

Newbury Council on Aging

June 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>FH=Central St. Field House QH=Quaker Hill COA=Council on Aging</p> | | <p>1</p> <p>10:00am Yoga (FH)</p> | <p>2</p> <p>9:30am Seabrook Commons</p> | <p>3</p> |
| <p>6</p> <p>10:30am Senior Stretch (FH)</p> <p>1pm Bingo (COA)</p> | <p>7</p> <p>9:30am Market Basket</p> <p>12:00 Hellcat Trail Walk</p> | <p>8</p> <p>10:00am Yoga (FH)</p> <p>1pm Craft Afternoon</p> | <p>9</p> <p>10:00am Woodman's</p> <p>11:30 am Veteran's Services - Town Hall</p> | <p>10</p> |
| <p>13</p> <p>10:30am Senior Stretch (FH)</p> <p>11:00-12:30 Drawing with Jan LeDoux (COA)</p> <p>1pm Birthday Bingo (COA)</p> | <p>14</p> <p>9:30am Market Basket</p> <p>1pm Tide Pools of Plum Island</p> <p>5-7pm Game Night</p> <p>Flag Day</p> | <p>15</p> <p>10:00am Yoga (FH)</p> <p>12pm Grab & Go</p> | <p>16</p> <p>9:30am Seabrook Commons</p> <p>12-1pm Constituent Services</p> <p>1:00pm Delvina Theater Presents: Louisa's Girls</p> | <p>17</p> |
| <p>20</p> <p>Juneteenth</p> | <p>21</p> <p>9:30am Market Basket</p> <p>10-1pm Watercolors w/Bill Duke</p> <p>1:00 pm Ice Cream Social COA</p> | <p>22</p> <p>10:00am Yoga (FH)</p> <p>1pm Bingo (QH)</p> | <p>23</p> <p>10:00am Beach Plum</p> | <p>24</p> |
| <p>27</p> <p>10:30am Senior Stretch (FH)</p> <p>11:00-12:30 Drawing with Jan LeDoux (COA)</p> <p>1pm Stamping Workshop (COA)</p> | <p>28</p> <p>9:30am Market Basket</p> | <p>29</p> <p>10:00am Yoga (FH)</p> | <p>30</p> <p>9:30am Seabrook Commons</p> <p>11:30 Veteran Services (Town Hall)</p> | <p>**TOWN DAY**</p> <p>Saturday June 18</p> <p>10am – 1pm</p> <p>12 Kent Way</p> |

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July 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--------|
| FH=Central St. Field House QH=Quaker Hill COA=Council on Aging | | | | 1 |
| 4 Independence Day | 5 9:30am Market Basket | 6 10:00am Yoga (FH) | 7 9:30am Seabrook Commons | 8 |
| 11 10:30am Senior Stretch (FH) 11:00-12:30 Drawing with Jan LeDoux (COA) 1:00pm Bingo (COA) | 12 9:30am Market Basket 5-7pm Game Night | 13 10:00am Yoga (FH) | 14 10:00am Michael's Harborside 11:30am Veteran's services Town Hall | 15 |
| 18 10:30am Senior Stretch (FH) 11:00-12:30 Drawing with Jan LeDoux (COA) | 19 9:30am Market Basket 5:00pm Simple Supper | 20 10:00am Yoga (FH) 12:00pm Grab & Go 1:00pm Bingo (QH) | 21 9:30am Seabrook Commons 12-1pm Constituent Services 12:00pm Luncheon at COA | 22 |
| 25 10:30am Senior Stretch (FH) 1:00pm Birthday Bingo | 26 9:30am Market Basket | 27 10:00am Yoga (FH) | 28 1pm Ice Cream Ride to Hodgies in Amesbury | 29 |

