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

July / August

9:15 Tap Dance 9:30 Strength & Strength Strength & Strength 9:30	JULY 6 Valking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® Potato Crunch Fish JULY 13 Valking Group ABSOLUTE BEGINNER TAP DANCE Hairdresser Tap Dance Zumba Gold® Macaroni & Cheese JULY 20 Valking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® Macaroni & Cheese JULY 20 Valking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold®
JULY 3 JULY 10 JULY 10 JULY 11 JULY 12 8:00 Walking Group 9:00 Strength & Stretch 9:00 Strength & Stretch 9:00 Walking Group 9:00 Yalking Group 9:00	JULY 13 Walking Group ABSOLUTE BEGINNER TAP DANCE Hairdresser Tap Dance Zumba Gold® Macaroni & Cheese JULY 20 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold® Buttermilk Chicken JULY 27
8:00 Walking Group 9:00 Yoga 10:0 Line Dancing 11:15 Safe Exercise 10:30 Zumba Gold Toninge 11:15 Yoga 11:30 Yoga 11:30 Yoga 11:30 Yoga 11:30 Yoga 11:30 Yoga 11:3	Malking Group ABSOLUTE BEGINNER TAP DANCE Hairdresser Fap Dance Zumba Gold® Macaroni & Cheese JULY 20 Malking Group ADVANCED TAP DANCE Hairdresser Fap Dance Zumba Gold® Buttermilk Chicken JULY 27
Turkey SupremeBaked Potato with Chill & CheeseChicken MornayMeatloafMJULY 16JULY 17DULY 17DULY 18JULY 198:00Walking Group9:00TRIP: AQUA TURE CLUBSumba Gold Toning®9:00Walking Group9:30Cribbage9:30TRIP: AQUA TURE CLUB9:00Walking Group9:00Walking Group9:30Cribbage9:30Strength & Stretch9:00Walking Croup9:00Wellness Nurse11:15Safe Exercise10:00BOOK CLUBIntel Color Class9:00Wellness Nurse9:00Yoga11:15Safe Exercise10:00Walking Group9:00Kintting & Sewing9:00Yoga10:3011:15Safe Exercise10:00Walking Group9:00Cribbage10:0010:0011:15Mad Jongg10:01Chess10:01Cribbage10:0310:0311:15Muscle Conditioning10:00Chess10:00Kintting & Sewing8:00Walking Group9:15Tap Dance9:30Strength & Stretch9:00Yumba Gold Toning®9:00Walking Group8:00Walking Group9:30Strength & Stretch10:302:30Turkey Foot Dominoes10:15Fall Prevention1:30Line Dancing9:009:30Strength & Stretch10:302:30Turkey Foot Dominoes9:00Walking Group9:00Walking Group9:30Strength & Stretch10:302:30T	JULY 20 Walking Group ADVANCED TAP DANCE Hairdresser Jap Dance Zumba Gold® Buttermilk Chicken JULY 27
8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Walking Group 9:00 Yoga 10:30 Line Dancing 11:00 11:00 11:00 Super Ris Super A 10:00 Cribbage 11:00 Cribbage 11:00 11:00 Super Ris Super A 11:00 11:00 Cribbage 11:00 11:00 Super A 10:00 Cribbage 11:00 11:00 Super A 10:00 12:30 ULLY 25 JULY 26 8:00 Walking Group 8:00 Walking Group 9:00 Yoga 10:00 Kritting & Sewing 9:00 Walking Group 9:00 Yoga 10:00	Valking Group ADVANCED TAP DANCE Hairdresser Fap Dance Zumba Gold® Buttermilk Chicken JULY 27
JULY 23JULY 24JULY 258:00Walking Group9:30Strength & Stretch9:00Zumba Gold Toning®9:00Knitting & Sewing9:00Knitting & Sewing9:00Walking Group9:00Knitting & Sewing9:00Walking Group9:00Walking Group9:00Walking Group9:00Walking Group9:00Walking Group9:00Walking & Sewing9:00Walking & Sewing9:00Yoga9:00Yoga9:00Yoga9:00Yoga10:30Line Dancing10:30Zimba Gold & Distore9:00Yoga10:30Zimba Gold & Distore10:30Zimba Gold & Distore9:00Yoga10:30Zimba Gold & Distore10:30Zimba Gold & Distore10:3010:30Zimba Gold & Di	JULY 27
