

Mon	Tue	Wed	Thu	Fri
			<p>VETERANS DINNER DANCE Fri. 8th, 5-9 p.m. CHEER Community Ctr FREE to Veterans \$10 all others OV Bus leaves at 4 p.m.</p> 	<p>1 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 10:30 The Backyard and The Brimming Horn Meadery, Milton 10:30 <i>Memory Café</i> 11:30 Lunch, \$ donation and <i>Music Memories!</i> 11:30 Mex Train Dom's 12 <i>Poker / Mahjongg</i></p>
<p>4 8-4:30 Fitness/Puzzles 9 <i>Yoga w/Susan, \$5</i> 10 <i>Corn Hole, P. Lot</i> 10 <i>Walking Club</i> 11 <i>Mahjongg</i> 11:30 Lunch, \$ donation 12:15 <i>Quilting Club / Local Shopping</i></p>	<p>5 8-4:30 Fitness/ Puzzles 9:30-11:30 <i>Pickleball</i> 9:30 <i>Hand and Foot</i> 9:30 <i>Bus to Vote locally!</i> 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Sit and Fit</i> 11:30 Lunch, \$ donation 11:30 <i>MJ / Dominoes</i> 12:15 <i>Pinochle</i> 12:30 <i>Matter of Balance</i></p>	<p>6 8-4:30 Fitness / Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 <i>Breakfast, \$2.50</i> 10 <i>Bocce, John West Park</i> 10-2 <i>Bingo, \$3 don.</i> 11:30 Lunch, \$ donation / <i>Nutrition Educ., Lisa H., Z</i> 12 <i>Poker</i> 12:15 <i>Knitting / Crocheting</i></p>	<p>7 8-4:30 Fitness/Puzzles 9:30-11:30 <i>Pickleball</i> 9:45 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Beckett's Bulletin, Z</i> 11 <i>Chinatown Buffet & Grill/Marshall's, RB</i> 11:30 Lunch, \$ donation 12:15 <i>Hand and Foot</i></p>	<p>8 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 10:30 <i>Memory Café</i> 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 <i>Poker / Mahjongg</i> CENTER CLOSING AT 4! 4 <i>Veterans Dinner Dance, G'town, see Yolanda for tickets—Vets Free/\$10</i></p>
<p>11 8-4:30 Fitness/Puzzle 9 <i>Yoga w/Susan, \$5</i> 9-3 <i>HM Mobile Dental</i> 10 <i>Corn Hole, P. Lot</i> 10 <i>Walking Club</i> 11 <i>Mahjongg</i> 11 <i>Joyful Living Disc Grp</i> 11:30 Lunch, \$/M'ship 12:15 <i>Quilting Club / Local Shopping</i></p>	<p>12 8-4:30 Fitness/Puzzles+ 9:30-11:30 <i>Pickleball</i> 9:30 <i>Hand and Foot</i> 10 <i>Chair Yoga w/Lori, \$5</i> 10:30 <i>Sit and Fit</i> 11:30 Lunch, \$ donation / <i>Gratitude</i> 11:30 <i>Mahjongg / Dom's</i> 12:15 <i>Pinochle</i></p>	<p>13 8-4:30 Fitness/Puzzles+ 9 <i>Yoga w/Susan, \$5</i> 9-10 <i>Breakfast, \$2.50</i> 10 <i>Bocce, John West Park</i> 10-2 <i>Bingo, \$3 don.</i> 11:30 Lunch, \$/Care Patrol w/Karen "Healthy Living" 12 <i>Poker</i> 12:15 <i>Knitting / Crocheting</i> 1 <i>Parkinson's Support Grp</i></p>	<p>14 8-4:30 Fitness/Puzzles 9:30-11:30 <i>Pickleball</i> 9:45 <i>The Shops of Berlin & Lunch on your own</i> 10 <i>Chair Yoga w/Lori, \$5</i> 11:30 Lunch, \$ donation 12:15 <i>Hand and Foot</i> 1 <i>Alzheimers Caregiver Support</i></p>	<p>15 8-4:30 Fitness/Puzzles 9:30 <i>Tai Chi w/Ellen, \$5</i> 10 <i>Relaxing Nature Drive through Cape Henlopen State Park, Big Oyster, Lewes</i> 10:30 <i>Memory Cafe</i> 11:30 Lunch, \$ donation 11:30 Mex Train Dom's 12 <i>Poker / Mahjongg</i></p>

