

September 2018

Saturday, Sept. 22nd
FRIENDS YARD SALE
 9:00-2:00

	September 2018				Saturday, Sept. 22nd FRIENDS YARD SALE 9:00-2:00
Monday	Tuesday	Wednesday	Thursday	Friday	
3. Senior Center Closed For the Labor Day Holiday	4. 7-9 Breakfast ELECTION DAY State Primary JIGSAW PUZZLE SALE 11:30 Lunch: Stuffed Shells /w Meat Sauce, Veggies	5. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 COA Board Meeting 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Seafood Newburg, Rice & Veggies 12:30 BINGO 7:00 ZUMBA	6. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Chix Piccata, Mash Potato, Peas 2:30 Stepping & Stretching 3:00 Legal Appointments	7. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 1:30 Movie	
10. 7-9 Breakfast 8:00-12:00 Fitness Room 8:30 Day Trip - Faneuil Hall & Quincy Market 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	11. 7-9 Breakfast 9:00 Scrabble 10:00 Cardio Dance-Fit 11:30 Lunch: Chix Teriyaki & Rice 10:00-2:00 Fitness Room 2:15 Line Dancing Class	12. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 FRIENDS Board Meeting 10:00 Ballroom Dance Class 10:00 Blood Pressure Clinic 11:30 Lunch: Omelet /w Broccoli Cheese Sauce, Hash Browns 12-4 GBFB Food Pick-Up 12:30 BINGO 7:00 ZUMBA	13. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Roast Turkey /w Gravy, Mash Potato, Squash 2:30 Stepping & Stretching	14. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 9:30 Conversation Francais	
17. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 12:00 Hanna's Special Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	18. 7-9 Breakfast 9:00 Scrabble 9:30 Day Trip - Home Healthsmith - RI 10:00 Cardio Dance-Fit 10:15 Senior Book Club 9:30 Happy Hookers 11:30 Lunch: Cajun Chix, Rice & Beans, Mexicali Corn 10:00-2:00 Fitness Room 2:15 Line Dancing Class	19. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Ballroom Dance Class 10:00 Friends Board Meeting 10:00 Blood Pressure Clinic 11:30 Lunch: American Chop Suey & Broccoli 12-4 GBFB Food Pick-Up 12:30 BINGO 7:00 ZUMBA	20. 7-9 Breakfast 7:30 Day Trip - "The Big E" 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Baked Salmon /w Supreme Sauce & Sweet Potato 2:30 Stepping & Stretching 6:00-8:00 Veterans Social	21. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 9:30 Conversation Francais 1:30 Movie	
24. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 12:00 Quarterly Birthday Party Luncheon with Entertainment Affordable Housing Survey 1:30 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	25. 7-9 Breakfast 9:00 Scrabble 10:00 Cardio Dance-Fit 11:30 Lunch: Kale Soup, Chix Marsala, Mash Potato 10:00-2:00 Fitness Room 2:15 Line Dancing Class	26. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Ballroom Dance Class 10:00 Blood Pressure Clinic 11:30 Lunch: Roast Pork, Gravy, Red Bliss Potato, Brussel Sprouts 12-2 Senator's Office Visits 12:30 BINGO 7:00 ZUMBA	27. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Meatloaf, Gravy, Mash Potato & Veggies 3:00 Green Community Forum 6:00 Green Community Forum	28. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 9:30 Conversation Francais 1:30 Movie	
Saturday, Sept. 8th 10:30-5:00 Day Trip Octoberfest Celebration	Sunday, Sept. 16th 9:30-3:00 Day Trip Pilgrim Belle Cruise & Lunch	Saturday, Sept. 29th 8:00-5:00 Day Trip Wachusett Mountain BBQ Fest	Coastline Elderly Nutrition Program Tues., Wedns., & Thurs. Lunch 1646 Purchase Street New Bedford, MA 02740	Reservations & Cancellations: 508-763-8723 24 Hours in Advance	

