



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>3 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 2:00pm Bridge</p>	<p>4</p> <p>8:30am Pickleball 9:00am Board Meeting 9:30am Yoga 10:00am Zoom Fitness</p>	<p>5</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework 2:00pm Coloring Kits</p>	<p>6</p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>9</p> <p>CLOSED FOR COLUMBUS DAY</p>	<p>10 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 8:30am Footcare 10:00am Support Group 2:00pm Bridge 3:45pm Produce Market</p>	<p>11</p> <p>8:30am Pickleball 9:00am Full Shot Clinic 9:30am Yoga 10:00am Zoom Fitness</p>	<p>12</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>13</p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>16</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>17 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 10:00am CPR Class 2:00pm Bridge</p>	<p>18</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 10:00am SHINE 1:00pm Book Club 2:00pm Senior Hike</p>	<p>19</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework</p>	<p>20</p> <p>8:30am Pickleball 9:00am Senior Food Pantry 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>23</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>24 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 8:30am Footcare 10:00am Support Group 2:00pm Bridge</p>	<p>25</p> <p>8:30am Pickleball 9:30am Yoga 10:00am Zoom Fitness 10:30am Basket Making Workshop</p>	<p>26</p> <p>10:30am Chair Yoga 1:00pm Open Studio 1:00pm Spice of Life 2:00pm Needlework 4:00pm "Who Knew" with Ted Reinstein</p>	<p>27</p> <p>8:30am Pickleball 10:00am Men's Group 10:30am Stretch & Flow</p>
<p>30</p> <p>9:30am Yoga 11:00am Piano Chords 12:15pm Piano 1:30pm Cribbage 2:00pm Mahjong</p>	<p>31 <i>Meals on Wheels</i></p> <p>8:30am Pickleball 8:30am Footcare 10:00am Support Group 2:00pm Bridge</p>	<p>1</p>	<p>2</p>	<p>3</p>

Bobbye Samdahl's Tote Basket Workshop

Wednesday, October 25th, starts at 10:30am

Make this gorgeous 5 x 12 inch (handle is 14 inches) reed and wooden basket in one day (no experience needed)! Class starts at 10:30am with a break to enjoy a shared potluck lunch, then continue working into the afternoon to finish your creation to take home with you. Class is limited to 12, so register early! \$20/pp registration covers all materials, instruction, and lunch beverages. Please bring a dish to share for lunch. **Call 978-464-5977 to register and don't miss Bobbye's current show at the Briarwood Gallery.**



WHO KNEW? with Ted Reinstein

Thursday, October 26th at 4:00pm

Based on his long-running "Who Knew" series on *Chronicle*, **Ted Reinstein** will share with us some of his favorite people and places which manage to fly just below the radar for most folks. Ever hear of Guido Nincheri? How about Annie Smith Peck? No? Exactly. Know where to find the Madison Boulder or who winds the South Station clock? No? Join the club. Now, join the smaller club of New Englanders who know some really cool facts and stories about their region. Meet the man who faithfully keeps the clock high above South Station running on-time. (actually 3 minutes fast.) Meet the woman who was a real-life Indiana Jones — and has a peak named after her in South America to prove it! Learn that Rudyard Kipling spent 4 years in the hills of southern Vermont — and find out what drove him out, never to return. And be awed by the "Sistine Chapel of North America" — right there in downtown Woonsocket, Rhode Island. From Boston to the White Mountains, Providence to Salem, Ted turns a spotlight on things that fascinate, amaze, and inspire. It's all enough to make you say, "Who Knew?!"

Light Refreshments Served.

CPR Training

Tuesday, October 17th, 10:00am to 12:00pm

Back by Popular Demand! Did you know there are more than 356,000 out-of-hospital cardiac arrests (OHCA) annually in the U.S., nearly 90% of them fatal? That number can be seriously impacted by the widespread use of CPR. Did you also know that starting CPR within 4 minutes of a cardiac event postpones the onset of brain damage? Even chest-only compressions may keep brain damage at bay up to 8 minutes or more. Join us for a CPR Training class taught by American Heart Association's certified trainer, **Shannon Eichorn**. If, after successfully completing the class, you'd like a wallet card, you may order one for \$22, however, you're fully trained with or without the card. Our goal is for all seniors to be ready and able if CPR is needed. *Be the beat for someone you love when it matters most!* Class limited to 12.

Call to register at 978-464-5977.

