





		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Menu		
GLASS METAL	PLASTIC	2. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:00 <b>Senator's Aide</b> 11:30 Lunch 12:30 Duplicate Bridge 1:00 Jewelry	3. 9:30 1-1 Computer 9:30 Pinochle 10:30 Beg Italian 10:30 Gentle Exercise 11:00 Intermediate Italian 11:00 Cell Phone—911 11:00 NO French 11:30 Lunch 12:00 Italian Adv 12:30 Pitch 1:00 Book Club 1:00 Artist's Studio	4. 9:00 Flyers 9:00 Adult Fitness 9:15 Chess 10:00 Trivia 10:00 Email Class 10:05 Aerobics 11:30 <b>Vet's Lunch Open to All</b> 1:00 <b>Veteran's Circle</b> 1:00 Bridge 1:00 Wii 4:00 Zumba	5. 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 12:30 Over Sixty Club 12:30 Chair Yoga 1:00 <b>Power of Humor</b>	6. 9:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 11:30 Tap 12:15 Beg. Tap 12:30 Duplicate Bridge 1:00 Mah Jong	Reservations—24 hr notice 565-4150		
		PAPER	9. 9:00 Adult Fitness 9:15 <b>Blood Sugar</b> 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge 2:00 <b>Emerson Manor Wellness</b>	10. 9:30 Pinochle 10:30 Beg Italian 10:30 Gentle Exercise 11:00 French 11:00 Intermed Italian 11:30 Lunch 12:30 Pitch 12:00 Italian Adv 1:00 Artist's Studio	11.  VETERAN'S DAY	12. 10:00 Knitting 10:30 Gentle Exercise 11:30 <b>German Resumes</b> 11:30 Lunch 12:30 Rubber Bridge 12:30 Chair Yoga 1:00 Table Tennis 1:00 Massages		13. 9:00 Adult Fitness 9:00 SHINE 10:00 <b>Living Well</b> 10:00 Bridge Lessons 10:30 <b>Van Around Town</b> 11:30 Lunch 11:30 Tap 12:15 Beg. Tap 12:30 Duplicate Bridge 1:00 Mah Jong	2. Tomato Soup Grilled Ham & Cheese 3. Baked Chicken Casserole 4. Meat Lasagna 5. Herbed Chicken 6. Corn Chowder Florentine Style Pollack
GLASS METAL	PLASTIC	16. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher' 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge 1:00 Jewelry	17. 9:30 Pinochle 10:30 Beg Italian 10:30 Gentle Exercise 11:00 Intermed Italian 11:00 Cell Phone—911 11:00 French 11:30 Lunch 12:00 Italian Adv 12:30 Pitch 1:00 Artist's Studio 1:00 <b>Discussion Group</b>	18. 9:00 Flyers 9:00 Adult Fitness 9:15 Chess 9:30 <b>Mohegan Trip</b> 10:00 Email Class 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii 1:30 Computer Maint. 4:00 Zumba	19. 9:30 COA Bd Mtg 10:00 Knitting 10:30 Gentle Exercise 11:30 German 11:30 <b>Thanksgiving Feast</b> 12:30 Rubber Bridge 12:30 Chair Yoga 12:30 <b>Healthy Eating</b>	20. 9:00 <b>Footcare</b> 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 11:30 Tap 12:15 Beg. Tap 12:30 Duplicate Bridge 12:30 <b>Movie – Grey Gardens</b> 1:00 Mah Jong	NEWSD EADLINE	ENFIELD MALL	12. Yankee Pot Roast 13. Seafood Chowder Seafood Primavera
		PAPER	23. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 <b>Absentee Ballots</b> 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	24. 8:30 News Collating 9:30 Pinochle 10:30 Beg Italian 10:00 Maternal Bd Mtg 10:30 Gentle Exercise 11:00 Intermed. Italian 11:00 French 11:30 Lunch 12:00 Italian Adv 12:30 Pitch 1:00 Artist's Studio 1:00 <b>Journey to Jazz</b>	25. 9:00 Flyers 9:00 SHINE 9:00 Adult Fitness 9:15 Chess 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii 4:00 ZUMBA	26. <b>HAPPY THANKSGIVING</b>  Trash Pickup delayed One day			27. <b>CENTER</b>  <b>CLOSED</b>
GLASS METAL	PLASTIC	30. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge				2009	30. Beef Stew		
		<i>Calendar Sponsored by Forastiere Smith Funeral Home</i>							