





Mon. 2
 9:00-10:00 Strength/Balance
 10:30-11:30 Enhance Fitness
 11:30-12:15 Lunch
 1:00-3:30 Bingo

Tues. 3
 9:00-10:00 Yoga
 10:30-11:30 Tai Chi
**Office will close at noon
 for the Holiday**



Wed. 4




Thurs. 5 
 8:45-9:45 & 10:00-11:00 Yoga
 10:30-11:30 Duplicate Bridge Lesson
 9:30-11 Register for Programs
 10:00-11:00 Sr. Mobile Market
 11:30-12:15 Lunch
 12:00-4:00 Duplicate Bridge
 1:00-3:30 Knitting/Quilting
 6:30-7:30 Strength /Balance


Fri. 6
 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

Mon. 9
 9:00-10:00 Strength/Balance
 10:30-11:30 Enhance Fitness
 11:30-12:15 Lunch
 1:00-3:30 Bingo



Tues. 10 
 9:00-10:00 Yoga
 10:00-11:00 Writing Your Memoir
 10:30-11:30 Tai Chi
 1:30-3:30 Movie/Father Figures
 1:30-3:00 Register for Programs
 6:30-7:30 Strength & Balance

Wed. 11
 9:00-10:00 Tai Chi
 9:30 CATA Walmart Shopping
 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

Thurs. 12 
 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
 1:00-3:30 Knitting/Quilting
 6:30-7:30 Strength & Balance

Fri. 13
 9:00-10:00 Strength/Balance
 10:15-11:15 Enhance Fitness
 11:30-12:30 Yoga
 11:30-12:15 Lunch



Mon. 16
 9:00-10:00 Strength/Balance
 10:30-11:30 Enhance Fitness
 11:30-12:15 Lunch
 1:00 Legal Checkup with Attorney
 Mary Milburn
 1:00-3:30 Bingo

Tues. 17 
 9:00-10:00 Yoga
 10:30-11:30 Tai Chi
 11:30-12:15 Lunch
 1:30-3:30 Movie/Same Kind of Different
 As Me
 3:00 Register for Programs
 6:30-7:30 Strength & Balance

Wed. 18 
 9:00-10:00 Tai Chi
 10:30-11:30 Enhance Fitness
 9:30 CATA Christmas Tree Shop
 11:30-1:00 Traveling Chef Summer
 BBQ at Legion
 1:00-3:00 Canasta

Thurs. 19
 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
 12:00-4:00 Duplicate Bridge
 1:00 Farmer Market Coupons
 1:00-3:30 Knitting/Quilting
 6:30-7:30 Strength & Balance

Fri. 20
 9:00-10:00 Strength/Balance
 10:15-11:15 Enhance Fitness
 11:30-12:30 Yoga
 11:30-12:15 Lunch

Mon. 23
 9:00-10:00 Strength/Balance
 10:30-11:30 Enhance Fitness
 11:30-12:15 Lunch
 1:00-3:30 Bingo

Tues. 24 
 9:00-10:00 Yoga
 10:30-11:30 Tai Chi
 11:30-12:15 Lunch
 1:30-3:30 Movie/Forever My Girl
 1:30-3:30 Carla's Art Class
 6:30-7:30 Strength & Balance

Wed. 25
 9:00-10:00 Tai Chi
 9:30 CATA Trader Joe's Shopping
 10:30-11:30 Enhance Fitness
 11:30-12:15 Lunch
 12:30-1:30 Mind Diet
 1:00-3:00 Canasta

Thurs. 26
 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


Fri. 27
 9:00-10:00 Strength/Balance
 10:15-11:15 Enhance Fitness
 11:30-12:30 Yoga
 11:30-12:15 Lunch

Mon. 30
 9:00-10:00 Strength/Balance
 10:30-11:30 Enhance Fitness
 11:30-12:15 Lunch
 1:00-3:30 Bingo

Tues. 31 
 9:00-10:00 Yoga
 10:30-11:30 Tai Chi
 11:30-12:15 Lunch
 1:30-3:30 Movie/All I Wish For
 1:30-3:00 Register for Programs
 1:30-3:30 Carla's Art Class
 6:30-7:30 Strength & Balance

Day Trips
Nantucket 8/15 \$95.00
Plymouth Trolley Tour 9/19 \$87.00
White Mt. Tour 10/10 \$79.00

Need a ride to come to lunch?
Free Transportation through
CATA & the Senior Center
Call 978-283-7916

 **Thank you to everyone who purchased tickets for the duck race!**
All money raised help to support programs at the Senior Center