Law Offices of
JANE E. SULLIVAN
Estate & Medicaid
Related Legal Services
508-679-0535
624 Brayton Avenue
Fall River
Wills & Trusts • Long Term Care Planning
Powers of Attorney • Health Care Proxies
Homestead Protection •Medicaid Planning

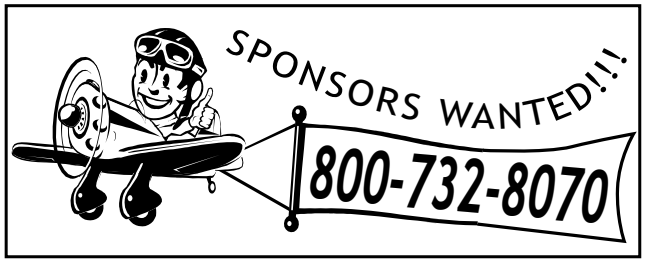
SPIRIT OF CHRIST CHURCH
ANGLICAN TRADITION
Sunday Worship & Sunday School 10 a.m.
Sunday Fellowship 11:30
Come and See
75 Reed Road (Westport Senior Center)
"Where our vision is to know the love of Christ, and to make His love known"
www.SpiritOfChristChurch-ma.com
508-971-5010

SENIOR HAPPENINGS CALENDAR

FEB 2

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30 Social Day 8:45 Aerobics 9:00 Chair Massage 9:00 Watercolor workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:30 Blood Pressure Clinic with Pauline 11:30 Lunch:Chicken & Broccoli 1:30 Poetry Writing	2 8:30 Social Day 9:30 Games / Billiards 10:30 Podiatry clinic 11:30 Lunch: Veal Bourguignon 1:00 Quilting 1:00 Bingo, Cards, etc.	3 8:30 Social Day 8:45 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Hot Dog 11:30 T'ai Chi-Advanced 12:00 Chair Massage using Trager Technique 12:30 T'ai Chi-Intermediate 1:30 T'ai Chi –Basics
6 8:30 Social Day 8:45 Aerobics 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Chicken Cacciatore 4:00 Zumba	7 8:30 Social Day 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Roast Beef 1:00 Knitting Circle	8 8:30 Social Day 8:45 Aerobics 9:00 Chair Massage 9:00 Watercolor Workshop 9:00 Tax Preparation 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch : Meatball subs & Minestrone Soup 1:30 Poetry Writing	9 8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: Fish Sticks 1:00 Quilting 1:00 Bingo, Cards, etc.	10 8:30 Social Day 8:45 Aerobics 9:00 SHINE by appointment only 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Sweet & Sour Pork 11:30 T'ai Chi-Advanced 12:30 T'ai Chi-Intermediate 1:30 T'ai Chi –Basics
13	14	15	16	17

RUARY 2012

8:30 Social Day 8:45 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Meat Loaf 4:00 Zumba	8:00 WCOA Board Mtg. 8:30 Social Day 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Buttermilk Chicken 1:00 Knitting Circle	8:30 Social Day 8:45 Aerobics 9:00 Chair Massage 9:00 Watercolor Workshop 9:00 Tax Preparation 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Atty. Jennifer Heald by Appointment 11:30 Lunch: Tuna Fish 1:30 Poetry Writing	8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: Stuffed Shells 1:00 Quilting 1:00 Bingo, Cards, etc.	8:30 Social Day 8:45 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Turkey a la King 11:30 T'ai Chi-Advanced 12:30 T'ai Chi-Intermediate 1:30 T'ai Chi –Basics
20 CLOSED PRESIDENT' S DAY	21 8:30 Social Day 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Veal Rollatini 1:00 Knitting Circle 1:30 Blood Pressure Clinic With Kathy 1:30 Caregiver Support Group	22 8:30 Social Day 8:45 Aerobics 9:00 Chair Massage 9:00 Watercolor Workshop 9:00 Tax Preparation 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Cheese Omelet 12:00 TSH Book Club Grp 1 1:30 Poetry Writing	23 8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: American Chop Suey 1:00 Quilting 1:00 Bingo, Cards, etc.	24 8:30 Social Day 8:45 Aerobics 9:00 SHINE by appointment only 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Potato Crunch Fish 11:30 T'ai Chi-Advanced 12:30 T'ai Chi-Intermediate 1:30 T'ai Chi –Basics
27 8:30 Social Day 8:45 Aerobics 9:30 Games / Billiards 9:30 FWCOA Board Meeting 9:45 Osteoporosis 11:30 Lunch: Teriyaki Chicken 4:00 Zumba	28 8:30 Social Day 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Italian Braised Beef 1:00 Knitting Circle	29 8:30 Social Day 8:45 Aerobics 9:00 Chair Massage 9:00 Watercolor Workshop 9:00 Tax Preparation 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Roast Turkey 12:00 TSH Book Club Grp 2 1:30 Poetry Writing		

The Cedars
AN ASSISTED LIVING COMMUNITY
The Assisted Living Residence With A Difference!
Peabody Properties Inc.
628 Old Westport Road • Dartmouth, MA 02747
508-636-0590