

FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER
CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL

July / August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>JULY 2</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>Italian Raised Beef</div>	<div>JULY 3</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Hot Dog & Baked Beans</div>	<div><div><div>4th of July</div></div><div>CLOSED 4th OF JULY</div></div>	<div>JULY 5</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:00 Cribbage 1:15 Safe Exercise</div> <div>Chicken Cacciatore</div>	<div>JULY 6</div> <div>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>Potato Crunch Fish</div>
<div>JULY 9</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise</div> <div>Turkey Supreme</div>	<div>JULY 10</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:00 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Baked Potato with Chili & Cheese</div>	<div>JULY 11</div> <div>8:00 Walking Group 9:00 BREAKFAST 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>Chicken Mornay</div>	<div>JULY 12</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:00 Cribbage 1:15 Safe Exercise</div> <div>Meatloaf</div>	<div>JULY 13</div> <div>8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>Macaroni & Cheese</div>
<div>JULY 16</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>Swedish Meatballs</div>	<div>JULY 17</div> <div>8:00 Walking Group 9:30 TRIP: AQUA TURF CLUB 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Pork Rib-i-que</div>	<div>JULY 18</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 SUPER BINGO 1:00 Chess</div> <div>Sloppy Joe</div>	<div>JULY 19</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTHY LIVING LUNCHEON 1:00 Cribbage 1:15 Safe Exercise</div> <div>Catch of the Day</div>	<div>JULY 20</div> <div>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>Buttermilk Chicken</div>
<div>JULY 23</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise</div> <div>Stuffed Pepper Casserole</div>	<div>JULY 24</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Burger</div>	<div>JULY 25</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>Roast Turkey</div>	<div>JULY 26</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:00 Cribbage 1:15 Safe Exercise</div> <div>Garlic Herbed Chicken</div>	<div>JULY 27</div> <div>8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 FREE MOVIE</div> <div>Breaded Fish</div>
<div>JULY 30</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>American Chop Suey</div>	<div>JULY 31</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Shepherd's Pie</div>	<div>AUGUST 1</div> <div>8:00 Walking Group 9:00 BREAKFAST 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>TBA</div>	<div>AUGUST 2</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:00 Cribbage 1:15 Safe Exercise</div> <div>TBA</div>	<div>AUGUST 3</div> <div>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>TBA</div>
<div>AUGUST 6</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>TBA</div>	<div>AUGUST 7</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>TBA</div>	<div>AUGUST 8</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>TBA</div>	<div>AUGUST 9</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:00 Cribbage 1:15 Safe Exercise</div> <div>TBA</div>	<div>AUGUST 10</div> <div>8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 14th ANNUAL LUNCHEON PARTY TIME!</div> <div>TBA</div>
<div>AUGUST 13</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise</div> <div>TBA</div>	<div>AUGUST 14</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>TBA</div>	<div>AUGUST 15</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>TBA</div>	<div>AUGUST 16</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTHY LIVING LUNCHEON 1:00 Cribbage 1:15 Safe Exercise</div> <div>TBA</div>	<div>AUGUST 17</div> <div>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>TBA</div>
<div>AUGUST 20</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>TBA</div>	<div>AUGUST 21</div> <div>8:00 Walking Group 8:30 TRIP: BOSTON DUCK TOURS 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>TBA</div>	<div>AUGUST 22</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>TBA</div>	<div>AUGUST 23</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:00 Cribbage 1:15 Safe Exercise</div> <div>TBA</div>	<div>AUGUST 24</div> <div>8:00 Walking Group 8:15 ABSOLUTE BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>TBA</div>
<div>AUGUST 27</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise</div> <div>TBA</div>	<div>AUGUST 28</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>TBA</div>	<div>AUGUST 29</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>TBA</div>	<div>AUGUST 30</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:00 Cribbage 1:15 Safe Exercise</div> <div>TBA</div>	<div>AUGUST 31</div> <div>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 FREE MOVIE</div> <div>TBA</div>