

THE WENHAMITE
JULY 2017 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 9-12:00 <u>SHINE</u> 1:00 Chair Yoga 6:30 Bridge	4 WCOA closed 	5	6 <u>10:15 Blood Press Chk.</u> 10:30 Balance+ <u>12:00 Market Basket</u> 12:00 ADRD <i>Caregiver Support Group</i>	7 <u>10:00 WCOA Van to Ocean State Job Lot</u>
10 9-12:00 <u>SHINE</u> 1:00 Chair Pose Yoga <u>12:30 Shaws Market</u> 6:30 Bridge	11 9:30 Bocce 10:30-11:30 Senator Tarr Rep. 10:30 Great Courses 11:30 Balance & Motion	12 <u>9:30 WCOA Van Enon to Accord</u> Ice Cream Social 2:00-3:30	13 VINCENT <u>10:15 Blood Press Chk.</u> 10:30 Balance+ <u>12:00 Market Basket</u> 2:00 RIFF Book Grp <i>*The Unexpected Mrs Pollifax</i>	14 VINCENT
17 9-12:00 <u>SHINE</u> <u>10:00 WCOA Van to Walmart/Trader Joe's</u> 1:00 Chair Pose Yoga	18 9:30 Bocce 10:30 Great Courses 11:30 Balance & Motion	19 <u>9:30 WCOA Van Enon to Accord</u> <u>2:00 PaintNite by Day</u>	20 <u>10:15 Blood Press Chk.</u> 10:30 Balance+ 11:00H-W Low Vision Group at HCOA 12:00 Market Basket	21 <u>Art Grows Here Tour (limit 6 riders) 10:30</u>
24 9-12:00 <u>SHINE</u> <u>12:30 Shaws Market</u> 1:00 Chair Pose Yoga 6:30 Bridge	25 9:30 Bocce 10:30 Great Courses 11:30 Balance & Motion	26 <u>9:30 WCOA Van Enon to Accord</u> <u>2:00 Open Studio w/ Aleah</u>	27 9:30 Bocce <u>10:15 Blood Press Chk.</u> 10:30 Balance+ <u>12:00 Market Basket</u> <u>3:00 ERBA Kayaking</u>	28 <u>10:00 WCOA Van to Shaws Plaza</u>
31 9-12:00 <u>SHINE</u> 1:00 Chair Pose Yoga 6:30 Bridge	<ul style="list-style-type: none"> • <u>Underlined items</u> require RSVP 978-468-5534 • Boldface items are not weekly 		3rd Sunday Open House at WCOA July 16th	