





Monday	Tuesday	Wednesday	Thursday	Friday
	<h1>December</h1>			1 09:30a Bowling 09:30a Exercise 11:30a Eating Together 01:00p Chinese Culture 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 03:00p Dance Fever
4 09:30a Exercise 11:00a Holiday Floral Design/Stop & Shop 11:30a Eating Together 01:00p Mah Jongg 1:00a Holiday Floral Design/Stop & Shop 01:00p Movie <i>A Christmas Carol</i> 01:00p Portuguese Conversation 01:00 SHINE	5 TBA Mt Washington Hotel Trip 09:00a Meditation & Mindfulness 09:45a Yoga 10:00a Italian Conversation 12:00p Festival of Life 12:30p Bridge 01:00p Quilting & More 01:30p SHINE 03:20p Strength Training	6 09:30a Art 09:30a Exercise 10:00a Cribbage 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 01:00p Olivia Hoblitzelle <i>Aging with Wisdom</i> 03:00p Yoga (Gentle) 06:00p Driving Decisions	7 09:30a Chorus 09:30a Keep Well Clinic 10:30a Spanish Conversation 12:30p Bridge 01:00p SHINE 03:30p Strength Training 07:30p Tufts Opera	8 08:45a Coffee with Cathy Alexander 09:30a Bowling 09:30a Exercise 10:45a Food Management <i>Eating Healthy thru Flu Season</i> 10:45a Science and Technology 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 03:00p Dance Fever
11 09:30a Exercise 10:45a Knitting 11:30a Eating Together 11:30a Events Committee Meeting 01:00p Mah Jongg 01:00p Portuguese Conversations	12 08:00 Boston Pops Trip 09:00a Meditation & Mindfulness 10:00a Italian Conversation 10:30a John McConnell, Architect 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 01:00p Technology Workshop 03:20p Strength Training	13 8:30a COA Board Meeting 9:30a Art 9:30a Exercise 10:00a Cribbage 10:45a French Conversation 11:30a Eating Together 11:30a Library Online Digital media with Libby 01:30p Poetry Group 03:00p Yoga (Gentle) 04:30p Memory Cafe	14 9:00a Manicures 09:30a Chorus 10:30a Spanish Conversation 12:30p Bridge 01:00p SHINE 03:30p Strength Training)	15 9:30a Bowling 9:30 Exercise 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 03:00p Dance Fever
18 09:30a Exercise 10:00a Legal Counseling 11:30a Eating Together 01:00p Mah Jongg 01:00p Movies <i>It's a Wonderful Life</i> 01:00p Portuguese Conversation.	19 09:00a Meditation & Mindfulness 09:15a WSA Board Meeting 10:00a Italian Conversation 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 03:20p Strength Training	20 09:30a Art 09:30a Exercise 10:00a Cribbage 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 01:00p Driving Shifting Gears 02:00p Nutrition <i>What are Pribiotics</i> 03:00p Yoga (Gentle)	21 09:00a Newsletter Mailing 09:30a Chorus 09:30a Keep Well Clinic 10:30a Spanish Conversation 12:30p Bridge 01:00p SHINE 03:30p Strength Training	22 09:30a Bowling 09:30a Exercise 10:45a Science and Technology 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 03:00p Dance Fever
25 Holiday/Jenks closed 	26 09:00a Meditation & Mindfulness 10:00a Italian Conversation 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 03:20p Strength Training	27 09:30a Art 09:30a Exercise 10:00a Cribbage 10:45a French Conversation 11:30a Eating Together 03:00p Yoga (Gentle)	28 09:00a Manicures 09:30a Chorus 10:00a Caregivers Group 10:30a Spanish Conversation 12:30p Bridge 01:00p SHINE 03:30p Strength Training	29 09:30a Bowling 09:30a Exercise 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Line Dancing (Intermediate) 03:00p Dance Fever