

NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sunday, November 3rd Daylight Savings Time Ends. Change your Clocks Back One - Hour and Change your Smoke Alarm Batteries.</p> <div style="text-align: center;"> </div>		<p>ACTIVITIES CALENDARS ARE SUBJECT TO CHANGE</p> <p>Register for programs by calling: 508-394-7606 X1330</p>		<p>7:45 Dance Fit-B/b 1 9:00 Task Force Mtg-C 9:30 Bingo-B/f 9:30 State Rep. Will Crocker-PO 10:00 Finding Balance-B/b 10:00 NO Joe Guardino Fitness 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B/b 12:30 Mahjongg Game Day-B/b 1:30 SHINE Presentation-B/f 2:00 Brown Bag-A & B 3:00 Bit of Bliss Yoga-S</p>
<p>7:45 Dance Fit-B/b 4 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 NO Joe Guardino Fitness 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 12:30 Cape Cod Men's Club Monthly Meeting-C 12:30 Legal Appointments-PO 1:00 CC Civil War Roundtable-A 1:00 Hearing Clinic-PO 1:30 Floating Bridge Group -S 2:00 Energy Committee-PO</p>	<p>ELECTION DAY 5</p> <div style="text-align: center;"> </div> <p>10:00 BOCCE-outside 10:45 YOGA-S 12:30 Contract Bridge-S 1:00 SCOPA-S/f 3:30 Age-Friendly Community Mtg-C 5:00 NO Weight Watchers</p> <p>ALL Ballroom and Classroom Programs are Cancelled for the Day</p>	<p>7:45 Dance Fit-B/b 6 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 9:30 FOYCOA BOARD MTG-C 10:00 Finding Balance-B/b 10:00 NO Joe Guardino Fitness 10:00 NO Scrabble 10:30 Technology Classes-A & B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Mahjongg-B/b 1:00 Hand & Foot-B/b 1:30 Floating Bridge Group-B/b 1:30 Meditation & Mindful Movement-S 2:00 Buried in Treasures Workshop-C 3:00 Bit of Bliss Yoga-S 6:30 BOCCE-outside</p>	<p>8:00 ZUMBA GOLD-B/f 7 9:00 Yoga for Healthy Joints-B/b 9:00 NO Joe Guardino Fitness 10:00 BOCCE-outside 10:30 Co-ed Choral Group-B/f 11:00 Bereavement-C 11:45 Duplicate Bridge-B/b 12:30 Men's Cooking-K & B/f-9/10 12:30 Men's Poker-S/f 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Floating Bridge Group-S/b 3:00 NO Joe Guardino Fitness 6:00 ZUMBA-F/B</p>	<p>7:45 Dance Fit-B/b 8 9:00 FOYCOA-A 9:30 Bingo-B/f 10:00 Finding Balance-B/b 10:00 NO Joe Guardino Fitness 10:30 Caregiver's Support Group-C 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B/b 12:30 Mahjongg Game Day-B/b 1:30 Financial Exploitation-B/f 3:00 Bit of Bliss Yoga-S</p>
<p>VETERAN'S DAY</p> <div style="text-align: center;"> </div> <p>SENIOR CENTER CLOSED</p>	<p>8:00 ZUMBA GOLD-B/f 12 9:00 Footcare-PO 9:00 Yoga for Healthy Joints-B/b 9:00 NO Joe Guardino Fitness 9:00 Seashell Quilter-A 10:00 BOCCE-outside 10:00 CC Men's Club Investment Group-C 10:30 AA Closed Step Meeting-B 10:45 YOGA-S 11:00 Men's Sports Roundtable-A 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 1:00 SCOPA-S/f 1:00 Hand & Foot-B/b 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 NO Joe Guardino Fitness 5:00 Weight Watchers-B/f</p>	<p>7:45 Dance Fit-B/b 13 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Finding Balance-B/b 10:00 NO Joe Guardino Fitness 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-A 1:00 Mahjongg-B/b 1:00 Hand & Foot-B/b 1:30 Floating Bridge Group-B/b 1:30 Meditation & Mindful Movement-S 2:00 Buried in Treasures Workshop-C 3:00 Bit of Bliss Yoga-S 6:30 BOCCE-outside</p>	<p>8:00 ZUMBA GOLD-B/f 14 9:00 Yoga for Healthy Joints-B/b 9:00 NO Joe Guardino Fitness 9:30 CC Sr Svcs Outreach Mtg-B 10:00 BOCCE-outside 10:30 NO Co-ed Choral Group 11:45 Duplicate Bridge-B/b 12:30 Men's Cooking-K & B/f-10/10 12:30 Men's Poker-S/f 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Floating Bridge Group-S/b 3:00 NO Joe Guardino Fitness 6:00 ZUMBA-F/B</p>	<p>7:45 Dance Fit-B/b 15 9:00 Oral Hygiene Appts-PO 9:30 Bingo-B/f 10:00 Finding Balance-B/b 10:00 NO Joe Guardino Fitness 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B 12:30 Mahjongg Game Day-B/b 1:30 What Is Alzheimer's Presentation-B/f 3:00 Bit of Bliss Yoga-S</p>
