

SUN MON TUE WED THUR FRI SAT

<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 11:00 Circuit Training (Fitness Studio) 12:00 Treasure Cove Open for Sales (Building 3 Garage) 2:00 Ping Pong (Fitness Studio) 2:00 Group Fitness Training (Fitness Center) 3:30 Taoist Tai Chi - Health Recovery (Fitness Studio) 4:00 October Birthday Reception (Private Dining Room)</p>	<p>1</p>	<p>6:30 Open Swim (Pool) 7:45 Group Fitness Training (Fitness Center) 9:00 Water Aerobics (Pool) 10:00 Support Group for those Living with Early Stages of Memory Loss (Private Dining Room) 10:00 Market Basket Shopping (North Andover) 10:00 Group Fitness Training (Fitness Center) 11:00 Book Club One (Arts & Crafts Room) 11:30 ELL Program - Today's News with Ken Goldstein (Clubhouse Conference Room) 1:00 Rock Steady Boxing Class (Fitness Studio) 2:00 Play Pool (Pool Room) 3:00 Horseshoes (Bistro Lawn (weather permitting)) 3:15 Bingo (Arts & Crafts Room) 3:30 Meditation (Clubhouse Conference Room) 4:00 Men's Night (Pub) 7:30 Bridge Club (Auditorium)</p>	<p>2</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga - CANCELLED (Fitness Studio) 10:00 Strength Training-CANCELLED (Fitness Studio) 11:00 Circuit Training - CANCELLED (Fitness Studio) 1:00 Technical Assistance Available (Resident Computer Room) 2:00 Group Fitness Training-CANCELLED (Fitness Center) 2:00 Ping Pong (Fitness Studio) 2:00 Play Pool (Pool Room) 5:00 Group Rosary (Resident Card Room)</p>	<p>3</p>	<p>6:30 Open Swim (Pool) 7:45 Group Fitness Training (Fitness Center) 9:00 Water Aerobics (Pool) 10:00 Market Basket Shopping (North Andover) 10:00 Group Fitness Training (Fitness Center) 1:00 Watercolor Class (Arts & Crafts Room) 1:00 Rock Steady Boxing Class (Fitness Studio) 2:00 Play Pool (Pool Room) 3:00 Taoist Tai Chi - New Beginner (Fitness Studio) 4:00 Ladies' Night (Pub) 7:30 Social Poker (The Carriage Room)</p>	<p>4</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 10:30 Acrylic Painting Class with Karen Keenan Takis of Express Yrself (Arts & Crafts Room) 10:30 ELL Program - What's On Your Mind? (Auditorium) 11:00 Seated Yoga (Fitness Studio) 2:00 Ping Pong (Fitness Studio) 2:00 Movie "The Big Heat" (Channel 918) 7:30 Movie - "The Big Heat" (Channel 918)</p>	<p>5</p>	<p>9:00 Taoist Tai Chi New Beginner (Fitness Studio) 10:00 Ladies' Pool (Pool Room) 10:00 Taoist Tai Chi Set Review (Fitness Studio) 10:30 Creative Cards (Arts & Crafts Room) 11:00 Taoist Tai Chi - Health Recovery (Fitness Studio) 2:00 Movie "The Bridges of Madison County" (Channel 918) 3:30 Transportation to St. Michael's Church (North Andover) 4:00 ELL Program - Great Video Series - Native Peoples of North America (ELL Classroom) 7:30 Movie "The Bridges of Madison County" (Channel 918)</p>	<p>6</p>		
<p>9:30 Transportation to Christ Church (Andover) 10:00 Catholic Communion Service (Auditorium) 10:00 Transportation to South Church (Andover) 2:00 Movie - "The Hollars" (Channel 918) 4:00 Wine and Cheese Reception (Art Gallery) 7:30 Movie - "The Hollars" (Channel 918)</p>	<p>7</p>	<p>Columbus Day 6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 11:00 Circuit Training (Fitness Studio) 1:30 Cuddle Dolls (Arts & Crafts Room) 2:00 Ping Pong (Fitness Studio) 2:00 Group Fitness Training (Fitness Center) 3:30 Taoist Tai Chi - Health Recovery (Fitness Studio)</p>	<p>8</p>	<p>6:30 Open Swim (Pool) 7:45 Group Fitness Training (Fitness Center) 9:00 Water Aerobics (Pool) 10:00 Market Basket Shopping (North Andover) 10:00 Open Council Planning Meeting (Auditorium) 10:00 Caregiver Support