



July 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Closed</p> <p>Happy July 4th</p>	<p>5</p> <p>11am Brown Bag</p> <p>9:30 Busy Needles</p> <p>12:15 Bingo</p> <p>2:30 TV Series— Showing</p>	<p>6</p> <p>10:00 Watercolor</p> <p>10:00 Meditation Group</p> <p>1:00 Exercise</p> <p><u>2:00 3B Fitness!</u></p>	<p>7</p> <p>8:30 Yoga Thx Maplewood</p> <p>9:30 Iris/10 Zumba</p> <p>10 Bereavement Group</p> <p>1 p Line 1p bridge</p> <p>1:00 No Low Vision Grp</p>	<p>8</p> <p>9:00 Men's Peer social group</p> <p>9:30 Tai Chi</p> <p>10:00 <u>Women's' Group</u></p> <p>12:00 Cribbage</p> <p>1:30 Shopping</p>
<p>11</p> <p>9:00 Wii 10: Art Class</p> <p>11:20 Merrimack Valley Health Center Sponsor lunch</p> <p>12p Michael Marks-ice cream</p> <p>12:00 Movie/2:00 Mah Jongg</p> <p>2:00 Computer classes</p> <p>4:30 Monthly Dinner Event</p> <p>6:30 Veteran peer group</p>	<p>12</p> <p>9:30 Busy Needles</p> <p>10: Book Club</p> <p>10 Health Nurse</p> <p>11am HEARING CLINIC</p> <p>12:15 Bingo</p> <p>2:30p TV Series— Showing</p> <p>2:30 <i>Diabetes self—management</i></p>	<p>13</p> <p>9:00 Simply foot care/podiatry</p> <p>10:00 SHINE/Watercolor</p> <p>10:00 Meditation Group</p> <p>1:00 Exercise</p> <p><u>2:00 3B Fitness!</u></p>	<p>14</p> <p><u>9am Coffee w/Chiefs on the patio</u></p> <p>8:30 Yoga Thx Maplewood</p> <p>10 NO Zumba class</p> <p>1 p Line 1p bridge</p> <p>4:30 COA Board</p>	<p>15</p> <p>9:00 Men's group</p> <p>9:30 Tai Chi</p> <p>10:00 <u>Women's' Group</u></p> <p>12:00 Cribbage</p> <p>1:30 Shopping</p>
<p>18</p> <p>9:00 Wii 10: Art Class</p> <p>12 Movie-</p> <p>2:00 Mah Jongg</p> <p>2:00 Computer classes</p>	<p>19</p> <p>9:30 Busy Needles</p> <p>10:00 Health Nurse</p> <p>12:15 Bingo</p> <p>2:30 TV Series— Showing</p> <p>2:30 <i>Diabetes self—management</i></p>	<p>20</p> <p>10:00 SHINE/Watercolor</p> <p>10:00 Meditation Group</p> <p>1:00 Exercise</p> <p><u>2:00 3B Fitness!</u></p>	<p>21</p> <p>8:30 Yoga Thx Maplewood</p> <p>10:00 Zumba</p> <p>12:00 <u>Birthday party</u></p> <p>1:00 Bridge/ line dancing</p> <p>3:00 FCOA meeting</p> <p>7pm NAMI</p>	<p>22</p> <p>9:00 Men's Peer social Group</p> <p>9:30 Tai Chi</p> <p>10:00 <u>Women's' Group</u></p> <p>12:00 Game Time</p> <p>1:30 Shopping</p>
<p>25</p> <p>9:00 Wii</p> <p>10: Art Class</p> <p>11:15 <u>Excellent Barbeque!</u></p> <p>12 Movie</p> <p>2:00 Mah Jongg</p> <p>2:00 Computer classes</p> <p>6:30 Veteran Peer group</p>	<p>26</p> <p>9:30 Busy Needles</p> <p>10:00 Health Nurse</p> <p>11:20 Sponsored lunch, Maplewood Care and Rehab</p> <p>12:15 Bingo/215 TV Series—</p> <p>2:30 <i>Diabetes self—management</i></p>	<p>27</p> <p>10:00 SHINE/ Watercolor</p> <p>10:00 Meditation Group</p> <p>1120 Sponsored lunch: Country Rehab Center</p> <p>1:00 Exercise</p> <p><u>2:00 3B Fitness</u></p>	<p>28</p> <p>8:30 Yoga Thx Maplewood</p> <p>8:30 Meet the Lawyer</p> <p>10:00 NO Zumba class</p> <p>1:00 Bridge/ line dancing</p>	<p>29</p> <p>9:00 Men's Social Group</p> <p>9:30 Tai Chi</p> <p>10:00 <u>Women's' Group</u></p> <p>12:00 Game Time</p> <p>1:30 Shopping</p>
<p>August 1st</p> <p>9:00 Wii / 10: Art Class</p> <p>12 Movie-</p> <p>2:00 Mah Jongg</p> <p>2:00 Computer classes</p>	<p>August 2nd</p> <p>11am Brown Bag</p> <p>9:30 Busy Needles/</p> <p>12:15 Bingo</p> <p>2:30 TV Series— Showing</p> <p>2:30 <i>Diabetes self—management</i></p>	<p>August 3rd</p> <p>10:00 SHINE/Watercolor</p> <p>10:00 Meditation Group</p> <p>1120 Sponsored lunch:</p> <p>100 Exercise</p> <p><u>2:00 3B Fitness</u></p>	<p>August 4th</p> <p>8:30 Yoga Thx Maplewood</p> <p>9:30 Iris/10 Zumba</p> <p>1p Line 1p bridge</p>	<p>August 5th</p> <p>9:00 Men's Group</p> <p>9:30 Tai Chi</p> <p>12:00 Game Time</p> <p>1:30 Shopping</p>