O'LEARY SENIOR CENTER

AUGUST 2018

157 PARK ST.
NORTH READING
978-664-5600

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 No Lunch Today Center Closed	4 ELK'S ANNUAL BBQ **WAKEFIELD** "FreeTickets available"
5	6 EXERCISE - 9 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM	7 EXERCISE - 9:30 AM **"RELAX & COLOR" 1PM** *National Night Out* ** SHINE COUNSELOR	8 YOGA - 9:30 AM **BINGO - 1:15 PM**	9 EXERCISE - 9:30 AM	10 **Matter of Balance Class 9:30-11:30** (Start of 8wk Program)	11
12	13 EXERCISE - 9 AM **MARKET BASKET 12PM** BLOOD PRESSURE 1PM Wii BOWLING 1 PM	14 EXERCISE - 9:30 AM **WATERCOLOR CLASS 1PM** ** SHINE COUNSELOR	15 YOGA - 9:30 AM **BINGO - 1:15 PM**	16 EXERCISE - 9:30 AM **FREE MOVIE** **"The Time of Their Lives" 1PM**	17 **Matter of Balance Class 9:30-11:30**	18
19 Aviation Day	20 EXERCISE - 9 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM Wilmington Team Joining Us	21 EXERCISE - 9:30 AM ** SHINE COUNSELOR	22 YOGA - 9:30 AM Senator Tarr's Office Hours 9:30 - 10:30 **BINGO - 1:15 PM**	23 EXERCISE - 9:30 AM **GAME DAY KICK OFF 1PM** "Make your own Sundaes"	24 **Matter of Balance Class 9:30-11:30**	25
26	27 EXERCISE - 9 AM **MARKET BASKET 12PM** BLOOD PRESSURE 1PM Wii BOWLING 1 PM	28 EXERCISE - 9:30 AM ** SHINE COUNSELOR	29 YOGA - 9:30 AM **BINGO - 1:15 PM**	30 EXERCISE - 9:30 AM	31 **Matter of Balance Class 9:30-11:30**	
	September 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	**RESERVATIONS NEEDED FOR GAME DAY KICK OFF, AND WATERCOLOR CLASS (class limited to 10 participants).** **** APPOINMENTS NEEDED FOR SHINE COUNSELOR.** **CALL SENIOR CENTER AT 978-664-5600 FOR APPOINTMENTS & RESERVATIONS AND OUR VAN TRANSPORTATION IN TOWN.**				