


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</p> <p>8:00 Men & Women in Motion 9:10 Strengthen & Stride 9:30 Hearing Aid Checks 10:00 Women's Bridge 10:15 Sit & Get Fit 10:30 Yoga for Beginners 12:00 Chicken Pot Pie 12:30 Mahjong 1:00 Canasta 1:00 Fun & Games 1:00 Social Bridge Drop In 1:10 Tai Chi Beginner 2:00 Breath, Balance, Body 2:15 Line Dancing 3:00 Zumba</p>	<p style="text-align: right;">2</p> <p>8:00 Strength Training 8:45 Strength Training 9:00 Podiatry 9:00 Wood Carving/ Model 9:00 Nordic Walking 9:30 Comfort Critters 9:45 Tap Dancing Perf./Beg. 10:00 Grocery Shop 10:00 Fiber Arts 10:30 The Write Stuff 12:00 Rosemary Garlic Pork 1:00 Fun & Games 1:00 Knit Wits 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p style="text-align: right;">3</p> <p>8:00 Men/Women Motion 9:00 Open Studio Arts 9:00 Andover Chroniclers 9:10 Strengthen & Stride 9:30 Craft Corner 10:00 Women's Bridge 10:00 Mindfulness Meditation 10:15 Sit & Get Fit 12:00 Lemon Chicken 1:00 Fun & Games/Bridge 1:10 Tai Chi Intermediate 1:30 Bereavement Support 2:15 Tai Chi Advanced Begin. 3:00 Energize w/ Exercise 4:00 Neighbors in Need 6:00 Reflexology 6:30 Table Tennis 6:45 Serenity Yoga</p>	<p style="text-align: right;">4</p> <p>8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 10:00 Delta the Dog 12:00 Baked Fish 1:00 ESL 1:00 Canasta 1:00 Forty-Fives 1:00 Social Bridge Drop in 2:00 Ping Pong & Dancing</p>
<p style="text-align: right;">7</p> <p>9:00 Quilting 9:00 Sunrise Singers 10:00 Massage 10:15 Rhythm-'Aires 12:00 American Chop Suey 1:00 ESL (off site) 1:00 Yoga for All 1:00 Fix-it Shop 1:00 Drama Reading & Discussion 3:00 Energize w/ Exercise</p>	<p style="text-align: right;">8</p> <p>8:00 Men/Women Motion 9:00 Podiatry 9:10 Strengthen & Stride 10:00 Women's Bridge 10:15 Sit & Get Fit 10:30 Yoga for Beginners 12:00 Chicken Parmesan 12:30 Mahjong 1:00 Canasta 1:00 Fun & Games 1:00 Social Bridge Drop in 1:10 Tai Chi Beginner 2:00 Breath, Balance & Body 2:10 Line Dancing 3:00 Zumba</p>	<p style="text-align: right;">9</p> <p>8:00 Strength Training 8:45 Strength Training 9:00 Wood Carving/ Model 9:00 Nordic Walking 9:00 MOAG 9:00 Tap Dancing Basic 9:30 Comfort Critters 9:45 Tap Performance 10:00 Fiber Arts 10:00 Grocery Shopping 10:30 The Write Stuff 12:00 Stuffed peppers 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p style="text-align: right;">10</p> <p>8:00 Men /Women Motion 8:30 COA Board Meeting 9:00 Open Studio Arts 9:00 SHINE 9:00 Women' Outdoor Adv. 9:10 Strengthen & Stride 9:30 Craft Corner 10:00 TRIAD 10:00 Women's Bridge 10:00 Mindful Meditation 10:15 Sit & Get Fit 12:00 Chicken Picatta 1:00 Fun & Games / Bridge 1:10 Tai Chi - Intermediate 1:30 Parkinson's Support 2:15 Tai Chi - Adv-Beg 3:00 Energize w/ Exercise 4:00 Neighbors In Need 6:00 Reflexology 6:30 Table Tennis 6:45 Serenity Yoga</p>	<p style="text-align: right;">11</p> <p>8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 9:30 Chinese Rehearsal 10:00 Delta the Dog 12:00 Fish 1:00 Canasta/ Forty-Fives 1:00 Social Bridge Drop in 1:00 ESL 2:00 Ping Pong & Dancing</p>
<p style="text-align: right;">14</p> <p style="text-align: center;">Columbus Day Senior Center Closed</p>	<p style="text-align: right;">15</p> <p>8:00 Men & Women in Motion 9:00 SHINE 9:10 Strengthen & Stride 10:00 Women's Bridge 10:15 Sit & Get Fit 10:30 Yoga for Beginners 12:00 Chicken Marsala 12:30 Mahjong 1:00 Fun & Games/ Canasta 1:00 Social Bridge Drop in 1:10 Tai Chi Beginner 2:00 Breath, Balance & Body 2:15 Line Dancing 3:00 Zumba</p>	<p style="text-align: right;">16</p> <p>8:00 Strength Training 8:45 Strength Training 9:00 Podiatry 9:00 Wood Carving/ Model 9:00 Tap Dancing Basic 9:30 Comfort Critters 9:45 Tap Performance 10:00 Fiber Arts 10:00 Grocery Shopping 10:30 The Write Stuff 12:00 Pot Roast 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic 3:00 Be a Friend, Bring a Friend</p>	<p