

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED 	2 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	3 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	4 8:15 Balletics 10:00 Chair Massage, 20 min, \$20 10:30 Yoga 1:00 Watercolor	5
6	7 10:30 Yoga 5:00 Qi Gong	8 8:30 & 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Drawing & Coffee with Steve Engley-\$8 3:00 Dance Free!	9 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patty Mello Legal Clinic (508)477-0267	10 8:30 & 9:30 Strength Training 12:30 Lunch  1:30 Mah Jong	11 8:15 Balletics 10:30 Yoga 1:00 Watercolor	12
13	14 10:30 Yoga 10:30 Parkinsons Support Group 5:00 Qi Gong	15 8:30 & 9:30 Strength Training 9:30 Discussion 10-11 Blood Pressure Clinic 2:00- 3:30 Drawing & Coffee with Steve Engley-\$8 3:00 Dance Free!	16 8:15 Balletics 10:30 Yoga  1:00 Mah Jong	17 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	18 8:15 Balletics 10:00 Chair Massage, 20 min, \$20 10:30 Yoga 1:00 Watercolor	19
20	21 CLOSED 	22 8:30 & 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Drawing & Coffee with Steve Engley-\$8 3:00 Dance Free!	23 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	24 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 	25 8:15 Balletics 10:30 Yoga 1:00 Watercolor	26
27	28 10:30 Yoga Pedi- Care Clinic 5:00 Qi Gong	29 8:30 & 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Drawing & Coffee with Steve Engley-\$8 3:00 Dance Free!	30 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	31 8:30 & 9:30 Strength Training  12:30 Lunch 1:30 Mah Jong	Office Hours: Monday- Friday 8:30am- 4:00pm Closed Holidays	

Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly known as Food Stamps)
- Government Surplus Food Distribution
- Notary Services
- Lifeline and Be Safer At Home
- Durable Medical Equipment
- Telephone Reassurance Calls
- File of Life
- SHINE (insurance specialist)

Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

PLEASE NOTE: The Tuesday Writing group has gone on hiatus until the spring.

****Please Note the January Blood Pressure Clinic will be held on Tuesday, January 15th this month.****

Chair Massage

Select Fridays 10:00-12:00
20 minute appointments \$20 (Cash only)
Call to make your appointment!

Falmouth Shopping Trip

On break for the winter
Our next trip will be in the spring! Keep an eye out for the date!

Drawing and Coffee w/Steve Engley

Tuesdays, \$8.00

All skill levels and mediums welcomed. Drawing materials supplied. Light Refreshments.
RSVP preferred for planning purposes, but drop-ins welcome!

SNAP AND FUEL ASSISTANCE

Contact us for help in applying for these and other benefits, or general help with referrals and other support services. 508-693-2896

Pedi-Care Clinic

Monday, January 28 - \$30

The next pedi-care clinic is coming up. Registered Nurse, Michelle, will trim nails and check for foot health problems. Space is limited, please call 508-693-2896 to reserve a space.

