







| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|--|--|--|
| 1  | 2 EXERCISE - 9 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM | 3 EXERCISE - 9:30 AM ** SHINE COUNSELOR | 4 Independence Day SENIOR CENTER CLOSED  | 5 EXERCISE - 9:30 AM | 6 COFFEE HOUR 10:00 AM | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | 9 EXERCISE - 9 AM MARKET BASKET 12PM BLOOD PRESSURE 1PM Wii BOWLING 1 PM | 10 EXERCISE - 9:30 AM WATERCOLOR CLASS 1PM ** SHINE COUNSELOR | 11 YOGA - 9:30 AM BINGO - 1:15 PM | 12 EXERCISE - 9:30 AM | 13 COFFEE HOUR 10:00 AM | 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | 16 EXERCISE - 9 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM Wilmington Team Joining Us | 17 EXERCISE - 9:30 AM ** SHINE COUNSELOR | 18 YOGA - 9:30 AM Senator Tarr's Office Hours 9:30 - 10:30 BINGO - 1:15 PM | 19 EXERCISE - 9:30 AM ANNUAL BBQ W/MEL SIMONS 12 NOON | 20 COFFEE HOUR 10:00 AM | 21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 Parents' Day | 23 EXERCISE - 9 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM | 24 EXERCISE - 9:30 AM ** SHINE COUNSELOR | 25 YOGA - 9:30 AM BINGO - 1:15 PM | 26 EXERCISE - 9:30 AM FREE MOVIE "A Walk in the Woods" 1PM | 27 COFFEE HOUR 10:00 AM | 28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 | 30 EXERCISE - 9 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM | 31 EXERCISE - 9:30 AM ** SHINE COUNSELOR |  |  |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>August 2018</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table> | | 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 | 31 | | <p>RESERVATIONS NEEDED FOR ANNUAL BBQ ON 19TH, AND WATERCOLOR CLASS (class limited to 12 participants). ** APPOINTMENTS NEEDED FOR SHINE COUNSELOR. CALL SENIOR CENTER AT 978-664-5600 FOR APPOINTMENTS & RESERVATIONS.</p> | | | | | |
| S | M | T | W | T | F | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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 | 31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |