JULY 2015 ROCKPORT COA

Director: Diane Bertolino 978-546-2573

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SENIOR CENTER HOURS 8:00-4:00 PM M-TH

8:00-1:00 PM FRI

NEW ***Tuesday's 1:00-3:30*** ***Mexican Train*** ***Dominoes***	***NEW*** ***Thursday's 1:00-3:30*** ***Ping Pong*** ***on 2nd floor***	Wed.1 9:00-10:00 Tai Chi 11:30-12:15 Lunch 1:00-3:00 Scrabble	Thurs. 2 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:00 Mobile Market 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 1:00-3:30 Ping Pong	Fri. 3 **CLOSED** Happy July 4th
Mon. 6 9:00-10:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga	Tues. 7 9:00-10:00 Yoga 11:30-12:15 Lunch 1:00-3:30 Mexican Train Dominoes 1:30-3:00 Register for Programs	Wed. 8 9:00-10:00 Tai Chi 9:00-10:00 Bruce Tarr's Representative 11:30-12:15 Summer Picnic Luncheon 1:00- 3:00 Scrabble	Thurs. 9 9:00-10:00 Yoga 9:30-11:00 Register for Programs 9:30-11:30 Nurse 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 1:00-3:30 Ping Pong	Fri. 12 9:00-10:00 Strength/Balance 11:30-12-15 Lunch **Call Freda for Lunch Reservations, 978-546-5027** **24-hour notice**
Mon. 13 9:00-10:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga	Tues. 14 9:00-10:00 Yoga 10:00-11:30 Intro iPad/iPhone 11:00-4:00 1 day Art Workshop 11:30–12:15 Lunch 1:00-2:00 Ice Cream Social 1:00-3:30 Mexican Train Dominoes 1:30-3:00 Register for Programs	Wed. 15 9:00-10:00 Tai Chi 11:30-1:00 Lobster Roll Lunch & Entertainment 1:00-3:00 Scrabble	Thurs. 16 9:00-10:00 Yoga 10:00-11:30 Intro iPad/iPhone 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 1:00-3:30 Ping Pong	Fri. 17 9:00-10:00 Strength/Balance 11:30-12:15 Lunch
Mon. 20 9:00-10:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga	Tues. 21 9:00-10:00 Yoga 10:00-11:30 Intro iPad/iPhone 11:30-12:15 Lunch 1:00-3:30 Mexican Train Dominoes 1:30-3:00 Register for Programs	Wed. 22 7:15 Day trip to Martha's Vineyard 9:00-10:00 Tai Chi 11:30-12:15 Lunch 1:00-3:00 Scrabble	Thurs. 23 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:00-11:30 Intro iPad/iPhone 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 1:00-3:30 Knitting/Quilting 1:00-3:30 Ping Pong	Fri. 24 9:00-10:00 Strength/Balance 11:30-12:15 Lunch
Mon. 27 9:00-10:00 Strength/Balance 11:30-12:15 Lunch 1:00-3:30 Bingo 2:30-3:30 Yoga	Tues. 28 9:00-10:00 Yoga 11:30-12:15 Lunch 1:00-3:30 Mexican Train Dominoes 1:30-3:00 Register for Programs 5:00 Italian Dinner by Element Care	Wed 29 8:00-9:30 Men's Breakfast 9:00-10:00 Tai Chi 11:30-12:15 Lunch 1:00-3:00 Scrabble	Thurs. 30 9:00-10:00 Yoga 9:30-11:00 Register for Programs 10:30-11:30 Free Bridge Lesson 11:30-12:15 Lunch 12:00-4:00 Duplicate Bridge 12:30-1:00 July-August Birthday Party 1:00-3:30 Knitting/Quilting 1:00-3:30 Ping Pong	Fri 31 9:00-10:00 Strength/Balance 11:30-12:15 Lunch