

## July & August Daily Schedule

### MONDAY

Exercise	9:30-10:30 a.m.	\$3 /class	
TaiChi	11:00 a.m. - Noon	\$5/class	No Classes August
Eating Together	11:30 a.m.	\$3/Donation	
Movies	12:30 p.m.	Every Monday	July & August
Mah-Jongg	1:00-3:00 p.m.		
Portuguese Conversation	1:00-3:30 p.m.		

### TUESDAY

Garden Club	9:00		
Meditation	9:00-9:30 a.m.		
Yoga&Creativity	9:45-11:15 a.m.	\$3 drop ins for July & August	
Italian Conversation	10:00-11:00 a.m.		
Canasta	12:00 p.m.		No Classes July
Bridge	12:30-3:00 p.m.	\$3/class	
Square Dancing	1:00-2:30 p.m.	\$3/class	
Quilting & More	1:00-3:00 p.m.	\$2/class	
Strength Training	3:20-4:20 p.m.	\$5/class	

### WEDNESDAY

Art Group	9:00-11:00 a.m.		
Exercise	9:30-10:30 a.m.	\$3/class	
Cribbage	10:00-11:30 a.m.		
French Conversation	10:45 a.m. - 12:15 p.m.		
TaiChi	11:00 a.m.-Noon	\$5/class	No Classes August
Eating Together	11:30 a.m.	\$3/Donation	
Gentle Yoga	3:00-4:30 p.m.	\$8/class	No Classes August

### THURSDAY

Silver Sneakers	8:00 a.m.	Weather Permitting	
Ride to Market Basket	9:30 a.m.		
Spanish Conversation	10:30-11:30 a.m.		
Bridge	12:30-3:00 p.m.	\$3/session	
Shine Counselor	1:00-4:00 p.m.	By Appointment	
German Conversation	2:00-3:00 p.m.		
iPhone-iPad / 1 on 1	2:00-4:00 p.m.		
Strength Training	3:30-4:30 p.m.	\$5/class	

### FRIDAY

Exercise	9:30-10:30 a.m.	\$3/class	
Eating Together	11:30 a.m.	\$3/Donation	
Beginners Line Dancing	12:00-1:00 p.m.	\$4/class	
Intermediate Line Dancing	1-2:30 p.m.	\$4/class	
Dance Fever	3:00-3:45 p.m.	\$5/session	

\* Activities without prices are at no cost

## Programs Which Are Not Every Week

Caregivers Support Group / 4th Thursday of the month	10:00 a.m.
Events Committee / 1st Monday of the month	11:00 a.m.-12:30 p.m.
Financial Counselor / By appointment	
Keep Well Clinic / Summer dates / July 12th and August 9th	9:30-11:30 a.m.
Knitting / 1st & 3rd Monday of the month	10:45 - 11:45 a.m.
Library on Line / 2nd Wednesday of the month	11:30 a.m.-12:30 p.m.
Manicures / 2nd & 4th Thursday / By appointment only	9:00 a.m.- noon / \$5
Men's Discussion / 1st & 3rd & 5th Wednesday of the month	11:00 a.m.-12 noon
Pet a Pet:Maxi / 1st Monday of the month	10:30-11:30 a.m.
Poetry / 1st & 3rd Wednesday of the month	1:30-3:00 p.m.
Science & Technology / 2nd & 4th Friday of the month	10:45-11:45 a.m.
Whole Foods / 1st Monday of the month / Not in August	1:00-2:30 p.m.
COA Board Meeting / 2nd Wednesday of the Month	8:30 a.m.
WSA Board Meeting / 3rd Tuesday of the Month	9:15 a.m.

Jenks Center is Closed / Wednesday, July 4th / Independence Day



## JULY

Mount Vernon Bus / Burlington Mall / Monday, July 9th, 9:30 a.m.-12:30 p.m.
Memoir Writing / Henry Quinlan / Tuesday, July 10th, 10:00 a.m.-12noon
Memory Café / Wednesday, July 11th, 4:30 - 5:30 p.m.
Community Bingo / Pizza / Wednesday, July 11th, 5:30 - 6:30 p.m.
CornHole-Hot Dog Day / Wednesday, July 18th, 11:30 a.m. -2:00 p.m.
Mount Vernon Bus / North Reading Shopping Plaza, Monday, July 23rd 9:30 a.m.-12:30 p.m.
Podiatry Clinic / Tuesday, July 24th, 9:30 - 12:30, by appointment. \$35.00 made out to Dr. Gregorian
Lunch & Learn / Wednesday, July 25th, noon-12:30 p.m.
Caregivers Support Group / Thursday, July 26th, 11:00 a.m.
Trip to Tanglewood / Red Lion Inn / Saturday, July 28th / Bus Leaves @ 8:00 a.m.

## AUGUST

Musical Bingo / Ice Cream / Wednesday, August 1st, 1:00-2:30 p.m.
Community Shredding in Jenks Parking Lot / Saturday, August 4th, 11:00 a.m.-2:00 p.m.
Lunch & Learn / Wednesday, August 8th, 12:00 a.m.-12:30 p.m.
Pampering Yourself at the Jenks Center - Friday, August 10th, 1:00 - 4:00 p.m.
Mount Vernon Bus / Meadow Glenn Mall / Monday, August 13th, 9:30 a.m.-12:30 p.m.
Lunch & Learn / Wednesday, August 15th, noon -12:30 p.m.
Community Bingo / Pizza / Wednesday, August 15th, 5:30 - 6:30 p.m.
Summer Lunch with Chef Mike / Thursday, August 16th, 11:30 a.m.
Trip to Gloucester Harbor / Friday, August 17th @ 8:00 a.m.
Meet Author Jane Willan / Tuesday, August 21st @ 10:30 a.m.-noon
Caregivers Support Group / Thursday, August 23rd, 11:00 a.m.
Mount Vernon Bus / Assembly Row / Monday, August 27th, 9:30 a.m.-12:30 p.m.