

AUGUST 2023 SPECIAL & MONTHLY EVENTS

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 9:30 Bears Journey 9:30 Watercolor 10:00 \$ due for Amarantes Elderly Bros 11:00 Hearing 1:00 Coupons 1:00 Set Back	2 9:30 Light Aerobics 10:30 SyncoCize 1:00 Tai Chi Qigong	3 <u>Food Bank 9 -Noon</u> 9:30 Stretch & Tone 10:00 Knit& Stitch 12:30 Mah Jongg 1:00 Scrabble	4 9:30 Light Aerobics	5
6	7 <u>Food Bank 9 –Noon</u> 9:30 Light Aerobics 10:30 SyncoCize II Dance Fitness 10:30-11:30 Blood Pressure Clinic 10 min/person First Monday ea mo.	8 9:30 Bears Journey 11:00 Hearing 1:00 Coupons 1:00 Set Back 6:00 Music Night	9 9:30 Light Aerobics 10:30 SyncoCize 1:00 Tai Chi Qigong 12:00 Middlesex Hospital Home Care & Marlborough Health Care & Rehab Lunch & Learn Free	10 <u>Food Bank 9 -Noon</u> 9:30 Stretch & Tone 10:00 Knit& Stitch 10:45 Trip to Aqua Turf Shades of Buble and Lunch \$89 plus \$5 ride 12:30 Mah Jongg 1:00 Scrabble	11 9:30 Light Aerobics	12
13	14 FOOD SHARE <u>Food Bank 9 –Noon</u> 9:30 Light Aerobics 10:30 SyncoCize II Dance Fitness	15 9:30 Bears Journey 9:30 Watercolor 1:00 Coupons 1:00 Set Back	16 9:30 Light Aerobics 10:30 SyncoCize 12:30-4:00 Bridge 1:00 Tai Chi Qigong	17 <u>Food Bank 9 Noon</u> 9:30 Stretch& Tone 10:00 Knit& Stitch 10:30 Cooking Class w Mary Brody! Strawberry Yoghurt Parfaits! \$10 12:30 Mah Jongg 1:00 Scrabble	18 9:30 Light Aerobics 10:30 Alan, the White House Butler, Returns! Free	19
20	21 <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10:30 SyncoCize II Dance Fitness 1:00 Come Congressman John Larson – Light refreshments	22 9:30 Bears Journey 9:30 Watercolor 1:00 Coupons 1:00 Set Back	23 9:30 Light Aerobics 10:30 SyncoCize 1:00 Tai Chi Qigong 1:00 TRIP Ivoryton Playhouse –SOLD OUT	24 <u>Food Bank 9 Noon</u> 9:30 Stretch & Tone 10:00 Knit& Stitch 11:00 CT Cover Club-Arrigoni Bridge Stamp First Day of Sale Free 12:30 Mah Jongg 1:00 Scrabble	25 9:30 Light Aerobics 10:00 Trip to Blue Iris Farm \$20 pp.	26
27	28 FOOD SHARE <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10:30 SyncoCize II Dance Fitness	29 9:30 Bears Journey 9:30 Watercolor 1:00 Coupons 1:00 Set Back	30 9:30 Light Aerobics 10:30 SyncoCize 1:00 Tai Chi Qigong 12:30-4:00 Bridge	31 <u>Food Bank 9 -Noon</u> 9:30 Stretch & Tone 10:00 Knit& Stitch 12:30 Mah Jongg 1:00 Scrabble		