

**AUGUST 2011 -- Schedule subject to change—please call to confirm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Yoga <b>1</b> 11:30 Bones for Life 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group	9:00 Men's Club <b>2</b> 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:00 <b>South Shore Plaza</b> 1:00 Bridge/Can./Mah Jongg 7:00 Knitting/Crochet 7:00 Gentle Yoga	9:00 <b>Sharon Center</b> <b>3</b> 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Bocce-weather permitting 10:15 Drop-In Meditation 11:00 Memoir Writing 11:45 <b>Shaw's / Cobbs Corner</b> 1:00 Can./Cribb./Mah Jongg	9:00 Tai Chi <b>4</b> 9:30 For./Ind. Film (Get Low) 9:30 Knitting/Crocheting 10:00 Ping Pong Club 10:30 Tai Chi 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 6:00 Game Night	9:00 <b>Sharon Center</b> <b>5</b> 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:30 Wii Bowling
9:00 Yoga <b>8</b> 10:30 Cancer Support Group 1:00 Recreational Scrabble 1:00 Open Art Studio 1:00 Parkinsons' Support Group 1:30 Sewing/Embroidery Group	9:00 Men's Club <b>9</b> 10:00 Ping Pong Club 10:00 Tai Chi 10:30 Disc. Group (Men's Club) 11:00 Pool 11:45 <b>Westgate Mall</b> 1:00 Bridge/Can./Mah Jongg 2:00 Caregivers' Group 7:00 Knitting/Crochet 7:00 Gentle Yoga	9:00 <b>Sharon Center</b> <b>10</b> 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Bocce-weather permitting 10:15 Drop-In Meditation 11:00 Memoir Writing 11:45 <b>Shaw's / Cobbs Corner</b> 1:00 Can./Cribb./Mah Jongg	9:00 Tai Chi <b>11</b> 10:00 Annual BBQ 10:00 Ping Pong Club 10:30 Tai Chi 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 6:00 Game Night	9:00 <b>Sharon Center</b> <b>12</b> 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:30 Wii Bowling
9:00 Yoga <b>15</b> 11:30 Bones for Life 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group 4:00 LGBT BBQ	9:00 Men's Club <b>16</b> 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:30 EPOCH Lunch/Program 1:00 Bridge/Can./Mah Jongg 7:00 Knitting/Crochet 7:00 Gentle Yoga	9:00 <b>Sharon Center</b> <b>17</b> 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Bocce-weather permitting 10:15 Drop-In Meditation 11:00 Memoir Writing 11:45 <b>Shaw's / Cobbs Corner</b> 1:00 Can./Cribb./Mah Jongg 1:00 Opera Film Series (Il Travatore)	9:00 Tai Chi <b>18</b> 9:30 Knitting/Crocheting 10:00 Ping Pong Club 10:30 Tai Chi 1:00 Mah Jongg Lessons 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 6:00 Game Night	9:00 <b>Sharon Center</b> <b>19</b> 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:30 Wii Bowling
9:00 Yoga <b>22</b> 10:30 Cancer Support Group 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group	9:00 Men's Club <b>23</b> 10:00 Ping Pong Club 11:00 Pool 11:45 <b>Walpole Mall</b> 1:00 Bridge/Can./Mah Jongg 2:00 Caregivers' Group 7:00 Knitting/Crochet 7:00 Gentle Yoga	9:00 <b>Sharon Center</b> <b>24</b> 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Bocce-weather permitting 10:15 Drop-In Meditation 11:00 Memoir Writing 11:45 <b>Shaw's / Cobbs Corner</b> 1:00 Can./Cribb./Mah Jongg	9:30 Movie (Rabbit Hole) <b>25</b> 10:00 Ping Pong Club 1:00 Mah Jongg Lessons 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 5:15 Chinese Summer Supper	9:00 <b>Sharon Center</b> <b>26</b> 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:30 Wii Bowling
9:00 Yoga <b>29</b> 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group	9:00 Men's Club <b>30</b> 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:00 <b>Ward's/Crescent Ridge</b> 1:00 Bridge/Can./Mah Jongg 7:00 Knit./Crochet 7:00 Gentle Yoga	9:00 <b>Sharon Center</b> <b>31</b> 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Bocce-weather permitting 10:15 Drop-In Meditation 11:00 Memoir Writing 11:45 <b>Shaw's / Cobbs Corner</b> 1:00 Can./Cribb./Mah Jongg 7:00 Gallery Opening Recept.	<b>Craft Corner Hours --</b> Mon. – 1:30 - 3:30 pm Thurs. – 11:00 am - 1:00 pm Other hours by appointment <b>Lakeside Gallery --</b> Thru Aug. 11 – Adult Center Photography Club Show Aug. 16 – Oct. 11 – “Art is Ageless”	