



JUNE 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<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>		1 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (9) 1:00 <i>Weather and Meteorology</i>
4 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (5) 2:00 Atticus	5 8-9:00 BP Clinic 9:00 Cribbage 9:20 Yoga /10:40 Yoga (3) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Fit Walk # 4:00 COA Board	6 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 <i>History of Egypt DVD (1)</i> 11:00 Fit for the Future 12:30 Informal Quilters 1:00 Zumba 55+ (4)	7 9:00-12:00 SHINE 9:45 Thursday Crafters 10:00 <i>Milestones in the History of Aviation</i> 1:00 Watercolors Make-up class	8 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 1:00 Watercolors (10)
11 9:00-2:30 I&R Hours 10:00 Stamp club 10:00 Fit for the Future** 1:00 Better Bones * (6) 1:30 <i>Significant Speeches (3)</i>	12 8-9:00 BP Clinic 9:00 Cribbage 9:20 Yoga/10:40 Yoga*(4) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 California Trip Meeting 1:30 Fit Walk #	<i>Hello Dolly Trip</i> 13 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 <i>History of Egypt DVD (2)</i> 10:00 Fit for the Future ** 12:30 Informal Quilters	14 9:00-12:00 SHINE 9:45 Thursday Crafters 12:00 Soups On: <i>Massachusetts Natural History with Ron McAdow</i>	15 9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:00 Fit for the Future** 1:00 Watercolors (11)
18 9:00-2:30 I&R Hours 10:00 Fit for the Future** 12:30 Popcorn and Movie: <i>South Pacific</i> 1:00 Better Bones * (7)	19 8-9:00 BP Clinic 9:00 Cribbage 9:20 Yoga/10:40 Yoga *(5) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Fit Walk #	20 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 <i>History of Egypt DVD (3)</i> 10:00 Fit for the Future** 12:30 Informal Quilters	21 9:00-12:00 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Iron Lady</i>	22 9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:00 Fit for the Future at Lincoln Sudbury High School (L/S) ** 1:00 Watercolors (12)
<i>Special Van Trip</i> 5 9:00-2:30 I&R Hours 10:00 Fit for the Future at L/S** 12:30 Popcorn and Movie: <i>Witness for the Prosecution</i> 1:00 Better Bones * (8)	26 8-9:00 BP Clinic 9:00 Cribbage 9:20 Yoga/10:40 Yoga *(6) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Fit Walk #	<i>Dino at Foxwoods Trip</i> 27 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 <i>History of Egypt DVD (4)</i> 10:00 Fit for the Future at L/S** 12:30 Informal Quilters	28 9:00-12:00 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Hugo</i>	29 9:00-2:30 I&R Hours 9:30-11:30 Bingo 10:00 Fit for the Future at L/S** 1:00 Watercolors (1)

*Yoga in Sudbury Pines room, Better Bones in Van Houten room, unless Room 2 is available.

** Fit for the Future will be changing time and location as of June 11. There will three 10:00 AM classes each week.

They will be at the Senior Center until June 18. From June 22 – July 27, and Aug. 13 – 24, the classes will be at Lincoln-Sudbury High School.

Fit Walk participants will meet in the Senior Center in the event of inclement weather.