

MONDAY Meals on Wheels / Meal Site	TUESDAY Meals on Wheels / Meal Site	WEDNESDAY Meals on Wheels	THURSDAY Meals on Wheels / Meal Site	FRIDAY Meals on Wheels
<p>● Office or home visits by appointment. Please call Jackie at 625-2502</p> <p>☎ Must make reservation or appointment. Please call 625-2502.</p> <p>For Meal Site lunches call 625-6266.</p>		<p>The Senior Center is air conditioned. Stop by and cool off!</p>	<p>1</p> <p>8:30 Yoga 10:00 Exercise Class 12:00 Ashfield Luncheon 12-1:45 Bingo 2:30 French</p>	<p>2</p> <p>Staff available by phone</p>
<p>5</p> <p>CLOSED INDEPENDENCE DAY HOLIDAY</p>	<p>6 8-4 Outreach ●</p> <p>8:30 Yoga 9:30-11:30 Computer Lab 9:30-10:30 Exercise Class 10:30 Voting Machine demo 12:00 CISA Pickup ☎ 12:15 Wii Sports 2:00 Painting Group</p>	<p>7</p> <p>In-town Shop ☎ 8:30 Beginner Yoga</p> <p>10:30 Lunch Bunch to Olive Garden- Keene</p>	<p>8</p> <p>8:30 Yoga 10:00 Exercise Class 12-1:45 Bingo 1-5 Community Mosaic Project ☎ 2:30 French 7:00-8 Colrain Historical Society Mtg./Presentation</p>	<p>9</p> <p>Staff available by phone</p> <p><i>1-9 P.M. Community Mosaic Project (</i></p> <p><i>Saturday: July 10, 10a.m.-6p.m. Community Mosaic Project (</i></p>
<p>12</p> <p>8-4 Outreach ●</p> <p>9-3 SNAP, SNIP & SEW PROGRAM BEGINS 10-11 Health Screening by Sue Roberts, R.N. 12:15 Wii Bowling 2:00 Painting Class</p>	<p>13</p> <p>8-4 Outreach ●</p> <p>8:30 Yoga 9-3 SNAP, SNIP & SEW 9:30-10:30 Computer Lab 10:00 Exercise Class 12:00 CISA Pickup</p>	<p>14</p> <p>In-town Shop ☎ 8:30 Beginner Yoga 9:45-1:30 SHINE ☎</p> <p>9-3 SNAP, SNIP & SEW</p>	<p>15</p> <p>8-4 Outreach ●</p> <p>8:30 Yoga 10-3 SNAP, SNIP & SEW 10:00 Exercise Class 11:50 July Birthdays 12-1:45 Bingo 2:30 French 3:30 Board of Directors</p>	<p>16</p> <p>Wal-Mart Shop ☎</p> <p>Staff available by phone</p>
<p>19</p> <p>8-4 Outreach ●</p> <p>9:00- 3:30 Foot Clinic by Kip Moeller, R.N. 12:15 Wii Bowling</p>	<p>20</p> <p>8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise 12:00 CISA Pickup</p> <p>6:30-8 Transitions for Seniors Presentation</p>	<p>21</p> <p>In-town Shop ☎ 8:30 Beginner Yoga 10-11:30 Tea with Tykes at Red Gate Farm 10:30 Brown Bag 4:00 Food Pantry</p>	<p>22</p> <p>7:30 Bus Departs for Newport 8:30 Yoga 10:00 Exercise Class 12-1:45 Bingo 2:30 French</p>	<p>23</p> <p>Staff available by phone</p>
<p>26</p> <p>8-4 Outreach ●</p> <p>9-1 Foot Clinic (by Kip Moeller, R.N. 12-1 Wii Bowling 1:00 Movie – “Invictus”</p>	<p>27</p> <p>8:30 Yoga 9:30-11:30 Computer Lab 10:00 Exercise 12:00 CISA Pickup 2:00 Painting</p>	<p>28</p> <p>In-town Shop ☎ 8:30 Beginner Yoga 4:00 Food Pantry</p>	<p>29</p> <p>8:30 Yoga 10:00 Exercise Class 12-1:45 Bingo 2:30 French</p>	<p>30</p> <p>Staff available by phone</p>