



# Special Programs / Events



Everyone is welcome at the Holliston Senior Center's new Book Club. We will be meeting on the third Tuesday of the month starting on January 17, 2017 from 1:30-3:30 pm. Come to our January kick-off meeting to discuss your favorite book or poem. We will get to know each other, talk about the format of the meetings, and discuss future titles. In addition, we will get ready for our February meeting.

The Holliston Public Library can help you get books for the meetings, including February's selection "Major Pettigrew's Last Stand" by Helen Simonson. The library can be reached at (508) 429-0617. Please join us.



### FALL PREVENTION

*Patty Osten, PT*

Drop-In classes continue through May 2017  
Every Wednesday 2:30-3:30 pm

Any age can participate in this FREE class that focuses on falls and fall-related issues that impose a significant public health burden for older residents and on the health care system that treats them.

Sponsored through grant funds provided by the Executive Office of Elder Affairs



### CANDY MAKING CLASS

Tuesday, February 7th at 10:00 am

Just in time for Valentine's Day, join Linda M. in a fun candy making class. Learn how easy it is to make candy using candy melts. We will use candy molds, make bark, including the always popular rocky road, and have some chocolate dipped strawberries.

Everyone goes home with a box of treats. Cost is \$5.00. Please sign up in advance by calling (508) 429-0622.



### Blood Pressure Clinic Every Tuesday

Free Blood Pressure Monitoring available every Tuesday morning at the Senior Center by a registered nurse from 9:00 am-10:00 am.

Stop by the Clinic in the computer room office space. No pre-registration necessary.

### FREE PRIVATE CONSULT with Attorney Jay Marsden

Call the Senior Center to schedule your 30 minute free consultation on either Tuesday, January 10th or Tuesday, February 14th.

Be sure to arrive early and have your questions ready. Each appointment is strictly 30 minutes. If you need additional time you will have to schedule a follow-up with Attorney Marsden.

## Coffee & Coloring - Mondays 9:30 am-10:30 am

Free Drop-In Classes

Join us for relaxing adult coloring. This is a great way to unwind. All supplies are provided.



## Valentine's Day Luncheon

Entertainment Provided by Tommy Rull  
Funded With a Grant from the Holliston Cultural Council

Wednesday, February 8th at Noon

Join us for a delicious luncheon of baked stuffed shrimp and all the fixings followed by scrumptious chocolate cake!

You must sign up in advance by calling the Center at (508) 429-0622. Space is limited, so be sure to call early! A \$7 donation is requested.

### VFW and American Legion Annual Roast Beef Luncheon

Sunday, January 8, 2017 at 12:00 pm  
No Charge

The Holliston VFW and American Legion will be hosting their annual roast beef dinner at the Senior Center.

This wonderful luncheon fills up fast, so please call the Center and reserve your seat.

Please bring a non-perishable item to the Center to help those in need.



### Weekly Lunches at the Center



Lunch time is more enjoyable when you are with friends! Our lunch program at the Center serves hot, healthy meals. Come socialize with others and participate in social, recreational and educational activities. You can also learn about other services that are available. Any person age 55 or older can participate.

Meals are served on Mondays and Wednesdays at 12:00pm in the dining room. The recommended donation per meal is \$4.00 and includes a beverage, soup or salad, bread, main entrée and dessert. We ask that you call 508-429-0622 and reserve at least 2 days ahead. **We hope to see you soon.**



Coffee Hour with the Holliston Police

Thursday, January 26th and February 23rd at 9:30am

We are delighted to have Sergeant Glenn Dalrymple join us at the Senior Center for an informal coffee hour. Residents will have the opportunity to discuss community safety, senior issues or any other topics. Your questions, thoughts and concerns will be discussed. No sign-up needed, just drop in that morning to join in. Refreshments will be served.

### OUTREACH CORNER BY LINDA MARSHALL

For the past 10 years I have had the pleasure of working with Ginger Moody, our Office Manager, who retired in December. Ginger was much more than an Office Manager. I think what she will be remembered most for is anything to do with food. You could always find her in the kitchen at any special event. She started the "Lunch and a Movie" program and was the driving force in continuing the annual Ladies Tea. She also brought day trips back to the Center.

Ginger now plans to spend more time at her cottage in Maine, having time to do things with family and friends and getting to that list that we all have of "things we'll get to someday." Please join me in wishing Ginger a long and happy retirement!

### HOLLISTON VAN SERVICE

Van service is available Monday through Friday according to the schedule below. You must call the MWRTA call center at 1-508-820-4650 to schedule all rides. **You must also be registered with the MWRTA before you can take your first ride.** Appointments must be scheduled no earlier than 9:00 am and must end by 3:30 pm.

