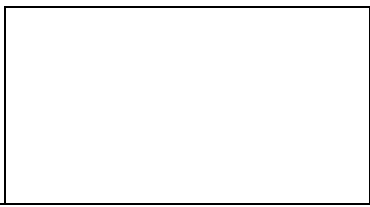


**OCTOBER 2011 -- Schedule subject to change—please call to confirm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Yoga <b>3</b> 10:30 Visions Group 1:00 Parkinsons Support Group 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group 2:00 Zumba Fitness Class	9:00 Men's Club <b>4</b> 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 <b>Sharon Center</b> <b>5</b> 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Bocce-weather permitting 9:30 Fun With Yiddish 10:15 Drop-in Meditation 11:00 Memoir Writing 11:45 <b>Shaw's / Cobbs Corner</b> 1:00 Can./Cribb./Mah Jongg 1:30 Sit & Be Fit Exercise Class	9:00 Tai Chi <b>6</b> 9:30 For./Ind. Film (Illusionist) 9:30 Knitting/Crocheting 10:00 Ping Pong Club 10:30 Tai Chi 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 2:30 Senior Prom 3:00 Gentle Yoga 3:00 FSCOA Board Meeting 6:00 Game Night 7:00 Basic Drawing	9:00 <b>Sharon Center</b> <b>7</b> 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:30 Write Your Life Stories 10:30 Wii Bowling
<b>10</b>  Holiday – Center Closed	9:00 Men's Club <b>11</b> 9:15 ESL 10:00 Ping Pong Club 11:00 Pool 11:45 <b>Westgate Mall</b> 1:00 Bridge/Can./Mah Jongg 1:00 Bridge Lessons 7:00 Knitting/Crochet	9:00 <b>Sharon Center</b> <b>12</b> 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Bocce-weather permitting 9:30 Fun With Yiddish 10:15 Drop-In Meditation 11:00 Memoir Writing 11:45 <b>Shaw's / Cobbs Corner</b> 1:00 Can./Cribb./Mah Jongg 1:30 Sit & Be Fit Exercise Class	9:30 Movie (Burlesque) <b>13</b> 10:00 Ping Pong Club 1:00 Mah Jongg Lessons 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 5:45 Movie (Burlesque) 7:00 Basic Drawing	9:00 <b>Sharon Center</b> <b>14</b> 9:15 Cardio Fitness Class 10:00 What's New... Music 10:00 Tech. in Watercolor 10:30 Write Your Life Stories 10:30 Wii Bowling
9:00 Yoga <b>17</b> 10:30 Flappers, Fitzgerald & Ford 1:00 Recreational Scrabble 1:00 Open Art Studio 1:30 Sewing/Embroidery Group 2:00 Zumba Fitness Class 4:00 LGBT Dinner & Program  Trip to Concord, MA	9:00 Men's Club <b>18</b> 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 <b>Sharon Center</b> <b>19</b> 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Bocce-weather permitting 9:30 Fun With Yiddish 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 (Rigoletto) 1:30 Sit & Be Fit Exercise Class 7:00 Gallery Reception	9:00 Tai Chi <b>20</b> 10:00 Halloween Party 10:00 Ping Pong Club 10:30 Tai Chi 1:00 Mah Jongg Lessons 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 3:00 Gentle Yoga 6:00 Game Night 7:00 Basic Drawing	9:00 <b>Sharon Center</b> <b>21</b> 9:15 Cardio Fitness Class 10:00 What's New... Music 10:00 Tech. in Watercolor 10:00 Write Your Life Stories 10:30 Wii Bowling
9:00 Yoga <b>24</b> 9:00 Book Discussion Group (Tiger Hills) 10:30 Flappers, Fitzgerald & Ford 10:30 Cancer Support Group 11:30 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 <b>25</b> 9:15 ESL 10:00 Ping Pong Club 10:00 Tai Chi 11:00 Pool 11:30 Lunch & Prog. - EPOCH 11:45 <b>Walpole Mall</b> 12:45 Bridge/Can./Mah Jongg 1:00 Bridge Lessons 7:00 Knitting/Crochet	9:00 <b>Sharon Center</b> <b>26</b> 9:00 Zumba Fitness Class 9:30 Coffee Hour – at HF 9:30 Bocce-weather permitting 9:30 Fun With Yiddish 10:15 Drop-In Meditation 10:30 Bones for Life 11:00 Memoir Writing 11:45 <b>Shaw's / Cobbs Corner</b> 1:00 Can./Cribb./Mah Jongg 1:00 Drop-In Chess Group 1:30 Sit & Be Fit Exercise Class	9:00 Tai Chi <b>27</b> 9:30 Knitting/Crocheting 10:00 Ping Pong Club 10:30 Tai Chi 10:30 Short Story Discussion 1:00 Mah Jongg Lessons 1:00 MahJongg/Bridge/Scrabb. 1:00 Computer Tutor 3:00 Gentle Yoga 5:45 Movie (Lincoln Lawyer) 7:00 Basic Drawing	9:00 <b>Sharon Center</b> <b>28</b> 9:15 Cardio Fitness Class 10:00 Tech. in Watercolor 10:00 Write Your Life Stories 10:30 Wii Bowling 10:30 "The Big Bang Theory"

9:00 Yoga  
10:30 Flappers, Fitzgerald & Ford  
11:30 Feldenkrais  
1:00 Recreational Scrabble  
1:00 Open Art Studio  
1:30 Sewing/Embroidery Group  
2:00 Zumba Fitness Class

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**Lakeside Gallery –**  
*until Oct. 11* – “Creativity is  
Ageless”  
*beginning Oct. 19* – Third  
Annual Juried Community  
Art Show  
Reception: Oct. 19 7-9 pm

**Craft Corner Hours –**  
Mon. – 1:30 – 3:30 pm  
Thurs. – 11:00 am - 1:00 pm  
Other hours by appointment.