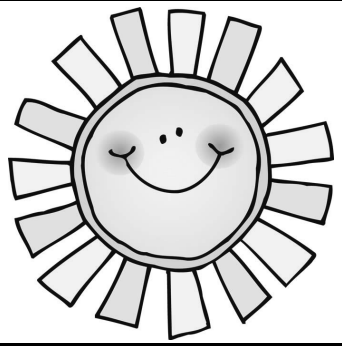
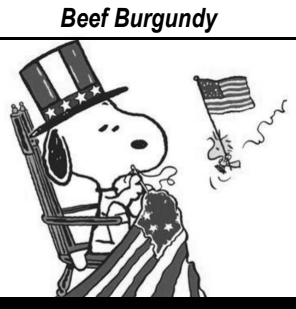
FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER
CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL

May / June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	**MAY 1** 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg ***Shepherd's Pie***	**MAY 2** 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 ***Turkey a la King***	**MAY 3** 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 1:15 Safe Exercise ***Meatloaf & Gravy***	**MAY 4** 8:00 Walking Group **8:15 ADVANCED TAP DANCE** 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® **5:00 SENIOR PROM** ***Macaroni & Cheese***
MAY 7 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise ***Swedish Meatballs***	**MAY 8** 8:00 Walking Group 9:30 Strength & Stretch **10:00 COA MEETING** 10:30 Zumba Gold® 11:00 Whist **12:00 RED HAT SOCIETY** 12:30 Turkey Foot Dominoes 1:00 Mah Jongg ***Pork Rib-i-que on Sandwich Roll***	**MAY 9** 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 ***Sloppy Joe on Bun***	**MAY 10** 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise ***Chicken Cordon Bleu***	**MAY 11** 8:00 Walking Group **8:15 ABSOLUTE BEGINNER TAP DANCE** 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® **12:00 MOTHER'S DAY BRUNCH** ***Catch of the Day***
MAY 14 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise ***Buttermilk Chicken***	**MAY 15** 8:00 Walking Group 9:30 Strength & Stretch **10:00 BOOK CLUB** 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg ***Stuffed Pepper Casserole***	**MAY 16** 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 ***Garlic Herbed Chicken***	**MAY 17** 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing **12:30 HEALTHY LIVING LUNCHEON** 1:15 Safe Exercise ***Beef with Pearl Onions***	**MAY 18** 8:00 Walking Group **8:15 ADVANCED TAP DANCE** 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® ***Breaded Fish on Bun***
MAY 21 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise ***Beef Burgundy***	**MAY 22** 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg ***Roast Turkey***	**MAY 23** 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 ***American Chop Suey***	**MAY 24** 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing **12:00 CHINESE LUNCHEON** 1:15 Safe Exercise ***Chicken Pesto***	**MAY 25** 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** ***Hot Dog on Bun***
 **CLOSED MEMORIAL DAY**	**MAY 29** 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg ***Beef with Onions & Peppers on Bun***	**MAY 30** 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 ***Ranch Chicken***	**MAY 31** 8:00 Walking Group **8:30 OGUNQUIT MAINE** 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga **10:00 MEN'S GROUP** 10:30 Line Dancing 1:15 Safe Exercise ***Egg Frittata***	**JUNE 1** 8:00 Walking Group **8:15 ADVANCED TAP DANCE** 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® ***TBA***
JUNE 4 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise ***TBA***	**JUNE 5** **8** 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg ***TBA***	**JUNE 6** 8:00 Walking Group 9:00 Zumba Gold Toning® **9:00 BREAKFAST** 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess ***TBA***	**JUNE 7** 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 1:15 Safe Exercise ***TBA***	**JUNE 8** 8:00 Walking Group **8:15 ABSOLUTE BEGINNER TAP DANCE** 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® ***TBA***
JUNE 11 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise ***TBA***	**JUNE 12** 8:00 Walking Group 9:30 Strength & Stretch **10:00 COA MEETING** 10:30 Zumba Gold® 11:00 Whist **12:30 RED HAT SOCIETY** 12:30 Turkey Foot Dominoes 1:00 Mah Jongg ***TBA***	**JUNE 13** 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 ***TBA***	**JUNE 14** 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise ***TBA***	**JUNE 15** 8:00 Walking Group **8:15 ADVANCED TAP DANCE** 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® **12:30 KICK OFF TO SUMMER PARTY!** ***TBA***
JUNE 18 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise ***TBA***	**JUNE 19** 8:00 Walking Group 9:30 Strength & Stretch **10:00 BOOK CLUB** 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg ***TBA***	**JUNE 20** 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 ***TBA***	**JUNE 21** 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga **12:30 HEALTHY LIVING LUNCHEON** 10:30 Line Dancing 1:15 Safe Exercise ***TBA***	**JUNE 22** 8:00 Walking Group **8:15 ABSOLUTE BEGINNER TAP DANCE** 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® ***TBA***
JUNE 25 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise ***TBA***	**JUNE 26** 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg ***TBA***	**JUNE 27** 8:00 Walking Group **9:00 SPIRIT OF BOSTON** 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 ***TBA***	**JUNE 28** 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga **10:00 MEN'S GROUP** 10:30 Line Dancing 1:15 Safe Exercise ***TBA***	**JUNE 29** 8:00 Walking Group **8:15 ADVANCED TAP DANCE** 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® **12:30 FREE MOVIE** ***TBA***

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