



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30am Games/Papers 9:30am Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections	2 8:00am Archaeology 10:00am Fit 4 Future 11:30am Wayland Electricity Choice 12:00pm Yoga 10:30am Knit Together 2:00pm Line Dancing	3 9:00am Theratube 11:30am Med Take-Back 12:00pm Pizza Café 7:00pm: Wayland Electricity Choice <i>Legal Clinic by appt.</i>	4 10:00am Fit 4 Future 1:00pm Julia <i>Trip to Samuel Slater Experience</i>	5 9:30am SAIL Fitness 10:00am Yoga (in the COA)
7 8:00am Fish Fitness 4:00pm Chair Yoga	8 9:30am Games/Papers 9:30am Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections	9 8:00am Housing Workshop I: Aging in Place 10:00am Fit 4 Future 12:00pm Yoga 10:30am Knit Together 1:00pm Genealogy 2:00pm Archaeology	10 9:00am Theratube	11 10:00am Fit 4 Future 1:00pm Julia	12 9:30am SAIL Fitness 10:00am Yoga (in the COA)
14 8:00am Fish Fitness 4:00pm Chair Yoga	15 Patriots Day Holiday	16 8:00am Cooking as Self Care 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga 1:00pm Armchair Travel 2:00pm Line Dancing	17 9:00am Theratube 10:00am Jewelry Workshop 1:00pm Movie: Past Lives	18 10:00am Fit 4 Future 1:00pm Julia <i>Trip to Senior Conference</i> <i>Trip to Boston Symphony</i>	19 9:30am SAIL Fitness 10:00am Yoga 10:00am Watercolor Workshop
21 8:00am Fish Fitness 4:00pm Chair Yoga	22 9:30am: Games/Papers 9:30am: Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections <i>Trip to Market Basket</i>	23 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga 12:00pm: Lunch & Learn 1:00pm Genealogy 2:00pm Early Farm Tools	24 9:00am Theratube 1:00pm: Big Band Swing 3—7:30pm: Tech Help at High School	25 10:00am Fit 4 Future 1:00pm Julia	26 9:30am SAIL Fitness 10:00am Yoga
28 8:00am Fish Fitness 1:00pm SPIR-IT workshop 4:00pm Chair Yoga	29 9:30am: Games/Papers 9:30am: Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections	30 8:00am Early Farm Tools 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga 2:00pm Housing Workshop: Aging in Place	KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)		Watch WayCam TV on Verizon Channel 37 or Comcast Channel 8, or at www.waycam.tv/live