

	<i>January 2020</i>					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Office Hours: Monday- Friday 8:30- 4:00 Closed Holidays	Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class.	1 CLOSED Happy New Year! 	2 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	3 8:15 Balletics 10:30 Yoga 1:00 Watercolor	4
5	6 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga	7 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 2:00-3:00 Chilmark Library Clinic 3:00 Dance Free!	8 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic 508-477-0267	9 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 3:30-4:30 IGI Mobile Market	10 8:15 Balletics 10:30 Yoga 1:00 Watercolor 	11
12	13 9:00-10:00 Mindfulness Meditation with Ed Merck 10:30 Parkinson's Support Group 10:30 Yoga	14 8:30 & 9:30 Strength Training 9:30 Discussion 10:30-11:30 Blood Pressure Clinic 11:15-1:15 Writers Group 3:00 Dance Free!	15 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	16 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 3:30-4:30 IGI Mobile Market	17 8:15 Balletics 10:30 Yoga 1:00 Watercolor	18
19	20 CLOSED 	21 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 2:00 Felix Neck Birds of Prey Presentation! 3:00 Dance Free!	22 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	23 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 3:30-4:30 IGI Mobile Market	24 8:15 Balletics 10:30 Yoga  1:00 Watercolor	25
26	27 9:00-10:00 Mindfulness Meditation with Ed Merck 10:30 Yoga Pedicare Clinic Please call ahead	28 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	29 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	30 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 3:30-4:30 IGI Mobile Market	31 8:15 Balletics 10:30 Yoga 1:00 Watercolor	