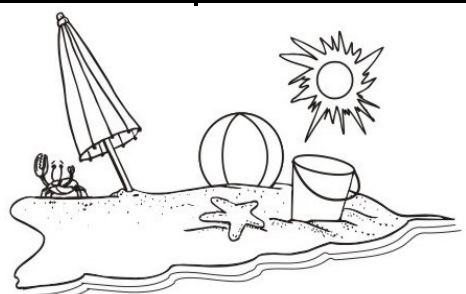























SUMMER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		JULY 1 10:00 Strength & Balance/ Fall Prevention ZOOM 10:30 Line Dancing TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Roast Pork Loin with Gravy</i>	JULY 2 10:00 LOW VISION SUPPORT GROUP CONFERENCE CALL  10:30 Safe Exercise TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>BBQ Chicken</i>	JULY 3 10:00 Pound® ZOOM 10:30 YOGA TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>No Meal Served Independence Day Observed</i>
JULY 6 10:00 Barre Above® ZOOM 10:30 Strength & Stretch TV <i>Hot Dog on a Bun</i>	JULY 7  9:00 COFFEE WITH KIM ZOOM 10:30 Zumba Gold® TV 12:30 LUNCH WITH THE SENIOR CENTER TV  1:00 WOMEN'S GROUP ZOOM <i>Greek Chicken</i>	JULY 8 10:00 Strength & Balance/ Fall Prevention ZOOM 10:30 Line Dancing TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Meatloaf with Gravy</i>	JULY 9  10:30 Safe Exercise TV 10:00 BEREAVEMENT GROUP ZOOM 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Turkey with Supreme Sauce</i>	JULY 10 10:00 Pound® ZOOM 10:30 YOGA TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Potato Crunch Fish</i>
JULY 13 10:00 Barre Above® ZOOM 10:30 Strength & Stretch TV <i>Teriyaki Beef</i>	JULY 14  9:00 COFFEE WITH KIM ZOOM 10:30 Zumba Gold® TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>American Chop Suey</i>	JULY 15 10:00 Strength & Balance/ Fall Prevention ZOOM 10:30 Line Dancing TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Chicken Milano</i>	JULY 16 10:30 Safe Exercise TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Salisbury Steak with Gravy</i>	JULY 17 10:00 Pound® ZOOM 10:30 YOGA TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Potato Crunch Fish</i>
JULY 20 10:00 Barre Above® ZOOM  10:30 Strength & Stretch TV 11:00 WRITER'S GROUP ZOOM <i>Marinated Pork Loin</i>	JULY 21  9:00 COFFEE WITH KIM ZOOM 10:00 BOOK GROUP ZOOM  10:30 Zumba Gold® TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Meatballs with Onion Gravy</i>	JULY 22 10:00 Strength & Balance/ Fall Prevention ZOOM 10:30 Line Dancing TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Jambalaya</i>	JULY 23 10:30 Safe Exercise TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Macaroni & Cheese</i>	JULY 24 10:00 Pound® ZOOM 10:30 YOGA TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Chicken Piccata</i>
JULY 27 10:00 Barre Above® ZOOM 10:30 Strength & Stretch TV <i>Lasagna & Meatballs</i>	JULY 28  9:00 COFFEE WITH KIM ZOOM 10:30 Zumba Gold® TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Chicken Fajitas</i>	JULY 29 10:00 Strength & Balance/ Fall Prevention ZOOM 10:30 Line Dancing TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Vegetable Cheese Bake</i>	JULY 30  10:00 MEN'S GROUP ZOOM 10:30 Safe Exercise TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Beef with Onions & Peppers</i>	JULY 31 10:00 Pound® ZOOM 10:30 YOGA TV 12:30 LUNCH WITH THE SENIOR CENTER TV <i>Fish with Crumb Topping</i>

**ADDITIONAL FITNESS CLASSES CAN BE VIEWED ON OUR YOUTUBE CHANNEL – MILFORD MA SENIOR CENTER FITNESS
OR VISIT OUR WEBSITE MILFORDMASENIORCENTER.COM AND CLICK ON FITNESS VIDEOS**

AUGUST 3 10:00 Barre Above® ZOOM 10:30 Strength & Stretch TV	AUGUST 4  9:00 COFFEE WITH KIM ZOOM 10:30 Zumba Gold® TV  1:00 WOMEN'S GROUP ZOOM 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 5 10:00 Strength & Balance/ Fall Prevention ZOOM 10:30 Line Dancing TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 6 10:00 LOW VISION SUPPORT GROUP CONFERENCE CALL  10:30 Safe Exercise TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 7 10:00 Pound® ZOOM 10:30 YOGA TV 12:30 LUNCH WITH THE SENIOR CENTER TV
AUGUST 10 10:00 Barre Above® ZOOM 10:30 Strength & Stretch TV	AUGUST 11  9:00 COFFEE WITH KIM ZOOM 10:30 Zumba Gold® TV 11:00 WRITER'S GROUP ZOOM  12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 12 10:00 Strength & Balance/ Fall Prevention ZOOM 10:30 Line Dancing TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 13  10:00 BEREAVEMENT GROUP ZOOM 10:30 Safe Exercise TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 14 10:00 Pound® ZOOM 10:30 YOGA TV 12:30 LUNCH WITH THE SENIOR CENTER TV
AUGUST 17 10:00 Barre Above® ZOOM 10:30 Strength & Stretch TV	AUGUST 18 10:00 BOOK GROUP ZOOM  10:30 Zumba Gold® TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 19 10:00 Strength & Balance/ Fall Prevention ZOOM 10:30 Line Dancing TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 20 10:30 Safe Exercise TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 21 10:00 Pound® ZOOM 10:30 YOGA TV 12:30 LUNCH WITH THE SENIOR CENTER TV
AUGUST 24 10:00 Barre Above® ZOOM 10:30 Strength & Stretch TV	AUGUST 25  9:00 COFFEE WITH KIM ZOOM 10:30 Zumba Gold® TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 26 10:00 Strength & Balance/ Fall Prevention ZOOM 10:30 Line Dancing TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 27  10:00 MEN'S GROUP ZOOM 10:30 Safe Exercise TV 12:30 LUNCH WITH THE SENIOR CENTER TV	AUGUST 28 10:00 Pound® ZOOM 10:30 YOGA TV 12:30 LUNCH WITH THE SENIOR CENTER TV

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

Meals on Wheels Menu for AUGUST 2020 – TBA