

TALBOT SENIOR CENTER  
 @Brookletts Place  
 400 Brookletts Avenue  
 Easton, Maryland 21601

410-822-2869  
 410-820-9563-fax

# JULY 2010



Mon	Tue	Wed	Thur	Fri
<p><i>LIVING WELL CLASSES TO BE HELD AT TALBOT SENIOR CENTER JULY 12-AUGUST 16TH-9:30am-12:00 Call the Center for more information</i></p>	<p><b>EXERCISE ROOM OPEN DAILY</b></p>	<p><i>Talbot Senior Center presents San Antonio, TX, September 10-20, 2010 COST: \$875.00 per person based on double occupancy. Single occupancy Add \$300.00 .Flies are available.</i></p>	<p>1            9:30 Coffee Hour            10:30am Po-ken-o            12:00 Lunch            6:00pm TOPS</p>	<p>2            9:am Enhanced Fitness            12:00 Tai Chi-Jose Cuevas- Instructor</p>
<p>5              CENTER CLOSED            Independence Day Extended</p>	<p>6            9:00am Enhanced Fitness            9:30am Coffee Hour            12:00 Lunch            12:30pm Pinochle Club</p>	<p>7            9am Line Dancing            9:30am Coffee Hour            10:30 Yarn &amp; Needle Group            11:30am Tred Avon Bridge Club            12:00 Lunch</p>	<p>8            9:30am Coffee Hour            10:30 am Grocery Bingo            12:00 Lunch            6:00pm TOPS</p>	<p>9            9:00am Enhanced Fitness            1:00pm Caregivers meet at the Center</p>
<p>12            9:00am Crafts            9:00am Enhanced Fitness            9:30am Coffee Hour            11:00am Card Players            12:00 Lunch</p>	<p>13            9am Enhanced Fitness            9:30am Coffee Hour            12:00 Lunch            12:30pm Pinochle Club</p>	<p>14            9am Line Dancing            9:30am Coffee Hour            10:30am Yarn &amp; Knitting Group            10:30am Blood Pressure Screening            11:30am Tred Avon Bridge Club            12:00 Lunch</p>	<p>15            9:30am Coffee Hour            10:30am Po-ken-o            12:00 Lunch            6:00pm TOPS</p>	<p>16            9:00am Enhanced Fitness            12:00 Tai Chi- Jose Cuevas-Instructor</p>
<p>19            9:00am Crafts            9:00am Enhanced Fitness            9:30am Coffee Hour            11:00am Card Players            12:00 Lunch</p>	<p>20            9am Enhanced Fitness            9:30 Coffee Hour            12:00 Lunch            12:30pm Pinochle Club</p>	<p>21            9:00am Line Dancing            9:30am Coffee Hour            10:30am Yarn &amp; Needle Group            11:30am Tred Avon Bridge Club            12:00 Lunch</p>	<p>22            9:30am Coffee Hour            10:30am Grocery Bingo            12:00 Lunch -6:pm TOPS            11:00am A Celebration!            One Year in our Center Entertainment &amp; Lunch</p>	<p>23            9:00am Enhanced Fitness            12:00 Tai Chi-Jose Cuevas -Instructor</p>
<p>26            9:00am Enhanced Fitness            9:00am Crafts            9:30am Coffee Hour            11:00am Card Lunch            7:00am Seniors leave for Myrtle Beach, SC</p>	<p>27            9:00am Enhanced Fitness            9:30am Coffee Hour            12:00 Lunch            12:30pm Pinochle Club</p>	<p>28            9am Line Dancing            9:30am Coffee Hour            10:30am Yarn &amp; Knitting Group            11:30am Tred Avon Bridge Club            12:00 Lunch</p>	<p>29            9:30am Coffee Hour            10:30am Po-ken-o            12:00 Lunch            6:00pm TOPS            Seniors return from Myrtle Beach, SC</p>	<p>30            9:00am Enhanced Fitness            12:00 Tai-Chi-Jose Cuevas-Instructor</p>