





PEABODY COUNCIL ON AGING: ACTIVITIES CALENDAR - August 2018

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY 1</u>	<u>THURSDAY 2</u>	<u>FRIDAY 3</u>
<p>Walking Group Tues. & Thurs. 9:00am—10:00am</p> 	<p>Fitness Room Open Daily 8:00—11:00 12:00—3:00</p> 	<p>9:00 Aerobics 9:00 Sewing/Repair 9:00 Rug Hooking 9:00 Wood Carving 10:15 Zumba 12:30 Golden Agers Meet 12:30 Model Ship Building 12:30 "Sound the Alarm" Red Cross Presentation</p>	<p>8:30 Quilting 9:00 Watch Battery Replacement 9:15 Whist 9:30 Fall Risk Evaluation 9:30 Big Band Dancing 9:30 Advanced Painting 10:00 Bridge 12:30 Bocce 12:30 Coping with Grief & Loss 1:00 Sing-a-Long</p>	<p>8:00 Beginner Painting 8:00 TOPS Weigh In 9:00 Aerobics 9:00 Computer Help 9:00 TOPS Meeting 9:30 Podiatry Clinic 11:15 Chair Yoga 12:00 Open Art Studio 12:30 Bingo 1:00 Scrabble</p>
<p style="text-align: right;">6</p> <p>9:00 Aerobics 9:30 Podiatry 9:00 Duplicate Bridge 10:00 Drill Team 10:00 Bridge 11:00 Tambourine Team 11:15 Zumba 12:30 Model Ship Building 12:30 Bingo 12:00 Food Commodity Program</p>	<p style="text-align: right;">7</p> <p>9:30 Book Club 9:15 Whist 9:30 Exercise w/ Edge 10:30 Line Dancing 11:30 Birthday Celebration 12:00 Mah Jongg 12:30 Crocheting/Knitting</p> 	<p style="text-align: right;">8</p> <p>9:00 Aerobics 9:00 Sewing/Repair 9:00 Rug Hooking 9:00 Wood Carving 10:15 Zumba 9:30 Essex River Cruise 12:30 Low Vision Group 12:30 Senior Medicare Patrol 12:30 Model Ship Building</p>	<p style="text-align: right;">9</p> <p>8:30 Quilting 9:00 Watch Battery Replacement 9:15 Whist 9:30 Big Band Dancing 9:30 Walk-in-Blood pressure 9:30 Advanced Painting 10:00 Bridge 12:30 Bocce 12:30 Coping with Grief & Loss 1:00 Sing-a-Long</p>	<p style="text-align: right;">10</p> <p>8:00 Beginner Painting 8:00 TOPS Weigh In 9:00 Aerobics 9:00 TOPS Meeting 11:15 Chair Yoga 12:00 Open Art Studio 12:30 Bingo 2:30 Ping-Pong</p>
<p style="text-align: right;">13</p> <p>9:00 Aerobics 9:00 Duplicate Bridge 9:30 Podiatry 10:00 Drill Team 10:00 Bridge 11:00 Tambourine Team 11:15 Zumba 12:30 Model Ship Building 12:30 Bingo 2:00 Caregivers Support Grp</p>	<p style="text-align: right;">14</p> <p>9:00 Hug-a-Bears 9:15 Whist 9:30 Exercise w/ Edge 9:30 Library on the Road 10:30 Line Dancing 12:00 Mah Jongg 12:30 Crocheting/Knitting 12:30 Party Set-up</p>	<p style="text-align: right;">15</p> <p>9:00 Aerobics 9:00 Rug Hooking 9:00 Wood Carving 10:15 Zumba 12:30 Model Ship Building 2:00 Homeless Providers Meeting</p> <p style="text-align: center;">"Rockin' Lobsta" Party</p> 	<p style="text-align: right;">16</p> <p>8:30 Quilting 9:00 Watch Battery Replacement 9:15 Whist 9:30 Advanced Painting 9:30 Big Band Dancing 10:00 Bridge 12:30 Bocce 12:30 Coping with Grief & Loss 1:00 Sing-a-Long</p>	<p style="text-align: right;">17</p> <p>8:00 Labels 8:00 Beginner Painting 8:00 TOPS Weigh In 9:00 Aerobics 9:00 Computer Help 9:00 TOPS Meeting 9:30 Podiatry Clinic 11:15 Chair Yoga 12:00 NARFE Mailing 12:00 Open Art Studio 12:30 Bingo 1:00 Scrabble</p>
<p style="text-align: right;">20</p> <p>8:00 Tips & Topics 9:00 Aerobics 9:00 Duplicate Bridge 9:00 Sen. Lovely's Office Hours 10:00 Drill Team 10:00 Bridge 11:00 Tambourine Team 11:15 Zumba 12:30 Model Ship Building 12:30 Bingo</p>	<p style="text-align: right;">21</p> <p>9:00 Hug-a-Bears 9:15 Whist 9:30 Exercise w/ Edge 10:30 Line Dancing 12:00 Mah Jongg 12:30 Crocheting/Knitting 12:30 Monthly Movie</p>	<p style="text-align: right;">22</p> <p>9:00 Aerobics 9:00 Sewing/Repair 9:00 Rug Hooking 9:00 Wood Carving 10:15 Zumba 12:30 Model Ship Building 1:00 Crazy Cards</p>	<p style="text-align: right;">23</p> <p>8:30 Quilting 9:00 Watch Battery Replacement 9:15 Whist 9:30 Advanced Painting 9:30 Big Band Dancing 10:00 Hearing Screenings 10:00 Bridge 12:30 Bocce 1:00 Sing-a-Long 2:00 FYC Auditions</p>	<p style="text-align: right;">24</p> <p>8:00 Beginner Painting 8:00 TOPS Weigh In 9:00 Aerobics 9:00 TOPS Meeting 11:15 Chair Yoga 12:00 Open Art Studio 12:30 Bingo 2:30 Ping-Pong</p>
<p style="text-align: right;">27</p> <p>9:00 Aerobics 9:00 Duplicate Bridge 10:00 Drill Team 10:00 Bridge 11:00 Tambourine Team 11:15 Zumba 12:30 Model Ship Building 12:30 Bingo 2:00 Caregivers Support Grp 6:30 Green Peabody</p>	<p style="text-align: right;">28</p> <p>9:00 Hug-a-Bears 9:15 Whist 9:30 Exercise w/ Edge 9:30 Veteran's Group 10:30 Line Dancing 12:00 Mah Jongg 12:30 Crocheting/Knitting</p>	<p style="text-align: right;">29</p> <p>9:00 Aerobics 9:00 Sewing/Repair 9:00 Rug Hooking 9:00 Wood Carving 10:15 Zumba 12:30 Model Ship Building</p>	<p style="text-align: right;">30</p> <p>8:30 Quilting 9:00 Watch Battery Replacement 9:15 Whist 9:30 Advanced Painting 9:30 Big Band Dancing 10:00 Bridge 12:30 Bocce 1:00 Sing-a-Long 1:30 ALS Support Group 2:00 FYC Auditions</p>	<p style="text-align: right;">31</p> <p>8:00 Beginner Painting 8:00 TOPS Weigh In 9:00 Aerobics 9:00 TOPS Meeting 11:15 Chair Yoga 12:00 Open Art Studio 12:30 Bingo</p>