

# SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>LABOR DAY</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilter-A</p> <p>10:00 BOCCE-Outside</p> <p>10:30 AA Closed Step Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:00 Men's Sports Roundtable-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Hand &amp; Foot-B/b</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters &amp; Quilters-A</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>3:30 Age-Friendly Community Mtg-C</p>	<p>7:45 Dance Fit-B/b</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 FOYCOA BOARD MTG-C</p> <p>10:00 NO Joe Guardino Fitness</p> <p>10:00 Scrabble-B</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-S/f</p> <p>12:00 Cribbage-A</p> <p>1:00 Mahjongg-B/b</p> <p>1:00 Hand &amp; Foot-B/b</p> <p>1:30 Floating Bridge Group-B/b</p> <p>2:00 NO Buried in Treasures Workshop</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>6:30 BOCCE-Outside</p>	<p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>10:00 BOCCE-Outside</p> <p>10:30 Co-ed Choral Group-B/f</p> <p>11:00 Bereavement-C</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Cooking-K &amp; B/f-1/10</p> <p>12:30 Men's Poker-S/f</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S/b</p> <p>1:30 Tech Talk I:I Appointments</p> <p>1:30 Floating Bridge Group-S/b</p> <p>2:00 Grief Recovery Workshop-C</p> <p>3:00 Joe Guardino Fitness-B/f</p>	<p>7:45 Dance Fit-B/b</p> <p>9:30 State Rep. Will Crocker-C</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-B/b</p> <p>12:30 Mahjongg Game Day-B/b</p> <p>1:30 SEPSIS Global Day-B/f</p> <p>2:00 Brown Bag-A &amp; B</p> <p>3:00 Bit of Bliss Yoga-S</p>
<p>7:45 Dance Fit-B/b</p> <p>9:00 Legal Appointments-PO</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-B</p> <p>9:15 YOGA-S</p> <p>9:30 Oil/Watercolor Painting- A</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>11:30 Senior Dining-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:00 Dominoes Group-B</p> <p>12:30 Cape Cod Men's Club Monthly Meeting-C</p> <p>12:30 Legal Appointments-PO</p> <p>1:00 Hearing Clinic-PO</p> <p>1:30 Floating Bridge Group -S</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA -F/B</p>	<p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Footcare-PO</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilter-A</p> <p>10:00 BOCCE-Outside</p> <p>10:00 NO CC Men's Club Investment Grp</p> <p>10:30 AA Closed Step Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:00 Men's Sports Roundtable-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Hand &amp; Foot-B/b</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters &amp; Quilters-A</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>5:00 Weight Watchers-B/f</p>	<p>7:45 Dance Fit-B/b</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 Scrabble-B</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-S/f</p> <p>12:00 Cribbage-A</p> <p>1:00 Mahjongg-B/b</p> <p>1:00 Hand &amp; Foot-B/b</p> <p>1:30 Floating Bridge Group-B/b</p> <p>2:00 Buried in Treasures Workshop-C</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>6:30 BOCCE-Outside</p>	<p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:30 NO Hurricane Preparedness</p> <p>9:30 CC Sr Svcs Outreach Mtg-B</p> <p>10:00 BOCCE-Outside</p> <p>10:30 NO Co-ed Choral Group</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Cooking-K &amp; B/f-2/10</p> <p>12:30 Men's Poker-S/f</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S/b</p> <p>1:30 Tech Talk I:I Appointments</p> <p>1:30 Floating Bridge Group-S/b</p> <p>2:00 Grief Recovery Workshop-C</p> <p>3:00 Joe Guardino Fitness-B/f</p>	<p>7:45 NO Dance Fit</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 Caregiver's Support Group-C</p> <p>10:30 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-B/b</p> <p>12:30 Mahjongg Game Day-B/b</p> <p>1:00 Transportation Challenge-B/f</p> <p>1:30 FOYCOA Volunteer Mtg-A</p> <p>3:00 Bit of Bliss Yoga-S</p>
