

| MON | TUE | WED | THU | FRI |
|---|--|--|--|---|
| <p align="center">Instructions for Teleconference Dial: 978-990-5114 (IF using a land line, you will have to dial 1 first) When the voice prompts you to enter your Access Code, dial 8566304#</p> | | | <p>1 10:00 Q&A Medicare Kaiser with Koy</p> | <p>2 10:00 Drive By Surprise **RSVP**</p> |
| <p>5 10 Teleconference: Pop-Up Friends 11:00 Wellness Call</p> | <p>6 9:00 Wellness Call 10:00 Chair Pilates with Janice</p> | <p>7 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation with Chhaya 11:00 HDM</p> | <p>8 10:00 Inspirational Discussion When Life Gives "U" Lemon Martin</p> | <p>9 10 Nutrition Talk with Open Hands</p> |
| <p>12 10 Teleconference: Pop-Up Friends 11:00 Wellness Call</p> | <p>13 9:00 Wellness Call 10:00 Chair Pilates with Janice</p> | <p>14 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation with Chhaya 11:00 HDM</p> | <p>15 10:00 Ed Talk Medicare -2021 Bonnie Dobbs & Steve</p> | <p>16 10:00 Ed Talk: Cigna with Gladis</p> |
| <p>19 10 Teleconference: Pop-Up Friends 11:00 Wellness Call</p> | <p>20 9:00 Wellness Call 10:00 Chair Pilates with Janice</p> | <p>21 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 HDM</p> | <p>22 10:00 EdTalk Site Council</p> | <p>23 10:00 Morning Meditation with Chhaya</p> |
| <p>26 10 Teleconference: Pop-Up Friends 11:00 Wellness Call</p> | <p>27 9:00 Wellness Call 10:00 Chair Pilates with Janice</p> | <p>28 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation with Chhaya 11:00 HDM</p> | <p>29 10:00 Educational Discussion: Fall Prevention</p> | <p>30 10:00 Teleconference □ BINGO & Assertive Device Discussion</p> |