

Tiverton Senior Center  
 207 Canonicus Street  
 Tiverton, RI 02878  
 Telephone 401-625-6790 Fax 401-625-6793

## October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Exercise w/ Deb 9-3 Quilting for Charity <b>1:30 Chair Yoga</b> <b>3:00 Care Givers Support Group Meeting</b>	4 9:00 Walk Away the Pounds 9:00 SHIP <b>1:00 Watercolor</b> 1:00 Games	5 9:00 Exercise w/Deb 12:30 Chorus 1:30 Games	6 9:00 Walk Away the Pounds 9:30 TOPS 1:00 Knitting for Charity	7 <b>9:00 Exercise w/Deb</b> 11:30 Mahjong 1:00 Bingo
10 <b>CLOSED IN OBSERVANCE OF COLUNBUS DAY</b>	11 9:00 Walk Away the Pounds 9:00 SHIP <b>1:00 Watercolor</b> 1:00 Games	12 9:00 Exercise w/Deb 12:30 Chorus 1:00 Games	13 9:00 Walk Away the Pounds 9:30 TOPS <b>10:30 URI Outreach Program Autoimmune &amp; Inflammatory</b> 1:00 Knitting for Charity	14 <b>9:00 Exercise w/Deb</b> 11:30 Mahjong 1:00 Bingo
17 <b>9:00 Exercise w/Deb</b> 9-3 Quilting for Charity <b>1:30 Chair Yoga</b>	18 9:00 Walk Away the Pounds 9:00 SHIP <b>10:00 Words 4 Wisdom Book Club w/Prudence Fallon</b> <b>1:00 Watercolor</b> 1:00 Games	19 9:00 Exercise w/Deb 12:30 Chorus 1:00 Games	20 <b>No Walking Today</b> 9:30 TOPS <b>9:30 - 11 Flu Shot Clinic</b> <b>No Center Meeting Today</b> Birthdays at Lunch 1:00 Knitting for Charity	21 <b>9:00 Exercise w/Deb</b> 11:30 Mahjong 1:00 Bingo
24 <b>9:00 Exercise w/Deb</b> 9-3 Quilting for Charity <b>1:30 Chair Yoga</b> <b>3:00 Care Givers Support Group Meeting</b>	25 9:00 Walk Away the Pounds 9:00 SHIP <b>1:00 Watercolor</b> 1:00 Games	26 9:00 Exercise w/Deb 12:30 Chorus 1:00 Games	27 9:00 Walk Away the Pounds 9:30 TOPS 1:00 Knitting for Charity	28 <b>9:00 Exercise w/Deb</b> 9 - 3 Open Enrollment Day 11:30 Mahjong <b>1:00 Halloween Bingo</b>
31 <b>9:00 Exercise w/Deb</b> 9-3 Quilting for Charity <b>10:30 BlueChip Updates w/Maria Tatosian</b> <b>1:30 Chair Yoga</b>			<b>Lions Club Annual Cookout Saturday, October 8, 2016</b> <b>Lunch will be served promptly at 11:30.</b> <b>Please sign up in office by Wednesday, October 5.</b>	