




# REGULARLY SCHEDULED PROGRAMS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>8:00-9:00 CHAIR YOGA</p> <p>9:30-10:30 AEROBICS</p> <p>9:30-11:30 NEEDLEARTS</p> <p>1:00-3:00 BINGO</p> <p>1:00-3:00pm MAHJONG</p> <p style="text-align: center;">~~~~~</p> <p><b>EZ Trans</b> Assist Van 685-8767 or for a cab 1-877-308-7267 48 Hrs. Advance Notice Required</p> <p style="text-align: center;">~~~~~</p> <p><b>FOOT CARE CLINIC</b> Once a month by appt only. \$25.00 charge. Call for schedule.</p>	<p>8:00-9:00 3B FITNESS (Balance, Bones &amp; Brain)</p> <p>8:30-11:30 &amp; SHUFFLEBOARD</p> <p>9:00-11:30 12:30-3:00 CERAMICS</p> <p>9:00-11:00 2<sup>nd</sup> &amp; 4<sup>th</sup> Tues of the Month BLOOD PRESSURE CLINIC</p> <p>9:30-10:30 WORKOUT ROOM TRAINING</p> <p>10:45-11:30 DANCE</p> <p>11:00-12:00 TAI CHI</p> <p>COLORING, COFFEE &amp; CONVERSATION 12:30</p> <p>1:00-3:00 SCRABBLE, DOMINOES &amp; OTHER GAMES</p> <p style="text-align: center;">~~~~~</p> <p><b>Counseling Services</b> Tuesdays 9-11am</p> <p style="text-align: center;">~~~~~</p> <p><b>Weight Support Program</b> 4<sup>th</sup> Tuesday of the month 10-10:45am</p> <p style="text-align: center;">~~~~~</p> <p><b>MassHealth Application</b> help available by appointment.</p> <p style="text-align: center;">~~~~~</p> <p><b>T.O.P.S. 6:00pm</b> Take Off Pounds Sensibly/Weight Support</p>	<p>8:30-9:30 CARDIO</p> <p>9:00-11:00 11:00-1:00 COMPUTERS</p> <p>9:30-11:30 MICHIGAN RUMMY</p> <p>9:30-10:15 ZUMBA</p> <p>9:30-11:30 QUILTING</p> <p>10:15-11:00 CARDIO AEROBICS</p> <p>10:30-12:30 PAINTING</p> <p>12:00-2:00 BEGINNERS QUILTING</p> <p>2:15-3:45 ADOPT-A-GRANDPARENT</p> <p style="text-align: center;">~~~~~</p> <p>Tom Hargreaves of Methuen Veterans Dept. Office Hours 3rd Wednesday of the month. 10-11:30am</p> <p style="text-align: center;">~~~~~</p> <p><b>LEGAL CLINIC</b> Atty. Karol Bisbee- 3rd Wednesday of the month by appointment</p>	<p>8:00-9:00 CHAIR YOGA</p> <p>9:00-11:00 QUILTING</p> <p>9:00-11:00 11:00-1:00 COMPUTERS</p> <p>9:30-12:00 JAPANESE BUNKA</p> <p>9:30-10:30 FITNESS CLASS</p> <p>12:30-3:30 BRIDGE</p> <p>12:30 CHORAL GROUP</p> <p style="text-align: center;">~~~~~</p> <p><b>RIDES FOR MEDICAL APPOINTMENTS</b> Call 978-983-8825. A <i>minimum</i> of 4 days advance notice required</p>	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:00-10:00 GENTLE YOGA</p> <p style="text-align: center;">~~~~~</p> <p>State Rep. Linda Dean-Campbell or an aide from her office will be here Fridays 10:30am-12:00pm to address questions, concerns &amp; comments.</p> <p style="text-align: center;">~~~~~</p> <p><b>PLEASE NOTE:</b> Exercise programs, yoga and dance classes run continuously throughout the year. Craft classes run on 10 week semesters</p>

<p>Our Newsletter &amp; Mailings are sponsored in part by Executive Office of Elder Affairs, One Ashburton Pl. Boston, MA 02 108</p> 	<p><b>LUNCH SERVED</b> Monday ~ Friday ~ 11:30am Call Mornings 978-983-8832 (Two day advance notice Required) Donation: \$2.00</p> 	<p>The GIFT SHOP and THRIFT SHOP are open Mon-Thur 9:30am-3:30pm Fri 9:30-12:00 THE PUBLIC IS WELCOME!</p> 
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**FITNESS ROOM ~ Our Fitness Work-Out Room with treadmills & exercise bikes is available to help you round out your exercise routine. Sign up for orientation/training in the office.**