





# Ipswich Senior Center

# June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:00 Quilting Group COA 9:00 Ping Pong GYM 9:30 Scrabble COA 1:00 Arthritis Exercise Zoom	<b>2</b> 10:00 Sign-up by Phone 9:00 Exercise ~ Chess COA 10:00 Dominoes COA 10:26 Golf New Meadows 10:30 Tai Chi 43 Market St 10:30 Seated Yoga COA 1:30 Painting Class (6/6) COA 1:30 Cribbage, Rummikube COA 1:30 Pickleball GYM 2:00 Tech Help COA 4:00 50+ Basketball GYM	<b>3</b> 9:15 WaterColor Class (6/6) COA 10:30 Blood Pressure COA 12:00 Van Trip COA 12:30 Bridge COA 1:00 Mah Jongg COA
<b>6</b> 9:00 Ping Pong COA 9:30 Writing Group (1/4) Virtual 10:00 Line Dancing COA 10:00 Drawing (8/8) COA 10:00 Grief Support Group COA 1:00 Drawing (8/8) COA 1:30 Rummikube COA 1:30 Stretch, Strength/ Bal GYM 3:00 Tech Help COA 3:30 Pickleball COA	<b>7</b> 9:00 Quilting Group COA 9:00 Exercise COA 9:00 Chess COA 10:30 Tai Chi 43 Market St. 10:30 Riverwalk Talk COA 1:00 Knitting COA	<b>8</b> 9:00 Bingo COA 9:00 Ping Pong COA 9:30 Scrabble COA 10:30 Memory Café COA 11:30 Walking Group COA 1:00 Arthritis Exercise Zoom	<b>9</b> 9:00 Exercise & Chess COA 10:00 Dominoes COA 10:26 Golf New Meadows 10:30 Seated yoga COA 10:30 Tai chi 43 Market St 10:30 Men's Group COA 1:30 Cribbage, Rummikub, Pickleball COA 2:00 Tech Help COA 4:00 50+ Basketball GYM	<b>10</b> 10:00 Mobile Market COA 10:00 Tech Help COA 10:30 Blood Pressure COA 11:30 Turner Hill Town Hall 12:00 Van Trip COA 12:30 Bridge COA 1:00 Mah Jongg COA
<b>13</b> 9:00 Ping Pong GYM 9:30 Writing Group (2/4) Virtual 10:00 Line Dancing COA 10:00 Grief Support Group COA 1:30 Diabetic Shoe Clinic COA 1:30 Rummikube COA 1:30 Stretch, Strength/ Bal GYM 3:00 Tech Help COA 3:30 Pickleball GYM	<b>14</b> 9:00 Polarity COA 9:00 Exercise GYM 9:00 Chess COA 10:00 Life Story COA 10:30 Tai Chi 43 Market St. 1:00 Knitting COA 2:30 Rock Painting COA	<b>15</b> 9:00 Quilting Group COA 9:00 Paint Day COA 9:00 Ping Pong GYM 9:30 Scrabble COA 11:30 Walking Group COA 1:00 Self Defense COA 1:00 Arthritis Exercise Zoom	<b>16</b> 9:00 Legislative Aide COA 9:00 Exercise ~ Chess COA 10:00 Dominoes COA 10:30 Seated Yoga / Tai Chi COA/Mkt St 10:26 Golf New Meadows 10:30 Elder Abuse Awareness Downtown 12:00 SeniorCare Lunch COA 1:30 Painting (1/6) COA 1:30 Cribbage, Rummikube, PkIbal COA/GYM 2:00 Tech Help 4:00 BBAll COA	<b>17</b> 9:00 Reiki COA 10:00 Tech Help COA 10:30 Blood Pressure COA 12:00 Van Trip COA 12:30 Bridge COA 1:00 Mah Jongg COA
<b>20</b> Town Hall Closed  9:30 Writing Group (4/4) Virtual	<b>21</b> 9:00 Quilting Group COA 9:00 Exercise GYM 9:00 Chess COA 10:00 Life Story COA 10:30 Tai Chi 43 Market St. 1:00 Knitting COA 5:30 Senior Charlie Cards COA	<b>22</b> 9:00 Bingo COA 9:00 Ping Pong GYM 9:30 Scrabble COA 11:30 Walking Group COA 1:00 Arthritis Exercise Zoom	<b>23</b> 9:00 Exercise ~Chess COA 10:00 Dominoes COA 10:26 Golf New Meadows 10:30 Seated Yoga COA 10:30 Tai Chi 43 Market St. 12:00 Root Lunch COA 1:30 Painting Class (2/6) COA 1:30 Cribbage, Rummikube, PBall COA 2:00 Tech Help COA 4:00 50+ Basketball GYM	<b>24</b> 10:30 Blood Pressure COA 12:00 Van Trip COA 12:30 Bridge COA 1:00 Mah Jongg COA
<b>27</b> 9:00 Ping Pong GYM 9:30 Writing Group (4/4) Virtual 10:00 Line Dancing COA 10:00 Grief Support Group COA 10:00 Drawing (1/8) COA 12:30 Attorney Time PHONE 1:00 Drawing (1/8) COA 1:30 Stretch/Str/Bal ~ Rummk COA 3:00 Tech Help COA 3:30 Pickleball GYM	<b>28</b> 9:00 Polarity COA 9:00 Exercise GYM 9:00 Chess COA 10:30 TED Talks COA 10:30 Tai Chi 43 Market St 1:00 Knitting COA	<b>29</b> 9:00 Ping Pong GYM 9:30 Scrabble COA 10:30 Medicare/Social Sec COA 11:30 Walking Group COA 1:00 Arthritis Exercise Zoom	<b>30</b> 9:00 Exercise ~ Chess COA 10:00 Dominoes COA 10:26 Golf New Meadows 10:30 Tai Chi—Mkt. St /Seated yoga COA 1:30 Painting Class (3/6) COA 1:30 Cribbage, Rummik, Pkball COA 2:00 Tech Help COA 4:00 50+ Basketball GYM	 Sunday, June 19th