



**JULY 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please remember that all programs require registration. Register online by visiting our website!</b>				
<b>1</b> 9:30 Spunky Spades Bridge  11:00 Caregiver Support Group  12:30 Merry Maidens Bridge  1:00 Cribbage (beginner)  1:30 Hand & Foot	<b>2</b> 10:00 Art Workshop ♦  10:00 Mindfulness with Nancy  10:00 Gentle Vinyasa Yoga with Leslie ♦  1:00 French Club  1:00 Canasta  1:00 Cribbage (intermediate)	<b>3</b> 9:00 Bridge Group  10:00 Walking Group  10:00 Craft Group  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)  <b>5:00 Seacoast Trolley Museum Ice Cream Night</b>	<b>4</b>  <b>CENTER CLOSED IN OBSERVATION OF INDEPENDENCE DAY</b>	<b>5</b>  <b>CENTER CLOSED</b>
<b>8</b> 9:30 Spunky Spades Bridge  11:00 Caregiver Support Group  12:30 Merry Maidens Bridge  1:00 Cribbage (beginner)  <b>1:30 Mahjong Lessons</b>  1:30 Hand & Foot	<b>9</b> 10:00 Art Workshop ♦  10:00 Mindfulness with Nancy  10:00 Gentle Vinyasa Yoga with Leslie ♦  1:00 Canasta	<b>10</b> 9:00 Bridge Group  10:00 Walking Group  10:00 Craft Group  <b>12:00 Lunch Bunch @ Pedro's</b>  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>11</b> 10:00 Octets Bridge  1:00 American Mahjong (novice)  1:00 Adult Coloring Group  <b>1:00 Intro to Bridge ♦</b>  2:00 Ukelele Group	<b>12</b> 9:00 Open House  <b>9:30 Open Bridge</b>  <b>10:00 Mini Golf Outing</b>  10:00 Knitting Group  11:00 Cribbage (intermediate)
<b>15</b> 9:30 Spunky Spades Bridge  <b>9:30 Keep it Legal with Sarah Neault, Esq.</b>  <b>10:00 Medicare 101</b>  11:00 Caregiver Support Group  12:30 Merry Maidens Bridge  1:00 Cribbage (beginner)  <b>1:30 Mahjong Lessons</b>  1:30 Hand & Foot	<b>16</b> 10:00 Art Workshop ♦  10:00 Mindfulness with Nancy  10:00 Gentle Vinyasa Yoga with Leslie ♦  1:00 French Club  1:00 Canasta  1:00 Cribbage (intermediate)	<b>17</b> 9:00 Bridge Group  10:00 Walking Group  10:00 Craft Group  <b>11:00 Italy Meet &amp; Greet</b>  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>18</b> 10:00 Octets Bridge  <b>10:00 Decoupage Shell Workshop</b>  1:00 American Mahjong (novice) 1:00 Adult Coloring Group <b>1:00 Intro to Bridge ♦</b>  2:00 Ukelele Group	<b>19</b> 9:00 Open House  <b>9:30 Open Bridge</b>  10:00 Knitting Group  11:00 Cribbage (intermediate)  11:00 Parkinson's Support Group



**JULY 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please remember that all programs require registration. Register online by visiting our website!</b>				
<b>22</b>  9:30 Spunky Spades Bridge  11:00 Caregiver Support Group  12:30 Merry Maidens Bridge  1:00 Cribbage (beginner) <b>1:30 Mahjong Lessons</b>  1:30 Hand & Foot	<b>23</b>  10:00 Art Workshop <b>◇</b>  10:00 Mindfulness with Nancy  10:00 Gentle Vinyasa Yoga with Leslie <b>◇</b>  1:00 Canasta  1:00 Cribbage (intermediate)  <b>1:00 Wells Harbor Shellfish/Big Daddy's</b>	<b>24</b>  9:00 Bridge Group  10:00 Walking Group  10:00 Craft Group  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>25</b>  <div style="text-align: center; padding: 10px;"><b>CENTER CLOSED FOR ANNUAL AUCTION</b></div>  <b>3:00 Sip &amp; Shop Event at J. McLaughlin, Wells</b>	<b>26</b>  <div style="text-align: center; padding: 10px;"><b>CENTER CLOSED</b></div>
<b>29</b>  9:30 Spunky Spades Bridge  11:00 Caregiver Support Group  12:30 Merry Maidens Bridge  1:00 Cribbage (beginner)  1:30 Hand & Foot  <b>1:00 Olympic Paris Party</b>	<b>30</b>  10:00 Art Workshop <b>◇</b>  10:00 Mindfulness with Nancy  10:00 Gentle Vinyasa Yoga with Leslie <b>◇</b>  1:00 Canasta	<b>31</b>  9:00 Bridge Group  10:00 Walking Group  10:00 Craft Group  <b>12:00 Monthly Luncheon / Cookout sponsored by Avita</b>  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)  <b>1:00 Book Club</b>	<div style="background-color: #f5f5f5; padding: 10px; text-align: center;"> <b>COMING IN AUGUST...</b>   <b>A sunset boat ride aboard the F/V N'oreaster!</b> </div>	

**KEY**

**Highlighted Program** = New & Noteworthy

**◇** = Program Fee

**Bold Program** = Off-Site Program or Fundraiser