

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL MEALS ON WHEELS HOME DELIVERY CALL TRI VALLEY 1-800-286-6640 Meals on Wheels Menu for DECEMBER - TBA			NOVEMBER 1 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 11:45 Strength & Stretch 1:00 Cribbage 1:15 Safe Exercise Salisbury Steak	NOVEMBER 2 8:00 Walking Group 8:45 Threadhead Quilters Group 8:15 Advanced Tap Dance 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® Potato Crunch Fish
NOVEMBER 5 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise Chicken Picatta	NOVEMBER 6 7:00 ELECTION DAY 8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg Meatballs with Onion Gravy	NOVEMBER 7 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess Marinated Pork Loin	NOVEMBER 8 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Strength & Stretch 1:00 Cribbage 1:15 Safe Exercise BBQ Chicken	NOVEMBER 9 8:00 Walking Group 8:15 Beginner / Review Tap Dance 8:45 Threadhead Quilters Group 9:00 VETERANS BREAKFAST 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® Macaroni & Cheese
 CLOSED - VETERANS' DAY	NOVEMBER 13 8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 12:30 RED HAT SOCIETY 1:00 Mah Jongg Chicken Fajitas	NOVEMBER 14 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess Hot Dog	NOVEMBER 15 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Strength & Stretch 12:30 THANKSGIVING DINNER 1:00 Cribbage 1:15 Safe Exercise Beef with Onions & Peppers	NOVEMBER 16 8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® Salmon Boat with Dill Sauce
NOVEMBER 19 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise Beef Stew	NOVEMBER 20 8:00 Walking Group 9:15 Tap Dance 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg Roast Turkey	NOVEMBER 21 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1/2 DAY CLOSING AT 1:00 Baked Potato with Chili & Cheese	 HAPPY THANKSGIVING!	NOVEMBER 23 8:00 Walking Group 8:45 Threadhead Quilters Group 9:00 Hairdresser NO FITNESS CLASSES GYM OPEN Shepherds Pie
NOVEMBER 26 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise Chicken Mornay	NOVEMBER 27 8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg Meatloaf	NOVEMBER 28 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess Roast Pork	NOVEMBER 29 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP 10:00 MINGLING TINSEL WITH TEARS 10:30 Line Dancing 11:45 Strength & Stretch 1:00 Cribbage 1:15 Safe Exercise Lasagna	NOVEMBER 30 8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® 12:30 FREE MOVIE Haddock with Cream Sauce
DECEMBER 3 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise	DECEMBER 4 8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	DECEMBER 5 8:00 Walking Group 9:00 POINSETTA BREAKFAST 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	DECEMBER 6 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 11:45 Strength & Stretch 1:00 Cribbage 1:15 Safe Exercise	DECEMBER 7 8:00 Walking Group 8:15 Beginner / Review Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®
DECEMBER 10 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise	DECEMBER 11 8:00 Walking Group 9:15 Tap Dance 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 12:30 RED HAT SOCIETY 1:00 Mah Jongg	DECEMBER 12 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 SUPER BINGO 1:00 Chess	DECEMBER 13 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 HOLIDAY BOSTON POPS 10:30 Line Dancing 11:45 Strength & Stretch 1:00 Cribbage 1:15 Safe Exercise	DECEMBER 14 8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®
DECEMBER 17 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise	DECEMBER 18 8:00 Walking Group 9:15 Tap Dance 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	DECEMBER 19 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	DECEMBER 20 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Strength & Stretch 12:30 HEALTHY LIVING LUNCHEON ANNUAL HOLIDAY PARTY 1:00 Cribbage 1:15 Safe Exercise	DECEMBER 21 8:00 Walking Group 8:15 Beginner / Review Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® 12:30 FREE MOVIE
DECEMBER 24 8:00 Walking Group NO FITNESS CLASSES GYM OPEN 1/2 DAY CLOSING AT 1:00	 MERRY CHRISTMAS!	DECEMBER 26 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	DECEMBER 27 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Strength & Stretch 1:00 Cribbage 1:15 Safe Exercise	DECEMBER 28 8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®
DECEMBER 31 8:00 Walking Group 8:30 Express Muscle & Mat 9:30 Cribbage 9:30 Barre Above® 10:00 NEW YEAR'S PARTY 1/2 DAY CLOSING AT 1:00				