

January 2018

Mon	Tue	Wed	Thu	Fri
1 COA Closed 	2 Walking Club 9:45 Wii Bowling 9:00 Big Y/Target 9:00 Group Computer 10:00 Tai Chi 10:45 Balance 12:00 Mahjong 1:00 Painting 1:00	3 Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Arthritis Exercise 11:15 Book Club 1:00 Bridge 1:00 Cardio Fitness 1:30 	4 Chimes 8:30 Sing Along 10:00 Core & More 11:30 Bingo 12:30 Chair Yoga 2:30 	5 No Wii Bowling Mansfield Crossing 10:00 Birthday Bash 11:30 No Line Dance Strength/Balance/ Endurance 1:30 
8 Cards/Games 9:00 Shaws/Downtown 9:00 Arthritis Exercise 11:00 Voices United 1:00 Canasta 1:00 Exercise 1:30	9 Walking Club 9:45 Wii Bowling 9:00 Big Y/Target 9:00 Tai Chi 10:45 Balance 12:00 Mahjong 1:00 Painting 1:00 Blood Pressure 1:00	10 Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Arthritis Exercise 11:15 Friends' Meeting 12:30 Bridge 1:00 Cardio Fitness 1:30 COA Cinema Pub 3:00	11 Chimes 8:30 Sing Along 10:00 Market Basket 10:00 Core & More 11:30 Bingo 12:30 Jordan Jackson 1:10 Chair Yoga 2:30	12 Wii Bowling 9:00 Mansfield Crossing 10:00 Line Dance 11:30 Strength/Balance/ Endurance 1:30
15 COA Closed 	16 Walking Club 9:45 No Wii Bowling Big Y/Target 9:00 Tai Chi 10:45 Balance 12:00 Apple Workshop 1:00 Mahjong 1:00 Painting 1:00	17 Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Arthritis Exercise 11:15 Chickie Flynn's 11:30 Bridge 1:00 Cardio Fitness 1:30	18 Chimes 8:30 Sing Along 10:00 Core & More 11:30 Bingo 12:30 Chair Yoga 2:30 	19 Wii Bowling 9:00 Mansfield Crossing 10:00 Coffee Hour 10:00 Line Dance 11:30 Strength/Balance/ Endurance 1:30 
22 Cards/Games 9:00 Shaws/Downtown 9:00 Arthritis Exercise 11:00 Voices United 1:00 Canasta 1:00 Exercise 1:30	23 Walking Club 9:45 Wii Bowling 9:00 Big Y/Target 9:00 Tai Chi 10:45 Balance 12:00 Mahjong 1:00 Painting 1:00	24 Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Arthritis Exercise 11:15 Bridge 1:00 Cardio Fitness 1:30 Triad 1:30	25 Chimes 8:30 Sing Along 10:00 Core & More 11:30 Bingo 12:30 Chair Yoga 2:30	26 Wii Bowling 9:00 Mansfield Crossing 10:00 Line Dance 11:30 Strength/Balance/ Endurance 1:30
29 Cards/Games 9:00 Shaws/Downtown 9:00 Patriot Place 10:00 Arthritis Exercise 11:00 Canasta 1:00 Exercise 1:30 	30 Walking Club 9:45 Wii Bowling 9:00 Big Y/Target 9:00 Tai Chi 10:45 Balance 12:00 Mahjong 1:00 Painting 1:00	31 Stop & Shop 9:00 Quilting/Knitting/ Crafting 9:30 Arthritis Exercise 11:15 Bridge 1:00 Cardio Fitness 1:30	February 1 Chimes 8:30 Sing Along 10:00 Core & More 11:30 Bingo 12:30 Chair Yoga 2:30 	2 Wii Bowling 9:00 Mansfield Crossing 10:00 Line Dance 11:30 Strength/Balance/ Endurance 1:30