

**North Attleboro
Senior Center
204 Elm Street 508-699-0131**



Mon	Tue	Wed	Thu	Fri
		1 09:30 Strength & Conditioning 10:45 Chair Volleyball 4:00 JabberWalkers	2 09:45 Chair Yoga 10:00 JabberWalkers 11:30 Congregate Lunch 12:30 Bingo 1:00 Falls Prev. with Elliott P/T	3 9:30 Strength & Conditioning 10:30 Congregate Brunch <i>Close at Noon</i>
6 09:30 Strength & Conditioning 1:00 Dollar Tree Bingo 4:00 JabberWalkers	7 09:45 Chair Yoga 10:00 JabberWalkers 12:15 Scattergories 1:30 Ukulele	8 09:30 Strength & Conditioning 10:45 Chair Volleyball 12:00 Café Lunch 1:00 TRIAD meeting 1:00 scams presentation 4:00 JabberWalkers	9 09:45 Chair Yoga 9:30 Adam Scanlon 10:00 JabberWalkers 11:30 Congregate Lunch 12:30 Bingo 1:00 Falls Prev. with Elliott P/T	10 09:30 Strength & Conditioning 10:30 Congregate Brunch <i>Close at Noon</i>
13 09:30 Strength & Conditioning 11:15 Drumming w/ Joan 1:00 LIVE & LEARN W/ JAY ELIAS 4:00 JabberWalkers	14 09:45 Chair Yoga 10:00 JabberWalkers 12:00 Lunch & Learn 12:15 Scattergories 1:30 Ukulele	15 09:30 Strength & Conditioning 10:45 Chair Volleyball 12:30 St. Patty's Party 4:00 JabberWalkers	16 09:45 Chair Yoga 10:00 JabberWalkers 11:30 Congregate Lunch 12:30 Bingo 1:00 Falls Prev. with Elliott P/T	17 09:30 Strength & Conditioning 10:30 COA Board Meeting 10:30 Congregate Brunch <i>Close at Noon</i>
20 09:30 Strength & Conditioning 1:00 DJ Nate Adams 4:00 JabberWalkers	21 09:45 Chair Yoga 10:00 JabberWalkers 12:15 Scattergories 12:30 Friends of NACOA Meeting 1:30 Ukulele	22 09:30 Strength & Conditioning 10:45 Chair Volleyball 12:30 Therapy Gardens 4:00 JabberWalkers	23 09:45 Chair Yoga 10:00 JabberWalkers 10:30 Men's Breakfast 11:30 Congregate Lunch 12:30 Bingo 1:00 Falls Prev. w/ Elliott P/T	24 09:30 Strength & Conditioning 10:30 Congregate Brunch <i>Close at Noon</i>
27 09:30 Strength & Conditioning 11:15 Drumming w/ Joan 12:00 Lunch & a Movie 4:00 JabberWalkers	28 09:45 Chair Yoga 10:00 JabberWalkers 12:00 Lunch & Learn 12:15 Scattergories 1:30 Ukulele	29 09:30 Strength & Conditioning 10:45 Chair Volleyball 12:00 Café Lunch 12:30 Organization with Janine 4:00 JabberWalkers	30 09:45 Chair Yoga 10:00 JabberWalkers 11:30 Congregate Lunch 12:30 Bingo 1:00 Falls Prev. w/ Elliott P/T	31 09:30 Strength & Conditioning 10:30 Congregate Brunch <i>Close at Noon</i>