

JULY 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| <p>7:45 Dance Fit-B/b 1</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-B</p> <p>9:15 YOGA-S</p> <p>9:30 Oil/Watercolor Painting-A</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>11:30 Senior Dining-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:00 Dominoes Group-B</p> <p>1:00 Legal Appointments-PO</p> <p>1:30 Floating Bridge Group -S</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA -B/f</p> | <p>8:00 ZUMBA GOLD-B/f 2</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilter-A</p> <p>9:15 Chair Yoga-S</p> <p>10:00 BOCCE-Outside</p> <p>10:30 AA Closed Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>11:00 Men's Sports Roundtable-A</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 Ladies Poker-S</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters & Quilters-A</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>5:00 Weight Watchers-B/b</p> | <p>7:45 Dance Fit-B/b 3</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 FOYCOA BOD MTG-C</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 Scrabble-B</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-S/f</p> <p>12:00 Cribbage-B/b</p> <p>1:00 Ladies Poker-B/b</p> <p>1:00 Mahjongg-B/b</p> <p>1:30 NO Meditation</p> <p>1:30 Floating Bridge Group-B/b</p> <p>2:00 Buried in Treasure Workshop-C</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>6:30 BOCCE-Outside</p> | <p>4</p> <p>Happy 4th of July</p> <p>Senior Center</p> <p>Closed</p>  | <p>5</p> <p style="text-align: center;">Yarmouth Senior Center</p> <p style="text-align: center;">Closed</p> |
| <p>7:45 Dance Fit-B/b 8</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-B</p> <p>9:00 Legal Appointments-PO</p> <p>9:15 YOGA-S</p> <p>9:30 Oil/Watercolor Painting-A</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>11:30 Senior Dining-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:00 Dominoes Group-B</p> <p>1:30 Floating Bridge Group -S</p> <p>2:00 American Legion-A</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA -B/f</p> | <p>8:00 ZUMBA GOLD-B/f 9</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilter-A</p> <p>9:00 Footcare-PO</p> <p>9:15 Chair Yoga-S</p> <p>10:00 BOCCE-Outside</p> <p>10:30 AA Closed Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:00 CC Men's Club Investment Grp-C</p> <p>11:30 Senior Dining-B/f</p> <p>11:00 Men's Sports Roundtable-A</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 Ladies Poker-S</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters & Quilters-A</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>5:00 Weight Watchers-B/b</p> | <p>7:45 Dance Fit-B/b 10</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 Scrabble-B</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-S/f</p> <p>12:00 Cribbage-B/b</p> <p>1:00 Ladies Poker-B/b</p> <p>1:00 Mahjongg-B/b</p> <p>1:30 NO Meditation</p> <p>1:30 Floating Bridge Group-B/b</p> <p>2:00 Buried in Treasure Workshop-C</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>6:30 BOCCE-Outside</p> | <p>8:00 ZUMBA GOLD-B/f 11</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>10:30 NO Co-ed Choral Group-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Cooking-K & B/f</p> <p>12:30 Men's Poker-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S</p> <p>1:30 Floating Bridge Group-S/b</p> <p>1:30 Tech Talk I:1 Appointments-PO</p> <p>2:00 BOCCE-Outside</p> <p>2:00 Grief Recovery Workshop-C</p> <p>3:00 Joe Guardino-B/f</p> <p>6:00 ZUMBA-F/B</p> | <p>7:45 Dance Fit-B/b 12</p> <p>9:30 Bingo-B/f</p> <p>9:30 State Rep. Will Crocker-C</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-B/b</p> <p>12:30 Mahjongg Game Day-B/b</p> <p>1:30 Anatomy & Physiology of Sex in Aging-B/f</p> <p>2:00 Brown Bag-A & B</p> <p>3:00 Bit of Bliss Yoga-S</p> |
| <p>7:45 Dance Fit-B/b 15</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-B</p> <p>9:15 YOGA-S</p> <p>9:30 Oil/Watercolor Painting-A</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>11:30 Senior Dining-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:00 Dominoes Group-B</p> <p>12:30 NO C C Men's Club Monthly BOD Mtg</p> <p>1:00 Hearing Clinic-PO</p> <p>1:00 Legal Appointments-PO</p> <p>1:30 Floating Bridge Group -S</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA -B/f</p> | <p>8:00 ZUMBA GOLD-B/f 16</p> <p>9:00 Footcare-PO</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>9:00 Seashell Quilters-A</p> <p>9:00 Footcare-PO</p> <p>9:15 Chair Yoga-S</p> <p>10:00 BOCCE-Outside</p> <p>10:30 AA Closed Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:00 Men's Sports Roundtable-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 Ladies Poker-S</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters & Quilters-A</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>5:00 Weight Watchers-B/f</p> | <p>7:45 Dance Fit-B/b 17</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:00 