


SENIOR ACTIVITIES for JULY, 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VOLUNTEERS ONLY Starting July 1, 2009. Please sign in and record your volunteer hours, EACH TIME YOU COME , in the white loose leaf binder located at the back entrance of the Center. If you don't find your name, please check with the office.			1 8:30 Billiards 1:00 – 2:30 Coil Basket with Bobbie West 1:00 Senior Club 12:30 Poker	2 8:30 Billiards 10:00 – 11:30 Travel Club 12:30 Arthritis Foundation Exercise 12:30 Poker 12:30 Scrabble 2:00 Jackie <i>Yannes last day</i> <i>reception "All</i> <i>Welcome"</i>	3 Senior Center Closed in Observance of Independence Day	4 
5	6 8:30 Billiards 10:00 Mah jong 10:00 – 11:30 Travel Club 10:15 Get Fit w/Phyllis 12:30 Poker	7 8:30 Billiards 9:00 Crafty Ladies 12:30 Arthritis Foundation Exercise 12:30 Poker 1:00 Bingo 1:00 Pinochle 2:00 Ice-Cream Social <i>NO BLOOD</i> <i>PRESSURE</i>	8 8:30 Billiards 9:00 – 12:00 Hearing Screenings w/Dr. Judy Shea (Call for Apt.) 12:30 Poker 1:00 Senior Club 1:00 Intermediate Bridge	9 8:30 Billiards 10:00 – 11:30 Travel Club 12:00 – 1:30 Learn a new "Weigh" of Life Lunch & Lecture - (Must Sign-Up) 12:30 Arthritis Foundation Exercise 12:30 Poker 12:30 Scrabble	10 8:30 Billiards 9:15 Get Fit w/Phyllis 10:00 Golf Card Game 12:30 Learn Calligraphy 10:00 Mah jong 10:00 Painting Class 12:30 Poker	11 Grocery Shopping
12 Widow & Widowers 12:30 – 2:30 PM	13 8:30 Billiards 10:15 Get Fit w/Phyllis 10:00 Mah jong 10:00 – 11:30 Travel Club 12:30 Poker <i>Thimble Island</i> <i>Cruise & Lunch at</i> <i>Chowder Pot</i> <i>Restaurant</i>	14 8:30 Billiards 9:00 Crafty Ladies 11:00 "You don't need another Stroke" Program 12:30 Poker 1:00 Bingo 1:00 Blood Pressure 1:00 Pinochle	15 8:30 Billiards 12:30 Poker 1:00 Senior Club	16 8:30 Billiards 10:00 – 11:00 Caregivers Support Group 10:00 – 11:30 Travel Club 12:30 Poker 12:30 Scrabble 1:00 Social Afternoon Card Games, Board Games & Refreshments	17 8:30 Billiards 10:00 Golf Card Game 10:00 Mah jong 10:00 Painting Class 11:00 Wii Bowling 12:30 Bridge 12:30 Learn Calligraphy 12:30 Poker 12:45 Set-Back Cards 1:00 Discussion Group	18 <u>DIAL a RIDE</u> Grocery Shopping

<p>19</p>	<p>20 8:30 Billiards 9:00 – 1:00 AARP Safe Driving Course 10:00 Mah jong 10:00 – 11:30 Travel Club 12:30 Poker</p> <p><i>Meriden Mall Shopping Trip</i></p>	<p>21 8:30 Billiards 9:00 Crafty Ladies 12:30 Poker 1:00 Bingo 1:00 Blood Pressure 1:00 Pinochle</p>	<p>22 8:30 Billiards 9:00 – 1:00 AARP Safe Driving Course 12:30 Poker 1:00 Intermediate Bridge 1:00 Senior Club</p>	<p>23 8:30 Billiards 10:00 – 11:30 Travel Club 12:30 Poker 12:30 Scrabble</p>	<p>24 8:30 Billiards 10:00 Golf Card Game 10:00 Mah jong 10:00 Painting Class 11:00 Wii Bowling 12:30 Bridge 12:30 Learn Calligraphy 12:30 Poker 12:45 Set-Back Cards 1:00 Discussion Group</p>	<p>25</p> <p>Grocery Shopping</p>
<p>26</p> <p>Widow & Widowers 12:30 – 2:30 PM</p>	<p>27 8:30 Billiards 10:00 Mah jong 10:00 – 11:30 Travel Club 11:30 Pizza & a Movie “Milk” Rated “ R” Cost: \$3.00 12:30 Poker</p> <p><i>Jimmies Restaurant Trip West Haven</i></p>	<p>28 8:30 Billiards 9:00 Crafty Ladies 12:30 Poker 1:00 Bingo 1:00 Blood Pressure 1:00 Pinochle</p>	<p>29 8:30 Billiards 12:30 Poker 1:00 Senior Club</p>	<p>30 8:30 Billiards 10:00 – 11:30 Travel Club 12:30 Poker 12:30 Scrabble 12:30 – 3:00 Vinnie Carr Dance Party Co-sponsored Mulberry Gardens</p>	<p>31 8:30 Billiards 10:00 Golf Card Game 10:00 Mah jong 10:00 Painting Class 11:00 Wii Bowling 12:30 Bridge 12:30 Learn Calligraphy 12:30 Poker 12:45 Set-Back Cards 1:00 Discussion Group</p>	

**THE FOLLOWING ACTIVITIES & PROGRAMS WILL NOT MEET IN JULY
 BOOKWORMS, BUSY BEES CRAFTS, MODERATE EXERCISE & WHIST**