

















February 2012

Mon	Tue	Wed	Thu	Fri
January 30 Downtown 9:00 Card Games 9:00 Emerald Mall 10:00 Arthritis Exercise 11:00 Exercise 1:30 	31 Wii Bowling 8:30 Roche Bros. 9:00 Computer 9 to 11 Painting 1:00 Podiatry 1:00 	February 1 Stop & Shop 9:00 Computer 9 to 11 Quilting 10:00 Arthritis Exercise 11:30 Friends Mtg. 12:30 Cardio-Zumba 1:30	2 GROUNDHOG DAY! Chimes 9:00 Chi Gong 10:45 DIC Bingo 12:30 Yoga 3:00 Cinema Pub 3:00 	3 Wii Bowling 8:30 Mansfield Crossing 12:30 Strength/Balance/Endurance 1:30 
6 Tax Prep 8:30-11:30 Shaws 9:00 Downtown 9:00 Card Games 9:00 Arthritis Exercise 11:00 Exercise 1:30 	7 Wii Bowling 8:30 Roche Bros. 9:00 Computer 9 to 11 Painting 1:00 Podiatry 1:00 	8 Stop & Shop 9:00 Computer 9 to 11 Quilting 10:00 Arthritis Exercise 11:30 Wellness Lunch 11:30 Book Club 1:00 Cardio-Zumba 1:30	9 Chimes 9:00 Chi Gong 10:45 DIC Bingo 12:30 Yoga 3:00 	10 No Wii Bowling Valentine's Lunch Bunch 11:30 Strength/Balance/Endurance 1:30 
13 Tax Prep 8:30-11:30 Shaws 9:00 Downtown 9:00 Card Games 9:00 Arthritis Exercise 11:00 Exercise 1:30	14 HAPPY VALENTINE'S DAY! Wii Bowling 8:30 Roche Bros. 9:00 Computer 9 to 11 Music 10:30 Painting 1:00 Podiatry 1:00 Blood Press. 1:00	15 Stop & Shop 9:00 Computer 9 to 11 Quilting 10:00 Arthritis Exercise 11:30 Chickie Flynns 11:30 Cardio-Zumba 1:30 	16 No Chimes No Chi Gong Morning Melodies 10:00 DIC Bingo 12:30 Yoga 3:00 	17 Wii Bowling 8:30 Panera/Old Navy/Dress Barn/ Pier 1 12:30 Strength/Balance/Endurance 1:30
20 COA closed to Observe Presidents' Day 	21 Wii Bowling 8:30 Roche Bros. 9:00 Computer 9 to 11 Painting 1:00 Podiatry 1:00 	22 Stop & Shop 9:00 Computer 9 to 11 Quilting 10:00 Arthritis Exercise 11:30 Cardio-Zumba 1:30 Triad Meeting 1:30	23 Chimes 9:00 Chi Gong 10:45 DIC Bingo 12:30 Yoga 3:00 	24 Wii Bowling 8:30 Strength/Balance/Endurance 1:30 
27 Tax Prep 8:30-11:30 Downtown 9:00 Card Games 9:00 TJ Maxx/Target 10:00 Arthritis Exercise 11:00 Exercise 1:30 	28 Wii Bowling 8:30 Roche Bros. 9:00 Computer 9 to 11 Music 10:30 Painting 1:00 Podiatry 1:00	29 Stop & Shop 9:00 Computer 9 to 11 Quilting 10:00 Arthritis Exercise 11:30 Aging and Health Challenges 1:00 Cardio-Zumba 1:30	March 1 Chimes 9:00 Chi Gong 10:45 DIC Bingo 12:30 Yoga 3:00 Cinema Pub 3:00 	2 Wii Bowling 8:30 Mansfield Crossing 12:30 Strength/Balance/Endurance 1:30 