

Sunrise Sunset Calendar July 2024

Bethany: 603-659-4469

SUN	MON	TUE	WED	THU	FRI	SAT
30	1 Crafts: Seaglass Jewelry: 10am Book Club: 1pm C. Connection: 2 Bridge Club: 3:15	2 Bone Builders: 9 Lunch: 11:30 BINGO: 1pm Mat Yoga: 4pm	3 Nifty Thrifty: 9:45 Canasta: 1:30pm Chair Yoga: 2pm	4 <i>Closed</i>	5 <i>Closed</i>	6 Chair Yoga: 9am
7	8 Crafts: Seaglass Jewelry: 10am <i>Beth at the Rec 2-3</i> Bridge Club: 3:15	9 Walkers: 8 Bone Builders: 9 Lunch: 11:30 BINGO: 1pm Mat Yoga: 4pm	10 Munch N Learn: Kat Roedell: 10am VNA Foot Clinic 603-580-8753 Canasta: 1:30pm Chair Yoga: 2pm	11 Walkers: 8 Bonebuilders: 9 Lunch: 11:30 BINGO: 1:00 Bridge: 3:15	12 Strummers: 10am Trivia: 1pm	13 Chair Yoga: 9am
14	15 Interweave Event: 10am Trailwalk: Maud Jones 12:30 <i>Beth at the Rec 2-3</i> Bridge Club: 3:15	16 Walkers: 8 Bone Builders: 9 Lunch: 11:30 BINGO: 1pm Mat Yoga: 4pm	17 Jimmy Buffet Lobsterbake: 11 Canasta: 1:30pm Chair Yoga: 2pm	18 Walkers: 8 Bonebuilders: 9 MOW Special : 11:30 RSVP Lynn: 659-3150 BINGO: 1:00 Bridge: 3:15	19 Strummers: 10am Fruit of Summer Cook Off! 1pm	20 Chair Yoga: 9am
21	22 Crafts: Clothespins with Brynn: 10am <i>Beth at the Rec 2-3</i> Global Grooves: 2 Bridge Club: 3:15	23 Walkers: 8 Lunch: 11:30 BINGO: 1pm Mat Yoga: 4pm	24 Moe's Picnic Stratham Park Walk: 11am Lunch: 12noon Canasta: 1:30pm Chair Yoga: 2pm	25 Walkers: 8 Lunch: 11:30 BINGO: 1:00 Bridge: 3:15	26 <i>Beth out early</i> Strummers: 10am	27 Chair Yoga: 9am
28	29 <i>Beth out</i> Crafts: Knit Day:10 Global Grooves: 2 Bridge Club: 3:15	30 <i>Beth out</i> Lunch: 11:30 BINGO: 1pm Mat Yoga: 4pm	31 Tideline Lunch Meetup: 12noon Canasta: 1:30pm Chair Yoga: 2pm	1	2	3

2024

