


FEBRUARY 2018 – Schedule subject to change – please call to confirm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Tai Chi 1 9:30 Movie (<i>Beauty & the Beast</i>) 10:30 Chinese Elders 10:30 Tai Chi 10:30 Short Story Disc. Group 1:00 MahJongg/Bridge/ Rummikub 3:00 FSCOA Board Meeting 5:45 Movie (<i>Beauty & the Beast</i>)	8:45 Gentle Yoga 2 9:00 Sharon Center 9:15 Cardio Fitness Class 10:00 RMV Near Me
8:45 Zumba Gold Class 5 9:00 Yoga 9:30 Knitting / Crochet 10:30 Low Vision Support Group 10:30 Memoir Writing 1:00 Parkinson's Group 1:00 Open Art Studio	9:00 Men's Club 6 9:15 ESOL 11:00 SHINE Counselor 11:15 Walpole Mall 1:00 Bridge/Can/MahJongg 6:45 "Guilt and Shame"	8:45 Zumba Gold Class 7 9:00 Sharon Center 9:30 Coffee Hour - HF 9:30 Tech. in Watercolors 11:30 Shaw's / Cobbs Corner 1:00 Cribbage/MahJongg	9:00 Tai Chi 8 10:00 Valentine's Day Party 10:30 Tai Chi 1:00 MahJongg/Bridge/ Rummikub 1:00 Neck/Shoulder Massage 5:45 Movie (<i>Loving</i>)	8:45 Gentle Yoga 9 9:00 Sharon Center 9:00 Tax Assistance 9:15 Cardio Fitness Class 10:00 RMV Near Me
8:45 Zumba Gold Class 12 9:00 Yoga 9:30 Knitting / Crochet 10:30 Memoir Writing 1:00 Open Art Studio 2:00 Memory Café 7:00 Photography Club	9:00 Men's Club 13 9:15 ESOL 11:00 SHINE 11:15 Westgate Mall 1:00 Bridge/Can/MahJongg 2:00 Crisp and Quotes 2:00 COA Board Meeting	8:45 Zumba Gold Class 14 9:00 Sharon Center 9:30 Coffee Hour - HF 9:30 Tech. in Watercolors 11:30 Shaw's / Cobbs Corner 1:00 Sit & Be Fit Exercise Class 1:00 Cribbage/MahJongg 1:00 Opera Film 1:00 TechConnect	9:00 Tai Chi 15 9:30 Movie (<i>Waffle Street</i>) 10:00 Grandparents Raising Grandchildren Group 10:30 Chinese Elders 10:30 Tai Chi 10:30 Book Discussion Group 1:00 MahJongg/Bridge/ Rummikub 1:00 Neck/Shoulder Massage 5:45 Movie (<i>Waffle Street</i>)	8:45 Gentle Yoga 16 9:00 Sharon Center 9:00 Tax Assistance 9:15 Cardio Fitness Class 10:00 RMV Near Me
Holiday – Center Closed 19 	9:00 Men's Club 20 9:15 ESOL 11:00 SHINE Counselor 11:15 Walpole Mall 11:30 South Asian Program 1:00 Bridge/Can/MahJongg	8:45 Zumba Gold Class 21 9:00 Sharon Center 9:30 Coffee Hour - HF 9:30 Tech. in Watercolors 10:30 "Lives / Careers of Bogart & Bergman" 11:30 Shaw's / Cobbs Corner 1:00 Sit & Be Fit Exercise Class 1:00 Cribbage/MahJongg	9:00 Tai Chi 22 9:30 Movie (<i>Loving</i>) 10:30 Chinese Elders 10:30 Tai Chi 1:00 Neck/Shoulder Massage 1:00 MahJongg/Bridge/ Rummikub	8:45 Gentle Yoga 23 9:00 Sharon Center 9:00 Tax Assistance 9:15 Cardio Fitness Class 10:00 RMV Near Me
8:45 Zumba Gold Class 26 9:00 Yoga 9:30 Knitting / Crochet 10:30 Memoir Writing 11:30 LGBT Lunch / Program 1:00 Open Art Studio <i>Trip – McMullen Museum</i>	9:00 Men's Club 27 9:15 ESOL 11:00 SHINE Counselor 11:15 Westgate Mall 11:30 Lunch / Program 1:00 Bridge/Can/MahJongg	8:45 Zumba Gold Class 28 9:00 Sharon Center 9:30 Coffee Hour – HF 9:30 Tech. in Watercolors 11:30 Shaw's / Cobbs Corner 1:00 Sit & Be Fit Exercise Class 1:00 Cribbage/MahJongg 1:00 TechConnect		Lakeside Gallery <i>thru March 14</i> "Mostly Monsters" Craft Corner Hours Tues., Wed., & Thurs. 11 a.m. – 1 p.m.; other hours by appointment