



CALENDAR

	Location	Day	Time
Aerobics	Armory	Mon - Wed - Fri	10:00- 11: 00 am
Yoga	Armory	Thursday	10:00-11:00 am
Tai Chi	Armory	Thursday	11:00-12:00 pm
Weekly Blood Pressure	Armory (walk – in)	Mondays (except 1 st Monday of the Month)	9:00-10:30 am
Monthly blood screening : Cholesterol, Glucose and Blood Pressure	Armory (by appointment only)	1 st Monday of each Month	9:00-11:00 am
	Whittier Drive (walk – in)	2 nd Monday of every other Month (March – May – July)	12:30-1:30 pm
	Golden Age Circle (walk – in)	2 nd Monday of every other Month (April – June – August)	12:30- 1:30 pm
	Villa Co-op (residents only)	3 rd Monday of each Month	12:30-1:30 pm
	Glendale Towers (walk – in)	4 th Monday of each Month	12:30-1:30 pm
Healthy Weight Group	Armory	Meetings held at 2nd and 4th Fridays of each month, from 9 to 10 am.	
Health Presentation	Armory	Usually 4th Friday of each month, 11am - 12pm (please check monthly calendar for topic, date and time)	

All activities are FREE

This program is sponsored by the partnership of Whidden Hospital Campus - Cambridge Health Alliance and the Everett Foundation for the Aged.

For more information, please call Sandra Lisboa @ 617 591 6741