

August 2017




Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1 8:45 Foot Care (by appt only) 10:00 Aqua Aerobics** 1:00 Cribbage 1:00 Sr Fitness*</p> <p>Cheeseburgers</p>	<p>2 10:00 Poetry 12:45 Knitting</p> <p>Parmesan Pork Chop</p>	<p>3 9:00 Quilting 1:00 Hand & Foot Card Game</p> <p>Shepherd's Pie</p>	<p>4 9:30 Tai Chi 1** 10:45 Tai Chi 2** 12:45 Book Club 1:00 Bingo 1:00 Shopping</p> <p>Hot Turkey Sandwich</p>
<p>7 1:00 Bingo 1:00 Shopping</p> <p>Italian Meatloaf</p>	<p>8 10:00 Aqua Aerobics** 1:00 Cribbage 1:00 Sr Fitness*</p> <p>BUFFET</p>	<p>9 10:30 TOGETHER <u>12:00 Birthday Day</u> Audrey Lilly, Pianist 12:45 Knitting</p> <p>Baked Haddock</p>	<p>10 8:45 Foot Care (by appt only) 9:00 Quilting 1:00 Hand & Foot Card Game</p> <p>Roast Pork</p>	<p>11 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>BBQ Chicken</p>
<p>14 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>Macaroni & Cheese</p>	<p>15 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Senior Fitness*</p> <p>Roast Turkey</p>	<p>16 8:45 Foot Care (by appt only) 10:00 Poetry 12:45 Knitting</p> <p>Seafood Pasta Salad</p>	<p>17 9:00 Isle of Shoals Trip* 9:00 Quilting 1:00 Hand & Foot Card Game</p> <p>Roasted Chicken</p>	<p>18 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>C & S Pizza</p>
<p>21 1:00 Bingo 1:00 Shopping</p> <p>Chef Salad</p>	<p>22 10:00 Aqua Aerobics** 1:00 Cribbage 1:00 Sr. Fitness**</p> <p>Chicken Parmesan</p>	<p>23 BINGO NIGHT</p>  <p>4:00 Center Opens 5:00 Dinner 6:00 Bingo (See Menu page)</p>	<p>24 9:00 Quilting 12:45 Bugbee Cinema: "Beetlejuice"</p> <p>Pulled Pork</p>	<p>25 9:30 Tai Chi 1* 10:00 Suite Notes 10:45 Tai Chi 2* 12:00 Galen Mudgett 1:00 Bingo 1:00 Shopping</p> <p>Spaghetti & Meatballs</p>
<p>28 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>Italian Chicken</p>	<p>29 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Sr. Fitness*</p> <p>Sausage &</p>	<p>30 10:00 Poetry 12:45 Knitting</p> <p>3 Salad Plate</p>	<p>31 9:00 Quilting 1:00 Hand & Foot Card Game</p> <p>American Chop Suey</p>	