

THE WENHAMITE
JANUARY 2018 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>New Years Day</u>	2 <u>Closed</u>	3 <u>9:30 WCOA Van Enon to Acord</u>	4 <u>10:15 Blood Press Chk.</u> <u>10:30 Balance+</u> <u>12:00 Market Basket</u> <u>12:00 ADRD</u> <i>Caregiver Support Group Lunch</i> KUE Knitting 2pm	5 Bingo Enon 2-4pm
8 <u>9-12:00 SHINE</u> <i>1:00 Chair Pose Yoga w/Lisa</i> <u>Chair Massage - 2pm</u> 6:30 Bridge	9 11 - 12 Senator Tarr Rep. <i>Dick Curran</i> 10:30 MET Lecture 11:30 <i>Whole body strength w/ Dianna</i>	10 <u>9:30 WCOA Van to Acord</u>	11 <u>10:15 Blood Press Chk.</u> <u>10:30 Balance+</u> <u>12:00 Market Basket</u> RIFF Book Group <i>And the Mountain Echoed 2pm</i>	12 Bingo Enon 2-4pm
15 HOLIDAY Martin Luther King Day	16 10:30 MET Lecture 11:30 <i>Whole body strength w/ Dianna</i>	17 <u>9:30 WCOA Van to Acord</u> <u>Discussion group</u> <i>Finding a treasured recipe 10 -11:30</i>	18 <u>10:15 Blood Press Chk.</u> <u>10:30 Balance+</u> <u>12:00 Market Basket</u> KUE Knitting 2pm	19 Bingo Enon 2-4pm
22 <u>9-12:00 SHINE</u> <i>1:00 Chair Pose Yoga w/Lisa</i> <u>Chair Massage - 2pm</u> 6:30 Bridge	23 10:30 MET Lecture 11:30 <i>Whole body strength w/ Dianna</i>	24 Age Friendly Listening Session wenham connects 10-11:30am <u>PaintNite by Day</u> with Aleah - 2:00	25 <u>10:15 Blood Press Chk.</u> <u>10:30 Balance+</u> <u>12:00 Market Basket</u>	26 <u>PEM leaves at 10:00 am</u> <i>Georgia Okeeffe: Art, Image, Style</i> Bingo Enon 2-4pm
29 <u>9-12:00 SHINE</u> <i>1:00 Chair Pose Yoga w/Lisa</i> <u>Chair Massage - 2pm</u> 6:30 Bridge	30 10:30 MET Lecture 11:30 <i>Whole body strength w/ Dianna</i>	31 PODIATRIST Hamilton 9-12pm <u>9:30 WCOA Van to Acord</u>	<u>Underlined items require RSVP 978-468-5534</u>	2nd Sunday Open House at WCOA January 14th 1 pm - 4:00 pm

THE WENHAMITE
FEBRUARY 2018 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Underlined items</u> require RSVP 978-468-5534	2nd Sunday Open House at WCOA February 11th 1 pm - 4:00 pm		1 <u>10:15 Blood Press Chk.</u> <u>10:30 Balance+</u> <u>12:00 Market Basket</u> <u>12:00 ADRD</u> Caregiver Support Group Lunch KUE Knitting 2pm	2 Bingo Enon 2-4pm
5 <u>9-12:00 SHINE</u> 1:00 Chair Pose Yoga w/Lisa <u>Chair Massage - 2pm</u> 6:30 Bridge	6 11 - 12 Senator Tarr Rep. Dick Curran 10:30 MET Lecture 11:30 Whole body strength w/ Dianna	7 <u>9:30 WCOA Van Enon to Acord</u>	8 <u>10:15 Blood Press Chk.</u> <u>10:30 Balance+</u> <u>12:00 Market Basket</u> <u>12:00 ADRD</u> Caregiver Support Group Lunch RIFF Book Group Man called Ove 2pm	9 Bingo Enon 2-4pm
12 <u>9-12:00 SHINE</u> 1:00 Chair Pose Yoga w/Lisa <u>Chair Massage - 2pm</u> 6:30 Bridge	13 10:30 MET Lecture 11:30 Whole body strength w/ Dianna	14 <u>9:30 WCOA Van Enon to Acord</u>	15 <u>10:15 Blood Press Chk.</u> <u>10:30 Balance+</u> <u>12:00 Market Basket</u> <u>11:00H-W Low Vision Group at HCOA</u> <u>12:00 Market Basket</u> KUE Knitting 2pm	16 Cape Ann Museum Folly Cove Designs Departs at 9:15am Bingo Enon 2-4pm
19 HOLIDAY President's Day	20 10:30 MET Lecture 11:30 Whole body strength w/ Dianna	21 <u>9:30 WCOA Van Enon to Acord</u> PaintNite by Day with Aleah - 2:00	22 <u>10:15 Blood Press Chk.</u> <u>10:30 Balance+</u> <u>12:00 Market Basket</u> COA Board - 3pm	23 Bingo Enon 2-4pm
26 <u>9-12:00 SHINE</u> 1:00 Chair Pose Yoga w/Lisa <u>Chair Massage - 2pm</u> 6:30 Bridge	27 10:30 MET Lecture 11:30 Whole body strength w/ Dianna	28 <u>9:30 WCOA Van Enon to Acord</u>		