

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<h1 style="font-size: 4em; margin: 0;">July 2009</h1> <p style="font-size: 1.2em; margin: 0;">Find the Newton Senior Center on the web at www.newtonseniors.org</p>									
		1	2	Center Closed for Independence Day Holiday					
<p>8:45-9:45 Tai Chi (canceled) 9-12- Pool Cues 10 Line Dance (pre-register) 10 Low Vision Group 10:30 Beginner French 11:45- Lunch - Salmon Boat Roast Beef & Cheese 12:45-1:45 Beyond Balance I (pre-reg.) 1- NewsTalk 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)</p>	6	<p>9-10- Aerobics 9-10- Beginning Spanish 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:45- Lunch Stuffed Cabbage Seafood Salad 1 Bingo 1 Video Discussion Group 1:30 Swing Band</p>	7	<p>9-12 Health Clinic 9-12- Pool Cues 9:30 - Fine Art Studio 11-12 Pilates (pre-register) 11:45- Lunch- Beef Stir Fry California Chicken Salad Vic King- piano 1 Movie- "Frost/ Nixon" 1 Duplicate Bridge 1- SHINE pre-reg 3-5 Volunteer Appreciation (by invitation only)</p>	8	<p>10- Current Events/ Spkrs 10- Knitting 10 Laugh in Latin 10:30- Mandarin Chinese 11:45- Lunch - Greek Chicken Ham & Swiss 11:45-12:45 Tai-Chi (canceled) 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursday Games 1-2:30 Bridge Lessons 1:30 - French Salon 2-Yoga (mats)</p>	9	<p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 10:30 Men's Health Club 11:30-12:30 Pool Cues 11:45- Lunch- Macaroni & Cheese Tuna Salad Harold Kaswell -Piano 12- Chess Nuts & lessons 12-1 Beyond Balance II (pre-register) 1-3:30 Drop-in Computer Help 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center-pre-reg.</p>	10
<p>8:45-9:45 Tai C hi 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 Beginner French 11:45- Lunch - Meatloaf Egg Salad 12:45-1:45 Beyond Balance I (pre-reg.) 1- NewsTalk 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)</p>	13	<p>9-12 Health Clinic 9-12- Pool Cues 9:30 - Fine Art Studio 11-12 Pilates (pre-register) 11:45- Lunch- Orange Almond Chicken Roast Beef Plate 1 Movie- "Defiance" 1 Duplicate Bridge 1- SHINE</p>	14	<p>10- Current Events/Spkrs 10- Knitting 10 Laugh in Latin 10:30- Mandarin Chinese 11:45- Lunch - Baked Ziti Chicken Salad Dialogue w/ Director 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1-2:30 Bridge Lessons 1:30 - French Salon 2-Yoga (mats)</p>	16	<p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Pool Cues 11:45- Lunch- Breaded Fish Turkey/Cheese Plate Vic King- piano 12- Chess Nuts & lessons 12-1 Beyond Balance II (pre-register) 1-3:30 Drop-in Computer Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg</p>	17		
<p>8:45-9:45 Tai C hi 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 Beginner French 11:45- Lunch - Chicken Kielbasa Tuna Plate 12:45-1:45 Beyond Balance I (pre-reg.) 1- NewsTalk 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)</p>	20	<p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 11:45- Lunch Chef Salad Ham & Cheese 1-Bingo 1 Video Discussion Group 1:30 Swing Band</p>	21	<p>9-12 Health Clinic 9-12- Pool Cues 9:30 - Fine Art Studio 11-12 Pilates (pre-register) 11:45- Lunch- Beef Stew Chicken Salad Vic King- piano 1 Movie- "State of Play" 1 Duplicate Bridge 1- SHINE</p>	22	<p>10- Current Events/Spkrs 10- Knitting 10 Laugh in Latin 10:30- Mandarin Chinese 11:45- Lunch - Baked Fish Breaded Chicken Pattie 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1-2:30 Bridge Lessons 1:30 - French Salon 2-Yoga (mats)</p>	23	<p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Pool Cues 11:45- Lunch- BBQ Chicken Roast Beef & Swiss Harold Kaswell -Piano 12- Chess Nuts & lessons 12-1 Beyond Balance II (pre-register) 1-3:30 Drop-in Computer Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1 FABB Center pre-reg.</p>	24
<p>8:45-9:45 Tai C hi 9-12- Pool Cues 10 Book Club 10 Line Dance (pre-register) 10:30 Beginner French 11:45- Lunch - Turkey a la King Chicken Salad 12:45-1:45 Beyond Balance I (pre-reg.) canceled 1- NewsTalk 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)</p>	27	<p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 10:30 Faces of History 11:45- Lunch Pier #17 Egg Salad 1-Bingo 1 Video Discussion Group 1:30 Swing Band</p>	28	<p>9-12 Health Clinic 9-12- Pool Cues 9:30 - Fine Art Studio 11-12 Pilates (pre-register) 11:45- Lunch- American Chop Suey Peppercom Turkey Ice Cream Sundaes! Vic King- piano 1 Movie- "The Soloist" 1 Duplicate Bridge 1- SHINE</p>	29	<p>10- Current Events/Spkrs 10- Knitting 10 Laugh in Latin 10:30- Mandarin Chinese 11:45- Lunch - Chicken Marsala Roast Beef/ Swiss 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1-2:30 Bridge Lessons 1:30 - French Salon 2-Yoga (mats)</p>	30	<p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Pool Cues 11:45- Lunch- Pot Roast Seafood Salad Vic King -Piano 12- Chess Nuts & lessons 12-1 Beyond BalanceII (pre-register) 1-3:30 Drop-in Computer Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1 FABB Center pre-reg.</p>	31