



AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
				1 CLOSED FOR AFFAIRS TO REMEMBER AUCTION
4 9:00 Tai Chi for Older Adults ◇ 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 11:00 Cardio & Stretch with Sue ◇ 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	5 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 1:00 Canasta 1:00 French Club	6 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group to KBK Beach 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	7 9:00 Strength & Balance with Serina ◇ 10:00 Tai Chi ◇ 10:00 Octets Bridge 11:00 Wise Women Wondering 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group 4:00 Cardio & Stretch with Sue ◇	8 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 11:00 Cribbage (intermediate)
11 9:00 Tai Chi for Older Adults ◇ 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 10:00 Medicare 101 11:00 Caregiver Support Group 11:00 Cardio & Stretch with Sue ◇ 12:00 Fun with Flowers ◇ 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	12 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 11:00 Bridget's Lunch Bunch @ Colony Hotel ◇ 1:00 Canasta	13 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group @ Bridal Path 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	14 CLOSED FOR PORCH SALE	15 CLOSED FOR PORCH SALE



AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday
18 9:00 Tai Chi for Older Adults ◇ 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 10:00 Daily Sweat Yoga Class 11:00 Caregiver Support Group 11:00 Cardio & Stretch with Sue ◇ 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot 5:00-7:00 Paint & Sip ◇	19 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 12:00 SMAA Community Cafe 1:00 Canasta 1:00 French Club	20 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group @ Rachel Carson 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	21 9:00 Strength & Balance with Serina ◇ 10:00 Tai Chi ◇ 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Sea Glass Craft with Creative Soul ◇ 2:00 Ukelele Group 4:00 Cardio & Stretch with Sue ◇	22 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 11:00 Cribbage (intermediate) 11:00-5:00 J. McLaughlin Trunk Show
25 9:00 Tai Chi for Older Adults ◇ 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot 4:00 Nor'Easter to Perkins Cove ◇	26 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 11:00-4:00 Bridget's Lunch Bunch @ Green Leaves & Shopping in Kittery ◇ 1:00 Canasta	27 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group @ Kport Trust 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club	28 9:00 Strength & Balance with Serina ◇ 10:00 Tai Chi ◇ 10:00 Octets Bridge 10:00 Mini Golf @ Wonder Mountain ◇ 11:00 Social Club 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group 4:00 Cardio & Stretch with Sue ◇	29 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 11:00 Cribbage (intermediate)

KEY

Highlighted Program = New & Noteworthy

◇ = Program Fee

Bold Program = Off-Site Program or Fundraiser