


Monday	Tuesday	Wednesday	Thursday	Friday
(IHB) Iron Horse Boulevard (ISC) International Skating Center (N) New Class Begins (L) last Class (TH) Town Hall (BF) Blue Fox Rock & Bowling (F) Friendly's, Rt 44, Avon	1 10/10:45/11:30 Tai Chi 10:00 Ceramics 12:30 Bowling(BF) 1:00 Mahjongg/Scrabble 1:00 Tap Dancing  <b>Trip: Foxwood Casino</b>	2 8:00 Codgers (F) 9:15 Perfect Fit Exercise No Book Discussion 10:00 Massage 10:30 Yoga 10:00 Intonations 12:00 Lunch at Eno 12:00 Cardio Exercise 1:00 Balance Exercise <b>1-3 Social Security appts</b>	3 10/10:45/11:30 Tai Chi 10:00 Painting Class  <b>1:00 Hearing Workshop</b>	4 9:15 Perfect Fit Exercise 10:30 Yoga 12:00 Cardio Exercise 1:00 Balance Exercise 1:00 Line Dancing
7 8:00 Rink Walkers(ISC) 9:15 Zumba Gold 9:30 Stamping Class 10:00 Snuggles Knitting 12:00 Bridge 12:00 Cardio Exercise 1:00 Balance Exercise	8 10/10:45/11:30 Tai Chi 10:00 Ceramics 10:00 Bereavement Group 11:30 Retired Men's Lunch 12:30 Bowling(BF) 1:00 Mahjongg/Scrabble 1:00 Tap Dancing	9 8:00 Codgers(F) 9:15 Perfect Fit Exercise 10:30 Yoga(L) <b>11:00 HOLIDAY PARTY</b> <b>No "Lunch at Eno"</b>  <b>Trip: Traveler's Concert</b>	10 10/10:45/11:30 Tai Chi 10:00 Painting Class(L)	11 9:15 Perfect Fit Exercise 10:30 Yoga(L) 12:15-1:15 <i>Blood Pressure</i> 12:00 Cardio Exercise 1:00 Balance Exercise 1:00 Line Dancing(L) <b>Trip: Sun. Sturbridge MA (12/13)</b>
14 8:00 Rink Walkers(ISC) 9:30 Stamping Class <b>No Snuggles Knitting</b> 12:00 Bridge 12:00 Cardio Exercise 1:00 Balance Exercise	15 10/10:45/11:30 Tai Chi 10:00 Ceramics(L) 12:30 Bowling(BF) 1:00 Mahjongg/Scrabble 1:00 Tap Dancing (L)	16 8:00 Codgers(F) 10:00 Massage 12:00 Lunch at Eno 12:00 Cardio Exercise 1:00 Balance Exercise	17 10/10:45/11:30 Tai Chi(L) 10:00 New Theater Group <b>8:30 Communicator mailing</b>	18 <b>10:00 History of Jury Duty</b> 12:00 Cardio Exercise 1:00 Balance Exercise
21 8:00 Rink Walkers(ISC) <b>No Snuggles Knitting</b> <b>No Bridge</b> 12:00 Cardio Exercise(L) 1:00 Balance Exercise(L)	22 10:00 Tai Chi Club 10:30 Hearing Clinic 12:30 Bowling(BF) 1:00 Mahjongg/Scrabble	23 8:00 Codgers(F) 10:00 Cheese Day <b>11-12 Holiday Exercise</b> 12:00 Lunch at Eno	24 10:00 Tai Chi Club <b>10:00 Wii Bowling</b>	25 <b>Eno Memorial Hall Closed for Christmas</b>
28 8:00 Rink Walkers(ISC) <b>No Snuggles Knitting</b> 10-12 Blood Pressure 12:00 Bridge	29 10:00 Tai Chi Club 12:30 Bowling(BF) 1:00 Mahjongg/Scrabble <b>1:00 Almost New Year's Eve Dance</b>	30 8:00 Codgers(F) <b>11-12 Holiday Exercise</b> 12:00 Lunch at Eno	31 10:00 Tai Chi Club <b>10:00 Movie @ Library</b>	 <b>Happy Healthy 2010</b>