




August 2023

The Wells Ogunquit Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Happy Birthday Members</p> 	 <p>Where our Seniors Shine!!</p>	<p>1 * Elayne Star</p> <p>9-10am Healthy Choices Group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking Group-\$5 1-4pm Art Class w/Suzi- \$15 4-5:30pm Game Night</p>	<p>2 * Peter Gamache * Mariea Neville * Carole Nickerson * Paula Singer</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO</p>	<p>3 * Margaret Carlin</p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>4 * Annie Beauchemin * Jacqueline O'Connell * Marie Szykniej</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg</p>	<p>5</p> <p>8-10am Pancake Breakfast</p>
<p>6 * Michael Midura * Nancy Mulcahy</p> <p>10am Shores Church</p>	<p>7 * Joan Smith</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12:30pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>8 * Rita Sevigny</p> <p>9-10am Healthy Choices Group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking Group-\$5 1-4pm Art Class w/Suzi- \$15 4-5:30pm Game Night 6-7:30pm AAA Travel presentation Prizes and dessert</p>	<p>9 * Diane Boucher * Eldon Woodman</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO</p>	<p>10 * Nancy Armstrong * Maureen Maillet</p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>11</p> <p>9am Yoga 9am Pinochle</p> <p>10-11am Team Fearless-Presentation about how boxing can improve balance and conscious mental activities. 11:30-2:30pm Mah Jongg</p>	<p>12</p> <p>8-10am Pancake Breakfast</p>
<p>13</p> <p>10am Shores Church</p>	<p>14 * John Dorazio * Patricia Howlin * Joanne McClellan</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12:30pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>15 * Walter Deskus * Theresa Gobeil</p> <p>9-10am Healthy Choices Group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking Group-\$5 1-4pm Art Class w/Suzi- \$15 4-5:30pm Game Night</p>	<p>16 * Marie Hastie * Bonita Kershaw</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO</p>	<p>17 * Barbara Wefer</p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members) 4-5:30pm Board of Directors meeting</p>	<p>18 * Patricia Frohloff * Doris Morgridge * Mary Rose</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg</p> <p>3:30-5pm -100Club w/ potluck supper</p>	<p>19 * Sheila Moody</p> <p>8-10am Pancake Breakfast</p>
<p>20</p> <p>10am Shores Church</p>	<p>21 * Dorothy Mabley</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12:30pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>22 * Ruth Bland</p> <p>9-10am Healthy Choices Group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking Group-\$5 1-4pm Art Class w/Suzi- \$15 4-5:30pm Game Night</p>	<p>23 * Alice Hritz * Judy Ross</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO</p>	<p>24 *Janina Burton</p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>25</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg</p>	<p>26 * Donald McDermott * Kathleen Pliska</p> <p>8-10am Pancake Breakfast</p>
<p>27 * Rose Morrow</p> <p>10am Shores Church</p> <p>1-5:00 pm rental</p>	<p>28 * Robert Ferns</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm Book Club reviewing "Olive Again"</p> <p>11-12:30pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>29</p> <p>9-10am Healthy Choices Group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking Group-\$5 1-4pm Art Class w/Suzi- \$15 4-5:30pm Game Night</p>	<p>30</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO</p>	<p>31 * Linda Peterson</p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>"Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people." — Roy T. Bennett, The Light in the Heart</p>	 <p>Calendar subject to change without notice!!</p>