

## MILFORD SENIOR CENTER ACTIVITIES

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>July 19</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM S.H.I.N.E. 1:00 PM MEXICAN TRAIN DOMINOES 1:15 PM SAFE EXERCISE <i>Garden Swiss Steak</i>	<b>July 20</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE <b>10:00 AM BOOK CLUB</b> 10:00 AM GIFT SHOP 12:30 PM TURKEY FOOT DOMINOES 1:00 PM MAH JONGG <i>Honey Barbecued Chicken</i>	<b>July 21</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 10:00 AM GIFT SHOP 12:00 PM PAPERBACK BOOK SALE 1:30 PM BINGO <b>1:30 PM SUPER BINGO</b> <i>Beef w/Onions &amp; Peppers</i>	<b>July 22</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM S.H.I.N.E. 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 1:00 PM MAH JONGG 1:15 PM SAFE EXERCISE <i>Potato Crunch Fish</i>	<b>July 23</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM HAIRDRESSER
<b>July 26</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM S.H.I.N.E. 1:00 PM MEXICAN TRAIN DOMINOES 1:15 PM SAFE EXERCISE <i>Apricot Chicken</i>	<b>July 27</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 10:00 AM GIFT SHOP 12:30 PM TURKEY FOOT DOMINOES 1:00 PM MAH JONGG <i>Ham &amp; Maple Glaze</i>	<b>July 28</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 10:00 AM GIFT SHOP 12:00 PM PAPERBACK BOOK SALE 1:30 PM BINGO <i>Beef &amp; Cabbage</i>	<b>July 29</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM S.H.I.N.E. 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING <b>12:30 PM HEALTHY LIVING LUNCHEON</b> "Healthy Nutrition for Seniors" 1:00 PM MAH JONGG 1:15 PM SAFE EXERCISE <i>Pasta Primavera</i>	<b>July 30</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM HAIRDRESSER <b>12:00 PM LUNCH &amp; MOVIE</b> "Law Abiding Citizen"
<b>August 2</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 9:00 AM S.H.I.N.E. 10:00 AM KNITTING/SEWING 1:00 PM MEXICAN TRAIN DOMINOES 1:15 PM SAFE EXERCISE <i>Fish w/Crumbled Topping</i>	<b>August 3</b> 8:30 AM GAME ROOM 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 12:30 PM TURKEY FOOT DOMINOES 1:00 PM MAH JONGG <i>Beef &amp; Broccoli</i>	<b>August 4</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 12:00 PM PAPERBACK BOOK SALE 1:30 PM BINGO <i>Honey Barbecued Chicken</i>	<b>August 5</b> 8:30 AM GAME ROOM 9:00 AM S.H.I.N.E. 10:00 AM GIFT SHOP <b>10:00 AM LEGAL ASST</b> 1:00 PM MAH JONGG 1:15 PM SAFE EXERCISE <i>Swedish Meatballs</i>	<b>August 6</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM HAIRDRESSER
<b>August 9</b> <b>8:00 AM FOXWOODS</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 9:00 AM S.H.I.N.E. 10:00 AM KNITTING/SEWING 1:00 PM MEXICAN TRAIN DOMINOES 1:15 PM SAFE EXERCISE <i>Chicken Salad</i>	<b>August 10</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 12:30 PM TURKEY FOOT DOMINOES 1:00 PM MAH JONGG <i>Turkey ala King</i>	<b>August 11</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 12:00 PM PAPERBACK BOOK SALE 1:30 PM BINGO <i>Spaghetti &amp; Meatsauce</i>	<b>August 12</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM S.H.I.N.E. 10:00 AM GIFT SHOP 1:00 PM MAH JONGG 1:15 PM SAFE EXERCISE <i>Hot Dog</i>	<b>August 13</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM HAIRDRESSER <b>12:30 PM COOK OUT &amp; TRISKAIDEKAPHOBIA DAY</b>
<b>August 16</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM S.H.I.N.E. 10:00 AM KNITTING/SEWING 1:00 PM MEXICAN TRAIN DOMINOES 1:15 PM SAFE EXERCISE <i>Italian Braised Beef</i>	<b>August 17</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE <b>10:00 AM BOOK CLUB</b> 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 12:30 PM TURKEY FOOT DOMINOES 1:00 PM MAH JONGG <i>Pork w/Apples</i>	<b>August 18</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE <b>9:00 AM BREAKFAST "Osteoarthritis"</b> 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 12:00 PM PAPERBACK BOOK SALE <b>12:30 PM PODIATRIST</b> 1:30 PM BINGO <i>Salmon Boat</i>	<b>August 19</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM S.H.I.N.E. 10:00 AM GIFT SHOP <b>10:00 AM LEGAL ASST</b> 1:00 PM MAH JONGG 1:15 PM SAFE EXERCISE <i>Sweet &amp; Sour Chicken</i>	<b>August 20</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM HAIRDRESSER
<b>August 23</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM S.H.I.N.E. 10:00 AM KNITTING/SEWING 1:00 PM MEXICAN TRAIN DOMINOES 1:15 PM SAFE EXERCISE <i>Honey Glazed Pork</i>	<b>August 24</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 12:30 PM TURKEY FOOT DOMINOES 1:00 PM MAH JONGG <i>Yankee Chicken Pie</i>	<b>August 25</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 12:00 PM PAPERBACK BOOK SALE 1:30 PM BINGO <i>Beef w/Jardinere Sauce</i>	<b>August 26</b> 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM S.H.I.N.E. 10:00 AM GIFT SHOP 10:00 AM KNITTING/SEWING 1:00 PM MAH JONGG 1:15 PM SAFE EXERCISE <i>Pollock Loin w/Newburg Sauce</i>	<b>August 27</b> 8:00 AM SILVER SNEAKERS 8:30 AM GAME ROOM 8:30 AM INTERNET ACCESS & ROSETTA STONE 9:00 AM HAIRDRESSER <b>12:00 PM LUNCH &amp; MOVIE</b> "Young Victoria"