

MON	TUE	WED	THU	FRI
3 <p style="text-align: center;"><i>Closed</i></p>	4 9:30 Wellness Call <p style="text-align: center;">Teleconference</p> 10:00 Pilates with Janice	5 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 HDM	6 9:30 Wellness Call <p style="text-align: center;">Teleconference</p> 10:00 National Cuddle Day & National Technology Day	7 9:30 Wellness Call <p style="text-align: center;">Teleconference</p> 10:00 Assistive Technology
10 9:30 Welcome Chat 10:00 Tai Chi with St. Richard's Hospice 11:00 A Talk with the Pharmacist	11 9:30 Welcome Chat 10:00 Brain Teasers 11:00 Pilates with Janice	12 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 HDM	13 9:30 Welcome Chat 10:00 High Museum 11:00 Walking & Talking <p style="text-align: center;">**Happy Birthday**</p>	14 9:30 Welcome Chat 10:00 Nutrition Talk with Open Hand 10:00 Uplifting Edition with Metro Physical Therapy
17 <p style="text-align: center;"><i>CLOSED</i> <i>MLK Day</i></p>	18 9:30 Welcome Chat 10:00 National Hobby Month 11:00 Pilates with Janice	19 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 HDM	20 9:30 Welcome Chat 10:00 Chair Exercises with HASfit 11:00 Perseverance Discussion	21 9:30 Welcome Chat 10:00 Fall Prevention with Improved Health Exercises 10:45 Fall Prevention Trivia
24 9:30 Welcome Chat 10:00 High Museum 11:00 Walking & Talking	25 9:30 Welcome Chat 10:00 Word and Picture Puzzles 11:00 Pilates with Janice *Celebrate National Puzzle Day*	26 9:00 Phone Pals Friends of JC Guild 10:00 BINGO & Site Council 11:00 HDM	27 9:30 Welcome Chat 9:45 Walk & Talk Club 10:15 Movie Day	28 9:30 Welcome Chat 9:45 Walk & Talk Club 10:00 Music BINGO- RSVP
31 9:30 Welcome Chat 10:00 Strength Training 10:40 Family Feud 11:15 SNAP	<p><u>Wednesdays: Instructions for Teleconference</u> 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>			