



# March 2022


## Mini Bus Schedule & Senior Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9 am- 3 pm Appointments  6:30 pm COA meeting	<b>2</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT 1-3 pm NEEDLEWORK	<b>3</b> 8:30am--2:00 pm FOOTCARE  9 am- 3 pm Appointments	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> 10 am GET FIT  Blood Pressure Clinic 11:00-12:00	<b>8</b> 9 am- 3 pm Appointments	<b>9</b> 9:30 - 3:00 pm Grocery Shopping, etc  10:00 am GET FIT	<b>10</b> 8:30am--2:00 pm FOOTCARE  9 am- 3 pm Appointments	<b>11</b>	<b>12</b>
<b>13</b> 	<b>14</b> 10 am GET FIT  10:00 am Walmart	<b>15</b> 9 am- 3 pm Appointments	<b>16</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT 1-3 pm NEEDLEWORK	<b>17</b> 9 am- 3 pm Appointments  	<b>18</b>	<b>19</b>
<b>20</b> 	<b>21</b> 10 am GET FIT	<b>22</b> 9 am- 3 pm Appointments	<b>23</b> 9:30 - 3:00 pm Grocery Shopping, etc  10:00 am GET FIT	<b>24</b> 9 am- 3 pm Appointments	<b>25</b> Gentle Stretch & Flex	<b>26</b>
<b>27</b>	<b>28</b> 10 am GET FIT  10:00 am Ocean State , Big Y & Dollar Store	<b>29</b> 9 am- 3 pm Appointments	<b>30</b>	<b>31</b>		 Call the Mini Bus (860) 413-3327



# April 2022



## Mini Bus Schedule & Senior Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Call the Mini Bus</b> <b>(860) 413-3327</b>					<b>1</b>   <b>Painting for Fun</b>	<b>2</b>
<b>3</b>	<b>4</b> 10 am GET FIT 10:00 am Walmart Blood Pressure Clinic 11:00-12:00	<b>5</b> 9 am- 3 pm Appointments  6:30 pm COA meeting	<b>6</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT  1-3 pm NEEDLEWORK	<b>7</b> 8:30am--2:00 pm FOOTCARE  9 am- 3 pm Appointments	<b>8</b>  <b>Gentle Stretch &amp; Flex</b>	<b>9</b>
<b>10</b>	<b>11</b>  10 am GET FIT	<b>12</b>  9 am- 3 pm Appointments	<b>13</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT	<b>14</b> 8:30am--2:00 pm FOOTCARE  9 am- 3 pm Appointments	<b>15</b>  <b>OFFICE CLOSED</b>	<b>16</b>
<b>17</b> 	<b>18</b>  10 am GET FIT	<b>19</b>  9 am- 3 pm Appointments	<b>20</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT  1-3 pm NEEDLEWORK	<b>21</b>  9 am- 3 pm Appointments	<b>22</b>  <b>Stress Awareness</b>	<b>23</b>
<b>24</b>	<b>25</b> 10 am GET FIT  10:00 am Ocean State , Big Y & Dollar Store	<b>26</b>  9 am- 3 pm Appointments	<b>27</b> 9:30 - 3:00 pm Grocery Shopping, etc.  10:00 am GET FIT	<b>28</b>  9 am- 3 pm Appointments	<b>29</b>  <b>Coffee with Eden</b>	<b>30</b>



# May 2022

## Mini Bus Schedule & Senior Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10 am GET FIT Blood Pressure Clinic 11:00-11:30 10:00am Walmart	3 9 am- 3 pm Appointments 6:30 pm COA meeting	4 9:30 - 3:00 pm Grocery Shopping, etc. 10:00 am GET FIT 1-3 pm NEEDLEWORK	5 8:30am--2:00 pm FOOTCARE 9 am- 3 pm Appointments 	6 <b>LUNCH BUNCH Wood-N-Tap</b>	7
8 	9 10 am GET FIT	10 9 am- 3 pm Appointments	11 9:30 - 3:00 pm Grocery Shopping, etc. 10:00 am GET FIT	12 8:30am--2:00 pm FOOTCARE 9 am- 3 pm Appointments	13 <b>Gentle Stretch &amp; Flex</b>	14
15	16 10 am GET FIT	17 9 am- 3 pm Appointments	18 9:30 - 3:00 pm Grocery Shopping, etc. 10:00 am GET FIT 1-3 pm NEEDLEWORK	19 9 am- 3 pm Appointments	20 <b>Old Mill English Tea Room</b>	21
22	23 10 am GET FIT 10:00 am Ocean State , Big Y & Dollar Store	24 9 am- 3 pm Appointments	25 9:30 - 3:00 pm Grocery Shopping, etc. 10:00 am GET FIT	26 9 am- 3 pm Appointments	27	28
29	30  OFFICE CLOSED	31 9 am- 3 pm Appointments				 <b>Call the Mini Bus (860) 413-3327</b>