

# Wellness Calendar

# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9-Aerobics</p> <p><b>11:30 Air National Guard Band Concert &amp; Picnic @ Wells Harbor Park</b></p> <p><b>Postal Worker Appreciation Day</b></p>	<p>2</p> <p>9-Strength Exercise</p> <p>10-UNO card game</p> <p>1:30-Bingo</p> <p>3:15-Manicures</p>	<p>3</p> <p>9-Aerobics</p> <p>10-Patriotic Big Word/Little Word</p> <p>1-4<sup>th</sup> of July Craft</p> <p>3-Cooking Flag Cake</p>	<p>4</p> <p></p> <p><b>Fourth of July</b></p>	<p>5</p> <p>10-Zumba</p> <p>10:30-Cooking Apple Turnovers</p> <p><b>1-Group Walk @ Vaughn Woods</b></p> <p>3-Enjoy Apple Turnovers</p> <p><b>6-Ellis Park Concert-Gerry Thibodeau National Apple Turnover Day</b></p>	<p>6</p> <p>9-Tai Chi</p> <p>Exercise</p> <p>10-Trivia</p> <p>11-One on One</p> <p>1:30-Bingo</p> <p><b>3:15-Aggie's</b></p>	<p>7</p> <p>1:30p-Movie <b>Singin In The Rain &amp; Popcorn</b></p>
<p>8</p> <p>1:30-Coloring Pages</p>	<p>9</p> <p>1:30-Movie <b>Mating Game &amp; Popcorn</b></p> <p><b>SUGAR COOKIE DAY</b></p>	<p>10</p> <p>9-Strength Exercise</p> <p><b>10-Dollar Tree</b></p> <p>1:30-Bingo</p> <p>3:15-One on One</p> <p><b>5:30-Knitting @ Library</b></p>	<p>11</p> <p>9-Zumba</p> <p>10-Library</p> <p><b>1:30 Farmer's Market @ Wells</b></p> <p><b>3-Library</b></p>	<p>12</p> <p>9-Aerobics</p> <p>10-Word Game</p> <p><b>1-Group Walk @ Marginal Way</b></p> <p>3-Homemade Lemonade</p>	<p>13</p> <p>9-Tai Chi</p> <p>Exercise</p> <p><b>11-Continental Restaurant &amp; Bar</b></p> <p>1:30-Bingo</p> <p>3:15-Ink Art</p>	<p>14</p> <p><b>Berwick Estates Carnival</b></p> <p></p>
<p>15</p> <p>1:30-Word Finds and Puzzles</p>	<p>16</p> <p>9-Strength Exercise</p> <p><b>11-Lunch @ Shain's of Maine</b></p> <p>1:30-Bingo</p> <p>3:15-Manicures</p>	<p>17</p> <p><b>10-Great Island Common &amp; Picnic</b></p> <p></p>	<p>18</p> <p>9-Yoga</p> <p>10-Japanese Flag Craft</p> <p>11-One on One</p> <p>1:30-Making Trinket Bowls</p> <p>3-Hot Dogs over campfire</p> <p><b>National Hot Dog Day</b></p>	<p>19</p> <p>9-Tai Chi</p> <p>Exercise</p> <p>10-Cooking Wontons</p> <p>1:30-Travel the World: JAPAN</p> <p>3-Resident Council</p>	<p>20</p> <p>9- Haircuts</p> <p>9-Aerobics</p> <p><b>10-Group Walk Downtown</b></p> <p>1:30-Bingo</p> <p><b>3-Dollar General</b></p>	<p>21</p> <p>1:30-Board Games</p>
<p>22</p> <p><b>1:30-Movie League of Their Own &amp; Popcorn</b></p>	<p>23</p> <p>9- Aerobics</p> <p><b>10-Wentworth Greenhouse</b></p> <p>1:30-Bingo</p> <p>3:15-Making Terrariums</p>	<p>24</p> <p>9-Yoga</p> <p><b>10-Blueberry Picking</b></p> <p>1:30-Cooking w/ Blueberries</p> <p>3-Word Game</p> <p><b>5:30-Knitting @ Library</b></p>	<p>25</p> <p>9-Zumba</p> <p><b>10-Walmart</b></p> <p>2-Birthday Celebrations &amp; Hot Fudge Sundaes</p> <p>3:30-One on One</p> <p><b>National Hot Fudge Sundaes Day</b></p>	<p>26</p> <p>9-Strength Exercise</p> <p><b>10-Library</b></p> <p>1:15-Bingo</p> <p>3-Coffee Milkshakes and Name That Tune</p> <p><b>National Coffee Milkshake Day</b></p> <p></p>	<p>27</p> <p>9- Aerobics</p> <p><b>10-Ogunquit Beach &amp; Picnic</b></p> <p></p>	<p>28</p> <p>1:30- Word Finds &amp; Puzzles</p>
<p>29</p> <p>1:30-Movie <b>Pearl Harbor &amp; Popcorn</b></p>	<p>30</p> <p><b>9-Coffee @ CAM's</b></p> <p><b>11-Lunch @ McDonald's</b></p> <p>1:30- Bingo</p> <p>3:15-Manicures</p>	<p>31</p> <p>9-Strength Exercise</p> <p><b>10-Market Basket</b></p> <p>1:30-Spa Session 1</p> <p>3-Spa Session 2</p>			<p><b>BIRTHDAYS</b></p> <p><b>Larry R 7/5</b></p> <p><b>John N 7/16</b></p> <p><b>Joan M 7/27</b></p>	

**\*PLEASE NOTE SCHEDULE IS SUBJECT TO CHANGE\***