


JULY 2017 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3 SR. CTR. CLOSED <i>Dog Days Begin</i>	4 SR. CTR. CLOSED  HAPPY 4th OF JULY! Independence Day	5 <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u>	6 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Noon Balance Class w/Joanne (\$5)</u> <u>11:30 Lunch: Pizza, Salad, Beverage</u>	7 <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u>
10 <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>	11 <u>9:00 Cribbage</u> <u>11:30 Lunch: Full Breakfast with Coffee Rolls, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u>	12 <u>9:00 FOAS Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u>	13 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Noon Balance Class w/Joanne (\$5)</u> <u>11:30 Lunch: Assorted Sandwiches, Salad, Beverage</u>	14 <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u>
17 <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>	18 <u>9:00 Cribbage</u> <u>10:00-12:00: Nurse</u> <u>11:30 Lunch: Soup, Chicken Salad Sandwich, Chips, Crackers, Dessert, Beverage</u> <u>6:00pm COA Mtg.</u> <u>5:30-6:30pm: Zumba (\$4)</u>	19 <u>8:30-10:00 Free Community Breakfast</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u>	20 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Noon Balance Class w/Joanne (\$5)</u> <u>11:30 Lunch: Chicken Broccoli Ziti, Salad, Beverage</u>	21 <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u>
24 <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>	25 <u>9:00 Cribbage</u> <u>11:30 Lunch: Chicken Pie, Vegetable, Cranberry Sauce, B-Day Cake, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u>	26 <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u>	27 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Noon Balance Class w/Joanne (\$5)</u> <u>11:30 Lunch: Pizza, Salad, Beverage</u> <u>Rock & Roll Bingo</u>	28 <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u>
31 <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>	7/1 Canada Day 7/6 Armadillos Mate Now 7/9 Full Buck Moon 7/23 New Moon 7/27 Adult Gypsy Moths Emerge	Note: Every Thursday morning, 11:15 to Noon, Balance & Strength Exercise w/Joanne. Walk-in, \$5.00.	Fresh Fruit served with all Thursday luncheons.	<u>Menu Subject to Change</u>

A Division of
National HealthCare



Featuring *The Passport Short-Term Rehab Program*

Rehabilitation tailored to meet YOUR individual needs and put you on the fast track home!

- Post Hospital Recovery & Care Programs •
- Physical, Occupational & Speech Therapies •



Call **Renee** to schedule a tour today! (781) 763-0724

277 Washington St. | Abington, MA • www.ColonyCenterRehab.com