





JULY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Popcorn and Movie: Robin Hood: Men in Tights</p> <p>No Better Bones class</p>	<p>3</p> <p>8:00 BP Clinic</p> <p>9:00 Cribbage</p> <p>No Yoga today</p> <p>11:00-1:00 Legal Clinic</p> <p>12:00 BP Clinic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p>	<p>4</p> <p>Independence Day Holiday</p>  <p>Senior Center closed</p>	<p>5</p> <p>9-12 SHINE</p> <p>9:30 Tap Dance</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: Super 8</p>	<p>6</p> <p>9:00-2:30 I&R Hours</p> <p>9:30-11:30 Bingo</p> <p>10:00 Fit for the Future at L/S</p> <p>1:00 Watercolors (2)</p>
<p>9</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 Stamp Club</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Popcorn and Movie: Still, We Believe: The Boston Red Sox Movie</p> <p>1:00 Better Bones (1)</p> <p>7:00 Summer Concert Tonight</p>	<p>10</p> <p>8:00 BP Clinic</p> <p>9:00 Cribbage</p> <p>9:20/10:40 Yoga (7)</p> <p>12:00 BP Clinic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p>	<p>11</p> <p>Red Sox Day!</p> <p>9:00 Cribbage</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 History of Egypt DVD (5)</p> <p>10:00 Fit for the Future at L/S</p> <p>12:00 Summer Barbecue w/Sears and Connor – "Fenway at 100"</p> <p>12:30 Informal Quilters</p>	<p>12</p> <p>Ogunquit Trip</p> <p>9-12 SHINE</p> <p>9:30 Tap Dance</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: 50/50</p>	<p>13</p> <p>9:00-2:30 I&R Hours</p> <p>9:30-11:30 Bingo</p> <p>10:00 Fit for the Future at L/S</p> <p>1:00 Watercolors (3)</p>
<p>16</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Popcorn and Movie: Young Frankenstein</p> <p>1:00 Better Bones (2)</p> <p>7:00 Summer Concert Tonight</p>	<p>17</p> <p>9:00 Cribbage</p> <p>9:20/10:40 Yoga (8)</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p>	<p>18</p> <p>9:00 Cribbage</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 History of Egypt DVD (6)</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Informal Quilters</p>	<p>19</p> <p>9-12 SHINE</p> <p>9:30 Tap Dance</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: Anonymous</p>	<p>20</p> <p>9:00-2:30 I&R Hours</p> <p>9:30-11:30 Bingo</p> <p>10:00 Fit for the Future at L/S</p> <p>1:00 Watercolors (4)</p>
<p>23</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Popcorn and Movie: Endless Summer Wear your Hawaiian Shirt - have a Hawaiian treat!</p> <p>1:00 Better Bones (3)</p> <p>7:00 Summer Concert</p>	<p>24</p> <p>8:00 BP Clinic</p> <p>9:00 Cribbage</p> <p>9:20/10:40 Yoga (1)</p> <p>12:00 BP Clinic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p> <p>3:30 COA Board</p>	<p>25</p> <p>9:00 Cribbage</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 History of Egypt DVD (7)</p> <p>10:00 Fit for the Future at L/S</p> <p>12:30 Informal Quilters</p>	<p>26</p> <p>9-12 SHINE</p> <p>9:30 Tap Dance</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: Endless Summer II Wear your Hawaiian Shirt - Let us know if you would like Hawaiian pizza!</p>	<p>27</p> <p>9:00-2:30 I&R Hours</p> <p>9:30-11:30 Bingo</p> <p>10:00 Fit for the Future at L/S</p> <p>1:00 Watercolors (5)</p> <p>Summer Olympics in London begin tonight</p>
<p>30</p> <p>Special Van trip</p> <p>9:00-2:30 I&R Hours</p> <p>10:00 NO Fit for the Future</p> <p>12:30 Popcorn and Movie: Lovely, Still</p> <p>1:00 Better Bones (4)</p> <p>7:00 Summer Concert Tonight</p>	<p>31</p> <p>8:00 BP Clinic</p> <p>9:00 Cribbage</p> <p>9:20/10:40 Yoga (2)</p> <p>12:00 BP Clinic</p> <p>12:00 Lunch</p> <p>12:30 Bridge</p> <p>1:30 Fit Walk</p>		<p>Sudbury Park and Recreation Summer Concerts are held across from the Senior Center at Haskell Field on Monday evenings beginning at 7:00 PM. See schedule on page 9.</p>	<p>***Summer Olympics***</p> <p>We will show daytime Olympics coverage on one of our televisions. Stop by to watch and bring your Team USA spirit!</p> 



