

JANUARY 2012 -- Schedule subject to change—please call to confirm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Holiday – Center Closed	3 9:00 Men's Club 9:15 ESL 10:00 Ping Pong Club 10:00 Tai Chi 10:30 Disc. Grp. (Men's Club) 11:00 Pool 11:30 Stop & Shop, Norwood 1:00 Bridge/Can./Mah Jongg 7:00 Knitting/Crochet	4 9:00 Sharon Center 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	5 9:00 Tai Chi 9:30 Movie (Made/Dagenham) 9:30 Knitting/Crocheting 10:00 Ping Pong Club 10:30 Tai Chi 10:30 Short Story Discussion 12:00 Podiatry Clinic 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 3:00 FSCOA Board Meeting 5:45 Movie (Made/Dagenham) 7:00 Basic Drawing	6 9:00 Sharon Center 9:00 Gentle Yoga 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:00 Write Your Life Stories 10:30 Wii Bowling
9 9:00 Yoga 10:30 Visions 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 7:00 Photography Club	10 9:00 Men's Club 9:15 ESL 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:30 Walpole Mall-mall only 1:00 Bridge/Can./Mah Jongg 2:00 Caregivers' Group 7:00 Knitting/Crochet	11 9:00 Sharon Center 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 10:15 Drop-In Meditation 10:30 Young at Heart Meeting 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 Yoga Discussion & Demo 7:00 MLK Program	12 9:00 Tai Chi 10:00 Beat Winter Doldrums Pty 10:00 Ping Pong Club 10:30 Tai Chi 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 6:00 Game Night 7:00 Basic Drawing	13 9:00 Sharon Center 9:00 Gentle Yoga 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:00 Write Your Life Stories 10:00 Legal Clinic 10:30 Wii Bowling
16 Holiday – Center Closed	17 9:00 Men's Club 9:15 ESL 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:30 Westgate Mall-mall only 1:00 Bridge/Can./Mah Jongg 2:30 COA Board Meeting 7:00 Knitting/Crochet (trip: AC Moore-Brockton)	18 9:00 Sharon Center 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 Opera Film Series-- (Tarandot) 1:00 Drop-In Chess 1:30 Sit & Be Fit Exercise Class	19 9:00 Tai Chi 9:30 Movie (Water/Elephants) 10:00 Ping Pong Club 10:30 Tai Chi 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 5:45 Movie (Water/Elephants) 7:00 Basic Drawing	20 9:00 Sharon Center 9:00 Gentle Yoga 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:00 Write Your Life Stories 10:30 Wii Bowling
23 9:00 Yoga 11:00 LGBT Lunch & Program 11:15 Feldenkrais 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group 2:00 Zumba Fitness Class	24 9:00 Men's Club 9:15 ESL 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:30 Stop & Shop, Norwood 1:00 Bridge for Beginners 1:00 Bridge/Can./Mah Jongg 2:00 Caregivers' Group 7:00 Knitting/Crochet	25 9:00 Sharon Center 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	26 9:00 Tai Chi 10:00 Ping Pong Club 10:30 Tai Chi 11:45 Chinese New Year Celeb. 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 6:00 Game Night 7:00 Basic Drawing	27 9:00 Sharon Center 9:00 Gentle Yoga 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:00 Write Your Life Stories 10:30 Wii Bowling
30 9:00 Yoga 9:00 BookDisc.Gr. (Tolstoy/Purple Chair) 10:30 "We Like Ike" 11:15 Feldenkrais 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group 2:00 Zumba Fitness Class	31 9:00 Men's Club 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:30 Stop & Shop, Norwood 1:00 Bridge for Beginners 1:00 Bridge/Can./Mah Jongg 2:00 Laughter/Best Medicine 7:00 Knitting/Crochet	IMPORTANT – NOTE TUESDAY SHOPPING CHANGES FOR THIS MONTH.	Lakeside Gallery – thru February 10 "Merging Paths" – works of Theresa Craddock & Pat Lloyd	Craft Corner Hours – Monday–1:30-3:30 pm Thursday-11:00 am-1:00 pm Other hours by appointment