

\Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Shopping bus 2:00 Chinese Relaxation 6:30 Mazl-Tov Rehearsal	2 10:15 Tai Chi 11:00 Arthritis Group 4:00-5:30 Russian Library 5:00 Community Dinner	3 10:00 ESL 6:00 Art Movie or Russian Movie	4 10:00 Yoga/ Dance 10:00 Shopping bus 1-3 Aleph Library 6:30 Shopping bus	5 11:00 Arthritis Group 12-2 Massage (8 th floor) 2:00 Coffee Hour 7:00 Chinese Movie	6
	7 Holiday Office Closed Check Schedule	8 10:15 Tai Chi 11:00 Arthritis Group 4:00-5:30 Russian Library 5:00 Community Dinner	9 10:00 ESL 6:00 Art Movie or Russian Movie	10 10:00 Yoga/ Dance 10:00 Shopping bus 1-3 Aleph Library 6:30 Shopping bus	11 12-2 Massage (8 th floor) 2:00 Coffee Hour 7:00 English Movie	13
14	15 10:00 Shopping bus 10:00 Yoga/ Dance 2:00 Chinese Relaxation 6:30 Mazl-Tov Rehearsal	16 10:15 Tai Chi 11:00 Arthritis Group BU Students Home Evaluations 4:00-5:30 Russian Library 5:00 Community Dinner	17 10:00 ESL 6:00 Art Movie or Russian Movie	18 10:00 Yoga/ Dance 10:00 Shopping bus 1-3 Aleph Library 6:30 Shopping bus	19 11:00 Arthritis Group 2:00 Coffee Hour 7:00 Chinese Movie	20 Boston Vision Walk Artesani Park
21	22 10:00 Shopping bus 10:00 Yoga/ Dance 1:30 Flu Clinic 2:00 Chinese Relaxation 6:30 Mazl-Tov Rehearsal	23 10:15 Tai Chi 11:00 Arthritis Group 4:00-5:30 Russian Library 5:00 Community Dinner	24 10:00 ESL 6:00 Art Movie or Russian Movie	25 10:00 Yoga/ Dance 10:00 Shopping bus 1-3 Aleph Library 6:30 Shopping bus	26 11:00 Arthritis Group 2:00 Coffee Hour 7:00 English Movie	27
28	29 10:00 Shopping bus 10:00 Yoga/ Dance 2:00 Chinese Relaxation 6:30 Mazl-Tov Rehearsal	30 10:15 Tai Chi 11:00 Arthritis Group 4:00-5:30 Russian Library 5:00 Community Dinner 6:00 Liliana concert	31 Halloween 10:00 ESL  Resident Art Exhibit			

October 2018

All activities in yellow are in the Community Room