SALTMARSH ACTIVITIES CALENDAR JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 12:30 Contract Bridge 1:30 Non-contract Bridge 1:30 Visual Workshop 1:30 Knitting	3 8:00 Strength Training 9:00 Yoga 10:15-11:30 Wii Bowling 12:00 Congregate Lunch 1:30 Duplicate Bridge	**4** 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 11-4 Hearing Services 11:15-11:45 Blood Pressure 12:00 Congregate Lunch 1:15 Mah Jongg 1:15 BINGO 1:30 COA Board Meeting	5 9:00 Tai Chi 10-2 Legal Services 10:10-11:10 Yoga for Arthritis 11-2 SHINE 11:15-11:45 Sing-a-long 12:00 Congregate Lunch **1:30 Margot Hartmann** 2:15-2:45 Blood Pressure	6 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10:30-12 Internet 12:00 Congregate Lunch 12:30 Contract Bridge 1:30 Non-contract Bridge 1:15 Cribbage
9 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 12:30 Contract Bridge 1:30 Non-contract Bridge 1:30 Visual Workshop 1:30 Knitting	10 8:00 Strength Training 9:00 Yoga 10:15-11:30 Wii Bowling 12:00 Congregate Lunch 1:30 ACBL Duplicate Bridge **5:30 Ukulele Concert**	11 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 1:15 Mah Jongg 1:15 BINGO	12 9:00 Tai Chi 10:10-11:10 Yoga for Arthritis 11-2 SHINE 11:15-11:45 Sing-a-long 12:00 Congregate Lunch **1:30 Tomato Corn Salsa** 1:30 Cards 2:15-2:45 Blood Pressure	13 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10:30-12 Internet 12:00 Congregate Lunch 12:30 Contract Bridge 1:30 Non-contract Bridge 1:15 Cribbage
16 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 12:30 Contract Bridge 1:30 Non-contract Bridge 1:30 Visual Workshop 1:30 Knitting **4-5 Comedy Improv** **5-6 Saltmarsh Dinner**	17 8:00 Strength Training 9:00 Yoga 9-11:30 Star Stuffers 10:15-11:30 Wii Bowling 12:00 Congregate Lunch 1:30 ACBL Duplicate Bridge	18 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 1:15 Mah Jongg 1:15 BINGO 3:30 NCEA Board Meeting	19 9:00 Tai Chi 10:10-11:10 Yoga for Arthritis 11-2 SHINE 11:15-11:45 Sing-a-long 12:00 Congregate Lunch **1:30 Alzheimer's Talk** 2:15-2:45 Blood Pressure	20 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10:30-12 Internet 12:00 Congregate Lunch 12:30 Contract Bridge 1:30 Non-contract Bridge 1:15 Cribbage
23 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 12:30 Contract Bridge 1:30 Non-contract Bridge 1:30 Visual Workshop 1:30 Knitting	24 8:00 Strength Training 9:00 Yoga 10:15-11:30 Wii Bowling 12:00 Congregate Lunch 1:30 ACBL Duplicate Bridge	25 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 1:15 Mah Jongg 1:15 BINGO	26 9:00 Tai Chi 10:10-11:10 Yoga for Arthritis **11:15 CENTER CLOSED FOR VOLUNTEER & SENIOR CITIZEN OF THE OF THE YEAR LUNCHEON** **1:15 CENTER RE-OPENS** **1:30 Legal Clinic**	27 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10:30-12 Internet 12:00 Congregate Lunch 12:30 Contract Bridge 1:30 Non-contract Bridge 1:15 Cribbage
30 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobic 12:00 Congregate Lunch 12:30 Contract Bridge 1:30 Non-contract Bridge 1:30 Visual Workshop 1:30 Knitting				WANT TO TALK? The Samaritans are available 24 hours a day! Please call: 1-800-893-9900 OR 1-508-458-8900