Scrabble-B</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-S/f</p> <p>12:00 Cribbage-B/b</p> <p>1:00 Mahjongg-B/b</p> <p>1:00 Ladies Poker-B/b</p> <p>1:30 NO Meditation</p> <p>1:30 Floating Bridge Group-B/b</p> <p>2:00 Buried in Treasure Workshop-C</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>6:30 BOCCE-Outside</p> | <p>8:00 ZUMBA GOLD-B/f 18</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>10:00 NO CC Men's Club Energy Sessions</p> <p>10:30 Co-ed Choral Group-B/f</p> <p>11:00 Bereavement-C</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:30 Men's Poker-S/f</p> <p>1:00 Hand & Foot-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-A</p> <p>1:30 Floating Bridge Group-S</p> <p>1:30 Tech Talk I:1 Appointments-PO</p> <p>2:00 BOCCE-Outside</p> <p>2:00 Grief Recovery Workshop-C</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>6:00 ZUMBA-F/B</p> | <p>7:45 Dance Fit-B/b 19</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 Caregiver's Support Group-C</p> <p>10:30 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-B/b</p> <p>12:30 Mahjongg Game Day-B/b</p> <p>3:00 Bit of Bliss Yoga-S</p> |
| <p>7:45 Dance Fit-B/b 22</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-B</p> <p>9:00 Legal Appointments-PO</p> <p>9:15 YOGA-S</p> <p>9:30 Oil/Watercolor Painting-A</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>11:30 Senior Dining-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:00 Dominoes Group-B</p> <p>1:00 CC Elder Abuse Coalition-C</p> <p>1:30 Floating Bridge Group-S</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA -B/f</p> | <p>8:00 ZUMBA GOLD-B/f 23</p> <p>9:00 Footcare-PO</p> <p>9:00 Joe Guardino Fitness</p> <p>9:00 Seashell Quilters-A</p> <p>9:15 NO Chair Yoga</p> <p>10:00 BOCCE-Outside</p> <p>10:30 AA Closed Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:00 Men's Sports Roundtable-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 Ladies Poker-S</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters & Quilters-A</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>5:00 Weight Watchers-B/f</p> | <p>7:45 Dance Fit-B/b 24</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 Scrabble-B</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-S/f</p> <p>12:00 Cribbage-B/b</p> <p>1:30 YFD Spring Fire Safety Talk-B/f</p> <p>1:00 Ladies Poker-B/b</p> <p>1:30 Meditation & Mindful Movement-S</p> <p>1:30 Floating Bridge Group-B/b</p> <p>2:00 Buried in Treasure Workshop-C</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>6:30 BOCCE-Outside</p> | <p>8:00 ZUMBA GOLD-B/f 25</p> <p>9:00 Joe Guardino Fitness-B/b</p> <p>10:00 Dan Knapik Office Hours-C</p> <p>11:30 Co-ed Choral Group-B/f</p> <p>11:45 Duplicate Bridge-S</p> <p>12:30 Men's Poker-S/f</p> <p>1:00 Hand & Foot-S</p> <p>1:00 SCOPA-S/f</p> <p>1:00 Knitters Class-S</p> <p>1:30 Floating Bridge Group-S</p> <p>1:30 Tech Talk I:1 Appointments-PO</p> <p>2:00 BOCCE-Outside</p> <p>2:00 Grief Recovery Workshop-C</p> <p>2:00 Parkinson's Support Group-B</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>6:00 ZUMBA-F/B</p> | <p>7:45 Dance Fit-B/b 26</p> <p>9:00 Oral Hygiene Appts-PO</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 YOGA-S</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-S</p> <p>12:30 Mahjongg Game Day-B</p> <p>3:00 Bit of Bliss Yoga-S</p> |
| <p>7:45 Dance Fit-B/b 29</p> <p>9:00 Swedish Weaving-C</p> <p>9:00 Bird Carving-B</p> <p>9:00 Legal Appointments-PO</p> <p>9:15 YOGA-S</p> <p>9:30 Oil/Watercolor Painting-A</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>11:30 Senior Dining-B/f</p> <p>11:45 Duplicate Bridge-B/b</p> <p>12:00 Dominoes Group-B</p> <p>1:00 CC Elder Abuse Coalition-C</p> <p>1:30 Floating Bridge Group-S</p> <p>2:00 Energy Committee-PO</p> <p>6:00 ZUMBA -B/f</p> | <p>8:00 ZUMBA GOLD-B/f 30</p> <p>9:00 Joe Guardino Fitness</p> <p>9:00 Seashell Quilters-A</p> <p>9:15 Chair Yoga-S</p> <p>10:00 BOCCE-Outside</p> <p>10:30 AA Closed Meeting-B</p> <p>10:45 YOGA-S</p> <p>11:00 Men's Sports Roundtable-A</p> <p>11:30 Senior Dining-B/f</p> <p>12:30 Contract Bridge-S</p> <p>1:00 Hand & Foot-S</p> <p>1:00 Ladies Poker-S</p> <p>1:00 Low Relief Carving-B</p> <p>1:00 Crafters & Quilters-A</p> <p>3:00 Joe Guardino Fitness-B/f</p> <p>5:00 Weight Watchers-B/f</p> | <p>7:45 Dance Fit-B/b 31</p> <p>9:00 Yarmouth Travel Club-PO</p> <p>9:30 Bingo-B/f</p> <p>10:00 Joe Guardino Fitness-B/b</p> <p>10:30 Scrabble-B</p> <p>11:30 Senior Dining-B/f</p> <p>12:00 Blood Pressure Clinic-S/f</p> <p>12:00 Cribbage-B/b</p> <p>1:00 Ladies Poker-B/b</p> <p>1:30 T-Mobil Tech Project-B/f Meditation & Mindful Movement-S</p> <p>1:30 Floating Bridge Group-B/b</p> <p>2:00 Buried in Treasure Workshop-C</p> <p>3:00 Bit of Bliss Yoga-S</p> <p>6:30 BOCCE-Outside</p> | <p>ACTIVITIES CALENDARS ARE</p> <p>SUBJECT TO CHANGE</p> <p>Register for programs</p> <p>by calling:</p> <p>508-394-7606 X 1330</p> | |