

<b>Sunday, July 8<sup>th</sup></b> <b>8:30-4 Day Trip</b> <b>Wickford, RI Art Festival</b>	<h1>JULY 2018</h1>				<b>Sunday, July 22<sup>nd</sup></b> <b>8:30-4 Day Trip</b> <b>Sand Sculpting Festival-Revere</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
7-9 Breakfast <b>2.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Art Group <b>11:30 Pampered Chef Demo</b> <b>12:00 Pampered Chef Lunch</b> 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	7-9 Breakfast <b>3.</b> 9:00 Scrabble <b>10:00-2:00 Fitness Room</b> 10:00 Cardio Dance-Fit 11:30 Lunch: Cheeseburger 2:15 Line Dancing Class	<b>4.</b> <b>Senior Center</b> <b>Closed</b> <b>for the</b> <b>4<sup>th</sup> of July</b> <b>Holiday</b>	7-9 Breakfast <b>5.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Grill Chix, Rice 2:30 Stepping & Stretching <b>3:00 Legal Appointments</b>	7-9 Breakfast <b>6.</b> <b>8:00-12:00 Fitness Room</b> <b>Free Fun Friday</b> <b>8-4 Day Trip</b> <b>N.E.Quilt Museum-Lowell</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	
7-9 Breakfast <b>9.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Art Group 12:00 BBQ Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	7-9 Breakfast <b>10.</b> 9:00 Scrabble 10:00 Cardio Dance-Fit 11:30 Lunch: Lasagna Roll Up /w Tomato Sauce <b>10:00-2:00 Fitness Room</b> 2:15 Line Dancing Class	7-9 Breakfast <b>11.</b> <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping 10:00 Ballroom Dance Class <b>9:00 COA Board Meeting</b> <b>10:00 Blood Pressure Clinic</b> 11:30 Lunch: BBQ Chix <b>12-4 GBFB Food Pick-Up</b> 12:30 BINGO 7:00 ZUMBA	7-9 Breakfast <b>12.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Braised Italian Beef /w Noodles, Green Beans 2:30 Stepping & Stretching	7-9 Breakfast <b>13.</b> <b>8:00-12:00 Fitness Room</b> <b>8:30-5 Day Trip</b> <b>Charles River Boat Cruise,</b> <b>Lunch &amp; Shopping</b> <b>Cambridgeside Galleria</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	
7-9 Breakfast <b>16.</b> <b>8:00-12:00 Fitness Room</b> <b>7:30-5 Day Trip</b> <b>Martha's Vineyard/Oak Bluffs</b> 9:00 Art Group 12:00 BBQ Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	7-9 Breakfast <b>17.</b> 9:00 Scrabble 10:00 Cardio Dance-Fit <b>10:15 Senior Book Club</b> 11:30 Lunch: Chix Piccata, Florentine Rice <b>10:00-2:00 Fitness Room</b> 2:15 Line Dancing Class	7-9 Breakfast <b>18.</b> <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping 10:00 Ballroom Dance Class <b>10:00 Friends Board Meeting</b> <b>10:00 Blood Pressure Clinic</b> 11:30 Lunch: Mac n' Cheese Escalloped Tomatoes 12:30 BINGO 7:00 ZUMBA	7-9 Breakfast <b>19.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Turkey /w Gravy 2:30 Stepping & Stretching	7-9 Breakfast <b>20.</b> <b>8:00-12:00 Fitness Room</b> <b>Free Fun Friday</b> <b>8:30-4:30 Day Trip</b> <b>Museum of Fine Arts Boston</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	
7-9 Breakfast <b>23.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Art Group 12:00 BBQ Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	7-9 Breakfast <b>24.</b> 9:00 Scrabble 10:00 Cardio Dance-Fit 11:30 Lunch: Beef Picadillo <b>10:00-2:00 Fitness Room</b> 2:15 Line Dancing Class	7-9 Breakfast <b>25.</b> <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping 10:00 Ballroom Dance Class <b>10:00 Blood Pressure Clinic</b> 11:30 Lunch: Roast Pork /w Gravy, Roast Potato, Broccoli <b>12:00 Senator Office Hours</b> 12:30 BINGO 7:00 ZUMBA	7-9 Breakfast <b>26.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Meatloaf /w Gravy 2:30 Stepping & Stretching <b>6-8 Veterans Social</b>	7-9 Breakfast <b>27.</b> <b>8:00-12:00 Fitness Room</b> <b>Free Fun Friday</b> <b>8:30-4 Day Trip</b> <b>Isabella Stewart Gardner</b> <b>Museum Boston</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	
7-9 Breakfast <b>30.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Art Group 12:00 BBQ Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	7-9 Breakfast <b>31.</b> 9:00 Scrabble 10:00 Cardio Dance-Fit 11:30 Lunch: American Chop Suey <b>10:00-2:00 Fitness Room</b> 2:15 Line Dancing Class	<b>Sunday, July 29<sup>th</sup></b> <b>8:00-4:30 Day Trip</b> <b>Lowell Folk Festival</b>	<b>Coastline Elderly Nutrition</b> <b>Program</b> <b>Tues., Wednes., &amp; Thurs. Lunch</b> <b>1646 Purchase Street</b> <b>New Bedford, MA 02740</b>	<b>Reservations &amp; Cancellations:</b> <b>508-763-8723</b> <b>24 Hours in Advance</b>	

