Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi		**Ceramics Class**	Join your fellow seniors each day for	**Canvas Making**
9:00 AM to 10:00 AM		9:30 AM to 11:30 AM	coffe, muffins or social	9:30 AM to 11:30 PM
	Adavnced Core		interaction. Don't stay home alone!	
	& Balance Workout			
Core & Balance Workout	9:30 AM to 10:30 AM	**Core & Balance Workout**	**Knitting Group**	**Core & Balance Workout**
10:00 AM to 11:00 AM		10:00 AM to 11:00 AM	10:00 AM to 11:30AM	10:00 AM to 11:00 PM
S.H.I.N.E.	**Zumba Gold**	**Chair Yoga**	**Combo Exercise**	**Chair Yoga**
10:00 AM to 2:00 PM	11:15 AM to 12:00 PM	11:15 AM - 12:15 PM	10:30 AM to 11:30 AM	11:15 AM - 12:15 PM
(Appointments only)				
			Hairdresser/Manicure	**Hairdresser/Manicure**
			12:00 PM to 2:00 PM (1st & 2nd Fri.)	9:00 AM to 11:00 AM (3rd & 4th Thurs.)
			(Call for Appointment)	(Call for Appointment)
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
12:00 PM	**12:00 PM**	**12:00 PM**	**12:00 PM**	**12:00 PM**
Bingo	**Bingo**	**Movie of the Week**	**Bingo**	**Bingo**
12:30 PM to 2:30 PM	12:30 PM to 2:30 PM	12:30 PM	12:30 PM to 2:30 PM	12:30 PM to 2:30 PM
		(new & classics)		
		(Light Refreshments)	**Computer Class**	
			12:30 PM - 2:30 PM	
			Senior Bocce League Only	
			12:30 PM to 3:30 PM	

Health Programs

Blood Pressure and Individual Conferences

Thursday, April 4 & April 18, 2019 from 11:00 AM - 12:00 PM

Hearing Program (Testing and Hearing Aid Cleaning)

Thursday, April 25, 2019

Podiatry Clinic

Wednesday, April 3, 2019

Chair Massage

Monday, April 8 and April 9, 2019

Senior Club Monthly Meetings

Council on Elder Affairs

COEA - Friday, April 12, 2019

Senior Book Club (3rd Thursday of month)

Thursday, April 18, 2019

2:30 PM - 3:30 PM

Special Programs

Senior Shuttle -Schedule

Mon. thru Fri. 10:00 - AM to 3:30 PM

Senior Center Upcoming Trips

FOR MORE INFORMATION CALL: The Rossetti-Cowan Senior Center at (781) 286-8156