SALTMARSH ACTIVITIES CALENDAR AUGUST 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WANT TO TALK? The Samaritans are available 24 hours a day! Please call: 1-800-893-9900 OR 1-508-458-8900				1 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10:30-12 Internet 12:00 Congregate Lunch 1:00 Contract Bridge 1:30 Non-contract Bridge 1:20 Cribbage
4 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 1:00 Contract Bridge 1:30 Non-contract Bridge 1:30 Visual Workshop 1:30 Knitting	5 8:00 Strength Training 9:00 Yoga 9:00-1:00 Hearing Services 10:15-11:30 Wii Bowling 12:00 Congregate Lunch 1:45 ACBL Duplicate Bridge	6 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10-3 Hearing Services 11:15-11:45 Blood Pressure 12:00 Congregate Lunch 1:20 Mah Jongg 1:20 BINGO 1:30 COA Board Meeting	7 **8:00 Kettle Bell Class** 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 Cards 2:15-2:45 Blood Pressure	8 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10:30-12 Internet 12:00 Congregate Lunch 1:00 Contract Bridge 1:30 Non-contract Bridge 1:20 Cribbage
11 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 1:00 Contract Bridge 1:30 Non-contract Bridge 1:30 Visual Workshop 1:30 Knitting	12 8:00 Strength Training 9:00 Yoga 10:15-11:30 Wii Bowling 12:00 Congregate Lunch 1:45 ACBL Duplicate Bridge **2:15-3:15 Shearwater Ice Cream Harbor Cruise**	13 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 1:20 Mah Jongg 1:20 BINGO	14 **8:00 Kettle Bell Class** 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 Cards 2:15-2:45 Blood Pressure	15 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10:30-12 Internet 12:00 Congregate Lunch 1:00 Contract Bridge 1:30 Non-contract Bridge 1:20 Cribbage
18 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 1:00 Contract Bridge 1:30 Non-contract Bridge 1:30 Visual Workshop 1:30 Knitting **5-6 History Supports The Saltmarsh** **5-6 Saltmarsh Dinner**	19 8:00 Strength Training 9:00 Yoga 10:15-11:30 Wii Bowling 12:00 Congregate Lunch 1:45 ACBL Duplicate Bridge	20 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 1:20 Mah Jongg 1:20 BINGO	21 **8:00 Kettle Bell Class** 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 Cards 2:15-2:45 Blood Pressure	22 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10:30-12 Internet 12:00 Congregate Lunch 1:00 Contract Bridge 1:30 Non-contract Bridge 1:20 Cribbage
25 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobic 12:00 Congregate Lunch 1:00 Contract Bridge 1:30 Non-contract Bridge 1:30 Visual Workshop 1:30 Knitting	26 8:00 Strength Training 9:00 Yoga 9-11:30 Star Stuffers 10:15-11:30 Wii Bowling 12:00 Congregate Lunch 1:45 ACBL Duplicate Bridge	27 8:45 Low Impact Aerobics 9-12:00 Video Social Security 10:05 Fast Paced Aerobics 12:00 Congregate Lunch 1:20 Mah Jongg 1:20 BINGO 3:30 NCEA Board Meeting	28 **8:00 Kettle Bell Class** 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 Early American Herbs** 2:15-2:45 Blood Pressure	29 8:45 Low Impact Aerobics 10:05 Fast Paced Aerobics 10:30-12 Internet 12:00 Congregate Lunch 1:00 Contract Bridge 1:30 Non-contract Bridge 1:20 Cribbage