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JULY – 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ing the activity, date, charges and all/any sign up requirements*			1 Shopping Shuttle/Shaws 9:30 Chair Yoga 11:00 Body & Mind Game (once a month for summer) 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist	2 9:15 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi w/Tony 12:00 Poker 1:00 Women's poker Fruity Friday! Fruit served all day today to promote healthy eating!
5 HOLIDAY INDEPENDENCE DAY COA CLOSED!	6 Shopping Shuttle/S&S 9:00 S&S bus (housing) 9:00 Walking Group 9:00 Chess 9:30 Computer 101A 10:00 Vision Group 10:45 Computer 101B 1:00 Bridge 1:00 Cribbage	7 9:15 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker 1:00 BINGO*	8 Shopping Shuttle/S&S 9:30 Chair Yoga 10:00 Photography 10:00 Farmer's Market Coupons today 10-12 p.m. 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist	9 9:15 Exercise 10:00 COA Van Trip to Wal-Mart & Roche Bros. 10:00 Weight Loss Support group 11:00 Tai Chi w/Tony 12:00 Poker 1:00 Women's poker
12 10:00 Scrabble 10:00 Trip Lottery for August 19th Lobster Roll Cruise & Luncheon (see front page for info.) 11:00 No Tai Chi/Qi Gong 12:00 Poker 12:30 Line Dancing 1:00 Belles & Beaux* Musical Entertainment with cake & ice cream! (open to everyone!)	13 Shopping Shuttle/Shaws 9:00 S&S bus (housing) 9:00 Walking Group 9:00 Chess 9:30 Computer 101A 10:00 Blood Pressure at COA Senior Center (free) 10:00 SHINE Ins. help by appointments only 10:00 LifeLine Seminar (see newsletter for info) 12:00 SUMMER COOKOUT with entertainment \$3.00/pp (Please call to sign up!) No afternoon activities due to limited parking! 3:00 Supper Club at: Union Chowder House/Wey.	14 9:15 Exercise 9:30 Ask the Lawyer (free) by appointments 10:00 Handicrafts 10:00 Quilting 12:00 Poker 1:00 Eye Screening (free) by appointments *COA Senior Trip to Newport Luncheon Cruise 8:30 a.m. – 5:00 p.m. (ticket holders only)	15 Shopping Shuttle/Shaws 9:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist	16 9:15 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi w/Tony 12:00 Poker 12:30 Ask the Lawyer (free) by appointments 1:00 Women's poker 2:00 COA Board Meeting (Open to public)



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<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p> <p>Shopping Shuttle/S&S bus (housing) Walking Group Computer 101A Bowling Exercise Computer 101B 1:00 Bridge 1:00 Cribbage</p>	<p style="text-align: right;">21</p> <p>9:15 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker 1:00 BINGO* 1:00 Hearing Exams (free) by appointments</p>	<p style="text-align: right;">22</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 10:00 Photography 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p> <p style="text-align: center;">No Associates meeting for month of July & Aug.</p>	<p style="text-align: right;">23</p> <p>9:15 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi w/Tony 12:00 Poker 1:00 Women's poker</p>
<p style="text-align: right;">26</p> <p>10:00 Scrabble 11:00 Tai Chi/Qi Gong with Peggy Leung, R.N. 12:00 Poker 12:30 Line Dancing</p> <p>1:00 Tea at Savoy Refreshments & Entertainment (open to everyone!)</p>	<p style="text-align: right;">27</p> <p>Shopping Shuttle/Shaws 9:00 S&S bus (housing) 9:00 Walking Group 9:00 Chess 9:30 Computer 101A 10:00 SHINE Ins. help by appointments only 10:00 Wii Bowling 12:00 Wii Exercise 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Bridge 1:00 Cribbage 1:00 Ask the Lawyer (free) by appointments 3:00 Supper Club at: Jamie's Restaurant/Braintree 5:00 COA Alzheimer's* Support Meeting (call to sign up)</p>	<p style="text-align: right;">28</p> <p>9:15 Exercise 10:00 Handicrafts 10:00 Quilting 12:00 Poker 12:00 Movie Day* Movie: Dear John</p> <p style="text-align: center;">Please call to check..... movie subject to change!</p> 	<p style="text-align: right;">29</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p> <p>1:00 Beat the Heat Ice Cream Party with Entertainment (free) (call to sign up please!)</p>	<p style="text-align: right;">30</p> <p>9:15 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi w/Tony 12:00 Poker 1:00 Women's poker</p>