

		MONDAY	tuesday	wednesday	thursday	friday	Menu	
P L A S T I C	G L A S S	<h1>August 2008</h1>					1. 8:30 Tennis 9:00 Adult Fitness 10:00 Line Dancing@ CH 10:00 Bridge Lessons 11:30 Lunch 11:30/12:15 Int/Beg Tap 12:30 Duplicate Bridge 1:00 Mah Jong	<i>Reservations required 24 hours in advance! 565-4150</i> 1. Baked Scrod 4. BBQ Chicken 5. Hotdog on Roll 6. Chicken Caesar Salad 7. Sweet & Sour Meatballs 8. Pollock Florentine 11. BBQ Ribs 12. Cheeseburger on Bun 13. Chicken Parmesan 14. Birthday Carnival Corn Dogs, Salads & More 15. Potato Crunch Pollock 18. Chicken Pot Pie 19. Salisbury Steak 20. Stuffed Cabbage 21. Chicken Breast Stuffed with Apple Raisin 22. Lemon Pepper Pollock 25. Tuna Salad Sandwich 26. Chicken Stuffed with Broccoli & Cheese 27. Spaghetti & Meat Sauce 28. Country Fried Chicken 29. Shrimp Poppers
	METAL							
C A R D B O A R D	P A P E R	4. 8:30 Tennis 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 10:30 Sen Candaras Aide Visit 11:30 Lunch 12:30 Duplicate Bridge	5. 9:30 Computer One on One 9:30 Pinochle 10:30 Gentle Exercise 10:30 Combo Italian Class 11:30 Lunch 12:30 Pitch 1:00 Book Club	6. 9:00 Adult Fitness 9:15 Chess 9:15 Computer One on One 10:00 New Golf 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Digital Photo 1:00 Bridge 1:00 Wii	7. 10:00 Knitting 10:30 Gentle Exercise 11:00 New Water Aerobics 11:30 Lunch 12:30 Rubber Bridge	8. 8:30 Tennis 9:00 Adult Fitness 10:00 Line Dancing@ CH 10:00 Bridge Lessons 10:00 LIVING WELL ! 11:30 Lunch 11:30/12:15 Int/Beg Tap 12:30 Duplicate Bridge 1:00 Mah Jong		
	METAL							
P L A S T I C	G L A S S	11. 8:30 Tennis 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	12. 9:30 Pinochle 10:00 NO Emerson BPs 10:30 Gentle Exercise 10:30 Combo Italian Class 11:30 Lunch 12:30 Pitch <i>Van Around Town</i>	13. 9:00 Blood Sugars 9:00 SHINE 9:00 Adult Fitness 9:15 Chess 10:00 Trivia 10:00 Golf 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Digital Photo 1:00 Wii	14. 10:00 Evergreen Walk 10:00 Knitting 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Birthday Carnival 12:30 Rubber Bridge	15. 8:30 Tennis 9:00 Adult Fitness 9:00 Footcare 10:00 Line Dancing@ CH 10:00 Bridge Lessons 11:30 Lunch 11:30/12:15 Int/Beg Tap 12:30 Duplicate Bridge 12:30 Movie-Bucket List 1:00 Mah Jong		
	METAL			Newsletter Deadline				
P A P E R	C A R D B O A R D	18. 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	19. 9:30 Pinochle 10:30 Gentle Exercise 10:30 Combo Italian Class 11:30 Lunch 12:30 Pitch 12:30 Duplicate Bridge 1:00 Discussion Grp	20. 9:00 Adult Fitness 9:15 Chess 10:00 Trivia 10:00 Golf 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Digital Photo 1:00 Wii	21. 10:00 Knitting 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Lunch 12:30 Rubber Bridge	22. 9:00 Adult Fitness 10:00 Line Dancing@ CH 10:00 Bridge Lessons 11:30 Lunch 11:30/12:15 Int/Beg Tap 12:30 Duplicate Bridge 1:00 Mah Jong	ENFIELD MALL	
	METAL							
G L A S S	P L A S T I C	25. 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	26. 8:30 News Collating 9:30 Pinochle 10:30 Gentle Exercise 10:30 Combo Italian Class 11:30 Lunch 12:30 Pitch	27. 9:00 Adult Fitness 9:00 SHINE 9:15 Chess 10:00 Trivia 10:00 Golf 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii	28. 10:00 Knitting 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Lunch 12:30 Rubber Bridge 12:30 Film Classic- <i>Lonesome Dove</i>	29. 9:00 Adult Fitness 10:00 Line Dancing@ CH 10:00 Bridge Lessons 11:30 Lunch 11:30/12:15 Int/Beg Tap 12:30 Duplicate Bridge 1:00 Mah Jong		
	METAL							

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