

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

<p>Sunday, August 5th 8-5:30 Day Trip Charlestown, RI Seafood Festival With Car Show</p>	<p style="text-align: center;">AUGUST 2018</p>				<p>Sunday, August 19th 8:30-5 Day Trip Gloucester Waterfront Festival</p>
<p style="text-align: center;">Monday</p>	<p style="text-align: center;">Tuesday</p>	<p style="text-align: center;">Wednesday</p>	<p style="text-align: center;">Thursday</p>	<p style="text-align: center;">Friday</p>	
<p>Coastline Elderly Nutrition Program Tuesday, Wednesday, & Thursday Lunches 1646 Purchase Street New Bedford, MA 02740</p>	<p>Reservations & 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 & Foot 11:30 Lunch: Roast Chix, Bruschetta Italian Pasta 2:30 Stepping & 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 & 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 & Sour Pork, Asian Rice & 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 & 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 & Sites Cruises (14 Lighthouses & Other Sites) 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Roast Turkey /w Gravy 2:30 Stepping & 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 & 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 & Foot 11:30 Lunch: Western Omelet 2:30 Stepping & 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 & 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 & Foot 11:30 Lunch: Roast Pork /w Gravy, Mash Potato 2:30 Stepping & 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 & 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 & Ann's Luncheon 1:15 Chair Yoga 2:30 Stepping & 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 & Foot 10-6 Day Trip Cape Ann Lighthouse Cruise & Lunch Nearby 11:30 Lunch: Honey Chix, Asian Rice 2:30 Stepping & Stretching</p>	<p>7-9 Breakfast 31. 8:00-12:00 Fitness Room Elections Set-Up</p>	