Group (Private Dining Room) 10:00 Group Fitness Training (Fitness Center) 11:15 Bible Study (Resident Card Room) 11:30 ELL Program - Today's News with Ken Goldstein (Clubhouse Conference Room) 1:00 Rock Steady Boxing Class (Fitness Studio) 2:00 Play Pool (Pool Room) 2:00 Edgewood Singers (Carriage Room) 3:00 Staff/Resident Horseshoe Tournament (Bistro Lawn (weather permitting)) 3:15 Bingo (Arts & Crafts Room) 3:30 Meditation (Clubhouse Conference Room) 4:00 Men's Night (Pub) 7:30 Bridge Club (Auditorium)</p>	<p>9</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 11:00 Circuit Training (Fitness Studio) 1:00 Technical Assistance Available (Resident Computer Room) 2:00 Group Fitness Training (Fitness Center) 2:00 Ping Pong (Fitness Studio) 2:00 Play Pool (Pool Room) 5:00 Group Rosary (Resident Card Room)</p>	<p>10</p>	<p>6:30 Open Swim (Pool) 7:45 Group Fitness Training (Fitness Center) 9:00 Water Aerobics (Pool) 10:00 Market Basket Shopping (North Andover) 10:00 ELL Program - Jump Start Your Memoir with Andrea Cleghorn (ELL Classroom) 10:00 Group Fitness Training (Fitness Center) 1:00 Watercolor Class (Arts & Crafts Room) 1:00 Rock Steady Boxing Class (Fitness Studio) 2:00 Play Pool (Pool Room) 3:00 Taoist Tai Chi - New Beginner (Fitness Studio) 4:00 Ladies' Night (Pub) 7:30 Social Poker (The Carriage Room)</p>	<p>11</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 10:30 ELL Program - What's On Your Mind? (Auditorium) 2:00 Ping Pong (Fitness Studio) 2:00 Movie "Advanced Style" (Channel 918) 7:30 Movie - "Advanced Style" (Channel 918)</p>	<p>12</p>	<p>9:00 Taoist Tai Chi New Beginner (Fitness Studio) 10:00 Ladies' Pool (Pool Room) 10:00 Taoist Tai Chi Set Review (Fitness Studio) 11:00 Taoist Tai Chi - Health Recovery (Fitness Studio) 2:00 Movie "Tess" (Channel 918) 3:30 Transportation to St. Michael's Church (North Andover) 4:00 ELL Program - Great Video Series - Native Peoples of North America (ELL Classroom) 7:30 Movie "Tess" (Channel 918)</p>	<p>13</p>
<p>9:30 Transportation to Christ Church (Andover) 10:00 Catholic Communion Service (Auditorium) 10:00 Transportation to South Church (Andover) 2:00 Movie - "Blessed Is the Match: The Life and Death of Hannah Senesh" (Channel 918) 7:30 Movie - "Blessed Is the Match: The Life and Death of Hannah Senesh" (Channel 918)</p>	<p>14</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 10:00 Treasure Cove Receiving (Auditorium) 11:00 Circuit Training (Fitness Studio) 2:00 Ping Pong (Fitness Studio) 2:00 Group Fitness Training (Fitness Center) 3:30 Taoist Tai Chi - Health Recovery (Fitness Studio)</p>	<p>15</p>	<p>6:30 Open Swim (Pool) 7:45 Group Fitness Training (Fitness Center) 9:00 Water Aerobics (Pool) 10:00 Market Basket Shopping (North Andover) 10:00 Group Fitness Training (Fitness Center) 10:30 Book Club II (Arts & Crafts Room) 11:15 Bible Study with Rev. Hughes (Resident Card Room) 1:00 Rock Steady Boxing Class (Fitness Studio) 2:00 Play Pool (Pool Room) 3:00 Horseshoes (Bistro Lawn (weather permitting)) 3:15 Bingo (Arts & Crafts Room) 3:30 Meditation (Clubhouse Conference Room) 4:00 Men's Night (Pub)</p>	<p>16</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 11:00 Circuit Training (Fitness Studio) 1:00 Technical Assistance Available (Resident Computer Room) 2:00 Group Fitness Training (Fitness Center) 2:00 Ping Pong (Fitness Studio) 2:00 Play Pool (Pool Room) 5:00 Group Rosary (Resident Card Room) 7:30 South Church Service (Auditorium)</p>	<p>17</p>	<p>6:30 Open Swim (Pool) 7:45 Group Fitness Training (Fitness Center) 9:00 