

Sunday, April 8 th Day Trip - Pirate Museum	Saturday, April 14 th Day Trip - Sandwich Flea Mkt.	APRIL 2018		Sunday, April 29 th Day Trip - Wolf Hollow
Monday	Tuesday	Wednesday	Thursday	Friday
7-9 Breakfast 2. 8:00-12:00 Fitness Room 8:30 Bowling in Bourne 9:00 Art Group 11:30 Pampered Chef Demo 12:00 Pampered Chef Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	7-9 Breakfast 3. 9:00 Scrabble 10:00-2:00 Fitness Room 10:00 Cardio Dance-Fit 11:30 Lunch: Beef Stew, Potato & Veggies 2:15 Line Dancing Class	7-9 Breakfast 4. 8:00-12:00 Fitness Room 8:30 Grocery Shopping/M.B. 9:00 COA Board Meeting 9-12 Tax Appointments 10:00 Blood Pressure Clinic 10:00 Ballroom Dance Lessons 11:30 Lunch: Grill Chix, Mash Potato 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast 5. 8:00-12:00 Fitness Room 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Macaroni & Cheese, Escalloped Tomato, Green Beans 2:30 Stepping & Stretching 3:00 Legal Appointments	7-9 Breakfast 6. 8:00-12:00 Fitness Room 9:30 Line Dancing Class 9:30-11:30 Conversational French 1 & 2 1:30 Movie
7-9 Breakfast 9. 8:00-12:00 Fitness Room 8:00 Dental Clinic Appts. 8:30 Bowling in Bourne 9:00 Art Group 12:00 Soup & Sandwich Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	7-9 Breakfast 10. 9:00 Scrabble ELECTION SET UP 11:30 Lunch: Chix Coq au Vin, O'Brien Potato, Beets	7-9 Breakfast 11. ELECTION DAY 8:30 Grocery Shopping/M.B. 9-12 Tax Appointments 10:00 Blood Pressure Clinic 11:30 Lunch: Hot Dog, Roll, Beans 12:00-4:00 GBFB Food Pick-Up	7-9 Breakfast 12. 8:00-12:00 Hand & Foot 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Meatloaf, Mash Potato & Veggies 2:30 Stepping & Stretching	7-9 Breakfast 13. 8:00-12:00 Fitness Room 9:30 Line Dancing Class 1:30 Movie
Senior Center Closed for the Patriots Day Holiday 16.	7-9 Breakfast 17. 9:00 Scrabble 10:00-2:00 Fitness Room 10:00 Cardio Dance-Fit 10:00 Rug Hookers 10:15 Senior Book Club 11:30 Lunch: Portuguese Chix, Rice, Broccoli 2:15 Line Dancing Class	7-9 Breakfast 18. 8:00-12:00 Fitness Room 8:30 Grocery Shopping/M.B. 10:00 FRIENDS Board Mtg. 10:00 Ballroom Dance Lessons 10:00 Blood Pressure Clinic 11:30 Lunch: Roast Pork, Potato 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast 19. 8:00-12:00 Fitness Room 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Cheesy Beefaroni / W Veggies 2:30 Stepping & Stretching	7-9 Breakfast 20. 8:00-12:00 Fitness Room 8:30 Day Trip South Shore Mall & Lunch 9:30 Line Dancing Class 9:30-11:30 Conversational French 1 & 2 1:30 Movie
7-9 Breakfast 23. 8:00-12:00 Fitness Room 8:30 Bowling in Bourne 9:00 Art Group 12:00 Hanna's Special Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	7-9 Breakfast 24. 9:00 Scrabble 9:00 Day Trip Battleship Cove Trip Tour & Museum 10:00-2:00 Fitness Room 10:00 Cardio Dance-Fit 11:30 Lunch: Beef Picadillo, Rice 2:15 Line Dancing Class	7-9 Breakfast 25. 8:00-12:00 Fitness Room 8:30 Grocery Shopping/M.B. 10:00 Ballroom Dance Lessons 10:00 Blood Pressure Clinic 11:30 Lunch: Turkey / w Gravy 12:00-2:00 Senator's Office Visits 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast 26. 8:00-12:00 Fitness Room PODIATRIST VISITS 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Western Omelet & Hash Browns 2:30 Stepping & Stretching	7-9 Breakfast 27. 8:00-12:00 Fitness Room 9:30 Line Dancing Class 1:30 Movie
7-9 Breakfast 30. 8:00-12:00 Fitness Room 8:30 Bowling in Bourne 9:00 Art Group 12:00 Mike & Ann's Luncheon 1:30 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO		Coastline Elderly Nutrition Program Tuesday, Wednesday & Thursday Lunches 1646 Purchase Street New Bedford, MA 02740	For Reservations / Cancellations: 508-763-8723 24 hours in advance! Menu is subject to change without notice.	