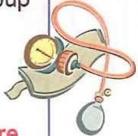


December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	2 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble	4 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color Chair Massage Call 508-693-2896 for appointment!	5
6	7 10:00 Gentle Pilates 11:15 Yoga 4:00 Qi Gong  	8 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free Blood Pressure Clinic 11:30-1:30	9 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	10 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble	11 8:15 Balletics 10:30 Yoga  1:00-3:00 Water Color	12
13	14 10:00 Gentle Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga 1:30 MV Museum: "Lois Maillou Jones" 4:00 Qi Gong	15 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	16 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Falmouth Shopping Trip Call 508-693-2896 to sign up Patti Mello Legal Clinic (508)477-0267	17 8:30 & 9:30 Strength Training 12:30 Lunch & Performance with the WT School to follow! Pre-registration required 1:00 Scrabble	18 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color Chair Massage Call 508-693-2896 for appointment! 	19
20	21 10:00 Gentle Pilates 11:15 Yoga 4:00 Qi Gong 	22 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	23 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Public Health Nurse 1pm-3pm	24 8:30 & 9:30 Strength Training Office Closes at 12:00pm 	25  Office Closed  	26
27	28 10:00 Gentle Pilates 11:15 Yoga 4:00 Qi Gong  *Pedi-Care Clinic* 508-693-2896	29 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	30 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	31 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble		