



**PORTSMOUTH MULTI-PURPOSE SENIOR CENTER—June 2019 ACTIVITIES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....BRIDGE 1:15 PM.....ADULT COLORING	9:00 AM.....BILLIARDS 9:00 AM..... <b>NO</b> .....ART CLASS 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA 1:15 PM.....CRIBBAGE  <i>Senior Health Insurance (1-4 PM)</i> <b>CALL FOR AN APPT—644-3317 or 293-0114</b>	9:00 AM.....BILLIARDS 10:00 AM.....WALKING CLUB 10:30 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH  <i>Senior Health Insurance (1-4 PM)</i> <b>CALL FOR AN APPT—644-3317 or 293-0114</b>	9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM.....MAH JONGG	9:00 AM.....BILLIARDS 9:00 AM.....NO CARDIO EXERCISE 10:15 AM.....NO.ZUMBA GOLD
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....BRIDGE 1:15 PM.....ADULT COLORING	9:00 AM.....BILLIARDS 9:00 AM..... <b>NO</b> .....ART CLASS 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA 1:15 PM.....CRIBBAGE  <i>Senior Health Insurance (1-4 PM)</i> <b>CALL FOR AN APPT—644-3317 or 293-0114</b>	9:00 AM.....BILLIARDS 10:00 AM.....WALKING CLUB 10:30 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH  <i>Senior Health Insurance (1-4 PM)</i> <b>CALL FOR AN APPT—644-3317 or 293-0114</b>	9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM.....MAH JONGG   <b>11:00 a.m.—2:00 p.m.</b>	9:00 AM.....BILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....BRIDGE 1:15 PM.....ADULT COLORING	9:00 AM.....BILLIARDS 9:00 AM..... <b>NO</b> .....ART CLASS 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA 1:15 PM.....CRIBBAGE <b>11:00 AM—URI—Topic: Medical Marijuana</b> <i>Senior Health Insurance (1-4 PM)</i> <b>CALL FOR AN APPT—644-3317 or 293-0114</b>	9:00 AM.....BILLIARDS 10:00 AM.....WALKING CLUB 10:30 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH  <i>Senior Health Insurance (1-4 PM)</i> <b>CALL FOR AN APPT—644-3317 or 293-0114</b>	9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM.....MAH JONGG <b>Holistic Nutrition—11:00 AM</b>   <b>1:15 PM</b>	9:00 AM.....BILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:00 AM.....BILLIARDS 10:00 AM.....LINE DANCING 1:00 PM.....BRIDGE 1:15 PM.....ADULT COLORING  <b>Members please vote for the Board of Directors Candidates!</b>	9:00 AM.....BILLIARDS 9:00 AM..... <b>NO</b> .....ART CLASS 9:30 AM.....ALZHEIMERS' SUPPORT 1:00 PM.....BRIDGE 1:00 PM.....CHAIR YOGA 1:15 PM.....CRIBBAGE  <i>Senior Health Insurance (1-4 PM)</i> <b>CALL FOR AN APPT—644-3317 or 293-0114</b>	9:00 AM.....BILLIARDS 10:00 AM.....WALKING CLUB 10:30 AM.....TAI CHI 1:00 PM.....COUNTRY JAMMIN' 1:30 PM.....BINGO 6:30 PM.....PITCH <b>11AM-12PM - VNS—Glucose &amp; Cholesterol Screening</b> <i>Senior Health Insurance (1-4 PM)</i> <b>CALL FOR AN APPT—644-3317 or 293-0114</b>	9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM.....MAH JONG	9:00 AM.....BILLIARDS 9:00 AM.....CARDIO EXERCISE 10:15 AM.....ZUMBA GOLD
<b>June 7th</b>	<b>June 7th</b>	<b>June 14th</b>	<b>June 16th</b>	<b>June 21st</b>
Our 3rd Annual Memorial Service 10:00 AM  (See front page of Newsletter for additional Information)	<b>No Cardio Exercise</b> <b>No Mealsite</b> <b>No Zumba Gold</b>  <b>No Mealsite</b>	