
LEE



SENIOR CITIZEN NEWS

243-5545

LEE COUNCIL ON AGING

21 CROSSWAY ST., LEE MA.

OFFICE HOURS: MONDAY - THURSDAY 9:00-1:30

Patricia DiGrigoli –Director

Closed on Friday

coa@town.lee.ma.us

JULY



All in all, we should all make this a never-to-be– forgotten summer, with a fortunate combination of delightful weather, delightful friends and delightful doings.
Come make it as near to perfections as anything can in this world!

YIPPPPEEEE! WE ARE GOING ON VACATION! COME WITH US!
We have planned FOR YOU a STAYCATION Vacation right here at the
SENIOR CENTER!! THE ITINERY IS SET!!!

TELL THE KIDS YOU'LL be busy the week of
JULY 24th– July 27th!!!

Monday July 24th RISE AND SHINE 9:30

IT'S VACATION BREAKFAST TIME

Lime Coconut Smoothie Bowl

Crispy Breakfast Pita

11:00 Shell art (see inside picture)

Monday Evening!

Summertime Concert in the Gazebo (in back)

5:00 Enjoy a hotdog or clam roll and then at 6

Relax with music by Tommy T and the Black Velvets
(more vacation time inside)





Look at all the fun we had in May and June!!!

**St. Mary's School Made our Memorial Day Picnic something to remember!!
It was AWESOME!! Thank YOU!!!! AND TO LEE HIGH for a beautiful fashion
show and Lee middle School for your musical talents! Thank YOU!!**



**Community Chef Day was a big hit THANKS TO the Dieticians from the
FOOD BANK STAFF!!!!**





DON'T MISS OUT ON OUR JULY FUN!!!

FIRST

BUSINESS

1. If you find it to warm, **PLEASE** feel free to Stop in the senior center to cool off! 9-3
2. Farmer Market coupons should arrive the beginning of July. Call to put name on list.

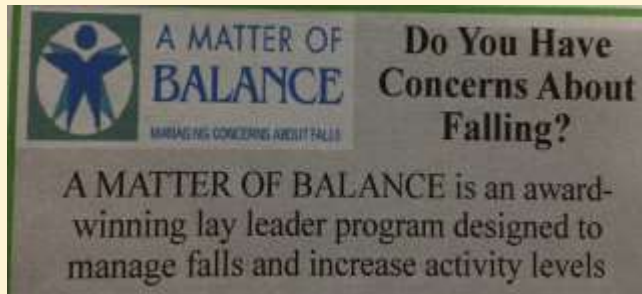
Knitting and Pool Days
July 3rd., 10th 17th and
31st. .Come on in !! It's
fun! Grab a friend and play
Some pool!!!!

BINGO! BINGO! BINGO!
TUESDAY JULY 11th and
July 18th

TRIP TO WALMART BOOKS
FAST CALL 243-5545
Trip Thursday July 20th

BREAKFAST—Start right
Here for an eye opener !
Wednesday July 5th: Apple
Fritter pancakes 9:30
July 12th Cereal/Toast at 9

Matter of balance class to start Thursday Aug.3rd.
Time 10-12. Please call 243-5545 to sign up by
July 27th





VACATION WEEK!!!
MONDAY SHELL ART FUN



(sample)

Tuesday July 25th Start your vacation day with your personal CHEF!! Out Community Chef has a great demonstration for us. Starting at 10:30. Yea! We don't have to cook!!! Just remember to bring a container! AND RESERVE YOUR SEAT BY July 19th! THEN IT'S TIME FOR A POOL SIDE PARTY!! Come and sit by the pool, have a cocktail and play a game of miniature golf!!!! Wednesday July 26, 8:00 YOGA group with Chris Faber , YES< RISE AND SHINE< YOGA IS VERY GOO FOR YOU!!!!!! Don't miss this! Lunch at 12 (Rosotto with Shrimp) With a awesome music with Jimmy and friends at 1. Thursday July 27th Lunch with The Landing at Laurel Lake and then OH MY HAVE YOU TRIED MUSICAL BINGO?? Well now is the time. YOUR ON VACATION!!!! Join us at 1:30 as Tim from Pup Daddy Productions gives us a vacation fun day!!! Win a prize!!!

PLEASE COME IN AND HAVE SOME FUN! All our seniors are ALWAYS WELCOME! We need to plan so please call and let us know ALL THE FUN VACATION DAYS YOU WILL BE Attending 243-5545 CLIP AND POST VACATION WEEK!!

Monday	Tuesday	Wednesday	Thursday	Friday
OUR DRIVER JEAN WILL BE OUT DURING THE MONTH OF JULY.	We will try hard to make sure everyone has a ride to Dr. office so please plan ahead.	Keep Jean in your pray- ers as she gets the trou- bled knee fixed!		A Misty morning does not signify a cloudy day.
3. 9:00 Exercise with Chris	4. CENTER CLOSED 	5. 8:30 Tai Chi 9:30 Breakfast	6.8:30 Tai Chi 12:00 BINGO	7.
10. 9:00 Exercise with Chris	11. 12:00 BINGO	12. 8:30 Tai Chi BROWN BAG Day ***** 9 o'clock BREAKFAST 	13.	14.TALK HAPPI- NESS:TALK FAITH:TALK HEALTH>SAY YOU ARE WELL, OR ALL IS WELL WITH YOU, AND GOD WILL HEAR YOU
17. 9:00 Exercise with Chris	18. 12:00 BINGO	19. 8:30 Tai Chi Make all reserva- tion for next week by today	20.	21.
24.Exercise with Chris Exercise 9:30 Breakfast 11:00 Shell Art 1:00 Knitting or Pool 5:00 Picnic 6:00 Music	25.10:30 Community Chef 12:00 pool party and Miniature golf 9:30 Blood pressure clinic and Foot Nurse VACATION	26.8:00 YOGA WITH Chris 12:00 Luncheon 1:00 Music with Jimmy Come in and have some	27. 12:00 Laurel Lake luncheon 1:30 Musical BINGO!!!! Fun!!!!!!	28. 