#### Rides to ALL Holliston Senior Center Programs are now available every day (Monday through Friday).

Monday	Milford, Mendon, Hopedale, Upton, Franklin, Medway, Millis, and Medfield
Tuesday	Natick, Framingham, Ashland, Southborough, Hopkinton, Holliston Second Tuesday of the month—shopping trip to Milford
Wednesday	Morning---Milford and Medway appointments only Afternoon---Milford, Mendon, Hopedale, Upton, Franklin, Holliston, Medway, Millis, and Medfield 8:15am—Grocery shopping in Bellingham
Thursday	Natick, Framingham, Ashland, Southborough, Hopkinton, and Holliston 11:00am—Grocery shopping in Ashland
Friday	Holliston errands and appointments

**Rides to the Center are \$.50 each way. In-town rides are \$1.00 each way. All out-of-town rides are \$2.00 each way.**

If you have questions or need more information, please call Linda Marshall at the Center (508) 429-0622

### TRANSPORTATION CHANGES AND NEW SERVICE

We are delighted to announce that the MWRTA is now offering fixed bus route service in Milford. The start and end point is at Mission Springs. You can connect to the new Route 14 service via the Route 6 bus or you can arrange a ride to Mission Springs with us by calling the MWRTA at 508-820-4650. Bus schedules are available at the Senior Center.

In addition to the new fixed route service, the Senior Center will offer a monthly shopping trip to Milford on the second Tuesday of the month at 11:00 am.

We are adding a new grocery shopping opportunity on Thursdays at 11:00 am to Market Basket or Shaw's in Ashland.

### CHARLIE CARD DAY

On Monday, January 30th, from 1:00 pm-3:00 pm, the MWRTA will be holding a Charlie Card Day at the Senior Center. A Charlie Card can be used for all public bus and train transportation across the state. Seniors age 65 and over receive a reduced rate.

To receive a Senior Charlie Card please bring a photo ID with date of birth with you. A Charlie Card cannot be used on the Senior Center buses.

Please sign up in advance. If you need a ride to the Center please call the MWRTA at 508-820-4650.

## Special Programs / Events



### Lunch & A Movie - 11:45 am

#### Thursday, January 12th - Everest - PG13

*On the morning of May 10, 1996, climbers (Jason Clarke, Josh Brolin) start their final ascent toward the summit of Mount Everest. With little warning, a violent storm strikes the mountain, engulfing the adventurers in one of the fiercest blizzards ever encountered by man.*

#### Thursday, February 9th - The Notebook - PG13

*A poor yet passionate young man falls in love with a rich young woman, giving her a sense of freedom, but they are soon separated because of their social differences.*

**A \$4 donation for lunch is requested. Please sign up in advance.**

### TWIN RIVER DAY TRIP

Friday, January 27, 2017  
\$15.00

Sign up in Advance  
(508) 429-0622



### Podiatry Clinic 9:00 am—11:00 am Wednesdays, January 11th and February 8th

Dr. Cooper will be at the Senior Center on the above dates with scheduled appointments starting at 9:00 am.

Make your appointment by calling the Center at (508) 429-0622.

The fee of \$35.00 is due at the time of your appointment, and checks must be made payable to Dr. Cooper.

### Fuel Assistance

Are you concerned about paying your heating bills this winter? If your income is below \$34,000 for a single person, or less than \$44,643 for 2 people, you may be eligible for help. This program is available for both homeowners and renters. The Senior Center will assist any resident of Holliston with this application, not just seniors.

For more information, or to set up an appointment, please call Linda Marshall at the Senior Center.

### AARP FOUNDATION TAX-AIDE



AARP Foundation Tax-Aide will once again be at the Holliston Senior Center to help with your tax returns.

Appointments will be each Monday starting on February 6th and running until April 3rd. You MUST schedule your appointment ahead of time and you MUST have all your paperwork ready and with you at the time of your scheduled appointment.

These appointments fill up quickly, so call to schedule (508) 429-0622.



## Monthly Programs

Please see Calendar for Dates



### Photography

Thursdays—12:30 pm  
Instructor: Carmen Chiango  
Join the class and share ideas, photos, and learn how to improve techniques. Beginner and advance photographers are welcome.

### Quilting

Friday, January 13 & 27  
Friday, February 10 & 24  
9:30-11:30 am

Instructor: Kathryn LeBlanc  
\$4.00 Donation Requested  
Our wonderful and talented quilters come together and welcome new quilters to join them to share ideas, tips, and instruction.



