


<p>Mon. 3</p> <p>Labor Day CLOSED</p>	<p>Tues. 4 </p> <p>9:00-10:00 Yoga 11:30-12:15 Lunch 1:30-3:00 Register for Programs 1:30-3:30 Movie/Same Kind of Different As Me 5:30-6:30 Strength & Balance</p>	<p>Wed.5</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. 6 </p> <p>8:45-9:45 & 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 Special Luncheon 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 5:30-6:30 Strength & Balance</p>	<p>Fri. 7</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. 10</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. 11</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 4:30 Open Door Dinner 5:30-6:30 Strength & Balance</p>	<p>Wed. 12</p> <p>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. 13 </p> <p>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 1:30-3:30 Knitting/Quilting 5:30-6:30 Strength & Balance</p>	<p>Fri.14</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. 17</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. 18 </p> <p>9:00-10:00 Yoga 10:30-11:30 Tai Chi 11:30-12:15 Lunch 12:30 Needy Meds Educational Program 1:30-3:30 Movie/Book Club 1:30-3:30 Carla's Art Class 3:00 Register for Programs 5:30-6:30 Strength & Balance</p>	<p>Wed. 19 </p> <p>7:45 Plymouth Trolley Trip 9:00-10:00 Tai Chi 9:30 CATA Trader Joe's 10:30-11:30 Enhance Fitness 11:30-12:15 Lunch 1:00-3:00 Canasta</p>	<p>Thurs. 20</p> <p>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 1:00-3:30 Knitting/Quilting 5:30-6:30 Strength & Balance</p>	<p>Fri. 21</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. 24</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. 25 </p> <p>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 5:30-6:30 Strength & Balance</p>	<p>Wed. 26 </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 Traveling Chef Lunch 12:30 Honoring Choices Presentation 1:00-3:00 Canasta 4:30-6:00 AGH Supper</p>	<p>Thurs. 27 </p> <p>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 12:30-1:00 Birthday Party 1:00-3:30 Knitting/Quilting 5:30-6:30 Strength & Balance</p>	<p>Fri. 28</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>

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

Strength & Balance Class
Tuesday and Thursday
Time has changed to 5:30-6:30PM

Day Trips
*9/19 Plymouth Trolley Tour
10/10 White Mt. Foliage Tour
11/28 Wrentham Village Shopping
12/04 The Edwards Twins Holiday Show*

NEEDYMEDS ASSISTANCE
*The 1st & 3rd Thursday of each month a
NeedyMeds Councilor will assist you to look for
healthcare savings. Call 844-361-2407 for an
appointment*

Lunch Reservations
Call Michelle, 978-546-5027