

Welcome Arms August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 Coffee Social @ WAU 10:30 Craft & Chat @ KPL 2:30 Exercise/ Walking	2 10:00 Plainfield Pool 1:00 Rummikub @ WAU 2:30 Chair Yoga w/ Sue	3 10:30 Game Group @ DAC 2:30 Exercise/Walking 5:30 Yoga in the City	4 Beach Trip	5
6	7 9:00 Coffee Social @ WAU 11:00 Pet Therapy w/ Liz & Paulie @ WAU 2:30 Exercise/Walking	8 9:30 Exercise Group 2:00 Bingo @ KPL (18+)	9 10:30 Self-Care Group 2:30 Chair Yoga w/ Sue 5:30 Open Mic Poetry Night @ KPL	10 10:30 Game Group @ DAC 3:00 River Walk & Putnam Farmer's Market	11 9:30 Coffee Social @ DD 1:00 Watercolor Painting @ WAU	12
13	14 11:30 Creative Writing @ WAU 1:30 ARC Emporium 5:30 Yoga in the City	15 9:30 Coffee Social @ DD 11:30 Mini Golf & Ice Cream @ Tee Rex	16 10:00 Plainfield Pool 1:30-2:30 Coloring & Card Making @ KPL 2:30 Chair Yoga w/ Sue	17 10:30 Game Group @ DAC 2:30 Interactive Trivia w/ Bud @ WAU	18 Beach Trip	19
20	21 11:30 Summer's Bounty Cooking Group @ WAU 3:00 Shopping Trip	22 10:30 Coffee & Crafting @ WAU 3:00 TEEG Young Adults Expressive Art	23 10:00 Plainfield Pool 2:30 Chair Yoga w/ Sue	24 10:30 Game Group @ DAC 3:00 River Walk & Farmer's Market @ Putnam	25 10:00 Picnic in the Park 3:00 Card Games @ WAU	26
27	28 Mystic Aquarium	29 10:00-2:00 Social Fun Day @ WAU	30 9:00 Coffee Social @ WAU 10:00 Self-Care Group w/ VOC @ DAC 2:30 Chair Yoga w/ Sue	31 10:30 Game Group @ DAC 2:30 Chair Yoga w/ Leila @ WAU		
	KPL = Killingly Public Library	DAC =Dayville Office WAU = Wauregan Office	Sue 860-771-8067	Judy 860-230-5467	Mary 860-617-4650	

