Ipswich Senior Center

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Gentle Bend Gym 10;00 Drawing (4 of 8) COA 10:00 Writing Group Zoom 10:30 Ping Pong Gym	**3** 9:00 Exercise Gym 10:00 Chess COA 10:30 Tai Chi Gym 1:00 Knitting COA **1:30 French Class COA (1 of 6)**	**4** 9:00 Gentle Bend Gym 9:00 Bingo COA	**5** 9:00 Exercise Gym 9:00 SHINE Phone 10:30 Tai Chi Gym 10:30 Seated Yoga COA 1:30 Painting Studio COA	**6** 9:00 SHINE Phone **9:30 Watercolor Class (4 of 6) COA**
9 9:00 Gentle Bend Gym **10:00 Fall Prevention Gym** 10:00 Drawing COA (5 of 8) 10:00 Writing Group Zoom 10:30 Ping Pong Gym	**10** 9:00 Exercise Gym **9:00 Low Vision Group COA** 10:00 Chess COA 10:30 Tai Chi Gym **11:00 Veterans Update Zoom** 1:00 Knitting COA **1:30 French Class (2 of 6) COA**	**11** 	**12** 9:00 Exercise Gym 9:00 SHINE Phone **10:00 Oral Health Zoom** 10:30 Tai Chi Gym 10:30 Seated Yoga COA 1:30 Painting Studio COA	**13** 9:00 SHINE Phone **9:30 Watercolor class (5 of 6) COA**
16 9:00 Gentle Bend Gym 10:00 Drawing (6 of 8) COA 10:00 Writing Group Zoom **10:00 Journaling Club Zoom** 10:30 Ping Pong Gym	**17** 9:00 Exercise Gym 10:00 Chess COA **10:30 Medication Adherence Zoom** 10:30 Tai Chi Gym 1:00 Knitting COA **1:30 French Class (3 of 6) COA**	**18** 9:00 Gentle Bend Gym 9:00 Bingo COA	**19** 9:00 Exercise Gym 9:00 SHINE Phone **10:00 Social Club Zoom** 10:30 Tai Chi Gym 10:30 Seated Yoga COA **11:30 Thanksgiving Grab & Go Lunch** 1:30 Painting Studio COA	**20** 9:00 SHINE Phone **9:00 Podiatry COA** **9:15 Watercolor Class (6 of 6)** **10:00 Mobile Market COA**
23 9:00 Gentle Bend Gym 10:00 Drawing (7 of 8) COA 10:30 Ping Pong Gym	**24** 9:00 Exercise Gym 10:00 Chess COA 10:30 Tai Chi Gym 1:00 Knitting COA **1:30 French Class (4 of 6) COA**	**25** 9:00 Gentle Bend Gym **COA CLOSING AT NOON TODAY**	**26** 	**27**
30 9:00 Gentle Bend Gym 10:00 Drawing (8 of 8) COA **10:00 Journaling Club Zoom** 10:30 Ping Pong Gym				