

<u>CLASS/ACTIVITY</u>	<u>ROOM</u>	<u>DAY</u>	<u>TIME</u>	<u>COST</u>
AEROBICS	JUBILEE HALL	MON. WED. FRI.	9:00AM-10:00AM	FREE
BIG BAND DANCING	JUBILEE HALL	THURSDAY	9:30AM-11:30AM	FREE
BINGO	DINING ROOM	MONDAY & FRIDAY	12:30PM-2:30PM	3 for \$1.00/1 for \$.50
BOCCE	OUTDOORS	THURSDAY (SEASONAL)	12:30PM-2:30PM	FREE
BOOK CLUB	CLASSROOM A	1ST TUES. OF MONTH	9:30AM-10:30AM	FREE
BRIDGE	COMPUTER ROOM	MONDAY & THURSDAY	12:30PM-3:00PM	FREE
COMPUTER HELP	COMPUTER ROOM	1ST & 3RD FRIDAY/MONTH	9:00AM-11:00AM	FREE
CORNHOLE	DINING ROOM	THURSDAY (SEASONAL)	12:30PM-2:00PM	FREE
CRAZY CARDS	COMPUTER ROOM	4TH WEDNESDAY	1:00PM-4:00PM	\$3.00
CROCHETING/ KNITTING	CLASSROOM A	TUESDAY	12:30PM-2:30PM	FREE
DUPLICATE BRIDGE	COMPUTER ROOM	MONDAY	9:00AM-1:00PM	FREE
EXERCISE CLASS/EDYE	JUBILEE HALL	TUESDAY	9:30AM-10:30AM	\$3.00/CLASS
FITNESS ROOM	FITNESS ROOM	EVERY DAY (M-F)	8:00-11:00AM 12:00-3:00PM	FREE
BUNKA WORKSHOP	ART ROOM	TUESDAY	9:30AM-11:30AM	FREE
LINE DANCING	JUBILEE HALL	TUESDAY	10:30AM-11:30AM	\$5.00/CLASS
MAH JONGG	COMPUTER ROOM	TUESDAY	12:00PM-3:30PM	FREE
MODEL SHIP BUILDING	ART ROOM	MONDAY & WEDNESDAY	12:30PM-3:00PM	FREE
PAINTING (ADVANCED)	ART ROOM	THURSDAY	9:30AM-11:30AM	FREE
PAINTING (BEGINNER)	ART ROOM	FRIDAY	8:00AM-11:00AM	FREE
PLAY POOL	POOL ROOM	EVERY DAY (M-F)	8:00AM-3:00PM	FREE
PING PONG	COMPUTER ROOM	MOST FRIDAYS	1:00PM-3:00PM	FREE
QUILTING	CLASSROOM A	THURSDAY	8:30AM-11:30AM	FREE
RUG HOOKING	COMPUTER ROOM	WEDNESDAY	9:00AM-12:00PM	10WKS/\$40.00
SCRABBLE	COMPUTER ROOM	1ST & 3RD FRI.	1:00PM-3:00PM	FREE
WHIST	COMPUTER ROOM	TUESDAY & THURSDAY	9:15AM-11:30AM	FREE
WOOD CARVING	ART ROOM	WEDNESDAY	9:00AM-11:00AM	FREE
WOOD WORKING	WOOD SHOP	EVERY DAY (M-F)	8:00AM-3:00PM	-
CHAIR YOGA	JUBILEE HALL	FRIDAY	11:15AM-12:15PM	8WKS/\$30/\$5 CLASS
ZUMBA	JUBILEE HALL	MONDAY	11:15AM-12:15PM	\$3.00/CLASS
ZUMBA	JUBILEE HALL	WEDNESDAY	10:15AM-11:15AM	\$3.00/CLASS

HEALTH AND WELLNESS CLINICS & SUPPORT GROUPS ARE ON THE BACK

HEALTH/WELLNESS CLINICS				
<i>WALK IN BLOOD PRESSURE</i>	<i>HEALTH ROOM</i>	<i>2ND THURS.OF MONTH</i>	<i>9:30 AM-11:00 AM</i>	<i>FREE</i>
<i>PODIATRIST BY APPT.</i>	<i>HEALTH ROOM</i>	<i>SOME MONDAYS</i>	<i>9:30 AM-12:00 PM</i>	<i>\$35.00</i>
<i>HEARING SCREENINGS</i>	<i>HEALTH ROOM</i>	<i>4TH THURS. OF MONTH</i>	<i>10:00 AM-1:00 PM</i>	<i>FREE</i>
		<u>SUPPORT GROUPS</u>		<u>Contacts:</u>
<i>ALS SUPPORT GROUP</i>	<i>COMPUTER ROOM</i>	<i>3rd WED. OF MONTH</i>	<i>1:00 PM-3:00 PM</i>	<i>Melissa Daly: 781-234-8172</i>
<i>CAREGIVERS SUPPORT GR.</i>	<i>CLASSROOM A</i>	<i>2nd & LAST MON. OF MONTH</i>	<i>2:00 PM-3:00 PM</i>	<i>Fabia Faria: 978-531-2254 X136</i>
<i>DISABLED AMERICAN VETS</i>	<i>CONFERENCE RM.</i>	<i>3rd WED. OF MONTH</i>	<i>9:30 AM-11:30 AM</i>	<i>Donald White: 978-535-5382</i>
<i>LOW VISION GROUP</i>	<i>CLASSROOM A</i>	<i>2nd WEDS. OF MONTH</i>	<i>12:30 PM-2:30 PM</i>	<i>Judy Enos: 978-290-6080</i>
<i>TOPS</i>	<i>CLASSROOM A</i>	<i>FRIDAYS</i>	<i>WEIGH-IN - 8:00AM-9:00AM</i>	<i>MEETING - 9:30AM-10:30AM</i>
<i>VETERAN'S GROUP</i>	<i>DINING ROOM</i>	<i>4TH TUES. OF MONTH</i>	<i>9:30AM-10:30AM</i>	<i>Tom Moran 978-968-0999</i>