### Writers' Group

1st Tuesday—10:00-Noon  
Instructor: Lois Hosmer  
Writers Group will meet on Tuesday, January 3rd and Tuesday, February 7th in the classroom. Our suggested topics are "My Favorite Cousin" and "Time Travel". These are suggestions. All pieces are welcome; story, poem, essay. Come enjoy a morning of reading, writing, listening, and discussion. Hope to see you there.

### Pool Tournament

1st & 3rd Tuesday  
4:00-8:00 pm

This group meets twice a month in the pool room at the Holliston Senior Center. Everyone is welcome. Refreshments will be served.

### Monthly Breakfast

Tuesdays, January 10th and February 14th  
8:00 am  
\$3.00 Donation Requested  
**Vets Eat Free-Everyone Welcome**

Start your day with a smile and a hot cup of coffee! The guys will be in the kitchen cooking up bacon, eggs, pancakes and toast. Please sign up in advance.



### Manicures

9:00 am-12:00 pm  
\$10.00 Fee

Please call to sign up. Lauren, licensed manicurist with 20 years experience, will be at the Center on **January 9th and February 13th**. The manicure includes cut, shape, cuticle removal, hands-soak, massage, and polish.

### Chair Massage with Robin Pease, LMT

Tuesdays January 10th & February 14th  
10:15 am-12:15 pm  
Fees \$1.00/minute  
(5 minute minimum)

Robin will be at the Center to offer Chair Massages. Please call to sign up for your massage!



### Watercolor

Thursdays—9:30-11:30 am  
\$4.00 Donation Requested  
Instructor: Ed Clinton  
Everyone is welcome, from beginners to experienced artists. So please come to class and express yourself.

### Legal Hour with Jay Marsden, Elder Attorney

Tuesdays, January 10th and February 14th  
10:00 am  
30-Minute appointments  
You must sign up in advance.



### Bingo

Wednesdays  
January 4th & 18th,  
and February 1st & 15th  
1:00 pm-3:00 pm

Come for lunch and stay for Bingo! Have some fun playing bingo, making new friends, and enjoying a cup of coffee and cookies during intermission.

### Tune Timers Band

Fridays—1:00-4:00 pm  
\$3.00 Donation Requested

Come to the Center every Friday to listen to the Tune Timers Band. There is plenty of room for dancing and singing. A fun-filled afternoon is guaranteed. Refreshments will be served.

### Happy Birthday Lunch



If your birthday is during the month of January or February, you are invited to join us for a FREE lunch. We will be celebrating January birthdays on Monday, January 9th, and February birthdays on Monday, February 13th. Please sign up in advance.



## MEET THE INSTRUCTOR

### Yoga with Roberta

You probably knew you could get stronger and more flexible with yoga, but did you know about all these other wonderful benefits?

- ◇ Boosts your balance! In every class, we practice balancing poses that not only build ankle and leg strength, but also improve your proprioception — your sense of position in space — which can prevent falls.
- ◇ Improves your mood! Yoga's wonderful combination of breathing, meditation and movement creates an overall sense of well-being. Just look at everyone's face when they leave the room!
- ◇ Helps you get a good night's sleep! You learn Yoga breathing techniques and get other tools that can help you drift off — or fall back asleep when you wake in the middle of the night.

Roberta has practiced Yoga since the 1970s, back when it was still considered a "New Age" fad. Now, the benefits she and other long-time practitioners have experienced have been codified by Harvard Medical School and many doctors recommend Yoga as a part of your overall wellness plan. Of course, check with your doctor before beginning any exercise program!

*Join Roberta every Monday and Wednesday at 11:00 am*

## **COMMUNITY PRESERVATION ACT**

Property Tax Exemption applications are available on the Assessors Office page of the Town of Holliston website, and at the office. In addition to statutory exemptions, an application for the exemption of the Community Preservation Act Surplus (CPA) is available.

Property owned and occupied by person(s) who qualify for the low/moderate income CPA exemption can receive a full exemption from the surcharge. To receive this exemption, a taxpayer must submit the CPA Low/Moderate Income Exemption Application and must meet income guidelines established by the State for the size and type of household. The income requirements are on the last page of the exemption.

The application can be found by following this link [http://www.townofholliston.us/sites/hollistonma/files/file/file/community\\_preservation\\_act\\_exemption.pdf](http://www.townofholliston.us/sites/hollistonma/files/file/file/community_preservation_act_exemption.pdf). For information on the CPA surplus exemption, or any other exemptions please refer to the Assessing Department page on the Town of Holliston website. Or call the Assessors Office at 508-429-0604.

