

June 2023

Gill Montague Senior Center 413-863-9357

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																								
<div><div>May 2023</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr></table></div> <div><div>Jul 2023</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr></table></div> <div><div>1</div><div>9:00 AM Chair Yoga</div><div>10:30 AM -12:00 PM Brown Bag</div><div>1:00 PM -3:00 PM Cards & Games</div></div> <div><div>2</div><div>10:15 AM Aerobics</div><div>11:00 AM Chair Exercise</div><div>2:00 PM -3:00 PM Chair Dance</div><div>3:30 PM -5:00 PM Meditation for Seniors</div></div> <div><div>3</div></div>				S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
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<div>4</div>	<div>5</div> <div>1:00 AM Kitchen Club</div> <div>10:15 AM Aerobics with Linda Allis</div> <div>10:30 AM Oak Tree Chair Yoga, weather permitting</div> <div>11:00 AM Chair Exercise</div> <div>5:00 PM Death Cafe (call to sign up)</div>	<div>6</div> <div>9:30 AM -11:30 AM Tuesday Morning Knitters (call for location)</div> <div>3:00 PM -4:00 PM Tai Chi</div> <div>Volunteer Lunch by invitation</div>	<div>7</div> <div>9:00AM -11:00AM Veterans' Agent</div> <div>10:15AM Aerobics</div> <div>11:00 AM Chair Exercise</div> <div>12:00 PM -3:00 PM Bring Your Lunch Bingo</div> <div>4:15 PM Mat Yoga</div>	<div>8</div> <div>9:00 AM Chair Yoga</div> <div>1:00 PM -3:00 PM Cards & Games</div>	<div>9</div> <div>10:15 AM Aerobics</div> <div>11:00 AM Chair Exercise</div> <div>2:00 PM -3:00 PM Chair Dance</div> <div>3:30 PM -5:00 PM Meditation for Seniors</div>	<div>10</div>																																																																																								
<div>11</div>	<div>12</div> <div>12:00 AM Pot Luck & maybe a Movie</div> <div>10:15 AM Aerobics with Linda Allis</div> <div>10:30 AM Oak Tree Chair Yoga, weather permitting</div> <div>11:00 AM Chair Exercise</div>	<div>13</div> <div>9:30 AM -11:30 AM Tuesday Morning Knitters (call for location)</div> <div>3:00 PM -4:00 PM Tai Chi</div> <div>New Event</div>	<div>14</div> <div>Foot Clinic by Appointment</div> <div>NO MAT YOGA</div>	<div>15</div> <div>9:00 AM Chair Yoga with Jean Erlbaum</div> <div>1:00 PM -3:00 PM Cards & Games</div>	<div>16</div> <div>10:15 AM Aerobics</div> <div>11:00 AM Chair Exercise</div> <div>2:00 PM -3:00 PM Chair Dance</div> <div>3:30 PM -5:00 PM Meditation for Seniors</div>	<div>17</div>																																																																																								
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