<p>7:45 Dance Fit-B/b</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-B</p> <p>9:15 YOGA-S</p> <p>9:30 Oil/Watercolor Painting- A</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>11:30 Senior Dining-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:00 Dominoes Group-B</p> <p>12:30 Legal Appointments-PO</p> <p>1:30 MCOA Dementia Friendly Workshop-B/f</p> <p>1:30 Floating Bridge Group-S</p> <p>2:00 American Legion Post-A</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA-F/B</p>	<p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilter-A</p> <p>9:00 Footcare-PO</p> <p>10:00 BOCCE-Outside</p> <p>10:30 AA Closed Step Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:00 Men's Sports Roundtable-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Garden Club-F/B</p> <p>1:00 SIGHT LOSS SERVICES-C</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Hand &amp; Foot-B/b</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters &amp; Quilters-A</p> <p>4:00 Joe Guardino Fitness-B/f</p> <p>3:30 Age-Friendly Community Mtg-C</p> <p>5:00 Weight Watchers-B/f</p>	<p>7:45 Dance Fit-B/b</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 Scrabble-B</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-S/f</p> <p>12:00 Cribbage-A</p> <p>1:00 Mahjongg-B/b</p> <p>1:00 Hand &amp; Foot-B/b</p> <p>1:30 Floating Bridge Group-B/b</p> <p>1:30 Introspection &amp; Beyond-S-1/5</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>6:30 BOCCE-Outside</p>	<p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>10:00 BOCCE-Outside</p> <p>10:00 Cape Cod Men's Club-Off Site Energy Session</p> <p>10:30 Co-ed Choral Group-B/f</p> <p>11:00 Bereavement-C</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Cooking-K &amp; B/f-3/10</p> <p>12:30 Men's Poker-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S/b</p> <p>1:30 Tech Talk I:I Appointments-PO</p> <p>1:30 Floating Bridge Group-S/b</p> <p>2:00 Grief Recovery Workshop-C</p> <p>3:00 Joe Guardino Fitness-B/f</p>	<p>7:45 Dance Fit-B/b</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-B</p> <p>12:30 Mahjongg Game Day-B/b</p> <p>1:30 Consumer Assistance Council-B/f</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>4:00 Talent Show Screening-B/f</p>
<p>7:45 Dance Fit-B/b</p> <p>9:00 Legal Appointments-PO</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-B</p> <p>9:15 YOGA-S</p> <p>9:30 Oil/Watercolor Painting- A</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>11:30 Senior Dining-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:00 Dominoes Group-B</p> <p>12:30 Legal Appointments-PO</p> <p>1:00 Cape Cod Civil War Roundtable-A</p> <p>1:30 Floating Bridge Group-S</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA-F/B</p>	<p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilter-A</p> <p>9:00 Footcare-PO</p> <p>10:00 BOCCE-Outside</p> <p>10:30 AA Closed Step Meeting-B</p> <p>10:45 NO YOGA</p> <p>11:00 Men's Sports Roundtable-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Tai Chi for Health and Longevity-B/f-1/8</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Hand &amp; Foot-B/b</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters &amp; Quilters-A</p> <p>3:00 Joe Guardino Fitness-B/f</p>	<p>7:45 Dance Fit-B/b</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 Scrabble-B</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-S/f</p> <p>12:00 Cribbage-A</p> <p>1:00 Mahjongg-B/b</p> <p>1:00 Hand &amp; Foot-B/b</p> <p>1:30 Floating Bridge Group-B/b</p> <p>1:30 YFD Presentation-B/f</p> <p>1:30 Introspection &amp; Beyond-S-2/5</p> <p>2:00 Buried in Treasures Workshop-C</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>6:30 BOCCE-Outside</p>	<p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>10:00 BOCCE-Outside</p> <p>10:30 Co-ed Choral Group-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 NO Men's Cooking</p> <p>12:30 Men's Poker-S/f</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S/b</p> <p>1:30 Barnstable County Sheriff's-B/f Office Technology Capabilities</p> <p>1:30 Tech Talk I:I Appointments-PO</p> <p>1:30 Floating Bridge Group-S/b</p> <p>2:00 Grief Recovery Workshop-C</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>6:00 ZUMBA-F/B</p>	<p>7:45 Dance Fit-B/b</p> <p>9:00 Oral Hygiene Appts-PO</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 NO YOGA</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-B</p> <p>12:30 Mahjongg Game Day-B/b</p> <p>2:30 Talent Show -B/f</p> <p>3:00 Bit of Bliss Yoga-S</p>
<p>7:45 Dance Fit-B/b</p> <p>9:00 Legal Appointments-PO</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-B</p> <p>9:15 NO YOGA</p> <p>9:30 Oil/Watercolor Painting- A</p> <p>9:30 Bingo-B/f</p> <p>10:00 NO Joe Guardino Fitness</p> <p>11:30 Senior Dining-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:00 Dominoes Group-B</p> <p>12:30 Legal Appointments-PO</p> <p>1:30 Floating Bridge Group-S</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA-F/B</p>	<p><b>ACTIVITIES CALENDARS ARE SUBJECT TO CHANGE</b></p>			