## **SHINE**

Do you need a SHINE appointment?

1. Are you turning 65 by April 1st?
2. Do you know the difference between Medicare Advantage and MediGap?

If you answered "Yes" to question 1 and "No" to question 2, call for a SHINE appointment.

Our SHINE staff has added a new counselor, Pegg Rowe. Some of you may recognize her from the Healthy Living workshops she has led at the Center and Mission Springs. Pegg was at the Center during Open Enrollment and she and Sandy will each be available once a week.

Please call the receptionist for an appointment as she always has the most up-to-date calendar and schedules all appointments. Some questions can be answered by emailing Sandy at [shineholliston@gmail.com](mailto:shineholliston@gmail.com) or Pegg at [peggshine@outlook.com](mailto:peggshine@outlook.com).

## HOLLISTON SENIOR CENTER LUNCH MENU – JANUARY & FEBRUARY 2017

### Wednesday, January 4th

Tossed Salad, Parmesan Crusted Chicken, Mashed Potato, Vegetable, Rolls, Cookies

### Monday, January 9th—HAPPY BIRTHDAY LUNCH

Cheddar Broccoli Soup, Baked Ham, Mashed Sweet Potato, Vegetable, Rolls, Apple Pie with Whipped Cream

### Wednesday, January 11th

Vegetable Soup, Roast Pork, Baked Potato, Gravy, Vegetable, Rolls, Brownies

### Wednesday, January 18th

Caesar Salad, Chicken Parmesan, Pasta, Vegetable, Garlic Bread, Cake

### Monday, January 23rd

Tortilla Soup, Make-Your-Own Tacos, Lettuce, Tomato, Cheese, Salsa, Sour Cream, Taco Sauce, Rice, Corn, Cookies

### Wednesday, January 25th

Chicken Noodle Soup, Spaghetti & Meatballs, Vegetable, Garlic Bread, Brownies

### Monday, January 30th

Vegetable Soup, Baked Scrod, Rice, Vegetable, Rolls, Cupcakes

### Wednesday, February 1st

Caesar Salad, Chicken a la King over Biscuits, Mashed Potato, Vegetable, Rolls, Pastries

### Monday, February 6th

Tomato Soup, Meatloaf, Mashed Potato, Vegetable, Rolls, Cookies

### Wednesday, February 8th—VALENTINE'S DAY LUNCH

Tossed Salad, Baked Stuffed Shrimp, Baked Potato, Vegetable, Rolls, Chocolate Cake (\$7.00 Donation Requested)

### Monday, February 13th—HAPPY BIRTHDAY LUNCH

Chicken Soup, Baked Stuffed Chicken, Rice Pilaf, Vegetable, Cranberry Sauce, Rolls, Pudding with Whipped Cream

### Wednesday, February 15th

Caesar Salad, Beef Stew with Biscuits, Vegetable, Rolls, Jello with Whipped Cream

### Wednesday, February 22nd

Vegetable Soup, Baked Ham, Mashed Potato, Vegetable, Rolls, Apple Pie with Whipped Cream

### Monday, February 27th

Tossed Salad, Roasted Chicken, Rice, Vegetable, Cranberry Sauce, Rolls, Cake

*Partially underwritten by a State Grant from the  
Office of Elder Affairs*

**PLEASE SIGN UP AT LEAST 2 DAYS IN ADVANCE - Call the Center at (508) 429-0622 for reservations.**  
**Meals are a \$4 donation and include a drink, roll and butter (unless noted).**

**\*Birthday Lunch—no charge if born in January or February. Reserve in advance.**

## Exercise Programs



### Yoga

*Mondays and Wednesdays - 11:00 am—12:00 pm*

Yoga is a wonderful way to stay limber and get more energy! It can help boost your circulation, stretch and strengthen all your muscles, help you get a good night's sleep, and relax and de-stress you! Roberta Weiner is a Certified Kripalu and Hatha Yoga teacher who runs the Prana Center in downtown Holliston.

### Zumba Gold

*Tuesdays - 12:30 pm—1:30 pm*

This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Come ready to sweat, and prepare to leave empowered and feeling strong. This class is exercise in disguise. Super Effective? Check! Super Fun? Check and Check!

### Therapeutic Chi Gong

*Tuesdays - 1:30 pm—2:30 pm with Linda Bellefeuille*

It should come as no surprise that recent studies continue to confirm the beneficial health-promoting results for older adults that can be attained from the regular practice of a *Mindfulness-Based Stress Reduction (MBSR)* program such as Therapeutic Chi Gong. This is especially true in the area of mental and emotional outlook and enhanced cognitive function. Does it sound like it's worth a try? Comfortable clothing is suggested.



