



July 2023

The Wells Ogunquit Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Member Birthdays!	<i>Happy Birthday!</i>					1 *MeShell Willett 8-10am Pancake Breakfast
2 10am Shores Church	3 Senior Center closed in observance of the Fourth of July!	4 *Patricia Beaver *Jeannette Doherty *Marsha Tremblay *Pamela Valentinas 	5 *Ann Lamberti *Donna Rousseau 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO	6 *Christine Collins *Raymond Farnham 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)	7 *Nancy VanLoan 9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos	8 8-10am Pancake Breakfast
9 *Sandy Bloom *Sheila Bowes *Joyce Iles 10am Shores Church	10 *Helene Roberts 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)	11 *Louesa Gillespie *Dan Hughes 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	12 *Jennifer Sylvester 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO	13 *Cecilia Finlay 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)	14 *Donna O'Brien 9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos	15 * Ron Allen * Susan Hopkins * Marilyn Ludden 8-10am Pancake Breakfast
16 *Sheena Allara *Louis Semon 10am Shores Church	17 *Robert Vining 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)	18 * Linda Hooper * Phil Martin 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	19 *Beverly Link 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO	20 *Joanne Colley *John Mulcahy *Lou Rioux 9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise No Duplicate Bridge- setting up 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members) 4-5:30pm Board of Director meeting	21 *Barbara Riley 9am Yoga 9am-Set up for Yard Sale 11:30-2:30pm MahJongg in Hall	22 8am-1pm Annual Yard Sale Someone's trash is someone else's treasure!!! 8-10am Pancake Breakfast
23 *Dale Douglas 10am Shores Church	24 *Linda Tobin 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)	25 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	26 *Hester Martin 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO	27 *Fran Thompson 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)	28 9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos	29 *Nancy Collins 8-10am Pancake Breakfast BLUEBERRY FAIR:  9:00 a.m. to 1pm
30 *H. Jane Clark *Judie Hosseini 10am Shores Church	31 8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm Book Club/reviewing "Maid" 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)		Independence Day: Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed – else like a flower cut from its life-giving roots, it will wither and die." – Dwight D. Eisenhower			Calendar subject to change without notice!!!