


OCTOBER 2018 — Schedule subject to change – please call to confirm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Zumba Gold Class 1 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 2 9:15 ESOL 11:00 SHINE Counselor 11:15 Walpole Mall 1:00 Bridge/Can/MahJongg 7:00 Knitting / Crochet	8:45 Zumba Gold Class 3 9:00 Sharon Center 9:30 Coffee Hour – HF 9:30 Tech. in Watercolors 9:30 Bocce 10:30 "Becoming America" 11:30 Shaw's / Cobbs Corner 1:00 Sit & Be Fit Exercise Class 1:00 Cribbage/MahJongg	9:00 Tai Chi 4 9:30 Movie (<i>Dark Victory</i>) 10:30 Chinese Elders 10:30 Tai Chi 1:00 MahJongg/Bridge/ Rummikub 3:00 FSCOA Board Meeting 5:45 Movie (<i>Dark Victory</i>)	8:45 Gentle Yoga 5 9:00 Sharon Center 9:15 Cardio Fitness Class 10:00 RMV Near Me
Holiday –Center Closed 8 	9:00 Men's Club 9 9:15 ESOL 11:00 SHINE Counselor 11:15 Westgate Mall 1:00 Bridge/Can/Mah Jongg 1:30 How to Start a Business 7:00 Knitting / Crochet	8:45 Zumba Gold Class 10 9:30 Coffee Hour - HF 9:30 Tech. in Watercolors 9:30 Bocce 11:30 Shaw's / Cobbs Corner 1:00 Sit & Be Fit Exercise Class 1:00 Cribbage/Mah Jongg <i>Trip – Eustis Estate</i>	9:00 Tai Chi 11 9:30 Movie (<i>RBG</i>) 10:30 Chinese Elders 10:30 Tai Chi 12:00 Computer Tutor 1:00 MahJongg/Bridge/ Rummikub 1:30 Enjoy the Arts 6:45 "The One-Eyed Judge"	8:45 Gentle Yoga 12 9:00 Sharon Center 9:15 Cardio Fitness Class 10:00 RMV Near Me
8:45 Zumba Gold Class 15 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 16 9:15 ESOL 11:00 SHINE Counselor 11:15 Walpole Mall 1:00 Bridge/Can/Mah Jongg 1:30 "Barbra Streisand" 1:30 Beg. Canasta Lessons 2:30 COA Board Meeting 7:00 Knitting / Crochet	8:45 Zumba Gold Class 17 9:00 Sharon Center 9:30 Coffee Hour - HF 9:30 Tech. in Watercolors 9:30 Bocce 10:30 "Becoming America" 11:30 Shaw's / Cobbs Corner 1:00 Sit & Be Fit Exercise Class 1:00 Cribbage/Mah Jongg 1:00 Opera Film	9:00 Tai Chi 18 9:30 Movie (<i>Book Club</i>) 10:30 Chinese Elders 10:30 Tai Chi 10:30 Book Discussion Group 12:00 Computer Tutor 1:00 MahJongg/Bridge/ Rummikub 1:40 Enjoy the Arts 5:45 Movie (<i>Book Club</i>)	<p align="center">No programs or classes at Adult Center today – Sharon Town Employees Staff Development Day</p>
8:45 Zumba Gold Class 22 9:00 Yoga 9:30 Knitting / Crochet 10:30 Memoir Writing 11:00 LGBT Lunch & Program 1:00 Open Art Studio 2:00 Prescription Advantage	9:00 Men's Club 23 9:15 ESOL 11:00 SHINE Counselor 11:15 Westgate Mall 11:30 South Asian Program 1:00 Bridge/Can/MahJongg 1:30 Beg. Canasta Lessons 2:30 "A Survivor's Story" 7:00 Knitting / Crochet	8:45 Zumba Gold Class 24 9:00 Sharon Center 9:30 Coffee Hour - HF 9:30 Tech. in Watercolors 9:30 Bocce 10:30 "Becoming America" 11:30 Shaw's / Cobbs Corner 1:00 Sit & Be Fit Exercise Class 1:00 Cribbage/Mah Jongg	9:00 Tai Chi 25 10:00 Halloween Party 10:30 Tai Chi 12:00 Computer Tutor 12:00 Neck / Shoulder Massage 1:00 MahJongg/Bridge/ Rummikub 1:30 Enjoy the Arts 5:45 Movie (<i>RBG</i>)	8:45 Gentle Yoga 26 9:00 Sharon Center 9:15 Cardio Fitness Class 10:00 RMV Near Me
8:45 Zumba Gold Class 29 9:00 Yoga 9:30 Knitting / Crochet 10:30 Memoir Writing 1:00 Medicare Update Program 1:00 Open Art Studio	9:00 Men's Club 30 9:15 ESOL 11:00 SHINE Counselor 11:15 Walpole Mall 12:00 High Tea 1:00 Bridge/Can/MahJongg 1:30 Beg. Canasta Lessons 7:00 Knitting / Crochet	8:45 Zumba Gold Class 31 9:00 Sharon Center 9:30 Coffee Hour – HF 9:30 Tech. in Watercolors 9:30 Bocce 10:30 "Becoming America" 11:30 Shaw's / Cobbs Corner 1:00 Sit & Be Fit Exercise Class 1:00 Cribbage/Mah Jongg 2:30 <i>New Yorker</i> Disc. Group		<p align="center">Lakeside Gallery thru October 31 "Places Real and Imagined" Craft Corner Tues., Wed., & Thurs. 11:00 a.m. – 1:00 p.m. other hours by appointment</p>

