Weekly Drop in Programs

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 10:00 a.m. Theatre Workshop 10:00 Zumba Gold 11:00 a.m. Ageless Grace 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair 4:00 p.m. Nia	9:00 a.m. Muscles & Movement 9:00 a.m. Intermediate Spanish 9:30 a.m. Beg. Bridge & Coaching 10:30 a.m. Shimmy & Strength 1:00 p.m. Bingo 1:30 p.m. Swing Band	9:00 a.m. Pool Cues 9:00 a.m. Chamber Ensemble 9:30 a.m. Drawing and Painting! Open Studio 12:00 p.m. Zumba Gold	9:00 a.m. Knitting 10:00 a.m. Beginner's Tai Chi 10:30 Mandarin Conversation 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:00 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Muscles & Movement 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Shimmy & Strength 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
JULY/AUGUST 2015		**1** 11:45……...Lunch Baked Fiesta Fish or BBQ Chicken & Mozzarella	**2** 11:45……...Lunch *Independence Day Special:* Grilled Hamburgers in Au Jus, Chips, Coleslaw, & Cherry Streudel	3 **INDEPENDENCE DAY** **SENIOR CENTER IS CLOSED**
6 11:45……...Lunch Tortellini w/ Pesto Cream Sauce or Breaded Chicken Sandwich 1:00-2:30…Low Vision Group	**7** **8:45-3:00…….Senior Center Visits the Kennedy Museums** 11:45……...Lunch Broccoli & Mushroom Quiche or Roast Beef Sandwich 5:30-8:00……Veteran's Center	**8** **9:00-11:00….. MetroWest Legal Clinic** **10:45……Beyond Balance** 11:45……...Lunch Greek Chicken or Turkey & Swiss Sandwich **2:00…….Social Security and Medicare Discussion**	**9** 9:30….Men's Club at Johnny's 11:45……...Lunch Roast Pork or Tuna Salad Sandwich **12:30……Ceramics**	**10** 10:30-11:30…….Health Clinic 11:45……...Lunch Sweet Potato Pollack Fillet or Vegetarian Chef Salad
13 11:45……...Lunch Roast Turkey w/ Gravy or Tortellini Salad **12:45……Beyond Balance**	**14** **11:00-noon…Hearing Screening** 11:45……...Lunch Aloha Chicken or Roast Beef Sandwich	**15** 10:00…….Alderman Danberg **10:45……Beyond Balance** 11:45……...Lunch Ravioli w/ Meat Sauce (Beef) or Curry Chicken Sandwich 1:00….. Movie: *Gravity*	**16** **9:30……..…..Mah Jongg "Meet and Greet"** 11:45……...Lunch Florentine Fish or Turkey & Cheese Sandwich **12:30……Ceramics**	**17** 11:45……...Lunch Hot Dog on Bun or Egg Salad Sandwich
20 **10:15-11:15…...Tree Walk with the Arborist (Newton Cemetery)** 11:45……...Lunch Chicken w/ Creamy Italian Sauce or Ham & Cheese Sandwich **12:45……Beyond Balance**	**21** **10:45……...Hollywood Quiz Show!** 11:45……...Lunch Lentil Stew (veg) or Seafood Salad Sandwich **12:30-3:00…. Chronic Pain Workshop**	**22** **9:15-10:15…Mindful Meditation** **10:45……Beyond Balance** **11:30-1:30…...Summer BBQ!** *No Springwell lunch*	**23** **9:30-11:30…… Mah Jongg Class** 10……..Men's Club at Center 11:45……...Lunch Macaroni & Cheese or Chef Salad w/ Turkey and Cheddar **12:30……Ceramics**	**24** 10:30-11:30…….Health Clinic 11:45……...Lunch Meatloaf w/ Gravy or Egg Salad Sandwich 12:00… Dialogue with Director