Water Aerobics (Pool) 10:00 Market Basket Shopping (North Andover) 10:00 Resident Council Meeting (Auditorium) 10:00 ELL Program - Jump Start Your Memoir with Andrea Cleghorn (ELL Classroom) 10:00 Group Fitness Training (Fitness Center) 1:00 Watercolor Class (Arts & Crafts Room) 1:00 Rock Steady Boxing Class (Fitness Studio) 2:00 Play Pool (Pool Room) 2:00 Social Club Open House (Social Club) 3:00 Taoist Tai Chi - New Beginner (Fitness Studio) 4:00 Ladies' Night (Pub) 4:00 Relaxing Chair Massage (Rokous Clinic) 7:30 Social Poker (The Carriage Room) 7:30 Bridge Club (Auditorium)</p>	<p>18</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 10:30 ELL Program - What's On Your Mind? (Auditorium) 11:00 Seated Yoga (Fitness Studio) 11:00 Boston Symphony Orchestra (Boston) 1:30 Let's Talk About It with Nancy and Paula (Auditorium) 2:00 Ping Pong (Fitness Studio) 2:00 Movie "Four Weddings and a Funeral" (Channel 918) 7:30 Movie - "Four Weddings and a Funeral" (Channel 918)</p>	<p>19</p>	<p>9:00 Taoist Tai Chi New Beginner (Fitness Studio) 10:00 Ladies' Pool (Pool Room) 10:00 Taoist Tai Chi Set Review (Fitness Studio) 11:00 Taoist Tai Chi - Health Recovery (Fitness Studio) 12:00 Metropolitan Opera - Samson et Dalila by Saint-Saens (Showcase Cinemas, Lowell) 2:00 Movie "All That Jazz" (Channel 918) 3:30 Transportation to St. Michael's Church (North Andover) 4:00 ELL Program - Great Video Series - Native Peoples of North America (ELL Classroom) 7:30 Movie "All That Jazz" (Channel 918)</p>	<p>20</p>
<p>9:30 Transportation to Christ Church (Andover) 10:00 Catholic Communion Service (Auditorium) 10:00 Transportation to South Church (Andover) 1:30 Merrimack Valley Philharmonic Orchestra-Bernstein and Friends Centennial Celebration (Plaistow, NH) 2:00 Movie - "Breathe" (Channel 918) 4:00 Trivial Pursuit (Auditorium) 7:30 Movie - "Breathe" (Channel 918)</p>	<p>21</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 10:00 Coffee Chat-Meet the Senior Leadership Team (Auditorium) 11:00 Circuit Training (Fitness Studio) 11:00 Stay Sharp and Get in the Game! (Arts & Crafts Room) 1:30 Cuddle Dolls (Arts & Crafts Room) 2:00 Ping Pong (Fitness Studio) 2:00 Group Fitness Training (Fitness Center) 3:30 Taoist Tai Chi - Health Recovery (Fitness Studio) 7:30 Art Appreciation with Jane Oneal- Silent Symphony Music and Dance in Art (Auditorium)</p>	<p>22</p>	<p>6:30 Open Swim (Pool) 7:45 Group Fitness Training (Fitness Center) 9:00 Water Aerobics (Pool) 10:00 Market Basket Shopping (North Andover) 10:00 Caregiver Support Group (Private Dining Room) 10:00 Group Fitness Training (Fitness Center) 11:30 ELL Program - Today's News with Ken Goldstein (Clubhouse Conference Room) 1:00 Rock Steady Boxing Class (Fitness Studio) 2:00 ELL Program - Meditation: What is it? How is it Done? (ELL Classroom) 2:00 Play Pool (Pool Room) 2:00 Edgewood Singers (Carriage Room) 3:00 Horseshoes (Bistro Lawn (weather permitting)) 3:15 Bingo (Arts & Crafts Room) 3:30 Meditation (Clubhouse Conference Room) 4:00 Men's Night (Pub) 7:30 Bridge Club (Auditorium)</p>	<p>23</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 9:30 Windrush Farm (North Andover) 10:00 Strength Training (Fitness Studio) 11:00 Circuit Training (Fitness Studio) 1:00 Technical Assistance Available (Resident Computer Room) 2:00 Group Fitness Training (Fitness Center) 2:00 Ping Pong (Fitness Studio) 2:00 Play Pool (Pool Room) 5:00 Group Rosary (Resident Card Room) 7:30 Duplicate Bridge (Auditorium)</p>	<p>24</p>	<p>6:30 Open Swim (Pool) 7:45 Group Fitness Training (Fitness