

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>IMPORTANT OCTOBER TOWN EV1NTS:</b></p> <p><b>Library Reception: Thur. Oct. 3, 6-9pm</b></p> <p><b>Oct. 4-6: Ipswich Illumiation</b></p> <p><b>Sat. Oct. 5: Open House at Fire Station</b></p> <p><b>Sat. Oct. 26: COA Lunch Brunch</b></p> <p><b>Tuesday Oct. 29: Town Meeting 7PM</b></p>	<p><b>1 9:00 Reiki</b></p> <p>9:00 Aerobics ~ Chess</p> <p>10:30 Tai Chi</p> <p>1:00 Cribbage ~ Mah Jongg ~ Knitting</p> <p>1:00 Beginner Drawing (3 of 8)</p>	<p><b>2 9:00 Computer Class ~ Enhance Fit.</b></p> <p><b>9:30 Intergenerational Program</b></p> <p>9:30 Scrabble ~ Sewing</p> <p>10:30 Ping Pong</p> <p>11:00 Swim Program</p> <p>12:30 Bridge</p> <p><b>12:45 Paint Day w/ Bill Duke</b></p> <p><b>2:00 Triad Meeting (all welcome)</b></p>	<p><b>3 sign ups start at 10 am</b></p> <p>9:00 Aerobics &amp; Chess ~ <b>Computer Class</b></p> <p><b>9:46 Golf</b></p> <p>10:00 Dominoes</p> <p>10:30 Tai Chi—at 43 Market St.~ Seated Yoga</p> <p><b>10:00 Low Vision Group</b></p> <p>1:00 Advanced Drawing (3 of 8)</p> <p>1:30 Painting class (5 of 8)</p> <p>4:00 Basketball</p>	<p><b>4</b> 9:00 Enhance Fitness</p> <p>9:30 SHINE Coordinator</p> <p>9:30 Watercolor Class (4 of 6)</p> <p>10:30 Blood Pressure</p> <p>12:00 Van Trip</p> <p>12:00 Swim Program</p> <p>12:30 Bridge</p> <p>1:00 Mah Jongg</p>
<p><b>7</b></p> <p>9:00 Enhance Fitness</p> <p>10:30 Ping Pong ~ Line Dancing</p> <p>1:00 Rummikube</p> <p><b>1:00 Memory Café ~ SHINE Coord.</b></p> <p>1:30 Gentle Bend Exercise</p> <p>3:30 Pickleball</p>	<p><b>8 9:00 King of the Road Trip</b></p> <p>9:00 Aerobics / Chess / Polarity</p> <p><b>9:30 Spanish Class Starts (1 of 8)</b></p> <p>10:30 Tai Chi—at 43 Market St.</p> <p><b>11:00 Mouth—Body Connection</b></p> <p>1:00 Cribbage -M ah Jongg ~ Knitting</p> <p>1:00 Beginner Drawing (4 of 8)</p> <p><b>1:30 French Class Starts (1 of 8)</b></p>	<p><b>9 8:30 Breakfast &amp; Bingo</b></p> <p>9:00 Enhance Fitness</p> <p>9:30 Scrabble</p> <p><b>9:30 Mens Group</b></p> <p>10:00 Caroline Ave. Wellness Clinic</p> <p>10:30 Ping Pong</p> <p>11:00 Swim Program</p> <p>12:30 Bridge</p>	<p><b>10 Day Trip - Turkey Train</b></p> <p>9:00 Aerobics &amp; Chess</p> <p><b>9:46 Golf</b></p> <p>10:00 Dominoes</p> <p>10:30 Seated yoga ~ Tai Chi—at 43 Market St.</p> <p>1:00 Advanced Drawing (4 of 8)</p> <p>1:30 Painting Class (6 of 8)</p> <p>4:00 Basketball</p>	<p><b>11</b> 9:00 Enhance Fitness</p> <p>9:30 SHINE Coordinator</p> <p>9:30 Watercolor Class (5 of 6)</p> <p>10:30 Blood Pressure</p> <p>12:00 Van Trip</p> <p>12:00 Swim Program</p> <p>12:30 Bridge</p> <p>1:00 Mah Jongg</p>
<p><b>14</b></p> <p><b>COLUMBUS DAY HOLIDAY</b></p> <p><b>COA CLOSED</b></p>	<p><b>15</b></p> <p>9:00 Aerobics ~ Chess</p> <p><b>9:30 Spanish Class (2 of 8)</b></p> <p>10:30 Tai Chi—at 43 Market St.