

# AUGUST 2023

**Do you need Transportation?**  
Please call the WRTA 508-752-9283



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch-</b> served daily at 12:00pm. Call: 508-832-7799, 2 days in advance to register. Suggested donation is \$2.50</p> <p><b>7</b> 9:00 Walking Club— Lemansky Track 10:00 <b>Knit &amp; Stitch</b> 10:00 Blood pressure clinic 10:00 <b>Senior Sweat</b> 10:30 <b>Coloring for Adults</b> 11:00 <b>Yoga</b> 12:45 <b>Canasta</b> 12:45 <b>Movie: Think Like a Dog</b></p>	<p><b>1</b> 10:00 <b>Chair Dance</b> 11:00 <b>Tai chi</b> 1:00 <b>Let's Move Together</b></p> <p><b>8</b> 10:00 <b>Chair Dance</b> 11:00 <b>Tai Chi</b> 1:00 <b>Let's Move Together</b></p>	<p><b>2</b> 9:00 Walking Club—Lemansky Track 9:30 <b>Knit &amp; Stitch</b> 9:30 Sen. Moore's office hours 10:00 <b>Strength &amp; Balance</b> 11:00 Drop in tech 1:00 <b>Pitch</b> 6:00 Cribbage</p>	<p><b>3</b> 10:00 <b>Chair Dance</b> 12:45 <b>Bingo</b> 1:00 I-Pad</p>	<p><b>4</b> 9:30 Sign Language class 10:00 <b>Strength &amp; Balance</b> 11:00 <b>Meditation</b> 12:00 <b>Quilting</b> 12:45 <b>Dominos</b> 1:00 Bridge 6:30 <b>Pitch</b></p>
<p><b>14</b> 9:00 Walking Club— Lemansky 10:00 <b>Knit &amp; Stitch</b> 10:00 <b>Senior Sweat</b> 10:30 <b>Coloring for Adults</b> 11:00 <b>Yoga</b> 12:45 Music of the Beatles 12:45 <b>Canasta</b> 1:00 Caregiver Support group</p>	<p><b>15</b> 10:00 <b>Chair Dance</b> 11:00 <b>Tai Chi</b> 1:00 <b>Let's Move Together</b> 2:00 <b>Book Club</b></p>	<p><b>9</b> 9:00 Walking Club—Lemansky Track 9:30 <b>Knit &amp; Stitch</b> 10:00 <b>Strength &amp; Balance</b> 11:00 Drop in tech 1:00 <b>Pitch</b> 6:00 Cribbage</p>	<p><b>10</b> 10:00 <b>Chair Dance</b> 12:45 <b>Bingo</b> 1:00 I-Pad</p>	<p><b>11</b> 9:30 Sign Language class 10:00 <b>Strength &amp; Balance</b> 11:00 <b>Meditation</b> 12:00 <b>Quilting</b> 12:45 <b>Dominos</b> 1:00 Bridge 6:30 <b>Pitch</b></p>
<p><b>21</b> 9:00 Walking Club— Lemansky 10:00 <b>Knit and Stitch</b> 10:00 <b>Senior Sweat</b> 10:30 <b>Coloring for Adults</b> 11:00 <b>Yoga</b> 12:45 <b>Canasta</b> 12:45 <b>Movie: Champions</b></p>	<p><b>22</b> 10:00 <b>Chair Dance</b> 11:00 <b>Tai Chi</b> 1:00 <b>Let's Move Together</b> 2:00 <b>Cosmetics workshop</b></p>	<p><b>16</b> 9:00 Walking Club—Lemansky Track 9:30 <b>Knit &amp; Stitch</b> 10:00 <b>Strength &amp; Balance</b> 11:00 Drop in tech 1:00 <b>Pitch</b> 6:00 Cribbage</p>	<p><b>17</b> 10:00 <b>Chair Dance</b> 12:45 <b>Bingo</b> 1:00 I-Pad</p>	<p><b>18</b> 9:30 Sign Language class 10:00 <b>Strength &amp; Balance</b> 11:00 <b>Meditation</b> 12:00 <b>Quilting</b> 12:45 <b>Dominos</b> 1:00 Bridge 6:30 <b>Pitch</b></p>
<p><b>28</b> 9:00 Walking Club— Lemansky 10:00 <b>Knit and Stitch</b> 10:00 <b>Senior Sweat</b> 10:30 <b>Coloring for Adults</b> 11:00 <b>Yoga</b> 12:45 <b>Canasta</b> 12:45 <b>Neil Diamond tribute</b></p>	<p><b>29</b> 10:00 <b>Chair Dance</b> 11:00 <b>Tai Chi</b> 1:00 <b>Let's Move Together</b></p>	<p><b>23</b> 9:00 Walking Club—Lemansky Track 9:30 <b>Knit &amp; Stitch</b> 10:00 <b>Strength &amp; Balance</b> 11:00 Drop in tech 1:00 <b>Pitch</b> 6:00 Cribbage</p>	<p><b>24</b> 10:00 <b>Chair Dance</b> 11:00 <b>Indoor plumbing presentation</b> 12:45 <b>Bingo</b> 1:00 I-Pad</p>	<p><b>25</b> 9:30 Sign Language class 10:00 <b>Strength &amp; Balance</b> 11:00 <b>Meditation</b> 12:00 <b>Quilting</b> 12:45 <b>Dominos</b> 1:00 Bridge 6:30 <b>Pitch</b></p>
<p><b>28</b> 9:00 Walking Club— Lemansky 10:00 <b>Knit and Stitch</b> 10:00 <b>Senior Sweat</b> 10:30 <b>Coloring for Adults</b> 11:00 <b>Yoga</b> 12:45 <b>Canasta</b> 12:45 <b>Neil Diamond tribute</b></p>	<p><b>29</b> 10:00 <b>Chair Dance</b> 11:00 <b>Tai Chi</b> 1:00 <b>Let's Move Together</b></p>	<p><b>30</b> 9:00 Walking Club—Lemansky Track 9:30 <b>Knit &amp; Stitch</b> 10:00 <b>Strength &amp; Balance</b> 11:00 Drop in tech 1:00 <b>Pitch</b> 6:00 Cribbage</p>	<p><b>31</b> 10:00 <b>Chair Dance</b> 12:45 <b>Bingo</b> 1:00 I-Pad</p>	