

P L A S T I C  M E T A L	G L A S S  M E T A L	MONDAY	tuesday	wednesday	thursday	friday	<i>Chef Robert Hersey</i> <b>Menu</b> 1. Stuffed Shells 2. Turkey Melt Sandwich 3. Breaded Pollock 6. Low Sodium Hotdogs 7. Grilled Chicken 8. Stuffed Cabbage 9. Oven Roasted Turkey 10. Stuffed Salmon 13. Swedish Meatballs 14. Chicken Sandwich 15. Veal Francais 16. Brunch for Lunch 17. Broccoli & Cheese Pollock 20. Chicken deFlorenca 21. Honey Dijon Pork Roast 22. Tortellini Chicken Alfredo 23. Chopped Hamburg 24. Fish Sandwich 27. Turkey Burgers 28. Chicken Pot Pie 29. Ravioli w/Sausage 30. BBQ Chicken 31. Fish Basket
		<h1>August 2007</h1>					
C A R D B O A R D	P A P E R	6. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics <b>10:30 Senator Candaras Aide Visit</b> 11:30 Lunch 12:30 Duplicate Bridge	7. <b>9:30 Computer</b> 9:30 Pinochle 10:30 Gentle Exercise 11:30 Lunch 12:30 Pitch 12:30 Duplicate Bridge <b>1:00 Book Club</b>	8. 9:00 Adult Fitness <b>9:00 Blood Sugars</b> <b>9:00 SHINE</b> 10:00 Golf 10:00 Trivia 10:05 Aerobics 11:00 NEW Italian 11:30 Lunch 1:00 Bridge	9. 10:00 Knitting 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis <i>RIDE THE VAN</i>	10. 9:00 Adult Fitness <b>10:00 LIVING WELL !</b> 10:05 Aerobics 10:00 Bridge Lessons 11:30 Tap Dance 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong	
		13. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	14. 9:30 Pinochle <b>10:00 Emerson BPs</b> 10:30 Gentle Exercise 11:30 Lunch 12:30 Pitch 12:30 Duplicate Bridge	15. 9:00 Adult Fitness 10:00 Trivia 10:00 Golf 10:05 Aerobics 11:00 Italian 11:30 Lunch 1:00 Bridge	<b>Newsletter Deadline</b>	16. 10:00 Knitting 10:00 Investment Club 10:30 Gentle Exercise 11:00 Water Aerobics <b>11:30 Summer Brunch</b> 12:30 Rubber Bridge 1:00 Table Tennis <i>RIDE THE VAN</i>	17. 9:00 Adult Fitness 9:00 Footcare 10:00 Bridge Lessons 10:05 Aerobics 11:30 Lunch 11:30 Tap Dance 12:30 Duplicate Bridge <b>12:30 Movie</b> <i>Letters from Iwo Jima</i> 1:00 Mah Jong
C A R D B O A R D	P A P E R	20. 9:00 Adult Fitness 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	21. 9:30 Pinochle 10:30 Gentle Exercise 11:30 Lunch 12:30 Pitch 12:30 Duplicate Bridge <b>1:00 Discussion Grp</b>  <i>ENFIELD MALL TRIP 10-1 PM</i>	22. 9:00 Adult Fitness 9:00 SHINE 10:00 Trivia 10:05 Aerobics 11:30 Lunch 11:00 Italian 1:00 Bridge		23. 10:00 Knitting 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis  <i>RIDE THE VAN</i>	24. 9:00 Adult Fitness 10:00 Bridge Lessons 10:05 Aerobics 11:30 Tap Dance 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong
		P L A S T I C  M E T A L	G L A S S  M E T A L	27. 9:00 Adult Fitness 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	28. <b>8:30 News Collating</b> 9:30 Pinochle 10:30 Gentle Exercise 11:30 Lunch 12:30 Duplicate Bridge 12:30 Pitch	29. 9:00 Adult Fitness 10:00 Trivia 10:05 Aerobics 11:00 Italian 11:30 Lunch 1:00 Bridge  <b>Saratoga Trip</b>	30. 10:00 Knitting 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Lunch 12:30 Rubber Bridge <b>12:30 Alfred Hitchcock Vertigo</b> 1:00 Table Tennis  <i>RIDE THE VAN</i>

*Calendar Sponsored  
by  
Senator  
Gale Candaras*