


Monday	Tuesday	Wednesday	Thursday	Friday
<p>All of the programs listed are Subject to change. We hope to add Programs as we are able</p>	<p>We continue to follow safety protocols And require face masks, hand Sanitizer, physical distancing And follow room capacity guidelines</p>		<p>1</p> <p>9:00 Exercise Gym 10:30 Tai Chi 43 Market St 10:30 Seated Yoga COA 1:30 Open Art Studio COA 1:30 TEA Time COA</p>	<p>2</p> <p>9:00 SHINE Phone 9:15 Watercolor Class (1of 6) COA</p>
<p>5</p> <p>10:00 Advanced Drawing (1of 8) COA 10:00 Writing Group Zoom 10:30 Ping Pong Gym 1:00 Beginner Drawing (1of 8) COA 1:00 SHINE Phone 1:30 Stretch, Strength & Balance COA</p>	<p>6</p> <p>9:00 Exercise Gym 10:30 Tai Chi at 43 Market St. 10:30 Seated Yoga COA 1:00 Knitting COA 1:30 French (5 of 6) Zoom or COA</p>	<p>7</p> <p>9:00 Bingo COA 10:00 Low Vision Group COA 10:30 Ping Pong Gym 1:00 Arthritis Exercise Zoom</p>	<p>8</p> <p>9:00 Exercise Gym 10:30 Tai Chi 43 Market St 10:30 Seated Yoba COA 11:00 Grab & Go COA 1:30 Open Art Studio COA 2:00 Journaling Zoom</p>	<p>9</p> <p>9:00 SHINE Phone 9:15 Watercolor Class (2of 6) COA 10:00 Sedona Trip Overview Zoom</p>
<p>12</p> <p>10:00 Advanced Drawing (2 of 8) COA 10:00 Writing Group Zoom 10:30 Ping Pong Gym 1:00 Beginner Drawing (2 of 8) COA 1:00 TEA Time COA 1:30 Stretch, Strength & Balance-Gym</p>	<p>13</p> <p>9:00 Exercise Gym 10:30 Tai Chi – at 43 Market St. 10:30 Seated Yoga COA 1:00 Knitting COA11:30 1:30 French (6 of 6) Zoom or COA</p>	<p>14</p> <p>10:00 TEA Time COA 10:30 Ping Pong Gym 12:00 Care Dimensions Zoom 1:00 Arthritis Exercise Zoom</p>	<p>15</p> <p>9:00 Exercise Gym 10:30 Tai Chi 43 Market St 10:30 Seated Yoga COA 11:00 Grab & Go COA 1:30 Open Art Studio COA</p>	<p>16</p> <p>9:00 SHINE Phone 9:00 Podiatry COA 9:15 Watercolor class (3of 6) COA 10:00 Mobile Market COA</p>
<p>19 Patriot's Day</p> 	<p>20</p> <p>9:00 Exercise Gym 10:30 Tai Chi 43 Market St, 10:30 Seated Yoga COA 1:00 Knitting COA 1:00 TEA Time COA 1:30 French (1of 6) COA or Zoom</p>	<p>21</p> <p>9:00 BINGO COA 10:30 Ping Pong Gym 1:00 Arthritis Exercise Zoom</p>	<p>22</p> <p>9:00 Exercise Gym 10:30 Tai Chi 43 Market St. 10:30 Seated Yoga COA 1:30 Open Art Studio COA 2:00 Journaling Zoom</p>	<p>23</p> <p>9:00 Shine Phone 9:15 Watercolor Class (4of 6) COA 1:00 TEA Time COA</p>
<p>26</p> <p>10:00 Advanced Drawing (3 of 8) COA 10:00 Writing Group Zoom 10:30 Ping Pong Gym 12:30 Attorney Time Phone 1:00 Beginner Drawing (3 of 8) COA 1:30 Stretch, Strength & Balance-Gym</p>	<p>27</p> <p>9:00 Exercise Gym 10:30 Tai Chi 43 Market St 10:30 Seated Yoga COA 1:00 Knitting COA 1:30 French Class (2 of 6) Zoom or COA</p>	<p>28</p> <p>10:30 Ping Pong Gym 1:00 Arthritis Exercise Zoom</p>	<p>29</p> <p>9:00 Exercise Gym 10:30 Tai Chi 43 Market St. 10:30 Seated Yoga COA 11:30 Grab & Go COA 1:30 Open Art Studio COA</p>	<p>30</p> <p>9:00 SHINE Phone 9:15 Watercolor Class (5of 6) COA</p>