



December 2016



"The Senior Center is the Place To Be..."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*** Reservations are Requested in Advance.			1 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class	2 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers
5 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Holliston Policeman's Luncheon***	6 8:30 Walking Club 9:00 Blood Pressure 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament ***FESTIVAL OF TREES DAY TRIP***	7 8:00 Pearl Harbor Day Breakfast For Veterans*** 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention	8 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class	9 10:00 Line Dancing 1:00 Tune Timers
12 9:00 Manicurist*** 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 12:00 Happy Birthday Lunch***	13 8:00 Monthly Breakfast 8:30 Walking Club 9:00 Blood Pressure 10:00 Legal Hour*** 10:15 Chair Massage*** 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong	14 9:00 Podiatry Clinic*** 9:30 Pilates 11:00 Yoga 12:00 Holiday Lunch with the Tune Timers Band*** 2:30 Falls Prevention	15 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 11:45 Lunch & A Movie*** 12:30 Photography Class 1:00 COA Board Meeting	16 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers
19 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch***	20 8:30 Walking Club 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament	21 9:30 Pilates 10:00 Senior Support Foundation Mtg. 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention	22 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class	23 10:00 Line Dancing 1:00 Tune Timers
26 CLOSED	27 NO PROGRAMS OR EVENTS	28 NO PROGRAMS OR EVENTS	29 NO PROGRAMS OR EVENTS	30 NO PROGRAMS OR EVENTS