

JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Program Calendars Are Subject to Change</p>	<p>Senior Center Closing</p>	<p style="text-align: right;">1</p> <p>Senior Center Closed</p> 	<p style="text-align: right;">2</p> <p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>10:30 NO Co-ed Choral Group</p> <p>11:00 Bereavement-C</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Poker-S/f</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S</p> <p>1:00 Hand & Foot-S</p> <p>1:30 Floating Bridge Group-S/b</p> <p>2:00 Grief Recovery Workshop-C</p> <p>3:00 Joe Guardino-B/f</p> <p>6:00 ZUMBA-F/B</p>	<p style="text-align: right;">3</p> <p>7:45 Dance Fit-B/b</p> <p>9:30 NO Bingo</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-B/b</p> <p>1:15 Restorative Pilates-S</p> <p>2:00 Brown Bag-A & B</p> <p>3:00 Bit of Bliss Yoga-S</p>
<p style="text-align: right;">6</p> <p>7:45 NO Dance Fit</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-A</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 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 NO Cape Cod Men's Club Monthly Meeting</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-B/f</p>	<p style="text-align: right;">7</p> <p>8:00 ZUMBA GOLD-B/f</p> <p>8:30 Footcare-PO</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilter-A</p> <p>10:00 Cape Cod Men's Club-C - Investment Group</p> <p>10:30 AA Closed Step Meeting</p> <p>10:45 NO YOGA</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Men's Sports Roundtable-A</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Tai Chi-B/f</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters & Quilters-A</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>5:00 Weight Watchers-B/f</p>	<p style="text-align: right;">8</p> <p>7:45 Dance Fit-B/b</p> <p>8:30 Tax Prep Training-A & B</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 NO Bingo</p> <p>9:30 FOYCOA BOARD MTG-C</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 NO Scrabble</p> <p>11:00 Staff Mtg-DKO</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-PO</p> <p>12:00 Cribbage-B/b</p> <p>1:30 Floating Bridge Group-B/b</p> <p>1:30 Raja Yoga-S</p> <p>3:00 Bit of Bliss Yoga-S</p>	<p style="text-align: right;">9</p> <p>8:00 ZUMBA GOLD-B/f</p> <p>8:30 Tax Prep Training-A & B</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>10:30 Co-ed Choral Group-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Cooking-K & B/f-1/10</p> <p>12:30 Men's Poker-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S</p> <p>1:30 Floating Bridge Group-S/b</p> <p>2:00 Grief Recovery Workshop-C</p> <p>3:00 Joe Guardino-B/f</p> <p>6:00 ZUMBA-F/B</p>	<p style="text-align: right;">10</p> <p>7:45 Dance Fit-B/b</p> <p>9:30 NO Bingo</p> <p>9:30 CC Men's Club Mtg-PO</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 Caregiver's Support Group-C</p> <p>10:30 NO YOGA</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-B/b</p> <p>12:30 Mahjongg -B/b</p> <p>3:00 Bit of Bliss Yoga-S</p>
<p style="text-align: right;">13</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 NO YOGA</p> <p>9:30 Legal Appointments-PO</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>1:00 Hearing Clinic-PO</p> <p>1:30 Floating Bridge Group-S</p> <p>2:00 American Legion-A</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA</p>	<p style="text-align: right;">14</p> <p>8:00 ZUMBA GOLD-B/f</p> <p>8:30 Footcare-PO</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilters-A</p> <p>10:30 AA Closed Step Meeting-B</p> <p>10:45 NO YOGA</p> <p>12:00 Men's Sports Roundtable-C</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 Tai Chi-B/f</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Sight Loss Services-C</p> <p>3:30 Age Friendly Comm Mtg-C</p> <p>3:00 Joe Guardino Fitness-B/b</p> <p>5:00 Weight Watchers</p>	<p style="text-align: right;">15</p> <p>7:45 Dance Fit-B/b</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 NO Bingo</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 Scrabble-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-PO</p> <p>12:00 Cribbage -B/b</p> <p>1:30 Buried in Treasure-C-1/16</p> <p>1:30 Floating Bridge Group-B/b</p> <p>1:30 Raja Yoga-S</p> <p>3:00 Bit of Bliss Yoga-S</p>	<p style="text-align: right;">16</p> <p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>10:00 Cape Cod Men's Club Energy Sessions-C</p> <p>10:30 Co-ed Choral Group-B/f</p> <p>11:00 Bereavement-C</p> <p>11:30 "Soups On"-A</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Cooking-K & B/f-2/10</p> <p>12:30 Men's Poker-S/f</p> <p>1:00 Hand & Foot-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S</p> <p>1:30 Floating Bridge Group-S</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 style="text-align: right;">17</p> <p>7:45 Dance Fit-B/b</p> <p>9:30 NO Bingo</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-A</p> <p>12:30 Mahjongg-B</p> <p>3:00 Bit of Bliss Yoga-S</p>