</p> <p>1:00 Cribbage / Mah Jongg / Knitting</p> <p>1:00 Beginner Drawing (5 of 8)</p> <p><b>1:30 French Class (2 of 8)</b></p>	<p><b>16</b> 9:00 Enhance fitness</p> <p>9:30 Scrabble ~ Sewing</p> <p><b>9:30 Soul Collage</b></p> <p>10:30 Ping Pong</p> <p>11:00 Swim Program</p> <p>12:30 Bridge</p> <p><b>1:00 Self Defense</b></p> <p><b>4:00 Social Security 101</b></p>	<p><b>17 9:00 Medicare Open Enrollment Event</b></p> <p>9:00 Aerobics &amp; Chess</p> <p><b>9:46 Golf</b> ~ 10:00 Dominoes</p> <p>10:30 Seated Yoga / Tai Chi</p> <p><b>11:00 Sen. Tarr's Legislative Aide</b></p> <p><b>12:00 Delicious Dining Luncheon</b></p> <p>1:00 Advanced Drawing (5 of 8)</p> <p>1:30 Painting Class (7 of 8)</p> <p>4:00 Basketball</p>	<p><b>18</b> 9:00 Enhance Fitness</p> <p>9:30 SHINE Coordinator</p> <p>9:30 Watercolor Class (6 of 6)</p> <p><b>10:00 Mobile Market ~ Podiatry</b></p> <p>10:30 Blood Pressure</p> <p><b>11:30 Reiki</b></p> <p>12:00 Van Trip ~ Swim Program</p> <p>12:30 Bridge</p> <p>1:00 Mah Jongg</p>
<p><b>21</b></p> <p>9:00 Enhance Fitness</p> <p>10:30 Ping Pong ~ Line Dancing</p> <p>1:00 Rummikube</p> <p>1:30 Gentle Bend Exercise</p> <p><b>1:30 Pumpkin Decorating</b></p> <p>3:30 Pickleball</p> <p><b>4:30 50+ Job Seekers Network</b></p>	<p><b>22</b> 9:00 Aerobics /Chess</p> <p><b>9:00 Writing Group (1 of 6) ~ Polarity</b></p> <p><b>9:30 Spanish Class (3 of 8)</b></p> <p>10:30 Tai Chi—at 43 Market St.</p> <p><b>12:00 Traveling Chef Luncheon</b></p> <p>1:00 Cribbage / Mah Jongg / Knitting</p> <p>1:00 Beginner Drawing (6 of 8)</p> <p><b>1:30 French Class (3 of 8)</b></p>	<p><b>23 8:30 Breakfast &amp; Bingo</b></p> <p><b>9:00 Computer Class ~ Enhance Fitness</b></p> <p>9:30 Scrabble</p> <p><b>10:00 Book Group</b></p> <p>10:30 Ping Pong ~ 11:00 Swim Program</p> <p>12:30 Bridge</p> <p><b>1:00 Flu Clinic</b></p> <p><b>4:00 Intro to Medicare Presentation</b></p>	<p><b>24 DAY TRIP ~ Abbey</b></p> <p><b>9:00 Computer Class</b></p> <p>9:00 Aerobics &amp; Chess</p> <p><b>9:46 Golf</b> 10:00 Dominoes</p> <p>10:30 Seated Yoga ~10:30 Tai Chi</p> <p>1:00 Advanced Drawing (6 of 8)</p> <p>1:30 Painting Class (8 of 8)</p> <p>4:00 Basketball</p>	<p><b>25</b></p> <p>9:00 Enhance Fitness</p> <p>9:30 Watercolor Class starts (1 of 6)</p> <p>9:30 SHINE Coordinator</p> <p>10:30 Blood Pressure</p> <p>12:00 Van Trip ~ Swim Program</p> <p>12:30 Bridge 1:00 Mah Jongg</p>
<p><b>28</b></p> <p>9:00 Enhance Fitness</p> <p><b>9:15 King of the Road Triip</b></p> <p>10:30 Ping Pong ~ Line Dancing</p> <p>1:00 Rumminkube</p> <p>1:30 Gentle Bend</p> <p>3:30 Pickleball</p> <p><b>4:30 50+ Job Seekers Network</b></p>	<p><b>29</b> 9:00 Aerobics ~ Chess</p> <p><b>9:00 Writing Group (2 of 6)</b></p> <p><b>9:30 Spanish Class (4 of 8)</b></p> <p>10:30 Tai Chi at 43 Market St.</p> <p>1:00 Cribbage ~ Mah Jongg ~ Knitting</p> <p>1:00 Beginning Drawing (7 of 8)</p> <p><b>1:30 French Class (4 of 8)</b></p> <p><b>7:00 TOWN MEETING</b></p>	<p><b>30</b></p> <p>9:00 Enhance Fitness</p> <p>9:30 Scrabble</p> <p>10:30 Ping Pong</p> <p>11:00 Swim Program</p> <p>12:30 Bridge</p>	<p><b>31 HAPPY HALLOWEEN!</b></p> <p>9:00 Aerobics ~ Chess</p> <p>9:46 Golf 10:00 Dominoes</p> <p>10:30 Seated Yoga ~ Tai Chi</p> <p><b>12:00 SeniorCare Luncheon</b></p> <p>1:00 Advanced Drawing (7 of 8)</p> <p>1:30 Painting Class Starts (1 of 8)</p> <p>4:00 Basketball</p>	