





MON	TUE	WED	THU	FRI
<p align="center"><b>Instructions for Teleconference</b>  <b>Dial: 978-990-5114 (IF using a land line,</b>  you will have to dial 1 first)  When the voice prompts you to  enter your Access Code, dial <b>8566304#</b></p>				<p align="center">1  </p>
<p><b>4</b>  10 Teleconference:  Pop-Up Friends  11:00 Wellness Call</p>	<p><b>5</b>  9:00 Wellness Call  10:00 Chair Pilates  with Janice</p>	<p><b>6</b>  9:00 Phone Pals Friends of  JC Guild  10:00 Morning Meditation  with Chhaya  11:00 Home Delivered Meals</p>	<p><b>7</b>  10:00 Educational Talk:  Bladder Health  with Dr. Belew</p>	<p><b>8</b>  10:00 Nutrition Talk  with Open Hands</p>
<p><b>11</b>  10 Teleconference:  Pop-Up Friends  11:00 Wellness Call</p>	<p><b>12</b>  9:00 Wellness Call  10:00 Chair Pilates  with Janice</p>	<p><b>13</b>  9:00 Phone Pals Friends of  JC Guild  10:00 Morning Meditation  with Chhaya  11 HDM</p>	<p><b>14</b>  10:00 Educational Talk:  Parkinson's Talk  with Barbara</p>	<p><b>15</b>  10  </p>
<p><b>18 *****CLOSED*****</b>  </p>	<p><b>19</b>  9:00 Wellness Call  10:00 Chair Pilates  with Janice</p>	<p><b>20</b>  9:00 Phone Pals Friends of  JC Guild  10:00 Morning Meditation  11:00 Home Delivered Meals</p>	<p><b>21</b> Inspirational Talk  with Willis</p>	<p><b>22</b>  10 Morning Meditation  with Britney  10:30 Comedy Hour  with Myra</p>
<p><b>25</b>  10 Teleconference:  Pop-Up Friends</p>	<p><b>26</b>  9:00 Wellness Calls  10:00 Chair Pilates w/Janice</p>	<p><b>27</b>  9:00 Phone Pals Friends of  JC Guild  10:00 Morning Meditation  with Chhaya  11:00 Home Delivered Meals</p>	<p><b>28</b>  10:00 Site Council &amp; SNAP</p>	<p><b>29</b>  </p>

