GOOD LIVING SENIOR CENTER

1207 Main Street — **JULY 2010** — **748-8470**

Mon	Tue	Wed	Thu	Fri
SIGN UP NOW FOR	CRYSTAL LAKE PICNIC Tuesday, July 20 (rain date July 22)	"HEALTHY EATING FOR SUCCESSFUL LIVING" 6 week NEVAAA workshop Call 748-5182 to sign up. Starts July 8	**1** 8:30 Tai Chi 11:00 TOWN FOREST WALK 2:00 STRAWBERRY SOCIAL & "CHINESE AUCTION"	**2** NO Living Strong TODAY
5 CENTER CLOSED for Independence Day	**6** 9:00 Living Strong 11:00 LUNCHTIME CONCERT- David Martin stories & tunes 1:00 COOL MOVIE ~ *"My One and Only"*	**7** 10:00 Knit-Wits 12:30 Bridge 1:00 Cribbage	**8** 8:30 Tai Chi 11:00 TOWN FOREST WALK 1-3:30 "HEALTHY EATING" Workshop	**9** **8:00-9:00** **Breakfast Special at the Meal Site—$2.75** 9:00 Living Strong
12 8:30 Tai Chi 10:00 Good Living Chorus 1:00 Grocery BINGO	**13** 9:00 Living Strong 2:00 POETRY TEA PARTY	**14** 10:00 Knit-Wits 1:00 Cribbage 3:00 BOWLING 3-5:00 REIKI in the "chapel"	**15** 8:30 Tai Chi 11:00 TOWN FOREST WALK 1-3:30 "HEALTHY EATING" Workshop	**16** 9:00 Living Strong
19 8:30 Tai Chi 10:00 Good Living Chorus 1:00 Grocery BINGO	**20** 9:00 Living Strong 11:00 CRYSTAL LAKE PICNIC—$5 (rain date Thursday 7/22)	**21** 10:00 Knit-Wits 1:00 Cribbage	**22** 8:30 Tai Chi 11:00 TOWN FOREST WALK 1-3:30 "HEALTHY EATING" Workshop	**23** **8:00-9:00** **Breakfast Special at the Meal Site—$2.75** 9:00 Living Strong
26 8:30 Tai Chi 10:00 Good Living Chorus 1:00 Grocery BINGO	**27** 9:00 Living Strong 10:30 Wii Bowling 1:30 MEMOIR WRITING GROUP	**28** 10:00 Knit-Wits 1:00 Cribbage 3:00 BOWLING	**29** 8:30 Tai Chi 11:00 TOWN FOREST WALK 1-3:30 "HEALTHY EATING" Workshop	**30** 9:00 Living Strong