

| P A P E R | C A R D B O A R D | MONDAY | tuesday | wednesday | thursday | fr | <i>Chef Robert Hersey Menu</i> |
|---------------------------------|--|--|---|---|---|---|---|
| | | <h1>June 2007</h1> | | | | | |
| P L A S T I C | G L A S S M E T A L | 4. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge 12:30 Jewelry | 5. 9:30 Computer 9:30 Pinochle 10:30 Gentle Exercise 11:00 French 11:30 Lunch 12:30 Pitch 1:00 Book Club 1:45 High School Jazz 7:15 Cribbage | 6. 10:00 Golf 9:00 Adult Fitness 10:00 Trivia 10:05 Aerobics 11:00 Italian 11:30 Lunch 1:00 Bridge 1:00 Veterans Circle | 7. 10:00 Knitting 10:00 Legal Check-Up 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis 1:00 Over Sixty Club 1:00 Mah Jong | 8. 8:30 Tai Chi 9:00 Fitness 9:30 Pilates 10:00 LIVING WELL!  10:00 Bridge Lessons 11:30 NEW Tap Dance 12:15 NEW Dancercize 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong | 1. Seafood Chowder Stuffed Salmon 4. Kielbasa 5. Swedish Meatballs 6. Stuffed Cabbage Caesar Salad 7. Corn Chowder Barbeque Chicken 8. Broccoli & cheese Pollock 11. Liver and Onions 12. Tuna Salad Sandwich 13. Chicken Noodle Soup Stuffed Shells 14. Roast Pork 15. Clam Chowder Baked Fish 18. Roasted Chicken 19. Salisbury Steak 20. Pasta Bean Soup Baked Ziti & Sausage 21. Lemon Chicken 22. Tortellini Soup Fiesta Style Pollock 25. Hot Dogs 26. Chicken & Rice Bake 27. Stuffed Pepper 28. Birthdays Party – Broccoli Soup Grilled Chicken 29. Potato Crunch Pollock |
| | | C A R D B O A R D | P A P E R | 11. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge | 12. 9:30 Pinochle 10:00 Emerson BPs 10:30 Gentle Exercise 11:00 Cell Phones 11:00 French 11:30 Lunch 12:30 Pitch <i>Election Day 8—8 PM Call if you need a Ride</i> | 13. 9:00 Adult Fitness 9:00 Blood Sugars 9:00 SHINE 10:00 Golf 10:00 Trivia 10:05 Aerobics 11:00 Italian 11:30 Lunch 1:00 Bridge 7:45 Volleyball <i>Newsletter Deadline</i> | 14. 10:00 Knitting 10:00 Investment Club 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis 1:00 Mah Jong |
| P L A S T I C | G L A S S M E T A L | 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 12:30 Jewelry | 19. 9:30 Pinochle 10:30 Gentle Exercise 11:00 French 11:30 Lunch 12:30 Pitch 1:00 Discussion Grp | 20. 9:00 Adult Fitness 10:00 Trivia 10:05 Aerobics 11:00 Italian 11:30 Lunch 1:00 Bridge <i>Call for a Ride to The Longmeadow Shops</i> | 21. 9:00 Goodspeed Trip 10:00 Knitting 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis 1:00 Mah Jong | 22. 8:30 Tai Chi 9:00 Adult Fitness 10:00 Bridge Lessons 11:30 Tap Dance 12:15 Dancercize 11:30 Lunch 12:30 Duplicate Bridge 12:30 Movie— <i>The Queen</i> 1:00 Mah Jong | |
| | | C A R D B O A R D | P A P E R | 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 11:00 Cell Phones 11:00 French 11:30 Lunch 12:30 Pitch | 27. 9:00 Adult Fitness 9:00 SHINE 10:00 Trivia 10:05 Aerobics 11:00 Italian 11:30 Lunch 1:00 Bridge <i>Call for a Ride on the Van For the Birthday Bash</i> | 28. 10:00 Knitting 10:30 Gentle Exercise 11:00 Water Aerobics 11:30 Birthday Bash 12:30 Rubber Bridge 12:30 Movie— <i>Alfred Hitchcock—Rear Window</i> 1:00 Table Tennis 1:00 Mah Jong |

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