

	Monday	Tuesday	Wednesday	Thursday	Friday
Sunday	2 09:30a Total Fitness/Exercise 11:30a Eating Together 01:00p Mah Jongg 0:100p SHINE 01:30p Portuguese Conversation 02:00p Understanding Hearing Loss	3 09:00 Meditation 09:45a Yoga 10:00a Italian Conversation 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 01:00p Travel Committee Meeting 03:20p Strength Training	4 09:30a Art 09:30a Total Fitness/Exercise 10:00a Cribbage 10:45a French Conversation 11:00a Men's Discussion 11:30a Eating Together 01:00p Balance Class 01:30p Poetry Group 03:00p Yoga (Gentle) 06:00p JLC/MBSR Classes 07:00p JLC/Contemporary China 07:00p JLC/Inter. Bridge Lessons	5 08:00a Mystery Tour Trip 08:00a Walking Club 09:30a Chorus 09:30a Keep Well Clinic 10:30a Spanish Conversation 12:30p Bridge 01:00p SHINE 02:00p Computer Class 02:00p iPhone & Pad Support 03:30p Strength Training	6 09:30a Bowling/Woburn 09:30a Total Fitness/Exercise 11:30a Eating Together 12:00p Line Dancing (Beginners) 01:00p Chinese Culture 01:00p Line Dancing(Intermediate) 02:30p Cyber Café 03:00p Dance Fever
8	9 Holiday Columbus Day Honored Center Closed	10 09:00 Meditation 09:45a Yoga 10:00a Italian Conversation 10:30a Justice Denied: A Personal Perspective/Margaret Yamamoto 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 01:30 Technology Workshop/Passwords 03:20p Strength Training	11 08:30a COA Board Meeting 09:30a Art 09:30a Total Fitness / Exercise 10:00a Cribbage 10:45a French Conversation 11:30a Eating Together 11:30a Library Online MLN Mobile App 01:00p Balance Class 03:00p Yoga (Gentle) 04:30p Music Therapy/Parkinson's 07:30p Winchester Reads	12 08:00a Walking Club 09:00a Manicures 09:15a Finance Committee 09:30a Flu Clinic 10:30a Spanish Conversation 10:30a Yoga 12:30p Bridge 01:00p SHINE 02:00p Computer Class 02:00p iPhone & Pad Support 03:30p Strength Training	13 09:30a Bowling/Woburn 09:30a Total Fitness/Exercise 10:45a Food Management 10:45a Science and Technology 11:30a Eating Together 12:00p Line Dancing(Beginners) 01:00p Line Dancing(Intermediate) 02:30p Cyber Café 03:00p Dance Fever 05:00p Griffin/Jenks Art
15 01:00p Sunday Bridge	16 09:30a Total Fitness/Exercise 11:30a Eating Together 01:00p Mah Jongg 0:100p SHINE 01:30p Portuguese Conversation 02:00p Understanding Hearing Loss	17 09:00 Meditation 09:15 WSA Meeting 09:30 Flu Clinic 09:45a Yoga 10:00a Italian Conversation 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 01:30p SHINE 03:20p Strength Training	18 09:30a Art 09:30a Total Fitness/Exercise 10:00a Cribbage 10:45a French Conversation 11:00p Men's Discussion 11:30a Eating Together 01:00p Balance Class 01:30p Poetry Group 02:00p Nutrition 03:00p Yoga (Gentle) 04:30p Memory Café 06:00p JLC/Fun With Shakespeare 06:00p JLC/MBSR Classes 07:00p JLC/Contemporary China	19 08:00a Walking Club 09:00a Newsletter Mailing 09:30a Chorus 09:30a Keep Well Clinic 10:30a Spanish Conv. 11:30a Literary Lunch/Jenks 12:30p Bridge 01:00p SHINE 02:00p Computer Class 02:00p iPhone & Pad Support 03:30p Strength Training	20 09:30a Bowling/Woburn 09:30a Total Fitness/Exercise 11:30a Eating Together 12:00p Line Dancing(Beginners) 01:00p Line Dancing(Intermediate) 02:30p Cyber Café 03:00p Dance Fever
22 01:00p JLC/MBSR Workshop	23 09:30a Total Fitness/Exercise 11:30a Eating Together 01:00p Mah Jongg 01:00p Movies/ <i>A United Kingdom</i> 0:100p SHINE 01:30p Portuguese Conversations 02:00p Flu Clinic	24 09:00 Meditation 09:45a Yoga 10:00a Italian Conversation 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 0:100p SHINE 03:20p Strength Training	25 09:30a Art 09:30a Total Fitness Exercise 10:00a Cribbage 10:45a French Conversation 11:00a Coffee and Books 11:30a Eating Together 01:00p Balance Class 01:30p Poetry Group 03:00p Yoga (Gentle) 06:00p JLC/Fun With Shakespeare 06:00p JLC/MBSR Classes 07:00p JLC/Contemporary China	26 08:00a Walking Club 09:00a Manicures 09:30a Chorus 10:00a Caregivers Group 10:30a Spanish Conv 10:30a Yoga 12:30p Bridge 01:00p SHINE 02:00p Computer Class 02:00p iPhone & Pad Support 03:30p Strength Training	27 09:30a Bowling/Woburn 09:30a Total Fitness Exercise 10:45a Science and Technology 11:30a Eating Together 12:00p Line Dancing(Beginners) 01:00p Line Dancing(Intermediate) 02:30p Cyber Café 03:00p Dance Fever

<p>29</p>	<p>30 09:30a Total Fitness/Exercise 10:00a Legal Counseling 10:45a Knitting 11:30a Eating Together 01:00p Mah Jongg 01:00p SHINE 01:30p Portuguese Conversations</p>	<p>31 09:00 Meditation 09:45a Yoga 10:00a Italian Conversation 11:30p Fashion Show 12:30p Bridge 01:00p Quilting & More 01:00p Square Dancing 0:100p SHINE 03:20p Strength Training</p>
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October