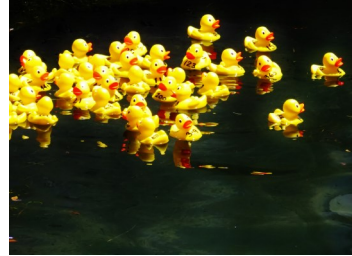


Need a ride to come to lunch?
Free Transportation through
CATA & the Senior Center
Call 978-283-7916

Elder Abuse Awareness Day
June 14th
10AM-12PM
Join Us at Five Corners



DUCK RACE
SATURDAY
JUNE 9TH
11:00 MILLBROOK MEADOW

Fri. 1
9:00-10:00 Strength/Balance
9:30-12:30 SHINE by Appointment
10:15-11:15 Enhance Fitness
11:30-12:30 Yoga
11:30-12:15 Lunch

Mon. 4
9:00-10:00 Strength/Balance
10:30-11:30 Enhance Fitness
11:30-12:15 Lunch
1:00-3:30 Bingo



Tues. 5
9:00-10:00 Yoga
10:30-11:30 Tai Chi
11:30-12:15 Lobster Roll Lunch
1:30-3:30 Carla's Art Class
1:30-3:30 Movie/Central Intelligence
1:30-3:00 Register for Programs



Wed. 6
9:00-10:00 Tai Chi
9:30 CATA Walmart Shopping
10:30-11:30 Enhance Fitness
11:30-12:15 Lunch
1:00-3:00 Canasta
1:00-3:00 Elizabeth's Art Class

Thurs. 7
8:45-9:45 & 10:00-11:00 Yoga
9:30-11:00 Free Consults with Lawyer
10:30-11:30 Duplicate Bridge Lesson
9:30-11 Register for Programs
10:00-11:00 Sr. Mobile Market
11:30-12:15 Lunch
12:00-4:00 Duplicate Bridge
1:00-3:30 Knitting/Quilting



Fri. 8
9:00-10:00 Strength/Balance
10:15-11:15 Enhance Fitness
11:30-12:30 Yoga
11:30-12:15 Lunch

Mon. 11
9:00-10:00 Strength/Balance
10:30-11:30 Enhance Fitness
11:30-12:15 Lunch
1:00-3:30 Bingo

Tues. 12
9:00-10:00 Yoga
10:30-11:30 Tai Chi
11:30-12:15 Lunch
1:30-3:30 Carla's Art Class
1:30-3:30 Movie/The Commuter
1:30-3:00 Register for Programs



Wed. 13
9:00-10:00 Tai Chi
10:00 Kennebunkport Day Trip
10:30-11:30 Enhance Fitness
9:30 CATA Christmas Tree Shop
11:00-12:00 Sen. Tarr's Rep. Dick Curran
11:30-12:15 Lunch
1:00-3:00 Canasta
1:00-3:00 Elizabeth's Art Class



Thurs. 14
8:45-9:45 & 10:00-11:00 Yoga
9:30-11:30 VNA Nurse
10:00-:00 Elder Abuse @ 5 Corners
9:30-11:00 Register for Programs
10:30-11:30 Duplicate Bridge Lesson
11:30-12:15 Father's Day Lunch
12:00-4:00 Duplicate Bridge
1:00-3:30 Knitting/Quilting



Fri. 15
9:00-10:00 Strength/Balance
10:15-11:15 Enhance Fitness
11:30-12:30 Yoga
11:30-12:15 Lunch



Mon. 18
9:00-10:00 Strength/Balance
10:30-11:30 Enhance Fitness
11:30-12:15 Lunch
1:00-3:30 Bingo

Tues. 19
9:00-10:00 Yoga
10:30-11:30 Tai Chi
11:30-12:15 Lunch
1:30-3:30 Movie/Age of Adaline
1:30-3:30 Carla's Art Class



Wed. 20
9:00-10:00 Tai Chi
9:30 CATA Trader Joe's Shopping
10:30-11:30 Enhance Fitness
11:30-12:15 Lunch
1:00-3:00 Canasta

Thurs. 21
8:45-9:45 & 10:00-11:00 Yoga
9:30-11:00 Register for Programs
10:30-11:30 Duplicate Bridge Lesson
11:30-12:15 Lunch
12:00-4:00 Duplicate Bridge
1:00-3:30 Knitting/Quilting

Fri. 22
9:00-10:00 Strength/Balance
10:15-11:15 Enhance Fitness
11:30-12:30 Yoga
11:30-12:15 Lunch

Mon. 25
9:00-10:00 Strength/Balance
10:30-11:30 Enhance Fitness
11:30-12:15 Lunch
1:00-3:30 Bingo

Tues. 26
9:00-10:00 Yoga
10:30-11:30 Tai Chi
11:30-12:15 Lunch
1:30-3:30 Movie/Greatest Showman
1:30-3:00 Register for Programs
1:30-3:30 Carla's Art Class



Wed. 27
9:00-10:00 Tai Chi
9:30 Liberty Tree Mall & North Shore Mall
10:30-11:30 Enhance Fitness
11:30-12:15 Traveling Chef Lunch
1:00-3:00 Canasta
4:00-6:00 AGH Supper



Thurs. 28
8:45-9:45 & 10:00-11:00 Yoga
9:30-11:00 Register for Programs
10:30-11:30 Duplicate Bridge Lesson
11:30-12:15 Lunch
12:00-4:00 Duplicate Bridge
1:30-3:30 Knitting/Quilting

Fri. 29
:00-10:00 Strength/Balance
10:15-11:15 Enhance Fitness
11:30-12:30 Yoga
11:30-12:15 Lunch