Center) 9:00 Water Aerobics (Pool) 10:00 Market Basket Shopping (North Andover) 10:00 ELL Program - Jump Start Your Memoir with Andrea Cleghorn (ELL Classroom) 10:00 Group Fitness Training (Fitness Center) 1:00 Watercolor Class (Arts & Crafts Room) 1:00 Rock Steady Boxing Class (Fitness Studio) 2:00 The Golden Days of Television with Mel Simons (Auditorium) 2:00 Investment Club (Clubhouse Conference Room) 2:00 Play Pool (Pool Room) 3:00 Taoist Tai Chi - New Beginner (Fitness Studio) 3:30 Christ Church Episcopal Service (Resident Card Room) 4:00 Ladies' Night (Pub) 7:30 Social Poker (The Carriage Room)</p>	<p>25</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 10:30 ELL Program - What's On Your Mind? (Auditorium) 11:00 Boston Symphony Orchestra (Boston) 11:00 Seated Yoga (Fitness Studio) 1:00 Shabbat (Back Section of the Main Dining Room (Please note location change)) 2:00 Halloween Party (Auditorium) 2:00 Ping Pong (Fitness Studio) 2:00 Movie "Tommy's Honour" (Channel 918) 7:30 Movie - "Tommy's Honour" (Channel 918)</p>	<p>26</p>	<p>9:00 Taoist Tai Chi New Beginner (Fitness Studio) 10:00 Ladies' Pool (Pool Room) 10:00 Taoist Tai Chi Set Review (Fitness Studio) 11:00 Taoist Tai Chi - Health Recovery (Fitness Studio) 12:00 Metropolitan Opera - Fanciulla del West by Puccini (Showcase Cinemas, Lowell) 2:00 Movie "Monkey Kingdom" (Channel 918) 3:30 Transportation to St. Michael's Church (North Andover) 4:00 ELL Program - Great Video Series - Native Peoples of North America (ELL Classroom) 7:30 Movie "Monkey Kingdom" (Channel 918)</p>	<p>27</p>
<p>9:30 Transportation to Christ Church (Andover) 10:00 Catholic Communion Service (Auditorium) 10:00 Transportation to South Church (Andover) 2:00 Movie - "Been Rich All My Life" (Channel 918) 2:30 New England Brass Band (Merrimack College, North Andover) 7:30 Movie - "Been Rich All My Life" (Channel 918)</p>	<p>28</p>	<p>6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 11:00 Circuit Training (Fitness Studio) 11:00 Mobility Support Group (Resident Card Room) 1:30 ELL Program - Mistral: Unstuffy, Unpredictable, Unmatched. Connecting with one's audience. It's not all about the notes! Presented by Julie Scolnik (Auditorium) 2:00 Ping Pong (Fitness Studio) 2:00 Group Fitness Training (Fitness Center) 3:30 Taoist Tai Chi - Health Recovery (Fitness Studio) 7:30 ELL Program - Leaving the Troubles Behind: Images & Narratives from Northern Ireland Presented by Kathy Cain (Auditorium)</p>	<p>29</p>	<p>6:30 Open Swim (Pool) 7:45 Group Fitness Training (Fitness Center) 9:00 Water Aerobics (Pool) 10:00 Market Basket Shopping (North Andover) 10:00 Group Fitness Training (Fitness Center) 11:30 ELL Program - Today's News with Ken Goldstein (Clubhouse Conference Room) 1:00 Rock Steady Boxing Class (Fitness Studio) 1:30 Catholic Mass (ELL Classroom) 2:00 Play Pool (Pool Room) 3:00 Horseshoes (Bistro Lawn (weather permitting)) 3:15 Bingo (Arts & Crafts Room) 3:30 Meditation-Cancelled (Clubhouse Conference Room) 4:00 Men's Night (Pub) 7:30 Bridge Club (Auditorium)</p>	<p>30</p>	<p>Halloween 6:30 Open Swim (Pool) 8:45 Yoga (Fitness Studio) 10:00 Strength Training (Fitness Studio) 10:00 Shopping Trip to the Merrimack Outlets (Merrimack, NH) 11:00 Circuit Training (Fitness Studio) 1:00 Technical Assistance Available (Resident Computer Room) 2:00 Group Fitness Training (Fitness Center) 2:00 Ping Pong (Fitness Studio) 2:00 Play Pool (Pool Room) 5:00 Group Rosary (Resident Card Room)</p>	<p>31</p>						

October 2018
 Life Enrichment Activities Calendar
 978-738-6446

