SEPTEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Pleasant Street Center will be closed in honor of Labor Day**	2 **8:30 Burbank YMCA** 9:00 Motion to Music **9:30 Art Lessons** **12:00 Lunch** **1:00 Bingo** Macaroni & cheese or Roast beef and Swiss	3 **8:45 Neighborhood Shopping** 9:15 Zumba **9:30 Klickity Klack** 10:00 Billiards **12:00 Labor Day Special Lunch** **1:30 Neighborhood Shopping** BBQ pulled pork w/Special Dessert	4 **8:30 Burbank YMCA** **8:45 CG Shopping** 9:00 Motion to Music 9:00 Facials 9:00 Chair Massage 12:30 MAH JONGG 1:00 Computers **1:00 Movie** Greek chicken or Seafood salad sandwich	5 **8:45 FTD Shopping** **9:00 BEST** 10:00 Painting **12:00 Lunch** 12:45 Party Bridge 1:00 AA 1:00 Chess Fish/ broccoli cheese or Egg salad
8 9:15 Zumba 12:00 Podiatry 12:00 Lunch 1:00 Cribbage 6:30 COA Turkey divan or Seafood salad sandwich	9 **8:30 Burbank YMCA** 9:00 Motion to Music **10:15 DeClutter** **9:30 Art Lessons** 11:00 Beyond Brain Yoga **12:00 Lunch** **1:00 Bingo** 1:00 Gentle Chair Yoga Tortellini with marina or Turkey and Swiss cheese sandwich	10 **8:45 Neighborhood Shopping** 9:15 Zumba **9:30 Klickity Klack** **10:00 Computers w/John** & Dick 10:00 Billiards **10:00 Low Vision Group** **12:00 Lunch** 1:00 Quilting 1:30 Parkinson Support **1:30 Neighborhood Shopping** Sweet potato crusted fish or California chicken	11 **8:30 Burbank YMCA** **8:45 CG Shopping** 9:00 Motion to Music **11:00 Blood Pressure** **12:00 Lunch/Apple Bake Off** 12:30 MAHJONGG 1:00 Computers 1:00 Games on Big Screen Baked chicken or Vegetarian chef's salad	12 **8:45 FTD Shopping** **9:00 BEST** 10:00 Painting **12:00 Lunch** 12:45 Party Bridge 1:00 AA 1:00 Chess Spinach and red pepper quiche or Roast beef/cheddar cheese sandwich
15 **9:00 Wal-Mart** 9:15 Zumba 9:30 **Hairdresser** 11:00 Yoga **12:00 Lunch** 1:00 Cribbage **1:00 Woburn Mall, Target, Kohl's** Chicken with creamy Italian sauce or Egg salad	16 **8:30 Burbank YMCA** 9:00 Motion to Music **9:30 Art Lessons** 11:00 Beyond Brain Yoga **12:00 Lunch** **1:00 Bingo** 1:00 Gentle Chair Yoga Salmon with dill sauce or Ham and Swiss	17 **8:45 Neighborhood Shopping** **9:30 Klickity Klack** **10:00 Health Fair** 10:00 Billiards **10:00 Computers w/John** & Dick **12:00 Boxed Lunch in Arts & Crafts Rm** **1:30 Neighborhood Shopping** Boxed Lunch upstairs - Tuna salad sandwich served with macaroni salad, broccoli slaw and Mixed fruit dessert.	18 **8:30 Burbank YMCA** **8:45 CG Shopping** 9:00 Motion to Music 9:00 Facials 9:00 Chair Massage **12:00 Lunch Traveling Chef** 12:30 MAH JONGG 1:00 Computers 1:00 Book Club Panini Grill: Chicken Parm or Italian Sand-	19 * **8:45 FTD Shopping** **9:00 BEST** 10:00 Painting 10:00 SHINE **12:00 Lunch** 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Sen. Lewis Lentil stew or Chicken pesto Caesar
22 **9:00 Downtown Errands, Calareso, Library** 9:15 Zumba 11:00 Yoga **12:00 Birthday Lunch** 1:00 Cribbage **1:00 Redstone** Beef stroganoff or California chicken salad sandwich	23 **8:30 Burbank YMCA** 9:00 Motion to Music **9:30 Art Lessons** 11:00 Beyond Brain Yoga **12:00 Lunch** **1:00 Bingo** 1:00 Gentle Chair Yoga BBQ chicken or Seafood salad sandwich	24 **8:45 Neighborhood Shopping** 9:15 Zumba **9:30 Klickity Klack** **10:00 Computers w/John** & Dick 10:00 Billiards **12:00 Lunch** 1:00 Quilting **1:30 Neighborhood Shopping** Salmon boat or Chef salad	25 **8:30 Burbank YMCA** **8:45 CG Shopping** 9:00 Motion to Music 9:00 Chair Massage **11:00 Blood Pressure** **12:00 Lunch** 12:30 MAH JONGG 1:00 Computers 1:00 MBTA - CharlieCard Roasted turkey w/gravy or Cottage cheese and fruit plate	26 **8:45 FTD Shopping** **9:00 BEST** 10:00 Painting **12:00 Lunch** 12:45 Party Bridge 1:00 AA 1:00 Chess Stuffed shells or Turkey and Swiss cheese sandwich
29 **9:00 Woburn Mall, Target ,Kohl's** 9:15 Zumba 11:00 Yoga **12:00 Lunch** 1:00 Cribbage **1:00 Wal-Mart** Chicken marsala or Tuna salad sandwich	30 **8:30 Burbank YMCA** 9:00 Motion to Music **9:30 Art Lessons** 11:00 Beyond Brain Yoga **12:00 Lunch & Learn—Breath** **1:00 Bingo** 1:00 Gentle Chair Yoga Meatloaf or Chicken salad sandwich		**IMPORTANT VAN INFORMATION PLEASE READ** **These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed.**	**ABBREVIATIONS** CG = Cedar Glen FTD = Frank Tanner Drive **EVERYTHING IN BOLD TRANSPORTATION IS AVAILABLE**

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