

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1: Meditation Fridays 1-1:45 p.m. https://bit.ly/38xEnkk	2
3	4: Office hours at Pelham Rec center: Location: 103 second st. Framingham 10:30 – 1:30 p.m.	5: Art with Angell https://bit.ly/3gTqqSw	6: Bodyweight Strength Class 6-7p.m https://bit.ly/38FmK1S Estrategias de reuniao IEP 6:30 – 8:30 p.m. https://bit.ly/3i7pw5i	7: Zumba with Monica 7-8 p.m. https://bit.ly/3m6Yyfp	8: Meditation Fridays 1-1:45 p.m. https://bit.ly/38xEnkk	9
10	11: Office hours at Pelham Rec center: Location: 103 second st. Framingham 10:30 – 1:30 p.m.	12	13: Bodyweight Strength Class 6-7p.m https://bit.ly/38FmK1S	14: Estrategias de un IEP 6-8 p.m. https://bit.ly/3m5CXnl	15: Meditation Fridays 1-1:45 p.m. https://bit.ly/38xEnkk	16
17	18: Office hours at Pelham Rec center: Location: 103 second st. Framingham 10:30 – 1:30 p.m.	19: Art with Angell https://bit.ly/3gTqqSw	20: Bodyweight Strength Class 6-7p.m https://bit.ly/38FmK1S	21: Coffee Hour: 5:30-6:30 p.m. https://bit.ly/3t9jlwo Zumba with Monica 7-8 p.m. https://bit.ly/3m6Yyfp	22: Meditation Fridays 1-1:45 p.m. https://bit.ly/38xEnkk	23
24	25: Office hours at Pelham Rec center: Location: 103 second st. Framingham 10:30 – 1:30 p.m.	26: Trunk or Treat Pelham LifeLong Learning Center 103 second st. Framingham 4-6 p.m. Trunk or Treat DHG at Arlington st. Park Framingham 4-6 p.m.	27: Bodyweight Strength Class 6-7p.m https://bit.ly/38FmK1S	28	29: Meditation Fridays 1-1:45 p.m. https://bit.ly/38xEnkk	30