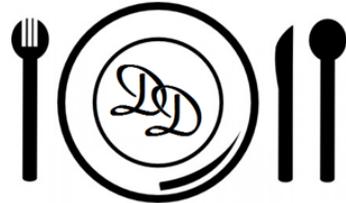




# September 2016



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>New program - <b>DINNER DASH!</b> A volunteer run program distributing meal site lunches to those who are unable to get their own</p>		<p>8:30 Yoga <b>Thx Maplewood</b>            9:30 Iris/10 Zumba            10:00 Meditation Group            10 Bereavement Group            1 p Line dance 1p bridge            1:00 Low Vision Support</p>	<p>9:00 Men's Group            9:30 Tai Chi            12:00 Cribbage            1:30 Shopping</p>
	<p>9:30 Busy Needles            10: Book Club/Blankets for Kids            10 Health Nurse  <b>11:00 Brown Bag</b>            12:15 Bingo            2:30p TV Series— Showing</p>	<p>10:00 SHINE/Watercolor            1:00 Exercise  <u><b>2:00 3B Fitness!</b></u></p>	<p>8:30 Yoga <b>Thx Maplewood</b>            10 NO Zumba class            10:00 Meditation Group            1 p Line 1p bridge  <b>2:30 AMP ELECTIVE</b>            4:30 COA Board  <b>6:00 PASTEL PAINT</b></p>	<p>9:00 Men's Peer Social Group            9:30 Tai Chi            12:00 Cribbage  <b>12:00 BLOOD DRIVE</b>            1:30 Shopping</p>
<p>9:00 Wii            10: Art Class  <b>11:20 Sponsored Lunch: Merrimack Valley Health Center</b>            12 Movie-            2:00 MahJong/2:00 Computer</p>	<p>9:30 Busy Needles            10:00 Health Nurse            11am <b>HEARING CLINIC</b>            12:15 Bingo            2:30 TV Series— Showing</p>	<p>9:00 Simply foot care/podiatry            10:00 SHINE/Watercolor            1:00 Exercise  <u><b>2:00 3B Fitness!</b></u>  <b>4:30 ACCREDITATION MTG</b></p>	<p>8:30 Yoga <b>Thx Maplewood</b>            10:00 Medit Grp  <b>10:00 Zumba</b>  <b>10:30 SHINGLES CLINIC</b>  <b>12:00 Birthday party</b>            1:00 Bridge/ line dancing  <b>2:30 AMP ELECTIVE</b>            3:00 FCOA meeting  <b>7pm NAMI</b></p>	<p>9:00 Men's Group            9:30 Tai Chi            12:00 Game Time            1:30 Shopping</p>
<p>9:00 <b>COFFEE W/CHIEFS</b>  <b>(special guest)</b>            9:00 Wii/10: Art Class            12:00 Movie            2:00 MahJong/2:00 Computer  <b>4:30 Greenleaf Dinner</b>  <b>6:30 Veteran Peer group</b></p>	<p>9:30 Busy Needles            10:00 Health Nurse            12:15 Bingo            2:15 TV Series—</p>	<p>10:00 SHINE            10:00 Watercolor            1:00 Exercise  <u><b>2:00 3B Fitness</b></u></p>	<p>8:30 Yoga <b>Thx Maplewood</b>            8:30 Meet the Lawyer            10:00 Meditation Group            10:00 Zumba class            1:00 NO Line Dancing or</p>	<p><b>10–1pm HEALTH FAIR!</b></p> 
<p>9:00 Wii / 10: Art Class            12 Movie-            2:00 MahJong/Computer</p>	<p>9:00 Diabetic Shoe Clinic            9:30 Busy Needles            12:15 Bingo /2:30 TV Series—</p>	<p>10:00 SHINE/Watercolor  <b>11:20 Sponsored lunch: Country Rehab Center</b>            1:00 Exercise  <u><b>2:00 3B Fitness</b></u></p>	<p>8:30 Yoga <b>Thx Maplewood</b>            9:30 Iris/10 Zumba            10:00 Meditation Group            1:00 Line            1:00 bridge</p>	<p>9:00 Men's Group            9:30 Tai Chi            12:00 Game Time            1:30 Shopping</p>