

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2023

Colchester Senior Center

												
						<p>Canada Day</p>						
2	<p>8:30 Garden Club 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	3	<p>CSC CLOSED for the Independence Day Holiday</p> <p><small>Independence Day (US)</small></p>	4	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1-3 Backus Stroke Survivors Program 1-2:30 Life Review Journaling</p>	5	<p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage NO Sr. Benefits appts. 12:30 Dominoes 1:00 Knit & Crochet</p>	6	<p>10:00 Sit & Be Fit 10:00 Card Making 10:30 Hearing Screenings 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	7		8
9	<p>9:00 CoA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	10	<p>8:15 Best of Boston Departs 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:00 Summer Painting 10:00 LTC Ombuds Mtg. 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	11	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1-2:30 Life Review Journal 1:30 Cardio Drumming I 2:00 Cardio Drumming II 2:00 - 4:00 Sewing Circle 2:30 - CSC Staff Meeting</p>	12	<p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by appt. 12:30 Dominoes 1:00 Knit & Crochet</p>	13	<p>10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 11:00 Yoga 11:15 Chatham Health Education Series 1:00 Tech Time w/ Harry 1:30 Bingo</p>	14		15
16	<p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	17	<p>8:15 Block Island Trip Departs 9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo</p>	18	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 America the Beautiful Luncheon 1-2:30 Life Review Journaling</p>	19	<p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by appt. 12:30 Dominoes 1:00 Knit & Crochet</p>	20	<p>10:00 Sit & Be Fit NO Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo 2:00 Ham Radio Meeting</p>	21		22
23	<p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Stitch & Fix 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	24	<p>9:00 Making Memories 9:00 Golf League 9:45 Tai Chi 10:00 Inspired by Art 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	25	<p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11- 1 Pizza and a Movie 1:30 Cardio Drumming I 2:00 Cardio Drumming II 2:00 - 4:00 Sewing Circle</p>	26	<p>9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by appt. 12:30 Dominoes 1:00 Knit & Crochet</p>	27	<p>10:00 Sit & Be Fit NO Choral Group 11:00 Lunch Bunch - Hideaway Restaurant 11:00 Yoga 1:30 Bingo</p>	28		29
30	<p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	31										