

# Newbury Council on Aging

## August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1  10:30am Senior Stretch (FH)	2  9:30am Market Basket	3  10:00am Yoga (FH)	4  9:30am Seabrook Commons	5
8  10:30am Senior Stretch (FH) 1:00pm Bingo (COA)	9  9:30am Market Basket	10  10:00am Yoga (FH)	11  11am Red's Tavern 11:30 Veterans Services (TH)	12
15  10:30am Senior Stretch (FH)	16  9:30am Market Basket	17  10:00am Yoga (FH) 12pm Grab & Go (COA) 1pm Bingo (QH)	18  9:30am Seabrook Commons 12-1pm Constituent Services	19
22  10:30am Senior Stretch (FH) 1:00pm Birthday Bingo (COA)	23  9:30am Market Basket 4:30-6:30pm Game Night (COA)	24  10:00am Yoga (FH) 10-1pm Watercolors with Bill Duke	25  9:30 Seabrook Commons 1:00pm Ice Cream Ride 1:00pm Mindfulness (COA)	26
29  10:30am Senior Stretch (FH)	30  9:30am Market Basket	31  10:00am Yoga (FH) 1pm Ice Cream Social (COA)		FH=Central St. Field House QH=Quaker Hill COA=Council on Aging <b>NEW LOCATION:</b> 12 Kent Way, Byfield 978-462-8114

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## September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
FH=Central St. Field House QH=Quaker Hill COA=Council on Aging <b>NEW LOCATION:</b> 12 Kent Way, Byfield 978-462-8114			1  9:30am Seabrook Commons	2
5  <b>Labor Day</b>	6  9:30am Market Basket	7  10:00am Yoga (FH)	8  11:00am Warren's Restaurant 11:30 Veterans Services (TH) 1:00pm Card making (COA)	9
12  10:30am Senior Stretch (FH)  1:00pm Bingo (COA)	13  9:30am Market Basket  4:30-6:30pm Game Night (COA)	14  10:00am Yoga (FH) 10 -1pm Watercolors with Bill Duke	15  9:30am Seabrook Commons	16
19  10:30am Senior Stretch (FH)	20  9:30am Market Basket  1pm Animal World Experience (COA)	21  10:00am Yoga (FH) 12:00pm Grab & Go (COA) 1:00pm Bingo (QH)	22 9:30 Seabrook Commons 12-1:00 Constituents Services 1:00pm Ice Cream Ride  <b>First Day of Autumn</b>	23
26  10:30am Senior Stretch (FH)  1:00pm Birthday Bingo (COA)	27  9:30am Market Basket  5-6:30pm Shine Presentation and Dinner (COA)	28  10:00am Yoga (FH)	29  9:30am Seabrook Commons	30