<p style="text-align: right;">20</p> <p>Senior Center Closed</p> <p>Martin Luther King Jr. Day</p>	<p style="text-align: right;">21</p> <p>8:00 ZUMBA GOLD-B/f</p> <p>8:30 Footcare-PO</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilters-A</p> <p>10:30 AA Closed Step Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Men's Sports Roundtable-C</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Garden Club-F/B</p> <p>1:00 Hand & Foot-S</p> <p>1:00 Tai Chi-B/f</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters & Quilters-A</p> <p>1:00 SCOPA-S/f</p> <p>4:00 Joe Guardino Fitness-B/f</p> <p>5:00 Weight Watchers-B/f</p>	<p style="text-align: right;">22</p> <p>7:45 Dance Fit-B/b</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 NO Bingo</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 Scrabble-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-PO</p> <p>12:00 Cribbage-B/b</p> <p>1:30 Floating Bridge Group-B/b</p> <p>1:30 Raja Yoga-S</p> <p>3:00 Bit of Bliss Yoga-S</p>	<p style="text-align: right;">23</p> <p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>11:30 NO Co-ed Choral Group</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Cooking-K & B/f-3/10</p> <p>12:30 Men's Poker-S/f</p> <p>1:00 Hand & Foot-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S</p> <p>1:30 Floating Bridge Group-S</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 style="text-align: right;">24</p> <p>7:45 Dance Fit-B/b</p> <p>9:00 Mobile Dental Hygiene-PO</p> <p>9:30 NO Bingo</p> <p>10:00 Joe Guardino-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 -B</p> <p>1:30 REAL ID RMV Presentation-B/f</p> <p>3:00 Bit of Bliss Yoga-S</p>
<p style="text-align: right;">27</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 NO YOGA</p> <p>9:30 Legal Appointments-PO</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>1:00 CC Civil War Roundtable-A</p> <p>1:00 CC Elder Abuse Coalition-B/f</p> <p>1:30 Floating Bridge Group-S</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA-F/B</p>	<p style="text-align: right;">28</p> <p>8:00 ZUMBA GOLD-B/f</p> <p>8:30 Footcare-PO</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilters-A</p> <p>10:30 AA Closed Step Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Men's Sports Roundtable-A</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 Tai Chi-B/f</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters & Quilters-A</p> <p>1:00 SCOPA-S/f</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>5:00 Weight Watchers-B/f</p>	<p style="text-align: right;">29</p> <p>7:45 Dance Fit-B/b</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 NO Bingo</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 Scrabble-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-PO</p> <p>12:00 Cribbage-B/b</p> <p>1:30 Floating Bridge Group-B/b</p> <p>1:30 Raja Yoga-S</p> <p>3:00 Bit of Bliss Yoga-S</p>	<p style="text-align: right;">30</p> <p>8:00 ZUMBA GOLD-B/f</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>11:30 Co-ed Choral Group</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Cooking-K & B/f-4/10</p> <p>12:30 Men's Poker-S/f</p> <p>1:00 Hand & Foot-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S</p> <p>1:30 Floating Bridge Group-S</p> <p>2:00 Parkinson's Support Group-B</p> <p>2:00 Grief Recovery Workshop-C</p> <p>3:00 Joe Guardino Fitness</p> <p>6:00 ZUMBA</p>	<p style="text-align: right;">31</p> <p>7:45 Dance Fit-B/b</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino-B/b</p> <p>10:30 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Book Club-C</p> <p>12:30 Contract Bridge-B/b</p> <p>12:30 Mahjongg Game Day-B</p> <p>3:00 Bit of Bliss Yoga-S</p>