

Saltmarsh Activities Calendar

June 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 12:30 PM Contract Bridge 1:15 PM Word Games 1:30 PM Knitting</p> <hr/> <p>1:30 Hearing Care With Barbara Eaton</p>	<p>2</p> <p>8 AM Strength Training w/ Nancy 9:00 AM Yoga with Barbara 9:30 AM Quilting 10:00 – 12:00 Internet with Tom 10:15 AM Armchair Exercise 12:00 Congregate Lunch 1:30 PM Duplicate Bridge</p> <hr/> <p>1:15 PM Movie: “Miss Congeniality”</p>	<p>3</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi</p> <hr/> <p>10:00 AM WIC Program</p> <hr/> <p>11:15-12:15 Rx for your Health</p> <p>12:00 Congregate Lunch 1:15 PM Mah Jongg 1:30 PM Writing Class</p> <hr/> <p>1:30 PM COA Board Meeting at Two Fairgrounds Road</p>	<p>4</p> <p>9:00 AM Tai Chi with Doug 9 – Noon Veteran’s Services 10:15 AM Armchair Exercise</p> <hr/> <p>1:00 – 3:00 PM Legal Services by appt – A Safe Place Amelia Drive</p> <hr/> <p>12:00 PM Congregate Lunch</p> <hr/> <p>10:15 AM Armchair Exercise 12:00 PM Congregate Lunch 2 – 3:00 PM Blood Pressure</p>	<p>5</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 12:30 PM Contract Bridge 1:15 Beginners’ Bridge 1:30 PM Cribbage</p>
<p>8</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 12:30 PM Contract Bridge 1:15 PM Word Games 1:30 PM Knitting</p>	<p>9</p> <p>8 AM Strength Training w/ Nancy 9:00 AM Yoga with Barbara 9:30 AM Quilting 10:00 – 12:00 Internet with Tom 10:15 AM Armchair Exercise 12:00 Congregate Lunch 1:30 PM Duplicate Bridge</p> <hr/> <p>1:15 PM Movie: “As Good As it Gets”</p>	<p>10</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 1:15 PM Mah Jongg 1:30 PM Writing Class</p>	<p>11</p> <p>9:00 AM Tai Chi with Doug 9 – Noon Veteran’s Services 10:15 AM Armchair Exercise 12:00 PM Congregate Lunch 2 – 3:00 PM Blood Pressure</p>	<p>12</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 12:30 PM Contract Bridge 1:15 Beginners’ Bridge 1:30 PM Cribbage</p>
<p>15</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 12:30 PM Contract Bridge 1:15 PM Word Games 1:30 PM Knitting</p> <hr/> <p>1:30 PM Card Making with Debbie Merritt</p>	<p>16</p> <p>8 AM Strength Training w/ Nancy 9:00 AM Yoga with Barbara 9:30 AM Quilting 10:00 – 12:00 Internet with Tom 10:15 AM Armchair Exercise 12:00 Congregate Lunch 1:30 PM Duplicate Bridge</p> <hr/> <p>1:15 PM Movie: “Practical Magic”</p>	<p>17</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi</p> <hr/> <p>10:00 AM WIC Program</p> <hr/> <p>12:00 Congregate Lunch 1:15 PM Mah Jongg 1:30 PM Writing Class</p>	<p>18</p> <p>9:00 AM Tai Chi with Doug 9 – Noon Veteran’s Services 10:15 AM Armchair Exercise 12:00 PM Congregate Lunch 2 – 3:00 PM Blood Pressure</p>	<p>19</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 12:30 PM Contract Bridge 1:15 Beginners’ Bridge 1:30 PM Cribbage</p> <p>Father’s Day – Sunday May 21st</p>
<p>22</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 12:30 PM Contract Bridge 1:15 PM Word Games 1:30 PM Knitting</p>	<p>23</p> <p>8 AM Strength Training w/ Nancy 9:00 AM Yoga with Barbara 9-11:30 AM Star Stuffers 9:30 AM Quilting – 10:15 Arm Chair 10:00 – 12:00 Internet with Tom 12:00 Congregate Lunch 1:30 PM Duplicate Bridge</p> <hr/> <p>1:15 PM Movie: “Moulin Rouge”</p>	<p>24</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi</p> <hr/> <p>10 - Noon & 1-2:30 Social Security Administration</p> <hr/> <p>12:00 Congregate Lunch 1:15 PM Mah Jongg 1:30 PM Writing Class</p>	<p>25</p> <p>9:00 AM Tai Chi with Doug 9 – Noon Veteran’s Services 10:15 AM Armchair Exercise</p> <hr/> <p>BUILDING CLOSED NOON TO 2 PM</p> <hr/> <p>2 – 3:00 PM Blood Pressure</p> <hr/> <p>2:15 PM NCEA Board Meeting</p>	<p>26</p> <p>8:00 AM Men’s Breakfast 8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 12:30 PM Contract Bridge 1:15 Beginners’ Bridge 1:30 PM Cribbage</p>
<p>29</p> <p>8:45 AM Exercise w/ Nancy 10:05 AM Exercise w/ Cindi 12:00 Congregate Lunch 12:30 PM Contract Bridge 1:15 PM Word Games 1:30 PM Knitting</p>	<p>30</p> <p>8 AM Strength Training w/ Nancy 9:00 AM Yoga with Barbara 9:30 AM Quilting – 10:15 Arm Chair 10:00 – 12:00 Internet with Tom 12:00 Congregate Lunch 1:30 PM Duplicate Bridge</p> <hr/> <p>1:15 PM Movie: “Moonstruck”</p>	<p>Attention Senior Citizens...The Nantucket Center for Elder Affairs (NCEA) has received a financial contribution from the Nantucket Association of Real Estate Brokers (NAREB) to help seniors make their homes physically safer. Limited funds are available on a first come first served basis for those who may need: carbon monoxide or smoke detectors, hand rails, or other adaptive devices to make your home safer? Please call the center at 508-228-4490, which will be coordinating these efforts.</p>		

Our appreciation for all of you who have been so generous to the Saltmarsh Center. Throughout the year volunteering your time, talent, donations and participation assisting us in our programs and events. Without your assistance we would not be able to do. “Thank you!”