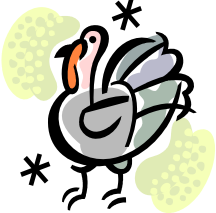






		MONDAY	tuesday	wednesday	thursday	friday	Menu
							
<b>PLASTIC METAL</b>	<b>GLASS</b>	3. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:00 <b>Sen Candaras Aide Visit</b> 11:30 Lunch 12:30 Duplicate Bridge 1:00 Jewelry	4. 9:30 One on One 9:30 Pinochle 10:30 Gentle Exercise 10:30 Italian-Beginner 11:00 French Resumes 12:00 Italian-Intermediate 11:30 Lunch 12:30 Pitch 1:00 <b>Book Club</b> ELECTION DAY—SHUTTLE	5. 9:00 Flyers 9:00 Adult Fitness 9:15 Chess 10:00 <b>Beg Computers</b> 10:00 Trivia 10:05 Aerobics 11:30 <b>Veteran's Lunch</b> 1:00 <b>Veteran's Group</b> 1:00 Bridge 1:00 Wii	6. 9:30 <b>Mohegan Trip</b> 10:00 Knitting 10:00 German 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis 1:00 <b>Over Sixty Club</b> 1:00 <b>Alaska DVD</b>	7. 8:40 Tai Chi 9:00 Adult Fitness 10:00 Line Dancing@ CH 10:00 Bridge Lessons 11:00 Symphony Lunch 11:30 Lunch 11:30/12:15 Int/Beg Tap 12:30 Duplicate Bridge 1:00 Mah Jong	3. Minestrone Soup Country Fried Chicken 4. Cheeseburger 5. <b>VETERAN'S LUNCH</b> Beef Stew 6. Garden Omelet with Ham 7. Clam Chowder Stuffed Salmon
		<b>PAPER</b>	<b>CARD BOARD</b>	10. 9:00 Adult Fitness 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge 1:00 FOLOCA BD MTG	11. <b>VETERAN'S DAY CENTER CLOSED</b> 	12. 9:00 Flyers 9:00 Adult Fitness 9:00 <b>Blood Sugars</b> 9:15 Chess 10:00 Trivia 10:00 <b>Beg Computers</b> 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii 1:00 Maternal Mtg Newsletter Deadline	13. 10:00 Knitting 10:00 German 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis
<b>PLASTIC METAL</b>	<b>GLASS</b>			17. 9:00 Adult Fitness 9:00 <b>SHINE</b> 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge 1:00 Jewelry	18. 9:30 Pinochle 10:30 Gentle Exercise 10:30 Italian-Beginner 11:00 French 11:00 Cell Phones 12:00 Italian-Intermediate 11:30 Lunch 12:30 Pitch 1:00 <b>Discussion Grp</b>	19. 9:00 Flyers 9:00 Adult Fitness 9:15 Chess 10:00 Trivia 10:00 <b>Beg Computers</b> 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii 1:00 <b>Flu Clinic 10—1 PM</b>	20. 9:30 COA Board Mtg 10:00 Knitting 10:00 German 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Thanksgiving Luncheon 12:30 Rubber Bridge 1:00 Table Tennis
		<b>PAPER</b>	<b>CARD BOARD</b>	24. 9:00 Adult Fitness 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	25. 8:30 News Collating 9:30 Pinochle 10:00 Maternal Bd Mtg 10:30 Gentle Exercise 10:30 Italian-Beg 11:00 French 12:00 Italian-Int 11:30 Lunch 12:30 Pitch 1:00 <b>Journey Jazz</b>	26. 9:00 SHINE 9:00 Flyers 9:00 Adult Fitness 9:15 Chess 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii	27.  <b>CENTER CLOSED</b> No Trash Pickup
<i>Calendar Sponsored by East Longmeadow Skilled Nursing Center</i>							