



August 2016



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Wii / 10: Art Class 12 Movie- 2:00 Mah Jongg 2:00 Computer classes	2 11am Brown Bag 9:30 Busy Needles 12:15 Bingo 2:30 TV Series– Showing	3 10:00 Watercolor 10:00 Meditation Group 1:00 Exercise <u>2:00 3B Fitness!</u>	4 8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 10 Bereavement Group 1 p Line dance 1p bridge 1:00 Low Vision Grp	5 9:00 Men's Group 9:30 Tai Chi 12:00 Cribbage 1:30 Shopping
8 9:00 Wii 10: Art Class 11:20 Merrimack Valley Health Center Sponsor lunch 12:00 Movie/2:00 Mah Jongg 2:00 Computer classes 6:30 Veteran peer group	9 9:30 Busy Needles 10: Book Club 10 Health Nurse 11am HEARING CLINIC 12:15 Bingo 2:30p TV Series– Showing	10 9:00 Simply foot care/podiatry 9:00 Coffee with the Chiefs 10:00 SHINE/Watercolor 10:00 Meditation Group 1:00 Exercise <u>2:00 3B Fitness!</u>	11 <u>9am Coffee w/Chiefs on the patio</u> 8:30 Yoga Thx Maplewood 10 NO Zumba class 1 p Line 1p bridge 4:30 COA Board	12 9:00 Men's Peer Social Group 9:30 Tai Chi 12:00 Cribbage 1:30 Shopping
15 9:00 Wii 10: Art Class 11:20 Awesome Barbeque 12 Movie- 2:00 Mah Jongg 2:00 Computer classes	16 9:30 Busy Needles 10:00 Health Nurse 11:00 <u>Registration: Shingles Clinic</u> 11:45 Ice Cream Social: Genesis Healthcare: Maplewood 12:15 Bingo 2:30 TV Series– Showing	17 10:00 SHINE/Watercolor 10:00 Meditation Group 1:00 Exercise <u>2:00 3B Fitness!</u>	18 8:30 Yoga Thx Maplewood 10:00 Zumba 12:00 Birthday party 1:00 Bridge/ line dancing 3:00 FCOA meeting 7pm NAMI	19 9:00 Men's Group 9:30 Tai Chi 12:00 Game Time 1:30 Shopping
22 9:00 Wii/10: Art Class 11:15 Excellent Barbeque! 11:45 Sen. Ives Ice Cream 12:00 Movie 12:15 Heaven is Real 2:00 Mah Jongg/Comp.class 6:30 Veteran Peer group	23 9:30 Busy Needles 10:00 Health Nurse 11:20 Sponsored lunch, Maplewood Care and Rehab 12:15 Bingo/215 TV Series–	24 10:00 SHINE/ Watercolor 10:00 Meditation Group 1120 Sponsored lunch: Country Rehab Center 1:00 Exercise <u>2:00 3B Fitness</u>	25 8:30 Yoga Thx Maplewood 8:30 Meet the Lawyer 10:00 NO Zumba class 1:00 Bridge/ line dancing	26 9:00 Men's Peer Social Group 9:30 Tai Chi 12:00 Game Time 1:30 Shopping
29 9:00 Wii / 10: Art Class 12 Movie- 2:00 Mah Jongg/Computer 4:30 Jazz & Lobster Dinner	30 11am Brown Bag 9:00 Diabetic Shoe Clinic 9:30 Busy Needles 12:15 Bingo 2:30 TV Series– Showing	31 10:00 SHINE/Watercolor 10:00 Meditation Group 11:30 Farewell to Annmary! 100 Exercise <u>2:00 3B Fitness</u>	Sept 1 8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 1p Line 1p bridge	Sept 2 9:00 Men's Group 9:30 Tai Chi 12:00 Game Time 1:30 Shopping