







September 2022






Mini Bus Schedule & Senior Programs

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|---------------------------------|---|
| | | | | 1 8:30am-2:00 pm FOOTCARE 9 am- 3 pm Appointments | 2 | 3 |
| 4 | 5  Office Closed | 6 9 am- 3 pm Appointments 6:30 pm COA mtg. | 7 9:30 - 12:30 pm Grocery Shopping, 10:00 am GET FIT 1-3 pm NEEDLEWORK | 8 8:30am-2:00 pm FOOTCARE 9 am- 3 pm Appointments | 9 Crepes Tea House | 10 |
| 11  | 12 10 am GET FIT 10:00am Walmart Blood Pressure Clinic 11:00am | 13 9 am- 3 pm Appointments | 14 9:30 - 12:30 pm Grocery Shopping, etc. 10:00 am GET FIT | 15 9 am- 3 pm Appointments | 16 Painting Fun | 17 |
| 18 | 19 10 am GET FIT | 20 9 am- 3 pm Appointments | 21 9:30 - 12:30 pm Grocery Shopping, 10:00 am GET FIT 1-3 pm NEEDLEWORK | 22 9 am- 3 pm Appointments  First Day of Autumn | 23 Big E | 24 |
| 25 | 26 10 am GET FIT 10:00 am Big Y & Ocean State | 27 9 am- 3 pm Appointments | 28 9:30 - 12:30 pm Grocery Shopping, etc. 10:00 am GET FIT | 29 9 am- 3 pm Appointments | 30 Stretch & Flex |  Call the Mini Bus at 860-413-3327 |



October 2022

Mini Bus Schedule & Senior Programs

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|---|------------------------------------|---|
|  <p>Call the Mini Bus at 860-413-3327</p> | | | | | | 1 |
| 2 | 3 10AM GET FIT 10AM Christmas Tree Shop 11AM Blood Pressure | 4 9 am- 3 pm Appointments 6:30 pm COA mtg | 5 9:30 - 12:30 pm Grocery Shopping, etc. 10:00 am GET FIT 1-3 pm NEEDLEWORK | 6 8:30am--2:00 pm FOOTCARE 9 am- 3 pm Appointments | 7 Hancock Shaker Village | 8 |
| 9 | 10  OFFICE CLOSED | 11 9 am- 3 pm Appointments | 12 9:30 - 12:30 pm Grocery Shopping, etc. | 13 8:30am--2:00 pm FOOTCARE 9 am- 3 pm Appointments | 14 | 15  |
| 16 | 17 10 am GET FIT 10:00 am Walmart 3:30PM Flu Clinic & Wellness Fair | 18 9 am- 3 pm Appointments | 19 9:30 - 12:30 pm Grocery Shopping, etc. 10:00 am GET FIT 1-3 pm NEEDLEWORK | 20 9 am- 3 pm Appointments | 21 Gouveia Vineyard | 22 East Granby Cares Day  |
| 23 | 24 10 am GET FIT 10:00 am | 25 9 am- 3 pm Appointments | 26 9:30 - 12:30 pm Grocery Shopping, etc. 10:00 am GET FIT | 27 9 am- 3 pm Appointments | 28 Stretch & Flex | 29 |
| 30  | 31 10 am GET FIT 10:00 am Big Y & Job Lot | | | | | |



November 2022

Mini Bus Schedule & Senior Programs

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|-----|
|  Call the Mini Bus at 860-413-3327 | | 1 9 am- 3 pm Appointments 6:30 pm COA mtg | 2 9:30 - 12:30 pm Grocery Shopping, etc. 10:00 am GET FIT 1-3 pm NEEDLEWORK | 3 9 am- 3 pm Appointments 8:30am--2:00 pm FOOTCARE | 4 Yankee Candle | 5 |
| 6 | 7 | 8  9 am- 3 pm Appointments | 9 9:30 - 12:30 pm Grocery Shopping, etc. 10:00 am GET FIT | 10 9 am- 3 pm Appointments 8:30am--2:00 pm FOOTCARE AARP Driver Safety 9am-1pm | 11 Veterans Day  OFFICE CLOSED | 12 |
| 13 | 14 10:00am Walmart 10 am GET FIT 11AM Blood Pressure | 15 9 am- 3 pm Appointments | 16 9:30 - 12:30 pm Grocery Shopping, etc. 10:00 am GET FIT 1-3 pm NEEDLEWORK | 17 9 am- 3 pm Appointments | 18 Stretch & Flex | 19 |
| 20 | 21 10 am GET FIT | 22 9 am- 3 pm Appointments | 23 9:30 - 12:30 pm Grocery Shopping, etc. | 24  OFFICE CLOSED | 25 OFFICE CLOSED | 26 |
| 27 | 28 10 am GET FIT 10:00 am Big Y & Job Lot | 29 9 am- 3 pm Appointments | 30 9:30 - 12:30 pm Grocery Shopping, etc. 10:00 am GET FIT | | | |