

# WALLINGFORD COMMUNITY SENIOR CENTER ACTIVITY CALENDAR- AUG 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					1 WCSC CLOSED  2 WCSC CLOSED
3 10:00 Book Group 10:30 Fitness 1:00 Watercolor	4 9:00 Writing Workshop 10:00 Social Bridge 11:30 Community Lunch 12:30 Mah Jongg 2:00 Pinochle	5 9:00 Senior/SHIBA Assistance 10:00 Wellness 10:00 Social Hour 10:30 Fitness 12:00 <b>Senior Lunch</b> 1:00 Bingo 1:30 Yoga 3:00 Walk to Farmers' Market  6:00 Art Walk	6 8:30 Duplicate Bridge 10:00 Mac Help 12:00 Floral Drawing 1:00 Choral Singing	7 10:00 Social Hour 10:30 Fitness 12:00 <b>Senior Birthday Lunch</b> 12:30 Cribbage 12:30 55 Alive 1:00 Current Events	8 WCSC CLOSED  9 WCSC CLOSED
10 10:00 Memory Group 10:00 Caregivers' Group 10:30 Fitness 1:00 Watercolor	11 9:00 Writing Workshop 10:00 Social Bridge 11:30 Community Lunch 12:30 Mah Jongg 1:30 Finding Resilience 2:00 Pinochle  4:30 <b>SPAGHETTI DINNER</b>  7:30 Sousa Band	12 10:00 Social Hour 10:00 Financial Assistance 10:30 Fitness 12:00 <b>Senior Lunch</b> 1:30 Yoga 3:00 Walk to Farmers' Market	13 8:30 Duplicate Bridge 10:00 Mac Help 1:00 Choral Singing   6:30 Aging Parents	14 10:00 Social Hour 10:30 Fitness 11:30 Merrill Gardens 12:00 <b>Senior Lunch</b> 12:30 Cribbage 1:00 Current Events	15 10:00 Wallingford Walks Summer Gardens  16 WCSC CLOSED
17 10:30 Fitness 1:00 Watercolor	18 9:00 Writing Workshop 9:00 Computer Mentoring 10:00 Social Bridge 11:00 Zoo Picnic 11:30 Community Lunch 12:30 Mah Jongg 2:00 Pinochle	19 10:00 Social Hour 10:00 Wellness 10:30 Fitness 12:00 <b>Senior Lunch</b> 1:30 Yoga 3:00 Farmers' Market	20 8:30 Duplicate Bridge 10:00 Mac Help 10:15 Legal Assistance 1:00 Choral Singing  5:30 Community Kitchen Event	21 10:00 Social Hour 10:30 Fitness 12:00 <b>Senior Lunch</b> 12:30 Cribbage 1:00 Current Events	22 WCSC CLOSED  23  9:00 to 12:30 <b>PANCAKE BREAKFAST</b>
24 10:30 Fitness 1:00 Healthy Aging  31 10:30 Fitness	25 9:00 Writing Workshop 9:00 Computer Mentoring 10:00 Social Bridge 11:30 Community Lunch 12:30 Mah Jongg 1:30 Finding Resilience 2:00 Pinochle 5:30 Community / Emergency Preparedness  7:30 Sousa Band	26 10:00 Social Hour 10:30 Fitness 12:00 <b>Senior Lunch</b> 1:00 Bingo 1:30 Yoga 3:00 Farmers' Market	27 8:30 Duplicate Bridge 10:00 Mac Help 1:00 Choral Singing 2:00 History House  5:30 Barbeque  6:30 <b>BOARD MEETING</b>	28 10:00 Social Hour 10:30 Fitness 12:00 <b>Senior Lunch</b> 12:30 Cribbage 1:00 Current Events	29 WCSC CLOSED 9:00 P-Patch Work Party  30 WCSC CLOSED