<p>Sunday, August 5<sup>th</sup> 8-5:30 Day Trip Charlestown, RI Seafood Festival With Car Show</p>	<p style="text-align: center;"><b>AUGUST 2018</b></p>				<p>Sunday, August 19<sup>th</sup> 8:30-5 Day Trip Gloucester Waterfront Festival</p>
<p style="text-align: center;"><b>Monday</b></p>	<p style="text-align: center;"><b>Tuesday</b></p>	<p style="text-align: center;"><b>Wednesday</b></p>	<p style="text-align: center;"><b>Thursday</b></p>	<p style="text-align: center;"><b>Friday</b></p>	
<p>Coastline Elderly Nutrition Program Tuesday, Wednesday, &amp; Thursday Lunches 1646 Purchase Street New Bedford, MA 02740</p>	<p>Reservations &amp; Cancellations: 508-763-8723 24 Hours in Advance</p>	<p>7-9 Breakfast 1. 8:00-12:00 Fitness Room 8:30 COA Board Meeting 8:30 Grocery Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: German Stewed Beef, Mash Potato 12:30 BINGO 7:00 ZUMBA</p>	<p>7-9 Breakfast 2. 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand &amp; Foot 11:30 Lunch: Roast Chix, Bruschetta Italian Pasta 2:30 Stepping &amp; Stretching 3:00 Legal Appointments</p>	<p>7-9 Breakfast 3. 8:00-12:00 Fitness Room 8-5:30 Day Trip Block Island Ferry, Point Judith, RI 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>	
<p>7-9 Breakfast 6. 8:00-12:00 Fitness Room 8:00 Dental Clinic 9:00 Art Group 11:30 Pampered Chef Demo 12:00 Pampered Chef Lunch 1:15 Chair Yoga 2:30 Stepping &amp; Stretching 6:00 BINGO</p>	<p>7-9 Breakfast 7. 10:00-2:00 Fitness Room 9:00 Scrabble 10:00 Cardio Dance-Fit 11:30 Lunch: Sweet &amp; Sour Pork, Asian Rice &amp; Veggies 2:15 Line Dancing Class</p>	<p>7-9 Breakfast 8. 8:00-12:00 Fitness Room 8:30 Grocery Shopping 10:00 FRIENDS Board Meeting 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Mac &amp; Cheese, Florentine Tomato 12:30 BINGO 7:00 ZUMBA</p>	<p>7-9 Breakfast 9. 8:00-12:00 Fitness Room 8:30-5 CT Day Trip Lites &amp; Sites Cruises (14 Lighthouses &amp; Other Sites) 9:00 Busy Bees 9:00 Hand &amp; Foot 11:30 Lunch: Roast Turkey /w Gravy 2:30 Stepping &amp; Stretching</p>	<p>7-9 Breakfast 10. 8:00-12:00 Fitness Room 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>	
<p>7-9 Breakfast 13. 8:00-12:00 Fitness Room 9:00 Art Group 11:30-2:00 Annual Senior Picnic 2:30 Stepping &amp; Stretching 6:00 BINGO</p>	<p>7-9 Breakfast 14. 10:00-2:00 Fitness Room 9:00 Scrabble 10:00 Cardio Dance-Fit 11:30 Lunch: Grilled Chix Parm, Penne Pasta /w Tomato Sauce 2:15 Line Dancing Class</p>	<p>7-9 Breakfast 15. 8:00-12:00 Fitness Room 8:30 Grocery Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Beef Chili, 12-4 GBFB Food Pick-Up 12:30 BINGO 7:00 ZUMBA</p>	<p>7-9 Breakfast 16. 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand &amp; Foot 11:30 Lunch: Western Omelet 2:30 Stepping &amp; Stretching</p>	<p>7-9 Breakfast 17. 8:00-12:00 Fitness Room 8:30-4:30 Day Trip Twin River Casino, RI 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>	
<p>7-9 Breakfast 20. 8:00-12:00 Fitness Room 9:00 Art Group 12:00 Hanna's Luncheon 1:15 Chair Yoga 2:30 Stepping &amp; Stretching 6:00 BINGO</p>	<p>7-9 Breakfast 21. 10:00-2:00 Fitness Room 9:00 Scrabble 10:00 Cardio Dance-Fit 10:15 Senior Book Club 11:30 Lunch: Kale Soup, Portuguese Chix, Roasted Potato 2:15 Line Dancing Class</p>	<p>7-9 Breakfast 22. 8:00-12:00 Fitness Room 8:30 Grocery Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Seafood Casserole 12-2 Senator's Office Hours 12:30 BINGO 7:00 ZUMBA</p>	<p>7-9 Breakfast 23. 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand &amp; Foot 11:30 Lunch: Roast Pork /w Gravy, Mash Potato 2:30 Stepping &amp; Stretching 6-8 Veterans Social</p>	<p>7-9 Breakfast 24. 8:00-12:00 Fitness Room Free Fun Friday 9-4:30 Day Trip Heritage Museum &amp; Gardens with Car Show, Sandwich 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>	
<p>7-9 Breakfast 27. 9:00 Art Group 12:00 Mike &amp; Ann's Luncheon 1:15 Chair Yoga 2:30 Stepping &amp; Stretching 6:00 BINGO</p>	<p>7-9 Breakfast 28. 9:00 Scrabble 10:00 Cardio Dance-Fit 10:00-2:00 Fitness Room 11:30 Lunch: Chix co qau vin, O'Brien Potato, Carrots 2:15 Line Dancing Class</p>	<p>7-9 Breakfast 29. 8:00-12:00 Fitness Room 8:30 Grocery Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Meatloaf /w Gravy 12:30 BINGO 7:00 ZUMBA</p>	<p>7-9 Breakfast 30. 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand &amp; Foot 10-6 Day Trip Cape Ann Lighthouse Cruise &amp; Lunch Nearby 11:30 Lunch: Honey Chix, Asian Rice 2:30 Stepping &amp; Stretching</p>	<p>7-9 Breakfast 31. 8:00-12:00 Fitness Room Elections Set-Up</p>	