





MON	TUE	WED	THU	FRI
	<b>1</b> 9:00 Wellness Call 10:00 Chair Pilates with Janice	<b>2</b> 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 Home Delivered Meals	<b>3</b> 10:00 Ed Book Club: <b>The Power of Positive Thinking</b> By: Dr. Norman Peale Audiobook	<b>4</b> 10:00 The Joy of Music II with Felicia and Nelly
<b>7</b> 10:00 Teleconference: Pop-Up Friends 11:00 Wellness Call	<b>8</b> 9:00 Wellness Call 10:00 Chair Pilates with Janice	<b>9</b> 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 Home Delivered Meals	<b>10</b> 10:00 Ed Book Club: <b>The Power of Positive Thinking</b> By: Dr. Norman Peale Audiobook **Discussion**	<b>11</b> 10:00 Nutrition Talk with Open Hand 10:30: Ed Talk: Fall Prevention
<b>14</b> 10:00 Teleconference: Pop-Up Friends 11:00 Wellness Call 	<b>15</b> 9:00 Wellness Call 10:00 <b>Zoom</b> Chair Pilates with Janice	<b>16</b> 9:00 Phone Pals Friends of Roswell 10:00 Morning Meditation 11:00 Home Delivered Meals	<b>17</b> 10:00 Ed Book Club: <b>The Power of Positive Thinking</b> By: Dr. Norman Peale Audiobook **Discussion **	<b>18</b> 10:00 Ed Talk: A Minute with Colleen SSNF Care Manager 10:30 SNAP
<b>21</b> 10:00 Teleconference: Pop-Up Friends 11:00 Wellness Call 	<b>22</b> 9:00 Wellness Call 10:00 Chair Pilates with Janice	<b>23</b> 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 Home Delivered Meals	<b>24</b> 10:00 Ed Book Club: <b>The Power of Positive Thinking</b> By: Dr. Norman Peale Audiobook **Discussion **	<b>25</b> <b>11:00</b> Site Council & <b>11:20</b> 
<b>28</b> 10:00 Teleconference: Pop-Up Friends 11:00 Wellness Call	<b>29</b> 9:00 Wellness Call 10:00 Chair Pilates with Janice	<b>30</b> 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 Home Delivered Meals	<p><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>	