<p>7:45 Dance Fit-B/b 18 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 NO Joe Guardino Fitness 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 12:30 Legal Appointments-PO 1:30 Floating Bridge Group-S 2:00 American Legion Post-A 2:00 Energy Committee-PO 6:00 ZUMBA-F/B</p>	<p>8:00 ZUMBA GOLD-B/f 19 9:00 Yoga for Healthy Joints-B/b 9:00 NO Joe Guardino Fitness 9:00 Seashell Quilter-A 9:00 Footcare-PO 10:00 BOCCE-outside 10:30 AA Closed Step Meeting-B 10:45 YOGA-S 11:00 Men's Sports Roundtable-A 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 1:00 SIGHT LOSS SERVICES-C 1:00 SCOPA-S/f 1:00 Hand & Foot-B/b 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:30 Age-Friendly Community Mtg-C 4:00 NO Joe Guardino Fitness 5:00 Weight Watchers-B/f</p>	<p>7:45 Dance Fit-B/b 20 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Finding Balance-B/b 10:00 NO Joe Guardino Fitness 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-A 1:00 Mahjongg-B/b 1:00 Hand & Foot-B/b 1:30 Floating Bridge Group-B/b 1:30 Meditation & Mindful Movement-S 2:00 Buried in Treasures Workshop-C 3:00 Bit of Bliss Yoga-S 6:30 BOCCE-outside</p>	<p>8:00 ZUMBA GOLD-B/f 21 9:00 Yoga for Healthy Joints-B/b 9:00 NO Joe Guardino Fitness 10:00 BOCCE-outside / last game 10:00 Memory Screenings-PO 10:00 CC Men's Club Energy Sessions-B 10:30 Co-ed Choral Group 11:00 Bereavement-C 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Floating Bridge Group-S/b 2:00 Parkinson's Support Group-B 3:00 NO Joe Guardino Fitness 6:00 ZUMBA-F/B</p>	<p>7:45 Dance Fit-B/b 22 9:30 Bingo-B/f 10:00 Finding Balance-B/b 10:00 NO Joe Guardino Fitness 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B 12:30 Mahjongg Game Day-A 1:30 VA Presentation-F/B 3:00 Bit of Bliss Yoga-S</p>
<p>7:45 Dance Fit-B/b 25 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 NO Joe Guardino Fitness 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 12:30 Legal Appointments-PO 1:00 Garden Club Floral Arranging-B 1:00 CC Civil War Roundtable-A 1:00 Cape Cod Elder Abuse Coalition-C 1:30 Floating Bridge Group-S 2:00 Energy Committee-PO 6:00 ZUMBA-F/B</p>	<p>8:00 ZUMBA GOLD-B/f 26 9:00 Yoga for Healthy Joints-B/b 9:00 NO Joe Guardino Fitness 9:00 Seashell Quilter-A 9:00 Footcare-PO 10:30 AA Closed Step Meeting-B 10:45 NO YOGA 11:00 Men's Sports Roundtable-A 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 1:00 Garden Club-F/B 1:00 SCOPA-S/f 1:00 Hand & Foot-B/b 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 4:00 NO Joe Guardino Fitness 5:00 Weight Watchers-B/f</p>	<p>7:45 Dance Fit-B/b 27 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Finding Balance-B/b 10:00 NO Joe Guardino Fitness 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-A 1:00 Mahjongg-B/b 1:00 Hand & Foot-B/b 1:30 Floating Bridge Group-B/b 1:30 Meditation & Mindful Movement-S 2:00 Buried in Treasures Workshop-C 3:00 Bit of Bliss Yoga-S</p>	<p>THANKSGIVING</p> <div style="text-align: center;"> </div> <p>SENIOR CENTER CLOSED</p>	<p>SENIOR CENTER CLOSED</p>