

JULY 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>SENIOR CENTER</u> 3 9:30 Art On Your Own 11:00 Exercise Class <u>LUNCH M-F</u> 11:45 Woodland Towers 12:30 Bridge	<u>SENIOR CENTER</u> 4 <i>CLOSED</i> 	<u>SENIOR CENTER</u> 5 11:00 Exercise Class 1:00 Whist 1:00 SHINE (by appoint)	<u>SENIOR CENTER</u> 6 9:00 Hearing (by appoint) 10:00 Yoga  1:00 Movie: The Producers	<u>COA SHOPPING BUS</u> 7 <u>SENIOR CENTER</u> 10:00 Bingo 11:00 Exercise Class 
<u>SENIOR CENTER</u> 10 9:30 Art On Your Own 11:00 Exercise Class <u>LUNCH M-F</u> 11:45 Woodland Towers 12:30 Bridge	<u>COA SHOPPING BUS</u> 11 <u>SENIOR CENTER</u> 10:00 Watch Our Weight 11:30 Line Dancing  12:30 Cribbage	<u>SENIOR CENTER</u> 12 10:00 Lecture: Driving Tips Visiting Angels Living Asst. 11:00 Exercise Class 1:00 Whist 5:30 COA Meeting	<u>SENIOR CENTER</u> 13 10:45 Charles River Cruise  10:00 Yoga 1:00 Movie: Firewall	<u>COA SHOPPING BUS</u> 14 <u>SENIOR CENTER</u> 10:00 Bingo 11:00 Exercise Class 
<u>SENIOR CENTER</u> 17 9:30 Art On Your Own 11:00 Exercise Class <u>LUNCH M-F</u>  11:45 Woodland Towers 12:30 Bridge	<u>COA SHOPPING BUS</u> 18 <u>SENIOR CENTER</u> 10:00 Watch Our Weight 11:30 Line Dancing 12:30 Cribbage	<u>SENIOR CENTER</u> 19 10:00 Lecture: Mary Pickford Filmmakers Collaborative 11:00 Exercise Class  1:00 Whist 1:00 SHINE (by appoint)	<u>SENIOR CENTER</u> 20 10:00 Foot Care 10:00 Yoga 1:00 Movie: Glory Road	<u>COA SHOPPING BUS</u> 21 <u>SENIOR CENTER</u> 10:00 Bingo 11:00 Exercise Class 
<u>SENIOR CENTER</u> 24 9:30 Art On Your Own 11:00 Exercise Class <u>LUNCH M-F</u> 11:45 Woodland Towers 12:30 Bridge	<u>COA SHOPPING BUS</u> 25 <u>SENIOR CENTER</u> 10:00 Watch Our Weight 11:30 Line Dancing 12:30 Cribbage	<u>SENIOR CENTER</u> 26 11:00 Exercise Class 1:00 Whist 1:00 SHINE (by appoint)	<u>SENIOR CENTER</u> 27 9:00 Dental Screen – call 9:30 Blood Pressure 10:00 Yoga 1:00 Movie: Last Holiday	<u>COA SHOPPING BUS</u> 28 <u>SENIOR CENTER</u> 10:00 Bingo 11:00 Exercise Class
<u>SENIOR CENTER</u> 31 9:30 Art On Your Own 11:00 Exercise Class <u>LUNCH M-F</u> 11:45 Woodland Towers 12:30 Bridge				<div style="border: 1px solid black; padding: 10px; text-align: center;">  <p>8/2 Scrapbook Workshop</p> <p>8/2 Movie: Grease</p> <p>8/31 - Menopause Musical Ogunquit, ME – Get your tickets early!</p> </div>