8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 10:30 Zumba Gold® 11:00 Walking Group 11:00 Walking Group 11:00 Walking Group 11:00 Whist 11:00 Whist 11:00 Whist 11:00 Whist 11:00 Whist 10:00 Water Color Class 10:15 Fall Prevention 11:15 Mah Jongg 11:00 Mah Jongg 11:00 Burger Roast Turkey Garlic Herbed Chicken JULY 30 JULY 31	
JULY 30 JULY 31 AUGUST 1 <u>\\\</u> AUGUST 2	Walking Group ABSOLUTE BEGINNER TAP DANCE Hairdresser Tap Dance Zumba Gold® FREE MOVIE
	Breaded Fish
9:15Tap Dance9:30Strength & Stretch9:00BREAKFAST9:009:00Knitting & Sewing8:15A9:30Cribbage10:30Zumba Gold®9:00Wellness Nurse9:00Wellness Nurse9:00Wellness Nurse9:00Yoga9:008:15A10:30Zumba Gold®11:00Whist9:00Wellness Nurse9:00Yoga9:009:15T	AUGUST 3 Walking Group ADVANCED TAP DANCE Hairdresser Tap Dance Zumba Gold®
American Chop Suey Shepherd's Pie TBA TBA	TBA
9:15Tap Dance9:30Strength & Stretch9:00Zumba Gold Toning®9:00Knitting & Sewing8:15A9:30Cribbage10:30Zumba Gold®10:30Zumba Gold®9:00Wellness Nurse9:00Wellness Nurse9:00Yoga9:00H10:30Zumba Gold®11:00Whist12:30Turkey Foot Dominoes10:15Fall Prevention10:30Line Dancing9:00Yoga9:00H11:15Mah Jongg10:00Bingo10:00Bingo1:15Safe Exercise10:30Zimba Gold Toning®1:15Safe Exercise12:3012:3012:3012:3012:3011:00Mah Jongg1:00Bingo1:00Cribbage1:15Safe Exercise12:3012:3012:3012:3012:3012:3011:00King Kare1:00Cribbage1:15Safe Exercise12:3012:3012:3012:3012:3012:3011:00King Kare10:00King Kare11:0011:0011:0011:0012:3012:3012:3011:00King Kare10:00King Kare10:0011:0011:0011:0012:3012:3012:3011:00King Kare10:00King Kare11:0011:0011:0011:0012:3012:3012:3011:00King Kare10:00King Kare10:0011:0011:0012:3012:3012:3012:3011:00K	AUGUST 10 Walking Group ABSOLUTE BEGINNER TAP DANCE Hairdresser Tap Dance Zumba Gold® Ath ANNUAL LUNCHEON PARTY TIME!
TBA TBA TBA TBA AUGUST 13 AUGUST 14 AUGUST 15 AUGUST 16	TBA AUGUST 17
8:00 9:15 12:30 1:15Walking Group 9:30 Strength & Stretch 10:30 2.umba Gold® 11:008:00 9:30 Strength & Stretch 10:30 2.umba Gold® 11:00Walking Group 9:30 Strength & Stretch 10:30 2.umba Gold® 11:008:00 Valking Group 9:00 2.umba Gold Toning® 9:00 Valless Nurse 9:00 Valless Nurse 9:00 10:15 10:15 10:15 11:15 11:15 11:158:00 Walking Group 9:00 Valking Group <td>Valking Group ADVANCED TAP DANCE Hairdresser Гар Dance Zumba Gold®</td>	Valking Group ADVANCED TAP DANCE Hairdresser Гар Dance Zumba Gold®
TBATBATBAAUGUST 20AUGUST 21AUGUST 22AUGUST 23	TBA AUGUST 24
8:00 9:15 10:30Walking Group 8:308:00 TRIP: BOSTON DUCK TOURS 9:308:00 TRIP: BOSTON DUCK TOURS 9:30Walking Group 2umba Gold® 10:308:00 Zumba GoldWalking Group 9:008:00 Zumba Gold Toning® 9:008:00 Walking Group 9:008:00 Walking Group 9:008:00 Zumba Gold Toning® 	Walking Group ABSOLUTE BEGINNER IAP DANCE Hairdresser Fap Dance Zumba Gold®
9:15 Tap Dance 9:30 Strength & Stretch 9:00 Zumba Gold Toning [®] 9:00 Knitting & Sewing 8:15 Al	TBA AUGUST 31 Valking Group DVANCED TAP DANCE lairdresser ap Dance
10:30Zumba Gold®11:00Whist10:00Water Color Class9:00Yoga9:15Ta1:00Benefit Enrollment Center12:30Turkey Foot Dominoes10:15Fall Prevention10:30Line Dancing00010:3020	

MEALS ON WHEELS HOME DELIVERY CALL: TRI VALLEY 1-800-286-6640