### Energy Focus Movement

*Tuesdays and Thursdays - 10:30 am—11:30 am*

Focus your energy on three cornerstones to ensure a more active life: **Balance**...physical and energetic; **Strength**... maintain or regain; **Flexibility**...from surviving to thriving. Linda Bellefeuille is an experienced, licensed and certified instructor who will help you customize your moves to match your needs. Laughter is included! Come sign up, love it and make it a great part of your week.

### Pilates

*Mondays and Wednesdays - 9:30 am-10:30 am*

Allie Barrett will guide and help you improve your strength, balance and circulation through a whole-body workout of every level and fitness.



### Line Dancing

*Fridays - 10:00 am—11:00 am with Manny Correia*

Laugh and exercise at the same time! Meet new friends and learn to dance. A partner is not required.



### Walking Club with Sheila Joslin—NO WALKING UNTIL APRIL 2017

*Please check back when the weather gets warmer!*

This group walks twice a week at the Fatima Shrine (meet in parking lot), so plan on walking with new, fun people each week.

**A \$4.00 donation is requested for all exercise classes (except Walking Club).**

# 2017 January 2017 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CLOSED</b> <sup>2</sup></p> 	<p><sup>3</sup> 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</p>	<p><sup>4</sup> 9:30 Pilates 11:00 Yoga <b>12:00 Lunch***</b> <b>1:00 Bingo</b> 2:30 Falls Prevention</p>	<p><sup>5</sup> 9:30 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class</p>	<p><sup>6</sup> 10:00 Line Dancing 1:00 Tune Timers</p>
<p><sup>9</sup> 9:00 Manicurist*** 9:30 Coloring &amp; Coffee 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 12:00 Happy Birthday Lunch***</p>	<p><sup>10</sup> 8:00 Monthly Breakfast*** 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</p>	<p><sup>11</sup> 9:00 Podiatry*** 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 2:30 Falls Prevention</p>	<p><sup>12</sup> 10:00 Watercolor 10:30 Energy Focus Movement 11:45 Lunch &amp; Movie*** 12:30 Photography Class</p>	<p><sup>13</sup> 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers</p>
<p><b>CLOSED</b> <sup>16</sup></p>  <p>MARTIN LUTHER KING, JR.</p>	<p><sup>17</sup> 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Book Club-NEW 1:30 Chi Gong 4:00 Pool Tournament</p>	<p><sup>18</sup> 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention</p>	<p><sup>19</sup> 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class</p>	<p><sup>20</sup> 10:00 Line Dancing 1:00 Tune Timers</p>
<p><sup>23</sup> 9:30 Coloring &amp; Coffee 9:30 Pilates 11:00 Yoga 12:00 Lunch***</p>	<p><sup>24</sup> 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong</p>	<p><sup>25</sup> 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 2:30 Falls Prevention</p>	<p><sup>26</sup> 9:30 Coffee with Holliston Police—NEW 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class</p>	<p><sup>27</sup> 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers  <b>TWIN RIVER DAY TRIP***</b></p>
<p><sup>30</sup> 9:30 Coloring &amp; Coffee 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 1:00 Charlie Card Day</p>	<p><sup>31</sup> 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong</p>	<p><b>REMINDER:</b> VFW Luncheon, Sunday, January 8th at 12:00</p>		

**\*\*\* Reservations are Requested in Advance.**



# February 2017



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*** Reservations are Requested in Advance.</b></p>		<p><sup>1</sup> 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention</p>	<p><sup>2</sup> 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class</p>	<p><sup>3</sup> 10:00 Line Dancing 1:00 Tune Timers</p>
<p><sup>6</sup> 9:30 Coloring &amp; Coffee 9:30 Pilates 11:00 Yoga 12:00 Lunch***</p>	<p><sup>7</sup> 9:00 Blood Pressure 10:00 Candy Making*** 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament</p>	<p><sup>8</sup> 9:00 Podiatry*** 9:30 Pilates 11:00 Yoga 12:00 Valentine's Luncheon w/ Tommy Rull*** 1:00 Bingo 2:30 Falls Prevention</p>	<p><sup>9</sup> 10:00 Watercolor 10:30 Energy Focus Movement 11:45 Lunch &amp; Movie*** 12:30 Photography Class</p>	<p><sup>10</sup> 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers</p>
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