






# March 2025

## Mini Bus Schedule & Senior Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Call the Mini Bus (860) 413-3327</b>						1
2	<b>3</b> 10 am GET FIT Blood Pressure Clinic 11:00-12:00 10:00 am Price Chopper	<b>4</b> 9 am- 3 pm Appointments 6:30 pm COA meeting 2:00 pm Tai Chi	<b>5</b> 9:30 - 3:00 pm Grocery Shopping, etc. 10:00 am GET FIT 1-3 pm NEEDLEWORK	<b>6</b> 8:30am--2:00 pm FOOTCARE 9 am- 3 pm Appointments	<b>7</b> <b>Cupcake Decorating</b>	8
<b>9</b> 	<b>10</b> 10 am GET FIT 10:00 am Walmart	<b>11</b> 9 am- 3 pm Appointments 2:00 pm Tai Chi	<b>12</b> 9:30 - 3:00 pm Grocery Shopping, etc 10:00 am GET FIT	<b>13</b> 8:30am--2:00 pm FOOTCARE 9 am- 3 pm Appointments	14	15
16	 <b>17</b> 10 am GET FIT 10:00 am Trader Joe's <i>Matter of Balance 1pm</i>	<b>18</b> 9 am- 3 pm Appointments 2:00 pm Tai Chi	<b>19</b> 9:30 - 3:00 pm Grocery Shopping, etc. 10:00 am GET FIT 1-3 pm NEEDLEWORK	<b>20</b> 9 am- 3 pm Appointments	<b>21</b> <b>Last Breath Movie</b>	22
23	<b>24</b> 10 am GET FIT 10:00 am Enfield <i>Matter of Balance 1pm</i>	<b>25</b> 9 am- 3 pm Appointments 2:00 pm Tai Chi	<b>26</b> 9:30 - 3:00 pm Grocery Shopping, etc 10:00 am GET FIT	<b>27</b> 9 am- 3 pm Appointments	28	29
30	<b>31</b> 10 am GET FIT 10:00 am Big Y/Ocean State/ Dollar <i>Matter of Balance 1pm</i>					



# April 2025

## Mini Bus Schedule & Senior Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>  <b>April Fools</b> 9 am- 3 pm Appointments  6:30 pm COA meeting 2:00 pm Tai Chi	<b>2</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT  1-3 pm NEEDLEWORK	<b>3</b> 8:30am--2:00 pm FOOTCARE  9 am- 3 pm Appointments	<b>4</b> <b>S.A.F.E</b> <b>Self</b> <b>Defense</b>	<b>5</b>
<b>6</b>	<b>7</b> 10 am GET FIT Blood Pressure Clinic 11:00-12:00 10:00 am Price Chopper <b>Matter of Balance 1pm</b>	<b>8</b> 9 am- 3 pm Appointments  2:00 pm Tai Chi	<b>9</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT	<b>10</b> 8:30am--2:00 pm FOOTCARE  9 am- 3 pm Appointments	<b>11</b> <b>Lunch</b> <b>Bunch</b> <b>Tuckers</b>	<b>12</b>
<b>13</b>	<b>14</b> 10 am GET FIT 10:00 am Walmart <b>Matter of Balance 1pm</b>	<b>15</b> 9 am- 3 pm Appointments  2:00 pm Tai Chi	<b>16</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT  1-3 pm NEEDLEWORK	<b>17</b> 9 am- 3 pm Appointments	<b>18</b> <b>Good Friday</b> <b>OFFICE CLOSED</b>	<b>19</b>
<b>20</b> 	<b>21</b> 10 am GET FIT 10:00 am Target/Petco/Dairy Cream <b>Matter of Balance 1pm</b>	<b>22</b> 9 am- 3 pm Appointments  2:00 pm Tai Chi	<b>23</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT	<b>24</b> 9 am- 3 pm Appointments	<b>25</b> <b>Painting</b> <b>Fun</b>	<b>26</b> <b>Cares</b> <b>Day</b>
<b>27</b>	<b>28</b> 10 am GET FIT 10:00 am Big Y/Ocean State/ Dollar Store <b>Matter of Balance 1pm</b>	<b>29</b> 9 am- 3 pm Appointments  2:00 pm Tai Chi	<b>30</b>			 <b>Call the Mini Bus</b> <b>(860) 413-3327</b>



# May 2025

## Mini Bus Schedule & Senior Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Call the Mini Bus</b> <b>(860) 413-3327</b>				1 8:30am--2:00 pm <b>FOOTCARE</b> 9 am- 3 pm <b>Appointments</b>	2	3
4	5 10 am GET FIT <b>Blood Pressure Clinic</b> 11:00-12:00 10:00 am <b>Price Chopper</b> <b>Matter of Balance 1pm</b>	6 9 am- 3 pm <b>Appointments</b>  6:30 pm COA meeting  2:00 pm Tai Chi	7 9:30 - 3:00 pm <b>Grocery Shopping, etc.</b>  10:00 am GET FIT 1-3 pm <b>NEEDLEWORK</b>	8 8:30am--2:00 pm <b>FOOTCARE</b>  9 am- 3 pm <b>Appointments</b>	9 <b>Blue Iris Farm</b>	10
11 	12 10 am GET FIT  10:00 am <b>Walmart</b>	13 9 am- 3 pm <b>Appointments</b>  2:00 pm Tai Chi	14 9:30 - 3:00 pm <b>Grocery Shopping, etc.</b>  10:00 am GET FIT	15 9 am- 3 pm <b>Appointments</b>	16	17
18	19 10 am GET FIT  10:00 am <b>Big Y/Ocean State/ Dollar Store</b>	20 9 am- 3 pm <b>Appointments</b>  2:00 pm Tai Chi	21 9:30 - 3:00 pm <b>Grocery Shopping, etc.</b>  10:00 am GET FIT 1-3 pm <b>NEEDLEWORK</b>	22 9 am- 3 pm <b>Appointments</b>	23	24
25	26  <b>OFFICE CLOSED</b>	27 9 am- 3 pm <b>Appointments</b>  2:00 pm Tai Chi	28 9:30 - 3:00 pm <b>Grocery Shopping, etc.</b>  10:00 am GET FIT	29 9 am- 3 pm <b>Appointments</b>	30 <b>Olde Mystick Village</b>	31