27 10:30….. Parkinson's Support Group 11:45……...Lunch Baked Fish w/ Butter and Lemon Sauce or Roast Beef Sandwich **12:45……Beyond Balance**	**28** 11:45……...Springwell Summer Cookout! Hamburger, Hot Dog, Coleslaw, Potato Salad, Watermelon, Lemonade **12:30-3:00…. Chronic Pain Workshop** **6:30……..PACT Dinner & a Movie**	**29** **9:15-10:15…Mindful Meditation** **10:45……Beyond Balance** 11:45……...Lunch Pot Roast w/ Gravy or Tuna Salad Sandwich 1:00……...Movie: *The Imitation Game*	**30** **9:30-11:30…… Mah Jongg Class** **9:30……. Meet the MA Dep't of Communications & Cable** 11:45……...Lunch Stuffed Shells w/ Tomato Sauce or Oriental Chicken Salad **12:30……Ceramics**	**31** 9:00……Alderman Norton 10:30-11:30…….Health Clinic 11:45……...Lunch BBQ Chicken or Chef Salad w/ Ham
3 11:45……...Lunch Chicken Lo Mein or Seafood Salad **12:45……Beyond Balance** 1:00-2:30…Low Vision Group	**4** 11:45……...Lunch Meatloaf or Turkey Deluxe Sandwich **12:30-3:00…. Chronic Pain Workshop** 5:30-8:00……Veteran's Center	**5** **9:15-10:15…Mindful Meditation** **10:45……Beyond Balance** 11:45……...Lunch Hot Dog on Bun or Egg Salad 1:00……...Movie: *And So it Goes* **1:30-3:30…….. Cake Decorating: Buttercream Basics**	**6** **9:30-11:30…… Mah Jongg Class** 11:45……...Lunch Fiesta Fish or Roast Beef Sandwich **12:30……Ceramics**	**7** 10:30-11:30…….Health Clinic 11:45……...Lunch Lentil Stew (veg) or Chicken Salad Sandwich
10 11:45……...Lunch Roasted Turkey w/ Gravy or Tuna Salad Sandwich **12:45……Beyond Balance**	**11** **11:00-noon…Hearing Screening** 11:45……...Lunch Tortellini w/ Peas & Cream Sauce or Chicken Pesto Caesar Salad **12:30-3:00…. Chronic Pain Workshop**	**12** **9:15-10:15…Mindful Meditation** 10:00…….Alderman Danberg **10:45……Beyond Balance** 11:45……...Lunch *Summer Special:* Italian Garden Vegetable Soup; Crab Cake; Corn; Garlic Roll; Watermelon Mousse **1:00-2:30….. Ice Cream Social!**	**13** **9:30-11:30…… Mah Jongg Class** 9:30….Men's Club at Johnny's 11:45……...Lunch Baked Chicken w/ Gravy or Seafood Salad **12:30……Ceramics**	**14** **10:45……...Hollywood Quiz Show!** 10:30-11:30…….Health Clinic 11:45……...Lunch Spinach & Red Pepper Frittata or Roast Beef Sandwich
17 11:45……...Lunch Beef & Rice Casserole or Seafood Salad Sandwich **12:45……Beyond Balance**	**18** 11:45……...Lunch Salmon Fillet w/ Pepper Sauce or Roast Beef Sandwich **12:30-3:00…. Chronic Pain Workshop**	**19** **10:45……Beyond Balance** 11:45……...Lunch Stuffed Shells w/ Meat Sauce or BBQ Chicken Sandwich 1:00……...Movie: *Monuments Men*	**20** **9:30-11:30…… Mah Jongg Class** 11:45……...Lunch White Bean & Kale Stew or Ham Chef Salad **12:30……Ceramics**	**21** 11:45……...Lunch Chicken Marsala or Tortellini Salad 12:00… Dialogue with Director
24 11:45……...Lunch Roast Pork w/ Raisin Pineapple Sauce or Curry Chicken Sandwich **31** 11:45……...Lunch Cheese Lasagna or Ham & Swiss Sandwich	**25** 11:45……...Lunch Ravioli w/ Tomato Sauce or Egg Salad Sandwich **12:30-3:00…. Chronic Pain Workshop** **6:30…….PACT Dinner & a Movie**	**26** **9:45-6:30…….Senior Center Visits the Ogunquit Playhouse** 11:45……...Lunch Fish Sticks or Turkey & Swiss Sandwich	**27** **9:30-11:30…… Mah Jongg Class** 10……..Men's Club at Center 11:45……...Lunch Honey Mustard Chicken or Vegetarian Chef Salad **12:30……Ceramics**	**28** 9:00……Alderman Norton 11:45……...Lunch Veggie Burger or Roast Beef Sandwich 1:30-2:30……MBTA Senior CharlieCard Event