

William B. Cashin Senior Activities Center – Dec. 2004 Events

Daily Activities

Time	Activity	Room
MONDAY		
9-11	PLASTIC CANVAS	CRAFT
8-11	FREE COMPUTER TIME	COMPUTER
12:15	BRIDGE	GAME
12:45	REGULAR WHIST	MULTI PUR 2
1-4	FREE COMPUTER TIME	COMPUTER
1:00	NURSE IS IN	CONF
12:45	MICHIGAN RUMMY	MULTI PUR 2
1-3	CERAMICS *	CRAFT
2:45	GENTLE YOGA **	EXERCISE
TUESDAY		
9:30	ADV. LINE DANCING	MULTI PUR 2
9-11	FREE COMPUTER TIME	COMPUTER
10-11	QUIL TING*	CRAFT
1:00	FUN WITH WATERCOLORS*	
1:00	CRIBBAGE	GAME
1:00	COMPUTER GREET. CARD	COMPUTER
1-4	POCKETBOOK THERAPY*	CONF.
1:00	SENIOR FITNESS**	EXERCISE
1:30	BINGO	MULTI PUR 2
8-12	FREE POOL/TABLE TENNIS	GAME
6:30 PM	BEG. T'AI CHI**	EXERCISE
WEDNESDAY		
9-11	PLASTIC CANVAS	CRAFT
9-1:30	MASSAGE THERAPY*	CONF
10:30	SENIOR AEROBICS**	EXERCISE
12-1	1 ON 1 WITH JEFF	PARLOR
1-3	SCRAPBOOKING*	CRAFT
1-3	CRIBBAGE	GAME
1:00	COMPUTER CLASS*	LAB
1:30	BINGO	MULTI PUR 2
THURSDAY		
10-11 :30	BEG. LINE DANCING	MULTI PUR 1
10:00	ACRYLIC PAINTING*	CRAFT
12:15	BRIDGE	GAME
12:30	TOC	MULTI PUR 1
12:45	BID WHIST	MULTI PUR 2
1:00	SENIOR FITNESS**	EXERCISE
2:00	BACK INTO ACTION**	EXERCISE
1:00	QUIL TING*	CRAFT
1-4	POCKETBOOK THERAPY*	CONF
1:00	SCRABBLE	CRAFT
FRIDAY		
9:00	PLASTIC CANVAS	CRAFT
10:30	SENIOR AEROBICS**	EXERCISE
1:00	CERAMICS*	CRAFT
1:00	COMPUTER CLASSES*	COMPUTER
1:00	BID WHIST	MULTI PUR 2
1:00	MICHIGAN RUMMY	MULTI PUR 1
SATURDAY		
12:00	SCAT	GAME
1 :00	CRIBBAGE	GAME

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1 11am Cooking for 1** 11am Hearing Screening*	2	3	4
5	6 9-1 Flu Shot Clinic*	7 11-3 Christmas Party at Chateau*	8 9am Ticket Sales New Year's Eve Party*	9 10am Ticket Sales for Mayor's Christmas Dinner	10	11
12	13	14 11am Foods That Fight Flu & Colds	15 12:30pm History of Public Health in Manchester	16 9am West High Alumni Meeting 5pm Christmas Light Tour	17 12:30-3:30 Mayor's Christmas Diner @ Center of NH	18
19	20	21	22	23	24 Christmas Eve Center & Community Dining Closed	25 MERRY CHRISTMAS
26	27	28	29	30 St. Joseph's Community Dining New Year Special***	31 New Year's Eve Party Doors Open at 10:30 No Reg. Activities*	1
2	3	4	5	6	7	8

* Denotes a need to register at The Senior Center (624-6536)

** Denotes a need to register at Prime Time (663-6333)

*** Denotes a need to register with St. Josephs (668-0254)