

NOVEMBER 2011 -- Schedule subject to change—please call to confirm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Men's Club 1 9:15 ESL 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 1:00 Bridge/Can./Mah Jongg 1:00 Bridge Lessons 2:00 Caregivers' Group 7:00 Knitting/Crochet	9:00 Sharon Center 2 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Fun With Yiddish 10:15 Drop-in Meditation 10:30 N.E. Lighthouses 11:00 Memoir Writing 11:30 Shaw's / Cobbs Corner 1:00 Can./Cribb./Mah Jongg 1:00 Drop-In Chess 1:30 Sit & Be Fit Exercise Class	9:00 Tai Chi 3 9:30 Knitting/Crocheting 10:00 Ping Pong Club 10:30 Tai Chi 12:00 Podiatry Clinic 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 3:00 Gentle Yoga 3:00 FSCOA Board Meeting 6:00 Game Night 7:00 Basic Drawing <i>Trip – BSO Rehearsal</i>	9:00 Sharon Center 4 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:00 Write Your Life Stories 10:00 Legal Clinic 10:15 What's New...Music 10:30 Wii Bowling
9:00 Yoga 7 10:30 Visions Group 11:15 Feldenkrais 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group 2:00 Zumba Fitness Class 7:00 Photography Club	9:00 Men's Club 8 9:15 ESL 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:30 Westgate Mall 1:00 Bridge/Can./Mah Jongg 1:00 Bridge Lessons 7:00 Knitting/Crochet	9:00 Sharon Center 9 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Fun With Yiddish 10:15 Drop-In Meditation 10:30 Young at Heart Club Mtg. 11:00 Memoir Writing 11:30 Shaw's / Cobbs Corner 1:00 Can./Cribb./Mah Jongg 1:00 Drop-In Chess 1:30 Sit & Be Fit Exercise Class 2:30 How Yoga...Driving Skills	9:00 Tai Chi 10 9:30 Movie (Barney's Version) 10:00 Ping Pong Club 10:30 Tai Chi 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 3:00 Gentle Yoga 5:45 Movie (Barney's Version) 7:00 Basic Drawing	11 Holiday – Center Closed
9:00 Yoga 14 10:30 Flappers, Fitzgerald & Ford 10:30 Cancer Support Group 11:15 Feldenkrais 1:00 Recreational Scrabble 1:00 Open Art Studio 1:00 Parkinsons Support Group 1:30 Sewing/Embroidery Group 2:00 Zumba Fitness Class 3:00 Talking About It...South Africa	9:00 Men's Club 15 9:15 ESL 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 1:00 Bridge/Can./Mah Jongg 1:00 Bridge Lessons 2:00 Caregivers' Group 2:30 COA Board Meeting 7:00 Knitting/Crochet	9:00 Sharon Center 16 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Fun With Yiddish 10:15 Drop-In Meditation 10:30 Coping With the Holidays 11:00 Memoir Writing 11:30 Shaw's / Cobbs Corner 1:00 Can./Cribb./Mah Jongg 1:00 Opera Film Series (Manon) 1:00 Drop-In Chess 1:30 Sit & Be Fit Exercise Class	9:00 Tai Chi 17 10:00 Autumn Party 10:00 Ping Pong Club 10:30 Tai Chi 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 3:00 Gentle Yoga 6:00 Game Night 7:00 Basic Drawing	9:00 Sharon Center 18 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:00 Write Your Life Stories 10:15 What's New...Music 10:30 Wii Bowling
9:00 Yoga 21 11:15 Feldenkrais 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group 2:00 Zumba Fitness Class 4:00 LGBT Dinner and Program	9:00 Sharon Center 22 9:00 Men's Club 9:15 ESL 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:30 Walpole Mall 1:00 Bridge/Can./Mah Jongg 1:00 Bridge Lessons 7:00 Knitting/Crochet	9:00 Zumba Fitness Class 23 9:30 Coffee Hour – at HF 10:30 Shaw's / Cobbs Corner 10:15 Drop-In Meditation 11:00 Memoir Writing No afternoon programs	24 Holiday – Center Closed	25 No Programs at Adult Center
9:00 Yoga 28 9:00 Book Disc. Group (Sun Also Rises) 10:30 Cancer Support Group 10:30 Flappers, Fitzgerald & Ford 11:15 Feldenkrais 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group 2:00 Zumba Fitness Class	9:00 Men's Club 29 9:15 ESL 10:00 Ping Pong Club 10:30 Tai Chi 11:00 Pool 11:30 Westgate Mall 1:00 Bridge/Can./Mah Jongg 2:00 Caregivers' Group 7:00 Knitting/Crochet	9:00 Sharon Center 30 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 10:15 Drop-In Meditation 11:00 Memoir Writing 11:30 Shaw's / Cobbs Corner 1:00 Can./Cribb./Mah Jongg 1:00 Drop-In Chess 1:30 Sit & Be Fit Exercise Class	Lakeside Gallery – <i>Through Dec. 1 –</i> Third Annual Juried Community Art Show <i>Beg. Dec. 7 –</i> Works of T. Craddock & P. Lloyd	Craft Corner Hours – Mon. – 1:30 – 3:30 pm Thurs. – 11:00 am - 1:00 pm Other hours by appointment.