



June 2016



Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;">31</p> <p>9am Older American Breakfast FREE RSVP 9:30 Busy Needles/Blanekts4kids 12:15 Bingo 2:30 TV Series– Showing</p>	<p style="text-align: right;">1</p> <p>10:00 SHINE/Watercolor 10:00 Meditation Group 10:45 Walking group 1:00 Exercise <u>2:00 3B Fitness! FREE!</u></p>	<p style="text-align: right;">2</p> <p>8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 10 Bereavement Group 1 p Line 1p bridge 1:00 Low Vision – 2:30 C-AMP</p>	<p style="text-align: right;">3</p> <p>9:00 Men's group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Cribbage <u>12:45 3B Fitness! FREE</u> 1:30 Shopping</p>
<p style="text-align: right;">6</p> <p>9:00 Wii 10: Art Class 12 Movie- 1:00 Chair Exercise 2:00 Mah Jongg 2:00 Computer classes</p>	<p style="text-align: right;">7</p> <p>11am Brown Bag 9:30 Busy Needles 10 Blankets for kids 10 Health Nurse 12:15 Bingo 2:30p TV Series– Showing</p>	<p style="text-align: right;">8</p> <p>9:00 Simply foot care/podiatry 10:00 SHINE/Watercolor 10:00 Meditation Group 10:45 Walking group 1:00 Exercise <u>2:00 3B Fitness! FREE</u></p>	<p style="text-align: right;">9</p> <p>8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 1 p Line 1p bridge 2:30 C-AMP 4:30 COA Board</p>	<p style="text-align: right;">10</p> <p>Cashman Visit “ Growing friendships” & Lunch 9:00 Men's Peer social group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Cribbage 1:30 Shopping <u>12:45 3B Fitness! FREE</u></p>
<p style="text-align: right;">13</p> <p>Bingo 4:30 & Dinner 9:00 Wii 10: Art w/ Cara 11:20 Merrimack Valley Health Center Sponsor lunch 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg 2:00 Computer classes 6:30 Veteran peer group</p>	<p style="text-align: right;">14</p> <p>9:30 Busy Needles/ 10:00 Blankets4kids/Health Nurse 10: Book Club 12:15 Bingo 2:30 TV Series– Showing</p>	<p style="text-align: right;">15</p> <p>10:00 SHINE/Watercolor 10:00 Meditation Group 10:45 Walking group 1:00 Exercise <u>2:00 3B Fitness! FREE</u></p>	<p style="text-align: right;">16</p> <p>8:30 Yoga Thx Maplewood 9:30 Iris / 10:00 Zumba 12:00 <u>Birthday party</u> 1:00 Bridge/ line dancing 2:30 C-AMP/ 7pm NAMI 1:00 FCOA annual mtg 1:30 Sponsor Appreciation.</p>	<p style="text-align: right;">17</p> <p>9:00 Men's Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time <u>12:45 3B Fitness! FREE</u> 1:30 Shopping</p>
<p style="text-align: right;">20</p> <p>9:00 Wii 10: Art Class 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg 2:00 Computer classes 3:00 Fathers Day Hot Dog Social</p>	<p style="text-align: right;">21</p> <p>9:30 Busy Needles/Blankets4kids 10:00 Health Nurse 11:20 Sponsored lunch, Maplewood Care and Rehab 12:15 Bingo/215 TV Series–</p>	<p style="text-align: right;">22</p> <p>10:00 SHINE/ Watercolor 10:00 Meditation Group 10:00 Tufts Medicare preferred 1120 Sponsored lunch: Country Rehab Center 1:00 Exercise <u>2:00 3B Fitness! FREE</u></p>	<p style="text-align: right;">23</p> <p>8:30 Yoga Thx Maplewood 8:30 Meet the Lawyer Cookout 11:30am Holy Family Parish Hall Building Closes at 11am</p>	<p style="text-align: right;">24</p> <p>9:00 Men's Social Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time <u>12:45 3B Fitness! FREE</u> 1:30 Shopping</p>
<p style="text-align: right;">27</p> <p>9:00 Wii / 10: Art Class 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg 2:00 Computer classes 6:30 Veteran Peer group</p>	<p style="text-align: right;">28</p> <p>9:30 Busy Needles/ 10:00 Blankets4kids 12:15 Bingo 2:30 TV Series– Showing</p>	<p style="text-align: right;">29</p> <p>10:00 SHINE/Watercolor 10:00 Meditation Group 1120 Sponsored lunch: 100 Exercise <u>2:00 3B Fitness! FREE</u></p>	<p style="text-align: right;">30</p> <p>8:30 Yoga Thx Maplewood 9:00 Senior Whole Health 11:30 Ice Cream SWH 9:30 Iris/10 Zumba 1p Line 1p bridge</p>	<p style="text-align: right;">1</p> <p>9:00 Men's Social Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time <u>12:45 3B Fitness! FREE</u> 1:30 Shopping</p>