



BERNARDSTON
Senior Center

THE BSC IS THE PLACE TO BE!

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 HBB Ex. 10:30 Drop-in Sewing 10:30 Quiddler game 1:00 Hand & Foot Cards	2 10:00 Nurse Clinic 10:15 Enh.Fit. 10:30 Drop-in Sewing 11:00 ROMEOS 12:30 Brown Bag w/ Drug take-back 12:45 Bingo	3 9:00 COA 9:30 Enh. Fit. 11:00 TGIF Brunch Bistro 12:30-2:00 Water Color class
6 2:45-3:45 HBB 4:30 Debi Spyre 5:30 BSC	7 10:ish Tea Time 10:15 Enh. Fit. 10:30 Drop-in Sewing 12:30 Painting w/ Friends	8 9:30 HBB Ex. 10:30 Drop-in Sewing 10:30 Quiddler game 1:00 Hand & Foot Cards	9 10:15 Enh. Fit 10:30 Drop-in Sewing 11:00 ROMEOS 12:30 Ice Cream Social 12:45 Bingo 3:30 Caregiver Support Group	10 9:30 Enh. Fit. 11:00 TGIF Brunch Bistro 9:30 Stop & Shop w/lunch at BSC 12:30-2:00 Water Color
13 2:30 DOMINOS 2:45-3:45 HBB 4:00 Happy Hour Mocktails, Music & Games 5:30 BSC	14 10:15 Enh. Fit. 10:30 Drop-in Sewing 12:30 Painting with Friends	15 9:30 HBB Ex. 10:30 Drop-in Sewing 10:30 Quiddler game 12:30 SHINE appointments 1:00 Hand & Foot Cards 4:30 Wellness Wed. Sleep Health, Ed Walters-Zucco, RN Integra Health	16 9:30 Foot Clinic 10:15 Enh. Fit. 10:30 Drop-in Sewing 11:00 ROMEOS 12:45 Bingo	17 9:30 Enh. Fit. 11:00 TGIF Brunch Bistro
20 2:45-3:45 HBB 4:30 Ron Smith Group 5:30 BSC	21 10:ish Tea Time 10:15 Enh .Fit. 10:30 Drop-in Sewing 12:30 Painting with Friends	22 9:30 HBB Ex. 10:30 Drop-in Sewing 10:30 Quiddler game 1:00 Hand & Foot Cards 1:00 Dr. Wadman, OD Vision Health & Eye Disorders	23 10:00 Nurse Clinic 10:15 Enh. Fit. 10:30 Drop-in Sewing 11:00 ROMEOS 12:45 Bingo	24 9:30 Enh. Fit. 9:30 Walmart, lunch at Marina 11:00 TGIF Brunch Bistro
27 2:45-3:45 HBB 3-4 Veteran's outreach 4:30 Dennis & Megs 5:30 BSC	28 10:15 Enh. Fit. 10:30 Drop-in Sewing 12:30 Painting w/ Friends	29 9:30 HBB Ex. 10:30 Drop-in Sewing 10:30 Quiddler game 1:00 Hand & Foot Cards	30 10:15 Enh. Fit. 10:30 Drop-in Sewing 11:00 ROMEOS 12:45 Bingo	31 9:30 Enh. Fit. 11:00 TGIF Brunch Bistro