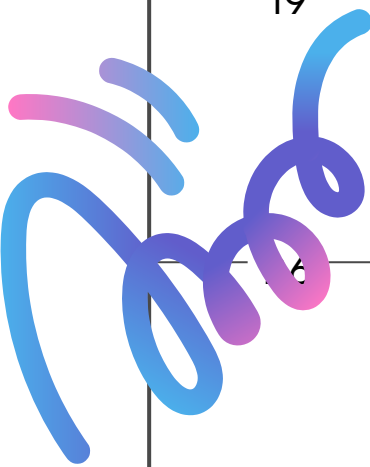


# Sunrise Sunset Calendar May 2024

Bethany: 603-659-4469

MAY



2024



| SUN | MON  | TUE   | WED  | THU   | FRI   | SAT                      |
|-----|--|---|--|---|---|--------------------------|
| 28  | 29   | 30  | 1<br>Munch N Learn:<br>Hike with Mike: 10<br><br>Canasta: 1:30pm<br>Chair Yoga: 2pm<br>Next Club 6pm             | 2<br>Walkers: 8am<br>Bonebuilders: 9<br>Lunch: 11:30<br>BINGO: 1:00<br>Bridge: 3:15                               | 3<br>Strummers: 10am<br>NEWMARKET<br>CARES<br>Tech help: 12-2 | 4<br>Chair Yoga:<br>9am  |
| 5   | 6<br>Abilities PT: 9:15<br>Craft Social: 10am<br>Book Club: 1pm<br>Bridge Club: 3:15   | 7<br>Walkers: 8am<br>Bone Builders: 9<br>Lunch: 11:30<br>Mahjong: 12:30<br>BINGO: 1pm<br>Mat Yoga: 4pm  | 8<br>Munch N Learn:<br>Music Hall: 10am<br>VNA Foot Clinic<br>603-580-8753<br>Canasta: 1:30pm<br>Chair Yoga: 2pm | 9<br>Walkers: 8am<br>Bonebuilders: 9<br>MOW Special : 11:30<br>RSVP Lynn: 659-3150<br>BINGO: 1:00<br>Bridge: 3:15 | 10<br>Strummers: 10am<br><br>TRIVIA 1pm                       | 11<br>Chair Yoga:<br>9am |
| 12  | 13<br>Abilities PT: 9:15<br>Crafts: Watercolor<br>Mountains: 10am<br>Ireland Info Meet<br>w/Collette: 1pm<br>Bridge Club: 3:15 | 14<br>Walkers: 8am<br>Bone Builders: 9<br>Lunch: 11:30<br>Mahjong: 12:30<br>BINGO: 1pm<br>Mat Yoga: 4pm | 15<br>Emery Farms: 10<br><br>Canasta: 1:30pm<br>Chair Yoga: 2pm<br>Newmarket 300:6                               | 16<br>Walkers: 8am<br>Bonebuilders: 9<br>Lunch: 11:30<br>BINGO: 1:00<br>Bridge: 3:15                              | 17<br><i>Strummers Away</i><br><br>Garden prep: 2pm           | 18<br>Chair Yoga:<br>9am |
| 19  | 20<br>Abilities PT: 9:15<br>Crafts: Knit &<br>Crochet: 10am<br><br>Bridge Club: 3:15   | 21<br>Walkers: 8am<br>Bone Builders: 9<br>Lunch: 11:30<br>Mahjong: 12:30<br>BINGO: 1pm<br>Mat Yoga: 4pm | 22<br>Birdwatching: 9:30<br><br>Canasta: 1:30pm<br>Chair Yoga: 2pm   | 23<br>Walkers: 8am<br>Bonebuilders: 9<br>Lunch: 11:30<br>BINGO: 1:00<br>Bridge: 3:15                              | 24<br>Strummers: 10am   | 25<br>Chair Yoga:<br>9am |
| 26  | 27<br><i>CLOSED</i>  | 28<br>Walkers: 8am<br>Bone Builders: 9<br>Lunch: 11:30<br>Mahjong: 12:30<br>BINGO: 1pm<br>Mat Yoga: 4pm | 29<br>Wentworth: 9<br><br>Canasta: 1:30pm<br>Chair Yoga: 2pm   | 30<br>Walkers: 8am<br>Bonebuilders: 9<br>Lunch: 11:30<br>BINGO: 1:00<br>Bridge: 3:15                              | 31<br>Strummers: 10am<br><br>Garden Planting:<br>2pm          | 1                        |