AUGUST 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>If you'll be away</i> for a month or more, please let us know. The Post Office will not forward your newsletter, and we have to pay double when it is returned to us. <i>Thanks for your help!</i></p>		<p>1 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (8) <i>NO Fit for the Future</i> 12:30 Informal Quilters 1:00 <i>Midsummer Joy</i> - Bob Pilsbury on Piano</p>	<p>2 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: Man on a Ledge</p>	<p>3 9:00-2:30 I&R Hours 9:30-11:30 Bingo <i>10:00 Fit for the Future</i> at Senior Center – please check for location 1:00 Watercolors (6)</p>
<p>6 <i>Foxwoods Trip</i> 9:00-2:30 I&R Hours 10:00 NO Fit for the Future 12:30 Popcorn and Movie: Short Film Collection 1:00 Better Bones (5) 7:00 <i>Last Summer</i> Concert Tonight at Haskell Field</p>	<p>7 8:00 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (3) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:30 Fit Walk</p>	<p>8 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (9) 10:00 NO Fit for the Future 12:30 Informal Quilters</p>	<p>9 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: Extremely Loud and Incredibly Close</p>	<p>10 9:30-11:30 Bingo 9:00-2:30 I&R Hours 10:00 <i>Fit for the Future</i> at the Senior Center – please check for location 1:00 No Watercolors</p>
<p>13 9:00-2:30 I&R Hours 10:00 Stamp Club 10:00 Fit for the Future at L/S 12:30 Popcorn and Movie: The Bicycle Thief 1:00 Better Bones (6)</p>	<p>14 <i>Schooner Trip</i> 8:00 BP Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 9:20/10:40 Yoga (4) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:30 Fit Walk</p>	<p>15 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (10) 10:00 Fit for the Future at L/S 12:30 Informal Quilters</p>	<p>16 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: War Horse</p>	<p>17 9:30-11:30 Bingo 9:00-2:30 I&R Hours 10:00 Fit for the Future at L/S 1:00 No Watercolors</p>
<p>20 9:00-2:30 I&R Hours 10:00 Fit for the Future at L/S 12:30 Popcorn and Movie: African Queen 1:00 Better Bones (7)</p>	<p>21 <i>Lobster Bake Trip (new date)</i> 8:00 BP Clinic 9:00 Cribbage 9:20/10:40 Yoga (5) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>22 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (11) 10:00 Fit for the Future at L/S 12:30 Informal Quilters</p>	<p>23 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: My Week with Marilyn 3:00 Friends meeting</p>	<p>24 9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:00 Fit for the Future at L/S 1:00 No Watercolors</p>
<p>27 <i>Special Van Trip</i> 9:00-2:30 I&R Hours 10:00 <i>Fit for the Future</i> returns to Senior Center – please check with Front Desk 12:30 Popcorn and Movie: Discovering Ireland <i>No Better Bones class</i></p>	<p>28 8:00 BP Clinic 9:00 Cribbage <i>No Yoga today</i> 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>29 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 History of Egypt DVD (12) 10:00 <i>Fit for the Future</i> – please check with Front Desk for location 12:30 Informal Quilters</p>	<p>30 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and 12:30 Movie: We Bought a Zoo</p>	<p>31 9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:00 <i>Fit for the Future</i> – please check with Front Desk for location 1:00 No Watercolors</p>