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

Health Programs

Blood Pressure and Individual Conferences
Thursday, February 7 & February 21, 2019 from 11:00 AM - 12:00 PM

Hearing Program (Testing and Hearing Aid Cleaning)
Tuesday, February 26, 2019

Podiatry Clinic
Wednesday, February 6, 2019

Chair Massage
Monday, February 4 and February 5, 2019

Senior Club Monthly Meetings

Council on Elder Affairs
COEA - Friday, February 8, 2019

Senior Book Club (3rd Thursday of month)
Thursday, February 21, 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