



<p>Mon. 1</p> <p>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. 2 </p> <p>9:00-10:00 Yoga 11:30-12:15 Lunch 1:30-3:00 Register for Programs 1:30-3:30 Carla's Art Class 1:30-3:30 Movie/Leisure Seeker 5:30-6:30 Strength &amp; Balance Class</p>	<p>Wed.3</p> <p>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. 4 </p> <p>8:45-9:45 &amp; 10:00-11:00 Yoga 9:30-11 Register for Programs 9:30-11 Attorney Advice/by Appointment 10:00-11:00 Sr. Mobile Market 10:30-11:30 Duplicate Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 1:00-4:00 NeedMeds by Appointment 5:30-6:30 Strength &amp; Balance</p>	<p>Fri. 5</p> <p>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. 8</p> <p><b>Columbus Day Closed</b></p>	<p>Tues. 9 </p> <p>9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:30-3:00 Register for Programs 1:30-3:30 Carla's Art Class 1:30-3:30 Movie/Finding Your Feet</p>	<p>Wed. 10 </p> <p>8:00 Seniors Helping Seniors 8:30 White Mt. Trip 9:00-10:00 Tai Chi 9:30 CATA Christmas Tree Shop 10:30-11:30 Enhance Fitness 11:00-12:00 Constituent Services with Richard Curran 11:30-12:15 Lunch 1:00-3:00 Canasta</p>	<p>Thurs. 11 </p> <p>8:45-9:45 &amp; 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 1:30-3:30 Knitting/Quilting 5:30-6:30 Strength &amp; Balance</p>	<p>Fri.12</p> <p>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. 15</p> <p>9:00-10:00 Strength/Balance 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Bingo</p> <p></p>	<p>Tues. 16</p> <p>9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:30-3:30 Carla's Art Class 3:00 Register for Programs 4:30 Fish Shack Dinner 5:30-6:30 Strength &amp; Balance Class</p>	<p>Wed. 17 </p> <p>9:00-10:00 Tai Chi 9:30 CATA Trader Joe's 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:30 Flu Shots 1:00-3:00 Elizabeth's Art Class 1:00-3:00 Canasta</p>	<p>Thurs. 18</p> <p>8:45-9:45 &amp; 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 1:00-4:00 NeedyMeds by Appointment 5:30-6:30 Strength &amp; Balance</p>	<p>Fri. 19</p> <p>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. 22</p> <p>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. 23 </p> <p>9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:30-3:30 Movie/Chappaquiddick 1:30-3:30 Carla's Art Class 5:30-6:30 Strength &amp; Balance Class</p>	<p>Wed. 24</p> <p>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 Elizabeth's Art Class 1:00-3:30 Balance Presentation &amp; Testing 1:00-3:00 Canasta</p>	<p>Thurs. 25</p> <p>8:45-9:45 &amp; 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 1:00-3:30 Knitting/Quilting 5:30-6:30 Strength &amp; Balance</p>	<p>Fri. 26</p> <p>9:00-10:00 Strength/Balance 10:15-11:15 Enhance Fitness 11:30-12:30 Yoga 11:30-12:15 Lunch</p> <p></p>
<p>Mon. 29</p> <p>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. 30 </p> <p>9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 1:30-3:30 Movie/Surviving the Wild 1:30-3:30 Carla's Art Class 5:30-6:30 Strength &amp; Balance Class</p>	<p>Wed. 31  </p> <p>9:00-10:00 Tai Chi 9:30 CATA Ocean State Job Lots 10:30-11:30 Enhance Fitness 11:30-12:15 Traveling Chef Lunch &amp; Magic Card Tricks 1:00-3:00 Elizabeth's Art Class 1:00-3:00 Canasta 4:30-6:00 AGH Supper</p>	<p><b>***NEEDYMEDS ASSISTANCE***</b></p> <p><i>The 1st &amp; 3rd Thursday of each month a NeedyMeds Councilor will assist you to look for healthcare savings. Call 844-361-2407 for an appointment</i></p>	<p><i>Need a ride to come to lunch? Free Transportation through CATA &amp; the Senior Center Call 978-283-7916</i></p>