

Monday	Tuesday	Wednesday	Thursday	Friday	
1 9:00 Tax Prep 9:15 Enhance Fitness 9:30 Writing Group(5/6) 10:30 Ping Pong 10:30 Line Dancing 1:00 Rummikube 1:30 Gentle Bend Exercise 3:30 Pickleball	2 9:00 Tax Prep 9:00 Aerobics 9:00 Chess 10:30 Tai Chi—at 43 Market Street 1:00 Cribbage 1:00 Mah Jongg ~ knitting 1:00 Drawing w/ Lee (5/6) 1:30 French Lessons (3/8)	3 10:00 Sign Up For Events! 9:15 Enhance Fitness 9:00 Computer Lessons 9:30 Intergenerational Program 9:30 Scrabble 10:30 Ping Pong ~ 11:00 Swim Program 12:30 Bridge 12:45 Paint Day with Bill Duke 2:00 TRIAD Meeting	4 9:00 “Polished” Preventative Dental Program 9:00 Aerobics & Chess 9:00 Computer Lessons 10:00 Dominoes 10:00 Low Vision Group 10:30 Tai Chi— Seated Yoga 1:00 Drawing Class w/ Lee (5/8) 1:30 Painting Class (5/8) 4:00 Basketball	5 9:15 Enhance Fitness 9:15 Watercolor Painting (2/6) 9:30 SHINE Coordinator 10:30 Blood Pressure 10:00 Swim Program 12:00 Van Trip 12:30 Bridge ~ 1:00 Mah Jongg ~ 45s	
8 9:00 Tax Prep 9:15 Enhance Fitness 9:30 Writing Group (6/6) 10:00 Memory Cafe 10:30 Ping Pong ~ Line Dancing 1:00 Rummikube 1:30 Gentle Bend Exercise 3:30 Pickleball 4:30 Job Seekers	9 9:00 Aerobics & Polarity 9:00 Chess 10:30 Quilting Re-grouping Meeting 10:30 Tai Chi—at 43 Market St. 1:00 Drawing w/ Lee (6/6) 1:00 Cribbage -Mah Jongg - Knitting 1:30 French Lessons (4/8)	10 8:30 Breakfast & Bingo 9:15 Enhance Fitness 9:30 Scrabble 10:30 Caroline Ave Clinic ~ Ping Pong 10:30 Arthritis Exercise 11:00 Swim Program 12:30 Bridge 1:00 Dear Abby/Dear Ann Landers	11 9:00 Aerobics & Chess 9:00 King of the Road Trip 10:00 Dominoes ~10:30 Seated yoga 10:30 Tai Chi—at 43 Market St. 12:00 Seniorcare Luncheon 12:45 Inst. For Savings –Safe Banking 1:00 Drawing w/ Lee (6/8) 1:30 Painting Class (6/8) 4:00 Basketball	12 9:00 Podiatry 9:15 Enhance Fitness 9:15 Watercolor Painting (3/6) 9:30 SHINE Coordinator 10:00 Swim Program 10:30 Blood Pressure 12:00 Van Trip ~ 12:30 Bridge 1:00 Mah Jongg ~ Crazy Bridge ~ 45s	
15 	16 9:00 Aerobics 9:00 Chess 10:30 Tai Chi—at 43 Market St. 1:00 Cribbage 1:00 Mah Jongg 1:00 Knitting 1:30 French Lessons (5/8)	17 Day Trip 9:15 Enhance Fitness 9:30 Scrabble 10:30 Ping Pong 11:00 Swim Program 12:30 Bridge 1:00 Common Sense Self Defense	18 9:00 Aerobics & Chess 9:30 King of the Road Trip 9:00 Computer Lessons 10:00 Dominoes ~ 10:30 Seated Yoga 10:30 Tai Chi—at 43 Market St. 11:00 Constituents’ Inquiries: MaryAnn Nay 1:00 Drawing w/ Lee (7/8) 1:00 Painting Class (7/8) 4:00 Basketball	19 9:00 Podiatry ~ Reiki 9:15 Enhance Fitness 9:15 Watercolor Painting (4/6) 9:30 SHINE Coordinator 10:00 Mobile Market ~ Swim Program 10:30 Blood Pressure 12:00 Van Trip ~12:30 Bridge 1:00 Mah Jongg ~ Crazy Bridge ~ 45s	
22 9:15 Enhance Fitness 9:30 Writing Group (1/6) 10:30 Ping Pong - Line Dancing 1:00 Rummikube 1:30 Gentle Bend Exercise 3:30 Pickleball 4:30 Job Seekers	23 9:00 Aerobics ~ Chess 9:00 Polarity 10:30 Tai Chi—at 43 Market St. 12:00 Traveling Chef luncheon 12:45 Judge Jean Curran 1:00 Cribbage / Mah Jongg 1:00 Knitting NO FRENCH today	24 8:30 Breakfast & Bingo 9:00 Computer Class 9:15 Enhance Fitness ~ 9:30 Scrabble 10:00 Book Discussion Group 10:30 Village Garden Growers at Agawam 10:30 Ping Pong ~11:00 Swim Program 11:00 Men’s Group 12:30 Bridge 1:00 Computer Safety Presentation	25 9:00 Aerobics & Chess 10:00 Dominoes 10:30 Seated Yoga 10:30 Tai Chi—at 43 Market St. 1:00 Drawing w/ Lee (8/8) 1:00 Medication Management 1:30 Painting Class (8/8) 4:00 Basketball	26 9:15 Enhance Fitness 9:15 Watercolor Painting (5/6) 9:30 SHINE Coordinator 10:00 Swim Program 10:30 Blood Pressure 12:00 Van Trip 12:30 Bridge 1:00 Mah Jongg ~ Crazy Bridge ~ 45s	
29 9:15 Enhance Fitness 9:30 Writing Group (2/6) 10:30 Ping Pong ~ Line Dancing 1:00 Rummikube ~ 1:30 Gentle Bend Ex. 3:30 Pickleball	30 9:00 Aerobics ~ Chess 9:30 Coffee With Our Cops 10:30 Tai Chi 1:00 Cribbage ~ Mah Jongg ~ Knitting 1:30 French (6/8) 2:00 Silent Movie at Notre Dame	Happy Spring! 		~ Finally my winter fat is gone. Now I have spring rolls. ~	Saturday, April 13 at 1:00pm Armchair Traveler goes to: Sarajevo, Bosnia Held at Ipswich Public Library