






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
					1 PROJECT LINUS 10:00 AM 	2																																										
3	4 EXERCISE - 9 AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM TOWN MEETING 7PM	5 EXERCISE - 9:30 AM ** SHINE COUNSELOR	6 *NO BINGO* YOGA - 9:30 AM AAA Real Id Presentation 1:15 PM Naloxone Traning 7 -8 PM	7 EXERCISE - 9:30 AM	8 COFFEE HOUR 10:00 AM	9																																										
10	11 EXERCISE - 9 AM CHORUS - 10:30 AM MARKET BASKET 12PM BLOOD PRESSURE 1PM Wii BOWLING 1 PM FRIENDS MEETING 7 PM	12 EXERCISE - 9:30 AM "Cooking for One" 10:45-11:45 WATERCOLOR CLASS ** SHINE COUNSELOR	13 YOGA - 9:30 AM BINGO - 1:15 PM	14 Flag Day EXERCISE - 9:30 AM FATHERS DAY/ FLAG DAY PARTY 12 NOON	15 COFFEE HOUR 10:00 AM	16																																										
17 Father's Day 	18 EXERCISE - 9 AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM	19 EXERCISE - 9:30 AM ** SHINE COUNSELOR	20 YOGA - 9:30 AM Senator Tarr's Office Hours 9:30 - 10:30 BINGO - 1:15 PM COA MEETING 7 PM	21 EXERCISE 9:30 AM DELVENA THEATRE "TRULY ELEANOR" *DINNER THEATRE 5:00 PM	22 COFFEE HOUR 10:00 AM	23																																										
24	25 EXERCISE - 9 AM CHORUS - 10:30 AM BLOOD PRESSURE 1PM Wii BOWLING 1 PM	26 EXERCISE - 9:30 AM ** SHINE COUNSELOR	27 YOGA - 9:30 AM BINGO - 1:15 PM	28 EXERCISE - 9:30 AM FREE MOVIE "THE FOUNDER" 1PM	29 COFFEE HOUR 10:00 AM	30																																										
	<p>July 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>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> </tr> <tr> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> </tr> <tr> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> </tr> <tr> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></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 FATHER'S DAY PARTY, AND WATERCOLOR CLASS & DELVENA THEATRE*<u>Dinner to be Prepaid</u></p> <p>** APPOINTMENTS NEEDED FOR SHINE COUNSELOR.</p> <p>CALL SENIOR CENTER AT 978-664-5600 FOR APPOINTMENTS RESERVATIONS AND FOR TRANSPORTATION.</p>				
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