

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<h2 style="margin: 0;">ACTIVITIES CALENDARS ARE SUBJECT TO CHANGE</h2>				
				7:45 Dance Fit-B/b 9:30 Bingo-B/f 9:30 State Rep. Will Crocker-C 10:00 Joe Guardino Fitness-B/b 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B/b 12:30 Mahjongg Game Day-B/b 1:15 Restorative Pilates-S 2:00 Brown Bag-A & B 3:00 Bit of Bliss Yoga-S
7:45 Dance Fit-B/b 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 1:00 Legal Appointments-PO 1:30 Seed to Plate Workshop-B/f 1:30 Floating Bridge Group -S 2:00 Energy Committee-PO 6:00 ZUMBA -F/B	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilter-A 10:30 AA Closed Step Meeting-B 10:45 YOGA-S 11:00 Men's Sports Roundtable-A 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 1:00 SCOPA-S/f 1:00 Tai Chi-B/f 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 9:30 FOYCOA BOARD MTG-C 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Grace & Frankie -AGEISM on Netflix-A 1:30 Sepsis Awareness Day 2019 Guest Speaker Yarmouth Fire Department-B/f 1:30 Floating Bridge Group-B/b 1:30 Meditation & Mindful Movement-S 2:00 Buried in Treasures Workshop-C 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 9:30 DAY SPA Chair Massage-PO 10:30 Co-ed Choral Group-B/f 11:00 Bereavement-C 11:45 Duplicate Bridge-B/b 12:30 Men's Cooking-K & B/f 12:30 Men's Poker-S/f 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 NO Tech Talk I:1 Appointments 1:30 Floating Bridge Group-S/b 2:00 Grief Recovery Workshop-C 3:00 Joe Guardino Fitness-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 Caregiver's Support Group-C 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B 12:30 Mahjongg Game Day-B/b 1:15 Restorative Pilates-S 1:30 Men's Health Intimacy & Other Private Matters-B/f 3:00 Bit of Bliss Yoga-S
7:45 Dance Fit-B/b 9:00 Legal Appointments-PO 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 12:30 Cape Cod Men's Club Monthly Meeting-C 1:00 Hearing Clinic-PO 1:30 Floating Bridge Group-S 2:00 American Legion Post-A 2:00 Energy Committee-PO 6:00 ZUMBA-F/B	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilter-A 10:30 AA Closed Step Meeting-B 10:45 YOGA-S 10:00 CC Men's Club Investment Group-C 11:00 Men's Sports Roundtable-A 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 1:00 SCOPA-S/f 1:00 Tai Chi-B/f 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Grace & Frankie -AGEISM on Netflix-A 1:30 Aging Mouth, Aging Mind 1:30 Dental Care Presentation-B/f 1:30 Floating Bridge Group-B/b 1:30 Meditation & Mindful Movement-S 2:00 Buried in Treasures Workshop-C 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 10:30 NO Co-ed Choral Group 11:45 Duplicate Bridge-B/b 12:00 Staying Young Series BRAIN HEALTH-B/f 12:30 Men's Poker-S 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Tech Talk I:1 Appointments-PO 1:30 Floating Bridge Group-S/b 2:00 Grief Recovery Workshop-C 3:00 Joe Guardino Fitness-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B 12:30 Mahjongg Game Day-B/b 1:15 Restorative Pilates-S 1:30 Informational Talk about Infectious Disease-B/f 3:00 Bit of Bliss Yoga-S
7:45 Dance Fit-B/b 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 1:00 Legal Appointments-PO 1:30 Floating Bridge Group-S 2:00 Energy Committee-PO 6:00 ZUMBA-F/B	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilter-A 10:30 AA Closed Step Meeting-B 10:45 YOGA-S 11:00 Men's Sports Roundtable-A 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 1:00 Sight Loss Services-C 1:00 SCOPA-S/f 1:00 Tai Chi-B/f 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Grace & Frankie -AGEISM on Netflix-A 1:30 Floating Bridge Group-B/b 1:30 Meditation & Mindful Movement-S 2:00 Buried in Treasures Workshop-C 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 10:00 Cape Cod Men's Club-C Energy Sessions 10:30 NO Co-ed Choral Group 11:00 Bereavement-C 11:30 Spiritual Leader Workshop-B/f 12:30 Duplicate Bridge-B/b 12:30 Men's Poker-S/f 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Tech Talk I:1 Appointments-PO 1:30 Floating Bridge Group-S/b 2:00 Grief Recovery Workshop-C 3:00 Joe Guardino Fitness-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B 12:30 Mahjongg Game Day-A 1:15 Restorative Pilates-S 1:30 The Divine Sun: Solar Archaeology In Ancient Egypt-F/B 3:00 Bit of Bliss Yoga-S
7:45 Dance Fit-B/b 9:00 Legal Appointments-PO 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 1:00 Cape Cod Civil War Roundtable-A 1:30 Floating Bridge Group-S 2:00 Energy Committee-PO 6:00 ZUMBA-F/B	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilter-A 10:30 AA Closed Step Meeting-B 10:45 YOGA-S 11:30 Senior Dining-B/f 11:00 Men's Sports Roundtable-A 12:30 Contract Bridge-S 1:00 SCOPA-S/f 1:00 Tai Chi-B/f 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Grace & Frankie -AGEISM on Netflix-A 1:30 Floating Bridge Group-B/b 1:30 Meditation & Mindful Movement-S 2:00 Buried in Treasures Workshop-C 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 10:00 Dan Knapik Office Hours-C 10:30 Co-ed Choral Group 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S 1:00 SCOPA-S/f 1:00 Knitters Class-S 1:30 Tech Talk I:1 Appointments-PO 1:30 "Honoring Aging" Cape Cod Elder-B/f Abuse Coalition 1:30 Floating Bridge Group-S/b 2:00 Parkinson's Support Group-B 2:00 Grief Recovery Workshop-C 3:00 Joe Guardino Fitness-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 9:00 Oral Hygiene Appointments-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B 12:30 Mahjongg Game Day-B/b 1:15 Restorative Pilates-S 1:30 Active Older Adult Fair-B/f & PO 1:30 Grandparents Raising Raising Their Grandchildren-A 3:00 Bit of Bliss Yoga-S