



# **SENIOR CITIZEN NEWS**

243-5545

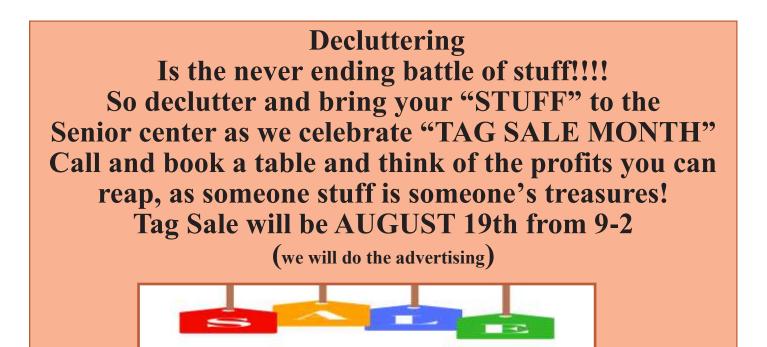
### LEE COUNCIL ON AGING

21 CROSSWAY ST., LEE MA. Patricia DiGrigoli –Director

OFFICE HOURS: MONDAY - THURSDAY 9:00-1:30 \*\*\*\*\* CLOSED ON FRIDAY coa@town.lee.ma.us

# August 2023

### GIVE THE ONESYOU LOVE WINGS TO FLY, ROOTS TO COME BACK AND REASONS TO STAY!!!





A MATTER OF

A MATTER OF BALANCE is an award-

winning lay leader program designed to

manage falls and increase activity levels

MANAGING CONCERNS ABOUT FALLS

August 2023

**Do You Have** 

**Concerns** About

**Falling**?

MATTER OF BALANCE will be starting on Thurday's The month of August 3rd. First class August 3rd. At 10;30 at the Lee Senior Center. Must sign up as space is Limited!

NEXT

## HIP HIP HURRAY!!!!!

MOVE and GROOVE with a return appearance of our friend Rondae as she shows us a fun NEW movements of Fun musical HIP—HOP moves!!! What better exercise and fun can you get?? It's part of some summer fun!! Join us on TUESDAY AUGUST 29th at 10:30



WHAT!!!!

ARE WE DOING NOW??

WE ARE HAVING A FLAMINGO FLING

ALL SENIORS

### EXPECTED!!!!!!



### AUGUST 30, 2023

WEAR SOMETHING PINK OR SOMETHING With a lot of color COME AT 12 0'clocl doe some lunch (pink of course) AND THEN DANCE TO THE BEAT OF THE FUN BRUCE MANDAL!!! CALL FOR YOUR RESERVATION TODAY!!!!! MONDAY AUGUST 21ST. TIME:10:30 AFUN CRAFT PROJECT WITH TILES BRING A PICTURE YOU LIKE OR A PAPER PRINT AND WE WILL (YOU Will) deco on this tile. Makes a nice gift. Please some up 243-5545

SAMPLE Using wrapping paper

Monday	Tuesday	Wednesday	Thursday	Friday
	1. 12:00 Bingo	<ol> <li>8:30 Tai Chi</li> <li>9:30 Breakfast</li> <li>1:00 Bridge with jJan</li> </ol>	3. New Class of Matter Of Balance starts 10:30 –12	4.
7 9-10 Exercise in gym 1 To 3 COME Enjoy a game of pool with a friend or laugh with the knitting group	8. 12:00 BINGO	9.8:30 Tai Chi with Chris ******* 9 BREAKFAST 1:00 Bridge BROWN BAG DAY!!	10. Balance Class	11.
<ul><li>14. 9-10 Exercise</li><li>10:30 Trivia fun with</li><li>Due Doyle</li><li>1-3 POOL AND KNIT-</li><li>TING</li></ul>	15. 12:00 BINGO	16. 8:30 Tai Chi in gyn 9:30 Breakfast 10:30 AAA with John Kuder 1:00 Bridge	17.Balance Class	18. Day's for Girls SATURDAY THE 19th 9 to 2
<ul><li>21. 9-10 Exercise in gyn with Chris</li><li>10:30 craft project</li><li>1-3 Knitting and pool</li></ul>	22. 12:00 BINGO	23. 8:30 Tai Chi ********Change: Community Chef Day!	24. Balance Class	25.
28. 9-10 Exercise with chris in gym 1-3 knitting and pool	29. 9– 30 Blood Pres- sure 9:00 Foot Nurse 10:30 Fun HIP-HOP 12:00 Bingo	30. Lunch at 12 by?? Flamingo Fling Music by : BRUCE MANDEL AT 1 o'clock	31.	STAY SAFE