



October 2017

Mon	Tue	Wed	Thu	Fri
2 Cards/Games 9:00 Shaws/Downtown 9:00 Arthritis Exercise 11:00 Canasta 1:00 Voices United 1:00 Exercise 1:30	3 Wii Bowling 9:00 Walking Club 8:45 Big Y/Target 9:00 Computer 10:00 Tai Chi 10:45 Balance 12:00 Mahjong 1:00 Painting 1:00	4 Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Arthritis Exercise 11:15 Book Club 1:00 Bridge 1:00 Cardio Fitness 1:30	5 Sing Along 9:00 Core & More 11:30 Bingo 12:30 Audubon 1:00 Chair Yoga 2:30 COA Cinema Pub 3:00 	6 Wii Bowling 9:00 Mansfield Crossing 10:00 Line Dance 11:30 Strength/Balance/ Endurance 1:30
9 Columbus Day COA Closed 	10 Wii Bowling 9:00 Walking Club 8:45 Registry of Deeds 9:00 Big Y/Target 9:00 Tai Chi 10:45 Balance 12:00 Mahjong 1:00 Painting 1:00	11  Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Arthritis Exercise 11:15 Friends Meeting 12:30 Bridge 1:00 Cardio Fitness 1:30	12  Sing Along 9:00 Market Basket 10:00 Core & More 11:30 Bingo 12:30 Audubon 1:00 Chair Yoga 2:30	13 Wii Bowling 9:00 Mansfield Crossing 10:00 Line Dance 11:30 Strength/Balance/ Endurance 1:30
16 Cards/Games 9:00 Shaws/Downtown 9:00 Arthritis Exercise 11:00 Canasta 1:00 Voices United 1:00 Exercise 1:30 	17 Wii Bowling 9:00 Walking Club 8:45 Registry of Deeds 9:00 Big Y/Target 9:00 Tai Chi 10:45 Balance 12:00 Mahjong 1:00 Painting 1:00	18 Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Veteran Coffee HR 10:00 Arthritis Exercise 11:15 Chickie Flynn's 11:30 Bridge 1:00 Cardio Fitness 1:30	19 No Sing Along Core & More 11:30 Bingo 12:30 Triad 1:30 Audubon 1:00 Chair Yoga 2:30 	20 Wii Bowling 9:00 Mansfield Crossing 10:00 Line Dance 11:30 No Strength/Balance/ Endurance Diamond Heist 6:00
23 Cards/Games 9:00 Shaws/Downtown 9:00 Arthritis Exercise 11:00 Canasta 1:00 Exercise 1:30 	24 Wii Bowling 9:00 Walking Club 8:45 Big Y/Target 9:00 Tai Chi 10:45 Balance 12:00 Apple Workshop 1:00 Mahjong 1:00 Painting 1:00	25 Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Arthritis Exercise 11:15 Bridge 1:00 Cardio Fitness 1:30	26 No Sing Along Core & More 11:30 Bingo 12:30 Audubon 1:00 Chair Yoga 2:30	27 No Wii Bowling Mansfield Crossing 10:00 Electric Lunch 11:30 No Line Dance Strength/Balance/ Endurance 1:30
30 Cards/Games 9:00 Shaws/Downtown 9:00 Patriots Place 10:00 Arthritis Exercise 11:00 Canasta 1:00 Voices United 1:00 Exercise 1:30	31  Wii Bowling 9:00 Walking Club 8:45 Big Y/Target 9:00 Computer 10:00 Tai Chi 10:45 Balance 12:00 Mahjong 1:00 Painting 1:00	1 NOVEMBER Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Arthritis Exercise 11:15 Bridge 1:00 Book Club 1:00 Cardio Fitness 1:30	2 Sing Along 9:00 Core & More 11:30 Bingo 12:30 Audubon 1:00 Chair Yoga 2:30	3 Wii Bowling 8:30 Mansfield Crossing 10:00 Line Dance 11:30 Strength/Balance/ Endurance 1:30