

| MON | TUE | WED | THU | FRI |
|---|--|---|---|---|
| Dial-in Number: (978) 990—5287 Access Number: 8270134# | | 1 9:30 Memory Game 10:00 Chair Yoga 10:30 Movie Day | 2 9:30 Memory Game 10:00 Chair Yoga 10:30 Movie Day | 3 11:00 BINGO (Teleconference) |
| 6 CENTER CLOSED  | 7 9:30 Word Racer 10:00 Chair Exercise 10:30 Name that Movie 11:30 Tech Talk | 8 9:30 Name that Tune 10:00 Chair Yoga 10:30 Thankful Tree Craft 11:30 Balance Basics | 9 9:30 Family Fued 10:00 Chair Yoga 10:30 Thankful Tree Craft 11:30 Balance Basics | 10 11:00 Pokeno (Teleconference) |
| 13 9:30 Family Fued 10:00 Chair Exercise 10:30 Tips for Healthy Aging 11:30 Tech Talk | 14 9:30 Rebus 10:00 Chair Exercise 10:30 Tips for Healthy Aging 11:30 Tech Talk | 15 9:30 Rebus 10:00 Chair Yoga 10:30 Jeopardy 11:30 Hang Man | 16 9:30 Memory Game 10:00 Chair Yoga 10:30 Tracey Talk Dementia 11:30 Hang Man | 17 11:00 BINGO (Teleconference) |
| 20 9:30 Memory Game 10:00 Chair Exercise 10:30 Jeporady 11:30 Tech Talk | 21 9:30 Name that Tune 10:00 Chair Exercise 10:30 Art Class with Kaiser Tracey 11:30 Tech Talk | 22 9:30 Mindgames 10:00 Stretch and Flex 10:30 Art Class with Kaiser 11:30 Family Fued | 23 9:30 Mindgames 10:00 Chair Yoga 10:30 Tracey Talk Dementia 10:30 Family Fued | 24 11:00 Pokeno (Teleconference) |
| 27 9:30 Mindgames 10:00 Chair Exercise 10:30 Technology Training 11:30 Council Meeting | 28 9:30 Mindgames 10:00 Chair Exercise 10:30 Nutrition Class 11:30 Short Story and Chat | 29 9:30 Mindgames 10:00 Chair Exercise 10:30 Nutrition Class 11:30 Short Story and Chat | 30 9:30 Mindgames 10:00 Chair Exercise 10:30 Technology Training 11:30 Council Meeting | |