8:15-9:30 Forever Fit 9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:30 Holiday Movie 1:30-3:00 Register for Programs 4:30-5:30 Strength & Balance Class</p>	<p>Wed. 11 8:30-9:45 Forever Fit 9:00-10:00 Tai Chi 10:30-11:30 Enhance Fitness 11:00-12:00 Constituent Services 11:30-12:15 Lunch 1:00-3:30 Canasta 1:00 Christmas Centerpiece Class Audrey's Flower Shop</p>	<p>Thurs. 12 9:00-10:00 Yoga 9:30-11:30 Nurse 10:15-11:30 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</p>  	<p>Fri. 13 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. 16 8:30-9:30 Christmas Breakfast 8:30-9:45 Forever Fit 10:00-11:15 Forever Fit 9:30 CATA Trader Joe's 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. 17 8:15-9:30 Forever Fit 9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Traveling Chef Lunch 12:30 SCO Information Session 1:30 Holiday Movie 1:30-3:00 Register for Programs</p> 	<p>Wed. 18 8:30-9:45 Forever Fit 9:00-10:00 Tai Chi 10:30-11:30 Enhance Fitness 11:00-12:00 Constituent Services 11:30-12:15 Lunch 1:00-3:30 Canasta</p>	<p>Thurs. 19 9:00-10:00 Yoga 10:15-11:30 Duplicate Bridge Lesson 9:30-11 Register for Programs 11:30-12:15 Special Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 4:30-5:30 Strength & Balance</p> 	<p>Fri. 20 8:30-9:45 Forever Fit 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. 23 8:30-9:45 Forever Fit 10:00-11:15 Forever Fit 9:30 CATA Liberty Tree & North Shore Mall 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. 24 8:15-9:30 Forever Fit 9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30- Lunch CLOSE AT NOON</p>	<p>Wed. 25 Christmas Day  CLOSED</p>	<p>Thurs. 26 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:15-11:30 Duplicate Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 4:30-5:30 Strength & Balance</p>	<p>Fri. 27 8:30-9:45 Forever Fit 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. 30 8:30-9:45 Forever Fit 10:00-11:15 Forever Fit 9:00-10:00 Strength/Balance 9:30 CATA Ocean State Job Lots 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo</p>	<p>Tues. 31 8:15-9:30 Forever Fit 9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-Lunch CLOSE AT 1PM</p>	<p>Wishing You a Happy & Safe Holiday!</p>	<p>Shredders Available</p>	<p>Exercise Room Hours 8:30-3:30</p>