

P A P E R	C A R D B O R D	MONDAY	tuesday	wednesday	thursday	friday	<i>Chef Robert Hersey</i> Menu					
		1.	9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 10:30 Senator Candaras Aide Visit 11:30 Lunch 12:30 Duplicate Bridge 1:00 Jewelry	2.	9:30 Computer 9:30 Pinochle 10:30 Beg Italian 10:30 Gentle Exercise 11:30 Lunch 11:00 French 12:00 Adv Italian 12:30 Pitch 1:00 Book Club 1:00 Maternal Mtg <i>Ride the Van</i>	3.		9:00 Adult Fitness 10:00 Trivia 10:00 Basic Computer 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Veterans Circle	4.	10:00 Knitting 10:00 German 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis 1:00 Over Sixty Club	5.	8:45 Tai Chi 9:00 Adult Fitness 9:30 Pilates 10:05 Aerobics 10:00 Bridge Lessons 11:30 Tap Dance 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong
G L A S S	P L A S T I C	8. Columbus Day Center Closed		9.	9:30 Pinochle 10:00 Emerson BPs 10:30 Beg Italian 10:30 Gentle Exercise 11:00 Cell Phones 11:00 French 11:30 Lunch 12:00 Adv Italian 12:30 Pitch <i>Ride the Van</i>	10.	9:00 Adult Fitness 9:00 Blood Sugars 9:00 Glucometer Check 9:00 SHINE 10:00 Basic Computer 10:00 Trivia 10:05 Aerobics 11:30 Lunch	11.	10:00 Knitting 10:00 German 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis <i>Foliage Trip</i>	12.	8:45 Tai Chi 9:00 Adult Fitness 9:30 Pilates 10:00 LIVING WELL! 10:05 Aerobics 10:00 Bridge Lessons 11:30 Tap Dance 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong	<ol style="list-style-type: none"> Stuffed Pork Loin Cream of Chicken Soup Beef & Mac Casserole Stuffed Chicken Breast Fiesta Style Pollock Italian Chicken Strips Mushroom Soup Shepard's Pie Chicken Parmesan Steak Tips <i>Birthdays Bash</i> Stuffed Salmon Salisbury Steak Ranch Chicken Baked Ziti Beef Stew Fish Nuggets Stuffed Cabbage Pork Roast Spaghetti with Meat Sauce
		C A R D B O R D	P A P E R	15.	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	16.	9:30 Pinochle 10:30 Gentle Exercise 10:30 Beg Italian 11:00 French 11:30 Lunch 12:00 Adv Italian 12:30 Pitch 1:00 Discussion Grp <i>Ride the Van</i>	17.	9:00 Adult Fitness 10:00 Trivia 10:00 Basic Computer 10:05 Aerobics 11:30 Lunch 1:00 Bridge <i>Newsletter Deadline</i>	18.	9:00 Challenge Walk 9:30 COA Bd Mtg 10:00 Knitting 10:00 NO German 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis	
P L A S T I C	G L A S S			22.	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	23.	9:30 Pinochle 10:30 Gentle Exercise 10:30 Beg Italian 11:00 Cell Phones 11:00 French 11:30 Lunch 12:00 Adv Italian 12:30 Pitch <i>Ride the Van</i>	24.	9:00 Adult Fitness 9:00 SHINE 10:00 Trivia 10:00 Basic Computer 10:05 Aerobics 11:30 Lunch 1:00 Bridge	25.	10:00 Knitting 10:00 NO German 10:15 Photoshop Class 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 12:30 Classic Movie— <i>Dial M For Murder</i> 1:00 Table Tennis <i>New</i>	26.
		C A R D B O R D	P A P E R	29.	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	30.	8:30 News Collating 9:30 Pinochle 10:00 Maternal Bd Mtg 10:30 Gentle Exercise 10:30 Beg Italian 11:00 French 11:30 Lunch 12:00 Adv Italian 12:30 Pitch <i>Ride the Van</i>	31.	9:00 Adult Fitness 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge			<ol style="list-style-type: none"> Stuffed Pork Loin Cream of Chicken Soup Beef & Mac Casserole Stuffed Chicken Breast Fiesta Style Pollock Italian Chicken Strips Mushroom Soup Shepard's Pie Chicken Parmesan Steak Tips <i>Birthdays Bash</i> Stuffed Salmon Salisbury Steak Ranch Chicken Baked Ziti Beef Stew Fish Nuggets Stuffed Cabbage Pork Roast Spaghetti with Meat Sauce
<i>Calendar Sponsored by Dickinson Streeter Funeral Home</i>												