style="text-align: right;">17</p> <p>8:00 Men/Women Motion 9:00 Art Studio 9:00 SHINE 9:00 Andover Chronicler's 9:10 Strengthen & Stride 9:30 Craft Corner 10:00 Women's Bridge 10:00 Mindful Meditation 10:15 Sit & Get Fit 12:00 Turkey Burger 1:00 Fun & Games / Bridge 1:10 Tai Chi Intermediate 1:30 Memory Café 2:15 Tai Chi- Adv-Beg 3:00 Energize w/ Exercise 4:00 Neighbors In Need 6:00 Reflexology 6:30 Table Tennis 6:45 Serenity Yoga</p>	<p style="text-align: right;">18</p> <p>8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 10:00 Delta the Dog 12:00 BIRTHDAY LUNCH! Baked Cheese Burger 1:00 Forty-Fives/Bridge 1:00 Canasta 1:00 ESL 2:00 Ping Pong & Dancing</p>
<p style="text-align: right;">21</p> <p>9:00 Coffee with VSO 9:00 Quilting 9:00 Women's Outdoor Adv. 9:00 Sunrise Singers 10:00 Massage 10:15 Rhythm-'Aires 12:00 Chicken Pot Pie 1:00 Drama Reading & Discussion 1:00 Fix-it Shop 1:00 Techie Live 1:00 Yoga for All 1:00 ESL (Offsite) 1:30 Pain Management 1:30 Caregiver Support 3:00 Energize w/ Exercise</p>	<p style="text-align: right;">22</p> <p>8:00 Men/Women Motion 9:00 Brown Bag 9:10 Strengthen & Stride 10:00 Women's Bridge 10:15 Sit & Get Fit 10:30 Yoga Beginners 12:00 Meatloaf 12:30 Mahjong 1:00 Fun & Games /Canasta 1:10 Social Bridge Drop in 1:10 Tai Chi-Beginner 2:00 Breath, Balance & Body 2:15 Line Dancing 3:00 Zumba</p>	<p style="text-align: right;">23</p> <p>8:00 Strength Training 8:45 Strength Training 9:00 Podiatry 9:00 Wood Carving & Model 9:00 Nordic Walking 9:00 Men's Outdoor Adv. 9:00 Tap Dancing Basic 9:30 Comfort Critters 9:45 Tap Dance Performance 10:00 Fiber Arts 10:00 Grocery Shopping 12:00 Sweet & Sour Pork 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic 2:00 Merrimack College Life Story Project</p>	<p style="text-align: right;">24</p> <p>8:00 Men /Women Motion 9:00 SHINE 9:00 Open Studio Art 9:10 Strengthen & Stride 9:30 Craft Corner 10:00 Mindful Meditation 10:00 Women's Bridge 10:15 Sit & Get Fit 12:00 Chicken Cordon Blue 1:00 Fun & Games / Bridge 1:10 Tai Chi - Intermediate 2:15 Tai Chi - Adv-Beg 3:00 Energize w/ Exercise 4:00 Neighbors In Need 6:00 Reflexology 6:30 Table Tennis 6:45 Serenity Yoga</p>	<p style="text-align: right;">25</p> <p>8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 9:30 Chinese Rehearsal 10:00 Delta the Dog 12:00 Salmon 1:00 Fun & Games/Canasta 1:00 Forty-Fives 1:00 Social Bridge Drop in 1:00 ESL 2:00 Ping Pong & Dancing</p>
<p style="text-align: right;">28</p> <p>9:00 Sunrise Singers 9:00 Quilting 9:30 Ask the Lawyer 10:00 Massage 10:15 Rhythm-'Aires 12:00 Pulled Pork on Roll 1:00 Drama Reading & Discussion 1:00 ESL (off site) 1:00 Yoga for All 3:00 Energize w/ Exercise</p>	<p style="text-align: right;">29</p> <p>8:00 Men/Women Motion 9:00 SHINE 9:00 Brown Bag 9:10 Strengthen & Stride 10:00 Women's Bridge 10:15 Sit & Get Fit 10:30 Yoga Beginners 12:00 Roasted Turkey 12:30 Mahjong 1:00 Fun & Games /Canasta 1:10 Social Bridge Drop in 1:10 Tai Chi-Beginner 2:00 Breath, Balance & Body 2:15 Line Dancing 3:00 Zumba</p>	<p style="text-align: right;">30</p> <p>8:00 Strength Training 8:45 Strength Training 9:00 Podiatry 9:00 Wood Carving & Model 9:00 Nordic Walking 9:00 Tap Dancing Basic 9:30 Comfort Critters 9:45 Tap Dance Performance 10:00 Fiber Arts 10:00 Grocery Shopping 10:30 The Write Stuff 12:00 Stuffed Chicken Feta 1:00 Knit Wits 1:00 Fun & Games 1:00 Women of '76 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p style="text-align: right;">31</p> <p>8:00 Men /Women Motion 9:00 SHINE 9:00 Open Studio Art 9:00 Andover Chronicler's 9:10 Strengthen & Stride 9:30 Craft Corner 10:00 Mindful Meditation 10:00 Women's Bridge 10:15 Sit & Get Fit 12:00 Witches Stew! 1:00 Fun & Games / Bridge 1:10 Tai Chi - Intermediate 1:30 Book Club 2:15 Tai Chi - Adv-Beg 3:00 Energize w/ Exercise 4:00 Neighbors In Need 6:00 Reflexology 6:30 Table Tennis 6:45 Serenity Yoga</p>	

OCTOBER

2019