

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menu

PAPER

OCTOBER 2009



1. 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 No Table Tennis

2. 9:00 Adult Fitness
 10:00 Bridge Lessons
 11:30 Lunch
11:30 Tap Reumes
12:15 Beg. Tap
 12:30 Duplicate Bridge
 1:00 Mah Jong

Reservations—24 hr notice
 565-4150

1. BBQ Beef Brisket
2. Corn Chowder
Catfish
5. Country Fried Chicken
6. Beef Barley Soup
Meat Loaf
7. American Chop Suey
8. Sante Fe Chicken
9. Clam Chowder
Tuna Noodle Casserole

PLASTIC METAL

5. 9:00 Adult Fitness
 10:00 Blood Pressure
 10:00 Bridge Refresher
10:00 High School Bldg Project Forum Airing
 10:05 Aerobics
11:00 Senator's Aide
 11:30 Lunch
 12:30 Duplicate Bridge
 1:00 Jewelry

6. **9:00 Challenge Walk**
9:30 1-1 Computer
 9:30 Pinochle
 10:00 Beg Italian
 10:30 Gentle Exercise
 10:30 Intermediate Italian
 11:30 Lunch
 12:30 Pitch
 1:00 Book Club
 1:00 Artist's Studio
 1:00 Maternal Mtg

7. 9:00 Flyers
 9:00 Adult Fitness
 9:15 Chess
 10:00 Trivia
 10:00 Beg Computers
 10:05 Aerobics
 11:30 Lunch
1:00 Veteran's Circle
 1:00 Bridge
 1:00 Wii
FLU CLINIC—10—1 pm

8. 9:00 Fall Foliage Trip
 10:00 Knitting
 10:30 Gentle Exercise
 11:30 Lunch
 12:30 Rubber Bridge
 12:30 Chair Yoga
 1:00 Table Tennis
1:00 Massage

9. 9:00 Adult Fitness
10:00 Living Well
 10:00 Bridge Lessons
10:30 Van Around Town
 11:30 Lunch
 11:30 Tap
 12:15 Beg. Tap
 12:30 Duplicate Bridge
 1:00 Mah Jong

12. **Columbus Day Center Closed**
13. Chicken Rice Soup
Swedish Meatballs
14. Stuffed Shells
15. **Birthday Bash**
Oven Roasted Turkey
16. Seafood Chowder
Oven Baked Fish

PAPER

Columbus Day Center Closed

13. 9:30 Pinochle
 10:00 Emerson BP
 10:00 Beg Italian
 10:30 Gentle Exercise
 10:30 Intermed Italian
 11:30 Lunch
 12:30 Pitch
 12:00 Italian Adv
 1:00 Artist's Studio
 1:00 Foloca Bd Mtg

14. 9:00 Flyers
9:00 Blood Sugars SHINE
 9:00 Adult Fitness
 9:15 Chess
 10:00 Trivia
 10:00 Beg Computers
 10:05 Aerobics
 11:30 Lunch
 1:00 Bridge
3:30 Zumba Open House
 1:00 Wii

NEWS DEADLINE

15. 9:30 COA Bd Mtg
 10:00 Knitting
 10:30 Gentle Exercise
11:30 Birthday Bash
 12:30 Rubber Bridge
 12:30 Chair Yoga
 1:00 Table Tennis

16. 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
TAG SALE 10—2 PM
Friday & Saturday

19. Chicken Stir Fry
20. Grilled Hotdogs
21. Spaghetti & Meatballs
22. Ranch Style Chicken
23. Corn Chowder
Potato Crusted Cod

PLASTIC TELEVISION

19. 9:00 Adult Fitness
 10:00 Blood Pressure
 10:00 Bridge Refresher'
10:00 High School Bldg Project Forum Airing
 10:05 Aerobics
 11:30 Lunch
 12:30 Duplicate Bridge
 1:00 Jewelry

20. 9:30 Pinochle
 10:00 Beg Italian
 10:30 Gentle Exercise
 10:30 Intermed Italian
 11:00 Cell Phone—911
 11:00 French Resumes
 11:30 Lunch
 12:00 Italian Adv
 12:30 Pitch
 1:00 Artist's Studio
1:00 Discussion Group

21. 9:00 Flyers
 9:00 Adult Fitness
 9:15 Chess
 10:00 Trivia
 10:00 Beg Computers
 10:05 Aerobics
 11:30 Lunch
 1:00 Bridge
1:30 Computer Maintenance
 1:00 Wii
 4:00 ZUMBA

22. 10:00 Knitting
 10:30 Gentle Exercise
 11:30 Lunch
 12:30 Rubber Bridge
 1:00 Table Tennis
1:00 Massage
1:00 Little Black Dress

23. **9:00 Footcare**
 10:00 Adult Fitness
 10:00 Bridge Lessons
 11:30 Lunch
 11:30 Tap
 12:15 Beg. Tap
 12:30 Duplicate Bridge
12:30 Movie – The Soloist
 1:00 Mah Jong

26. Tomato Soup
Grilled Lemon Chicken
27. Beef Stew
28. Chicken Cacciatore
29. **October Fest!**
Bratwurst
30. Clam Chowder
Fish Cakes

PAPER

26. 9:00 Adult Fitness
 10:00 Blood Pressure
 10:00 Bridge Refresher
10:00 High School Bldg Project Forum Airing
 10:05 Aerobics
 11:30 Lunch
 12:30 Duplicate Bridge

27. **8:30 News Collating**
 9:30 Pinochle
9:30 Driver Safety
 10:00 Beg Italian
 10:00 Maternal Bd Mtg
 10:30 Gentle Exercise
 10:30 Intermed. Italian
 11:00 French
 11:30 Lunch
 12:00 Italian Adv
 12:30 Pitch
 1:00 Artist's Studio
1:00 Journey to Jazz

28. 9:00 Flyers
 9:00 Adult Fitness
 9:00 SHINE
 9:15 Chess
 10:00 Trivia
 10:00 Beg Computers
 10:05 Aerobics
 11:30 Lunch
 1:00 Bridge
 1:00 Wii
1:00 Gardening Talk
 4:00 ZUMBA

29. 10:00 Knitting
 10:30 Gentle Exercise
11:30 October Fest
 12:30 Rubber Bridge
12:30 New Chair Yoga
 1:00 Table Tennis

30. 10:00 Adult Fitness
 10:00 Bridge Lessons
 11:30 Lunch
 11:30 Tap
 12:15 Beg. Tap
 12:30 Duplicate Bridge
 1:00 Mah Jong

ENFIELD MALL—10:00

Calendar Sponsored by East Longmeadow Skilled Nursing Ctr