

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
	1 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 10:00 Coffee with a Cop 1:30 Cooking Demonstration with KCHR	2 9:00 Bridge Group 9:00 Come Play Tai Chi 10:00 Walking Group at The Center 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	3 10:00 Octets Bridge 11:30 Cybersecurity with KSB 1:00 American Mahjong (novice) 2:00 Ukelele Group	4 9:00 Open House 10:00 Knitting Group 10:00 Beginner Line dancing 11:00 Cribbage (intermediate) Closed at 1:00
7 9:30 Spunky Spades Bridge 11:00 Care Giver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	8 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 1:00 French Club 1:00 Cornhole	9 9:00 Bridge Group 9:00 Come Play Tai Chi 10:00 Walking Group at The Center 10:00 Craft Group 10:30 Explore Italy Presentation with Collette Tours 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	10 10:00 Octets Bridge 1:00 Wells Harbor Shellfish Lab & Ice Cream at Big Daddy's 1:00 American Mahjong (novice) 2:00 Ukelele Group	11 9:00 Open House 10:00 Knitting Group 10:00 Beginner Line dancing 11:00 Cribbage (intermediate) Closed at 1:00
14 9:30 Spunky Spades Bridge 10:00 Chair Massage with Spa Voyage 11:00 Care Giver Support Group 11:00 Cribbage (intermediate) 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	15 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 11:30 Succulent Planting Workshop 1:00 French Club 1:00 Cribbage (intermediate)	16 9:00 Come Play Tai Chi Closed	17 Closed	18 9:00-1:00 Annual Center Porch Sale Closed



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21 9:30 Spunky Spades Bridge 11:00 Care Giver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	22 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 12:00 Monthly Luncheon 1:00 French Club	23 9:00 Bridge Group 9:00 Come Play Tai Chi 10:00 Walking Group at The Center 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 3:00 World Travels with Dewey - Mexico	24 10:00 Octets Bridge 11:30 Bridget's Lunch Bunch @ Bev's Cafe 1:00 American Mahjong (novice) 2:00 Ukelele Group	25 9:00 Open House 10:00 Knitting Group 11:00 Cribbage (intermediate) Closed at 1:00
28 9:30 Spunky Spades Bridge 10:00 Maine Recovery Ranch Therapy Dog Socialization 11:00 Care Giver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	29 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 10:00 "Secrets of the Salt Marsh Walk" at Laudholm Farm 1:30 "Join My Journey" with Avita of Wells	30 9:00 Bridge Group 9:00 Come Play Tai Chi 10:00 Walking Group at The Center 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club	31 10:00 Octets Bridge 1:00 American Mahjong (novice) 2:00 Ukelele Group	

KEY

Highlighted Program = New & Noteworthy

Bold Program = Off-Site Program or Fundraiser

