Newbury Council on Aging 12 Kent Way

June 2023

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **FH -Central Street** **Field House**  **QH- Quaker Hill Housing**  **COA- Council on Aging TH- Town Hall**  **\*Indicates preregistration is required \*** |  |  | **1**  9-11am Pickle ball (FH) Beg.  9:30am Shopping @Seabrook\*  10:00am Knitting (COA) | **2** |
| **5**  10:30am Senior Stretch (FH)  12:00pm Blood Pressure Clinic\*(COA)  1:00pm Bingo (COA) | **6** 9-11am Pickleball (FH) Exp.  9:30am Market Basket \*  4:30pm Senior Prom @ Pita Hall\* | **7**  10:00am Yoga (FH)  10:00am Coffee & U B the Judge (COA) | **8**  9-11am Pickleball (FH) Beg.  10:00am Knitting (COA) 11:00 Lunch Trip  11:30am Veterans Service (TH) | **9** |
| **12**  10:30am Senior Stretch (FH) | **13** 9-11am Pickleball (FH)Exp.  9:30am Market Basket \*  12:00pm Luncheon Theatre “Manga, Meatballs & Murder\*  4:30pm Rug Braiding\*(COA)  5:30pm Downsizing\*(COA) | **14**  10:00am Coffee & Crosswords (COA)  12:00 Are you a Caregiver?\* (COA) | **15**  9-11am Pickleball (FH) Beg.  10:00am Knitting (COA)  12:00pm Traveling Chef\* (COA) | **16** |
| **19**  **\* Juneteenth\***  **COA is Closed Today** | **20** 9-11am Pickleball (FH) Exp.  9:30am Market Basket \*  10:00am Watercolors with Bill Duke\*(COA)  4:30-6:30pm Game Night\*  (COA) | **21**  10:00am Yoga (FH)  10:00am Coffee & Trivia (COA)  1:00pm Exploring Africa\*(COA)  **Summer Begins** | **22**  9-11am Pickleball (FH) Beg. 9:30a Shopping @ Seabrook\*  10:00am Knitting (COA)  12:00p Constituent Serv (COA)  1:00pm Father’s Day Celebration\*(COA) | **23** |
| **26**  10:30am Senior Stretch (FH)  1:00pm Bingo (COA) | **27** 9-11amPickleball(FH) Exp.  9:30am Market Basket\* 12:00pm Lunch @Police Station\*  4:30pm Rug Braiding (COA)  5:00pm Medicare & You\* (COA) | **28**  10:00am Yoga (FH)  10:00am Coffee & Current Events (COA) | **29**  9-11am Pickleball (FH) Beg.  10:00am Knitting (COA) | **30** |

Newbury Council on Aging

July 2023

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **3**  10:30am Senior Stretch (FH)  12:00pmBlood Pressure Clinic\*  1:00pm Ice Cream Social\*(COA  2:00pm Bingo(COA) | **4**  **Independence Day**  **COA is Closed Today** | **5**  10:00am Yoga (FH)  10:00am Coffee & Trivia (COA) | **6**  9-11am Pickleball (FH) Beg**.**  10:00am Knitting (COA)  12:00pm Traveling Chef\* (COA) | **7** |
| **10**  10:30am Senior Stretch (FH) | **11**  9-11am Pickleball (FH) Exp.  9:30am Market Basket \* 1:00pm Mahjong (COA)  4:30pm Rug Braiding\*(COA) | **12**  10:00 am Yoga (FH)  10:00am Coffee & UB the Judge (COA) | **13**  9-11am Pickleball (FH) Beg.  10:00am Knitting (COA)  11:30am Veterans Serv.(TH) | **14** |
| **17**  10:30am Senior Stretch (FH)  1:00PM Bingo (COA) | **18**  9-11am Pickleball (FH) Exp.  9:30am Market Basket 1:00pm Mahjong (COA)  4:30-6:30pm Game Night\* (COA) | **19**  10:00am Yoga (FH)  10:00am Coffee & Crosswords (COA) | **20**  9:00am Shopping@Seabrook\*  9-11am Pickleball (FH) Beg**.**  10:00am Knitting (COA)  12:00pm Lunch trip to Beach Plum\* | **21** |
| **24**  10:30am Senior Stretch (FH) | **25**  9-11am Pickleball (FH) Exp.  9:30am Market Basket \* 1:00pm Mahjong (COA)  4:30pm Rug Braiding\*(COA) | **26**  10:00am Yoga (FH)  10:00am Coffee & Current Events (COA) | **27**  9-11am Pickleball (FH) Beg**.**  10:00am Knitting (COA) | **28** |
| **31**  10:30am Senior Stretch (FH)  1:00pm Bingo (COA) |  |  |  | **FH- Central Street Field House**  **QH- Quaker Hill**  **COA- Council on Aging**  **12 Kent Way, Byfield**  **\* indicates preregistration is required** |