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 Trip11:30am 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\*(COA2:00pm 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**  |