

Wallingford Community Senior Center Calendar of Activity – August 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				1 8:30 Foot Care 10:00 Social Hour 10:15 Fitness 12:00 Senior Lunch 1:00 Current Events 1:00 Computer Lab	2 11:00 "Wallingford Walks" 3 SENIOR CENTER CLOSED
4 10:00 Newcomers' 10:15 Fitness 10:00 Book Group 12:30 Cribbage 1:30 Yoga	5 9:00 Writing Workshop 10:00 Bridge 10:00 Computer Mentoring 10:30 Hair Cuts 11:30 Community Lunch 12:30 Mah Jongg 1:00 Pinochle	6 9:00 Senior Rights 10:00 Wellness 10:15 Fitness 10:00 Social Hour 12:00 Senior Lunch 1:00 Bingo 2:00 Knitting Group 3:00 Farmer's Market 6:00 Art Walk	7 8:30 Duplicate Bridge 10:00 Mac Help 1:00 Choral Singing	8 8:30 Foot Care 10:00 Social Hour 10:15 Fitness 12:00 Senior Lunch 1:00 Current Events 1:00 Computer Lab	9 SENIOR CENTER CLOSED 10 SENIOR CENTER CLOSED
11 10:15 Fitness 12:30 Cribbage 1:30 Yoga	12 8:30 Writing Workshop 10:00 Bridge 10:00 Computer Mentoring 11:30 Community Lunch 12:30 Mah Jongg 1:00 Pinochle 4:30 Spaghetti Dinner	13 10:00 Financial 10:00 Social Hour 10:15 Fitness 11:00 Hand Massage 12:00 Senior Lunch 2:00 Knitting Group 3:00 Farmer's Market	14 8:30 Duplicate Bridge 10:00 Mac Help 1:00 Choral Singing	15 8:30 Foot Care 10:00 Social Hour 10:15 Fitness 12:00 Senior Lunch 1:00 Current Events	16 SENIOR CENTER CLOSED 17 SENIOR CENTER CLOSED
18 10:15 Fitness 12:30 Cribbage 1:30 Yoga	19 8:30 Writing Workshop 10:00 Bridge 10:00 Computer Mentoring 11:30 Community Lunch 12:30 Mah Jongg 1:00 Pinochle	20 9:30 Chair Massage 10:00 Social Hour 10:00 Wellness 10:15 Fitness 12:00 Senior Lunch 2:00 Knitting Group 3:00 Farmer's Market	21 8:30 Duplicate Bridge 9:30 Legal 10:00 Mac Help 12:00 Outing 1:00 Choral Singing	22 8:30 Foot Care 10:00 Social Hour 10:15 Fitness 11:00 Hand Massage 12:00 Senior Lunch 1:00 Current Events	23 SENIOR CENTER CLOSED 24 9:00 PANCAKE BREAKFAST
25 10:15 Fitness 12:30 Cribbage 1:30 Yoga	26 8:30 Writing Workshop 10:00 Bridge 10:00 Computer Mentoring 10:30 Low Vision (at Greenwood) 11:00 Old Timers' Picnic 11:30 Community Lunch 12:30 Mah Jongg 1:00 Pinochle	27 10:00 Social Hour 10:15 Fitness 12:00 Senior Lunch 1:00 Bingo 2:00 Knitting Group 3:00 Farmer's Market	28 8:30 Duplicate Bridge 10:00 Mac Help 1:00 Choral Singing 5:30 Barbeque	29 8:30 Foot Care 10:00 Social Hour 10:15 Fitness 12:00 Senior Lunch 1:00 Current Events	30 SENIOR CENTER CLOSED 31 SENIOR CENTER CLOSED

* Stay Tuned for Info on Community Cooking Events This Month